

# Campus Recreation

3600 W. Foster Ave  
Chicago, IL 60625  
773.442.4135



Program Brochure  
Spring 2012  
Jan. 9 - May 3

Check us out on the web!  
[Campusrec.neiu.edu](http://Campusrec.neiu.edu)

Revitalize your MIND, BODY, and SPIRIT

# Northeastern Illinois University

## Campus Recreation

### January 9—May 3, 2012

Main Office: 773.442.4135

Valid Student ID or Campus Recreation Membership is REQUIRED to enter the PE Complex at ALL TIMES. All users are required to present a picture ID upon entry. Lockers are on a first come basis. Register your overnight lockers at the equipment desk. Large lockers are for daily use and will get cut at the end of the night. Daily passes are NOT sold on Tuesday and Thursday after 2pm.

#### *Fitness Center Hours*

Monday/Wednesday  
8:00am- 9:45pm

Tuesday /Thursday  
7:00am -9:15am  
12:15pm—9:45pm

Friday  
8:00am- 6:45pm

Saturday  
9:00am—2:45pm

#### *Main Gym Hours*

\*\* some courts may not be available\*\*

Monday/Wednesday  
10:00am - 9:45pm

Tuesday  
12:15pm - 8:00pm

Thursday  
12:15pm - 9:45pm

Friday  
8:00am - 6:45pm

Saturday  
9:00am-2:45pm

#### *Building Hours*

Monday/Wednesday

8:00am—10:00pm

Tuesday/Thursday

7:00am—10:00pm

Friday

8:00am—7:00pm

Saturday

9:00am—3:00pm

Sunday

CLOSED

PE Complex is  
CLOSED

- JANUARY 16
- FEBRUARY 3, 4, 13
- MARCH 24

#### SPRING BREAK

March 19—March 23

8am—7pm

#### *Pool Hours*

Monday

8:00am—9:30pm\*

Tuesday

8:00am—9:30pm\*

Wednesday

8:00am—9:30pm\*

Thursday

8:00am—9:30pm\*

Friday

8:00am—6:45pm

Saturday

9:00am—2:45pm

Some lanes may be closed.

\*Monday through Thursday,  
5:30pm—8:00pm, lap swim only.

#### *Climbing Wall*

Monday

3:00-5:00pm

Wednesday

3:00-5:00pm

Thursday

3:00-5:00pm

#### Family Recreation Hours

Wednesday & Friday 4pm-Close Saturday 9am-3pm

Only immediate family members of current students or members are allowed. Limit 4 guests per visit. All participants must be 18 or older (ID required) or with legal guardian. Guardian must stay with minor participants at all times.

This Schedule is subject to change at any time throughout the semester. All changes will be posted in the PE Complex. Daily Passes are not sold on Tuesdays and Thursdays after 2pm.

## 2011-2012 Campus Recreation Memberships

### Benefits of a Campus Recreation Membership

\*Use of the Physical Education Complex facilities including:

- Main Gymnasium consisting of three court areas
- Auxiliary gymnasium with two courts, including climbing wall
- 2-lane, 1/6 mile elevated indoor track
- Two state of the art, air conditioned group fitness studios
- 4 racquetball courts
- Eight lane 25-yard swimming pool, and 14 ft deep diving well
- Fitness center with strength and cardiovascular equipment, stereo and televisions
- Six outdoor tennis courts
- Locker rooms with showers and steam rooms
- Convenient Group Fitness classes such as zumba, boxing, spinning, total body conditioning and core.
- Towel service
- Use of all recreation equipment (i.e. balls, racquets, weight belts, etc.) Not applicable to daily passes
- Swimming lessons at reduced rates.
- Personal training sessions at competitive rates.
- Mind & Body Sessions for a small fee
- Use of the facilities by family members (limited to immediate family: spouse, children, parents, siblings) during family recreation hours. Family Recreation hours are Wednesday, Friday & Saturday check specific semester schedule for hours.

The fees listed below are for non-Northeastern Illinois University current students.

PARKING IS **NOT** INCLUDED

REVISED: 12/15/11

Membership Type	Faculty/ Staff <i>NEIU ID required at time of purchase</i>	Alumni <i>Alumni ID required at time of purchase</i>	Spouse of Staff/Faculty Alumni/Student <i>Both must be present at time of purchase. Spouse ID required.</i>	Community <i>A State ID/Drivers License required at time of purchase</i>
<b>Annual Pass</b> August, 11 - August, 12 <i>Can only be purchased before 10/15/11</i>	\$100.00	\$185.00	\$185.00	\$300.00
<b>2-Semester Pass</b> Fall & Spring Spring & Summer	\$75.00	\$135.00	\$135.00	\$225.00
<b>1- Semester Pass</b> Fall or Spring	\$43.00 50% OFF after 10/15/11 or 3/1/12	\$75.00 50% OFF after 10/15/11 or 3/1/12	\$75.00 50% OFF after 10/15/11 or 3/1/12	\$150.00 50% OFF after 10/15/11 or 3/1/12
<b>Summer Pass</b> May-August	\$35.00 50% OFF after 7/1/12	\$50.00 50% OFF after 7/1/12	\$50.00 50% OFF after 7/1/12	\$80.00 50% OFF after 7/1/12
<b>Guest/ Daily Pass</b> <i>A State ID required at purchase</i>	\$10.00	\$10.00	\$10.00	\$10.00

## NEIU Group Fitness Schedule Spring 1 January 9–April 28, 2012

### MONDAY

10:30-11:30am	Total Body Conditioning	S1	Benny
11:30-12:00pm	Hard core Abs & Stretch	S1	Jessie
12:00-12:55pm	Zumba	S1	Jessie
1:00-2:00pm	Total Body Conditioning	S1	Greg
2:00-3:15pm	Boxing Workout	S1	Israel
5:00-5:50pm	Dance Flow	S1	Georgios
<b>6:00–7:15pm</b>	<b>**Yoga**</b>	<b>S1</b>	<b>Nancy</b>
7:30-9:00pm	Capoeria	S1	Joshua

### TUESDAY

11:15-12:00pm	Abs & Sculpt	S1	Maria
12:15-1:15pm	Zumba	S1	Maria
<b>2:00-3:15pm</b>	<b>**Yoga**</b>	<b>S1</b>	<b>Ali</b>
5:00-5:45pm	Sculpt & Core	S2	Chantelle
<b>5:30-6:45pm</b>	<b>**Yoga Flow**</b>	<b>S1</b>	<b>Julianne</b>
6:00-7:00pm	Spin & Core	S2	Chantelle

### WEDNESDAY

11:00-12:00pm	Zumba	S1	Juan
11:30-12:30pm	Plyometrics	S2	Dave
12:15-1:00pm	Sculpt & Core	S1	Jessie
1:00-2:00pm	Cardio Kickboxing	S1	Jessie
<b>4:00-5:15pm</b>	<b>**Yoga**</b>	<b>S1</b>	<b>Ali</b>
5:30-6:30pm	Total Body Conditioning	S1	Georgios
6:30-7:30pm	Zumba	S1	Yessenia

### THURSDAY

11:00-12:00pm	Zumba	S1	Juan
<b>12:15-1:15pm</b>	<b>**Yoga Stretch**</b>	<b>S1</b>	<b>Nancy</b>
2:00-3:15pm	Kung fu	S1	Alvin
4:00-4:50pm	Zumba	S1	Dee
5:00-5:50pm	Total Body Conditioning	S1	Fadil
6:00-6:50pm	Spin	S2	Fadil

### FRIDAY

10:00-11:00am	Total Body Conditioning	S1	Benny
11:05-12:00pm	Zumba	S1	Jessie
<b>12:15-1:30pm</b>	<b>**Yoga**</b>	<b>S1</b>	<b>Nancy</b>
12:15-1:00pm	Aqua Fitness	Pool Lane 1& 2	Fadil
2:00-3:15pm	Kickboxing	S1	Israel
4:00-4:30pm	Hard Core Abs	S1	Bojan
4:30-5:30pm	Total Body Conditioning	S1	Bojan

### SATURDAY

10:00-11:00am	Spin	S2	Fadil/Chantelle
<b>10:00-11:05am</b>	<b>**Yoga**</b>	<b>S1</b>	<b>Nancy</b>
11:05-12:00pm	Abs & Sculpt	S2	Fadil/Chantelle
1:00-2:00pm	Zumba	S1	Julia

### \*\* YOGA & PILATES INFORMATION \*\*

\*Fee and registration required for all yoga classes.\*  
 15 week session; January 9 – April 28 2012  
 Special Schedule for Spring Break Week; March 19 – 24  
 Classes that do not meet the 8 registration minimum will be cancelled by Saturday, January 21. Registrations and payments are taken at the PE Complex front desk prior to any class with cash or check.

Credit card payments are taken at D building.

**Receive 10% off when you sign up for 3+ complete sessions.**

	NEIU Student Current	Staff/Affiliate with membership	Community members	Non- members
1 class weekly	\$40	\$60	\$80	\$100
Drop In Class	\$5	\$8	\$10	\$12

\*\*Non-members must pay \$10 daily pass to access the facility \*\*

50% OFF starting March 1st. (does not apply to drop-in rate)

All classes are open level and low impact in nature.

Classes take place in the PE Complex.

Descriptions are available on the campus recreation website.  
 Valid NEIU student ID or Campus Recreation Membership is **REQUIRED** to enter the PE Complex at ALL TIMES.

Legend

S1&S2	Studios are located at the end of the racquetball courts
Pool	First floor access through locker-rooms
Field	Athletic Field located south of PE Complex

**Spring Break March 19–23**  
**Special building hours and group fitness schedule.**

[www.campusrec.neiu.edu](http://www.campusrec.neiu.edu)

773-442-4131

Join us on FACEBOOK



# Personal Training Information

- ◆ The NEIU personal training program is designed to offer one-on-one instruction that incorporates assessment, goal setting, and education into a comprehensive fitness plan that is specifically designed for each individual client. Your trainer is there to provide instruction, ensure safety, educate and help motivate. Current NEIU students are eligible for a fitness assessment and 3 (60-minute) personal training sessions per semester, additional sessions are available for purchase. Current NEIU staff, faculty, alumni and community members with current Campus Recreation membership are eligible for 1 fitness assessment per semester and can purchase additional sessions.
- ◆ All of our Personal Trainers have been educated and/or certified using the guidelines of the American College of Sports Medicine (ACSM), a leading research organization in health, fitness, and sports medicine. Several of them are also earning degrees through the Exercise Science Masters Program. You can review their individual biographies at the PE Complex or the Campus Recreation website to determine if you are interested in a particular trainer. However, requesting a specific trainer may require a wait while trainers' schedules open up.
- ◆ To request a personal training packet stop at the PE complex front desk. Completed registration requests are turned in at the PE Complex front desk with a copy of your current NEIU student ID and a copy of your validated tuition bill or campus recreation membership number. Registrations will NOT be taken by phone, email or trainers. After registration you will be contacted within 7-10 business days to schedule your initial fitness assessment. Students that have not participated in our program will have preference at the beginning of each semester.
- ◆ During your first appointment you will review important paperwork regarding your health history and health/wellness goals. This information is kept confidential, but is essential for your trainer to develop a safe and effective exercise program for you. You will also perform a series of fitness tests to determine a baseline fitness level and help your trainer develop an appropriate plan. Tests may include body composition, aerobic capacity, muscular strength and endurance, and flexibility. Please bring any medical information with you, avoid eating 2-hours prior to the fitness assessment and dress in exercise clothing.

## Personal Training Fee Schedule

	Initial Package <i>No Fee</i>	3 Sessions	6 Sessions	12 Sessions
NEIU Current Student	Fitness Assessment + 3 Training Sessions	\$70	\$140	\$265
Staff/Faculty with Current Membership	Fitness Assessment	\$75	\$145	\$270
Affiliate Alumni/WTTW with Current Membership	Fitness Assessment	\$80	\$150	\$275
Community Member with Current Membership	Fitness Assessment	\$90	\$160	\$285

Purchases are non-refundable, non-transferable and cannot be redeemed for other services.

The purchase and/or registration to the personal training program does not guarantee a specific trainer. All sessions have a 24 hr cancellation policy. **Purchases at the end of each semester and sessions do not roll over to future semesters. A maximum of 12 sessions can be purchased per semester per student/member.** Registrations and/or fees are taken at the PE Complex front desk with cash or check.

# Yoga & Pilates Sessions

- ◆ The yoga and pilates programs provide the opportunity to learn a variety of techniques to reduce stress, relax and improve fitness. Learning to influence the mind/body connection can help improve medical conditions such as chronic pain, high blood pressure or insomnia while at the same time improving your emotional state.
- ◆ Classes are offered to current students, faculty, staff, alumni and community members. You will learn in a relaxed, non-competitive and safe environment. Enjoy a relaxing Yoga class or improve your core strength and flexibility with a Pilates session. Descriptions of classes are available in the main group exercise schedule.
- ◆ All of the Mind & Body instructors are nationally certified in their particular focus area; and have 3-10+ years of experience teaching throughout the Chicago area. Instructors are required to attend yearly trainings and workshops in order to stay current and up-to-date in their particular field. Review their individual biographies at [www.neiu.edu/~campusrec](http://www.neiu.edu/~campusrec) or at the PE Complex Mind & Body bulletin board.



<b><u>MONDAY</u></b>			
6:00-7:15pm	Yoga	SI	Nancy
<b><u>TUESDAY</u></b>			
2:00-3:15pm	Yoga	SI	Ali
5:30pm-6:45pm	Yoga Flow	SI	Julianne
<b><u>WEDNESDAY</u></b>			
4:00	Yoga	SI	Ali
<b><u>THURSDAY</u></b>			
12:15-1:15pm	Yoga Stretch	SI	Nancy
<b><u>FRIDAY</u></b>			
12:15-1:30pm	Yoga	SI	Nancy
<b><u>SATURDAY</u></b>			
10:00-11:05am	Yoga	SI	Nancy

**Children's Yoga**  
**with Nancy Van Kanegan**  
 Saturday 11:15 –12pm Studio 1  
 February 4—March 17 4-9 yrs old  
 7 weeks \$50

- ◆ Payments and registrations are taken at the front desk of the PE Complex only. A current NEIU student ID or membership card is required. Registrations will NOT be taken by phone, email or instructors.
- ◆ Purchases are non-refundable, non-transferable and cannot be exchanged for other services. **All purchases expire 4/28/12.**
- ◆ Sessions are offered in the Fitness Studios located in the PE Complex. Equipment used during sessions is provided at no extra charge. If you have further questions/concerns contact Martha P. Montes @ [m-montes1@neiu.edu](mailto:m-montes1@neiu.edu).

## Spring Semester Fee Schedule January 9—April 28, 2012

	NEIU Student Current	Staff/Affiliate with membership	Community	Non-members
1 class per week	\$40	\$60	\$80	\$100
Drop In Class	\$5	\$8	\$10	\$12

Classes run 15 weeks, with a special spring break schedule March 19 –23.  
 Receive 10% off your total when you registered for 3+ complete sessions.  
 50% starting 3/1/12. Discounts are not available for drop ins.  
 Non-members must pay \$10 daily pass to access the facility

### *Mind & Body Group Class Etiquette*

- ◆ Arrive on time and stay until the end of the class. It's up to the instructor to allow late comers to enter the class. If leaving early please position yourself by the exit.
- ◆ Absolutely no street shoes. For your own safety only exercise clothing and gym shoes are allowed.
- ◆ Change into your workout clothes and gym shoes prior to entering the studio. Leave your back packs, coats, books and other items in your locker. Silence your cell phone and pager prior to the start of the class.
- ◆ Let the instructor know of any health issues you may have prior to starting the class.

# Aquatics

## Pool Hours

Some areas of the pool will be unavailable at some open swim times due to academic classes and Campus Recreation programming.

### Monday—Thursday

8:00am—9:30pm\*

### Friday

8:00am—6:45pm

### Saturday

9:00am—2:45pm

\*Monday through

Thursday, 5:30pm—8:00pm, is lap swim only.



## Water Polo

### Drop-in Water Polo

**Fridays 2:00pm—3:00pm, Tuesdays 4:30pm—5:30pm**

No experience necessary! All swim and skill levels are welcome! Water polo is a great workout for the whole body and a ton of fun!

### Drop-in Inner-Tube Water Polo

**Fridays 3:00pm—4:00pm**

Want to try water polo without all the swimming? Inner-tube water polo is similar to regular water polo but players sit in inner-tubes.

Inner-tube water polo is a lot of fun and a great arm workout.

## Private Swim Lessons

### **Stop by the Aquatics Office for more information!**

Private swim lessons are flexible in scheduling and content. Instructors are American Red Cross WSI Certified. Lessons are 40 minutes in length. To register stop by the Aquatics Office (PE 1183) to complete a registration form and select an instructor or call (773)442-4124.

### NEIU Students

### Private Lesson Fees

**First 3 lessons Free  
(Limited Availability)**

\$20/lesson after 3

NEIU Rec. Pass Holders

\$20/lesson

Non-Members

\$30/lesson\*

\*\$10 must be paid at the front desk for entry

**Lessons may be taken in pairs for \$30/lesson plus membership or building entrance fees.**

**Aqua Fitness and Swim Fitness  
classes are also available!  
Check the group exercise  
schedule for times.**

The natatorium at NEIU boasts an 8-lane, 25 yard lap area as well as a 14 foot diving well with two 1-meter diving boards and two 3-meter diving boards. The two activity areas are separated by a movable bulkhead. There is also a viewing gallery for parents and spectators located on the 2nd floor. Equipment such as water weights, kickboards, flippers, etc. are also available for daily use by our patrons.

## Learn-to-Swim Programs

Campus Recreation offers adult and youth group learn to swim lessons. Lessons are hands-on instruction with an emphasis on gaining comfort in the water and learning recreational & competitive strokes as well as lifeguard preparation skills.

The Spring 2012 session is a 12-week program beginning Monday, Jan 23, 2010, and ending Friday, Apr 20, 2010. Registration forms and more information is available on our website [www.campusrec.neiu.edu](http://www.campusrec.neiu.edu).

Fees are \$10 per class. There is a 50% discount for current NEIU students and a 30% discount for current Campus Recreation members; NEIU faculty, staff, and alumni; or any family enrolling more than 3 students in any Learn-to-Swim program.

### Adult Learn-to-Swim Program

For ages 16 and up and/or current NEIU students. Classes are kept to a maximum of 5 students per instructor. Classes are 40 minutes.

Beginner	Mon	7:15pm
	Fri	5:15pm
Intermediate	Wed	7:15pm
	Fri	6:00pm

### Neptune Learn-to-Swim Program

For ages 5 and up. Classes are kept to a maximum of 4 students per instructor. All levels are available at all times. Classes are 40 minutes. Times listed are all available start times.

All levels	Mon	5:45pm & 6:30pm
All levels	Tue	5:45pm, 6:30pm, & 7:15pm
All levels	Wed	5:45pm & 6:30pm
All levels	Thu	5:45pm, 6:30pm, & 7:15pm

### Parent & Child Learn-to-Swim Program

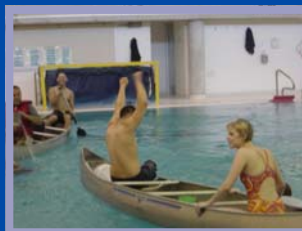
For ages 1 & 2. Classes are kept to a maximum of 5 pairs of parents & children per instructor. Classes are 25 minutes.

Parent & Child	Fri	3:00pm
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### Preschool Learn-to-Swim Program

For ages 3 & 4. Classes are kept to a maximum of 3 students per instructor. Classes are 25 minutes.

Preschool	Fri	3:30pm
Preschool	Fri	4:00pm



**For more information on any aquatics or certification programs, contact Megan Krone, Aquatics Coordinator, at (773)442-4246 or [m-krone@neiu.edu](mailto:m-krone@neiu.edu), or visit our website at [www.campusrec.neiu.edu/aquatics](http://www.campusrec.neiu.edu/aquatics)**

# Health & Safety Courses

NEIU Campus Recreation offers American Red Cross certification courses throughout each semester. Before registering for any class, please read carefully through the prerequisites, how to schedule a pre-course, requirements for certification, and the types of courses available. To register, bring a completed registration form (available at the Front Desk and online) with payment to the Front Desk. Please contact Megan Krone, Aquatics Coordinator, with any questions, concerns, or requests for future classes.

## Requirements for Certification

In all of the listed courses, requirements for certification include:

- Completion of all prerequisites.
- Attendance and participation in all class sessions.
- Demonstration of competency in all skills.
- Meeting the objective in all skills scenarios.

## Types of Courses

**Full Courses** are for individuals who wish to become certified for the first time or have been expired for more than 6 months. All necessary material will be included in these courses.

**Challenge Courses** include no instruction, only a skills and written test.

## Prerequisites

Some American Red Cross certification courses require prerequisites, such as age minimums, additional certifications, or a swim pre-test (by appointment). Check carefully to make sure you have fulfilled all prerequisites before registering for any course.

To schedule a swim pre-test, contact Megan Krone at [m-krone@neiu.edu](mailto:m-krone@neiu.edu), (773)442-4246, or stop by the Aquatics Office. There is no cost for pre-tests and they may be repeated as many times as necessary to pass.

## BASIC LEVEL COURSES

### Adult CPR & AED

Preventing, recognizing, and responding to breathing and cardiac emergencies in adults

M	1/30	6:00pm—8:00pm	\$30*	Challenge
T	2/28	5:00pm—9:00pm	\$60*	Full
W	3/4	6:00pm—8:00pm	\$30*	Challenge
R	5/3	5:00pm—9:00pm	\$60*	Full

### CPR for the Professional Rescuer & AED

Preventing, recognizing, and responding to breathing and cardiac emergencies for professional rescuers such as lifeguards

F	2/3	1:00pm—4:00pm	\$40*	Challenge
S	3/3	9:00am—3:00pm	\$80*	Full
M	4/9	6:00pm—8:00pm	\$40*	Challenge

## First Aid

Preventing, recognizing, and responding to injuries and emergencies such as wounds, burns, musculoskeletal injuries, and sudden illness

T	2/7	6:00pm—8:00pm	\$30*	Challenge
F	3/9	1:00pm—5:00pm	\$60*	Full

## Lifeguarding

Preventing, recognizing, and responding to emergencies in and around the water

**Prerequisites:** 1) 15 years of age on or before the last scheduled class and 2) pass a swim pre-test (a. swim 300 yds continuously in the following order: 100 front crawl, 100 breaststroke, 100 front crawl or best stroke, and b. swim 20 yards, surface dive and retrieve a 10lb brick from the bottom of 8ft, and return to the start swimming on back with 2 hands on brick and face out of water)

R	2/16	5:00pm—9:00pm	\$75*	Challenge
M-F	3/21-3/25	10:00am—5:00pm	\$350*	Full
S	2/4-3/28	9:00am—3:00pm	\$350*	Full

## INSTRUCTOR COURSES

### Fundamentals of Instructor Training

This course is a prerequisite to all instructor courses.

MW	2/6&2/8	3:00pm—5:30pm	\$60*	Full
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### Lifeguarding Instructor

Certification to teach lifeguarding.

**Prerequisites:** 1) have current Lifeguarding certification, 2) pass a the Lifeguarding challenge course, and 3) complete the Fundamentals of Instructor Training course or possess a current American Red Cross Instructor certification.

MW	4/2-5/10	3:00pm—5:30pm	\$400*	Full
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### Water Safety Instructor

Certification to teach Learn to Swim and water safety.

**Prerequisites:** 1) complete the Fundamentals of Instructor Training course or possess a current American Red Cross Instructor certification and 2) complete the swim pre-test, which includes 25 yards of each of the six strokes (front crawl, back crawl, breaststroke, butterfly, elementary backstroke, and sidestroke) at or above the American Red Cross Level 4 standard and one minute each of treading water and floating in a supine position.

MW	2/13-3/28	3:30pm—5:30pm	\$400*	Full
M-F	3/31-3/25	10:00am—5:00pm	\$400*	Full

\*Current NEIU students receive a 50% discount on most Health & Safety Courses\*

# Spring Intramural Sports

Details and descriptions of each sport, activity, or special events can be found on our website at [Campusrec.neiu.edu](http://Campusrec.neiu.edu)

## SPRING TEAM SPORTS

<u>Sport</u>	<u># of players</u>	<u>Registration Deadline</u>	<u>Season</u>
Basketball	5v5	January 20	Jan/Feb/Mar/Apr
Coed Basketball	5v5	January 27	Feb/Mar/Apr
Floor Hockey	6v6	February 10	Feb/Mar
Coed Softball	10v10	March 30	Mar/Apr/May
Soccer (outdoor)	7v7	March 30	Mar/Apr/May

## SPRING DUAL/INDIVIDUAL SPORTS

<u>Sport</u>	<u># of players</u>	<u>Registration Deadline</u>	<u>Season</u>
HORSE	1	None (Challenge Ladder)	Jan/Feb/Mar/Apr
Table Tennis	1-2	None (Challenge Ladder)	Jan/Feb/Mar/Apr
Racquetball	1-2	None (Challenge Ladder)	Jan/Feb/Mar/Apr
Frosty Balls Golf	1	January 20	January
Darts*	1-2	April 6	April
Bags	2	April 30	May

\*additional fees required for participation

## SPRING SPECIAL EVENTS

<u>Event</u>	<u># of players</u>	<u>Registration Deadline</u>	<u>Event Date</u>
Table Tennis Tournament	1-2	January 26	Fri. January 27
4-on-4 Volleyball	4	February 23	Fri. February 24
Indoor Soccer	4v4	February 23	Sat. February 25
Dodgeball	8v8	March 8	Fri. March 9
Basketball Shootout	1	on-site registration	March TBA
Fitness Challenge	1	on-site registration	April TBA
Golf Scramble*	4	May 3	Mon. May 7

\*additional fees required for participation

Registration for all Intramural Sports takes place in the IM Sports office located in the PE Complex (PE 1110). You may contact the IM Sports staff at (773) 442-4176 or [imsports@neiu.edu](mailto:imsports@neiu.edu)

Come check out YOUR campus recreation program! [Campusrec.neiu.edu](http://Campusrec.neiu.edu)

# Sport Clubs

Campus Recreation offers opportunities for students to participate in organized sports for the purpose of instruction, socialization, and competition. Some sport clubs engage in competition against other colleges and universities.

## Current Sport Clubs

Aikido  
 Men's Basketball  
 Boxing  
 Dance Team  
 Ice Hockey  
 Judo  
 Mixed Martial Arts  
 Men's & Women's Soccer  
 Men's & Women's Volleyball  
 Paintball

## Sport Club Meeting Times

Aikido	Mon/Wed/Fri	4-5:30	MMA	Tue/Thur Wed	12-1:15 2-4:00
Basketball	Mon Tue	5-7:00 6-8:00	M's Soccer W's Soccer	Tue Thur	5-6:30 4-5:30
Boxing	Mon-Fri	3-6:00	M's Volleyball W's Volleyball	Wed/Thur Tue/Thur	8-10:00 6-8:00
Ice Hockey	Wed	11-12:40am	Dance Team	Tue	4:15-6:15
Judo	Thur	7-8:30		Thur	3:15-6:15

For information on starting a new Sport Club contact Dave Merrill, Associate Director of Programs at [d-Merrill@neiu.edu](mailto:d-Merrill@neiu.edu) or (773) 442-4182

# Outdoor Adventure



## Spring Climbing Wall Hours

### Monday & Wednesday

3:00-5:00pm

### Thursday

3:00-5:00pm

## JOIN OUR TEAM!

The Outdoor Adventure Program at NEIU is looking for motivated and adventure oriented students who are interested in being trained as Climbing Wall Attendants, High Ropes Course & Teambuilding Facilitators,

## Trips & Excursions

Our experienced trip leaders often take groups of students off campus for various outdoor activities including; camping, hiking, canoeing, rock climbing, etc.

Contact Erin Claudio in the Campus Recreation office!

## High Ropes Course

### Open Hours

Interested participants should register for an open high-ropes session at [eclaudio@gmail.com](mailto:eclaudio@gmail.com)

**Dates and times for open high ropes sessions will be posted throughout the spring semester.**

Students may rent pieces of camping equipment for their own outdoor adventures!



[www.campusrec.neiu.edu](http://www.campusrec.neiu.edu)

**Campus Recreation Staff**

Matthew Specht	Director	(773) 442-4184 m-specht@neiu.edu
Dave Merrill	Associate Director of Programs	(773) 442-4182 d-merrill@neiu.edu
Martha P. Montes	Associate Director of Fitness/Wellness	(773) 442-4131 m-montes1@neiu.edu
Erin Claudio	Outdoor Adventure Program Assistant	(773) 442-4278 eclaudio@gmail.com
Megan Krone	Aquatics Coordinator	(773) 442-4246 m-krone@neiu.edu
John Kerr	Building & Equipment Manager	(773) 442-4185 j-kerr@neiu.edu
Intramural Sports Office	(schedules, cancellations, questions, etc.)	(773) 442-4176 imsports@neiu.edu
Sport Clubs		(773) 442-4176
PE Complex Front Desk	(building hours, general questions, etc.)	(773) 442-4135
Aquatics Office	(voicemail for Private swim instructors)	(773) 442-4124
Pool Deck	(pool hours, lane activity, etc.)	(773) 442-4141
Personal Training Office	(voicemail for Personal Trainers)	(773) 442-4188
Fitness Center	(fitness center hours, questions, etc.)	(773) 442-4146
Equipment Center	(lost & found, equipment rental, etc.)	(773) 442-4152
Outdoor Programs Office	(trip info, ropes course use, etc.)	(773) 442-4278

# IMPORTANT DATES & EVENTS

## *6th Annual Wellness Fair*

*Thursday February 23*

*10am—3pm*

*Physical Education Complex Lobby Area*

*Blood Pressure  
Physical Therapist*

*Nutrition  
Raffles*

*Massages  
Giveaways*



### ZUMBA

*Thursday  
February 23  
3pm  
Main Gym*

*Ditch the workout and  
join the PARTY!*



### *GOLDEN EAGLE 5K*

*Sunday April 29 at 9am*

*Main Campus*

*NEIU Students \$10*

*NEIU Affiliates \$12*

*Community \$15*

*Register at PE Complex front desk.*

### Intramural Sports

Registration  
Begins Jan 9th.



FITNESS  
WORKSHOPS  
FRIDAYS 1pm  
Feb 6 -27  
MAXIMIZE  
YOUR  
WORKOUTS!



### *Children's Yoga*

*Saturdays  
11:15 -12pm  
Feb 4— March 17  
4-9 yrs old  
7 week session \$50  
PE Complex Studio 1*



### OUTDOOR ADVENTURE PROGRAM

Go hiking, kayaking or  
rock climbing.

For more information  
eclaudio@gmail.



SPRING BREAK MARCH 19 - 23 Building Hours Mon—Fri 8am—7pm

Find us on



Revitalize your MIND, BODY, and SPIRIT