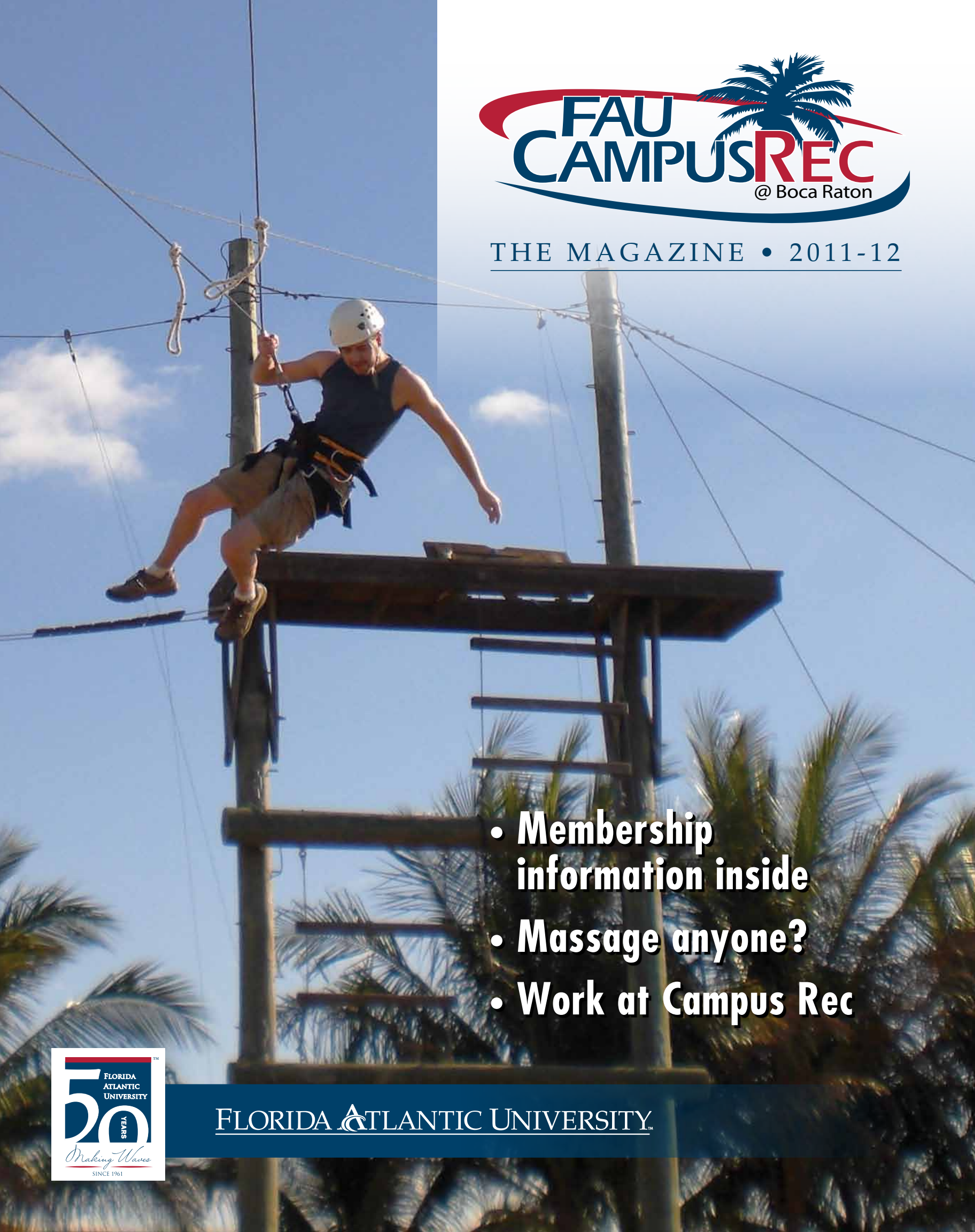


THE MAGAZINE • 2011-12



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- Massage anyone?
- Work at Campus Rec



FLORIDA ATLANTIC UNIVERSITY



2011-12

THE MAGAZINE

**RECREATION AND FITNESS CENTER
FLORIDA ATLANTIC UNIVERSITY**
777 Glades Road
Boca Raton, FL 33431
campusrec@fau.edu

FITNESS CENTER: **561.297.0591**
ADMIN. OFFICE: **561.297.4512**
FAX: **561.297.2421**

The Department of Campus Recreation enhances the quality of life of the Florida Atlantic University community by encouraging active and balanced lifestyles and to facilitate student learning through participation in Campus Recreation programs, services and facilities.

Campus Recreation is a component of the Division of Student Affairs and funded by Activity and Service (A&S) Fee allocations by Student Government.

The Division of Student Affairs will provide programs, services and facilities to promote academic success and student development.

The Department of Campus Recreation is dedicated to making its programs and facilities accessible to Students and Rec Members with disabilities. Contact Dax Kuykendall at 561.297.4512 or dkuykend@fau.edu and we will be happy to make reasonable arrangements to facilitate your participation.

For special events and programs, please make accommodation requests at least five (5) days prior to the event.

Working for
the Department
of Campus Recreation

About the Recreation
and Fitness Center

Intramural Sports

Club Sports

Outdoor Adventure
Program

Outdoor Rental Equipment

Group Fitness

Personal Training

Massage Therapy

Instructional Programs

Membership Services

Hours of Operation

Special Events

STUDENT AFFAIRS COUNCIL



WORKING FOR THE DEPARTMENT OF CAMPUS RECREATION

The Department of Campus Recreation employs more than 130 students in a variety of positions each semester to help safely operate and maintain our recreation programs, services and facilities. We are continually recruiting enthusiastic and hard-working students seeking employment. FAU students hold front line positions in areas such as:

- Fitness Center Staff
- Rec Desk Staff
- Intramural Sports Officials
- Group Fitness Instructors
- Belay Master
- Lifeguards
- Personal Trainers
- Maintenance Staff
- Challenge Course Facilitator
- Graphic Artists

To be considered for one or more of the positions, you must be a current FAU student and attend one the following Campus Recreation Employee Recruitment Sessions:

FALL 2011 EMPLOYMENT

- ▶ Tuesday, August 2, 2011
- ▶ Wednesday, August 3, 2011
- ▶ Tuesday, August 23, 2011

WINTER BREAK 2011 AND SPRING 2012 EMPLOYMENT

- ▶ Tuesday, November 8, 2011
- ▶ Wednesday, November 9, 2011

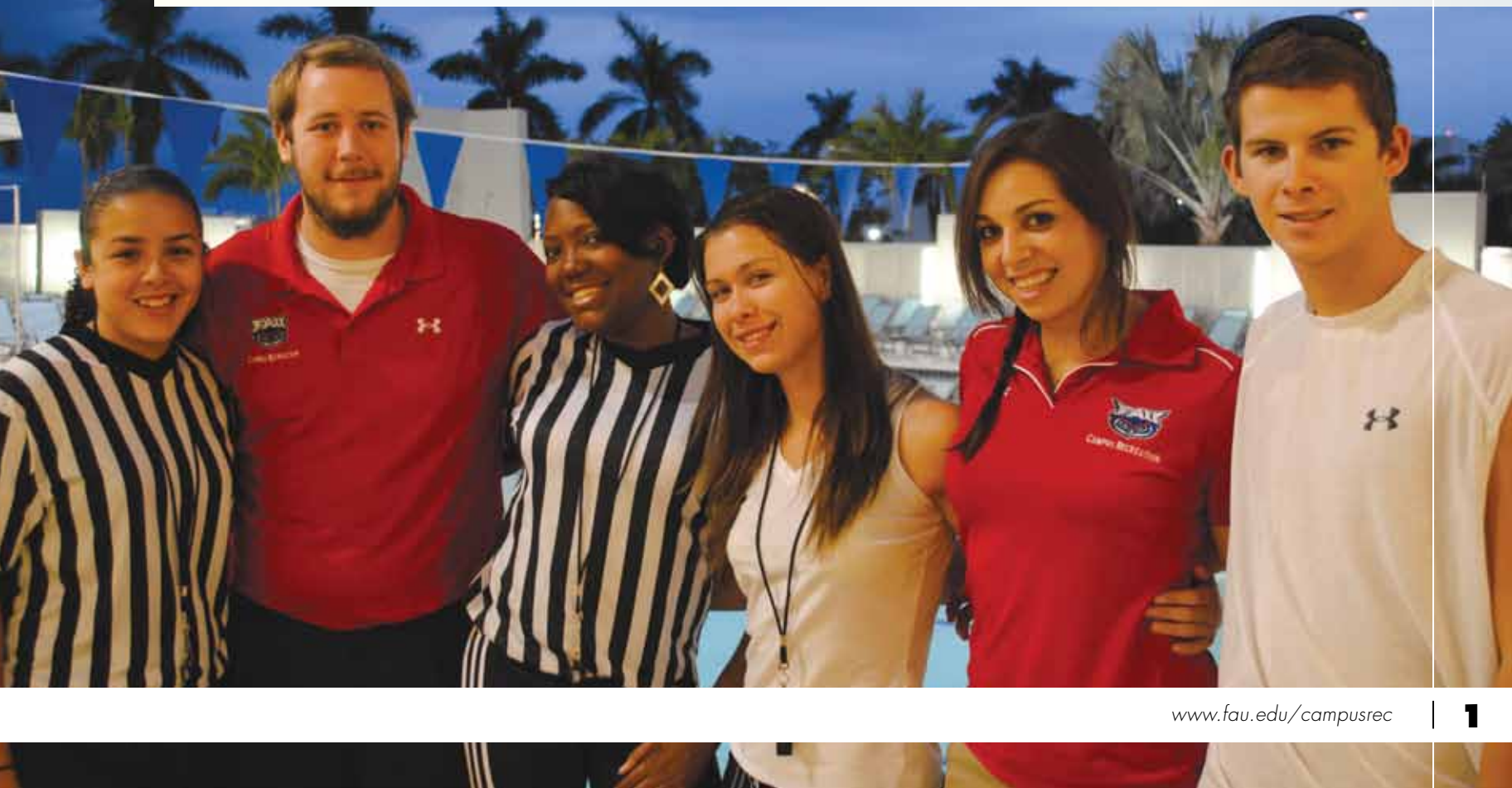
SUMMER 2012 EMPLOYMENT

- ▶ Tuesday, April 10, 2012
- ▶ Wednesday, April 11, 2012

FALL 2012 EMPLOYMENT

- ▶ Tuesday, July 31, 2012
- ▶ Wednesday, August 1, 2012
- ▶ Thursday, August 2, 2012

All sessions will begin promptly at 6:45 p.m. at the Alumni Center (located directly across from the Recreation and Fitness Center) unless otherwise noted on campus recreation website.



ABOUT THE RECREATION AND FITNESS CENTER

Completed in Spring 2010, the Recreation & Fitness Center is an \$18.6 million, 77,000-square-foot, state-of-the-art facility where students, faculty and staff can meet, workout, relax and be engaged in FAU campus life.

Features include:

13,000-SQ.-FT. FITNESS CENTER

(70+ pieces of cardio equipment, two circuit training units and free-weight area)

- Two multipurpose rooms designed for yoga, Pilates, aerobics, TRX, spinning and more
- Three indoor basketball, soccer and volleyball courts
- Badminton courts
- Outdoor Leisure and Lap Pool with zero depth entry, (3) 25-yard lap lanes and outdoor lounge
- Men's & women's health-club-style locker rooms
- Social corridor with group seating, activity viewing , LCDs, WiFi and more
- Mind and Body Studio

The facility is located at the North entrance of the Breezeway along Lee Street.



ADDITIONAL CAMPUS RECREATION FACILITIES

Track & Field Complex includes a state-of-the-art synthetic turf field dedicated for student recreation use and eight lane performance track.

Henderson Fields are the home of Intramural Sports, Club Sports and available to be reserved by all student organizations for special functions.

Outdoor Basketball & Tennis Courts are lighted and available year-round for student recreation use.

Challenge Course - Use the FAU Ropes Challenge Course as a single, active learning program or in conjunction with your traditional training to develop a high energy, synergistic team.



ADDITIONAL RECREATIONAL OPPORTUNITIES AT FAU

FAU JUPITER

Campus Recreation
5353 Parkside Drive, SR 151
Jupiter, FL 33458
561.799.8696

FAU DAVIE (BROWARD)

Broward Wellness Center
3200 College Avenue
Davie, FL 33134
954.236.1018

FAU TREASURE COAST

Student Wellness
500 NW California Blvd., CU 128
Port St. Lucie, FL 34986
772.873.3441

INTRAMURAL SPORTS

The Intramural Sports consist of competitive and recreational sports leagues, tournaments and special events that take place throughout the year. Men's, Women's and Co-Rec divisions are offered for most league sports. Registration must be completed online in order to participate. Visit www.fau.edu/campusrec/imsports for more information. League registration requires a \$30 forfeit deposit per team and tournaments are free to all participants. All Intramural Sports participants must present a valid Owl Card before each game. Below are examples of sports offered during the fall, spring and summer semesters:

Leagues Available:

Indoor Soccer
Innertube Water Polo
Tennis
5-on-5 Basketball
Outdoor Soccer
4-on-4 Flag Football
Softball
7-on-7 Flag Football
Indoor Volleyball

Tournaments Available:

3-on-3 Basketball
Kickball
Dodgeball
Wiffleball
Ultimate Frisbee
Sand Volleyball

Please visit the website for the current schedule, registration deadlines and start dates.



CLUB SPORTS

The Club Sports Program promotes student participation in a variety of physical and athletic activities. Clubs are open to men and women of all skill levels. To join a club or learn more about the activities or practices, be sure to contact the club president directly. Presidents are listed on the website under Club Sports Directory.

Current Sports:

Airsoft	Runner's Club
Bowling	Sailing
Climbing	Shorinji Kempo
Cricket	Skim
Dive	Soccer
Equestrian	Softball
Ice Hockey	Strength & Power Sports
Judo	Surf
Lacrosse (Men's)	Tae Kwon Do
Lacrosse (Women's)	Tri-Owls
Paintball	Ultimate Frisbee
Roller Hockey	Volleyball
Rugby (Men's)	Wrestling
Rugby (Women's)	

Organizations are subject to change based on participation numbers.





OUTDOOR ADVENTURE PROGRAM

Outdoor Adventure Program includes the Ropes Challenge Course, open climb and outdoor equipment rental.

We connect students to the outdoors through challenge course programs, leadership training and equipment rental. Our programs utilize an experiential approach to teaching and reinforcing team building and communication.

FAU is home to the most comprehensive challenge course in South Florida. With over 30 static elements and a plethora of portables, our course provides your organization a myriad of program options. Trained facilitators guide discussions to emphasize direct application to similar challenges in your workplace, school or community.



OUTDOOR RENTAL EQUIPMENT

The Department of Campus Recreation provides outdoor equipment rental for students and Rec Members. This equipment is available for advance reservation for multiple days, and carries a cost for the rental.

For more information on the challenge course and outdoor equipment rentals, please see the website.

GROUP FITNESS

Group Fitness classes are powered by high-energy music, challenging exercises and exceptional instructors that make it easy to meet your health and fitness needs. At FAU participating in group fitness classes is a free, fun, engaging and effective way to workout. Our classes are well-structured and tailored to each individual's fitness level.

Classes include Pilates, Yoga, Hip Hop/Core, Cycling, AquaFit, Turbokick, Bootcamp, BodySculpt, Full Body Fusion, Kickboxing, Zumba and more! Check out the website or the Fitness Flyer for the current group fitness schedule.



PERSONAL TRAINING

Whether you are new to exercise, an elite athlete or somewhere in between, our certified personal trainers are here to help you reach your goals. Don't keep putting it off — invest in your health today!

For individual and group rates, please visit the website.

Personal Training Drop-In Hour
Mondays & Wednesdays: 6-7 p.m.
Fridays: 8-9 a.m.

This free service is provided to all students and members and no sign up is required. Stop by the Fitness Resource Center located across from the fitness center for personalized measurements, advice and assessment. Personal Trainers will provide advice on basic training techniques and program design.



MASSAGE THERAPY

The Department of Campus Recreation is proud to offer reasonably priced massage services for FAU students, members and the community. Therapists on staff are licensed and skilled in Swedish, deep-tissue and sports massage. Sessions range from 10- to 90-minute massages. Please see the website or visit the Membership Services Offices for more information.

CHAIR MASSAGE

	STUDENT RATE	MEMBER RATE	NON-MEMBER RATE*
10 minutes	\$10	\$15	\$25
15 minutes	\$15	\$20	\$30
20 minutes	\$20	\$25	\$35

TABLE MASSAGE

SWEDISH & SPORT	STUDENT RATE	MEMBER RATE	NON-MEMBER RATE*
30 minutes	\$35	\$40	\$50
60 minutes	\$55	\$65	\$75
90 minutes	\$75	\$90	\$100
Package of 5 x 60 minutes	\$230	\$280	\$330

DEEP TISSUE	STUDENT RATE	MEMBER RATE	NON-MEMBER RATE*
30 minutes	\$40	\$45	\$55
60 minutes	\$60	\$70	\$80
90 minutes	\$85	\$100	\$110

Appointments are recommended and should be made at least one day in advance. Book an appointment by calling 561.297.4512 or visiting the Membership Office between 8 a.m. – 7 p.m., Monday – Friday.

*Non-member rate includes access to the Recreation and Fitness Center on the day of your massage. We are an adult facility. Non-members must be 18-years or older in order to use the facility or receive a massage.

INSTRUCTIONAL PROGRAMS

Instructional Programs merges group fitness and on-going skill based instruction for a unique and educational experience. These non-credit instruction courses are progressive in nature and focus on experiential learning, skill building, mind-body connection, self-defense and fitness. Below are a list of classes that we offer throughout the year.*

AQUATICS	Adult beginning, intermediate swim lesson and advanced swim workouts
DANCE	Creative, hip-hop, fusion, ballet and other dance formats
FITNESS	Focused training groups, conditioning for muscular strength and endurance
MIND AND BODY	Specialized yoga and Pilates
SAFETY	<ul style="list-style-type: none"> • Self-Defense • Adult CPR/AED and First Aid Training
TRAINING	<ul style="list-style-type: none"> • Group Fitness Prep Course • Personal Training Prep Course

*Class schedules are available in a separate Instructional Programs Handout.



GUEST PASSES

Guest Passes are available for guests of current FAU students or Campus Recreation members. The sponsor is responsible for his or her guest while using Campus Recreation facilities and programs.

Rules of Guest Passes include:

Guest must have valid photo ID to enter the Recreation & Fitness Center. Sponsors must accompany guest at all times while in the building and is held liable for all guest actions.

There are three Guest Pass options available that must be used on consecutive days:

- One-Day Pass: \$10
- Three-Day Pass: \$20
- Seven-Day Pass: \$35

For additional information about Rec Passes, please contact the Pass Office at campusrec@fau.edu or 561.297.4512.

LOCKER RENTALS

Long-term use lockers are available on a semester and annual basis for a rental fee. Half size lockers are \$25 for a semester, \$50 for a year. Full-size lockers are \$50 for a semester, \$100 for a year. ADA lockers are also available for patrons with disabilities. Daily use lockers are available at no charge and are on a first-come, first-served basis.

MEMBERSHIP SERVICES

STUDENTS **FREE (INCLUDED IN FEES)**

Campus Recreation facilities, services and programs are available to all FAU students during the semester for which they are registered. Facility access is granted beginning the first day of classes and continuing until the day before classes begin the following semester. Students qualify for this access by paying the required activity and service fees as part of their tuition.

STOP-OUT STUDENTS **\$45 PER SEMESTER**

FAU students taking a single semester off from their studies are welcome to purchase a Campus Recreation Membership. Stop-out Students may purchase a Recreation Membership for no more than one semester after the most recent semester of enrollment.

FACULTY & STAFF **\$100 PER SEMESTER \$240 FOR CALENDAR YEAR**

Faculty, AMP, SP, and Temporary staff are welcome to purchase a Recreation Membership. FAU employment status or history will be verified. NOTE: Faculty and staff may use payroll deduction as a method of payment for an annual membership and \$20 will be deducted from the first paycheck of each month.

ALUMNI MEMBER **\$125 PER SEMESTER \$275 FOR CALENDAR YEAR**

FAU Alumni are welcome to purchase a Recreation Membership. Alumni must provide proof of status (diploma or transcript) and be an current member of the FAU National Alumni Association (FAUNAA) at the time of purchase. Visit the FAUNAA website for more information. Parking not included in membership rate.

FAU NATIONAL ALUMNI ASSOCIATION MEMBER (NON-GRADUATE)

**\$150 PER SEMESTER
\$360 FOR CALENDAR YEAR**

FAU National Alumni Association (FAUNAA) members who are non-graduates are welcome to purchase a Recreation Membership. Individuals are required to be 18+ years of age and present their membership card at time of purchase. Visit the FAUNAA website for more information. Parking not included in membership rate.

FAU RETIREES **\$150 PER SEMESTER \$360 FOR CALENDAR YEAR**

FAU retirees are welcome to purchase a Recreation Membership. Previous FAU employment status will be verified at time of purchase. Parking not included in membership rate.

HOUSEHOLD ADULTS **\$150 PER SEMESTER \$360 FOR CALENDAR YEAR**

Adults (18+ years of age) living in the same household as members from groups above are eligible to purchase a Recreation Membership. The qualified household adult must present proof of residency with member at time of purchase. Parking not included in membership rate.

Payment methods:

You may fulfill payments through one of the following methods:
[Check](#), [Mastercard](#), [Visa](#), [American Express](#) or [Discover](#)
Campus Recreation does not accept cash.

HOURS OF OPERATION

RECREATION & FITNESS CENTER

Monday – Thursday: 6 a.m. – 11 p.m.

Friday: 6 a.m. – 9 p.m.

Saturday: 10 a.m. – 8 p.m.

Sunday: Noon – 11 p.m.

MEMBERSHIP SERVICES

Monday – Friday: 8 a.m. – 7 p.m.

Saturday: closed

Sunday: closed

REC CENTER POOL

Monday–Friday: 7 – 9 a.m., 11 a.m. – 7 p.m.

Saturday: 11 a.m. – 7 p.m.

Sunday: Noon – 7 p.m.

TRACK & FIELD COMPLEX

Monday – Thursday: 6 a.m. – 11 p.m.

Friday: 6 a.m. – 9 p.m.

Saturday: 10 a.m. – 8 p.m.

Sunday: Noon – 11 p.m.



For adjusted and holiday hours, please visit the website.

SPECIAL EVENTS

STRONGOWL

Push, pull and flip various pieces of “Strongowl” equipment as seen on ESPN! All are welcome!

BENCH PRESS

FAU’s annual Bench Press Competition is all about showing off strength and power. Competitors are to lift the most weight possible within three attempts. This event is free for all students and members.

HOMECOMING 5K RUN/WALK

Help us kick off Homecoming Week by participating in our annual 5K around campus.

FIT FEST

This event is a preview of all the actives we offer to help you lead a healthy and physically fit lifestyle. We take an interactive approach to partner with you in establishing your goals for the upcoming semester. Fit Fest is open to all students and members and giveaways will be available for all who participate.





CAMPUS RECREATION

FAU[™]

Florida Atlantic University
Division of Student Affairs
Department of Campus Recreation
campusrec@fau.edu