Campus Recreation
SPRING 2016 PROGRAM GUIDE
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.
Hours

Student Recreation Center
- Monday – Thursday: 6:00 A.M.–11:00 P.M.
- Friday: 6:00 A.M.–8:00 P.M.
- Saturday: 11:00 A.M.–7:00 P.M.
- Sunday: 1:00 P.M.–10:00 P.M.

Outdoor Recreation Sports Complex
- Monday–Thursday: 4:00 P.M.–10:00 P.M.
- Friday: 4:00 P.M.–8:00 P.M.
- Saturday: 12:00 P.M.–5:00 P.M.
- Sunday: 1:00 P.M.–6:00 P.M.

Gilbert & New Hall Fitness Rooms
- Monday–Thursday: 6:00 A.M.–11:00 P.M.
- Friday: 6:00 A.M.–6:00 P.M.
- Saturday: 12:00 P.M.–5:00 P.M.
- Sunday: 1:00 P.M.–10:00 P.M.

Chick Evans Field House
- Monday–Thursday: 5:00 P.M.–10:00 P.M.

Gabel Hall Pool / Lap Swim
- 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.

Gabel Hall Pool / Open Swim
- Tuesday–Thursday: 5:00 P.M.–7:00 P.M.
- Saturday: 9:00 A.M.–12:00 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)
- Monday–Thursday: 6:00 A.M.–9:00 P.M.
- Friday: 6:00 A.M.–6:00 P.M.
- Saturday & Sunday: 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 6–August 21: 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.
Iron Huskie – Rec Rewards

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!)

Prizes
- Gold: Campus Recreation Portable USB Charger
- Silver: Campus Recreation Rec Rewards T-Shirt
- Bronze: Campus Recreation Protein Shaker Bottle

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

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

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

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:

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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

1-Day Pass: $8
15-Day Visit Pass: $60
1-Year Card: $120
5-Year Card: $500
*Also includes family price

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.

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.

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

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

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.

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

*Also includes family price

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.

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.

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

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

- 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.
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.
Huskie Fit Club

Session Offerings
Participants choose from one of the sessions below. Each session meets twice per week. Huskie Fit Club participants each receive three free Nutrition Coaching sessions.

H.I.I.T.
A high-intensity interval training session focusing on strength and cardio for a full-body workout.

12-Week
Program Dates: January 25–April 18 (excluding Spring Break week)
Prices: Student $175; Member $200

6-Week
Program Dates: March 21–April 25
Prices: Student $125; Member $175

TRX
Use the TRX Suspension Trainer to perform bodyweight exercises that develop strength, balance, flexibility and core stability simultaneously.

6-Week
Program Dates: January 25–February 29
Prices: Student $125; Member $175

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!
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

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!

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.

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!

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.

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.

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.

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.

#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.
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.

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

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

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.

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

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.
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!

Lifeguard Recertification
- Lifeguard Skills Challenge: Canoe Battleship
  - Date: March 8 & 22
  - Time: 6:00 P.M.–7:00 P.M.
  - Location: Gabel Hall Pool
  - Price: Free

- Lifeguard Certification
  - Date: March 19
  - Time: 6:00 P.M.–9:00 P.M.
  - Location: Gabel Hall Pool
  - Price: Free

Campus Rec Pool Volleyball Tournament
- Date: April 19
- Time: 6:00 P.M.–7:00 P.M.
- Location: Gabel Hall Pool
- Price: Free

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

Registration Dates:
- Youth Beginner Swimming (Age 4-5): March 8 & 22
- Adult Beginner Swimming: February 22–March 9 (Tues & Thurs)
- Adult Intermediate Swimming: March 29–April 14 (Tues & Thurs)
- Youth Beginner Swimming (Age 6+): April 2–17 (Sat & Sun)

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.

Adult Beginner Swimming
- Canoe Battleship
  - Date: March 8 & 22
  - Time: 6:00 P.M.–7:00 P.M.
  - Location: Gabel Hall Pool
  - Price: Free

- Lifeguard Certification
  - Date: March 16
  - Time: 6:00 P.M.–7:00 P.M.
  - Location: Gabel Hall Pool
  - Price: Member $185; Non-Member $200

Spring 2016 Program Guide | Aquatics
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.

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.

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.)

For more information on how to register, join, or create a team, visit www.niu.edu/campusrec/intramural/howtoregister.
Purchaze A League Pass

Become An Official

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.

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.

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

Racquetball Tournament
Registration Deadline: February 10
Play Dates: February 10
Team Fee: Free
Minimum # of Players: 2

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

Dodgeball League
Registration Deadline: February 9
Play Date: 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

Outdoor Soccer 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

Wiffle Ball Tournament
Registration Deadline: April 19
Play Date: April 25–April 28
Team Fee: Free
Minimum # of Players: 7

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

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.
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.
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.

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

### Gear Rentals

- **Backpack**
- **Cook Pots**
- **Fuel Bottle**
- **GPS Unit**
- **Headlamp**
- **Ice Chest**
- **Lantern**
- **Rain Jacket and Pants**
- **Sleeping Bag**
- **Sleeping Pad**
- **Tent**
- **Water Cooler**

### Camping

- **Canoe Paddle Pedal**
- **April 24**
- **Fox River**
- **$30**

- **Day Climb**
- **April 30**
- **Devil’s Lake State Park, WI**
- **$30**

- **Yoga Hike**
- **May 6**
- **Shabbona Lake State Park**
- **$20**

### Weekend Day

- **Eagle Festival**
- **January 31**
- **Starved Rock State Park**
- **$30**

- **Beginner Snowboard**
- **February 13**
- **Lake Carroll**
- **$25**

- **Canoe or Kayak Car Top Kit**
- **April 19 – April 21**
- **Lake Carroll**

- **Cross Country Ski**
- **February 21**
- **Lowden Miller State Forest**
- **$20**

- **Day Hike**
- **April 9**
- **Starved Rock State Park**
- **$20**

- **Yoga Retreat**
- **April 15 – April 16**
- **Lake Carroll**
- **$50**

### Weekend

- **Skis/Snowboards**
- **February 5–February 7**
- **Granite Peak Wasau, WI**
- **$250**

- **Backpack**
- **April 1–April 3**
- **Kettle Moraine Forest, WI**
- **$70**

- **Yoga Retreat**
- **April 15 – April 16**
- **Lake Carroll**
- **$50**

### Water

- **Boundary Water Canoe**
- **April 19–April 21**
- **Lake Carroll**
- **$250**

- **Day Climb**
- **April 30**
- **Devil’s Lake State Park, WI**
- **$30**

- **Canoe or Kayak Car Top Kit**
- **April 19–April 21**
- **Kettle Moraine Forest, WI**
- **$70**

- **Yoga Retreat**
- **April 15 – April 16**
- **Lake Carroll**
- **$50**

### 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: Conasqua 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

Dates:
March 12
Time:
8:00 A.M.–10:00 P.M.
Location:
Conasqua 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
Special Events

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:** $400

**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

Email

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Northern Illinois University
Campus Recreation
Division of Student Affairs & Enrollment Management