Wellbeing Update

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)

- 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)

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

- Located across from the Iowa Memorial Union (IMU)
- Cardio/strength equipment
Hawkeye Tennis & Recreation Complex (HTRC)

• 8 indoor and 12 outdoor tennis courts
• 2 indoor turf fields
• Cardio/strength equipment
Other Locations

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

**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

• 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

**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

• Learn to Row

• Rowing Programs
  – Adaptive
  – Adult
  – Juniors
  – UI Student Rowing

• Indoor Rowing Challenge
Sport Programs

• 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

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

<table>
<thead>
<tr>
<th>Faculty/Staff Membership Categories</th>
<th>Year</th>
<th>Month*</th>
<th>Daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>UI Faculty/Staff</td>
<td>$480</td>
<td>$40</td>
<td>$10</td>
</tr>
<tr>
<td>UI Faculty/Staff Spouse or Domestic Partner</td>
<td>$480</td>
<td>$40</td>
<td>$10</td>
</tr>
<tr>
<td>UI Dependent (Ages 4-18)</td>
<td>$168</td>
<td>$14</td>
<td>$8</td>
</tr>
<tr>
<td>UI Dependent (Ages 0-3)</td>
<td>Free</td>
<td>Free</td>
<td>Free</td>
</tr>
</tbody>
</table>

*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 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.
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?

- 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

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.).
Questions?

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