

CAMPUS RECREATION

The Department of Campus Recreation is located in the RecPlex, at 2 Evanston Avenue (https://udayton.edu/studev/health_wellness/campusrec/contact/). The RecPlex, which opened in January 2006, houses a state of the art recreation facility. Full-time undergraduate students are eligible to use the RecPlex with their UD Student ID. The facility may be used by graduate students who purchase a Campus Recreation Membership (https://udayton.edu/studev/health_wellness/campusrec/about/membership.php).

Campus Recreation Highlights

- Main Gym with four full-sized wood basketball courts and three racquetball courts, one of which can be converted for squash;
- MAC Gym with two rubberized courts surrounded by a professional grade dasher board system adequately sized to play a variety of sports including tennis, indoor soccer, basketball, volleyball and floor hockey;
- Aquatic Center with a 25 yard eight lane lap pool, four-foot deep vortex leisure pool, diving well and an eight-person spa;
- 35 ft. Rock Wall (https://udayton.edu/studev/health_wellness/campusrec/facilities/rock-wall.php) with included bouldering cave;
- Fitness Studios A, B and C which are used for a variety of instructional and group fitness classes;
- 10,000 sq. ft. Fitness Floor home to a wide variety of cardio machines and strength training stations (https://udayton.edu/studev/health_wellness/campusrec/fitness/cardio-strength-training.php);
- Wellness Assessment Lab which offers services such as athletic training and personal training consultation;
- Four lane 1/8 of a mile rubberized jogging track;
- Stuart Field (https://udayton.edu/studev/health_wellness/campusrec/facilities/stuart-field.php) - a 5+ acre outdoor turf facility providing year-round access and a consistent surface for sports programming.

Programs and Facilities

Campus Recreation offers many programs and facilities for students including:

Aquatics

Just for fun or with competition in mind, our Swim Instructors and Swim Lesson program (https://udayton.edu/studev/health_wellness/campusrec/aquatics/lessons/) will help anyone reach their goals! Age and ability make no difference; it is never too late to learn how to swim or refine one's skills.

Fitness Programs

Campus Recreation offers several programs to help students achieve healthy habits that will build a lifestyle of strength and wellness. Hit the gym with friends and participate in our Group Fitness Classes (https://udayton.edu/studev/health_wellness/campusrec/fitness/group-fitness/) or small group sessions such as TRX (https://udayton.edu/studev/health_wellness/campusrec/fitness/trx.php). Personal Trainers (https://udayton.edu/studev/health_wellness/campusrec/fitness/personal-training/) can also create workouts to meet individual needs.

Intramural Sports

Campus Recreation provides a variety of Intramural activities in which anyone can find exercise surrounded by a spirit of fun and

competition uniquely enhanced by our Marianist values. Some leagues and tournaments available:

- Softball
- Flag Football
- Battleship
- Indoor and Outdoor Soccer
- Volleyball and Sand Volleyball
- Indoor and Outdoor Basketball
- Dodgeball
- Racquetball
- Tennis
- Floor Hockey

All students are invited to participate; ability is not important, just the desire to play. Open leagues and upcoming tournaments can be found on IMLeagues.com (<https://www.imleagues.com/spa/intramural/de5862c62e834eaf9313f491f90a13b9/home/>), and instruction for creating an account can be found on our Registration webpage (https://udayton.edu/studev/health_wellness/campusrec/intramural-sports/registration.php). Please contact udcrintramurals@udayton.edu with questions.

Outdoor Education

Break away from campus life with other students on an outdoor adventure (https://udayton.edu/studev/health_wellness/campusrec/outdoor/events-and-programs.php)! Outdoor Education provides students, faculty, and staff with the means to get active and learn about the natural world around them. From skill building workshops to overnight paddle excursions, there is something for all skill and interest levels! The Outdoor Engagement Center at 438 Stonemill Rd. is a one-stop-shop for outdoor equipment rentals (https://udayton.edu/studev/health_wellness/campusrec/outdoor/rentals.php) and other resources. Our RecBike fleet (https://udayton.edu/studev/health_wellness/campusrec/outdoor/recbikes.php) provides an awesome, free option for exploring the local bike trails, parks, and recreation areas.

Sport Clubs

Another popular feature of Campus Recreation is the Sport Club Program. Currently, there are 36 recognized Sport Clubs on campus. The Sport Club Program offers students the opportunity to participate in a highly organized activity, while at the same time learning and developing new skills. Anyone interested in joining a Sport Club is encouraged to come in and speak with the Assistant Director of Competitive Sports (mferdinand1@udayton.edu).

Questions concerning open recreation hours (https://udayton.edu/studev/health_wellness/campusrec/about/hours.php) and scheduled events may be secured from the Campus Recreation Main Office. For more information please visit our website (https://udayton.edu/studev/health_wellness/campusrec/) or call 937-229-2731.