



RecExperience Program Guide

***Campus
Recreation***





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UIC Campus Recreation

General Information

rec@uic.edu

Memberships

uicrec@uic.edu

Fitness & FitWell Services

fitness@uic.edu

Aquatics

aquatics@uic.edu

Climbing Wall, Outdoor Adventure, & Team Challenge

adventure@uic.edu

Intramural Sports

intramuralsports@uic.edu

Sport Clubs

sportclubs@uic.edu

Social Media

[@UICCampusRec](#)



Mission Statement



Campus Recreation is dedicated to providing inclusive services, programs, and facilities to all persons, and welcomes participants and visitors reflective of all characteristics including age, culture, different ideas and perspectives, disability, ethnicity, familial status, gender identity and expression, geographical background, marital status, national origin, race, religious and spiritual beliefs, sex, sexual orientation, socioeconomic status, and veteran status.

We are a welcoming community who promote active lifestyles, enhance well-being and contribute to student success.

Dimensions of Well-Being

The eight dimensions of well-being that Campus Recreation embraces are: Emotional, Physical, Social, Financial, Occupational, Environmental, Intellectual, and Spiritual. All dimensions interconnect with one another and are equally important in obtaining holistic well-being. We can reach ultimate wellness by fully understanding and working towards optimizing each dimension.

UIC Campus Recreation recognizes that it takes a balance between 8 dimensions of well-being in order to live a healthy and wholesome life!

Learning about the various dimensions can help you choose how to make wellness a part of your everyday life. For more information, visit the Health & Well-being section of rec.uic.edu.





Facility Hours

Facility Hours

SEMESTER HOURS

Monday – Thursday 6:00 am–11:00 pm

Friday 6:00 am–9:00 pm

Saturday – Sunday 9:00 am–9:00 pm

BREAK HOURS

Monday – Friday 6:00 am–9:00 pm

Saturday – Sunday 10:00 am–6:00 pm

All hours are subject to change.

For updates, including special holiday hours and facility closings, visit rec.uic.edu.

RECOGNIZE YOUR POTENTIAL!





The Student Recreation Facility is located across the street from the UIC Student Center East. The facility is open to UIC students, faculty/staff, and University of Illinois Alumni. A limited number of memberships are also available to the general public.

Student Recreation Facility (SRF)

- 18,000 square foot fitness floor
- 1/8 mile, 3-lane jogging track
- Lap/Leisure Pool with spa, sauna, and steam room
- 3 Racquetball Courts, 2 with convertible squash courts
- 4-Court wood floor gymnasium equipped for basketball, volleyball, and badminton
- 11,000 square foot Multi-Activity Court (MAC) gym
- 6 Group Fitness Studios
- FitWell Center
- Rock climbing wall (43 feet high)
- Functional Training Room
- Outdoor Adventure Office
- Lounge area
- Full-service locker rooms with daily use and annual rental lockers available
- Boxing Suite
- The Gauntlet - Esports Lounge
- F45 Studio
- Complimentary equipment check-out
- Tropical Smoothie Café

Tropical Smoothie Café offers bold, flavorful food and smoothies with a healthy appeal. Food and smoothies are made daily with fresh ingredients. Smoothies are made from superior, simple ingredients including real fruit and natural sugar. Toasted wraps, bistro sandwiches, grilled flatbreads, and gourmet salads are all made fresh to order, and 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 are subject to change during university academic breaks.



GET SOME AIR.

Outdoor Recreation Courts (ORC)

The Outdoor Recreation Courts consist of two double tennis courts, two pickleball 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, pickleball paddles, and basketballs can be checked out at the SRF Equipment Desk. The ORC closes 30 minutes prior to the closing of the SRF.



The Sport & Fitness Center is located on the west side of campus and adjacent to the UIC Student Center West. The facility is open to UIC students, faculty/staff, and University of Illinois Alumni. 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
- 1/14 mile, 3-lane jogging track
- 2 Group fitness 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 (25 meters) with on-deck sauna room
- Functional Training Room West
- Locker rooms with daily use and annual rental lockers available
- Multi-purpose room with table tennis
- Boxing apparatus
- Complimentary equipment check-out
- Lounge area





Outdoor Field Complex (OFC)

900 W. 14th Pl., Chicago, IL 60608 • (312) 413-2738



Outdoor Field Complex (OFC)

The Outdoor Field Complex features two multi-purpose fields, with more than 214,000 square feet of synthetic turf. The fields are designed and marked to accommodate softball, soccer, flag football, rugby, field hockey, and lacrosse. Features include: sand volleyball courts, a jogging path, fitness station, and outdoor WiFi access for the UIC community.

The fields are used to support UIC Intramural Sports and Sport Clubs programs. They are also available for drop-in use and rentals. Student groups, the UIC community, or non-UIC affiliated entities wishing to use the fields for organized activities should visit the website under facility rentals.

The OFC boasts the following sustainable features:

- UIC saves up to 2,000,000 gallons of water per year in irrigation costs.
- Eliminated need for fertilizers and pesticides on the playing surface.
- Approximately 87,000 recycled tires were used to make up the Field Turf's performance infill layer.
- The installation of the turf field eliminates fuel-powered mowing, aerating and re-seeding.
- Permeable concrete assists storm water runoff.
- Wind and solar powered walkway lighting.



SEMESTER HOURS

Monday - Friday 3:00pm-10:00pm
Saturday - Sunday 10:00am-4:00pm

BREAK HOURS

Monday - Friday 9:00am-10:00pm
Saturday - Sunday 10:00am-4:00pm

The OFC is open weather permitting
March - November





Reserve Space with Campus Recreation!

Our goal is to assist you through the event planning process, help you navigate any campus or department policies and procedures, and ultimately provide your organization with the best possible event experience! Once a request has been submitted, a member of our staff will contact the event sponsor to clarify details, confirm availability, and provide additional instructions on how to fully confirm a reservation. Submitting a request does not guarantee availability or confirm a facility reservation. **Two-week advanced notice is required to reserve space for all University-affiliated groups. Four-week advanced notice is required to reserve space for any external group to the University.** Requests are processed in the order in which they are received – you will be contacted within three business days of your request. In general, all of the following steps must be completed prior to a full reservation confirmation:

1. Completion of facility reservation request form
2. Clarification of all event details, support services, and setup
3. Obtain all necessary event approvals
4. Sign facility reservation agreement or University contract
5. Payment of facility rental deposit, if applicable
6. Event walk-through with facility manager, if applicable
7. Completion of all final reservation arrangements
 - Signed agreement or fully executed contract
 - Method of final payment
 - Participant list
 - Setup details finalized
8. Protection of Minors paperwork (if applicable)

NOTE: The primary focus of Campus Recreation facilities is to provide recreational opportunities to UIC students, faculty, staff, and members, while also extending a warm welcome to residents of the Chicagoland area who are seeking recreational options.

For more info including policies, visit recreation.uic.edu/facilities/facility-rentals.





GET FIT, HAVE FUN!

Our trained and motivating instructors have one mission: to provide safe, effective, and fun workouts for you!



Group Fitness

UIC Campus Recreation offers diverse fitness programming including free and premium classes. Whether you are new to exercise or simply looking to change your current routine, we have a class to meet your needs. Our trained and motivating instructors have one mission: to provide safe, effective and fun workouts for you.

Free Fitness Classes

Free fitness classes are included with your membership. Download our app (refer to page 36) to sign up for free fitness classes. Every semester, our schedule changes to stay on the cutting edge of group fitness trends and to meet your needs. Classes include cycling, step, strength training, core, and more!

Don't miss out! View the current Free Fitness schedule on our website and follow us on Facebook and Instagram for Free Fitness class updates.

Premium Fitness Classes

UIC Campus Recreation also offers a wide variety of premium fitness classes. The classes offered in this program are progressive and provide personal enrichment, training, and skill building. The instructors of these courses are certified within their discipline and experienced at teaching all levels of abilities.

Registration is required and can only be completed online. These classes are open to students, members, and non-members alike. There is a fee associated with these classes based on your membership affiliation.

Premium Fitness Classes are offered during the fall, spring, and summer semesters.

For more information about Group Fitness, contact the group fitness coordinator at (312) 413-5154 or fitness@uic.edu.



TEAM TRAINING LIFE CHANGING

What is F45?

F45 Training is a 45-minute circuit based, functional, high intensity interval training (HIIT) workout class. Each F45 Training class begins with a short warm-up, followed by the core workout that is 45-minutes in length. Class ends with an optional cool down.



What are the benefits of F45?

The combination of interval, cardiovascular, and strength training that F45 Training offers has been proven to be an effective workout method for burning fat and building lean muscle. Participating in F45 Training will help you build strength, improve cardiovascular fitness, increase speed, enhance agility, and gain flexibility. In addition to the effectiveness of the workout, F45 Training allows you the opportunity to reach new goals in a team environment.

What is Functional Training?

Functional Training is the engagement in exercises that mimic or recreate everyday movement. These types of exercises typically involve the use of your full body and multiple muscle groups. This style of training builds and sculpts lean, functional muscle – Lifting, Squatting, Jumping, Twisting, Pulling, Pushing, Punching, Kicking, Rowing, Biking – all of these movements qualify as “Functional”...and all can be found at F45 Training.

What is High Intensity Interval Training (HIIT)?

HIIT stands for a style of workout meaning high intensity, interval training. It is a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

Who is F45 training designed for?

Everyone! F45 is particularly geared toward individuals who want to be challenged and grow their daily training routine while having fun.

What level of fitness is required for F45 training classes?

F45 is meant to accommodate participants of all fitness levels. F45 Training is a high intensity workout so it is helpful to have some experience and understanding of using many different forms of workout equipment including weight training equipment. Trainers in the class will be available to accommodate various fitness levels and provide modifications for challenging exercises.

What do I need to do in order to participate in F45 classes?

Purchase your F45 membership, in person, at the Membership Desk or FitWell Center. F45 classes are only at The Student Recreation Facility.



Climbing Wall

A man in a white long-sleeved shirt and green cargo pants is climbing an indoor rock wall. He is wearing a climbing harness and a helmet. The wall is made of grey rock with various colored handholds (green, orange, blue, purple). A red rope is visible on the right side of the wall. The background is a plain white wall.

**REACH NEW
HEIGHTS!**



Climbing Wall

Whether you are a seasoned outdoor fanatic or someone looking for a new challenge, rock climbing is an excellent exercise alternative. The activity requires strength and flexibility, as well as a high level of endurance and skill. It also offers a balance between physical exercise and mental discipline. UIC Campus Recreation's custom built climbing wall is 43 feet high 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. Climbing is FREE for all students and members! Optional equipment rentals are available for an additional fee. Discover a new community while climbing to new heights.

Classes and Events

We offer a variety of classes and programs at the climbing wall such as:

- Intro to Climbing
- Drop-in Belay
- HIIT the Rock



All classes are open to students, members, and non-members. For more information and to register for these classes, visit our website at rec.uic.edu/climbing-wall.

Wall Rentals

The wall can be rented for parties, student organization social events, and team building sessions. For more information, contact us at adventure@uic.edu or (312) 996-1162.





Outdoor Equipment Rental



We have everything you need to jump-start your outdoor adventure trip or excursion! Campus Recreation offers a variety of camping and recreational gear for rent to the UIC community.

For more information or to request gear for your next adventure, email adventure@uic.edu or visit rec.uic.edu/outdoor-equipment-rental.



Outdoor Adventure Program

Need to get away from the urban lifestyle for a weekend or even a day? Want to learn how to build a campfire, paddle down a river, or set up a tent? UIC's Outdoor Adventure Program provides students with outdoor experiences that are educational, inspiring, and fun. Join us on our next adventure as we climb, hike, kayak, paddle, camp, ski, cook, and learn in a beautiful and natural environment.

For more information and upcoming trips, email adventure@uic.edu or visit rec.uic.edu/outdoor-adventure.

Examples of Trip Offerings:

- Kayak and Backpack at Pictured Rocks
- Kayaking in Lake Michigan
- Climbing at the Red River Gorge
- Climbing at Devil's Lake
- Hiking at Starved Rock

Examples of Workshop Offerings:

- Fire Building and Camp Food
- Leave No Trace
- Backpacking Basics





THE GAUNTLET

**VICTORY
AWAITS**

The Gauntlet

The Gauntlet is the newest addition to the Campus Recreation community. Located on the 2nd floor of the Student Recreation Facility, this space provides individuals with the opportunity to play and compete in esports right on campus! The space offers 14 top of the line PC stations and 3 gaming consoles, with a variety of games available for each.

Who Can Play in *The Gauntlet* and What is the Cost?

The space is open to current UIC students, faculty, and staff, and the best part is that it is FREE to play! Just stop in with your iCard and the staff will get you checked in!

PC Hardware

Each PC utilizes AMD Ryzen 9 3900 X CPU, NVIDIA RTX 3060 12 GB GDDR6 GPU, with 16GB of memory, and 2 TB of storage.

For more information such as available games, hours, and policies, check out The Gauntlet page on our website!





**GET IN
THE GAME.**





Intramural Sports

Become a Champion!

UIC Intramural Sports is where competition and passion meets fun and sportsmanship. The intramural program offers a wide variety of leagues, tournaments, and events for athletes of all skill levels or someone looking to try a new sport. Men's, Women's, CoRec, and Open leagues are hosted on campus over the course of 4-6 weeks. Individuals looking for a shorter time commitment can sign up to participate in our single day tournaments, where all games are played on the same day.

Who can play?

All current UIC students, faculty, and staff are eligible to participate. Faculty/staff who are not UIC Campus Recreation members must adhere to guest entrance policies. All participants are welcome, regardless of gender identity, sexual orientation, or expression. If you can play, you can play!

How much does it cost?

It is ABSOLUTELY FREE to play intramurals!

What if I don't have a team to join?

All leagues and tournaments have a 'free agent' option where you can join the sport, which will allow you to connect with team captains about playing on their team.

What sports are offered?

Basketball, indoor & outdoor soccer, volleyball, flag football, dodgeball, softball, sand volleyball, spikeball, archery tag, and cricket, just to name a few. We provide a full list of activities being offered at the start of each semester.

Fun Facts

- 20 league sports offered annually
- 25 single day event tournaments offered annually
- 700 teams
- 1,600 games
- 6,100 participants

How do I sign up?

Visit www.IMLeagues.com/uic where you will create an account using your UIC email and UIN.

For more information on schedules, policies, rules, tournaments, and events, visit IMLeagues.com/uic to create your FREE account!





**FIND YOUR
COMMUNITY**



Sport Clubs

The UIC Campus Recreation Sport Clubs Program provides in-depth opportunities to play certain sports more competitively or to learn new sports. With approximately 26 student-led sport clubs, the programs range from instructional to recreational to competitive. UIC's Sport Clubs offer participation opportunities to as many students as possible with the resources available that enhance campus life by offering diverse sports teams that give students a dynamic and diverse recreational experience.

If you are interested in joining one of the existing clubs or starting your own, visit the Sport Clubs website for more information.





STRENGTHEN YOUR TEAM.

Team Challenge

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

With the guidance of trained facilitators, groups participate in physically and intellectually challenging activities that help identify various group dynamics. The entire experience creates a commonality among the group that lays the foundation for trust and commitment in the group. For more information or to book a team challenge for your group, contact the Outdoor Adventure Coordinator at (312) 996-1162 or adventure@uic.edu.





GET RESULTS.



FitWell Center

Let UIC Campus Recreation help you establish and achieve your fitness goals! The FitWell Center offers personal training, fitness testing, and massage therapy services. The FitWell Center is located in the Student Recreation Facility; however, personal training and massage therapy are also available at the Sport & Fitness Center. The services offered by the FitWell Center are open to UIC students, UIC Campus Recreation members, and the general public. Services are by appointment only. For more information or to schedule an appointment, call (312) 413-5174.



Personal Training

Our professional personal training program is dedicated to helping you achieve your fitness, health, and wellness goals. Whether you're aiming for weight loss, muscle definition, or an overall improvement in your well-being, our certified personal trainers will guide you to efficiently and effectively utilize our fitness facilities. Embark on your journey towards a healthier you by taking advantage of our personal training program.

We offer a variety of Personal Training services, including One-on-One, Semi-Private, and Express training, with options available in packages of 1, 4, 8, 12, and 24 sessions. For more comprehensive information, please visit our website.

Consider scheduling a 30-minute Workout Consultation with one of our certified personal trainers. During this session, they will evaluate your current fitness status and work with you to create a personalized program tailored to your fitness, health, and wellness objectives.





Functional Training Rooms

Functional Training Room East (FTR East) 737 S. Halsted St.

Functional Training Room West (FTR West) 828 S. Wolcott Ave.

Functional Training Rooms East and West offer a wide variety of exercising options including TRX suspension training, kettlebells, free weights, and battle ropes. Functional training exercise simulates daily tasks and common movements that may be done at home, at work or in sports. While using various muscles in the upper and lower body at the same time, functional fitness exercises emphasizes core stability. Functional training is ideal for dynamic small group training, one-on-one personal training, and for individual exercisers. Functional Training Room hours available at rec.uic.edu.





**TEST.
ASSESS.
ACHIEVE!**



Fitness Testing

Elevate your understanding of your current fitness level through the diverse array of fitness assessment services available at UIC Campus Recreation. The FitWell Center offers comprehensive testing for all facets of fitness, encompassing Cardiovascular, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition. Among the highly sought-after specialty tests are those for Underwater Weighing, Resting Metabolic Rate, VO2 measurements, and general fitness assessments.

Fitness Test	Fitness Goal	Description
Hydrostatic/Underwater Weighing (UWW)	Body Transformation	Gold Standard of body composition; more accurate than Body Mass Index (BMI) or scale weight only. This test measures body fat versus fat-free mass.
Resting Metabolic Rate (RMR)	Body Transformation	The RMR measures the amount of calories you burn at rest to determine a calorie goal that fits your needs.
Underwater Weighing + Resting Metabolic Rate Test combination (UWW + RMR combo)	Body Transformation	Combine our most popular tests at a discounted rate to get a snapshot of your health and fitness status.
Skinfold	Body Transformation	This test measures body fat versus fat-free mass.
General Fitness Assessment (GFA) GFA required prior to beginning personal training	Body Transformation/Performance	The GFA gives an overall picture of your current fitness level by measuring cardiovascular endurance, flexibility, and muscular strength & endurance and body composition.
Lactate	Performance	This test is for clients who want to be more specific with anaerobic threshold training.
Maximal Oxygen Consumption (VO2 Max) This test may require a physician's referral	Performance	This test is performed on a treadmill to measure direct oxygen uptake utilizing a metabolic cart.



RELAX.



Massage Therapy

Massage therapy encompasses many different techniques that involve the manual manipulation of the muscles and soft tissues of the body. Massage therapy can relieve stress, muscle pain, and improve sleep as well as offer other health benefits. All UIC Campus Recreation massage therapists are licensed and have extensive experience. Sessions are offered in 30, 60, and 90 minute increments and are open to UIC students, members, and the general public. Gift certificates are also available at the Member Services desk.

Massage Types Offered

- Swedish Massage
- Deep Tissue Massage
- Sports Massage
- Trigger/Tender Point Massage
- Craniosacral Therapy
- Pre-Natal Massage
- Chair Massage

Massage therapy is offered at both facilities by appointment only. Cash-only tips are welcome and to be given directly to the therapist.

Chair Massage for Your Event!

Our therapists are also available for chair massage at your UIC office or special event! Chair massage is a great way to relieve stress among staff.

***To schedule your massage therapy appointment,
call (312) 413-5174 today!***





**TAKE
A DIP!**

Aquatics

The Student Recreation Facility and the Sport & Fitness Center provide the opportunity for lap and recreational swimming. With the exception of special events and/or pool rentals, the lap lanes are reserved exclusively for lap swimming. Both aquatic facilities are fully accessible.

Student Recreation Facility

- Leisure Pool with Water Vortex, two Bubble Benches, and Lazy River
- 3, 25-yard Lap Lanes
- All Gender Sauna and Steam Room
- Spa
- Maximum depth of 4 feet

Sport & Fitness Center

- 6, 25-meter Lap Lanes
- All Gender Sauna
- Maximum depth of 11 feet

SFC Academic Session Pool Hours:

For more information about Aquatics, including pool hours, email aquatics@uic.edu or visit rec.uic.edu/programs/aquatics.





Swimming Lessons

Swimming lessons are available at the UIC Student Recreation Facility for participants of all ages who want to become comfortable in the water. Instruction is led by a certified American Red Cross Water Safety Instructor and all classes are taught according to American Red Cross standards. (For more information, contact our Aquatics Coordinator at aquatics@uic.edu).

Private Swim Lessons

Private swim lessons help swimmers gain confidence while learning fundamental skills in a one-on-one setting. All levels of swimming ability are covered in these lessons.

Private lessons are purchased in a package of 8 lessons. Youth lessons, ages 4-16 years old, run for 30 minutes. Adult lessons, ages 17 and older, run for 60 minutes.

Group Lessons

Class are offered by skill level. New participants must receive an evaluation to join our program.

Parent and Tot (6 Months - 3 Years)

These 30-minute lessons are designed for children ages 6 months to 3 years old. They are meant to familiarize children with water and teach swimming readiness skills.



Preschool (3-5 Years)

These 30-minute lessons are meant to familiarize students with aquatic environments and help them gain basic aquatic skills. The class will help participants begin to develop positive approaches and learn safe practices and procedures around water. Classes will run with a maximum of five students per instructor.

Learn-to-Swim (6-16 Years)

These 45-minute lessons are meant to familiarize students with aquatic environments and help them gain basic aquatic skills. The lessons will help participants begin to develop positive approaches and learn safe practices and procedures around water. Parents are asked to stay in the aqua suite during this class. Classes will run with a maximum of five students per instructor.

Adult (17 & Over)

These one-hour sessions are taught with one instructor and four students. Many adults have varying levels of comfort around the water and levels are based on the student's comfort. Lessons are individualized, with the instructor giving directives based on what each student would like to learn.

Safety Classes

CPR/AED for the Professional Rescuer: The purpose of the American Red Cross CPR/AED for Professional Rescuers and Health Care Providers course is to teach those with a duty to act (professional rescuers and health care providers) the knowledge and skills needed to respond appropriately to breathing and cardiac emergencies until more advanced medical personnel take over. This includes the use of an automated external defibrillator (AED) to care for a victim experiencing cardiac arrest.

Lifeguard Certification: This course provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

Water Safety Instructor: The purpose of the Water Safety Instructor course is to train instructor candidates to teach water safety, including the Basic Water Rescue and Personal Water Safety courses, six levels of Learn-to-Swim, three levels of Preschool Aquatics and two levels of Parent and Child Aquatics.

Lifeguard Instructor: This course trains lifeguarding instructor candidates to teach American Red Cross Lifeguarding, Lifeguarding Blended Learning, Shallow Water Lifeguarding, Aquatic Attraction Lifeguarding, Waterpark Skills, CPR/AED for Professional Rescuers and Bloodborne Pathogens Training.



Program Registration

How to Use the Rec App



Download The Rec app today!

Register for programs and services, purchase packages (massage, personal training), enroll in a group fitness class, and more!

Sign-up for a Group Fitness Class

Step 1: Select Classes

Step 2: Filter by day, time, and location

Step 3: Click Sign-Up

Step 4: Click Confirm

- Review the details of the class before you confirm your spot.
- You may View My Schedule to see what upcoming classes you have signed up for or to Unregister for the class.

Purchase a Package

Step 1: Select Package

Step 2: Select desired package

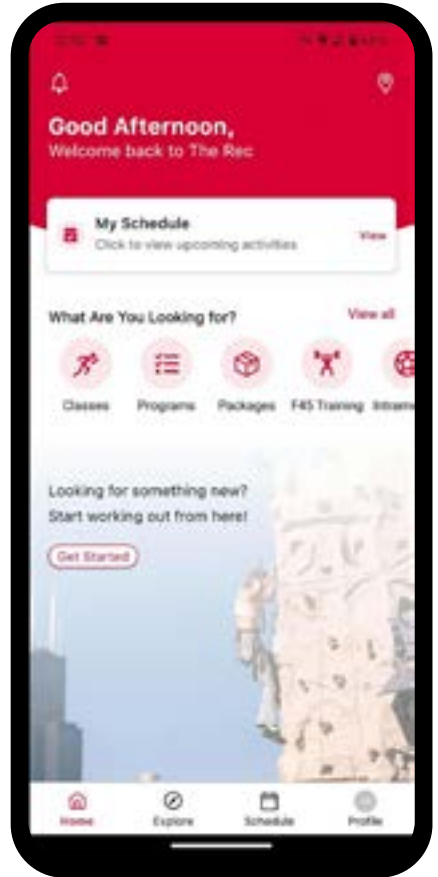
- Only the packages you are eligible to purchase will display. Contact uicrec@uic.edu if you believe there is an error with your account.

Step 3: Select Buy

- Review the details of the package before purchasing, including correct location.

Step 4: Follow remaining steps to complete transaction.

- Checkout, enter payment method, and pay to purchase.



Sign-up for a Program

Step 1: Select Programs

Step 2: Filter by day, time, and location

Step 3: Click Show Programs

- Review the details of the program before purchasing, including correct location.

Step 4: Click Sign-Up

Step 5: Follow remaining steps to complete transaction

- Checkout, enter payment method, and pay to purchase.



Website Program Registration

Registration for most programs and classes is available online. See page 21 for Intramural Registration information.

Step 1: Visit uiccampusrec.clubautomation.com

- Login to your member portal. Contact uicrec@uic.edu with troubles accessing your account.
- On your account, you will easily be able to register for programs, link payment information to your account, and more!

Step 2: Go to

- Register for a Program

Step 3: Sign-Up for Programs!

- Filter by program name, day of the week, etc. to find the program you're looking for.



Student Employment Opportunities



Student Employment Opportunities

Students interested in positions at UIC Campus Recreation can get job details under our *Employment* tab on our website and apply on uic.joinhandshake.com.



Positions

Climbing Wall Attendant

Operates and manages the Climbing Wall (climbing experience required).

Facility Attendant

Provides customer service at the equipment areas and assists with facility operations.

Field Supervisor

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

Fitness Floor Attendant

Supervises and maintains weight and fitness areas.

FitWell Attendant/Lab Technician

Provides customer service to patrons regarding fitness testing and massage therapy services. Learns and assists with clinical testing.

Group Fitness Instructor

Instructs various fitness and health-related classes (certification required). If you have been taking Group Fitness classes for at least 6 months, you may be eligible to become a Fitness Instructor.

Intramural Sports Official/Referee

Officiates and supervises team and individual sport activities (knowledge of general sports rules required).

Esports Attendant

Supervises activity in The Gauntlet and assists with equipment operation.

Lifeguarding, Lifeguard Instructor (LGI) & Water Safety Instructor (WSI) Opportunities

Supervises and maintains pools and teaches safety classes (certification available).

Member Services Attendant

Provides membership, sales, and customer service support at the membership and control desk areas.

Personal Trainer

Provides physical training supervision for clients (certification required).

Social Media

Engages students on campus through activities designed to promote Campus Recreation programs and services.

Supervisory Positions

Supervisory positions are also available and are based on experience, expertise, attitude, and dependability. These positions are assigned on staff recommendation.

Team Building Facilitator

Team Building Facilitators facilitate team workshops (indoor and/or outdoors) that include ice breakers, initiative and processing for diverse groups including both youth and adult sessions.



**BECOME A
MEMBER!**

UIC **CAMPUS
RECREATION**
IF YOU CAN PLAY, YOU CAN PLAY.

Campus Recreation Memberships

UIC Students

UIC Students pay for their UIC Campus Recreation membership through the General (2NLF) Fee. If a registered UIC Student is not assessed the General Fee, or if these fees are refunded, the student will need to purchase a membership.

Faculty/Staff & Retirees

All current and retired UIC Faculty/Staff are eligible to purchase a recreation membership. A valid Faculty/Staff i-card will serve as your membership card and will be used for admittance to all UIC Campus Recreation facilities. Please bring your i-card when applying for a Recreation Membership. University of Illinois Faculty/Staff retirees must present a University Retiree or Emeritus i-card to qualify.

Alumni

All University of Illinois graduates are eligible to purchase a UIC Campus Recreation membership. A valid, government-issued photo ID and proof of graduation is required.

UIC Affiliates

UIC Campus Recreation memberships are available to current UIC Affiliates. Proof of affiliation, valid visitor card or i-card, and approval from a Member Services Representative is required to purchase an Affiliate membership.

Illinois Medical District (IMD) (SFC Only)

Staff employed in the Illinois Medical District (including select nearby hospitals and state agencies located near campus) may purchase a membership by showing current work identification. An IMD Membership is only valid for admittance to the Sport & Fitness Center.

Community and Community LIMITED (SRF Only)

Community and Community LIMITED Memberships are available for individuals or families not affiliated with designated groups of the University of Illinois Chicago. Only a limited number of these memberships are made available. Community members are allowed to purchase a membership with the understanding that the primary mission of all UIC 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. The Community membership program may be suspended at any time.

Family Memberships

Select family memberships are available to spouse/domestic partners, adult dependents, and children of qualifying individuals (Students, Faculty/Staff, Alumni, UIC Affiliates, and Illinois Medical District).

The qualifying individual must be present to authorize the purchase a spouse/domestic partner or adult dependent membership. With the exception of IMD individuals, the qualifying individual does not have to be a member for the spouse/domestic partner or adult dependent to join. A parent or legal guardian must have a current membership to purchase a child membership.



Membership Options

Guest/Daily Information

Guests are absolutely welcome to visit Campus Recreation Facilities!

All UIC fee paying students and Campus Recreation Members are allowed to sponsor up to five (5) guests for the day by paying a guest fee and filling out a waiver form.

UIC faculty/staff can sign themselves in by purchasing a daily entrance pass. In addition UIC faculty/staff are allowed to register up to five (5) guests for the day by paying a guest fee and filling out a waiver form. Affiliates, alumni, and registered non-fee paying students that are not active members can sign themselves in by purchasing a daily entrance pass, but cannot sign in additional guests. To purchase a daily entrance pass, a valid i-card is required for faculty/staff, affiliates, and registered non-fee paying students. Proof of graduation is required for alumni.

Non-members without any affiliation to the University must be signed in by an active Campus Recreation member or purchase a membership for access to the facility.



Membership Pricing

Contact a Membership Representative or visit online for a full list of membership options and prices.





Payment Options

Credit cards (Visa, MasterCard, Discover, and American Express) are accepted for recreation membership purchases. Payroll Deduction and Electronic Fund Transfer (EFT) payment options are also available for select memberships.

Payroll Deduction

Faculty/Staff memberships are purchased through Payroll Deduction, unless paid in full ("Fixed-Rate" membership options). Depending on the employee's pay cycle, the charge is deducted either monthly or biweekly. Payroll Deduction Memberships are Open-Ended and have no expiration date; the payment is deducted monthly or bi-weekly until you choose to cancel. Members must be enrolled for a minimum of six monthly or 12 bi-weekly payroll deductions before canceling their membership. A cancellation fee will be assessed to anyone who cancels before the six-month minimum.

Electronic Fund Transfer (EFT)

EFT allows qualifying members to pay for their membership in monthly installments rather than in full. University of Illinois Alumni, Community, Community Limited, Retired Faculty/Staff, and qualifying family members of these membership types are eligible for enrollment in EFT. Current Faculty/Staff, Students, and UIC Affiliates do not qualify for EFT. EFT Memberships are Open-Ended and have no expiration date; the payment is withdrawn monthly until you choose to cancel. Members must be enrolled for a minimum of six monthly payments before canceling their membership. A cancellation fee will be assessed to anyone who cancels before the six-month minimum.

How to Cancel your Membership:

- A Membership Cancellation Form (recreation.uic.edu/cancellations) must be submitted electronically 30 days in advance to cancel. Email, faxes, or phone calls will not be accepted as a form of cancellation.
- **For Payroll Deduction:** Employees must cancel a minimum of 4 weeks in advance to avoid additional deductions.
- **For Electronic Fund Transfer:** 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: Members will receive one more deduction and memberships will terminate at the end of the following month. Automatic withdrawals will stop after the following month's payment.

Fixed-Rate Membership Cancellations

No cancellations or refunds are permitted for memberships with set expiration dates.



CAMPUS RECREATION

Student Recreation Facility

737 S. Halsted St.
Chicago, IL 60607
(312) 413-5150

Sport & Fitness Center

828 S. Wolcott Ave.
Chicago, IL 60612
(312) 413-5260

rec.uic.edu
rec@uic.edu