

East Campus 2011 / 2012 Hours

Fall 2011

August 21, 2011 - December 2, 2011

Monday - Thursday	6:00 am - 11:00 pm
Friday	6:00 am - 9:00 pm
Saturday	9:00 am - 9:00 pm
Sunday	11:00 am - 11:00 pm

The SRF Pool closes one hour prior to facility closing

- * CLOSED Monday September 5 (Labor Day)
- * CLOSED Thursday November 24 (Thanksgiving)

Spring 2012

January 8, 2012 - April 27, 2012

Monday - Thursday	6:00 am - 11:00 pm
Friday	6:00 am - 9:00 pm
Saturday	9:00 am - 9:00 pm
Sunday	11:00 am - 11:00 pm

The SRF Pool closes one hour prior to facility closing

- * CLOSED Sunday April 8, 2012 (Holiday)

Spring Break 2012

March 17, 2012 - March 24, 2012

Monday - Friday	6:00 am - 9:00 pm
Saturday	10:00 am - 6:00 pm
Sunday	Noon - 8:00 pm

The SRF Pool closes one hour prior to facility closing

Visit www.rec.uic.edu for more information about additional holiday hours. Campus Recreation Facilities will be closed for all recognized university holidays. Campus Recreation may shut down all or part of their buildings/fields for up to two weeks prior to the beginning of the Fall Semester for scheduled maintenance and repairs. In all cases, advance notice will be given to our patrons.



Winter Break 2011-2012

December 3, 2011 - January 7, 2012

Monday - Friday	6:00 am - 9:00 pm
Saturday	10:00 am - 6:00 pm
Sunday	Noon - 8:00 pm

The SRF Pool closes one hour prior to facility closing

All Facilities will be CLOSED from 12/24/11 - 1/3/12

Summer 2012

April 28, 2012 - August 25, 2012

Monday - Friday	6:00 am - 9:00 pm
Saturday	10:00 am - 6:00 pm
Sunday	Noon - 8:00 pm

The SRF Pool closes one hour prior to facility closing

- * CLOSED May 28, 2012 (Memorial Day)
- * CLOSED July 4, 2012 (Independence Day)

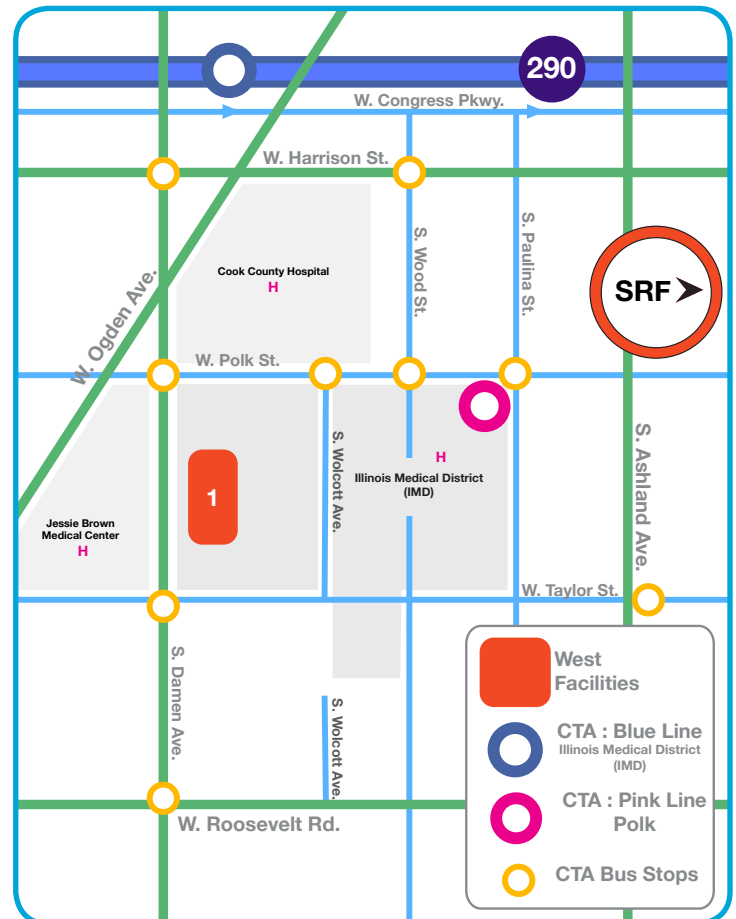


West Campus Facilities

1 Sport & Fitness Center (SFC)

- > 8,000 square foot Fitness Floor equipped with state-of-the-art cardiovascular, selectorized, and strength training equipment.
- > 3 lane jogging track
- > 2 group exercise studios
- > 2-court, wood floor gymnasium equipped for basketball, volleyball, and badminton
- > Carpeted walking track
- > 3 racquetball courts, one with a glass back wall
- > 6-lane swimming pool with on-deck sauna room
- > Full service locker rooms with daily use and annual rental lockers
- > Multi-purpose room with table tennis
- > Boxing apparatus
- > Equipment check-out area
- > Lounge area equipped with e-mail stations and WiFi access

Sport & Fitness Center
828 S. Wolcott
Chicago, IL 60612
(312) 413-5260



The Sports & Fitness Center is the hub of recreational activity on the west campus. Located in the middle of the Illinois Medical District and adjacent to the UIC Student Center West, the facility has recently undergone a \$ 10 million dollar renovation. The Sport & Fitness Center is open to UIC Students, faculty, staff, and University of Illinois Alumni Association members. Employees of health care facilities located in the Illinois Medical District are also eligible for membership.

West Campus Facility Hours

Fall 2011

August 21, 2011 - December 2, 2011

Monday - Thursday	6:00 am - 11:00 pm
Friday	6:00 am - 9:00 pm
Saturday	9:00 am - 9:00 pm
Sunday	11:00 am - 11:00 pm

SFC Pool Hours

Monday - Friday	6:00 am - 8:00 pm
Saturday/Sunday	Noon - 8:00 pm

- * CLOSED Monday September 5 (Labor Day)
- * CLOSED Thursday November 24 (Thanksgiving)

Winter Break 2011-2012

December 3, 2011 - January 7, 2012

Monday - Friday	6:00 am - 9:00 pm
Saturday	10:00 am - 6:00 pm
Sunday	Noon - 8:00 pm

SFC Pool Hours

Monday - Friday	6:00 am - 7:00 pm
Saturday/Sunday	Noon - 5:00 pm

All Facilities will be CLOSED from 12/24/11 - 1/3/12

Spring 2012

January 8, 2012 - April 27, 2012

Monday - Thursday	6:00 am - 11:00 pm
Friday	6:00 am - 9:00 pm
Saturday	9:00 am - 9:00 pm
Sunday	11:00 am - 11:00 pm

SFC Pool Hours

Monday - Friday	6:00 am - 8:00 pm
Saturday/Sunday	Noon - 8:00 pm

- * CLOSED Sunday April 8, 2012 (Holiday)

Summer 2012

April 28, 2012 - August 25 2012

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Visit www.rec.uic.edu for more information about additional holiday hours. Campus Recreation Facilities will be closed for all recognized university holidays. Campus Recreation may shut down all or part of their buildings/fields for up to two weeks prior to the beginning of the Fall Semester for scheduled maintenance and repairs. In all cases, advance notice will be given to our patrons.



Outdoor Fields & Courts

Outdoor Recreation Courts (ORC)

737 South Halsted Street, Chicago, IL 60607
312.413.5150

Come Play at UIC's newest recreation facility. Opened in the spring of 2009, the Outdoor Recreation Courts compliment the excellent indoor and outdoor recreation facilities on campus. The ORC consists of three tennis courts and three basketball courts. The entire complex is lighted for evening play. The courts are technically an extension of the Student Recreation Facility (SRF), so only students and current annual members are allowed swipe access. Guests and daily members are not permitted. Tennis racquets may be checked out at the SRF and basketballs are provided on the courts. The ORC closes 30 minutes prior to the closing of the SRF.



Outdoor Field Complex (OFC)

900 West 14th Place, Chicago, IL 60608
312.413.2738

Recreation facilities include two multi-purpose grass fields, three sand volleyball courts, and a jogging path that circles the complex. The complex also includes intercollegiate fields for the men's baseball, women's softball and men's soccer teams.

Features

Multi-purpose Fields

These lighted fields are used to support the intramural and sport club programs. They are also available for drop-in use and rentals. Student groups or outside constituents wishing to use fields should contact Campus Recreation to schedule your activity. Registered groups have priority during the scheduled hours of operation. Group usage during non-scheduled hours of operation is prohibited.

Sand Volleyball Courts

The volleyball courts are available any time the field complex is open. Intramural activities have priority over open play times.

Jogging Path

The outdoor jogging path winds through the perimeter of the OFC and covers roughly 7/8 of a mile. Alternate running routes may be imposed during Intercollegiate soccer matches.



Climbing Wall / Outdoor Rec. Resources

Student Recreation Facility, Room 124
312.996.7730

In the last decade, the sport of rock climbing, once only seen as an x-sport, has now become very popular. The prevalence of indoor rock climbing facilities has become apparent. This sport not only attracts extreme athletes, but also ordinary people looking for both a physical and mental challenge. Whether you are a seasoned outdoor fanatic or someone looking for a new challenge, rock climbing is an excellent exercise alternative. From a fitness perspective, rock climbing is a multi-dimensional sport. The activity requires both strength and flexibility, as well as a high level of endurance and skill. It also offers a balance between physical exercise and mental discipline. Many climbers report a sharp increase in confidence and independence as a result of gaining new skills and successfully completing challenging climbs.



Difficulty Ratings

Climbs can vary in length and difficulty. To the top of the SRF wall is 43 feet. The colorful tape on the wall designates certain routes that vary in difficulty and style. There is a route for everyone, beginner to advanced. North America uses the Yosemite Decimal System (YDS). The first numbers in the YDS designates the class of the climb (always "5" for vertical climbs), while the second number defines the difficulty. The wall at the SRF has climbs from simple 5.5 all the way to an extreme demanding 5.11b. Staff members constantly change the routes to guarantee that climbs never get tedious.

Bouldering

Bouldering is a difficult style of climbing emphasizing power, strength, and dynamics. Climbing is done on the lower portion of the wall without the aid of ropes. Its focus is on individual moves or short sequences. Boulder climb is often short and much like problem solving. As in other types of climbing, bouldering has developed its own grading systems for comparing the difficulty of problems.

Body Benefits

Climbers will quickly begin to develop hand, arm, back, and core strength as a result of the movements the climber needs to scale the wall. Climbers become successful with more difficult ascents only after working to improve the strength and endurance of different body parts such as their calves, shoulders and core. With practice, climbers will see improvement in agility, their ability to increase strength-to-weight ratio and flexibility in hips and hamstrings.



Classes

Introduction to rock climbing classes are offered on a frequent basis. Four week classes run once a week for an hour and a half. Classes are taught by experienced staff members and provide basic understanding of the sport of rock climbing. Students will be taught basic belay and knot techniques as well as valuable climbing techniques to assist new climbers to successfully reach the top of the wall. For a nominal fee, students can sign up for classes at the membership desk of the SRF. A belay certification is included in the class. This permits the climber to belay his/her friends without waiting for a staff member. Advanced classes for more experienced climbers may also be offered.

Wall Rentals

The wall can be rented for parties and team building exercises. For more information contact Greg Kaefer at gkaefer@uic.edu.

Student Recreation Facility Climb Prices

Activity	Student Prices	Member Prices
Daily Climb Pass	\$ 3	\$ 5
Ten Climb Pass	\$ 20	\$ 40
Semester Climb Pass	\$ 40	\$ 60
Classes	\$ 30	\$ 50
Certification	\$ 5	\$ 10

Student Games & Bowling Center

UIC Student Center East
750 South Halsted Street, Chicago, IL 60607
312.413.5170

The Student Games & Bowling Center is open seven days a week and has something for everyone! Bowl in our 16-lane center, play pocket Billiards on one of the 16 regulation tables, or get into the hottest new video and pinball games in our arcade.

The center is available for open play, league play, birthday parties, or other group activities. The general public is welcome as well. Gutter bumpers are available for children. Call ahead for availability. The video arcade and east billiard tables are ADA compliant. Call the Center Staff at 312.413.5170 for more information. Our lanes are USBC certified.

Hours of Operation

Fall 2011

August 21, 2011 - December 3, 2011

Closed September 5 (Labor Day)

Closed November 24 (Thanksgiving)

Monday - Thursday	10:00 am - 10:00 pm
Friday & Saturday	9:00 am - Midnight
Sunday	Noon - Midnight

Winter Break 2011 / 2012

December 4, 2011 - January 7, 2012

All Facilities will be closed From 12/24/11 - 1/3/12

Monday - Thursday	12:00 pm - 10:00 pm
Friday & Saturday	10:00 am - 10:00 pm
Sunday	Noon - 10:00 pm

Spring 2012

January 8 - April 28, 2012

Closed April 27 2012 (Holiday)

Monday - Thursday	10:00 am - 10:00 pm
Friday & Saturday	9:00 am - Midnight
Sunday	Noon - Midnight

Spring Break 2012

March 17 - March 24

Monday - Thursday	12:00 pm - 10:00 pm
Friday & Saturday	10:00 am - 10:00 pm
Sunday	Noon - 10:00 pm

Summer 2012

April 29 - August 25

Closed May 28 (Memorial Day)

Closed July 4 (Independence Day)

Monday - Thursday	10:00 am - 10:00 p.m.
Friday & Saturday	10:00 am - Midnight
Sunday	Noon - 10:00 p.m.



ACU-I Recreational Games Tournament

UIC is a member of the Association of College Unions International. This national organization is the clearing house for activities pertaining to college student centers. As a member of this organization, UIC partakes in regional and national recreation tournaments involving various activities. The UIC local tournaments are usually held the first three weeks of the Spring semester.

Please check the Intramural Sports calendar for details. The winners of these events may represent UIC in the ACU-I Regional Tournament, pending eligibility verification consists of a minimum of 6 hours current registration and at least a 2.4 GPA. The activities held include men's and women's 9-ball billiards, chess, table tennis, and other recreational activities. Call the Bowling Center Manager, Ruby Vega at 312.413.5171 for further details.



Rates & Access

Bowling Per Person Per game

UIC Students	\$ 2.00
UIC Faculty / Staff / Alumni	\$ 2.50
General Public	\$ 3.00
Shoes Rental	\$ 1.75

Billiards Per Hour, Per Table

UIC Students	\$ 5.00
UIC Faculty / Staff / Alumni	\$ 6.00
General Public	\$ 8.00

* All users must submit an appropriate ID to use facilities and equipment. An appropriate ID only includes a valid UIC i-card, drivers license, or state issued identification to verify age. Minors (under 16 years old) may use the facility if accompanied by an adult 21 years or older. A maximum of three children per adult is allowed.

Bowling Center Reservations

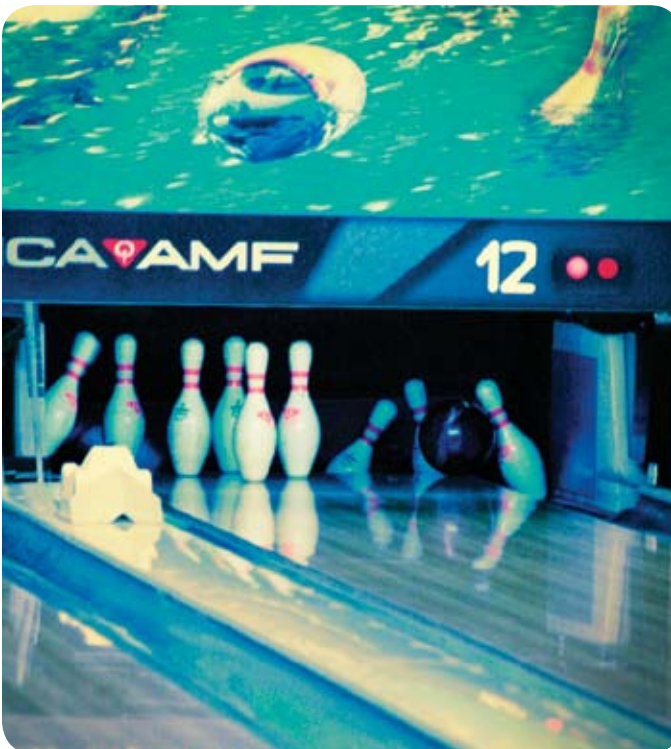
Reservations are available for groups of 12 or more people. For all reservations, you must come in person and pay in full. Reservations are on a first come, first serve basis. Please call the front desk for information and availability at 312.413.5170.

Themed Events

The Student Games and Bowling Center hosts bowling and billiard tournaments, UIC student bowling leagues, bop and bowl nights, color pin day, and happy hours. For more information on these events, please call the Bowling Center at 312.413.5171.

Party Package

Come and celebrate a special event at the UIC Student Games & Bowling Center. We offer a party special rate of \$9.00 per person for groups of 12 or more. (2 Hours of Bowling, shoe rental, and 4 Game tokens per person are all included in party package.)



Intramural Sports + Sport Clubs

Every team league and team tournament is offered in men's, women's and co-rec format. All UIC students, staff, and faculty are eligible to participate in intramural sports. Faculty and Staff must adhere to the specific entrance policies if they are not campus recreation facility members. Individuals in any event or league must have their i-card in possession to be eligible to participate. Faculty and staff members are allowed to participate in intramurals. You are allowed to play on one team based on gender and one co-recreational team. Intramurals are free to play. For more information, please contact Christian Kopp at 312.413.5165 or clkopp@uic.edu.

Leagues, Tournaments & Events

Intramural sports are first divided into three different leagues: men's, women's, and co-rec. The co-rec league is designed for men and women who choose to play together. If there are not enough participants for a co-rec league, women will be allowed into the men's league. If enough teams register, an effort will be made to set up competitive and recreational divisions. If there are not enough teams, there will be an open league.

Team Leagues

All sports are offered in two divisions: A (Competitive) and B (Recreational). Each league will have a 4-5 week regular season followed by a single elimination playoff. Fall leagues typically offered include basketball, bowling, flag football, outdoor soccer, tennis and volleyball. Spring leagues typically offered include basketball, bowling, indoor soccer, softball, tennis, arena football, floor hockey and volleyball.

Team Tournaments

All team tournaments are single or double elimination. Team tournaments offered include badminton, bags, 3v3 basketball, dodgeball, floor hockey, tennis, 4v4 sand volleyball and softball.

Clay Cup

The Clay Cup is an annual award given to intramural team(s) based on participation, sportsmanship and team success. The trophy is permanently located in the Student Recreation Facility.



Individual Tournaments / Events

All individual tournaments are single or double elimination. Individual tournaments offered include badminton, 8 & 9 ball billiards, home run derby, tennis, table tennis, Texas Hold'em and racquetball.

Video Game Tournaments

Many video game tournaments are offered in both the Fall and Spring semesters. This includes HALO 3, Madden, NBA2K, NCAA Football, NCAA 2K Basketball, Tiger Woods and Wii Smash Brothers.

Fantasy Sports

Fantasy Sports are also offered through Intramural Sports. Current sports offered include basketball, football, floor hockey and baseball. Simply register online and you will be given the league ID and password. Each league will be in a head-to-head format and the draft is done online.

Sportsmanship

Good sportsmanship among participants, coaches, and spectators is expected. After each contest, teams will be awarded a sportsmanship rating based on the behavior of the team and their fans. A negative rating may affect a team's playoff eligibility.

Free Agents

An individual that would like to participate, but does not have a team may put their name on the free agent list. The Intramural Sports program does not place individuals, but will assist them in finding a team. There is no charge to be placed on the free agent list. Contact the Intramural Sports Office if interested.

Forfeits & Defaults

If you fail to show without notice, it will be considered a forfeit and the team captain will be charged \$25. The penalty must be paid before the next contest. If you know you are unable to make the scheduled contest, call the intramural office by noon to default. Defaults will not result in a \$25 fine. A default may only be used one time. League games will not be rescheduled.



Registration

Intramural Registration will be online at www.imleagues.com/uic. All participants must create an imleagues account to play intramural sports.

UIC Sport Clubs

A sport club is an organized group of individuals established to promote interest in a sport and develop skills of its members in that sport. A sport club may be organized for recreational, instructional, performance, or competitive purposes. UIC students, faculty, staff and alumni are eligible to participate in sport clubs. Facility access policies do apply to non-UIC students. For more information regarding current clubs or starting a new sport club, contact Christian Kopp at 312.413.5165 or clkopp@uic.edu.

Sport Clubs Currently Recognized by Campus Recreation

Modern Day Self Defense Club

Men's Rugby

Women's Rugby

Men's Soccer

Women's Soccer

Table Tennis Team

Men's Ultimate Frisbee
www.funkultimate.com

Badminton

Bowling

Brazilian Jiu-Jitsu

Collegiate Contenders-Boxing

Cycling & Triathlon

Fencing

UIC Karate Club

Women's Ultimate Frisbee

Men's Volleyball

Women's Volleyball

Men's Water Polo

International Football Club (IFC)

Ju-Jitsu

Primo Dance Troupe
www.primodancetroupeuic.com

Instructional Programs

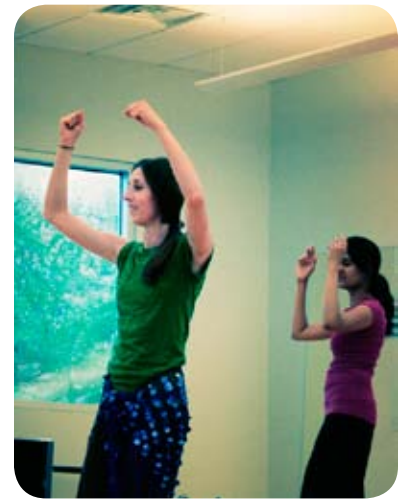
Try something new this year with one of Campus Recreation's Instructional Programs! Instructional Programs are progression in nature providing the UIC community with a way to broaden their horizons in a casual and comfortable environment for a reasonable cost. Choose from a variety of activities taught by qualified instructors who are patient and fun.

Refund Policy

Classes not meeting the minimum requirement of participants will be canceled at that time. Refunds will be issued ONLY for classes canceled due to low registration or a doctor documented illness or condition. Please bring your receipt to the first session as proof of payment. People under the age of 18 cannot participate in any group fitness programs. **Late registration will not be accepted.**

Schedule, prices and detailed descriptions are available online. Classes vary each semester. For more information contact the Group Fitness Coordinator at 312.413.5154

If you have a disability and need accommodations in order to participate in a program, please call (312) 413-5154 at least one week prior to the event.



Dance

Ballet

Get ready to feel the burn. Focusing on balance, flexibility and muscle control. Half the class is spent at the barre warming up with footwork and specific movements that help to fluidly stretch your muscles. Then students complete an adagio, jumps and progressions across the floor.

Hip Hop Fusion

This class combines hip hop dance instruction with aerobic dance moves to create a fun and exciting dance workout. Hip Hop Fusion is an ideal way to express one's creativeness by using body movements that go with the beat and rhythm of hip hop and house music. Learn new choreography every other week!

Modern Dance

Enjoy the freedom of moving your whole body! Modern dance engages the whole self in movement, its technique developed by focusing on utilizing the full range of motion of all the major joints and muscle groups, rather than a strict, image-based regiment of steps. In this class, we encourage each student's creativity and individual expression. Appropriate and adaptable for dancers of all levels and backgrounds. Comfortable clothing and bare feet will allow for greater movement and flexibility.

Vaudeville Jazz

Vaudeville Jazz is a dance program with a focus on choreography that allows each participant to express movements in an artistic way and also educates each participant in the basic and intermediate levels of Jazz Dance. Each week we will explore a 20 minute warm up based on beginner/intermediate jazz levels followed by choreography that is guided entirely by the music.

Partner Dance

Ballroom Dancing

This partner style dance will sweep you off your feet with it's emphasis on the basics of traditional ballroom dances including Fox Trot, Cha-Cha, Waltz and even some Swing! Partners are welcome but not required.

Latin Dance

This class will look at four favorite Latin dances: The Rumba, Cha-Cha, Salsa, and Merengue. Level I is designed for beginning dancers and will cover the basic steps of each dance. Level II is for students who have learned the basics and are ready to take their knowledge of Latin partner dancing to the next level.

Tango

Is poor coordination and rhythm stopping you from dancing? Learning to dance Tango promotes heart health, protects against diseases and adds creativity, spice and passion to your life! Remember, if you can walk and count to 8, we can teach you to dance! This course will cover the basics of the Argentine Tango. No partner or dance experience required.

Interim Sessions Offered



Sports & Recreation

Golf Instruction

Receive detailed instruction from an experienced golf instructor and learn how to hit them long and straight. Topics include: grip, set-up, alignment, and the full swing. Designed to help you improve and enjoy your game!

Group Tennis

Learn to play tennis in this friendly, social setting. No participants under 18 years old will be admitted. All classes are held at the Outdoor Recreation Courts (737 S. Halsted). Choose from the following:

Beginner/Intermediate Lessons

For participants with little to no tennis experience, this class will teach effective techniques for all strokes and racket handling.

Advanced Lessons

Participants with some tennis experience, who are proficient in all strokes, this class will expand on techniques to make your game sharper.

Prerequisite: Beginner & Intermediate Lessons

Playing Group

Play games with others at comparable tennis levels to yourself. Participants must be proficient in all strokes and rules of tennis. This class requires the participant to have the ability to run and endure one hour of physical activity.

Rock Climbing

At the Student Recreation Facility climbing wall, participants will learn the fundamentals of climbing, including tie-in and belaying techniques. Certifications may be granted upon instructor's discretion. All equipment will be provided.

Martial Arts

Ju-Jitsu

BEGINNER JU-JITSU

This self-defense class uses real combat techniques for handling real life violent physical assault. CAI Ju-Jitsu is based upon Miyama Ryu Ju-Jitsu and ParaCombatives Ju-Jitsu. No prior experience necessary. Text and gi required.

INTERMEDIATE JU-JITSU

Ongoing training for those who have completed Beginner Ju-Jitsu. This course will cover material half-way to black belt. Text and gi required

ADVANCED JU-JITSU

Ongoing training for those who have completed Intermediate Ju-Jitsu.

Tae Kwon Do

This Korean Martial Art is a combination of combat technique, self-defense, and sport. Training generally includes a system of kicks, blocks, punches, open-handed strikes and may include various take-downs or sweeps, throws, and joint locks. Open to various levels of Tae Kwon Do. Uniforms are optional.

Women's Self Defense

State of the art techniques for escaping and evading the attacks most frequently perpetrated against women. This course is for women ONLY. No prior experience needed.



Group Fitness: Session

Group Fitness Drop-In classes are FREE to students and members of the campus recreation facilities. Some classes are limited due to equipment and space requirements. All classes are on a first come, first serve basis. Classes vary per semester and are offered at both the Student Recreation Facility and the Sport & Fitness Center. Visit www.rec.uic.edu for current class schedules.

Prices, schedule and detailed descriptions available online. Classes offered vary each semester. For more information contact the Group Fitness Coordinator at 312.413.5154.

Yoga

Ashtanga Full Primary Series (Yoga)

The Primary Series of Ashtanga was designed to build strength, flexibility and detoxify the body so that it is ready and open to the more subtle aspects of the practice of Yoga. A vigorous class where the entire first sequence of Ashtanga Yoga is practiced. It is challenging and fun. It is not recommended for someone who has never done Yoga before. Advanced.

Hatha Yoga

This method of Yoga instruction emphasizes health and well-being through breathing exercises and deep concentration while holding traditional Yoga poses. Open to all levels.

Vinyasa Yoga

Focuses on the 8 traditional limbs of yoga through the coordination of breathing and movements. It is recommended that you have some previous yoga experience before participating in this class. Intermediate.

Pilates

Aqua Pilates

Develop your core strength and flexibility with the zero-impact benefits of water. This class utilizes both shallow rebound work and deep water work to create a challenging exercise program based in the Pilates Method. Excellent for participants with joint and back problems, beginners and athletes alike, the water allows all fitness levels to workout in the same class! Open to all levels.

Pilates Mat

This class follows the teachings of Joseph Pilates. Develop your core strength, flexibility and muscular endurance while focusing on proper breathing.

Pilates Reformer

Using a specialized reformer machine, participants will develop muscular control, grace, strength and flexibility with spring resistance. Beginner and intermediate classes available.

Reformer & Mat Combo

Experience all the best of Pilates! This class will use BOTH Mat and Reformer techniques to develop participants muscular strength, endurance, and flexibility. Open to all levels.

Small Group Pilates Reformer

A reformer class, with the benefits of personal training! This affordable alternative to Private Reformer lessons puts only 4-6 participants per instructor, promoting more individualized attention.



Specialty

Aqua Total Fit

Water Aerobics is a low impact, moderate intensity class focusing on toning and cardiovascular conditioning, a great workout with less stress on the joints. Class includes toning exercises for the entire body and the use of water resistant equipment. The class can be modified for all levels of fitness. Anyone looking for a fun and new workout will benefit from this program.

Nia®

Nia® blends dance, martial arts, and healing arts (like yoga), to create a dynamic fitness and lifestyle practice through simple, yet easy-to-follow moves set to fabulous music from all over the world! Nia® is a barefoot, non-impact workout for people of all levels of fitness, all ages, and all sizes.

Tai Chi

A low impact mind and body format that will focus on finding harmony with the physical body and one's internal body energy. This class will focus on posture, flow, and basic movement principles. Qigong breathing techniques will be incorporated in the session. Enjoy this therapeutic class that will feel you feeling energized and relaxed.

Turbo-Kick®

Turbo-Kick® mixes kickboxing and simple dance moves with music that makes you want to move it! Since its creation in 1997, Turbo-Kick® has developed a huge following with each exercise session burning up to 1,000 calories per hour. You will love having fun and it won't even seem like your working out.

Zumba®

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Group Fitness: Drop-In

Drop-In classes are free to UIC students and Campus Recreation facility members. Some classes are limited due to equipment and space requirements; all classes are on a first come first serve basis. Check our website for the current drop-in class schedule. Classes vary each semester.

Indoor Cycling

Experience the thrill and challenge of a bike ride through hills, climbs, tempo changes and more in the comfort of our indoor spin studio! Indoor Cycling will allow you to get the benefits of bike riding and a great workout without leaving the fitness center. All of our cycling classes are designed to challenge, but will allow you to change resistance and tempo based on your personal fitness level. Classes are great for all fitness levels.

Cycle Express

40 to 45 minutes of action packed cycling — designed for those who are short on time but high on motivation. Get ready for a great ride!

Rise & Cycle

This invigorating, early-morning class will leave you inspired and ready to face your day with confidence and vigor.

Combo Classes

Boot Camp

Instructors incorporate interval exercises along with circuit stations and sports drills to offer a total body workout for any person who is ready to take their fitness to the next level.

Circuit Express

Incorporating cardio and strength, this class will give your body a workout! Short segments of both resistance and cardio are sure to leave you feeling like you had a super workout!

Step n' CORE

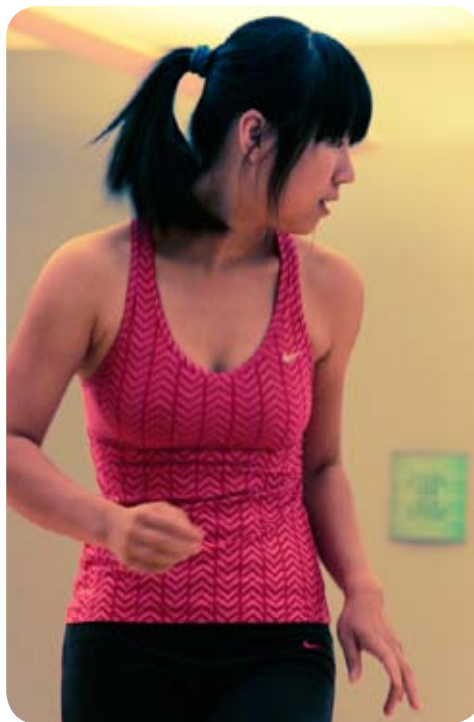
This class will include basic step patterns with a gradual build in choreography, intensity, and Hard CORE exercises for a fun and exciting workout!

Step n' Sculpt

This class will use easy to follow step moves, interspersed with strength training and a great mix of pop music for a total body workout. This exhilarating workout provides a range of benefits including muscle toning, calorie burning and lower body muscle definition.

Total Body Workout

This class combines various types of cardio, and strength training to firm you up and slim you down.



Conditioning / Cardio

All About Arms

Worried about toning up those upper extremities? We have the class for you! All about arms will focus on toning and strengthening the arms and shoulders.

Cardio Blast

Looking for an awesome cardio workout? This class is for you! Cardio Blast fuses the best of high low aerobics, plyometrics and agility drills, kickboxing and more. Prepare for a fun and challenging class that is guaranteed to get your heart pumping.

Cardio Kick

A kick-butt class combines easy-to-follow choreography with focus on techniques, balance and control. Be ready to jab, hook, roundhouse and totally empower yourself.

FLEX

Strengthen and sculpt your entire body with this simple yet demanding class. Tone up every major body part, including those muscles sometimes forgotten about! Equipment options for this class include: steps, stability balls, dumbbells, body bars, and MORE!!!

Hard CORE

With focus on the abdominal and lower back muscles, this class will firm and strengthen your core for better functional strength and awesome abs!

Lower Body Blast

Using a variety of strength training equipment, this class will get your rear in gear during this 30-minute lower body toning class.

Aquatics

The purpose of Campus Recreation Aquatics is to enhance the educational and recreation experience of the UIC community. The Student Recreation Facility and the Sport & Fitness Center provide the opportunity for lap and recreational swimming. Both aquatic facilities are fully accessible and ADA compliant.

Student Recreation Facility 737 South Halsted Street 312.413.5150

- Leisure pool
- 3 lap lanes
- Vortex
- 2 bubble benches
- Lazy river
- Spa
- co-ed sauna on pool deck
- co-ed steam room on pool deck
- Pool closes one hour prior to facility closing

Sport & Fitness Center 828 South Wolcott Avenue 312.413.5260

- 6 lap lanes
- co-ed sauna on pool deck
- 11 ft. deep end
- *See pg. 7 for SFC pool hours



Pool Policies

Pool Rules

- All users must wear swimwear when entering the pool area. No street clothes can be worn in the water.
- Infants and toddlers must wear swim diapers or swim pants that are form-fitting.
- All users must shower before entering the pool area.
- Running, pushing, or horseplay will not be tolerated in the pool or on the deck area.
- No food or drinks are allowed in the pool area, except for water.
- Only non-breakable containers are allowed. No glass in the pool area.
- Children under the age of 9 who are swimming must be supervised by an adult (18+) in the water. Each adult can only supervise up to three children (under the age of 9) while in the water.
- Spitting or spouting of water is not allowed in the pool.
- No gum or adhesive bandages are allowed in the pool.
- Users with open wounds or infectious diseases are not allowed in the pool.
- Parties and groups are only permitted to use designated pool areas as stipulated in Pool Rental Agreement.
- Adults (18+) must be present at all times to supervise the children in the pool. Children (17 and under) may not use lap lanes, spa, sauna, and/or steam room.
- No use of phones, cameras, or recording equipment of any kind are allowed on pool deck.
- Children may not use kickboards or buoys. Children may use the inner tubes, U.S. Coast Guard Approved flotation devices, or swimming fins, unless deemed unsafe by the Recreation Staff/Lifeguard.

Sauna and Steam Room Rules

- Proper swimming attire is required.
- No personal belongings of any kind are allowed in the Sauna or Steam Room.
- Lewd or suggestive behavior will not be tolerated.
- Nobody under the age of 18 is allowed in the Sauna or Steam Room.
- Adjustments to the Sauna (tending to the rocks) and the Steam Room are not permitted. Alert Campus Recreation Staff if the Sauna or the Steam Room are not functioning properly.

Lap Swim

If you are age 18 or older and want a full-body workout, visit our lanes for lap swimming during designated times. During peak hours, with the exception of special events and/or pool rentals, the lap lanes are reserved exclusively for lap swimming.

SRF Peak Lap Lane Hours:

6:00 am – 8:00 am
11:00 am – 1:00 p.m.
4:30 p.m. – 6:30 p.m.
(6:15 on Wednesdays)

Swim Lessons & Rentals

Learn-To-Swim

Everyone from tots to adults can learn to swim. Campus Recreation's full complement of Learn to Swim classes is perfect for participants of all ages who want to become comfortable in the water. Instruction is lead by a certified American Red Cross Water Safety Instructor and the class is taught according to American Red Cross Learn to Swim curriculum. For safety purposes, all spectators must observe classes from the Aqua Suite. Recording Equipment is prohibited.

Private Swim Lessons

Private swim lessons are scheduled on an individual basis, 1:1 instructor to participant ratio, and lessons can be tailored to fit any swimming level.

Private Lesson Makeup Policy

Participants requesting to cancel a lesson must notify the instructor at least 24 hours in advance otherwise the lesson will be forfeited. Lesson makeup is based on the Instructor's availability and is permitted only if absence is due to illness or if scheduled lesson is cancelled.



Learn-To-Swim Rates

	Students	Members	Non-Members
Children	\$ 100	\$ 105	\$ 125
Adults	\$ 160	\$ 170	\$ 205

Parent & Tot Water Orientation

These eight 45 minute lessons are designed to help your toddlers develop swimming readiness and become comfortable in the water. To enroll, children must be at least 6 months old by the start date of the class. One parent or caregiver must accompany each child in the water. Children who are not toilet-trained must wear a swim diaper (no disposable or cloth diapers).

Group Lessons

These 45 minute lessons are designed to help your child aged 3-4 improve their swimming skills and become more comfortable in the water. These lessons are designed for children without the assistance of their parent, care giver or guardian.

Group Lesson Prices

Group Lesson	Students	Members	Non-Members
4 week session	\$ 47.50	\$ 50.00	\$ 60.00
6 week session	\$ 71.25	\$ 75.00	\$ 90.00
8 week session	\$ 95.00	\$ 100.00	\$ 120.00

Pool Rentals

The Student Recreation Facility pool is available for private rental for public and all recognized UIC student organizations.

Pool Party Rental

Your pool party rental may include use of the leisure pool and a party room for three hours. All parties will be charged the amount stated on the rental agreement unless the number of participants attending exceeds the number of participants specified. In these situations, the party will pay the higher rate appropriate.

Room Rental

Set rate of \$100.00 for your three hours of room rental. (same three hours as your pool time)

Required Deposit

\$100.00 must be paid to hold your date.

Aqua/MAC Suite Rules

- Parties are responsible for set-up and clean-up.
- All food must be store bought or delivered (catered).
- Perishable foods, made with milk, eggs, or mayonnaise products, are not allowed in the facility.
- Food that must be cooked, heated, or chilled is not allowed. The use of stereos (portable heating candles) is not allowed.

Pool Rental Prices

Affiliation	# Of People Attending		
	15 or Less	16-30	31-50
Student	\$ 100.00	\$ 150.00	\$ 200.00
Member	\$ 150.00	\$ 225.00	\$ 300.00
Non-Member	\$ 200.00	\$ 275.00	\$ 350.00

Personal Training

Student Recreation Facility, Room 148
312.413.5266

Participation

The One-on-One Personal Training Program is voluntary and open primarily to the UIC community, including students and other members of the recreation facilities. Non-members are allowed to participate in programs, but will be required to pay the daily general use fee in addition to the initial cost.

Registration

Register in person at the Student Recreation Facility or Sport & Fitness Center. Select the package and options that meet your needs and goals. Payment is taken at registration. Call the Human Performance Lab to set up an appointment for your initial assessment. Please complete the client packet prior to the fitness assessment.



One-on-One

One-on-One is an individualized approach to fitness that focuses on positive lifestyle changes. Everyone responds uniquely to exercise training and have different fitness needs and goals. With the One-on-One program, clients work with a personal trainer who has extensive knowledge in exercise physiology and kinesiology to design a fitness program that meets the client's needs.

Assessment Phase

Campus Recreation's One-on-One Assessment Phase features a comprehensive three step process that includes a professional fitness assessment, consultation, and an individually designed fitness program.

Step 1: Fitness Assessment

The staff at the Human Performance Lab conduct the assessment. The assessment is a safe, effective, and reliable method of determining your current fitness level and distinguish special needs you may have. The assessment includes a wide variety of physiological tests, including:

- Resting Vital Signs
- Muscular Strength & Endurance
- Flexibility
- Cardiovascular Endurance

Step 2: Fitness Consultation

A One-on-One personal trainer of your choice will meet with you to discuss general fitness concepts, the results of your assessment and information about exercise. Topics may include:

- Body Image
- General Fitness Guidelines
- Lifestyle Motivation
- Nutrition Concepts

Step 3: Individual Program Design

In conjunction with your consultation and with the purchase of a personal training session, the trainer designs a personal fitness program especially for you. Your program is based on your fitness assessment results, fitness goals, personal interests and lifestyle. All first time clients must complete the Assessment Phase before purchasing training sessions.

Training Phase

The Training Phase offers you the opportunity to purchase training sessions that allow you to meet and work with your own personal trainer.

One-on-One Personal Training Prices

	Student	Member	Non-Member
Assessment Phase	\$ 40	\$ 70	\$ 90
Number of Sessions			
1	\$ 24	\$ 29	\$ 39
4	\$ 92	\$ 108	\$ 151
8	\$ 176	\$ 208	\$ 292
12	\$ 252	\$ 300	\$ 423
24	\$ 480	\$ 575	\$ 816

Semi-Private Training

Number of Sessions	Student	Member	Non-Member
4	\$ 80	\$ 96	\$ 136
8	\$ 152	\$ 182	\$ 262
12	\$ 216	\$ 258	\$ 378
<i>* Each person pays the amount shown</i>			

Human Performance Lab

Student Recreation Facility, Room 148
312.413.5266

The Human Performance Laboratory is a testing facility open to faculty, staff, and students at the University of Illinois at Chicago. The lab is also open to non-members for testing. All testing is available on a fee for service basis.

Four standard tests are used to assess muscular endurance and strength in the upper and lower body. Percentiles are tabulated to compare your results with others of your age and gender. This provides an excellent method for prescribing a strength program.

Grip Strength assesses forearm and grip strength

Leg Press (one rep max) tests leg strength

Pushup Test determines muscular endurance of the upper body

Sit-up Test determines abdominal endurance



Workout Evaluation And Consultation

Sit down with a trained professional and go over your current workout plan to assess it's efficiency and direction toward your goals and needs.

Bike Test And Exercise Prescription

Includes a submaximal YMCA Bike Test with monitored heart rate and blood pressure. An exercise prescription is given based on the fitness test and includes three phases:

1. Warm Up (stretching and abdominal)
2. Aerobic Phase (with monitored heart rate and blood pressure)
3. Cool Down

Methods of Testing

Body Composition

Skinfolds: A six site (men) or five site (women) skinfold test is utilized to assess body composition (percentage body fat, lean body mass, ideal weight, and ideal percentage fat). A computer printout is given of all the results.

Hydrostatic Weight: Underwater weighing is the most accurate method of determining body composition.

Flexibility Test And Routine

Sit and reach is used to determine flexibility. Illustrations are provided.

General Fitness Assessment

This general assessment includes body composition, flexibility, submax bike, muscular strength, and abdominal endurance testing.

Maximal Oxygen Consumption

Maximal Oxygen Consumption or VO₂ Max is the amount of oxygen that your body utilizes per kg of body weight per minute. This test uses a metabolic cart to directly measure your oxygen uptake. A medical referral from your physician is required for this test. (Treadmill or bike)

Lactate Testing

This is for athletes who want to be more specific with anaerobic threshold training. Resting blood lactate is measured and blood lactate is measured throughout the test to find your lactic acid threshold.

Resting Metabolic Rate

Determines your body's resting caloric expenditure.



Testing Services & Fees

	Student	Member	Non-Member
General Assessment	\$ 40	\$ 70	\$ 90
Skin Folds	\$ 10	\$ 15	\$ 20
Hydrostatic Weight	\$ 30	\$ 40	\$ 50
Flexibility Test	\$ 10	\$ 15	\$ 20
Maximal Oxygen Consumption	\$ 65	\$ 140	\$ 160
Lactate Test	\$ 55	\$ 65	\$ 75
Resting Metabolic Rate	\$ 55	\$ 65	\$ 75
Strength Test (4 tests)	\$ 15	\$ 20	\$ 25
Bike Test / Exercise Prescription	\$ 25	\$ 35	\$ 45
Evaluation/Consultation (Half Hour)	\$ 15	\$ 20	\$ 25

Massage Therapy

Student Recreation Facility, Room 148
312.413.5174

What is Massage Therapy ?

Massage therapy is the use of touch to promote the overall wellness of an individual. It has been recognized for its health enhancing effects by using hands-on techniques to soothe aches and pains and facilitate the body's own healing powers. Campus Recreation's Massage Therapy Program was created to provide quality, professional, individual sessions to the faculty, staff, and students of the University of Illinois at Chicago. Non-members are also welcome.

Massage Types

Regular Swedish Massage

A system of long strokes, kneading, and friction techniques on the more superficial layers of the muscles, combined with active and passive movement of the joints.

Deep Tissue Massage

A massage technique that concentrates on the deeper layers of the muscle tissues through slow strokes and deep finger pressure.

Sports Massage

Massage therapy focusing on muscle systems relevant to a particular sport.

Trigger/Tender Point Massage

Combined positioning and specific finger or thumb pressure into trigger/tender points in muscles and connective tissue, to reduce hypersensitivity, muscle spasms, and referred pain patterns that characterize the point.

Craniosacral Therapy

This is a holistic therapy that involves the manipulation of the skull bones and the sacrum to relieve pain and a variety of other ailments.

Pre-Natal Massage

The specialty massage focuses on the needs of the mother-to-be as her body goes through the extraordinary changes of the childbirth experience.

Integral Bodywork®

A type of Structural Integration Therapy, which utilizes a ten session series to address the body's facial/connective tissue planes. This work employs myofascial and trigger point therapies to realign the musculoskeletal system, allowing greater ease of movement and energetic balance.

Chair Massage

A form of massage specifically suited to relieve stress in high-tension areas and promote a renewed sense of energy, well-being, and vitality. Chair massages are great to bring into your group or department to relieve stress among staff. Call for pricing or to schedule this service.

Student Recreation Facility

Monday 11:00 am - 8:00 p.m.
 Tuesday-Thursday 9:00 a.m. - 8:00 p.m.
 Friday: 10:00 am - 7:00 p.m.
 Saturday: 10:00 am - 2:00 p.m.

Sport & Fitness Center

Tuesday: 4:00 p.m. - 7:00 p.m.
 Thursday: 11:00 am - 1:00 p.m.



Massage Therapy Payment Details and Price List

Clients pay for massage therapy sessions prior to their appointment time at the Member Services Desk. Clients may choose to purchase one massage therapy session or buy a package of either 4 or 8 hourly massages. Packages cannot be broken down into 30-minute sessions and they cannot be shared. Packages expire one year from purchase date.

Pay Policy: Cash, check, and charge (MasterCard, Visa, Discover, and American Express) will be accepted. Checks are to be written for the price of the massage only. No cash can be given for checks written over the price of the massage. Tips are welcome, are to be given directly to the therapist and cash is recommended.

Session	Student	Member	Non-Member
30 Minutes	\$ 28	\$ 40	\$ 45
1 Hour	\$ 45	\$ 56	\$ 73
Package			
4 Massages	\$ 155	\$ 200	\$ 250
8 Massages	\$ 300	\$ 380	\$ 480

Student Employment Opportunities

Campus Recreation is the largest employer of students on the UIC campus. Over 300 student employees provide coverage to facilities and programs operating over 100 hours per week. This large workforce provides many opportunities for employment. Students are hired as both regular employees and Federal Work Study employees. Many students qualify for Work Study funds. Work Study is a federal program providing salary relief for departments who hire eligible students. Funds are based on institutional need, and have no effect on student scholarship or other aid based programs. Work Study eligible students are given priority for job placement. Visit the Student Employment office in Room 2200 SSB, 312.996.3130, for further information or to verify your eligibility.

Most jobs are paid the current campus minimum of \$8.25/hr. Some student jobs in Campus Recreation are based on certifications or experience. The department maintains many certification programs. Jobs requiring additional certification or advanced skills are paid at a higher hourly rate.



Employment Positions

Member Services Attendant

Provides customer service at various desks and stations located in Campus Recreation facilities.

Porter

Helps with various tasks such as facility maintenance, set-ups, and general supervision.

Lifeguard

Supervises swimming pool and leisure areas (certification required).

Fitness Floor Attendant

Supervises and maintains weight and fitness areas.

Climbing Wall Attendant

Operates and manages the climbing wall in the SRF (certification required).

Group Fitness Instructor

Instructs various fitness and health related classes (certification required).

Personal Trainer

Provides physical training supervision for clients (certification required).

Intramural Official

Officiates and supervises team and individual sport activities.

Field Supervisor

Supervises outdoor activity areas during scheduled times and the summer months.

Bowling & Billiards Attendant

Provides customer service in the Bowling Center.

Supervisory positions are also available and are based on experience, expertise, attitude, and dependability. These positions are assigned on staff recommendation. If you are interested in applying for a position in Campus Recreation, please drop off a resume and fill out an employment application at any facility. Jobs are available throughout the school year, summers and break periods.



Lifeguarding Opportunities

Certification is available.

Contact Chris Stachewicz, Aquatics Coordinator

cstach@uic.edu
312-413-5161

Fitness Instructor Opportunities

If you have been taking Group Fitness classes for at least 6 months, you may be eligible to become a Fitness Instructor.

Contact the Group Fitness Coordinator
fdelima@uic.edu / 312-413-5154

Membership: Types of Membership

Faculty/Staff Membership (SRF/SFC)

Access to all Campus Recreation facilities is available for current UIC Faculty and Staff by purchasing a Recreation Membership. This membership allows access to the Student Recreation Facility, Sport & Fitness Center, and the Outdoor Field Complex. Membership privileges will be put on your current Faculty/Staff i-card that must be presented each time you visit any of the recreational facilities. Spouse/partners of Faculty/Staff may purchase an annual membership at the same rate the Faculty/Staff pays upon verification. The eligible Faculty/Staff does not need to be a Campus Recreation Member in order for their spouse/partner to purchase a membership, but both must be present with proper documentation at the time of purchase. Please see Spouse/Domestic Partner Policy for a list of proper documentation. Faculty/Staff have an option to purchase a daily pass for access to facilities. Only Faculty/Staff members may sponsor guests for admittance.

A valid Faculty/Staff i-card will serve as your membership card and will be used for admittance to all Campus Recreation facilities. Please bring your i-card when applying for a Recreation Membership.

Alumni and Special Users Membership (SRF/SFC)

Alumni

All University of Illinois graduates who are Sustaining or Life Members of the University of Illinois Alumni Association are eligible to purchase a Recreation Membership or pay a daily entrance fee. Proof of graduation is required and UIAA Membership will be verified. Spouse/partners of alumni may purchase an annual membership at the same rate the alumni pays upon verification. The eligible alumnus/alumna does not need to be a Campus Recreation Member in order for their spouse/partner to purchase a membership, but both must be present with proper documentation at the time of purchase. Please see Spouse/Domestic Partner Policy for a list of proper documentation. Only recreation members can sponsor a guest for admittance.

Special Users

Access to all Campus Recreation facilities is available for current UIC Special Users by purchasing a Recreation Membership. This membership allows access to the Student Recreation Facility, Sport & Fitness Center, and the Outdoor Field Complex. Membership privileges will be put on your current Special User ID that must be presented each time you visit any of the recreational facilities. Special Users have an option to purchase a daily pass for access to facilities. Only recreation members can sponsor a guest for admittance.

Illinois Medical District (IMD) Membership (SFC)

Staff employed in the IMD (including the West Side VA Hospital, Stroger Hospital, and state agencies located on campus) may purchase an annual membership by showing current work identification. An IMD Membership is only good for admittance to the Sport & Fitness Center. A Spouse/Partner of an IMD member may purchase an annual membership at the same rate the sponsor pays upon verification. The IMD sponsor must be a Campus Recreation member for the spouse/partner to join. Please see Spouse/Domestic Partner Policy for a list of proper documentation.



Retirees

UIC Faculty and Staff retirees, by presenting a University Retiree Card, may use Campus Recreation facilities in the same manner as current Faculty/Staff. A retirees' membership fee will be equal to the fee paid by a Faculty/Staff member. A retiree may also access facilities by paying a daily fee. Only retiree members may sponsor guests for admittance.

Community Membership (SRF)

Community members are those individuals not affiliated with the University of Illinois at Chicago either as a student, faculty, staff, UIAA alumni member, or other groups as designated. A limited number of Community memberships will be made available to individuals or families as space is available. The community membership program may be suspended at any time as determined by Campus Recreation. A community member will be allowed to purchase a membership with the understanding that the primary mission of all Campus Recreation facilities is to serve the needs of the UIC Campus. Programmed activities have priority use of space, and some areas may not be available. Campus Recreation facilities follow the academic calendar as published by the University of Illinois at Chicago. Facilities and times may not be available due to designated holidays and university mandated break periods.

Membership: Policy

Age Policies For Campus Recreation Facilities

Student Recreation Facility

Only UIC students under the age of 18 may enter the facility, unless accompanied by a parent or legal guardian. Guest fees are applicable to all persons. Children under the age of 18 may not enter the facility without a parent or legal guardian unless they are a registered UIC student

All member children under the age of 18 must be supervised at all times by a parent or legal guardian while in the facility. Children under the age of 18 are not allowed on the Fitness Floor at any time.

During the Academic Year: Children under the age of 18 may utilize the entire facility except the Fitness Floor and the Climbing Wall* up until 5:00 p.m. Monday – Friday and anytime on the weekends. After 5:00 p.m. Monday – Friday, children under the age of 18 are restricted to the racquetball courts and pool.

Summer/Winter Break and Holidays: During all hours of operation, children under the age of 18 may utilize the entire facility except the Fitness Floor.

When in the pool area, children under the age of 9 must have an adult in the water with them at all times. There is a maximum of 3 small children (under 9) per adult in the water at all times. In addition, babies/toddlers are required to wear proper swimming diapers or rubber pants that will retain feces in the event of an accident.

Campus Recreation staff have the right to change age policy guidelines without notice due to facility and activity needs and schedules.

Sport & Fitness Center

Children under the age of 18 may only enter the SFC as a guest of a member or student. Minors are only permitted at the SFC on weekends and during the winter and summer breaks. Children are only allowed access to the pool, gymnasium, and racquetball courts.

** The climbing wall is available for children 5 years of age and older on the weekends during the Academic Year, and anytime during the Summer/Winter Breaks and holidays.*

Family Membership Policy

Family memberships are understood to include a spouse or significant other and up to three children (17 years of age and under) living at the same address, for a total of 5 memberships. A birth certificate or any other applicable documentations are required. Children ages 18 and above may access facilities without a parent or guardian. Children 17 years and younger must be accompanied by a parent or guardian and are not allowed on the Fitness Floor. The parent or guardian must remain with the child. Dependent children members, 18 years and older, are allowed to sponsor guests. Summer dependent memberships are intended for use by a college student home for the summer.



Spouse/Domestic Partner Policy

A spouse or partner is eligible to purchase a Campus Recreation membership. Only spouse or domestic partner members may sponsor guests for admittance. Passes may be purchased by the spouse/domestic partner of any of the listed membership categories for the same price the partner pays, with the exception of a UIC student. The student spouse/domestic partner will pay the appropriate faculty/staff rate for membership. Both persons must be present to purchase the pass.

Required Documentation

One of the following;

1. Marriage License
2. University of Illinois Affidavit of Domestic Partnership
3. Cook County Domestic Partnership Certificate

Or three of the following items;

1. Driver's License (if married, with same last name)
2. Joint checking account
3. Proof of Assignment of Beneficiary Rights
4. Proof of joint ownership of a residence or motor vehicle
5. Mutual designation on a will
6. Irrevocable living trust
7. Durable property and health care powers of attorney
8. Certificate of partnership issued through a municipality

Please understand that any false or misleading statements made in order to receive benefits for which you are not qualified may subject the partner employed by the University of Illinois or UIC student to disciplinary action. Other members may have their privileges revoked with no refund.

University of Illinois at Chicago faculty and staff members can access the Domestic Partner Affidavit form at the following link. (<http://www.uic.edu/depts/hr/quicklinks/hrforms/index.html>)

Membership: Prices

Student Prices

Registered UIC Students	Included in fees
Annual Spouse/Domestic Partner of Student	\$ 330.00
Annual Dependand of Student (18-23)	\$ 330.00
Summer Semester Enrolled	Included In Fees
Summer Semester not Enrolled	\$ 50.00
Summer Spouse or Domestic Partner of Student	\$ 100.00
UIUC (Urbana) Summer	\$ 100.00
Family Membership (total of 5) ** 2 adults (married or domestic) plus a max of 3 children under 17 (must have proper documentation)	\$ 660.00
Single Child Annual Membership (intended for a parent with one child)	\$ 210.00

UIC Faculty/Staff and Annuitants

Annual Membership	\$ 330.00
Summer	\$ 100.00
Academic Year	\$ 300.00
Spouse/Domestic Partner	\$ 330.00
Dependant (18-23)	\$ 330.00
Dependant Summer	\$ 100.00
Family Membership (total of 5) ** 2 adults (married or domestic) plus a max of 3 children under 17 (must have proper documentation)	\$ 990.00
Single Child Annual Membership (intended for a parent with one child)	\$ 210.00

Alumni & Special Users

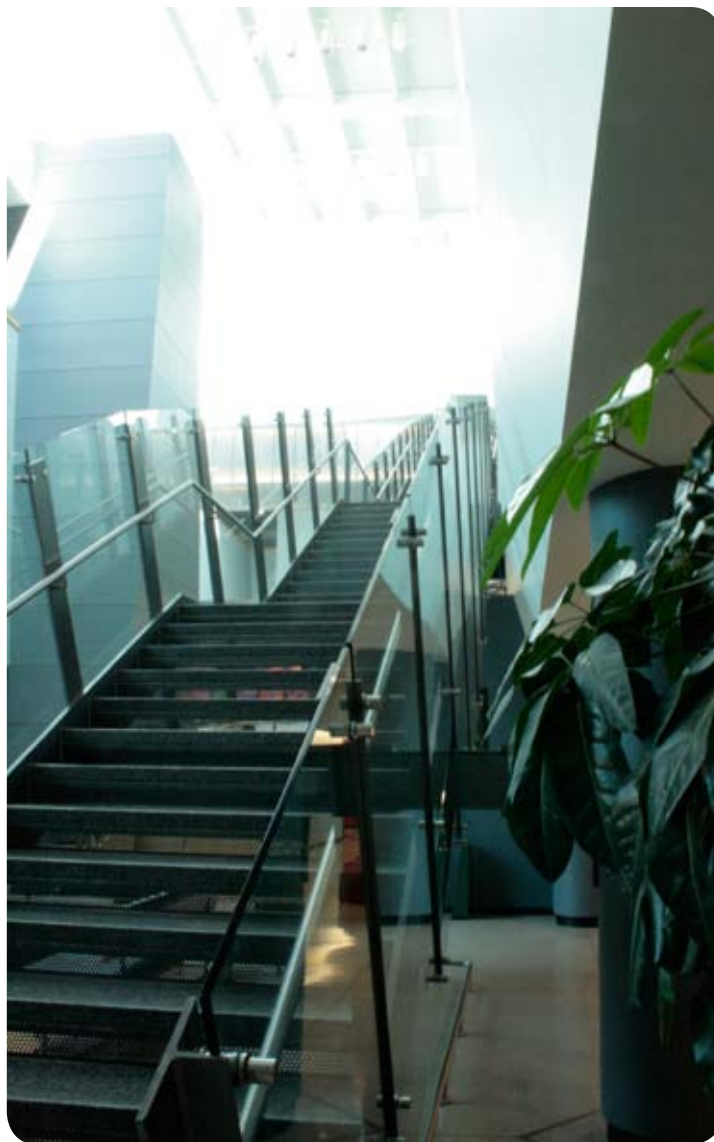
Annual Membership	\$ 430.00
Spouse/Domestic Partner	\$ 430.00
Dependant of Student (18-23)	\$ 430.00
Family Membership (total of 5) ** 2 adults (married or domestic) plus a max of 3 children under 17 (must have proper documentation)	\$ 1,290.00
Single Child Annual Membership (intended for a parent with one child)	\$ 210.00

Community (available at SRF Only)

Annual Membership (\$1,000 plus \$200 enrollment fee)	\$ 1,200.00
Dependant (18-23) (\$1,000 plus \$200 enrollment fee)	\$ 1,150.00
Dependant summer (18-23) (\$250 plus \$150 enrollment fee)	\$ 400.00
Family Membership (total of 5) ** 2 adults (married or domestic) plus a max of 3 children under 17 (must have proper documentation)	\$ 3,000.00
Single Child Annual Membership (intended for a parent with one child)	\$ 400.00

Illinois Medical District (SFC Only)

Annual Membership	\$ 495.00
Dependant (18-23)	\$ 495.00
Spouse/Domestic Partner	\$ 495.00



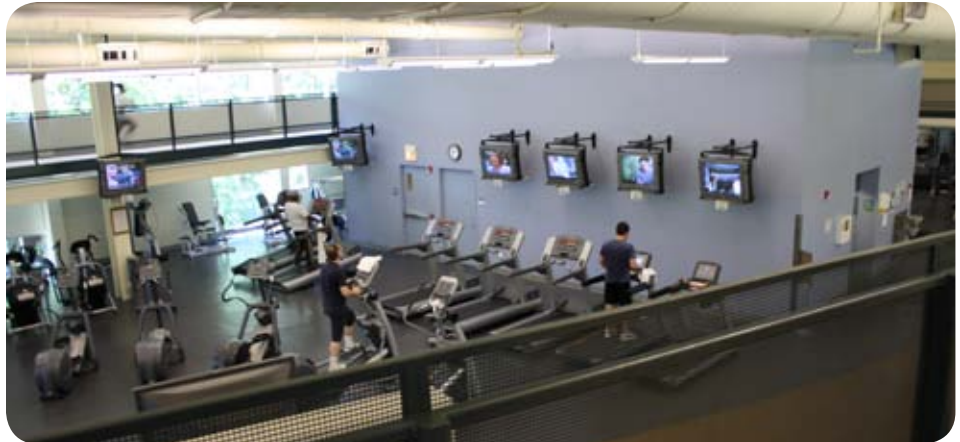
Membership: All About EFT

What is EFT?

EFT (Electronic Fund Transfer) is a new payment option for memberships at the UIC Student Recreation Facility. EFT allows certain customers to pay for their membership in monthly installments rather than in full.

Who is Eligible

Only Alumni, Community and Community Limited memberships are eligible for enrollment in EFT. Faculty/Staff*, Students and Special Users do not qualify for EFT.



How EFT Works

- To enroll in EFT, a bank account or credit card is registered with our payment system. The payment is automatically deducted from the account on the 2nd of each month.
- Open-ended EFT Memberships have no expiration date; the payment is deducted monthly until you choose to cancel.
- Members who enroll in EFT must enroll for a minimum of six months before they can cancel the membership. If a member wishes to cancel before the six month minimum, a \$ 50 penalty fee will be assessed. A Membership Cancellation Form must be filled out and submitted 30 days in advance to cancel**
- The first month payment and any enrollment fees (if applicable) are due in full upon enrollment. The first month's payment is prorated if the customer joins after the 2nd.

* Faculty/Staff have the option of paying through payroll deduction. The same cancellation policy applies.

** E-mail, faxes or phone calls will not be accepted as a form of cancellation. Cancellations received on the 1st-15th of the month: memberships will terminate at the end of that month and automatic withdrawals will stop with that month's payment. Cancellations received on the 16th - the end of the month: memberships will terminate at the end of the following month and automatic withdrawals will stop after the following month's payment.

Alumni Open-Ended

(Proof of Graduation Required)

	Per Month
Alumni	\$ 35.84
Alumni Spouse	\$ 35.84
Alumni Adult Dep.	\$ 35.84
Alumni Child	\$ 17.50
Alumni Family	\$ 107.50

Community Open-Ended

	Per Month
Community (\$ 200 enrollment fee)	\$ 83.34
Community Child	\$ 33.34
Community Family (\$400 enrollment fee)	\$ 216.67

Community Limited* Open-Ended

	Per Month
Community LIMITED	\$ 62.50
Community LIMITED Child	\$ 25.00
Community LIMITED Family	\$ 162.50

* Community LIMITED Members are allowed to enter the facility ONLY during the following days and times.

Monday - Thursday (6 a.m. - 3 p.m.) (9 p.m. - 11 p.m.)
Friday (6 a.m. - 3 p.m.)
All day Saturday & Sunday

** ALL PRICES ARE SUBJECT TO CHANGE



A semi-circular graphic composed of numerous thin, vertical lines of varying lengths and colors, creating a fan-like effect. The colors transition through a rainbow spectrum from blue on the left to red on the right.

VISIT

WWW.REC.UIC.EDU

A semi-circular graphic composed of numerous thin, vertical lines of varying lengths and colors, creating a fan-like effect. The colors transition through a rainbow spectrum from blue on the left to red on the right.

TODAY