

Campus Recreation

SPRING 2012

CLUB SPORTS • INTRAMURAL SPORTS • OPEN RECREATION • OUTDOOR PROGRAM



**FITNESS
YOUR WAY**

PHOTO CREDIT:
MIKE KANE



UNIVERSITY OF WYOMING

Outdoor Program



www.uwyo.edu/op

Half Acre, South Lobby
 Phone: (307) 766-2402
 E-mail: op@uwyo.edu
 Office hours: Monday–Friday, 9 a.m.–6 p.m.

Outdoor Program Schedule

Registration

Registration for all outings begins the first day of classes, **Monday, January 9**. To register for an outing, a full payment is required for trips less than \$100. For trips more than \$100, a minimum of half of the trip cost is required to reserve a spot. There are two ways to register: call us by phone with a credit card, or stop by our office in the south lobby of Half Acre. Dependents and spouses pay the same price as their sponsor.

Eligibility

Outings are only available to UW students, faculty, and staff (dependents and spouses). Lectures, slideshows, climbing wall competitions, drop-in kayak pool sessions, and the gear swap are open to the general public.

Climbing wall information

For climbing wall information, please visit our website at www.uwyo.edu/op and click on “climbing wall”.

Rental equipment

The Outdoor Program has a huge variety of outdoor equipment for rent; please visit our web site at www.uwyo.edu/op and click on “rental center.”



*Nonmembers of Half Acre pay \$5

Date	Description	Student Price	Faculty/Staff Price
January			
17, 19, 21, 24, 28	Level I Avalanche Class	\$41	\$50
21	Snowshoe Trip to the Snowy Range Mountains	\$26	\$33
25	Ski/Snowboard Waxing Clinic	\$5	\$7
27	Friday Night Bouldering Series	Free	*
28	Snowshoe trip to Lake Agnes, CO	\$26	\$33
February			
1	Avalanche Rescue Beacon Clinic	\$5	\$7
4	Ice Climbing trip to Rocky Mountain National Park	\$32	\$38
4, 11	Telemark Ski Clinic	\$33 + disc. ticket	\$40 + disc. ticket
4	Classic or Skate Cross Country Ski Technique Clinic	\$26	\$33
7	Full-moon Cross Country Ski, Happy Jack	\$26	\$33
11	Ice Climbing trip to Rocky Mountain National Park	\$32	\$38
15	Ski/Snowboard Waxing Clinic	\$5	\$7
17–19	PADI Open Water SCUBA Course	\$265	\$285
18	Ice Climbing trip to Rocky Mountain National Park	\$32	\$38
22 & 23	Banff Mountain Film Festival, World Tour		Free
24	Friday Night Bouldering Series	Free	*
25	Ice Climbing trip to Rocky Mountain National Park	\$32	\$38
March			
3	Backcountry ski/snowboard Trip	\$29	\$35
10–17	Spring Break Rock Climbing/Canyoneering Trip, Moab, UT	\$350	\$425
10–17	Spring Break Mountain Biking Trip to Fruita, CO and Moab, UT	\$350	\$425
21, 25, 28, 4/1, 15, 22	White Water Kayak Class	\$32	\$42
24	Spring Outdoor Gear Swap	Free	\$137
25	Drop-in kayak pool sessions	Free*	\$7
30	Friday Night Bouldering Series	Free	*
30, 31, 4/1	Wilderness First Aid/CPR	\$59	\$69
April			
1	Drop-in kayak pool sessions		Free*
4	Fundamentals of Bike Maintenance I	\$5	\$7
6–8	WMI Wilderness First Responder / CPR Recertification	\$235	\$265
6–8	Caving trip to Cody & Thermopolis Hot Springs	\$131	\$170
10	Backcountry cooking clinic	\$5	\$7
11	Fundamentals of Bike Maintenance II	\$5	\$7
14–15	Rock Climbing Trip to Sinks Canyon (or Shelf Road)	\$93	\$109
14–15	Fundamentals to Mountaineering Trip to the Snowies	\$106	\$137
15	Drop-in kayak pool sessions		Free*
18	Fundamentals of Bike Maintenance III	\$5	\$7
21–22	Fly fishing trip to Saratoga, WY	\$63	\$81
21–22	All Women's Rock Climbing Trip to Shelf Road	\$93	\$109
22	Drop-in kayak pool sessions		Free*
25	Fundamentals of Bike Maintenance IV	\$5	\$7
28	Fundamentals of rock climbing at Vedauwoo	\$26	\$33
28	Bouldering Trip, Needle Peak	\$26	\$33

Intramural Sports



www.uwyo.edu/imsports

Recreational Sports Office (HA 206)
 Phone number: (307) 766-4175
 E-mail: imsports@uwyo.edu
 Office hours: Monday–Friday, 8:00 a.m.–6:00 p.m.

The UW Intramural Sports programs offers students, faculty, staff, and spouses the opportunity to compete in a wide variety of individual, dual, and team sports and activities against people of similar skill levels in the campus community. Intramural Sports strives to provide structured and organized programs that promote teamwork and mutual respect, while assisting in the fulfillment of such basic needs as relaxation, socialization, achievement, and physical wellness.

It is the goal of the Intramural Sports Program to provide the University of Wyoming community the opportunity to participate in a sport of their choice in

a fun, friendly, and safe environment. From leagues with over 100 teams to small one-time events, there is something for everybody to enjoy.

Most intramurals are free of charge to all full-time students. University part-time students, faculty, staff, and spouses may also play for free but are responsible for securing access to events in Campus Recreation Facilities.

Entry and competition information can be found in the Recreational Sports Office on the second floor in Half Acre Gym.

Intramural Sports Schedule

All entries are due at 4 p.m. on the entry deadline day
 All dates are subject to change. Check our Web site for the most current information: www.uwyo.edu/imsports

Sport (Divisions)	Entry Period	Captain's Meeting	Game Days	Play Begins
Slam Dunk Contest (MW)	Jan. 9-Jan. 19	N/A	Thurs	Jan. 19
Hot Shot Competition (MW)	Jan. 9-Jan. 19	N/A	Thurs	Jan. 19
Table Tennis Singles Tournament (MW)	Jan. 17-Jan. 20	N/A	Fri	Jan. 20
Basketball (MWC)	Jan. 9-Jan. 18	Jan. 18 5:00	Sun-Thurs	Jan. 22
Racquetball Doubles (MWC)	Jan. 9-Jan. 18	N/A	Mon-Thurs	Jan. 23
Wrestling (MW)	Jan. 17-Jan. 28	N/A	Sat	Jan. 28
Co-Rec Tube Water Polo (C)	Jan. 17-Jan. 25	Jan. 25 5:00	Sun-Thurs	Jan. 29
Co-Rec Wallyball (C)	Jan. 17-Jan. 25	N/A	Mon-Thurs	Jan. 30
Table Tennis Doubles Tournament (MWC)	Jan. 30-Feb. 3	N/A	Fri	Feb. 3
8-Ball Singles Tournament (MW)	Feb. 6-Feb. 10	N/A	Fri	Feb. 10
Whiffleball Tournament (MW)	Jan. 30-Feb. 8	Feb. 8 5:00	Sat	Feb. 11
8-Ball Doubles Tournament (MWC)	Feb. 13-Feb. 17	N/A	Fri	Feb. 17
Indoor Track Meet (MW)	Feb. 13-Feb. 18	N/A	Sat	Feb. 18
4 on 4 Volleyball Tournament (C)	Feb. 13-Feb. 22	Feb. 22 5:00	Sat	Feb. 25
NCAA Men's Basketball Pool (MW)	March 5-March 14	N/A	N/A	Mar. 14
Badminton Doubles (MWC)	March 19-March 23	N/A	Fri	Mar. 23
Co-Rec Volleyball League (C)	March 5-March 21	Mar 21 5:00	Sun-Thurs	Mar. 25
Dodgeball League (MW)	March 5-March 21	Mar 21 5:30	Mon-Thurs	Mar. 26
Indoor Soccer (MWC)	March 5-March 21	Mar 21 6:00	Sun-Thurs	Mar. 25
Swim Meet (MW)	March 26-March 31	N/A	Sat	Mar. 31
Home Run Derby (MW)	April 2-April 11	N/A	Fri	Apr. 13
Softball Tournament (MW)	April 2-April 11	Apr 11 5:00	Fri-Sun	Apr. 13-15
Tennis Doubles (MWC)	April 2-April 11	N/A	Fri-Sun	Apr. 13-15
Softball Tournament (C)	April 2-April 11	Apr 11 5:00	Fri-Sun	Apr. 20-22
Golf Scramble (MWC)	April 16-April 25	N/A	Fri	Apr. 27
Intramural T-Shirt Design Contest (MW)	April 2-April 27	N/A	N/A	N/A

Key: M = Men, W = Women, C = Co-rec

Club Sports



www.uwyo.edu/clubsports

Recreational Sports Office (HA 206)
 Phone number: (307) 766-6396
 E-mail: clubsports@uwyo.edu
 Office hours: Monday–Friday, 8 a.m.–6 p.m.

Competition

The highly competitive Club Sports teams travel to various locations in the Rocky Mountain region and throughout the nation for competition purposes. Rival competitors in the region include Colorado State University, University of Colorado, University of Utah, and University of Northern Colorado. For national competitions and championships, travel across the country is often necessary. In recent years, UW Club Sports teams have traveled to California, Nevada, Michigan, New Hampshire, Vermont, Georgia, Arizona, Texas, Oklahoma, Pennsylvania, Florida, Maine, Virginia as well as internationally to compete.

Eligibility

Club sports are offered to students, faculty, and staff who meet the eligibility requirements under the rules of each individual club's governing body. Individual clubs require a participation fee that aids in covering the cost of travel, rooms, equipment, awards, and other necessary expenses. Club fees vary depending on the nature of the club.

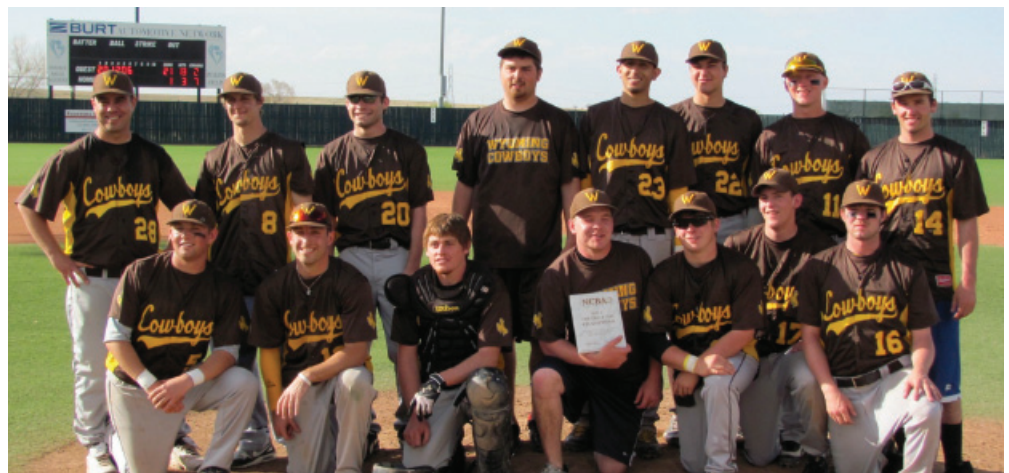
Joining a club

To join a club, participants can contact the Recreational Sports office for more information on each individual sport and contact information for club representatives. When this is done, individuals should attend practice and meeting times and complete the required participation paperwork to become an official member of the club.

Currently Active Club Sports

**New Club for 2012*

Badminton	Men's Lacrosse	Shotgun Sports	Women's Soccer	Cricket*
Baseball	Men's Rugby	Ultimate Frisbee	Women's Softball	Horseshow*
Cycling	Men's Soccer	Women's Hockey	Women's Volleyball	Tennis*
Fencing	Nordic Ski	Women's Lacrosse	Water Polo*	
Men's Hockey	Racquetball	Women's Rugby	Women's Ultimate Frisbee*	



The University of Wyoming Campus Recreation Department would like to give a big thanks to the Trademark and Licensing Office for its generous support of the Club Sports Program!

Group Fitness



www.uwyo.edu/fitness

Half Acre, west lobby
Phone number: (307) 766-6843
E-mail: fitness@uwyo.edu

Class descriptions

For complete descriptions of ALL classes, visit our website

NEW Group Fitness & Aquatic Classes for Spring 2012

- **Beat Boxin:** Punch, dance, and kick your way to fitness in the low impact environment of Half Acre Pool. Fun, Fun, Fun!
- **Balance:** This class is complementary to the busy student lifestyle and beneficial to all. Strengthen your core, awaken your senses and calm your mind. Within an hour you will bring power to your center, relax your body and find your focus. Abs, yoga, strength conditioning, and a short meditation at the end of each class will restore the balance to your busy life.
- **Cross Wave:** Best of the Best! Interval and Circuit training for your weight loss goals all in the safe environment of the water.
- **Intense Poolates:** This high intensity class conditions and strengthens the body utilizing equipment that engages abs, buns, and thighs.
- **Muscle Fire:** An action-packed class filled with the excitement of plyometric drills along with tough intervals of strength, power, resistance, and core training moves. This class will put the finishing touches on your muscle sculpt!
- **PiYo®:** The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability. This is NOT your average mind body experience!

Ongoing Class Offerings

- | | | |
|-------------------------------|--------------------------|------------------------|
| • Abs, Buns & Legs | • Power Pilates | • Vinyasa Yoga |
| • Coached Lap Swim | • Six Pack Attack | • Water Workout |
| • Hatha Yoga | • Sunrise Yoga | • Yollet |
| • Pilates | • Turbo Kick® | • Zumba |



Important Reminders

- A class pass must be obtained at the front window for ZUMBA and TURBO KICK, no more than 30-mins prior to class start.
- Classes close 10 minutes after class start time; for safety reasons participants will not be allowed entry after that time.
- Schedule effective January 9th 2012 through April 27th
- NO CLASSES March 12-18th; April 6-8th

Additional fitness services

Our philosophy is that all patrons receive individualized attention to build knowledge and confidence in the gym setting.

Aquatic Instruction: Customized swim lessons are available for non-swimmers and intermediate lap swimmers looking for everything from beginning lessons to stroke refinement. We can even help if you are training for a triathlon. Our certified swimming instructors are some of the best around and can help meet individual needs. Stop by Half Acre service window for more information or to sign up.

Exercise Instruction: Receive two complimentary appointments with a trainer. In the first appointment you will assess your current health status, create realistic goals, and tour the Half Acre gym. In the second appointment, your trainer will create and demonstrate your personalized workout regimen and assist you in creating an action plan for long term success.

We are here for your fitness success! Tel: 307-766-6843

Personal Training: All personal training clients receive one complimentary session with your trainer to discuss your current health status, create realistic goals, and tour the Half Acre gym. From there your trainer will develop personalized workouts and provide you with one on one encouragement as you execute them. You will also receive continuous reassessment and redesign of workouts to enhance results.

Fitness Services Rates:

- Students: \$15 per individual session; \$10 per buddy session (limit 2 people)
- Faculty: \$20 per individual session; \$15 per buddy session (limit 2 people)

All personal trainers are nationally certified and in pursuit of their kinesiology or health promotion degrees.

Open Recreation



www.uwyo.edu/rec

Half Acre, west lobby
Phone number: (307) 766-3370
E-mail: halfacre@uwyo.edu

The Open Recreation program, available to the entire student population, faculty, staff, and spouses, provides quality equipment for individuals to participate in non-organized, informal activities such as basketball, racquetball, volleyball, wallyball, or badminton. Patrons can also take advantage of swimming, weight training, aerobic training, group fitness and instructional classes, and personal training services.

Location	Hours
Half Acre Building	January 7-May 4 Mondays–Fridays 6 a.m.–10 p.m., Saturdays 9 a.m.–5 p.m., Sundays noon–8 p.m.
Half Acre Pool Hours	January 7–May 4 Mondays–Fridays 6–8:30 a.m., 11 a.m.–1 p.m., and 4–7 p.m., Saturdays and Sundays 1–4 p.m.
Half Acre Family Swim	January 9–May 4 Tuesdays and Fridays 4–7 p.m., Saturdays and Sundays 1–4 p.m.
Corbett Pool Hours	January 9–May 3 Mondays–Thursdays 7–9 p.m., Fridays 6–8 p.m.
Corbett Open Volleyball	January 9–May 3 Mondays, Tuesdays, Thursdays and Fridays 6–8 p.m.
Corbett Open Badminton	January 11–May 2 Wednesdays 6–8 p.m.
Indoor Practice Facility	This program is included with campus recreation membership. Participants must present their active WyoOne card to enter the facility. Jan. 9–Mar. 8 Open Rec Soccer: Tuesdays and Thursdays, 9–11 p.m., Sundays, 7–10 p.m. Open Rec Ultimate Frisbee: Sundays 1–3 p.m. (except January 22) *The Indoor Practice Facility will be closed January 29 and March 4

Schedule Exceptions

Date	Exception	Half Acre Facility Hours	Half Acre Pool Hours	Corbett Hours
Jan. 9	Classes resume	6 a.m.–10 p.m.	6–8:30 a.m.; 11 a.m.–1 p.m.; 4–7 p.m.	Gym 6–8 p.m. Pool 7–9 p.m.
Jan. 16	MLK/Equality Day	noon–8 p.m.	1–4 p.m.	Closed
Mar. 9	Spring break begins	6 a.m.–8 p.m.	6–8:30 a.m.; 11 a.m.–1 p.m.; 4–7 p.m.	Closed
Mar. 10 & 11	Spring break	Closed	Closed	Closed
Mar. 12–16	Spring break	6 a.m.–8 p.m.	6–8:30 a.m.; 11 a.m.–1 p.m.; 4–7 p.m.	Closed
Mar. 17	Spring break	Closed	Closed	Closed
Mar. 18	Regular hours resume	noon–8 p.m.	1–4 p.m.	Closed
Apr. 6	Easter break begins	6 a.m.–8 p.m.	6–8:30 a.m.; 11 a.m.–1 p.m.; 4–7 p.m.	Closed
Apr. 7 & 8	Easter break	Closed	Closed	Closed
May 4	Spring semester ends	6 a.m.–8 p.m.	6–8:30 a.m.; 11 a.m.–1 p.m.; 4–7 p.m.	Closed
May 5	Summer session begins	Closed weekends until August 25		

Racquetball courts are reserved for classes on Tuesdays 2–3 p.m.

For information on membership, policies, fees, and other related items, please visit our Web site at www.uwyo.edu/rec or contact us at (307) 766-3370.

Accidents and injuries can and do occur during sport, recreation and exercise activities. Notice is hereby given that the University of Wyoming is not responsible for accidents, injuries and/or illnesses that may be incurred while on and/or during the use of university property; nor is the university responsible for any costs or expenses incurred as a result of any accident and/or injury that may occur on university property. Additionally, I understand the University of Wyoming is not responsible for any items lost/stolen in conjunction with the use of university facilities. I do understand and agree that my use of university facilities and/or services is at my own risk.