CAMPUS RECREATION
AND THE STUDENT RECREATION CENTER

The Department of Campus Recreation is dedicated to educating, serving and promoting overall health and wellness to The University of Arizona community. Campus Rec offers facilities, programs, and services designed to foster active lifestyles—a key component to improving one’s overall health, concentration, ability to learn, and mood.

OUR MISSION

Campus Recreation works collaboratively with the university community to offer high quality facilities, programs and services that enhance an active, well-rounded and engaged lifestyle.

OUR VISION

A university leader for inspiring sustainable healthy lifestyles, campus and community

BY THE NUMBERS

Facility Usage
79% of UA Students 34,039 Users
UA Students (undergraduate, graduate and professional) based on UA total student enrollment of 43,088 in 2015-2016

27% of UA Faculty/Staff 3,392 Users
UA Faculty/Staff based on UA total employees of 12,442 in 2015-2016

Community Participation 16,652 Users
UA Community users include youth, short-term memberships, non-student, and visitors, for 2015-2016

REC PROGRAMS

- Fitness & Wellness: Group Fitness Weekly Matrix, Personal Training, Specialty Fitness Classes, Wellness Workshops
- Outdoor Rec: Trips, Leadership Training, Classes, SCUBA, Rental Center
- Club Sports: 30 Collegiate Sport Clubs representing the UA in competition events
- Intramural Sports: Over 20 Traditional and Recreational Sport Programs
- Activity Classes: Dance, Fine Arts and Martial Arts Classes
- Youth & Family: Camps, Family Programming
- Aquatics: Swim Lessons, Life Saving Certifications

REC AMENITIES

- 30,000 sq/ft Weight Room
- Cardio Machines, Weights, and Equipment
- Circuit Strength Equipment
- Indoor Track
- Racquetball/Handball/Squash Courts
- Gymnasium
- Sand Volleyball Courts
- Bouldering Wall
- Cycle Studio
- Heated Outdoor Olympic-Sized Pool
- Study/Lounge Areas
- Instructional Kitchen
- Gaming Stations

Originally Opened: 1990
Expansion Completed: 2010
First LEED Platinum Recreation Facility
## Naming Recognition Opportunities

<table>
<thead>
<tr>
<th>PROJECT</th>
<th>NUMBER TO NAME</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Locker Room Project</td>
<td>(1)</td>
<td>$2.5 million</td>
</tr>
<tr>
<td>Sitton Field Scoreboard</td>
<td>(1)</td>
<td>$50,000</td>
</tr>
<tr>
<td>Cabanas (per cabana)</td>
<td>(13)</td>
<td>$25,000</td>
</tr>
<tr>
<td>Adaptive Cabana w/ Changing Station</td>
<td>(1)</td>
<td>$25,000</td>
</tr>
<tr>
<td>Lounge Areas (Co-Ed Zone)</td>
<td>(2)</td>
<td>$25,000</td>
</tr>
<tr>
<td>Adaptive Use Elevator</td>
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<tr>
<td>Sitton Field Digital Signage</td>
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<tr>
<td>Hall of History</td>
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<tr>
<td>Pool Cabana</td>
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<tr>
<td>Multi-Purpose Room</td>
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<td>$5,000</td>
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<tr>
<td>Cycle Studio</td>
<td>(1)</td>
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</tr>
<tr>
<td>Conference Room</td>
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<tr>
<td>Outdoor Restroom</td>
<td>(1)</td>
<td>$5,000</td>
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<tr>
<td>Lactation Room</td>
<td>(1)</td>
<td>$5,000</td>
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<tr>
<td>Digital Display Wall</td>
<td>(2)</td>
<td>$5,000</td>
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<tr>
<td>Lifetime Locker Rental</td>
<td>(50)</td>
<td>$2,500 (20yrs)</td>
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<tr>
<td>Towel Tracker</td>
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<tr>
<td>Locker</td>
<td>(100)</td>
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<tr>
<td>Cell Phone Charging Station</td>
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<td>Named: Matthew Ferer</td>
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<tr>
<td>Donor Wall Plaque (various sizes)</td>
<td>(unlimited)</td>
<td>$1,000+</td>
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<tr>
<td>Wallet Sized Locker</td>
<td>(40)</td>
<td>$250</td>
</tr>
</tbody>
</table>

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Get ACTIVE. Live HEALTHY. Be WELL.

Michele Schwitzky  
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Background Information on Campus Recreation

OUR PROGRAMS & RESOURCES

Club Sports: As a university-recognized student-run organization, Collegiate Club Sports exist to promote and develop interest in a variety of sports and/or physical activities. Competitive in nature, clubs may represent the University in intercollegiate competition or conduct intra-club activities such as practice, instruction, social engagements, and tournament play. The program offers 30 clubs and engages over 1000 participants annually in activities varying from rugby to ballroom dance. Club Sports foster connections and a sense of belonging that lasts beyond the academic years at The University of Arizona.

Intramural Sports: The Intramural Sports program is designed to allow students, faculty, and staff an outlet for relaxation, exercise, social interaction and friendly competition. Intramural Sports is a unique opportunity for members of The University of Arizona community to participate in more than 20 different traditional and non-traditional sports leagues and tournaments throughout the year. Individuals of varying skill levels and experience are welcomed to join.

Campus and Community Events: Annual all-campus events such as “Meet Me at the Rec” and “Rec on the Mall,” combined with facility rental events such as the Special Olympics and “Consider Yourself Challenged,” are opportunities to bring the campus community together as well as reaching out to the larger Tucson area.

Outdoor Rec: The Outdoor Rec program engages university community members with the natural world through adventurous, human-powered activities. These activities include hiking, backpacking, mountaineering, canoeing, whitewater rafting, rock climbing, bicycle touring, cross-country skiing and caving. Each trip offers opportunities for activity skill development, personal development, social interaction, and safe and enjoyable recreation. Environmental awareness is emphasized throughout every endeavor.

OUR FACILITIES

Student Recreation Center (Main Building): The Recreation Center hosts over one million visits by members of the UA community every year. The facility includes an Olympic-sized pool, a rental center, an indoor track, six multi-use rooms, seven indoor sport courts, an outdoor sand volleyball court and bouldering/climbing wall, three multi-court gyms and over 30,000 square feet of fitness center equipment and workout space. The facility hosts a computer lab, a tutoring center with free tutoring and a retail store with UA workout attire and gear, on-going workshops, a café with healthy food choices, and a spa with licensed massage therapists.

Sitton Field: Adjacent to the Student Recreation Center, Sitton Field is a multi-purpose field surrounded and secured by iron gates, with an incredible view of the large block A on the football scoreboard. Bleachers on one side of the field can seat up to 750 people and it is equipped with its own scoreboard and sound system. Points of access include a gate off of 6th Street, an entrance from 7th Street, and an entrance from inside the Recreation Center.
Aquatics: The Aquatics program strives to meet the needs of students, faculty, staff and the surrounding community. Through a variety of classes, programs and services, Aquatics focuses on fitness, health and safety, competition, and leisure pursuits.

Youth & Family: The Youth & Family program offers a variety of programs and events for children to join, participate, and experience the UA. Parents and their children can enjoy fitness classes together, young children experience their first swim lesson and older kids can attend camps throughout the year. Campus Recreation staff at our licensed facility provide campers with the opportunity to participate in safe, fun, and engaging activities during major school breaks and holidays.

Wellness: Campus Recreation defines wellness as the awareness of our true potential to live a healthier, happier, and more successful life. Wellness entails much more than just being physically fit or the absence of disease. Through the “Eight Dimensions of Wellness”, an individual can work to achieve holistic health and happiness. Campus Recreation strives to provide unified and integrated health and wellness programs and services for members of the campus community to maintain healthy and active lifestyles and to create a culture that places their health and wellness among the highest priorities.

Certification Programs: Through the American Red Cross, Campus Recreation offers health, safety and life skills through its certification courses in CPR/AED, First Aid, Lifeguarding, Instructor Certifications and more.

Activities: Activity Classes are non-credit, instructional courses that focus on experiential learning, skill building, and the mind-body connection. These classes offer patrons the chance to explore new interests for personal growth, fulfillment and fun. Programs range across the spectrum, from dance and self-defense to artistic expression.

Fitness: The Fitness program looks to inspired patrons to be their best while working out. From group exercise and specialty fitness classes, to personal training and outreach events, all programs offer the opportunity to participate in safe, effective, and engaging settings all semester long.
Original Build in 1990

Locker Room Entry

Lockers/Dressing Area

Restrooms Facilities

Shower Stalls

Artist Renderings 2017

Locker Room Entry

Lockers/Dressing Area

Restrooms

Shower Stalls
Elevator Renovation Project 2017

Original Elevator in 1990

Artist Rendering Elevator 2017

Locker Room Renovation Project 2017

- ADA Accessibility
- Open Concept/Natural Light
- All Gender and Family Options (Private Cabanas)
- Locker Size Options
- Updated Features
- Energy-efficient/Sustainable Features

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STUDENT EMPLOYMENT

Campus Recreation employs over 300 UA students to help run the facilities, handle day-to-day operations, and maintain a safe, secure and welcoming environment for our campus community. Student positions provide on-the-job training and experiential learning opportunities that develop the skills and decision-making processes needed to be successful in workforce.

“I will be forever grateful for my time with Campus Rec! It was an extremely valuable, outside of the classroom learning experience that prepared me to conquer the working world. I was both mentored by my superiors and given hands-on leadership opportunities... which helped me land my dream job!”
Laura Stussie, Class of 2013

“Working for Campus Recreation is one of the BEST choices I have ever made. (It) prepared me for my professional career and has put me ahead of my competition when applying for jobs after college. I was able to broaden my skill set...gaining experience as a leader.”
Israel Valle Jr., Class of 2017

“I started working at Campus Rec the summer before my senior year. It wasn’t my first job or even my second job but I can confidently say it is the job that has taught me the most. From how to communicate professionally to learning firsthand the responsibility of being in charge... the skills I have developed have been invaluable.”
Erica Bender, Class of 2015

“Within the Rec center, I had the opportunity to work in the facilities side. I worked on maintenance issues and projects that showed me real world application of building design and maintenance, that made me think of how to design buildings more effectively as an architect. At the facility itself, I started of as a maintenance monitor, then to security, and finally to Facility Supervisor, this enabled me to develop leadership skills and step up to the plate as a team now depended on me to do so. Being part of the U of A Student Rec Center as an employee greatly enhanced my university experience overall. I worked in a student friendly environment and made life long friends.”
Edgar Parra, Class of 2015
The Role of UA Campus Recreation Center in Student Life

“Campus Recreation activities, programs and services have helped me care about my health and my heart. The Campus Recreation Center turned my life from potentially entering obesity to now having confidence and reaching for new goals – I love this place!”

“...I do enjoy working out at the Rec more than I do in our Athletics Center. The Rec is much more lively and has a more enjoyable atmosphere about it.”

“I used to suffer from a major lack of self-confidence at the gym, stunting my motivation to go. But being at Campus Rec... allowed me to be confident in my workouts and well-being.”

Comments from 2015 Campus Survey

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