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Welcome to Campus Recreation

UIC Campus Recreation offers state-of-the-art facilities, fun and exciting programs, provides educationally sound and healthy services, all focused on providing our University community a complete recreational experience. Campus Recreation is a valuable resource for students, faculty/staff, and our other constituents who wish to pursue a healthy lifestyle.

Through participation in various programs, participants can gain a multitude of personal benefits including improved levels of physical fitness and wellness, opportunities for social interaction, enhanced time management skills, the opportunity to engage in a group dynamic setting, the opportunity for a healthy means of stress relief, as well as the creation of a sense of ownership and belonging between students and the UIC community.

Please visit any of our state-of-the-art facilities or online at http://recreation.uic.edu to learn more about what Campus Recreation has to offer.

Mission Statement
Campus Recreation provides the UIC community, primarily the student body, with opportunities for dynamic recreational and educational experiences. These distinct experiences evolve through the function and operation of exceptional recreation facilities, the opportunity for participation in a broad range of outstanding programs and services, and the delivery of quality customer service.

Vision Statement
UIC Campus Recreation serves the diverse student body and university community by enhancing learning and promoting healthy lifestyles through quality facilities, programs, and services. We promote teamwork, professionalism, enthusiasm and excellence while supporting student development through programs and opportunities that strengthen leadership skills.

Values
Teamwork
Leadership
Growth/Development
Fun/Enthusiasm
Professionalism
Student Recreation Facility (SRF)
- 18,000 square foot Fitness Floor with the latest and most sophisticated exercise equipment available
- 1/8 mile, 3 lane jogging track
- Lap/leisure pool with spa, sauna, and steam room
- 3 racquetball courts
- 2 convertible squash/racquetball courts
- 4-court wood floor gymnasium equipped for basketball, volleyball, and badminton
- 11,000 square foot Multi-Activity Court (MAC)
- Group Fitness Suites
  - Spin Suite
  - Mind/Body Suite
  - Large Multi-Purpose Suite
  - MAC Suite
- Human Performance Lab
- 43 ft. rock climbing wall
- Outdoor Adventures Office
- Lounge area equipped with e-mail stations and WiFi access
- Full-service locker rooms with daily use and annual rental lockers
- Multi-purpose room with table tennis
- Boxing apparatus
- Equipment check-out area
- Tropical Smoothie Café

Outdoor Recreation Courts (ORC)
- 3 Lighted tennis courts
- 3 Lighted basketball courts

Outdoor Field Complex (OFC)
- 2 Multi-purpose grass fields
- 3 Sand volleyball courts
- 7/8 Mile jogging path

Tropical Smoothie Café’s menu boasts bold, flavorful food and smoothies with a healthy appeal. Our food and smoothies are made daily with fresh ingredients. Our smoothies are made from superior, simple ingredients including real fruit and natural sugar. We have toasted wraps, bistro sandwiches, grilled flatbreads, and gourmet salads made fresh to order, topped with fresh produce and flavorful sauces.

Tropical Smoothie Café Hours*
Monday - Thursday   9:00 am - 10:00 pm
Friday              9:00 am - 8:00 pm
Saturday            10:00 am - 6:00 pm
Sunday              CLOSED

* Hours may change during university academic breaks
The Sport & Fitness Center is the hub of recreational activity on the west campus. The facility is located in the middle of the Illinois Medical District and adjacent to the UIC Student Center West. The Sport & Fitness Center is open to UIC students, faculty, staff, and University of Illinois graduates. Employees of health care facilities located in the Illinois Medical District are also eligible for membership.

**Sport & Fitness Center (SFC)**
- 8,000 square foot Fitness Floor equipped with state-of-the-art cardiovascular, selectorized, and strength training equipment.
- 1/14 mile, 3 lane jogging track
- 2 group exercise studios
- 2-court, wood floor gymnasium equipped for basketball, volleyball, and badminton
- Carpeted walking track
- 3 racquetball courts, one with a glass back wall
- 6-lane swimming pool with on-deck sauna room
- Full service locker rooms with daily use and annual rental lockers
- Multi-purpose room with table tennis
- Boxing apparatus
- Equipment check-out area
- Lounge area equipped with e-mail stations and WiFi access
Fall 2013 & Spring 2014 Semester

Monday - Thursday  6:00am - 11:00pm  
Friday          6:00am - 9:00pm  
Saturday        9:00am - 9:00pm  
Sunday          11:00am - 11:00pm

SRF Swimming Pool closes one hour prior to facility closing  
SFC Swimming Pool Hours:  
Monday - Friday   6:00am - 8:00pm  
Saturday/Sunday 12:00pm - 8:00pm

Facility Closings
*Closed Monday September 2 (Labor Day)  
*Closed Thursday November 28 (Thanksgiving)  
*Closed SRF ONLY December 24, 2013- January 1, 2014  
*Closed SFC Only December 24 - December 25  
December 28 - December 29  
January 1, 2014  
*Closed Sunday April 20 (Holiday)  
*Closed Monday May 26, 2014 (Memorial Day)  
*Closed Friday July 4, 2014 (Independence Day)  

Hours change during holidays, breaks and summer; please check our website for an updated schedule during these times at www.rec.uic.edu.

Winter Break 2013 - 2014  
Sunday December 7 - Saturday January 11

Spring Break 2014  
Sunday March 22 - Saturday March 29

Summer 2014  
Sunday May 11 - Saturday August 23

Holidays  
November 29, 30, December 31, & January 20

For the latest Campus Recreation hours and updates, visit www.rec.uic.edu.
<table>
<thead>
<tr>
<th>Month</th>
<th>Theme</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 2013</td>
<td>Getting to Know Campus Recreation</td>
</tr>
<tr>
<td>September</td>
<td>Get Involved</td>
</tr>
<tr>
<td>October</td>
<td>Breast Cancer Awareness</td>
</tr>
<tr>
<td>November</td>
<td>Wellness</td>
</tr>
<tr>
<td>December</td>
<td>Nutrition</td>
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<tr>
<td>January</td>
<td>New Beginnings</td>
</tr>
<tr>
<td>February</td>
<td>NIRSA Fitness/Wellness/Love My Body</td>
</tr>
<tr>
<td>March</td>
<td>Intramural Madness</td>
</tr>
<tr>
<td>April</td>
<td>Sustainability</td>
</tr>
<tr>
<td>May</td>
<td>Exercise is Medicine</td>
</tr>
<tr>
<td>June</td>
<td>Heart Health</td>
</tr>
</tbody>
</table>
Outdoor Recreation Courts
(ORC)
737 S. Halsted St., Chicago, IL 60607
(312) 413-5150
Opened in the spring of 2009, the Outdoor Recreation Courts compliment the excellent indoor and outdoor recreation facilities on campus. The ORC consists of three tennis courts and three basketball courts. The entire complex is lighted for evening play. The courts are an extension of the Student Recreation Facility (SRF), so only students and current members are allowed swipe access. Guests and daily pass members are not permitted. Tennis racquets may be checked out at the SRF and basketballs are provided on the courts. The ORC closes 30 minutes prior to the closing of the SRF.

Outdoor Field Complex
(OFC)
900 W. 14th Pl., Chicago, IL 60608
(312) 413-2738
Recreation facilities include two multi-purpose grass fields, three sand volleyball courts, and a jogging path that circles the complex. The complex also includes intercollegiate fields for the men’s baseball, women’s softball, and men’s soccer teams.

Features
Multi-purpose Fields
These lighted fields are used to support the intramural and sport club programs. They are also available for drop-in use and rentals. Student groups or outside constituents wishing to use fields should contact Campus Recreation to schedule your activity. Registered groups have priority during the scheduled hours of operation. Group usage during non-scheduled hours of operation is prohibited.

Sand Volleyball Courts
The volleyball courts are available any time the field complex is open. Intramural activities have priority over open play times.

Jogging Path
The outdoor jogging path winds through the perimeter of the OFC and covers roughly 7/8 of a mile. Alternate running routes may be imposed during Intercollegiate soccer matches.
In the last decade, the sport of rock climbing, once only seen as an x-sport, has now become very popular. The prevalence of indoor rock climbing facilities has become apparent. This sport not only attracts extreme athletes, but also ordinary people looking for both a physical and mental challenge. Whether you are a seasoned outdoor fanatic or someone looking for a new challenge, rock climbing is an excellent exercise alternative. From a fitness perspective, rock climbing is a multi-dimensional sport. The activity requires both strength and flexibility, as well as a high level of endurance and skill. It also offers a balance between physical exercise and mental discipline. Many climbers report a sharp increase in confidence and independence as a result of gaining new skills and successfully completing challenging climbs.

UIC’s custom built climbing wall is 45 feet tall with top rope and auto belay options. There are a variety of top rope and boulder routes that are constantly changing and vary in difficulty and style. Routes utilize the stunning variety of built in features such as: cracks, flakes, pockets, arêtes, a dihedral, as well as endless intricate features.

### Classes

**Introduction to rock climbing** classes provide basic understanding of the sport of rock climbing. Participants will be taught basic belay and knot techniques as well as valuable climbing techniques to assist new climbers to successfully reach the top of the wall. A belay certification is included in the class.

**Advanced climbing** classes for more experienced climbers are offered with an emphasis on more advanced techniques, sport climbing, and anchoring.

**TRX Summit Class** is a circuit-style group fitness class combining TRX suspension training, kettlebells, classic body weight exercises and wall climbing designed to target muscle strength, and endurance needed for climbing.

**Rock ‘N Swim** is an instructional summer kids program that combines swim lessons with rock climbing. Children will learn the fundamental techniques to be comfortable in the water as well as teamwork, communication, and confidence while participating in exciting climbing games, activities, and skills on the climbing wall.

All classes are open to students, members and non-members. On-line registration is available for all classes through recreation.uic.edu. For more information on classes or programs, please contact Courtney at cdepau2@uic.edu.

### What Can You Expect

With the guidance of trained facilitators, groups participate in a series of physically and intellectually challenging activities that help identify various group dynamics. The entire experience creates a commonality amongst the group that lays the foundation for trust and commitment between team members.

### Student Recreation Facility Climb Prices

<table>
<thead>
<tr>
<th>Activity</th>
<th>Students</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily Climb Pass</td>
<td>$3</td>
<td>$5</td>
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</tr>
<tr>
<td>Ten Climb Pass</td>
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<td>$40</td>
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<tr>
<td>Semester Climb Pass</td>
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<td>$60</td>
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<tr>
<td>Non-Member 5 Climb</td>
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<td>$50</td>
</tr>
<tr>
<td>Classes</td>
<td>$24</td>
<td>$35</td>
<td>$48</td>
</tr>
</tbody>
</table>

### Wall Rentals

The wall can be rented for parties and team building exercises. For more information contact Nathan Scott at nascott@uic.edu or call (312) 413-5168.

### Team Challenge

Team Challenge is an experiential program consisting of activities and low elements designed to help organizations improve communication, solve problems, build trust, and establish greater understanding and appreciation for all team members.

<table>
<thead>
<tr>
<th>Activity</th>
<th>6-15 Participants</th>
<th>16-30 Participants</th>
<th>31-45 Participants</th>
<th>46-60 Participants</th>
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<tbody>
<tr>
<td>UIC Student Organizations</td>
<td>$35/hour</td>
<td>$55/hour</td>
<td>$95/hour</td>
<td>$115/hour</td>
</tr>
<tr>
<td>UIC Affiliates</td>
<td>$45/hour</td>
<td>$65/hour</td>
<td>$105/hour</td>
<td>$125/hour</td>
</tr>
<tr>
<td>Non-profit Community Groups</td>
<td>$80/hour</td>
<td>$85/hour</td>
<td>$125/hour</td>
<td>$145/hour</td>
</tr>
<tr>
<td>Corporate Organizations</td>
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<td>$110/hour</td>
<td>$145/hour</td>
<td>$165/hour</td>
</tr>
</tbody>
</table>

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**Student Recreation Facility, Room 124 • (312) 996-7730**

6-15 Participants | 16-30 Participants | 31-45 Participants | 46-60 Participants
--- | --- | --- | ---
UIC Student Organizations | $35/hour | $55/hour | $95/hour | $115/hour
UIC Affiliates | $45/hour | $65/hour | $105/hour | $125/hour
Non-profit Community Groups | $80/hour | $85/hour | $125/hour | $145/hour
Corporate Organizations | $100/hour | $110/hour | $145/hour | $165/hour
The UIC Intramural Sports program offers team leagues and team tournaments in men’s, women’s and co-rec format. All UIC students, faculty, and staff are eligible to participate in intramural sports. Faculty and staff must adhere to the specific entrance policies if they are not campus recreation facility members. Individuals in any event or league must have their i-card in possession to be eligible to participate. Faculty and staff members are allowed to participate in intramurals. You are allowed to play on one team based on gender and co-recreational team. Intramurals are free to play. For more information, please contact Christian Kopp at (312) 413-5165 or clkopp@uic.edu.

Sportsmanship
Good sportsmanship among participants and spectators is expected. After each contest, teams will be awarded a sportsmanship rating of zero through five based on the behavior of the team and their fans. A lower rating may affect a team's playoff eligibility.

Free Agents
An individual that would like to participate, but does not have a team may register to the free agent list on www.imleagues.com/uic. The Intramural Sports program does not place individuals on a team, but will assist them in finding a team. All free agents will be encouraged to contact team captains by sending a message or a team join request. There is no charge to join the free agent list. Contact the Intramural Sports Office if interested.

Forfeits & Defaults
If you fail to show without notice, it will be considered a forfeit and the team captain will be charged $25. The team will receive a loss on the record and a sportsmanship rating of zero. The penalty must be paid before the player is eligible to play any intramural activity. If you know you are unable to make the scheduled contest, call the intramural office by noon to default. Defaults will not result in any fine, but the team will receive a loss on the record for the week; the sportsmanship rating will not be affected. Two forfeits or defaults at any time during the regular season will remove the team from the schedule and they will not be placed into the playoffs. League games will not be rescheduled.
Leagues, Tournaments & Events
Intramural sports are first divided into three different leagues: men’s, women’s, and co-rec. The co-rec league is designed for men and women who choose to play together. Women will be allowed to participate in the men’s league if there are not enough participants for a co-rec league. If enough teams register, an effort will be made to set up competitive and recreational divisions. There will only be an open league if not enough teams register to split into competitive and recreational leagues.

Team Leagues
All sports are offered in two divisions: Competitive and Recreational. Each league will have a 4-5 week regular season followed by a single elimination playoff. Fall leagues typically offered include basketball, flag football, outdoor soccer, tennis, and volleyball. Spring leagues typically offered include basketball, dodgeball, indoor soccer, tennis, arena football, and volleyball.

Team Tournaments
All team tournaments are single or double elimination. Team tournaments offered include bags, 3v3 basketball, floor hockey, softball, tennis, 4v4 sand volleyball, indoor cricket and whiffle ball.

Individual Tournaments
All individual tournaments are single or double elimination. Individual tournaments offered include badminton, tennis, table tennis, Texas Hold’em, and racquetball.

Video Game Tournaments
Many video game tournaments are offered in both the Fall and Spring semesters. This includes Madden, NBA2K, Wii Mario Kart, and Wii Smash Brothers.

Clay Cup/Campus Cup
The Clay Cup is an annual award given to intramural team(s) based on participation, sportsmanship and team success. The trophy is permanently located in the Student Recreation Facility and kept on display behind the membership desk. Please visit www.imleagues.com/uic.

Intramural Registration
All UIC students, faculty or staff must register and create an account online at www.imleagues.com/uic to be eligible for intramural sports. Participants must join a roster if they wish to partake in a team contest. After creating an account, update your player card to show off your interests and talent and to connect with friends.
A major function of Campus Recreation is to provide the UIC university community with opportunities for diversified recreation experiences. A sport club is an organized group of individuals established to promote interest in a sport and develop skills of its members in that sport. A sport club may be organized for recreational, instructional, performance or competitive purposes. UIC students, faculty, staff, and alumni are eligible to participate in sport clubs. Facility access policies do apply to non-UIC students.

The UIC Sport Clubs are designed to serve individual interest in different recreational activities. Participation enhances and promotes good sportsmanship, skills development, improved health from physical activity, and a new community for all individuals. Clubs generally meet 2-3 times a week depending on level of competition.

For more information regarding current clubs or starting a new sport club, contact Christian Kopp at (312) 413-5165 or by e-mail clkopp@uic.edu.

### Instructional Sport Clubs

Instructional clubs focus on teaching participants various forms of martial arts, self defense, and dance.
- Combative Arts Academy
- Brazilian Jiu-Jitsu
- Ju-Jutsu
- Karate
- Modern Day Self Defense
- Latin Dance Styles

### Recreational Sport Clubs

Recreational clubs focus on competition among the UIC community and are based on participation.
- Cricket
- Quidditch
- International Futbol Club (IFC)
- Kinesiology
- Run Club
Competitive Sport Clubs

Competitive sport clubs focus on competition against other colleges. More commitment is required from participants due to the higher level of competition.

- Badminton
- Women’s Basketball
- Cycling & Triathlon
- Men’s Rugby
- Women’s Rugby
- Sailing
- Men’s Soccer
- Women’s Soccer
- Tennis
- Men’s Ultimate Frisbee
- Women’s Ultimate Frisbee
- Men’s Volleyball
- Women’s Volleyball
- Water Polo

Performance Sport Clubs

Performance sport clubs focus on dance to perform for the UIC community.

- Capoeira Akebelan
- Hip Hop Congress
- Primo Dance Troupe

Sport Club Registration

All UIC students, faculty or staff must register and create an account online at www.imleagues.com/uic to be eligible for sport clubs. Participants must join a roster if they wish to partake in a team contest. After creating an account, update your player card to show off your interests and talent and to connect with friends.
Try something new this year with one of Campus Recreation’s Instructional Programs! Instructional Programs are progressive in nature providing the UIC community with a way to broaden their horizons in a casual and comfortable environment for a reasonable cost. Choose from a variety of activities taught by qualified instructors who are patient and fun.

Refund Policy
Classes not meeting the minimum requirement of participants will be cancelled at that time. Refunds will be issued ONLY for classes canceled due to low registration or a doctor documented illness or condition. Please bring your receipt to the first session as proof of payment.

Schedule, prices, and detailed descriptions are available online. Classes vary each semester. For more information contact the Group Fitness Coordinator at (312) 413-5154. People under the age of 18 cannot participate in any group fitness programs.

If you need accommodations in order to participate in a program, please call (312) 413-5154 at least one week prior to the event.

Dance

Hawaiian Hula
This class will focus on the basic hula techniques that were danced in ancient Hawaii as well as those danced today.

Hip Hop
From R&B and house to club and pop, this hip hop class will utilize upbeat music from various genres, in addition to the latest hip hop hits. The resulting outcome is an energetic class that not only teaches you hip hop movements and technique, but also leaves you feeling like a hip hop dancer. Experience a new theme each week!

Hoop Dance
A form of moving meditation similar to yoga, or chi-gong. Increased awareness, confidence, and freedom of self-expression are some of the benefits of hoop dancing. Weight loss, toned muscles, and general awesomeness are also a common benefit of hoop dance. Oh, and we hear hooping can burn between 400-600 calories per hour!

Ori Tahiti
This class will focus on the rapid hip movements and hand gestures that replicate the island’s stories of day to day life. Set to upbeat music and drums there is no wonder why Tahitian dance is so popular around the world. This class is definitely a great workout as the music is often times fast and energetic.

Tango
Is poor coordination and rhythm stopping you from dancing? Learning to dance tango promotes heart health, protects against diseases and adds creativity, spice and passion to your life! Remember, if you can walk & count to 8, Al can teach you to dance! This course will cover the basics of the Argentine tango. No partner or dance experience required.
Group Tennis
Learn to play tennis in this friendly, social setting. No participants under 18 years old will be admitted. All classes are held at the Student Recreation Facility Tennis outdoor courts (737 S. Halsted St.). Choose from the following:

Advanced Lessons
Participants with some tennis experience, who are proficient in all strokes, this class will expand on techniques to make your game sharper. Prerequisite: Beginner Lessons

Beginner / Intermediate Lessons
For participants with little to no tennis experience, this class will teach effective technique for all strokes and racket handling.

Playing Group
Play a full hour of tennis with others at levels comparable to you. Participants must be proficient in all strokes and rules of tennis. This class requires the participant to have the ability to run and endure one hour of physical activity.

TRX Circuit Summit Boot Camp
Our new TRX Circuit Summit Boot Camp Class is a circuit-style fitness class that combines the TRX suspension training, kettlebells, classic body weight exercises, and wall climbing specifically designed to target specific muscle strength and endurance needed for climbing.

Martial Arts

Advanced Ju-Jutsu
Ongoing training for those who have completed Intermediate Ju-Jutsu.

Intermediate Ju-Jutsu
Ongoing training for those who have completed Beginner Ju-Jutsu. This course will cover material half-way to black belt. Text and gi required

Self Defense / Beginner Ju-Jutsu
This self-defense class uses real combat techniques for handling real life violent physical assault.

CAI Ju-Jutsu
Based upon Miyama Ryu Ju-Jutsu and ParaCombatives Ju-Jutsu. No prior experience necessary. Text and gi required.

Tae Kwon Do
This Korean Martial Art is a combination of combat technique, self-defense, and sport. Training generally includes a system of kicks, blocks, punches, open-handed strikes and may include various take-downs or sweeps, throws, and joint locks. Open to various levels of Tae Kwon Do. Uniforms are optional.

Women’s Self Defense
State of the art techniques for escaping and evading the attacks most frequently perpetrated against women. This course is for women ONLY. No prior experience needed.

Budokon
This program is based on Japanese principles that incorporates yoga, martial arts, and meditation for a holistic workout

Jujo-justu
Jujo-justu is open to anyone. It is a good complete self-defense system for someone with little or no other experience. It is also a valuable addition to those with existing training. The same techniques are taught both with and without the Ju-jo for maximum flexibility in application. The Ju-jo is legal to carry anywhere and usually goes undetected.
Looking for a fun way to get fit? The Group Fitness Session Program is a diverse program offering a variety of classes in a relaxed and social setting geared towards the University community. Choose from Pilates, Yoga, and other specialty classes at times that are sure to meet your busy schedule. Classes are offered at both the Student Recreation Facility and the Sport & Fitness Center.

**Refund Policy**
Classes not meeting the minimum requirement of participants will be canceled at that time. Refunds will be issued ONLY for classes canceled due to low registration or a doctor documented illness or condition. Please bring your receipt to the first session as proof of payment. Late registration will not be accepted.

*Schedule, prices, and detailed descriptions are available online. Classes vary each semester. For more information contact the Group Fitness Coordinator at (312) 413-5154.*

*People under the age of 18 cannot participate in any group fitness programs. If you have need accommodations in order to participate in a program, please call (312) 413-5154 at least one week prior to the event.*

**Specialty Formats**

**Aqua Total Fit**
Water Aerobics is a low impact, moderate intensity class focusing on toning and cardiovascular conditioning, a great workout with less stress on the joints. Class includes toning exercises for the entire body and the use of water resistant equipment. The class can be modified for all levels of fitness. Anyone looking for a fun and new workout will benefit from this program. Participants do NOT need to know how to swim. A lifeguard will be on duty at all times.

**Pilates Sculpt**
This challenging program is designed with pilates based exercises. Resistance bands will be used to sculpt and tone the whole body.

**Bollywood**
Bollywood Groove Cardio is for dancers, non-dancers, exercise-buffs and those that dread the treadmill. There is no pressure of having to learn and perfectly memorize a sequence of choreographed dance. Dance along with the instructor and have fun!

**Zumba®**
The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

**Yoga**
Yoga is a science that has been practiced for thousands of years. It consists of Ancient Theories, observations and principles about the mind and body connection which is now being proven by modern medicine. Substantial research has been conducted to look at the Health Benefits of Yoga - from the Yoga Postures (Asanas), Yoga Breathing (Pranayama), and Meditation.

*We offer several different styles of yoga including:*  
Ashtanga  
Iyengar  
Vinyasa  
Meridian Touch Sports Yoga  
Qigong  
Yoga for Joint Health  
Yoga for Weekend Warriors  
Yoga CORE
Group Fitness Drop-In classes are FREE to students and members of the campus recreation facilities. Some classes are limited due to equipment and space requirements. All classes are on a first come, first serve basis. Classes vary per semester and are offered at both the Student Recreation Facility and the Sport & Fitness Center. Visit http://recreation.uic.edu/ for current class schedules.

**Conditioning & Cardio Classes**

**All About Arms**
Worried about toning up those upper extremities? We have the class for you! All about arms will focus on toning and strengthening the arms, chest, back, and shoulders.

**Boot Camp**
This class is for anyone looking for a fun and challenging workout! Instructors incorporate interval exercises along with circuit stations and sports drills to offer a total body workout for any person who is ready to take their fitness to the next level. Basic body-weight and resistance exercises, coupled with non-stop cardio intervals will ensure that you feel the burn in each class.

**Cardio Blast**
Looking for an awesome cardio workout? This class is for you! Cardio Blast fuses the best of high low aerobics, plyometric and agility drills, kickboxing, and more. Prepare for a fun and challenging class that is guaranteed to get your heart pumping.

**Cardio Kick**
This kick-butt class combines easy-to-follow choreography, with focus on technique, balance, and control. Be ready to jab, hook, roundhouse, and totally empower yourself.

**Flex**
This is a simple, easy-to-follow, yet demanding class that will tone up every major body part, including those muscles sometimes forgotten about! Equipment options for this class may include: the step, stability balls, dumbbells, bands and bars, used with controlled and slow movements to tone and strengthen.

**Guns & Buns**
A combination of Lower Body Blast & All About Arms, this class will focus on toning your lower and upper body.

**Hard Core**
Get ready to strengthen your core and tighten your abs for better functional strength with this class. Focusing on the abdominals, obliques, and lower back muscles, you will challenge the powerhouse of your body in just 30 minutes!

**Lower Body Blast**
Using a variety of strength training equipment, this class will focus on strengthening the glutes and legs. Squat and lunge your way to power.

**Indoor Cycling**
Experience the thrill and challenge of a bike ride through hills, climbs, tempo changes and more in the comfort of our indoor spin studio! Indoor Cycling will allow you to get the benefits of bike riding and a great workout without leaving the fitness center. All of our cycling classes are designed to challenge you, but will allow you to change resistance and tempo based on your personal fitness level. Classes are great for all fitness levels.

**Cycle Express**
40 to 45 minutes of action packed cycling - designed for those who are short on time but high on motivation. Get ready for a great ride!

**Rise-N-Cycle**
This invigorating, early-morning cycling class will leave you inspired and ready to face your day with confidence and vigor.

**Krank Up your workout! Come check out our two adaptive KRANK cycles!**
The purpose of Campus Recreation Aquatics is to enhance the educational and recreation experience of the UIC community. The Student Recreation Facility and the Sport & Fitness Center provide the opportunity for lap and recreational swimming. Both aquatic facilities are fully accessible and ADA compliant.

**Student Recreation Facility**
737 S. Halsted St. • (312) 413-5150
- Leisure pool*
- 3 lap lanes
- Vortex
- 2 bubble benches
- Lazy river
- Spa
- Co-ed sauna on pool deck
- Co-ed steam room on pool deck

*Pool closes one hour prior to facility closing

**Sport & Fitness Center**
828 S. Wolcott Ave. • (312) 413-5260
- 6 lap lanes
- Co-ed sauna on pool deck
- 11 ft. deep end

See pg. 7 for SFC pool hours

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**Spa**
Looking for a way to relax? Have sore muscles? Come to our Spa! The massaging jets and soothing heat help increase blood circulation, loosen tight muscles and relax the body. Located on the pool deck of the Student Recreation Facility, this Spa couldn’t be any more convenient! Don’t miss out on the many health benefits of hydrotherapy to complete your workout or just to relieve stress!

**Steam room**
Rejuvenation is here! Our co-ed steam room can help you rejuvenate your body from the stresses of your day. Our steam room is heated to an air temperature of 116 degrees for enhanced opening of skin pores while gentle steam permeates the body for relaxation and increased blood flow. This is a great way to relax after your workout to maximize blood flow to every part of your body and soothe soreness away. Arthritis? After spending time relaxing in our Steam room, your joints will relax and help alleviate pain and stiffness. You can find this wonderful solution on the pool deck of the Student Recreation Facility! Your relaxation awaits!

**Sauna**
Love dry heat? Then come to our co-ed sauna for the heat of the desert at a convenient location! Located on the pool deck, our sauna is heated to an air temperature of 184 degrees for an intense heat therapy experience. Often used in conjunction with physical therapy and massage, other benefits of heat therapy from a sauna include increased opening and flushing of the skin pores to improve complexion, and increased blood flow to oxygenate the body. What are you waiting for?

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**Pool Rules**
- All users must wear swimwear when entering the pool area. No street clothes can be worn in the water.
- Infants and toddlers must wear swim diapers or swim pants that are formfitting.
- Children under the age of 9 who are swimming must be supervised by an adult (18+) in the water. Each adult can only supervise up to three children (under the age of 9) while in the water.
- Adults (18+) must be present at all times to supervise the children in the pool. Children (17 and under) may not use lap lanes, spa, sauna, and/or steam room.
- Children may not use kickboards or buoys. Children may use the inner tubes, U.S. Coast Guard Approved flotation devices, or swimming fins, unless deemed unsafe by the recreation staff/lifeguard.
Learn-To-Swim
Everyone from tots to adults can learn to swim. Campus Recreation's Learn-to-Swim classes are perfect for participants of all ages who want to become comfortable in the water. Instruction is lead by a certified American Red Cross Water Safety Instructor and the class is taught according to American Red Cross Learn-to-Swim curriculum. For safety purposes, all spectators must observe classes from the Aqua Suite. Recording equipment is prohibited.

Private/Semi-Private Swim Lessons
These lessons are designed to help participants feel comfortable and safe in the water. Learn-to-Swim Lessons help swimmers gain confidence while learning fundamental skills. Private lessons covering all levels of swimming ability are available for anyone age 4 through adult. These are eight, 30-minute lessons for children (4-16 years old) and eight, 60-minute lessons for adults (17 years old and up).

All lessons meet once a week for 8 weeks. You will be notified by e-mail of your instructor.

Semi-private lessons are available for children 4 - 13 years old.

No refunds or make-up lessons will be offered if a swim participant cancels with less than 24 hour notice to their instructor or does not show up to a scheduled lesson.

Private Lesson Rates

<table>
<thead>
<tr>
<th>Affiliation</th>
<th># of People Attending</th>
<th>15 or less</th>
<th>16-30</th>
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Semi-Private Rates*

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<td>$233</td>
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Pool Party Rental
The Student Recreation Facility pool is available to rent for special events. Your pool party rental may include shared usage of the leisure pool and private usage of a party room for three hours. All parties will be charged the amount stated on the rental agreement unless the number of participants attending exceeds the number of participants specified. In these situations, the party will pay the higher rate appropriate.

Room Rental
A set rate of $100.00 is for your three hours of room rental (same three hours as your designated pool rental time).

Required Deposit
$100.00 must be paid to hold your date.

Rental Room Rules
- Parties are responsible for set-up and clean-up.
- All food must be store bought or delivered (catered).
- Perishable foods, made with milk, eggs, or mayonnaise products, are not allowed in the facility.
- Food that must be cooked, heated, or chilled is not allowed.
The use of sternos (portable heating candles) is not allowed.

Group Lessons
These 45-minute lessons are designed to help your child, aged 3-6 years, improve their swimming skills, and become more comfortable in the water. These lessons are designed for children without the assistance of their parent, care giver, or guardian.

Group / Parent-Tot Rates

Refunds will only be issued for a doctors documented illness or condition.
**Participation**
The Personal Training Program is voluntary and open primarily to the UIC community, including students and other members of the recreation facilities. Non-members are allowed to participate in programs, but the personal trainer must accompany the client into the facility.

**Registration**
Register in person at the Student Recreation Facility or Sport & Fitness Center. Select the package and options that meet the client’s needs and goals. Payment is taken at registration. Call the Human Performance Lab to set up an appointment for your initial assessment. Please complete the client packet prior to the fitness assessment.

**One-on-One**
One-on-One is an individualized approach to fitness that focuses on positive lifestyle changes. Everyone responds uniquely to exercise training and has different fitness needs and goals. With the One-on-One program, clients work with a personal trainer who has extensive knowledge in exercise physiology and kinesiology to design a fitness program that meets the client’s needs.

**Assessment Phase**
Campus Recreation’s One-on-One Assessment Phase features a comprehensive three step process that includes a professional fitness assessment, consultation, and an individually designed fitness program.

**Step 1: Fitness Assessment**
The staff at the Human Performance Lab conducts the assessment. The assessment is a safe, effective, and reliable method of determining a client’s current fitness level and distinguishing special needs. The assessment includes a wide variety of physiological tests, including: Resting Vital Signs, Muscular Strength & Endurance, Flexibility and Cardiovascular Endurance.

**Step 2: Fitness Consultation**
A personal trainer will meet with the client to discuss general fitness concepts, the results of the assessment, and information about exercise. Topics may include: Body Image, General Fitness Guidelines, Lifestyle Motivation, and Nutrition Concepts.

**Step 3: Individual Program Design**
In conjunction with the consultation and purchase of a personal training session, the trainer designs an individualized fitness program. The program is based on the fitness assessment results, fitness goals, personal interests, and lifestyle. All first time clients must complete the Assessment Phase before purchasing training sessions.

**Training Phase**
The Training Phase offers the client the opportunity to purchase training sessions to meet and work with a personal trainer.

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**One on One Personal Training**

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**Semi-Private Training**

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**Express Training (30 Min Session)**

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**PROGRAMS & SERVICES ARE EXPANDING AT THE SPORT & FITNESS CENTER**

Small Group Training
- Decrease boredom
- Increase results
- Less expensive
- Greater motivation

www.rec.uic.edu
Fitness Testing
The Human Performance Lab is a testing facility open to students, members, and non-members at the University of Illinois at Chicago. All testing is available on a fee for service basis.

**Body Composition Analyses**

**Skinfolds**
A six-site (men) or five-site (women) skinfold test that assesses the body composition (percentage of body fat, lean body mass, ideal weight and ideal fat percentage).

**Hydrostatic Weight**
The most accurate body composition test that uses underwater weighing to determine anatomical mass. The estimated error for this test is 1-2 percent.

**Flexibility Test And Routine**
A variety of tests can be performed to determine range of motion. These tests help to indicate risk of injury from inflexibility.

**General Fitness Assessment**
A general fitness assessment includes body composition, flexibility, submax bike, strength and endurance. General fitness assessments are required for personal training services.

**Lactate Testing**
This is for clients who want to be more specific with anaerobic threshold training. Resting blood lactate is measured initially, then measured throughout the test to find lactic acid threshold.

**Resting Metabolic Rate**
Determines the body’s resting caloric expenditure. This test is designed for any individual wishing to lose weight.

**Strength Tests**
Four standard strength tests are used to assess muscular endurance and strength in the upper and lower body. Percentiles are tabulated to compare results with others of the same age and sex. This provides an excellent method for prescribing a strength program. Grip Strength assesses forearm and grip strength, Leg Press (one rep max) tests leg strength, Pushup Test determines muscular endurance of the upper body and Sit-up Test determines abdominal endurance.

**Cardiovascular Testing**

**Maximal Oxygen Consumption** Direct oxygen uptake utilizing ametabolic cart. This test requires medical referral from your physician.

**Submaximal Bike Test**
Submaximal YMCA Bike Test with monitored heart rate and blood pressure.

**Workout Evaluation and Consultation**
Meet with a trained professional and discuss your current workout plan to assess it’s efficiency and direction toward meeting your goals and needs.

<table>
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<tr>
<th>Service</th>
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<td>Hydrostatic Weight</td>
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<tr>
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<tr>
<td>Consultation (Per 1/2hr)</td>
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</table>
What is Massage Therapy
Massage therapy is the use of touch to promote the overall wellness of an individual. It has been recognized for its health enhancing effects by using hands-on techniques to soothe aches and pains and facilitate the body’s own healing powers. Campus Recreation’s Massage Therapy Program was created to provide quality, professional, individual sessions to the students, members, and non-members of Campus Recreation facilities.

Payment Policy: Cash, check, and charge (MasterCard, Visa, Discover, and American Express) will be accepted. Checks may be written for the price of the massage only. No cash can be given for checks written over the price of the massage. Cash-only tips are welcome and are to be given directly to the therapist.

Massage Types

Regular Swedish Massage
A system of long strokes, kneading, and friction techniques on the more superficial layers of the muscles, combined with active and passive movement of the joints.

Deep Tissue Massage
A massage technique that concentrates on the deeper layers of the muscle tissues through slow strokes and deep finger pressure.

Sports Massage
Massage therapy focusing on muscle systems relevant to a particular sport.

Trigger/Tender Point Massage
Combined positioning and specific finger or thumb pressure into trigger/tender points in muscles and connective tissue, to reduce hypersensitivity, muscle spasms, and referred pain patterns that characterize the point.

Craniosacral Therapy
This is a holistic therapy that involves the manipulation of the skull bones and the sacrum to relieve pain and a variety of other ailments.

Pre-Natal Massage
The specialty massage focuses on the needs of the mother-to-be as her body goes through the extraordinary changes of the childbirth experience.

Integral Bodywork®
A type of Structural Integration Therapy, which utilizes a ten session series to address the body’s facial/ connective tissue planes. This work employs myofascial and trigger point therapis to realign the musculoskeletal system, allowing greater ease of movement and energetic balance.

Chair Massage
A form of massage specifically suited to relieve stress in high-tension areas and promote a renewed sense of energy, well-being, and vitality. Chair massages are great to bring into your group or department to relieve stress among staff. Call for pricing or to schedule this service.
Campus Recreation is the largest employer of students on the UIC campus. Over 300 student employees provide coverage to facilities and programs operating over 100 hours per week. This large workforce provides many opportunities for employment. Students are hired as both regular employees and Federal Work Study employees. Many students qualify for Work Study funds. Work Study is a federal program providing salary relief for departments who hire eligible students. Funds are based on institutional need, and have no effect on student scholarship or other aid based programs. Work Study eligible students are given priority for job placement. Visit the Student Employment office in Room 2200 SSB or call (312) 996-3130, for further information or to verify your eligibility.

Most jobs are paid the current campus minimum wage. Some student jobs in Campus Recreation are based on certifications or experience. The department maintains many certification programs. Jobs requiring additional certification or advanced skills are paid at a higher hourly rate.

STUDENT EMPLOYMENT OPPORTUNITIES

Member Services Attendant
Provides customer service at various desks and stations located in Campus Recreation Facilities.

Porter
Helps with various tasks such as facility maintenance, set-ups, and general supervision of the facility.

Lifeguard
Supervises swimming pool and leisure areas (certification required).

Fitness Floor Attendant
Supervises and maintains weight and fitness areas.

Climbing Wall Attendant
Operates and manages the climbing wall in the SRF (certification required).

Group Fitness Instructor
Instructs various fitness and health related classes (certification required).

Personal Trainer
Provides physical training supervision for clients (certification required).

Intramural Official
Officiates and supervises team and individual sport activities.

Field Supervisor
Supervises outdoor activity areas during scheduled times and the summer months.

HPL Attendant
Provide customer service to patrons regarding fitness testing and massage therapy services. They also learn and assist with clinical testing.

Lifeguarding Opportunities
Certification is available. Contact Chris Stachewicz, Aquatics Coordinator at cstach@uic.edu or call (312) 413-5161.

Fitness Instructor Opportunities
If you have been taking Group Fitness classes for at least 6 months, you may be eligible to become a Fitness Instructor.

Supervisory positions are also available and are based on experience, expertise, attitude, and dependability. These positions are assigned on staff recommendation. If you are interested in applying for a position in Campus Recreation, please drop off a resume and fill out an employment application at any facility. Jobs are available throughout the school year, summers, and break periods.
MEMBERSHIP: TYPES

Faculty/Staff Membership (SRF/SFC)
Access to all Campus Recreation facilities is available for current UIC Faculty and Staff by purchasing a Recreation Membership. This membership allows access to the Student Recreation Facility, Sport & Fitness Center, and the Outdoor Field Complex. Membership privileges will be put on your current Faculty/Staff i-card that must be presented each time you visit any of the recreational facilities. Spouse/partners of Faculty/Staff may purchase an annual membership at the same rate the Faculty/Staff pays upon verification. The eligible Faculty/Staff does not need to be a Campus Recreation Member in order for their spouse/partner to purchase a membership, but both must be present with proper documentation at the time of purchase. Please see Spouse/Domestic Partner Policy for a list of proper documentation. Faculty/Staff have an option to purchase a daily pass for access to facilities. Only Faculty/Staff members may sponsor guests for admittance.

A valid Faculty/Staff i-card will serve as your membership card and will be used for admittance to all Campus Recreation facilities. Please bring your i-card when applying for a Recreation Membership.

Alumni Membership
All University of Illinois graduates are eligible to purchase a Recreation Membership or Daily Entrance Pass. A valid, government-issued photo ID and proof of graduation is required. Spouse/partners of alumni may purchase an annual membership at the same rate the alumni pays upon verification. The eligible alumnus/alumna does not need to be a Campus Recreation Member in order for their spouse/partner to purchase a membership, but both must be present with proper documentation at the time of purchase. Please see Spouse/Domestic Partner Policy for a list of proper documentation. Only recreation members can sponsor a guest for admittance.

UIC Affiliates Memberships
Access to all Campus Recreation facilities is available for current UIC Affiliates by purchasing a Recreation Membership. This membership allows access to the Student Recreation Facility, Sport & Fitness Center, and the Outdoor Field Complex. Membership privileges will be put on your current UIC ID that must be presented each time you visit any of the recreational facilities. UIC Affiliates have an option to purchase a daily pass for access to facilities. Only recreation members can sponsor a guest for admittance.

Illinois Medical District (IMD) Membership (SFC Only)
Staff employed in the IMD (including the West Side VA Hospital, Stroger Hospital, and state agencies located on campus) may purchase an annual membership by showing current work identification. An IMD Membership is only good for admittance to the Sport & Fitness Center. A Spouse/Partner of an IMD member may purchase an annual membership at the same rate the sponsor pays upon verification. The IMD sponsor must be a Campus Recreation member for the spouse/partner to join. Please see Spouse/Domestic Partner Policy for a list of proper documentation.

Retirees
UIC Faculty and Staff retirees, by presenting a University Retiree I-Card, may use Campus Recreation facilities in the same manner as current Faculty/Staff. A retirees’ membership fee will be equal to the fee paid by a Faculty/Staff member. A retiree may also access facilities by paying a daily fee. Only retiree members may sponsor guests for admittance.

Community Membership (SRF Only)
Community members are those individuals not affiliated with the University of Illinois at Chicago either as a student, faculty, staff, UIAA alumni member, or other groups as designated. A limited number of Community memberships will be made available to individuals or families as space is available. The community membership program may be suspended at any time as determined by Campus Recreation. A community member will be allowed to purchase a membership with the understanding that the primary mission of all Campus Recreation facilities is to serve the needs of the UIC Campus. Programmed activities have priority use of space, and some areas may not be available. Campus Recreation facilities follow the academic calendar as published by the University of Illinois at Chicago. Facilities and times may not be available due to designated holidays and university mandated break periods.
Age Policies For Campus Recreation Facilities

Student Recreation Facility
Children under the age 18 may not enter the facility without a parent or legal guardian unless they are a registered UIC student.

All children under the age of 18 who are members of the facility must be supervised at all times by a parent or legal guardian while in the facility. The parent or legal guardian must have a current membership to purchase a Child membership. Children under the age of 18 are not allowed on the Fitness Floor.

**During the Academic Year:** Children under the age of 18 may utilize the entire facility except the Fitness Floor and the Climbing Wall* up until 5:00 pm Monday – Friday and anytime on the weekends. After 5:00 pm Monday – Friday, children under the age of 18 are restricted to the racquetball courts and pool.

**Summer/Winter Break and Holidays:** During all hours of operation, children under the age of 18 may utilize the entire facility except the Fitness Floor.

When in the pool area, children under the age of 9 must have an adult in the water with them at all times. There is a maximum of 3 small children (under age 9) per adult in the water at all times. In addition, babies/toddlers are required to wear proper swimming diapers or rubber pants that will retain feces in the event of an accident.

Campus Recreation staff have the right to change age policy guidelines without notice due to facility and activity needs and schedules.

Sport & Fitness Center
Children under the age of 18 may only enter the SFC as a guest of a member or student. Minors are only permitted at the SFC on weekends and during the winter and summer breaks. Children are only allowed access to the pool, gymnasium, racquetball courts, and running track.

* The climbing wall is available for children 5 years of age and older on the weekends during the Academic Year, and anytime during the Summer/Winter Breaks and holidays.

Family Membership Policy
Family memberships are understood to include a spouse or significant other and up to three children (17 years of age and under) living at the same address, for a total of 5 memberships. A birth certificate or any other applicable documentations are required. Children 17 years and younger must be accompanied by a parent or guardian and are not allowed on the Fitness Floor. The parent or guardian must remain with the child. Summer dependent memberships are intended for use by a college student home for the summer.

**Spouse/Domestic Partner Policy**
A spouse or partner is eligible to purchase a Campus Recreation membership. Only spouse or domestic partner members may sponsor guests for admittance. Passes may be purchased by the spouse/domestic partner of any of the listed membership categories for the same price the partner pays, with the exception of a UIC student. The student spouse/domestic partner will pay the appropriate faculty/staff rate for membership. Both persons must be present to purchase the pass.

**Required Documentation**
One of the following;
1. Marriage License
2. Civil Union License

Or three of the following items;
1. Driver’s License (if married, with same last name)
2. Joint checking account
3. Proof of Assignment of Beneficiary Rights
4. Proof of joint ownership of a residence or motor vehicle
5. Mutual designation on a will
6. Irrevocable living trust
7. Durable property and health care powers of attorney

Please understand that any false or misleading statements made in order to receive benefits for which you are not qualified may subject the partner employed by the University of Illinois or UIC student to disciplinary action. Other members may have their privileges revoked with no refund.
MEMBERSHIP: PRICES

Student Prices

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Alumni & UIC Affiliates

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<tbody>
<tr>
<td>Alumni Membership</td>
<td>$430.00</td>
</tr>
<tr>
<td>Spouse/Domestic Partner</td>
<td>$430.00</td>
</tr>
<tr>
<td>Dependant of Student (18-23)</td>
<td>$430.00</td>
</tr>
<tr>
<td>Family Membership (total of 5)**2 adults (married or domestic) plus a max of 3 children under 17 (must have proper documentation)</td>
<td>$1,290.00</td>
</tr>
<tr>
<td>Single Child Annual Membership (intended for parent with one child)</td>
<td>$210.00</td>
</tr>
</tbody>
</table>

Community (SRF only)

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Membership ($1,000 plus $200 enrollment fee)</td>
<td>$1,200.00</td>
</tr>
<tr>
<td>Family Membership (total of 5)**2 adults (married or domestic) plus a max of 3 children under 17 (must have proper documentation)</td>
<td>$3,000.00</td>
</tr>
<tr>
<td>Single Child Annual Membership (intended for parent with one child)</td>
<td>$400.00</td>
</tr>
</tbody>
</table>

Community LIMITED* (SRF) only

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Membership</td>
<td>$750.00</td>
</tr>
<tr>
<td>Family Membership (total of 5)**2 adults (married or domestic) plus a max of 3 children under 17 (must have proper documentation)</td>
<td>$1,950.00</td>
</tr>
<tr>
<td>Single Child Annual Membership (intended for parent with one child)</td>
<td>$300.00</td>
</tr>
</tbody>
</table>

*Community Limited members are allowed to the facility ONLY during the following days and times:

Monday - Thursday (6 am - 3 pm) (9 pm - 11 pm)
Friday (6 am - 3 pm)
All Day Saturday & Sunday

Illinois Medical District (SFC) only

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Membership</td>
<td>$495.00</td>
</tr>
<tr>
<td>Dependant</td>
<td>$495.00</td>
</tr>
<tr>
<td>Spouse/Domestic Partner</td>
<td>$495.00</td>
</tr>
</tbody>
</table>

Payroll deduction is the form of payment available for all Faculty/Staff memberships. Depending on the employee’s pay cycle, the charge is deducted either monthly or biweekly. Faculty/Staff must remain members for a minimum of six months before cancelling without penalty. A $50 cancellation fee will be assessed to members cancelling before the six month minimum.

*Faculty/Staff Retiree memberships are purchased through EFT only. Please see pg. 27 for information.

ALL PRICES ARE SUBJECT TO CHANGE
What is EFT?
EFT (Electronic Fund Transfer) is a new payment option for memberships at the UIC Campus Recreation facilities. EFT allows certain customers to pay for their membership in monthly installments rather than in full.

Who is Eligible?
University of Illinois Alumni, Community, Community Limited, and qualifying family members of these membership types are eligible for enrollment in EFT. Faculty/Staff*, Students and UIC Affiliates do not qualify for EFT.

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Per Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alumni</td>
<td>$35.84</td>
</tr>
<tr>
<td>Alumni Spouse</td>
<td>$35.84</td>
</tr>
<tr>
<td>Alumni Adult Dependent</td>
<td>$35.84</td>
</tr>
<tr>
<td>Alumni Child</td>
<td>$17.50</td>
</tr>
<tr>
<td>Alumni Family</td>
<td>$107.50</td>
</tr>
<tr>
<td>Community Open-Ended</td>
<td>$83.34</td>
</tr>
<tr>
<td>Community ($200 enrollment fee)</td>
<td></td>
</tr>
<tr>
<td>Community Child</td>
<td>$33.34</td>
</tr>
<tr>
<td>Community Family ($400 fee)</td>
<td>$216.67</td>
</tr>
<tr>
<td>Community LIMITED* Open-Ended</td>
<td>$62.50</td>
</tr>
<tr>
<td>Community Limited</td>
<td></td>
</tr>
<tr>
<td>Community Limited Child</td>
<td>$25.00</td>
</tr>
<tr>
<td>Community Limited Family</td>
<td>$162.50</td>
</tr>
</tbody>
</table>

*Community Limited members are allowed to the facility ONLY during the following days and times.

Monday - Thursday (6 am - 3 pm) (9 pm - 11 pm)
Friday (6 am - 3 pm)
All Day Saturday & Sunday

ALL PRICES ARE SUBJECT TO CHANGE

How EFT Works
• To enroll in EFT, a bank account or credit card is registered with our payment system. The payment is automatically deducted from the account on the 2nd of each month. Open-ended EFT Memberships have no expiration date; the payment is deducted monthly until you choose to cancel.
• Members who enroll in EFT must enroll for a minimum of six months before they can cancel the membership.
• If a member wishes to cancel before the six month minimum, a $50 cancellation fee will be assessed. A Membership Cancellation Form must be filled out and submitted 30 days in advance to cancel**.
• The first month payment and any enrollment fees (if applicable) are due in full upon enrollment. The first month’s payment is prorated if the customer joins after the 2nd.

*This option is NOT available for Faculty/Staff; Payroll Deduction (see page 26) is still the payment option for this membership type. The same cancellation policy applies.
**E-mail, faxes or phone calls will not be accepted as a form of cancellation. Cancellations received during the 1st-15th of the month: memberships will terminate at the end of that month and automatic withdrawals will stop with that month’s payment. Cancellations received during the 16th - the end of the month: memberships will terminate at the end of the following month and automatic withdrawals will stop after the following month’s payment.