Stay Active–We RECommend It!

Following the exercise guidelines below will strengthen your muscles, lungs, and heart, as well as improve sleep quality, increase energy levels, and reduce stress.

It is recommended* that you participate in:

• An average of 150 minutes of cardio exercise per week
• Strength training on each muscle group 2 non-consecutive days per week

Our programs can help you achieve the physical activity recommendations!

• Attend a variety of Group Fitness classes to include cardio, mind & body, and strength.
• Meet with a Personal Trainer to obtain a fitness assessment and receive your baseline fitness levels.
• Join an Intramural team for a fun way to incorporate cardio into your routine.
• Drop in at the Student Recreation Center to lift weights, use the cardio equipment, play sports or use the track.
• Participate in Outdoor Adventure trips and programs to challenge your mind and body.
• Swim for aerobic exercise that won’t put force on your joints.
• Meet with a Nutrition Coach to learn how to eat right to fuel your workouts.

Rest days are important, too! Doing a lighter activity or taking the day off is important for decreasing your risk for injury.

It is recommended that you allow your muscles 48 hours to rest before performing strength training exercises on the same muscle group.

*According to the Physical Activity Guidelines for Americans published by the U.S. Department of Health and Human Services.

At Campus Recreation, we want you to accomplish your fitness goals! Whatever your Fitspiration is, we think you can make it happen. Studies have shown that by simply writing down a goal, you’re 42% more likely to achieve it! Find your Fitspiration, write it down, and get it done this year! Show us how you’re working on your Fitspiration by using the tag #niufitspiration on Facebook, Twitter, and Instagram.

Participation Agreement

All physical activities offered by Campus Recreation carry various degrees of risk for injury. Participants assume sole responsibility for any and all such risk or injury that may result due to voluntary participation. It is an individual’s responsibility to be knowledgeable about his or her own physical condition and ability to participate in any of the activities.

Accommodations

For disability related accommodations, please contact Campus Recreation, (815) 753-0231. Advance notice is appreciated.

Payment Options

Faculty/Staff: Cash, credit/debit card, check, Huskie Bucks, or payroll deduction.

Students: Cash, credit/debit card, check, Huskie Bucks, or charge to Bursar’s Account.

Alternate Formats

To request this publication in an alternate format, please contact Lee Ann Gustafson, Coordinator of Marketing and Communications, at (815) 753-9425 or lgustafson1@niu.edu.

Northern Illinois University is an equal opportunity/affirmative action institution.
Facilities

Student Recreation Center (SRC)
Play, compete, try, and explore everything that the SRC has to offer. 100,000+ square feet of facility space including multipurpose courts, racquetball courts, cardio and strength training rooms, a 3-lane track, boxing and plyometric room, men’s and women’s locker rooms, and a TRX room are just some of the amenities offered to members.

Come check out the remodeled fitness room which is now equipped with a full line of Cybex selectorized machines and a full line of free weights, including a Smith Machine, to accompany state-of-the-art cardio equipment.

Get out and play! Head to west campus and enjoy a pick-up game of soccer under the lights, toss around a Frisbee with friends, have a picnic in one of two gazebos, or cheer your favorite intramural team. Outdoor sports equipment is available for check-out with a OneCard ID.

Don’t let sweaty workouts wilt your will to exercise! Have fun swimming for exercise, participate in theme nights, or register for a swim class. Aquatics offers fun events, and all are free! Learn to swim or improve your swimming skills with our Beginner or Intermediate Swimming Class. Want to work as a lifeguard? Sign up for an American Red Cross Lifeguard class!

These fitness rooms provide a more private setting to work out with a mixture of cardio, strength, and stretching options. All current residence hall students have access to the rooms during residence hall fitness room hours, and all current Campus Recreation members have access until 7:00 P.M. Monday–Thursday with regular weekend hours.

Current residents of Gilbert and New Hall are encouraged to participate in the Res Hall Challenge to earn incentives for practicing healthy workout habits! See a Campus Recreation staff member for further details.

Gabel Hall Pool
Don’t let sweaty workouts wilt your will to exercise! Have fun swimming for exercise, participate in theme nights, or register for a swim class. Aquatics offers fun events, and all are free! Learn to swim or improve your swimming skills with our Beginner or Intermediate Swimming Class. Want to work as a lifeguard? Sign up for an American Red Cross Lifeguard class!

The Adventure Center is the headquarters for the Outdoor Adventure program. There are many resources available to students, faculty, and staff, as well as the general public. The program offers a variety of scheduled trips and events, as well as team building and trips for organized groups. Extensive available rental options include camping, paddling, and sport equipment for all seasons.

A valid OneCard ID is required for access to all Campus Recreation facilities.

Student Recreation Center (SRC)
Chick Evans Field House (FH)
Outdoor Recreation Sports Complex (ORSC)
Gabel Hall Pool
Gilbert & New Hall Fitness Rooms (GH/NH)
Adventure Center

Current residents of Gilbert and New Hall are encouraged to participate in the Res Hall Challenge to earn incentives for practicing healthy workout habits! See a Campus Recreation staff member for further details.

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A valid OneCard ID is required for access to all Campus Recreation facilities.
**Hours**

**Student Recreation Center**
- Mon. – Thur.: 6:00 A.M. – 11:00 P.M.
- Fri.: 6:00 A.M. – 8:00 P.M.
- Sat.: 11:00 A.M. – 7:00 P.M.
- Sun.: 1:00 P.M. – 10:00 P.M.

**Outdoor Recreation Sports Complex**
- Mon. – Thur.: 4:00 P.M. – 10:00 P.M.
- Fri.: 4:00 P.M. – 8:00 P.M.
- Sat.: 12:00 P.M. – 5:00 P.M.
- Sun.: 1:00 P.M. – 6:00 P.M.

**Chick Evans Field House**
- Mon. – Thur.: 5:00 P.M. – 10:00 P.M.

**Gabel Hall Pool / Lap Swim**
- Mon., Wed., & Fri.: 6:00 A.M. – 8:00 A.M.
- Mon. – Fri.: 11:00 A.M. – 2:00 P.M.
- Sat.: 9:00 A.M. – 12:00 P.M.

**Gabel Hall Pool / Open Swim**
- Tues. – Thurs.: 5:00 P.M. – 7:00 P.M.
- Sat.: 9:00 A.M. – 12:00 P.M.

**Gilbert & New Hall Fitness Rooms**
- Mon. – Thur.: 6:00 A.M. – 11:00 P.M.
- Fri.: 6:00 A.M. – 6:00 P.M.
- Sat.: 12:00 P.M. – 5:00 P.M.
- Sun.: 1:00 P.M. – 10:00 P.M.

**Interims & Closings**

**Student Recreation Center**
- January 1 – 3: CLOSED
- January 18: CLOSED
- March 26 & 27: 12:00 P.M. – 5:00 P.M.

**SRC’s Winter Break, Spring Break, Finals, & Summer Hours**
- (January 4 – January 17; March 11 – 20; May 6 – August 19)
- Mon. – Thur.: 6:00 A.M. – 9:00 P.M.
- Fri.: 6:00 A.M. – 6:00 P.M.
- Sat. & Sun.: 12:00 P.M. – 5:00 P.M.

*Summer hours subject to change*

**Chick Evans Field House**
- January 18: CLOSED
- March 14 – 17: CLOSED
- May 19 – August 21: CLOSED

**Gabel Hall Pool / Lap Swim**
- January 1 – 3: CLOSED
- January 4 – 8: 11:00 A.M. – 2:00 P.M.
- January 9 – 10: CLOSED
- January 11 – 15: 11:00 A.M. – 2:00 P.M.
- January 16 – 18: CLOSED
- March 12: CLOSED
- March 14 – 18: 11:00 A.M. – 2:00 P.M.
- March 19 & 26: CLOSED

**Gilbert & New Hall Fitness Rooms**
- January 1 – 18: CLOSED
- March 11 – 20: CLOSED
- March 26 & 27: CLOSED
- May 6 – August 21: CLOSED

**Outdoor Recreation Sports Complex**
- January 1 – March 20: CLOSED
- March 26 & 27: CLOSED
- May 6 – August 19: CLOSED

*Interim hours and closings are subject to change. Visit www.niu.edu/campusrec/Hours_of_Operation for updated information.*
Join Iron Huskie – Rec Rewards Program
The Iron Huskie – Rec Rewards Program is free, and you can earn prizes as you reach milestones on your way to completing the full distance of a triathlon. Complete a triathlon race by combining swimming/strength training, running/jogging, and cycling at various distances. Incorporating these types of activities provides unique health benefits such as maintaining healthy weight, heart, and lungs, in addition to overall wellness. The Iron Huskie – Rec Rewards program allows you to track your exercise in the three triathlon categories for the entire semester. The goal is to complete an “Iron Man” distance of 140.6 miles consisting of:

- 2.4 mile swim (may substitute strength training)
- 26.2 mile run/jog/walk
- 112 mile bike ride (may substitute nutrition coaching sessions)

Register for the program by completing the online form at www.niu.edu/campusrec/Rec_Rewards. Once you have completed your activity, go to the same online link and record the activity you completed each day. We will track your progress and notify you via e-mail when you are close to winning a prize.

Activity Locations
- Student Recreation Center
- Chick Evans Field House
- Gilbert Hall & New Hall Fitness Rooms
- Gabel Pool
- Outside (when the weather is nice!)

16-Week Semester Overview
2.4 mile swim (169 lengths in Gabel Pool): 10.5 lengths per week
1 hour of strength training = 5 lengths
26.2 mile run/jog/walk: 1.64 miles outside/treadmill per week
9 laps around SBC Track per week
15 laps around FH Track per week
112 mile bike ride:
- 7 miles of biking per week (can be met in a single Spin class!)
- 5 Nutrition Counseling sessions

Memberships

Students
Fee-paying NIU DeKalb campus students are automatically members! All you need is your NIU OneCard ID.

Guests
All guests, with the exception of NIU Faculty or Staff and hotel guests, must be sponsored by a current Campus Recreation member. Guest must present a valid photo ID.

Retirees & Emeriti
NIU retirees and emeriti have free membership to Campus Recreation facilities but must sign up for the membership each year. A valid NIU OneCard is required to use facilities.

Community

NIU Affiliate
Faculty, Staff, Alumni, Significant Other, Adult Dependents, and Continuing Students
- Annual: $240
- Semester: $100
- Monthly: $35
- Summer: $85

Pool Membership
- Annual: $120*
- Semester: $60*
- Summer: $60

*Also includes family price

Campus Recreation memberships can be purchased online at www.niu.edu/campusrec/membership or at our kiosk in the Student Recreation Center (SRC).

Prizes
Gold: Campus Recreation Portable USB Charger
Complete miles in all three categories.

Silver: Campus Recreation Rec Rewards T-Shirt
Complete miles in any 2 of 3 categories.

Bronze: Campus Recreation Protein Shaker Bottle
Complete miles in any 1 of 3 activities.

Fee-paying NIU DeKalb campus students are automatically members! All you need is your NIU OneCard ID.

Annual: $280
Semester: $130
Monthly: $45
Summer: $100

NIU Affiliate
Faculty, Staff, Alumni, Significant Other, Adult Dependents, and Continuing Students

Annual: $240
Semester: $100
Monthly: $35
Summer: $85

Registration
Register for the program by completing the online form at www.niu.edu/campusrec/Rec_Rewards. Once you have completed your activity, go to the same online link and record the activity you completed each day. We will track your progress and notify you via e-mail when you are close to winning a prize.

Activity Locations
- Student Recreation Center
- Chick Evans Field House
- Gilbert Hall & New Hall Fitness Rooms
- Gabel Pool
- Outside (when the weather is nice!)

16-Week Semester Overview
2.4 mile swim (169 lengths in Gabel Pool): 10.5 lengths per week
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9 laps around SBC Track per week
15 laps around FH Track per week
112 mile bike ride:
- 7 miles of biking per week (can be met in a single Spin class!)
- 5 Nutrition Counseling sessions
Open Recreation

Equipment Check-Out
Free with your NIU OneCard.

FH
Basketballs (Men's & Women's)
Futsal Balls
Indoor Soccer Balls
Jump Ropes
Soccer Balls
Tennis Racquets
Volleyballs

ORSC
Flag Football Belts
Football
Pinnies
Soccer Balls
Softballs
Softball Bats
Softball Mitts
Ultimate Frisbees

SRC
Badminton Racquets
Basketballs (Men's & Women's)
Jump Ropes
Pickleball Racquets
Racquetball Racquets
Sting Ray / Manta Ray
Table Tennis Paddles
Tennis Racquets

Pro Shop
Available for purchase from the SRC. Prices below include tax.

Badminton Birdies: $2.00
Can of Racquetballs: $4.00
Can of Tennis Balls: $4.60
Exercise Bands: $3.25–$4.00

Hand Wraps: $5.50
Hip Scarf: $10.00
Lifting Straps: $7.50
Pickleballs: $3.00

Racquetball Goggles: $9.50
Short Sleeve T-Shirt: $8.00
Table Tennis Balls: $0.35
Wrist Wraps: $9.50

Policies
To review all of the facilities’ policies, please visit: www.niu.edu/campusrec/openrec/policy.shtml

• Shirts that cover the chest, abdomen, and side area are required in all areas except locker rooms.
• Appropriate athletic attire and closed-toe, non-marking shoes are required.
• Use of video recording devices and photography must be approved by Campus Recreation staff.
• Please be courteous to other patrons and do not take photos or use Snapchat while in the facilities.
• Members must present NIU OneCard to enter the facilities and for equipment checkout.

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•  Appropriate athletic attire and closed-toe, non-marking shoes are required.
•  Use of video recording devices and photography must be approved by Campus Recreation staff.
•  Please be courteous to other patrons and do not take photos or use Snapchat while in the facilities.
•  Members must present NIU OneCard to enter the facilities and for equipment checkout.

Spring 2016 Program Guide | Open Recreation 8
Personal Training

Free One-On-One Equipment Orientation
NIU students can receive one free equipment orientation, in order to learn how to safely use the equipment and feel comfortable in the weight room.

Fitness Assessment - $10
Fitness is not just a number on the scale! Our trained professionals will give you a comprehensive fitness assessment that considers your lifestyle, blood pressure, body composition, strength, flexibility, and aerobic fitness.

Student Pricing
1 Session: $32
4 Sessions: $116
8 Sessions: $224
16 Sessions: $400*
24 Sessions: $576*
36 Sessions: $828*

Member Pricing
1 Session: $35
4 Sessions: $132
8 Sessions: $248
16 Sessions: $464*
24 Sessions: $672*
36 Sessions: $972*

*Payment plans available

To find out more about our Personal Trainers or register for Personal Training services, visit www.niu.edu/campusrec/personal_training.
Get Fit with Friends!
This group training program will help you get on the right track to leading a healthy lifestyle. Open to all students and members, the workouts are led by a certified Personal Trainer and vary from high to moderate intensity. Huskie Fit Club meets twice a week in Court 2 at the SRC. Receive individual attention from a trainer and support from your fellow Huskie Fit Club members while reaching your fitness goals!
Join A Class
Our group fitness instructors are trained to deliver safe and effective workouts. Classes are set up in a fun, social, and friendly environment. Buy a Fit Pass and join the fun. No experience needed, all fitness levels welcome! Classes begin January 19th!

Fit Pass
Fit Passes can be purchased online or at the SRC kiosk and must be purchased before attending your first class. If you wish to register prior to attending class, please arrive 20 minutes before class time.

One class Fit Pass: $8
Semester: $45
Annual: $75

Free Weeks
Try any of our group fitness classes for free during the weeks below!

Free Week
January 19–23
All classes are free for students and members.

Residence Hall Week
February 15–20
All classes are free for students living in a residence hall.

Bring A Friend
March 7–12
Fit Pass holders can bring a guest to the classes of their choice.

PAR-Q Forms
Before attending your first group fitness class, you must complete a physical activity readiness questionnaire (PAR-Q Form). You can fill this form out online at www.niu.edu/groupfitness/FitPassFees.
Group Fitness | Classes

Cardio

HIIT Series: Cycle
Thirty-minute cycle workout to increase your endurance, speed, and coordination on an indoor stationary bike with chart topping soundtracks.

HIIT Series: Tabata
Thirty-minute workout in cycles of 20 seconds of work and 10 seconds of rest. This is a fast-paced, high-intensity interval training focusing on strength and cardio. No prior fitness experience necessary!

Spin™
High intensity cycling to build endurance. This class takes place under black lights!

Dance

Cardio Hip Hop
A dance class with no experience needed.

Zumba™
An exciting fusion of Latin dance and fitness taught by certified Zumba™ instructors.

Strength

HIIT Series: Core
This intense 30-minute workout focuses on the core and lower back to build midline stability and strength.

BodyPump™
Choreographed fitness to have fun while you sweat! This class uses cardio pump barbells to sculpt and harden your entire body!

Boot Camp
This class blends plyometric and body weight exercises with intervals, circuits, and strength training.

Butts and Guts
Thirty minutes of strength and resistance training for a rock solid core and lower body.

Total Body BOSU
Full body cardio using an inflatable dome on a solid platform. Increase your balance, coordination, agility, and strength with this great tool.

Mind & Body

Pilates
The intent is to lengthen and strengthen the body with focus on the core.

Yoga
Connect your mind and body with yoga poses, balance, conscious breathing, and relaxation.

Yogalates
Our unique combination of Yoga and Pilates. This class offers the relaxation of Yoga along with the core strength and stabilization of Pilates.

#FITFAM – 35 Class Challenge
Become part of the #FITFAM by attending 35 Group Fitness classes during a semester. Anyone who completes the challenge will receive a free t-shirt! Be sure to check in at the Pass Checker desk before each class!

#flashWOD Around Campus
Want to be in a flash mob? Follow us on social media for details about when and where we’ll be hosting fun and free flash workout of the day events around campus.

Group Fitness Instructor Workshop
Are you enthusiastic about group fitness? Then consider becoming a Group Fitness Instructor! Teaching Group Fitness is fun and rewarding! Try our semester-long workshop for those interested in becoming a Group Fitness Instructor. No teaching experience required, but participation in a variety of Group Fitness classes is recommended, and you must have a Fit Pass.

Information Meetings: February 8 at 7:00 P.M. and February 9 at 3:00 P.M.
Nutrition Coaching

Reasons to Meet with a Nutrition Coach
Feel tired during the day and have a hard time keeping your energy up for class and studying? Our team can show you how the right foods can boost energy and concentration.

Feel unhappy with your weight and think about food all the time? Our team can help you feel comfortable with your size and enjoy food again.

Spend a lot of time at the gym but not getting the results you want? Our team works with you to develop a nutrition plan that provides the right nutrients at the right time.

Eat a lot of canned, boxed, or frozen foods because you are unsure how to cook? Our team teaches you easy ways to prepare healthy meals and snacks.

Want to eat healthy in the dining halls but not sure how? Our team can help guide you towards building a healthy plate.

Student Pricing
Per Semester: $39

Get Started!
Is nutrition coaching right for you? Get started with a free 30-minute Meet-the-Nutrition-Coach visit to discuss your goals and learn what one on one nutrition coaching can do for you!

To schedule a meeting with a Nutrition Coach, visit www.niu.edu/campusrec/nutrition/scheduling

Our Staff
Graduate-level nutrition interns provide private and confidential nutrition coaching under the supervision of a Registered Dietitian Nutritionist.

Nutrition Office
The Nutrition Office is located off the track in the main gym at the Student Recreation Center.
Aquatics

Gabel Hall Pool
Campus Recreation offers a comprehensive aquatics program at Gabel Hall Pool. The pool, located on the east side of campus, offers swimmers a chance to swim laps, work on water fitness, and hang out with friends. Gabel Hall has a locker room, with locker rental annually or on a semester basis. The pool contains 5 lap lanes which are available during all Lap Swim times. During Open Swim, two lap lanes are available.

Gabel Hall Pool can be rented for birthday parties, group outings, swim meets, scuba classes or other events. For more information please contact the Graduate Assistant of Aquatics at (815) 753-9360.

Pool Membership
Pool passes are now included with a Campus Recreation membership! Non-member pool pass prices are located below.

Annual: $120*
Semester: $60*
Summer: $60
*Also includes family price

Pool Reservations
Gabel Hall Pool can be rented for birthday parties, group outings, swim meets, scuba classes or other events. For more information please contact the Graduate Assistant of Aquatics at (815) 753-9360.

Equipment Check-Out
A variety of equipment is available to check out at Gabel Hall Pool at no additional cost.

Beach Balls
Diving Bricks
Flipper
Flotation Belts
Hand Paddles
Inner Tubes
Kickboards
Noodles
Pull Buoys
Water Dumbbells

Lap Swim Hours
Mon, Wed, & Friday: 6:00 A.M.–8:00 A.M.
Monday–Friday: 11:00 A.M.–2:00 P.M.
Saturday: 9:00 A.M.–12:00 P.M.

Open Swim Hours
Tuesday–Thursday: 5:00 P.M.–7:00 P.M.
Saturday: 9:00 A.M.–12:00 P.M.

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Renew your current American Red Cross Lifeguard certification before it expires! A certified instructor from the American Red Cross will teach a 12-hour short course to review your skills and renew your certification. Learn first-hand what it takes to become a certified lifeguard. Participants learn skills by participating in fun skill challenges. Prizes awarded! Time to cool off and see who’s best at water volleyball. Prizes for best team outfit, most spirited, and tournament champs!

**Lifeguard Recertification**
- Lifeguard Skills Challenge: Learn first-hand what it takes to become a certified lifeguard. Participants learn skills by participating in fun skill challenges. Prizes awarded!
  - **Date:** March 8 & 22
  - **Time:** 6:00 P.M.–7:00 P.M.
  - **Location:** Gabel Hall Pool
  - **Price:** Free

**Campus Rec Pool Volleyball Tournament**
- Time to cool off and see who’s best at water volleyball. Prizes for best team outfit, most spirited, and tournament champs!
  - **Date:** April 19
  - **Time:** 6:00 P.M.–7:00 P.M.
  - **Location:** Gabel Hall Pool
  - **Price:** Free

**Lifeguard Recertification**
- Renew your current American Red Cross Lifeguard certification before it expires! A certified instructor from the American Red Cross will teach a 12-hour short course to review your skills and renew your certification.
  - **Registration Dates:** January 19–April 15
  - **Program Dates:** April 23–24
  - **Time:** 11:00 A.M.–5:00 P.M.
  - **Price:** Member $100; Non-Member $110

**Private Lessons**
Swimming lessons are available for children ages 4 to 16 and adults ages 17 and up. The Aquatics Graduate Assistant will contact you to arrange dates and times after you register.

- **Registration Dates:** January 19–April 22
- **Program Dates & Times:** Flexible (six 30-minute sessions)
- **Price:** Member $135; Non-Member $145

**Adult Beginner Swimming**
This class is designed for participants with little or no swim experience. The goal is to be able to swim and feel comfortable in deep and shallow water.

- **Registration Dates:** January 19–February 17
- **Program Dates:** February 22–March 9 (Tues & Thurs)
- **Time:** 7:15 P.M.–8:00 P.M.
- **Price:** Member $50; Non-Member $60

**Adult Intermediate Swimming**
Refine your swim movements and techniques to become a more effective and efficient swimmer.

- **Registration Dates:** January 29–March 23
- **Program Dates:** March 29–April 14 (Tues & Thurs)
- **Time:** 7:15 P.M.–8:00 P.M.
- **Price:** Member $50; Non-Member $60

**Youth Beginner Swimming (Age 4-5)**
Children will work on skills to prepare them to feel comfortable and safe in water. Skills covered include breath holding, front and back float, entering water independently, freestyle arms, and introduction to flutter kicking. Parents do not directly participate in this course.

- **Registration Dates:** January 19–March 25
- **Program Dates:** April 2–17 (Sat & Sun)
- **Time:** 9:00 A.M.–9:45 A.M.
- **Price:** Member $50; Non-Member $60

**Youth Beginner Swimming (Age 6+)**
Children will work on skills to prepare them to feel comfortable and safe in water. Includes breath holding, front and back float, entering water independently, freestyle arms, and introduction to flutter kicking. Parents do not directly participate in this course.

- **Registration Dates:** January 19–March 25
- **Program Dates:** April 2–17 (Sat & Sun)
- **Time:** 10:00 A.M.–10:45 A.M.
- **Price:** Member $50; Non-Member $60

Swim lessons are by appointment or scheduled for specific days and times. All swim lessons are taught in Gabel Hall Pool. Once registered, you will be contacted to schedule your time. Register online or at the Student Recreation Center kiosk.

**Swimming Lessons**
Swimming lessons are for everyone. All levels are welcome.

- **Registration Dates:** January 19–March 25
- **Program Dates:** April 2–16 (Sat & Sun)
- **Time:** 12:00 P.M.–5:00 P.M.
- **Price:** Member $185; Non-Member $200
Intramurals

Registration
To participate in Intramurals, you must create an account on IMLeagues.com. Through this site you can create or join a team, then you submit your payment at the Student Recreation Center front desk by the 2nd week of play.

Create An IMLeagues Account
1. Go to www.imleagues.com and click Create Account.
2. Enter your information using your NIU email (jdoe1@niu.edu or z123456@students.niu.edu), and then click Submit.
3. You will be sent an activation email. Click the link in the email to login and activate your IMLeagues account.
4. You should automatically be joined to your school. If not, search schools by clicking the Schools link.

Sign Up For A Sport
1. Go to www.imleagues.com and login to your account.
2. Click the Create/Join Team button at the top right of your homepage.
3. Click on the sport you wish to join (current sports will be displayed).
4. Choose the league you wish to play in (Men’s, Women’s, Co-Rec, etc.)
5. Choose the division you would like (Monday 5:00 P.M., Tuesday 5:00 P.M., etc.)

Join A Team
1. Use the Create/Join Team button at the top right of every page.
2. Accept a request from the captain to join his/her team or find the team captain’s name on the division/league page and request to join. You can also list yourself as a free agent in as many league divisions as you like. You will be visible to all site members and can request to join teams, or post your information so teams can request to add you.

For more information on how to register, join, or create a team, visit www.niu.edu/campusrec/intramural/howtoregister.
**Intramurals | Events**

**5-On-5 Basketball League**
*Registration Deadline: February 2*
*Play Date: February 8–March 9*
*Team Fee: $60*
*Minimum # of Players: 4*

**Rock, Paper, Scissors Tournament**
*Registration Deadline: February 3*
*Play Dates: February 3*
*Team Fee: Free*
*Minimum # of Players: 1*
*Walk-ins welcome day of tournament*

**Dodgeball League**
*Registration Deadline: February 9*
*Play Dates: February 15–March 2*
*Team Fee: $60*
*Minimum # of Players: 4*

**Floor Hockey League**
*Registration Deadline: February 23*
*Play Dates: February 29–April 6*
*Team Fee: $60*
*Minimum # of Players: 4*

**Texas Hold’Em Tournament**
*Registration Deadline: February 24*
*Play Date: February 24*
*Team Fee: Free*
*Minimum # of Players: 1*
*Walk-ins welcome day of tournament*

**5-On-5 Basketball League**
*Registration Deadline: March 8*
*Play Dates: March 21–April 21*
*Team Fee: $60*
*Minimum # of Players: 5*

**NCAA Bracketology**
*Brackets Due: March 15*
*Team Fee: Free*

**4x4 Flag Football Tournament**
*Registration Deadline: March 29*
*Play Date: April 4–May 4*
*Team Fee: $40*
*Minimum # of Players: 4*

**16” Softball Tournament**
*Registration Deadline: April 5*
*Play Dates: April 11–April 14*
*Team Fee: $40*
*Minimum # of Players: 7*

**Texas Hold ‘Em Tournament**
*Registration Deadline: April 19*
*Play Date: April 25–April 28*
*Team Fee: Free*
*Minimum # of Players: 7*

**Co-Rec Volleyball Tournament**
*Registration Deadline: February 9*
*Play Dates: February 15–February 18*
*Team Fee: $40*
*Minimum # of Players: 4*

**Wiffle Ball Tournament**
*Registration Deadline: April 19*
*Team Fee: Free*

**Purchase A League Pass**
A League Pass is available for organizations and teams who play in every sport offered during the academic year. The annual League Pass offers a discounted rate for 8 sport leagues and 4 tournaments. Each pass is valid for one team registration.

*Annual: $486*
*Fall Semester: $265*

**Become An Official**
Join the officiating team to gain leadership experience and get involved in the campus community. Officiating is a great way to earn extra money while expanding your knowledge of various sports’ rules and regulations. Hours are flexible and officials choose the sports they want to officiate. Previous experience is not necessary.

To become an official:
1. Attend a recruitment meeting.
2. Complete an application from the recruitment meeting and submit at the SRC by the established deadline.
Sport Clubs

Practice Hard, Win Hard
The Sport Club program serves individual interests in different sports and recreational activities. Our student-run clubs are a great way to make new friends, get involved on campus, and play, whether you are experienced or not. Join more than 500 students who are involved in sport clubs on campus. Each club is open to all NIU fee-paying students, faculty/staff, and alumni members.

Build a cohesive team.
Gain leadership experience.
Get involved on campus.
Network with students, faculty, and staff.
Travel to other universities for competition.
Learn a new sport.
Stay competitive in a favorite sport.

Join A Club
Visit our website for a list of our current clubs and their contact information. Fill out the form on the left-hand side of the page to find out more information about a specific club.
To learn more about how you can join, visit www.niu.edu/campusrec/sportsclubs/clubs.

Start A Club
Any student or group of students who want to start a sport club should consult with the Sport Club Advisory Council. Sport clubs must be recognized by the Student Association, and are governed by the rules and regulations of the Student Association and Campus Recreation.
You can find forms to start a club at www.niu.edu/campusrec/sportsclubs/ClubResources.

Our Clubs
Archery  Equestrian  Racquetball  Triathlon
Baseball  Fencing  Roller Hockey  Ultimate Frisbee
Basketball (Women’s)  Figure Skating  Rugby (Women’s)  Volleyball (Men’s)
Bass Fishing  Gymnastics  Soccer  Volleyball (Women’s)
Bowling  Ice Hockey  Softball  Water Polo
Brazilian Jiu-Jitsu  Lacrosse  Swimming  Wrestling
Cricket  Powerlifting  Table Tennis
Dodgeball  Quidditch  Tennis

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Outdoor Adventures

Adventure Center
Visit the Adventure Center to rent outdoor sports equipment and find out information about trips and events!

Contact
Contact the Adventure Center with any questions, to make a reservation, or arrange for off-hours equipment check-out or return.

Email: OutdoorAdventure@niu.edu
Phone: (815) 753-9422

Hours
Monday–Friday: 3:00 P.M.–6:00 P.M.

Weekly Bike Ride
Up for a ride? Join Outdoor Adventures for our weekly cruise, no bike needed. All levels welcome!
Date: Thursdays, March 24–May 5
Time: 5:00 P.M.
Location: Meet at the Adventure Center

Teambuilding
Make your next group event memorable and meaningful! Outdoor Adventures crafts custom programs for student organizations, departments, and community groups. Your event is designed around your group’s goals, with a variety of options from which to choose, both on or off campus.

Up to 15 People: $50 ($25 for each additional hour)
Up to 50 People: $100 ($50 for each additional hour)
Up to 100 People: $200 ($75 for each additional hour)

To complete a request form, please visit www.niu.edu/campusrec/outdoor_adventures/custom_trips.

Custom Programs
Custom experiences can last a day, weekend, or week, with many options for any time of year. Our knowledgeable and trained staff can provide all your needs from transportation to food, as well as group and individual gear.

We Provide:
- Transportation
- Group and individual gear
- Knowledgeable and trained staff

Rates: $15–$50 per person

To complete a request form, please visit www.niu.edu/campusrec/outdoor_adventures/teambuilding.
Outdoor Adventures

<table>
<thead>
<tr>
<th>Gear Rentals</th>
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<tbody>
<tr>
<td>The Adventure Center provides a large variety of equipment for your outdoor activities, no matter the season. Gear is available at low cost to NIU Affiliates (students, faculty, staff, and alumni), as well as the general public for day, weekend, or week-long rentals. The Adventure Center provides equipment tutorials and offers a free resource library with brochures, maps, and DVDs.</td>
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</tbody>
</table>

| To view the rental prices, and policies, visit www.niu.edu/campusrec/outdoor_adventures. |

<table>
<thead>
<tr>
<th>Spring 2016 Program Guide</th>
<th>Outdoor Adventures</th>
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<tbody>
<tr>
<td><strong>Canoe Paddle Pedal</strong></td>
<td>April 24</td>
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<tr>
<td></td>
<td>Fox River</td>
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<td>$30</td>
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<tr>
<td><strong>Day Climb</strong></td>
<td>April 30</td>
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<td></td>
<td>Devil’s Lake State Park, WI</td>
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<tr>
<td></td>
<td>$30</td>
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<tr>
<td><strong>Yoga Hike</strong></td>
<td>May 6</td>
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<tr>
<td></td>
<td>Shabbona Lake State Park</td>
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<td></td>
<td>$20</td>
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**Weekend**

| **Ski/Snowboard**         | February 5–February 7 |
|                          | Granite Peak Wasan, WI |
|                          | $250                |
| **Backpack**              | April 1–April 3     |
|                           | Kettle Moraine Forest, WI |
|                           | $250                |
| **Sleeping Bag**          | Sleeping Pad        |
|                           | $70                 |
| **Tent**                  | $70                 |
| **Water Cooler**          | $50                 |

| **Cross Country Ski**     | February 21         |
|                           | Lowden Miller State Forest |
|                           | $20                 |
| **Day Climb**             | February 13         |
|                           | Lake Carroll        |
|                           | $25                 |

| **Kayak Pool Clinic**     | February 15 & 29    |
|                           | 7:00 P.M.           |
|                           | Gabel Hall Pool     |
|                           | $15                 |
| **Moonlight Snowshoe**    | February 22         |
|                           | 8:00 P.M.           |
|                           | Afton Forest Preserve |
|                           | $10                 |

**Volunteer Event**

| April 23 at 1:00 P.M.     |
| DeKalb Forest Preserve    |

**Prices listed are early registration fees for students. Register at www.niu.edu/campusrec/outdoor_adventures.**
Special Events

**Winter Wonderland**

Stop by the Adventure Center and East Lagoon to join the Outdoor Adventures staff in kicking off this year’s winter season! Bring your friends and try out a variety of activities including ice skating, snowshoeing, and cross country skiing equipment for no cost. No registration required; stop by anytime!

**Dates:** January 26  
**Time:** 5:00 P.M. – 8:00 P.M.  
**Location:** NIU East Lagoon  
**Cost:** Free

**Canoe Battleship**

Campus Recreation presents Canoe Battleship! The object of this exciting game is simple—sink your opponents’ canoes before yours goes under. Grab some friends, gather your buckets and shields, and let the games begin!

**Dates:** April 19  
**Time:** 6:30 P.M. – 8:30 P.M.  
**Location:** Gabel Hall Pool  
**Cost:** Free

**Alternative Spring Break Trip**

Join us as NIU returns for the fourth time to volunteer with the U.S. Forest Service in Chattahoochee National Forest. Spend a week working together with your friends and Outdoor Adventure leaders while learning about this scenic area. There are two different options this year: staying in a forest cabin or camping in tents. More details to come about the specific work activities. Included in the registration fee is transportation, leadership, all meals, backpacking equipment and/or camping equipment.

**Dates:** March 12 – 19  
**Time:** 8:00 A.M. – 10:00 P.M.  
**Location:** Conasauaga Ranger District; Dalton, GA  
**Cost:** $250  

**Information Meetings:** February 8 or February 16 at 5:00 P.M. in the Student Recreation Center Conference Room

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Southwest Adventure Summer Trip

This is an introductory multi-sport trip designed for beginners, though it will be very physically demanding. Planned activities include strenuous day hikes, a 3-day backpacking route, and rock climbing. We will also learn geology and experience the natural and cultural histories of Arizona and Utah. The itinerary is dependent on available permits at the park which opens for reservation months before the trip. Planned stops include Bryce Canyon National Park, Zion National Park, Paria Canyon/Vermillion Cliffs National Monument, and the Grand Canyon.

Dates: May 15–28
Time: 8:00 A.M.–10:00 P.M.
Location: Arizona & Utah
Cost: $460

Information Meetings: March 28 or March 29 at 5:00 P.M. in the Student Recreation Center Conference Room

Climbing Summer Trip

Take up a new sport and get out and explore why the Red River Gorge is a world premier rock climbing destination. We will visit a variety of climbing areas such as the Pendergrass-Murray Recreational Preserve and the superbly maintained Muir Valley. We will be camping at the infamous Miguel’s Pizza the home for climbers who frequent the area and killer food that doesn’t disappoint. Included in registration is camping and climbing equipment, some meals, instruction, and transportation.

Date: June 5–9
Time: 8:00 A.M.–10:00 P.M.
Location: Red River Gorge; Slade, KY
Cost: $150

Information Meeting: May 3 at 5:00 P.M. in the Student Recreation Center Conference Room

Service Desks

Student Recreation Center
(815) 753-0231

Chick Evans Field House
(815) 752-8255

The Adventure Center
(815) 753-9423

Anderson Pool
(815) 753-1405

Gabel Pool
(815) 753-1180

New Hall Fitness Room
(815) 753-7677

Gilbert Hall Fitness Room
(815) 753-3126

Outdoor Recreation Sports Complex
(815) 753-2333

Email
CampusRecreation@niu.edu

Website
www.niu.edu/campusrec

Facebook
facebook.com/NIUCampusRec

Instagram
niu_campus_rec

Snapchat
NIUCampusRec

Twitter
@NIUcampusrec