

# UREC

UNIVERSITY RECREATION  
2019-2020



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# MEMBERSHIP RATES

FACULTY/STAFF*	INDIVIDUAL	FAMILY/PARTNER	COMBINED
Current U of A Faculty and Staff			
Semester	\$75	\$40	\$115
Annual	\$203	\$108	\$311

\*Faculty/Staff may renew memberships online at [urecmembers.uark.edu](http://urecmembers.uark.edu).

STUDENT*	INDIVIDUAL	FAMILY/PARTNER	COMBINED
Fall Semester	Included in Tuition	\$25	\$25
Spring Semester	Included in Tuition	\$25	\$25
Summer	\$45*	\$25	\$65

\*Only available to students who were enrolled during the previous spring semester and are pre-enrolled for the upcoming fall semester.  
Membership is included in tuition for students who are enrolled in a summer course.

ALUMNI*	INDIVIDUAL	FAMILY/PARTNER	COMBINED
Semester	\$125	\$55	\$180
Annual	\$338	\$149	\$486

\*Must be a member of the U of A Alumni Association

## HPER LOCKER RENTALS\*

Men's or Women's Locker Room	
Full Size	\$15
Half Size	\$10
Small Size	\$5
First Level Locker	\$5
Racquetball Court Locker	\$5
Day Locker	\$1

\*Free lockers are located in the hallway on Floor 2 of the HPER Building.  
Property left unattended overnight is subject to a \$10 storage fee.

## UREC GUEST PASSES\*

Current UREC members are permitted to purchase guest passes for friends and family. All prices reflect per person rates. Only three guests are allowed per member per visit. Guests must present a government-issued picture ID to gain access to UREC facilities.

Members may purchase guest passes in advance.  
Members are responsible for their guests and must remain with them while using any UREC facility.

## MISCELLANEOUS FEES

Towel Service	\$12/semester
Day Towel	\$1
Locker Storage Fee	\$10

## UREC FITNESS CENTER LOCKER RENTALS\*

AR Union	
Men's or Women's Locker Room	
Full Size	\$30
Half Size	\$20

\*Free lockers are located at the front of the facility.  
These free lockers are only for UREC Fitness Center participants.  
Property left overnight in free lockers or unattended in the locker room is subject to a \$10 storage fee. UREC reserves the right to remove items from a locker due to improper use.

Daily Guest Pass	\$10
Carnall Hall Guest (with proof of stay)	FREE
Faculty/Staff Self-Sponsored*	\$15

\*These guest passes are only for individuals who are currently faculty/staff at the University of Arkansas.

Alumni Self-Sponsored**	\$15
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\*\*These guest passes are only for individuals who are currently members of the University of Arkansas Alumni Association.  
Proof of membership is required.

UREC ID Card Replacement	\$5
Lost Towel Replacement	\$12
Lost Lock Replacement	\$15

For more information, contact [urec@uark.edu](mailto:urec@uark.edu).

[urec.uark.edu](http://urec.uark.edu)

# SPORTS



# INTRAMURAL SPORTS

Intramural sports are designed to provide opportunities for students, faculty, and staff to participate in recreational activities in a fun, competitive, and safe environment. Sign up a men's, women's or co-rec team to participate in our Big 5 leagues (flag football, basketball, indoor volleyball, softball, and soccer) and special events throughout the year. Do you and your friends think you could field the best intramural sports team on campus? Register for Dynasty Mode and accumulate participation points throughout the year for a chance to win a special championship shirt.

Create a team with friends or join as a free agent. Sports are available in multiple divisions which include men's, women's, fraternity, sorority, and co-rec leagues.

For more information, email [imsports@uark.edu](mailto:imsports@uark.edu).

## EMPLOYMENT OPPORTUNITIES

Interested in becoming an intramural sports official? All interested officials must attend the New Officials Information Session. No previous officiating experience is necessary as all information such as rules, mechanics, and positions will be taught. For more information, visit [jobs.uark.edu](http://jobs.uark.edu).

# CLUB SPORTS

Club sports are student-led organizations that have the potential to compete against intercollegiate club teams at the local, regional, and national level. These clubs are open to any student currently enrolled in classes through the University. Club sports are not a division of the University of Arkansas Athletics Department.

## CONTACT INFORMATION:

<b>Badminton</b>	<a href="mailto:birdie@uark.edu">birdie@uark.edu</a>	<b>Rugby, Women's</b>	<a href="mailto:wrugby@uark.edu">wrugby@uark.edu</a>
<b>Ballroom</b>	<a href="mailto:ballroom@uark.edu">ballroom@uark.edu</a>	<b>Running</b>	<a href="mailto:runner@uark.edu">runner@uark.edu</a>
<b>Baseball</b>	<a href="mailto:bbclub@uark.edu">bbclub@uark.edu</a>	<b>Shotgun Sports</b>	<a href="mailto:shotgun@uark.edu">shotgun@uark.edu</a>
<b>Bass Fishing</b>	<a href="mailto:bassteam@uark.edu">bassteam@uark.edu</a>	<b>Soccer, Men's</b>	<a href="mailto:msoccer@uark.edu">msoccer@uark.edu</a>
<b>Boxing</b>	<a href="mailto:boxing@uark.edu">boxing@uark.edu</a>	<b>Soccer, Women's</b>	<a href="mailto:wsoccer@uark.edu">wsoccer@uark.edu</a>
<b>Cycling</b>	<a href="mailto:cyclist@uark.edu">cyclist@uark.edu</a>	<b>Swimming</b>	<a href="mailto:swimclub@uark.edu">swimclub@uark.edu</a>
<b>Disc Golf</b>	<a href="mailto:discgolf@uark.edu">discgolf@uark.edu</a>	<b>Tennis</b>	<a href="mailto:tennis@uark.edu">tennis@uark.edu</a>
<b>eSports</b>	<a href="mailto:esports@uark.edu">esports@uark.edu</a>	<b>Triathlon</b>	<a href="mailto:triclub@uark.edu">triclub@uark.edu</a>
<b>Golf</b>	<a href="mailto:mgolf@uark.edu">mgolf@uark.edu</a>	<b>Ultimate, Men's</b>	<a href="mailto:mensdisc@uark.edu">mensdisc@uark.edu</a>
<b>Lacrosse, Men's</b>	<a href="mailto:mlax@uark.edu">mlax@uark.edu</a>	<b>Ultimate, Women's</b>	<a href="mailto:wmnsdisc@uark.edu">wmnsdisc@uark.edu</a>
<b>Lacrosse, Women's</b>	<a href="mailto:wlax@uark.edu">wlax@uark.edu</a>	<b>Volleyball, Men's</b>	<a href="mailto:mvbball@uark.edu">mvbball@uark.edu</a>
<b>Quidditch</b>	<a href="mailto:razquidd@uark.edu">razquidd@uark.edu</a>	<b>Volleyball, Women's</b>	<a href="mailto:wvball@uark.edu">wvball@uark.edu</a>
<b>Racquetball</b>	<a href="mailto:racquet@uark.edu">racquet@uark.edu</a>	<b>Water Ski</b>	<a href="mailto:waterski@uark.edu">waterski@uark.edu</a>
<b>Rugby, Men's</b>	<a href="mailto:uarugby@uark.edu">uarugby@uark.edu</a>		

For more information on individual clubs, as well as practice and competition schedules, visit [urec.uark.edu/club-sports](http://urec.uark.edu/club-sports).

# FITNESS/WELLNESS



# FITNESS/WELLNESS SERVICES

Fitness/Wellness offers weekly group fitness classes. Small group training, personal training, and wellness opportunities are also available to members.

## FITNESS CENTERS

Donna Axum Fitness Center (2<sup>nd</sup> floor HPER)  
UREC Fitness Center (2<sup>nd</sup> floor AR Union)

## GROUP FITNESS\*

Cardio Dance	Body Sculpt
Group Cycle	Triple Fit
Water Power	HIIT Fit
Yoga	HIIT Cycle
UREC Barre	Poolside Strength & Core
Pilates Fusion	ZUMBA®
P90X®	

For a complete list of classes and schedules, visit [urec.uark.edu](http://urec.uark.edu).

*\*Group fitness classes are free to current University of Arkansas students, faculty, staff, and alumni with UREC memberships.*

## PERSONAL TRAINING

	Individual	Group (2-3)
Student	\$28	\$40
UREC members	\$32	\$44

## SMALL GROUP TRAINING

Student	\$36
UREC members	\$48

## INBODY BODY COMPOSITION SCREENINGS

Student	\$10
UREC members	\$15



# OUTDOORS





# UREC OUTDOORS

UREC Outdoors (UO) is the University of Arkansas' outdoor recreation resource center. From equipment rentals to extended adventure programs, UO is the place to start any adventure. Visit UO online at [urec.uark.edu/outdoors](http://urec.uark.edu/outdoors).

## EQUIPMENT RENTALS

UO offers a variety of outdoor equipment including a full fleet of canoes, kayaks, tents, and camping supplies. Visit [urec.uark.edu/outdoors](http://urec.uark.edu/outdoors) for a complete list of items, pricing, and reservation information.

## BIKE SHOP

UO offers mountain and hybrid bike rentals, a full service bike shop, free air, and open stand time for self-service maintenance. The bike shop is open during UO rental center hours.

## CLIMBING WALL

The UO climbing wall offers auto belays, top-rope, and lead options. Necessary equipment and instruction are provided at no charge to students and UREC members. The climbing wall can be rented for groups, parties, team building, or special events.

## BOULDERING WALL

UO offers bouldering for every skill level. Shoes are available at no charge to students and UREC members. The bouldering wall is open during UO rental center hours.

## ADVENTURE PROGRAMS

UO offers day trips, weekend outings, and extended adventure programs in a variety of locations. Activities include hiking, backpacking, cycling, climbing, paddling, caving, certification courses, and special events. To view the program calendar or register, visit [urecmembers.uark.edu](http://urecmembers.uark.edu) or **HPER 102**.

## HOURS OF OPERATION\*

### RENTAL CENTER, BIKE SHOP, AND BOULDERING WALL *HPER 102*

SUNDAY	5PM - 9PM
MONDAY	10AM - 9PM
TUESDAY - THURSDAY	12PM - 9PM
FRIDAY	10AM - 6PM

### CLIMBING WALL *HPER GYM 1*

SUNDAY - THURSDAY	4PM - 8PM
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*\*hours may vary due to university holidays, building closures, and summer break.*

# INFORMAL REC



# BUILDING MAP

The following activities are available on each level of the HPER Building.  
Refer to pages 16-19 for a detailed facility map.

## FLOOR 1

Bouldering  
Functional training space  
Racquetball  
Spikeball  
Table tennis  
Wallyball

## FLOOR 3

Badminton  
Basketball  
Futsal  
Spikeball  
Volleyball

## FLOOR 2

Basketball  
Cardio\*  
Climbing  
Spikeball  
Strength workouts/weight training\*  
Swimming/Diving  
Volleyball

## FLOOR 4

Stretching\*  
Walking/Jogging

\*Also available at the UREC Fitness Center in the Arkansas Union

# UREC SPORTS COMPLEX

## FIELD OPPORTUNITIES

- Flag football, soccer, lacrosse, rugby, softball, sand volleyball, ultimate frisbee and more
- Fitness equipment: battle ropes, speed hurdles, agility ladders, resistance bands and speed cones

Visit [urec.uark.edu](http://urec.uark.edu) for open recreation hours.

# EQUIPMENT RENTAL

UREC members may check out equipment at no extra charge at the Service Center, HPER 205A.

- Badminton racquets and shuttlecocks
- Basketballs
- Futsal balls (indoor soccer)
- Racquetball racquets, goggles and balls
- Spikeball sets
- Table tennis paddles and balls
- Volleyballs
- Wallyballs

# FACILITY RENTAL

University Recreation offers many facilities that may be reserved for meetings, special events, birthday parties, practices, and more. Rental facilities include the Health, Physical Education, and Recreation (HPER) building and the UREC Sports Complex. A wide variety of equipment rental items is also available. For more information or to rent UREC facilities, please visit [urec.uark.edu/facilities/reservations](http://urec.uark.edu/facilities/reservations).

For more information, contact [urec@uark.edu](mailto:urec@uark.edu).



# AQUATICS



# POOL INFORMATION

Water temperature is 80 F - 82 F.

Shallow area is 4 - 5 feet deep.

Diving well is 14 - 17 feet deep.

Lap lane area contains eight lanes at a depth of 6 - 7 feet.

Accessible means of entry include a portable chair lift and stairs entering the shallow section.

## SWIM LESSONS

### ADULT

This beginner class teaches the basics of swimming, which include breathing, floating, gliding, basic arm and combination strokes, and water safety skills.

Available to participants ages 12 and up.

### YOUTH

Classes expand students' locomotion, water adjustment, and safety skills. Participants will learn how to hold their breath underwater, float on front and back, glide, flutter kick, and coordinate arm and leg motions.

Available to participants ages 5 – 11.

To register for adult or youth swim lessons, visit [urecmembers.uark.edu](https://urecmembers.uark.edu).

### PRIVATE

Lessons can either be private (one participant) or semi-private (two participants). Lesson days and times are based on pool and instructor availability.

For more information, call **479-575-4646**

## CERTIFICATIONS

- American Red Cross First Aid, CPR, and AED certifications for the Lay Responder
- American Red Cross Lifeguard certification

Course dates and times will be posted online at [urecmembers.uark.edu](https://urecmembers.uark.edu).

For more information, contact [urec@uark.edu](mailto:urec@uark.edu).

# ATHLETIC TRAINING





# UREC SPORTS INJURY CLINIC

The UREC Sports Injury Clinic provides free injury examinations, as well as opportunities for injury treatment and rehabilitation. The clinic is staffed by a certified athletic trainer who is licensed by the Arkansas State Board of Athletic Training.

This service is available to students and UREC members for free.  
No appointments are necessary!

## SERVICES OFFERED

- Injury evaluation
- Injury prevention
- Rehabilitation
- Emergency care
- Wound care
- Therapeutic modality treatment

## MOST COMMON INJURIES

- Ankle sprain
- Glenohumeral labrum tear
- Rotator cuff tendinitis/impingement
- Lower back tightness/strain
- Hamstring strain

## USAGE STATISTICS\*

Weeks open:	36
Total patients:	251
Total visits:	774
Total referrals:	26

77 of the 251 patients were members of the UREC club sports organizations.

\*based on data compiled during 2018-2019 academic year

# EMPLOYMENT



# EMPLOYMENT OPPORTUNITIES

University Recreation is one of the largest student employers on campus and employs over 400 students each year. Open positions are posted throughout the fall and spring semesters.

Benefits Include:

- On-campus employment
- Flexible scheduling
- Opportunity to work during school breaks
- Leadership development
- Opportunity to work special events
- Free locker/towel service
- Three free guest passes per semester

All applicants may apply at [jobs.uark.edu](https://jobs.uark.edu).

For more information, visit [urec.uark.edu/employment](https://urec.uark.edu/employment) or contact [urechr@uark.edu](mailto:urechr@uark.edu).

# STUDENT EMPLOYEE DEVELOPMENT

University Recreation provides many opportunities to enhance professional development.

Programming includes nine week professional development training called UREC University, personal development opportunities focused around the theme of #Adulting to help navigate through college and after graduation, and trainings to further knowledge of collegiate recreation.



# FACILITIES



# HPER BUILDING

The HPER building, located off of Stadium Drive, serves as the department's main facility.

Highlights include:

- bouldering wall
- climbing wall
- cycle and train studios
- Donna Axum Fitness Center
- equipment rentals
- four basketball courts
- functional training areas
- group fitness studios
- indoor track
- locker rooms
- olympic sized swimming pool
- racquetball courts
- saunas

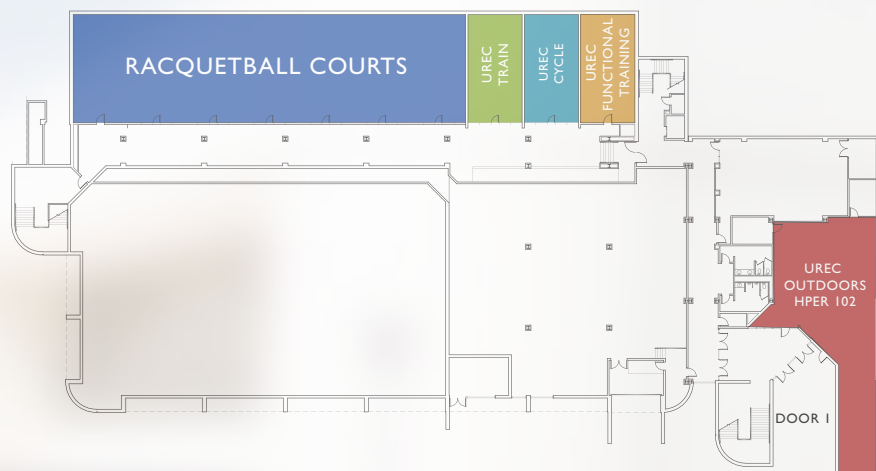
## AUXILIARY FACILITIES

Campus recreation opportunities are not just limited to inside the HPER Building. We also offer the UREC Fitness Center which is located in the center of campus on the second floor of the AR Union, as well as the outdoor fields at the UREC Sports Complex located at the intersection of Razorback Road and Mitchell Street.

University Recreation members have access to all three facilities. For more information, please visit [urec.uark.edu](http://urec.uark.edu).

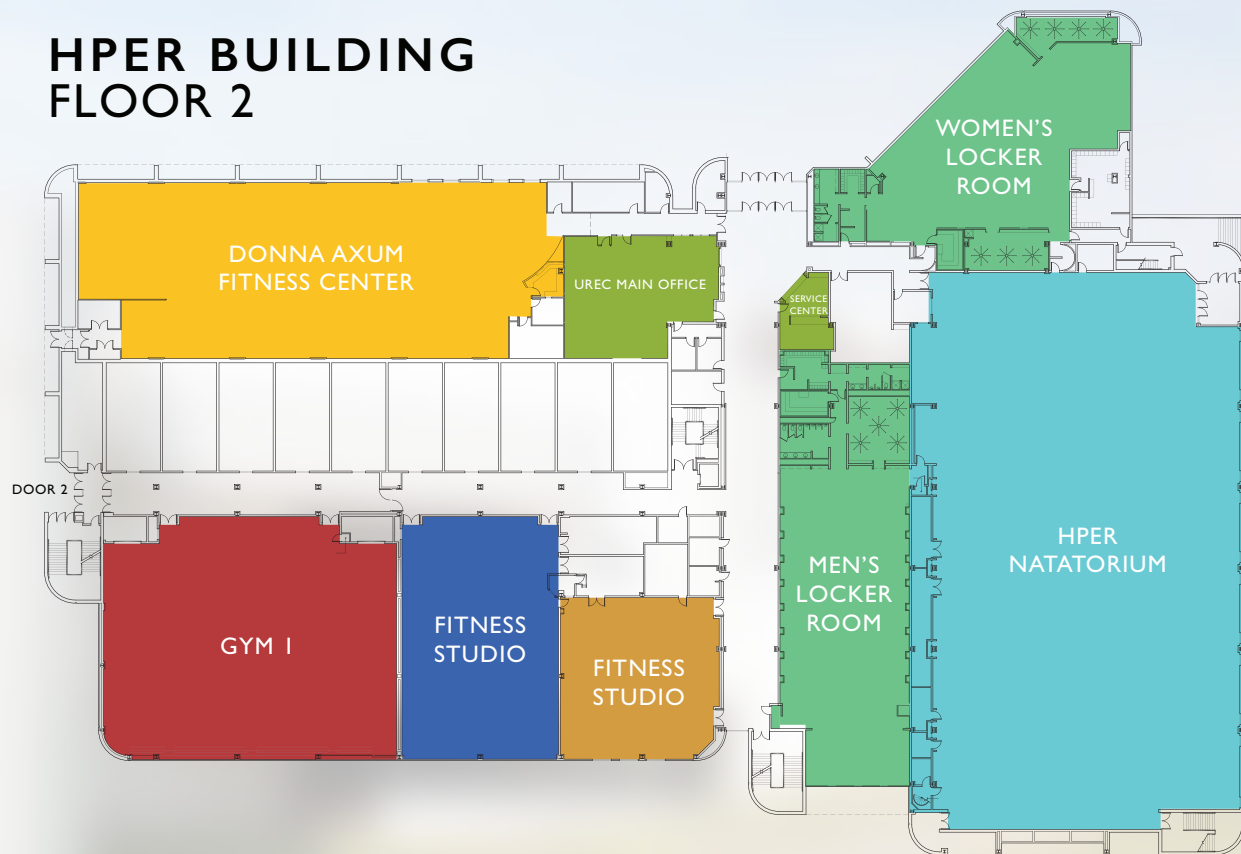
# BUILDING MAP

## HPER BUILDING FLOOR 1



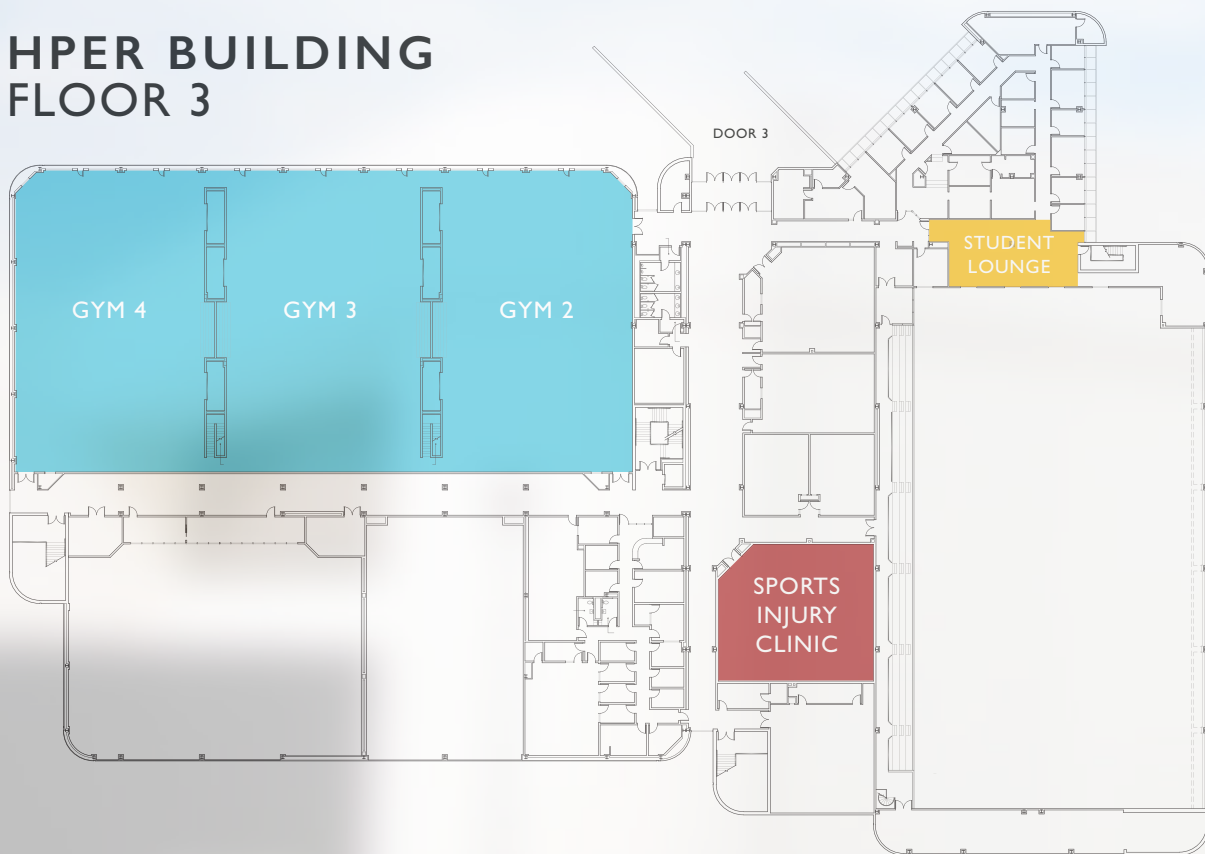


# HPER BUILDING FLOOR 2

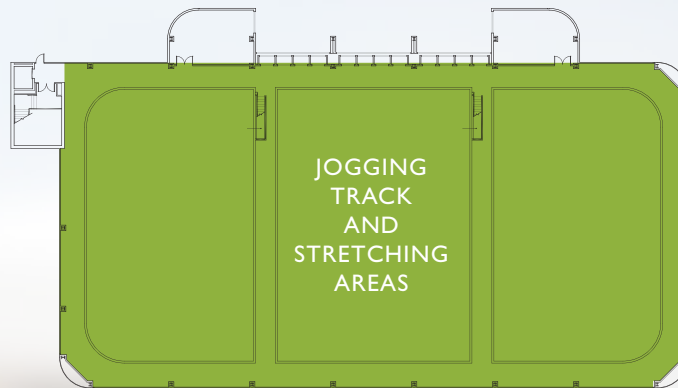


# BUILDING MAP

## HPER BUILDING FLOOR 3

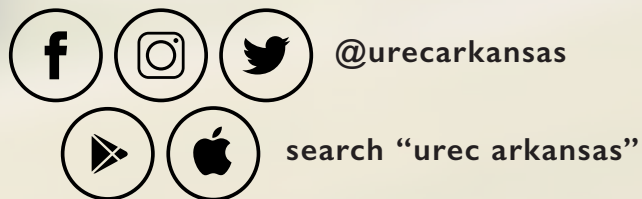


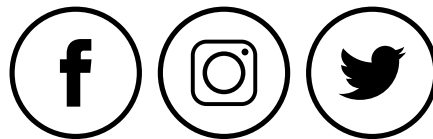
## HPER BUILDING FLOOR 4



## DISCOVER UREC

Follow University Recreation on social media  
or download the mobile app.





**@urecarkansas**  
urec.uark.edu