

Wellbeing Update

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# Campus Recreation & Membership Programs

***Mallory Valentine***

Associate Director of Strategic Initiatives

Rec Services

# Recreational Services

- Mission
  - Provide diverse recreational experiences that encourage active lifestyles
- Impact
  - Over 1 million visits to our buildings, programs, and services





# Campus Recreation & Wellness Center (CRWC)

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- 3 floors of cardio/strength equipment
- Indoor track
- 52 ½ ft climbing wall, bouldering wall
- 3 group fitness studios
- 3 basketball/volleyball courts
- Olympic size swimming pool
- Rec pool



# Field House (FH)

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- Fitness Loft
- Group fitness studios
- 8 basketball/volleyball courts
- Indoor track
- Swimming pool (home of the butterfly)
- Racquetball courts



# Fitness East (FE)

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- Located across from the Iowa Memorial Union (IMU)
- Cardio/strength equipment



# Hawkeye Tennis & Recreation Complex (HTRC)

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- 8 indoor and 12 outdoor tennis courts
- 2 indoor turf fields
- Cardio/strength equipment



# Other Locations

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- Hawkeye Recreation Fields
- Hawkeye Softball Complex
- Hawkeye Rugby Field
- Lagoon Shelter House





# Adventure Recreation

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## Adventure Trips

Day or weekend trips in regional areas either within Iowa or surrounding states.



## Challenge Course

Build your team with low ropes, high ropes, or team bonding sessions.



## Climbing Wall

52 ½ feet tall, bouldering wall now open all day! Climbing memberships needed for top rope/lead climbing.



## Lifetime Leisure Skills Classes

Classes for credit that are designed to engage students in fun and healthy activities that can be continued beyond college and throughout their lives.



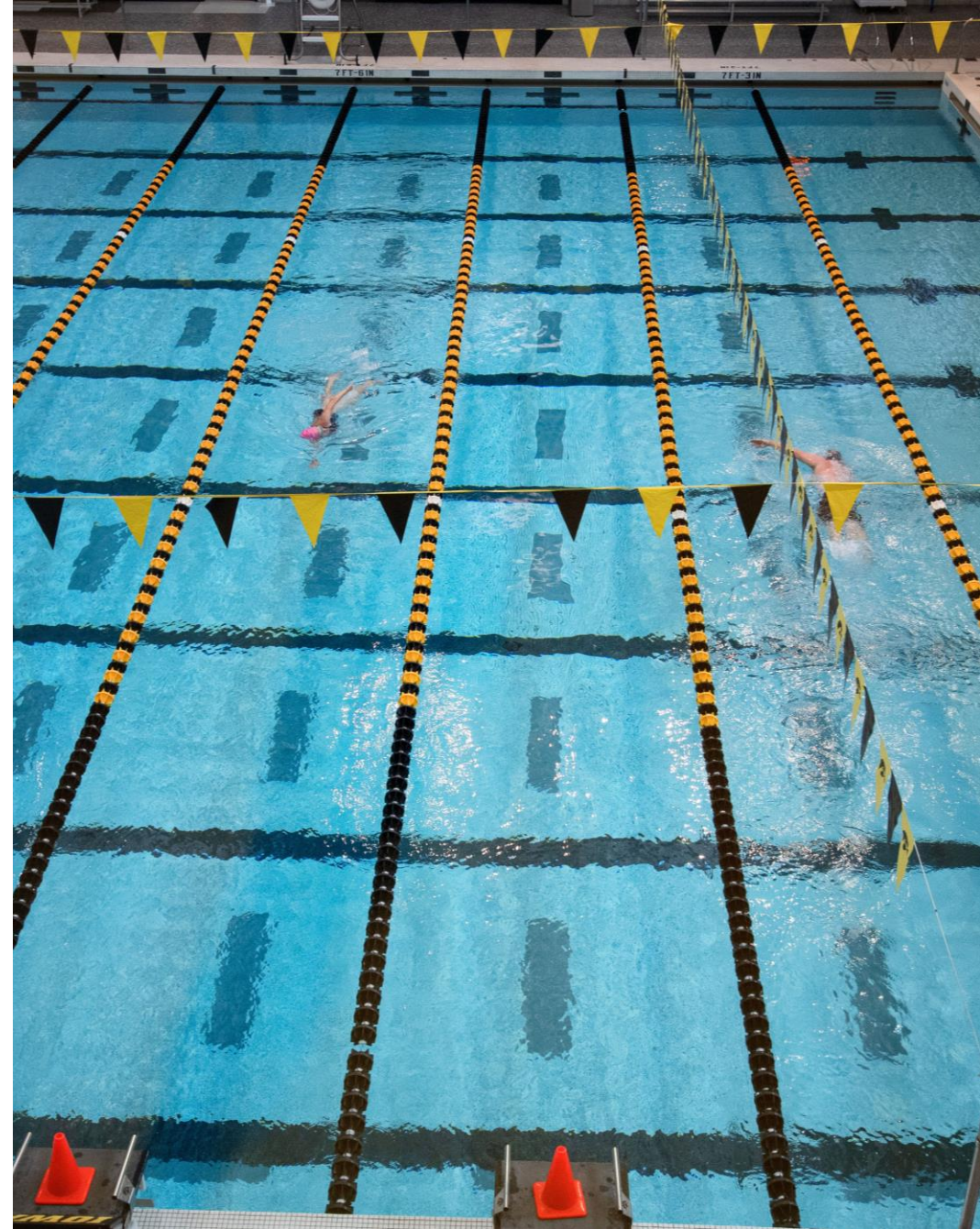
## Outdoor Rental Center

Rent gear to explore on your own! Water, camping, biking, snow, and yard game equipment available.

# Aquatics

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- Aquatic areas in two facilities:
  - Campus Recreation & Wellness Center
  - Field House Pool
- Variety of programming:
  - Open lap swim and recreation
  - Swim lessons
  - American Red Cross certification courses



# Fitness

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## Group Fitness

- No additional cost with membership
- Located in the CRWC, FH, and Virtually
- Wide variety of formats offered



## Personal Training

- Individual 1-1 sessions or 2-1 sessions available
- Additional fee



## Small Group Training

- Hybrid between group fitness and personal training
- Smaller fee

# Rowing

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- Learn to Row
- Rowing Programs
  - Adaptive
  - Adult
  - Juniors
  - UI Student Rowing
- Indoor Rowing Challenge



# Sport Programs

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- Intramural Sports
  - Variety of sports offered each semester
    - One-day tournaments
    - Leagues
    - Friday Night Series
    - eSports
  - Fees vary based on sport
- Sport Clubs
  - Student-run organizations
  - Travel, host, and compete against other universities in a higher level of competition



# Tennis

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## Drop in Play

8 indoor courts and 12 outdoor courts.



## Private lessons, clinics, and camps

Available for all ages!



## Cardio Tennis

Group fitness & tennis combined.

# Membership Access

Faculty/Staff Membership Categories	Year	Month*	Daily
UI Faculty/Staff	\$480	\$40	\$10
UI Faculty/Staff Spouse or Domestic Partner	\$480	\$40	\$10
UI Dependent (Ages 4-18)	\$168	\$14	\$8
UI Dependent (Ages 0-3)	Free	Free	Free

*\*Perpetual payroll deduction rates are equal to the monthly membership rates listed above.*



**UI FACULTY/STAFF**

*Fall 2023*

# MEMBERSHIP PROMOTION

Sign up for a perpetual membership  
between **October 18 – November 1**  
and we will waive the one-time setup fee!

**CONTACT [REC-SERVICES@UIOWA.EDU](mailto:REC-SERVICES@UIOWA.EDU) TO SIGN UP TODAY!**

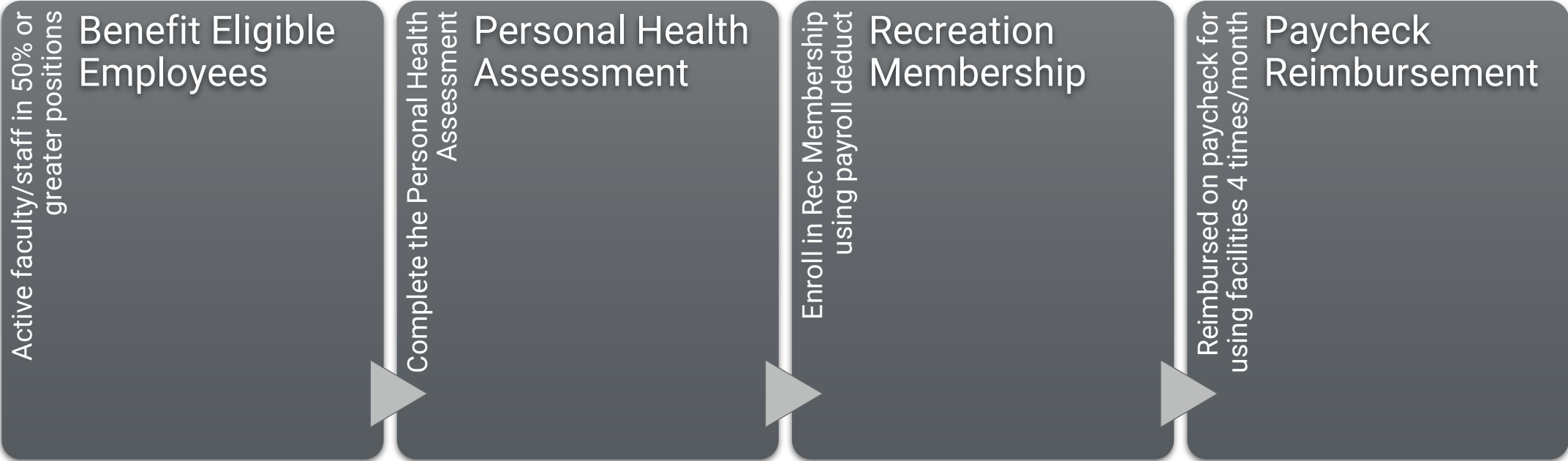
*This offer is only available to current UI Faculty and Staff. Offer is not valid for spouses, domestic partners, or dependents.*

**IOWA**

Recreational Services



# LiveWELL Incentive Program



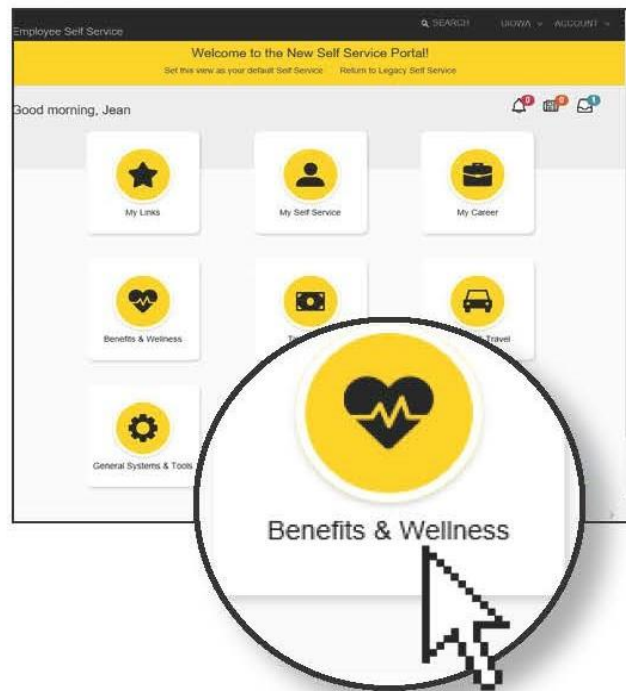
**UI employees can earn 50% off their monthly recreation membership fee (monthly membership = \$40 /month; incentive = \$20/month) by participating in the liveWELL Personal Health Assessment (PHA) survey and using campus recreation facilities at least four times per month.**



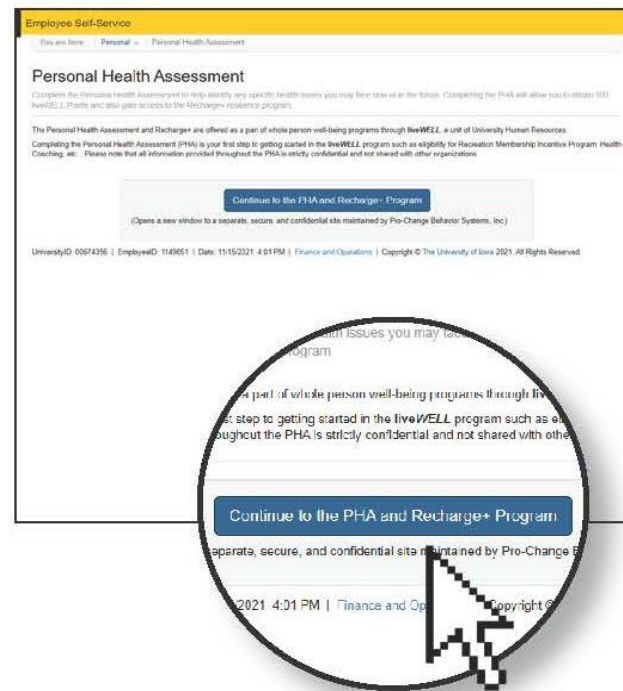
# HOW TO TAKE YOUR PERSONAL HEALTH ASSESSMENT

Access your 10-minute survey at your Employee Self-Service website.

## STEP 1



## STEP 2



## STEP 3



*The PHA is available to faculty and staff in 50% or greater, regular positions.*

# Health and Well-Being Fair: November 1



Wednesday, November 1  
7:30 a.m. to 2:00 p.m.  
UI Field House

## Highlights:

- Free flu shots
- Free health screenings and assessments
- Free 10-minute chair massages
- Walk the Spiritual Services labyrinth
- Ergonomics demonstrations
- UI Benefits information
- Healthy Lunch demo with **liveWELL** Health Coaches
- Connect with UI EAP and Family Services resources
- Talk with Recreational Services about membership options and personal training

# Have you completed your PHA for 2023 yet?

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- **November offers 12 chances to win \$250 for completing your PHA throughout the month, starting with the Health and Well-Being Fair on November 1, 2023.**
- **If you have already completed your PHA in 2023, you are automatically in the drawing and eligible to win.**

# Call to Action

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- 1. Take your PHA** to support campus well-being
- 2. Get a Recreation Membership** with the **liveWELL** Rec Membership Incentive
  - Enroll using payroll deduction
- 3. Utilize your Recreation Membership 4 times each month** to enjoy a 50% discounted fee!
  - \$20 a month deposited directly to your paycheck
  - *There will be a one-month time lag on the incentive (i.e. October visits will be used to determine the December 1 paycheck incentive, November visits will be used to determine the January 1 paycheck incentive, etc.).*

# IOWA

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## Questions?

→ [recserv.uiowa.edu](https://recserv.uiowa.edu)

[hr.uiowa.edu/employee-well-being/livewell](https://hr.uiowa.edu/employee-well-being/livewell)

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