

Student Center Spotlight

UIC Student Centers Newsletter

Issue No. 5

January 2006

Welcome



Rob Rouzer
Director
UIC Student Centers

Greetings and Happy New Year!

I'm sitting here writing this on January 19, 2006 looking out on a **sunny and warm** day. How strange is that in Chicago in mid-January? Thanks to the unusually warm weather, the contractors on the **Recreation Center** are completing outside work that we had anticipated would not get done until March or April. We must be doing something right!

This issue of our newsletter highlights the **Student Recreation Facility**. Barring any unforeseen difficulties, we should be opening the doors to the campus in **late February or early March**. This will be a truly marvelous addition to the campus and I'm sure that students and other members of the campus community will appreciate and use all that the facility has to offer.

Many thanks to the many staff members who helped make the Student Affairs and the Student Centers holiday events successful!

Best regards,
Rob Rouzer

Updates @ Student Centers

Employees of the Month for December, 2005

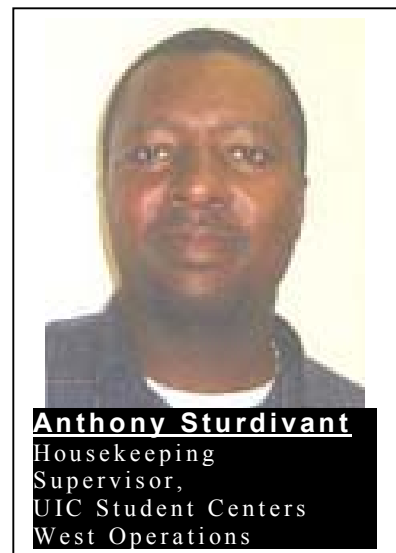
The following staff members were employees of the month in Student Centers Operations department for the month December, 2005. The **'employees of the month'** program is part of the **Employee Recognition Program** in the department. To qualify, staff must have **perfect attendance** for the month. Sick time for doctor's appointments that have been scheduled with 3 days notice does not count against the perfect attendance, nor does vacation time that has been pre-approved with a two-week notice.

Student Centers West Operations

Anthony Sturdivant
Dennis Rabb
Mariola Alarcon
Mary Ann Nicholas
Nydia Martinez
Lamark Delaney
Mike King
Will McKay
Juan Mesarina
Tyrone Moore
Rotie Orr
Luis Vargas
Tommy Versie

Student Centers East Operations

Theresa Esquivel
Mike Santoro
Dora Thomas
Ruben Velano
Getzman Dade
Fannie Mallet



Anthony Sturdivant
Housekeeping
Supervisor,
UIC Student Centers
West Operations

UIC Student Recreation Facility – Activities

Leisure

Juice/Coffee Bar – offering lite fare including; salads, sandwiches, smoothies, coffee, juice, power bars and shakes, fresh fruit and other goodies.

Lounge areas – Numerous lounge and seating areas will include; Juice Bar seating, Climbing Wall lounge, and the Game Room. Each area contains various configurations of soft seating, table seating and other furniture groupings. A large screen TV, game tables and comfortable furniture will be available in the 2nd Floor Game Room lounge.

Leisure Pool – The SRF Pool will feature both active and passive activity spaces. The pool will feature zero depth entry, a bubble bench, water vortex, and a lazy river. The shallow water pool area is perfect for hanging out in an innertube, group aqua classes, water volleyball and basketball, or just splashing with friends. A deck access hot water spa will accommodate over 25 users at one time. Also available are a dry sauna and steam rooms to complete the full spa effect. Three lap lanes are available for recreational swimming activities.

Adventure

A Climbing Wall, built by Entre Prises, will be the focal point of the large Atrium lobby. Rising over 42 feet above the floor, it is viewable from every level. The wall is constructed with easy access bouldering holds at the base. Four top ropes and one lead rope route make the wall challenging for all levels of climbers. A dedicated staff will teach you the basics, get you ready for more advanced skills and provide opportunities for upward mobility.

The Outdoor Adventures Office will include information and brochures about the many opportunities available in the Midwest for adventure activities. The home of the climbing wall staff, it will include all climbing equipment and accessories. Future plans for this area may include outdoor seminars and adventure trips.

Fitness

Four group fitness suites are located throughout the facility and cater to many varied group and individual fitness activities. Off the main lobby are the Large Fitness Suite and the Spin Suite. The large suite will house general fitness classes. It contains a room divider which makes it multi-functional for many varied activities. The Spin Suite will have group spin bikes for those high-intensity workouts. At the building's north end, adjacent to the Multi Activity Court, the MAC Suite will contain a golf net, and will house many other fitness and martial arts activities. On the 2nd Floor, the Salon will be home to many of our mind/body activities like yoga, tai chi and Pilates classes.

The Human Performance Lab will provide varied activities and services for a wide range of customers. Included in our services will be; Personal Trainers, Massage Therapy, Fitness Testing, Human Performance testing and Anthropometric body fat measurement. The knowledgeable staff is available to help you meet your fitness goals.

Our lineup of indoor courts includes three racquetball and two convertible courts. Our convertible courts are international size and the back wall is adjustable for squash. All courts contain glass back walls. The racquetball courts are equipped for wallyball, which is a hybrid volleyball game played in an enclosed court.

A 1/8 mile, three lane jogging track encircles the upper reaches of the Four Court Gym. Offering great views of the city to both the north and east, gliding along the track is sure to be a popular activity in SRF.

The 18,000 sq. ft. Fitness Floor is located on the 3rd level and caters to users ranging from beginners to the hard-core workout animal. Equipped with over 100 pieces of the latest cardio equipment, there should never be a wait for exercise. Entertainment options will include 32" flat screen television monitors and music sources to keep your workout going strong. Strength training equipment will include the latest circuits of selectorized, cable-motion and free weight equipment from top manufactures. Stretching, pliometric and core training pieces complete a well-rounded group of fitness equipment. A small section of the Fitness Floor is located behind a privacy wall for users that have requested a dedicated space for private workouts. This area will contain both cardio and strength training equipment.

Informational

Two meeting rooms will be available for meeting activities. Informational lectures, captains meetings, sport club meetings and other seminars are planned for these spaces. The meeting rooms can also be reserved by registered student groups.

Gymnasia

The Multi Activity Court, or MAC will include a 120ft. by 84 ft. rink, equipped with 8' high dasher boards. This multi use space will be programmed for indoor soccer and floor hockey, in addition to basketball, volleyball and badminton activities.

The Four Court Gym will be located on the 2nd Level. Containing four, 84 ft. wood floor courts, the space will play host to open recreation, Intramural Sports and other drop-in activities. The courts will be multi functional for basketball, volleyball and badminton activities.

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