

CAMPUS RECREATIONAL SPORTS CALENDAR

2016 - 2017

RECREATIONAL SPORTS

A Division of the School of Public Health



INSIDE:

Key RS Program
Deadlines



Wellness tips
Bloomington Campus Calendar, 2016 - 2019



Event dates from IU Athletics
and the IURS Tennis Center

JOIN US

Our Mission

We connect, inform, and inspire people to lead active, healthy lifestyles.

Our Vision

We strive to be the most comprehensive, inclusive and progressive recreational sports program in the country.

We accomplish this through:

- Diverse sport and fitness opportunities
- Advancing a culture of wellness
- Offering student development opportunities
- Distinctive facilities and equipment
- An enhanced sense of community
- Leadership to the profession

Service Statement

We commit to exceeding expectations by exhibiting:

- Presence in a professional manner
- Proactive engagement with our participants
- Policy education in a respectful and informative way
- Problem-solving with the participant's needs foremost in mind

Values Statement

We commit to acting with fairness, honesty, and respect; fostering individual responsibility; pursuing learning and improvement; embracing diversity, working collaboratively, and striving for excellence in all we do.



"Leave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning."

- Thomas Jefferson

Stress is an inevitable part of life. In a 2015 survey of employee health and wellness at IU-Bloomington, 69% of the 2,107 respondents indicated that stress had a lot or some impact on their health in the past year.

It's impossible to eliminate, but we can learn to manage stress. The physical benefits of exercise—improving physical condition and fighting disease—have long been established. Regular participation in aerobic exercise has been shown to decrease overall levels of

tension, elevate and stabilize mood, improve sleep, and improve self-esteem. Even five minutes of aerobic exercise can stimulate anti-anxiety effects. Given the many benefits associated with an active lifestyle, we strive to make our programs and services as convenient, diverse, enjoyable, and safe as possible. Plus, our membership provides the best value in town.

In the pages of this calendar, we hope to inform you of all of the programs, services, and facilities available to staff and faculty members, inspire you with the testimonials of your fellow colleagues and provide important dates for programs offered by IU Athletics and Recreational Sports, including the Tennis Center and Outdoor Pool.

If you would like to tour our facilities or talk specifically about any of our programs and services, please let us know by contacting us by phone at 812-855-7772, by email at recsport@indiana.edu or stop by our facilities at any time.

Here's to an active and healthy 2016-17,

Kathryn G. Bayless

Assistant Dean, Campus Recreational Sports; School of Public Health-Bloomington

WHAT 2,200 IU FACULTY/STAFF MEMBERS ARE TELLING US

The facts are in: RS faculty and staff overwhelmingly value what RS has to offer:

- 97% would recommend Campus Recreational Sports to others
- 92% say the RS activities and programs contribute to the quality of life at IU

BENEFITS OF MEMBERSHIP

Your RS membership comes with numerous benefits:

- Access to two facilities—SRSC and WIC—providing unlimited options
- 80+ weekly group exercise sessions, including many designed specifically for faculty/staff participants
- Racquetball/wallyball and squash courts
- Two indoor walking/jogging/running tracks
- Fields & outdoor walking/jogging/running track
- Free equipment checkout with your RS ID
- Table tennis and badminton courts
- Basketball and volleyball courts
- Two pools & diving wells
- Multiple cardio/circuit & strength gyms
- Short-term lockers

CAMPUS RECREATIONAL SPORTS – THE BEST VALUE IN TOWN

cost comparison

legend: ✓ offered with membership | \$ offered with additional fee | – Not offered

PROGRAMS/SERVICES	IU CAMPUS RECREATIONAL SPORTS	YMCA	TWIN LAKES	ANYTIME FITNESS	IRON PIT	PLANET FITNESS
Multi-Level Group Exercise Sessions	✓	\$	\$	\$	–	✓
Multiple Facilities in Bloomington	✓	✓	–	–	–	–
Swimming Pool & Diving Well	✓	✓	–	–	–	–
Outdoor Fields	✓	✓	–	–	–	–
Racquetball/Squash/Wallyball Courts	✓	✓	–	–	–	–
Basketball Courts	✓	✓	✓	–	–	–
Volleyball Courts	✓	✓	✓	–	–	–
Badminton Courts	✓	–	–	–	–	–
Walking/Jogging/Running Track	✓	✓	✓	–	–	–
Table Tennis	✓	✓	✓	–	–	–
Tennis Courts	✓	–	–	–	–	–
Equipment Checkout	✓	–	✓	–	–	–
Short-Term Lockers	✓	✓	✓	✓	✓	✓
Cardiovascular and Strength Training Equipment	✓	✓	✓	✓	✓	✓
Indoor Cycling	\$	\$	–	\$	–	✓
Yoga/Pilates	\$	\$	\$	\$	–	–
Price of Individual Annual Membership	\$264* Your Lowest Cost Option!	\$552+ \$50 (joiner fee)	\$360+ \$20 (joiner fee)	\$600+\$60 (joiner/key fee)	\$320 + \$20 (key deposit)	\$240 + \$39 (joiner/annual fee)

*IU faculty/staff annual individual membership rate. Utilize payroll deduction and pay only \$22/month. (Public rate \$606/year.)

MEMBERSHIP OPTIONS

Becoming an RS member is not only the best deal in town; it's a positive step toward leading an active, healthy lifestyle.

MEMBERSHIP OPTIONS:

Annual Membership

We offer both individual and household membership options for IU faculty and staff. Find more information, including membership prices, at recsports.indiana.edu.

Day/Week and Guest Passes

Have a friend in town? With a photo ID you can purchase day and weekly passes at the Member Services Desk at SRSC or WIC.

Getting Started

To purchase a membership, stop by the Member Services Desk at either SRSC or WIC during normal facility hours. Visit recsports.indiana.edu, email us at recsport@indiana.edu, or call 812-855-SRSC(7772) or 855-5222 for more information about joining Recreational Sports today.



Access to Two Conveniently Located Facilities is Included with Your Membership!



STUDENT
RECREATIONAL
SPORTS CENTER
(SRSC)
1601 Law Lane
812.855.7772

- Multiple strength & cardio areas designed for different interests
- Semi-private strength & cardio studios
- Group exercise & yoga/Pilates studio
- Seven racquetball/wallyball courts, two squash courts, & table tennis
- Five basketball/volleyball courts
- Multipurpose gyms
- The Councilman/Billingsley Aquatic Center (Olympic-sized pool/diving well)
- Indoor walking/jogging/running track
- Indoor futsal court
- Free equipment check-out



WILDERMUTH
INTRAMURAL
CENTER
(WIC)
1205 E. 7th Street
812.855.5222

- Multiple strength & cardio areas
- 9 racquetball/wallyball courts, squash courts & table tennis
- 10 basketball/volleyball courts
- Royer Pool and diving well
- Indoor walking/jogging/running track
- Two multipurpose gyms
- Open use dance studio
- Group exercise & yoga/Pilates studio
- Free equipment check-out

SOMETHING FOR EVERYONE!

Whether you're a seasoned veteran or new to cardio exercise and lifting, you can find your fit in our spacious cardio/circuit and strength rooms. We have 33,000+ square feet of strength & cardio space, our trained staff are always ready to help, and it's all included in your RS membership.



strength gym @ WIC



cardio/circuit gym @ WIC



cardio/circuit gym @ WIC

Cardio/Circuit Gym @ WIC

This 3,200 square foot space, located up the main stairs in Gym 293, is open all day, every day and includes 26 pieces of cardio equipment, strength circuit and light weights, a functional trainer, and more than 400 square feet of open space for stretching and body weight exercises.

Strength Gym @ WIC

Located downstairs off the main walkway, this gym features lots of cardio equipment plus heavier weights including bench press, platforms, and large dumbbells.



cardio/circuit gym @ SRSC



strength gym @ SRSC



cardio studio @ SRSC

Cardio/Circuit Gym @ SRSC

Located on the building's upper level, this expansive space features 152 pieces of cardio equipment, 1,000 square feet of open space for stretching, core, and body weight exercises, two strength circuits, and plenty of light free weights.

Strength Gym @ SRSC

Featuring 7,200 square feet dedicated to strength training, this space includes free weights, benches, Olympic platforms, functional trainers, kettlebells, TRX suspension training equipment, plus space for stretching, core, and body weight exercises.

Circuit Room & Cardio Studio @ SRSC

Located near the racquetball courts on the main level, these spaces provide access to state-of-the-art strength and cardio equipment in smaller spaces for those who prefer to exercise in a semi-private, low-key setting.

FREQUENTLY ASKED QUESTIONS

What do I need to access Recreational Sports facilities?

Accessing our facilities is easy—all you need is your valid RS membership card. At the SRSC you will need to scan your card only once at the turnstiles upon entering. In the Wildermuth Intramural Center (WIC) you may need to scan your card at each activity space.

Where can I store my stuff?

We offer both free day use and long-term locker rentals in both facilities. Don't have a lock? No problem. Stop by our equipment desk and check one out for no additional fee.

Is parking available?

SRSC participants with a valid IU parking permit may park for free for two hours Monday through Friday at the monitored SRSC parking lot with a validated ticket. SRSC parking is occasionally monitored on Saturdays and Sundays. Participants without a permit will be charged \$1.50 per half hour or \$13.50 for the entire day for a non-validated ticket or a ticket exceeding the two hour free limit.

What about parking at the WIC?

There are multiple options for parking near WIC, including spaces at the Fee Lane parking garage, Seventh Street parking lot, and options around the Indiana Memorial Union. For more detailed locations and maps, visit parking.iu.edu.

Can I check out sports equipment? How much does it cost?

Participants may check out a variety of sports & fitness equipment to use in our facilities for no extra fee with a valid RS membership card. Options include, but aren't limited to: basketballs, racquetball gear, squash, tennis, and table tennis equipment. Visit recsports.indiana.edu for a full list of options.

Can someone help me learn my way around the strength & cardio spaces?

Our staff are trained and ready to answer your questions, assist with equipment, and help with spotting. If you'd like more guidance or want to try a personalized workout check out our personal training program.

Can I reserve a racquetball or volleyball court?

RS members can reserve racquetball & volleyball courts at both WIC and the SRSC for no extra fee. Courts may be reserved up to 24 hours in advance by calling 855.7772 (SRSC) and 855.5222 (WIC).

“ I play racquetball twice a week. It is exciting and fun because I play doubles with my husband and colleagues. We enjoy playing and are grateful that the SRSC is such a nice facility. ”

*Yonjoo Cho
Associate Professor,
Instructional Systems Technology*



Do What You Love

You don't have to become a marathon runner to get all of the benefits of physical activity. Find activities you enjoy, and make them a part of your daily routine!

sunday	monday	tuesday	wednesday	thursday	friday	saturday
					1	2
					USTA's IU Junior Open Tennis Tournament	USTA's IU Junior Open Tennis Tournament
3	4 Independence Day	5	6	7	8	9
USTA's IU Junior Open Tennis Tournament						
10	11	12	13	14	15	16
				RS Outdoor Pool Swim Lessons RD* (Series 5: July 18 - 28)		
17	18	19	20	21	22	23
						Adult Beg/Int Supervised Tennis Match Play; 11 AM - 1 PM
24/31	25	26	27	28	29 Last Day of IU Summer Classes	30
7/31 RS Interim GEX Schedule Begins				RS Outdoor Pool Swim Lessons RD* (Series 6: Aug 1 - 11, Series 7: Aug 1 - 4)		

*RD=Registration Deadline | ARC=American Red Cross

CONTACT RS

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- 📞 812.855.SRSC (7772)
- ✉ recsport@indiana.edu
- 💻 recsports.indiana.edu

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**Ψ RECREATIONAL SPORTS
OUTDOOR POOL**
A Division of the School of Public Health

**FAMILY FUN
AT THE
OUTDOOR
POOL!**

Call (812)855.9584 or visit our website www.indiana.edu/~iuop
for schedules and more information.

**We started a credit union
and created a community.**

IU Credit Union

Personalize the Benefits

People value different things. Learn to appreciate the increased energy level, improved sleep patterns, or social aspects of physical activity!



“ I have been a member of the Tennis Center for over 25 years. Maintaining a physically active lifestyle is very important to me, not only for health and wellness reasons, but the fun I have there, on and off the courts, with colleagues and the tennis professionals, is immeasurable. ”

*Susan Klein, Ph.D.
Professor Emerita of Special
Education, School of Education*

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

RS Outdoor Pool Swim Lessons RD*
(Series 8: Aug 8 - 11)

RS Outdoor Pool Swim Lessons RD*
(Series 9: Aug 15 - 19)

RS RecFest: 12 - 3PM, WIC
Field Hockey Cream & Crimson Scrimmage; 2 PM
Women's Soccer vs. Louisville; 7 PM

RS Fall Facility Hours Begin
RS Fall Group Ex Schedule Begins
Women's Soccer vs. Western Michigan; 1 PM

IU Fall Semester Classes Begin

RS Fall Semester Kick-Off Begins
(Through 8/28)

Fall Perm. Court Time Begins (Through 12/18)
Fall Clinics, Cardio Tennis, & Fast Feed Tennis Begin (Through 12/16)

RS Fall Semester Kick-Off Begins
(Through 8/28)

FREE Junior & Adult Tennis Clinics; 5:30 PM

FREE Junior & Adult Tennis Clinics; 5:30 PM

RS Group Swim Lessons, swimFIT, & Triathlon Swim Training RD*
RS Full Lifeguard Training Course RD*

FREE Junior & Adult Tennis Clinics; 5:30 PM

RS Outdoor Pool Swim Lessons RD*
(Series 8: Aug 8 - 11)

RS Outdoor Pool Swim Lessons RD*
(Series 9: Aug 15 - 19)

RS RecFest: 12 - 3PM, WIC
Field Hockey Cream & Crimson Scrimmage; 2 PM
Women's Soccer vs. Louisville; 7 PM

Field Hockey vs. Louisville; 3 PM
Volleyball vs. Northern Kentucky; 7 PM

Volleyball vs. Evansville; 12 PM
Volleyball vs. Marshall; 7 PM

Volleyball vs. Evansville; 12 PM
Volleyball vs. Marshall; 7 PM

Volleyball vs. Evansville; 12 PM
Volleyball vs. Marshall; 7 PM

Volleyball vs. Evansville; 12 PM
Volleyball vs. Marshall; 7 PM

Volleyball vs. Evansville; 12 PM
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Volleyball vs. Evansville; 12 PM
Volleyball vs. Marshall; 7 PM

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Volleyball vs. Marshall; 7 PM

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Volleyball vs. Marshall; 7 PM

Volleyball vs. Evansville; 12 PM
Volleyball vs. Marshall; 7 PM

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**RECREATIONAL SPORTS
TENNIS CENTER**
A Division of the School of Public Health

TENNIS CENTER FAMILY FUN!

Did you know that a parent/guardian of a child registered in a junior clinic may register for **ONE FREE SESSION** of our Adult Beginner Clinic?

Visit our website at <http://tenniscenter.indiana.edu/>

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A photograph of a woman with short dark hair, smiling and swimming in a pool. She is wearing a dark swimsuit. The pool has red and white lane markers. The background shows the pool deck and some equipment.

Water Wonderful

Watching bodies of water in motion can be one of the most soothing activities one can take part in to help relieve stress, which is why vacations to beaches and island paradises are such popular getaways. But being *in* the water can be just as relaxing!

“ I started using the facilities at the start of my pregnancy and I have loved the open family swim hours at the Royer and the CBAC. It has done wonders for the aches and pains of pregnancy and kept me active during the months when my regular activities became more difficult. It also is an amazing stress reliever at the end of the day. ”

*Melody Lynch-Kimery
Associate Director of Academic Advising, School of
Informatics and Computing*

sunday	monday	tuesday	wednesday	thursday	friday	saturday
				1	2	3
					Women's Soccer vs. LSU; 3 PM Men's Soccer vs. Cal; 8 PM	
4	5 Labor Day	6	7	8	9	10
Men's Soccer vs. Stanford; TBA	Women's Soccer vs. SMU; 1:30 PM		RS ARC Full Lifeguard Review Including CPR/AED RD*		IU Football Glow Run; 8:30 PM Men's Soccer vs. Maryland; TBA Fall Friday Night Freebies Begins BOGO Free Court Time (Ends 12/2)	Football vs. Ball State; TBA
11 Patriot Day	12	13	14	15	16	17
Field Hockey vs. New Hampshire; 12 PM					Volleyball vs. Arkansas State; 7 PM	Volleyball vs. IUPUI; 12 PM Volleyball vs. Cleveland; 7 PM
18	19	20	21	22	23 IU Family Weekend	24
Men's Soccer vs. Northwestern; TBA			Volleyball vs. Northwestern; 7 PM Men's Soccer vs. IUPUI; TBA		Field Hockey vs. Rutgers; 3 PM Women's Soccer vs. Minnesota; 7 PM	Football vs. Wake Forest; TBA
25	26	27	28	29	30	
Women's Soccer vs. Wisconsin; 1 PM			RS Group Swim Lessons, swimFIT, & Triathlon Swim Training RD* Men's Soccer vs. Butler; TBA		Field Hockey vs. Iowa; 3 PM Volleyball vs. Minnesota; 7 PM	

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RECREATIONAL SPORTS
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JB5K Color the Campus Run/Walk

SATURDAY, OCTOBER 22

Gather your co-workers and participate as a team in a fun event while supporting a great cause! Visit recsports.indiana.edu for more information and to create your team!



“ I enjoyed the adrenaline before and after the race with all of the music and fun. It’s great to see so many students involved because they need to be aware of Jill’s story and they are the beneficiaries of the race through scholarships. I would encourage faculty and staff to participate because it really is so much fun. The exercise is just an added benefit! ”

*Angela Harlan
Advancement Assistant,
Wells Library*

october

DATE/EVENT COLOR KEY:

IU Campus
Recreational Sports

IU Athletics

IURS Tennis Center

sunday	monday	tuesday	wednesday	thursday	friday	saturday
						1 Football vs. Michigan State; TBA Volleyball vs. Wisconsin; 7 PM
2	3 Rosh Hashanah	4	5	6 Fall Break Begins (After Last Class)	7 RS JB5K Early Registration Deadline Last Day to Save \$5 Field Hockey vs. Northwestern; 3 PM	8 Men's Soccer vs. Penn State; 7:30 PM
9 Fall Break Ends	10 Columbus Day	11	12 Yom Kippur	13 Women's Soccer vs. Rutgers; 7 PM	14 Homecoming Parade; TBA Volleyball vs. Rutgers; 7 PM	15 Football vs. Nebraska; TBA Volleyball vs. Penn State; 7 PM
16 Field Hockey vs. Boston College; 12 PM Women's Soccer vs. Penn State; 1 PM	17	18	19	20 RS JB5K Packet Pickup; 11 AM-6 PM, SRSC	21 Field Hockey vs. Ohio State; 3 PM	22 RS JB5K Color the Campus Walk/Run
23/30 10/30 Men's Soccer vs. Michigan State; 7:30 PM	24/31 31: Halloween	25	26 RS Group Swim Lessons, swimFIT, & Triathlon Swim Training RD* Women's Soccer vs. Michigan; 6 PM Men's Soccer vs. St. Louis; 7:30 PM	27	28 Volleyball vs. Michigan State; 7 PM	29 Football vs. Maryland; TBA Volleyball vs. Michigan State; 7 PM

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JILL BEHRMAN 5K
Color the Campus
10.22.16
THE IU COLOR RUN
REGISTER ONLINE AT WWW.JB5K.COM



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thousands of locations.

Learn more about nationwide
account access at iuu.org.

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Low-Impact, High Resistance

Cut down on impact to your joints while experiencing continual resistance to every move you make while swimming in the water. The water offers 12 - 14% more resistance than when you exercise on land.

“ I like to swim because it is a low impact exercise that helps me lose weight. I use both indoor pools available at Recreational Sports–CBAC at the Student Recreational Sports Center and Royer Pool at the School of Public Health. At CBAC I enjoy swimming laps and at Royer Pool I take advantage of the Deep Water Exercise sessions. ”

*Ben McConahay
Locksmith, Residential
Programs & Services*



sunday	monday	tuesday	wednesday	thursday	friday	saturday
		1	2	3	4	5
6 Daylight Saving Time Ends	7	8	9	10	11 Veterans Day	12 <i>Volleyball vs. Ohio State; 7 PM</i>
IU Dance Marathon at the IURS Tennis Center (Ends 11/1)	14	15	16 <i>Volleyball vs. Purdue; 7 PM</i>	17	18	19 IU Thanksgiving Recess Begins <i>Football vs. Penn State; TBA Volleyball vs. Nebraska; 7 PM</i>
20	21	22	23	24 Thanksgiving	25	26 <i>RS Thanksgiving Break Schedule Begins (Through 11/26)</i> <i>Football vs. Purdue; TBA</i>
27 IU Thanksgiving Recess Ends	28	29	30			

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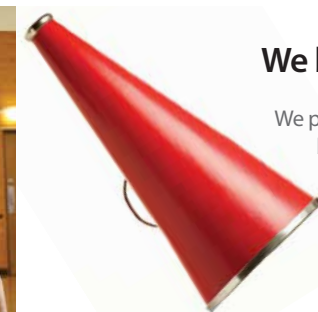


RECREATIONAL SPORTS
A Division of the School of Public Health

CONSIDER AN RS MEMBERSHIP!

Becoming a member is not only the best deal in town, it's a positive step toward leading an active, healthy lifestyle!

We have both individual and household memberships available for IU Faculty & Staff.



We believe in community.

We proudly support the IU community by sponsoring IU Auditorium, IU Athletics and more.

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Build Strong, Healthy Muscles

Resistance-training can help you preserve and enhance your muscle mass at any age. Increasing your strength will help you complete everyday tasks like lifting, carrying and walking up stairs with greater ease.



“ I enjoy staying in shape and interacting with fellow like-minded people. My personal trainer provides the encouragement and unique training techniques to keep it interesting and motivates me to keep it up. ”

*Judith Ouimet
Sr. Assistant, Office of the Vice
Provost for Undergraduate
Education (OVPUE)*

sunday	monday	tuesday	wednesday	thursday	friday	saturday
				1	2	3
4	5	6	7	8	9	10
11	12 IU Finals Week (Dec. 12-16)	13	14	15	16 RS Jump Into Finals; 7 PM	17
RS Finals Week Schedule Begins (Through 12/16)						RS Winter Break Schedule Begins (Through 1/7)
18	19	20	21	22	23	24
Half Price Holiday Court Rates Begin (Through 12/31)						
25 Christmas Chanukah Begins	26 Kwanzaa Begins Boxing Day	27	28	29	30	31

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RECREATIONAL SPORTS
A Division of the School of Public Health

PERSONAL TRAINING

Having trouble reaching your fitness goals? We have a trainer for that!

Call Member Services at 812-855-7772 to schedule a free consultation so we can match you up with the perfect personal trainer.



Get ready for your future.

Schedule an appointment with IU Credit Union Investment Services today by calling 812-855-4803.

IU Credit Union

812-855-7823 • iucu.org

Friends are Motivation

In addition to keeping you accountable, friends can provide an extra boost of motivation when you need it most. Everyone has days when they don't feel like getting in a workout. Friends can offer encouragement to keep you going! Just be sure to return the favor!

“ I utilize the SRSC as my main workout facility. I try to be active, so after a long day of work even if I don't have energy I make an effort to go to the SRSC to walk on the track with a friend or do some low intensity cardio. My greatest motivation is often having a workout partner. ”

*Julia Joshel
Residence Manager, Residential
Programs and Services*

“ I like walking because its low impact and I am able to squeeze it in easily during busy days. I also use it as a time to bond with coworkers as we both look to be more active. I love seeing other faculty staff using the same resources and I know if other folks can make time for it, I can too! ”

*Jocelyn Maul
Residence Manager, Residential
Programs and Services*



sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 New Years Day	2	3	4	5	6	7
8	9 IU Spring Semester Classes Begin RS Spring Semester Kick-Off Begins (Through 1/15) Spring Perm. Court Time Begins (Through 4/30) Spring Clinics, Cardio Tennis, & Fast Feed Tennis Begin (Through 5/19)	10	11	12	13 Spring Friday Night Freebies Begins BOGO Free Court Time (Ends 4/28)	14
15	16 Martin Luther King Jr. Day	17	18 RS Group Swim Lessons, swimFIT, & Triathlon Swim Training RD*	19	20	21
22	23	24	25 RS Lifeguard Instructor Course (LGI) RD*	26	27	28 Chinese New Year
29	30	31				

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CONSIDER AN RS MEMBERSHIP!

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We have both individual and household memberships available for IU Faculty & Staff.



Find us on:


Keep up-to-date on community events and news from IU Credit Union!

IU Credit Union

812-855-7823 • iucuo.org

Group Exercise for Every Body

Recreational Sports offers more than 80 group exercise sessions every week! We even offer sessions specifically designed for faculty/staff! Your membership gives you access to our full schedule of sessions offered at both the SRSC and WIC. Visit our website to view the current schedule.



“ I enjoy participating in group exercise sessions because the instructors and the group setting push me to work harder than I would work on my own. I know myself well enough to know that I often slack off if I set my own workout routines. I also have more fun in group exercise sessions than I do when I exercise alone. Since I have found a way to exercise that I really enjoy, it transforms it from a chore into a hobby. ”

*Isabel Planton
Reference/Technical Associate,
Lilly Library*

february

DATE/EVENT COLOR KEY:

IU Campus
Recreational Sports

IU Athletics

IURS Tennis Center

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			1	2 Groundhog Day	3	4
5	6	7	8	9	10	11
			RS Full Lifeguard Training Course RD*			
12	13	14 Valentine's Day	15	16	17	18
			RS Group Swim Lessons, swimFIT, & Triathlon Swim Training RD*			
19	20 President's Day	21	22	23	24	25
RS Celebrate EveryBODY Week (Through 2/25)			RS ARC Full Lifeguard Review Including CPR/AED RD*			
26	27	28				

*RD=Registration Deadline | ARC=American Red Cross

CONTACT RS

-  1601 Law Lane (SRSC) | 1025 E. 7th Street (WIC)
-  812.855.SRSC (7772)
-  recsport@indiana.edu
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RECREATIONAL SPORTS
A Division of the School of Public Health

CELEBRATE EVERYBODY WEEK

February 19 - 25, 2017

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Basketball Strong

Basketball provides an excellent full-body workout. Running up and down the court provides cardiovascular exercise while shooting, passing and playing defense strengthens muscles throughout the body. Pickup basketball games can be found at both the Student Recreational Sports Center and at the historic Wildermuth Intramural Center.



“I enjoy playing basketball because it allows me to exercise in a competitive situation, yet the environment is fun and relaxing. A bonus is that I’ve made many friends on the court that I otherwise would have never met.”

*Michael Noth
Director of Business Affairs,
IUB Libraries*

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			1 Ash Wednesday	2	3	4
5	6	7	8	9	10	11 IU Spring Break Begins (After Last Class)
12 Daylight Savings Time Begins Purim	13 Half Price Spring Break Court Rates Begin (Through 3/19)	14	15	16	17 St. Patrick's Day	18 RS Spring Break Schedule Begins (Through 3/18)
19 IU Spring Break Ends	20 RS Swim to Summer Registration Opens	21	22 RS Group Swim Lessons, swimFIT, & Triathlon Swim Training RD* RS Full Lifeguard Training Course RD* RS Water Safety Instructor Course (WSI) RD*	23	24	25
26	27 RS Swim to Summer Begins	28	29 RS ARC Full Lifeguard Review Including CPR/AED RD*	30	31	

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Swim to Summer!

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Get Healthy, IU!

Walking is a form of exercise you can accomplish practically anywhere on campus. Take advantage of indoor tracks at both the SRSC and WIC and enjoy some fresh air when weather allows. Interested in learning more about the FREE Diabetes Prevention Program? Visit recsports.indiana.edu/faculty-and-staff for more information.



“The Diabetes Prevention Program provides accountability for my health and the WIC walking track is so convenient to fit exercise in your work day. DPP has instilled life changing skills and a healthy mindset into my daily living. I’m very grateful to have this wonderful benefit at IU!”

*Martha Mathis
Business Manager,
IU Auditorium*

sunday	monday	tuesday	wednesday	thursday	friday	saturday
						1 April Fool's Day
						RS Outdoor Pool Registration Opens for Swimming & Diving Instruction and Membership Sales
2	3	4	5	6	7	8
9 Palm Sunday	10 Passover Begins	11	12	13	14 Good Friday	15
			RS Full Lifeguard Training Course RD*			
16 Easter	17	18	19	20	21	22 Earth Day
23/30	24	25	26	27	28	29
4/30 RS Finals Week Schedule Begins (Through 5/6)					RS Jump Into Finals; 7 PM	

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Contact Susan Woods for more information at siwoods@indiana.edu.

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Summer Fun!

Summer in Bloomington is better at the Outdoor Pool! In our heated pools, your family can experience lap swimming, swim lessons, water fitness programs, diving lessons, log-rolling, water basketball and much more! Don't miss the FREE Open House on May 26th– the perfect way to check out this great facility! Visit indiana.edu/~iuop for more information.



sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1 IU Finals Week (May 1-5)	2	3	4	5 Cinco de Mayo	6
7	8	9 IU Summer Session I Classes Begin	10 RS Full Lifeguard Training Course RD*	11	12	13
14 RS Summer Facility Hours Begin RS Summer I GEX Schedule Begins Mother's Day	15 RS Outdoor Pool Pre-Season Hours Begin 11:30 AM – 2:30 PM daily lap swimming	16	17	18	19	20
21	22	23	24 RS Step into Fitness Kick-Off Event; 11:30 AM - 1:30 PM; WIC	25	26 RS Outdoor Pool Open House; 5:30 - 7:30 PM	27 RS Outdoor Pool Regular Season Begins
28 RS Step into Fitness Begins	29 Memorial Day	30	31			

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IU Faculty/Staff – **IT'S STEP INTO FITNESS TIME!**

Step into Fitness is a FREE self-guided, 10-week walking program for all IU Faculty/Staff that begins May 29.

Join us for our kickoff event and start the active, healthy habit of walking!
May 24 • 11:30AM - 1:30PM • Wildermuth Intramural Center



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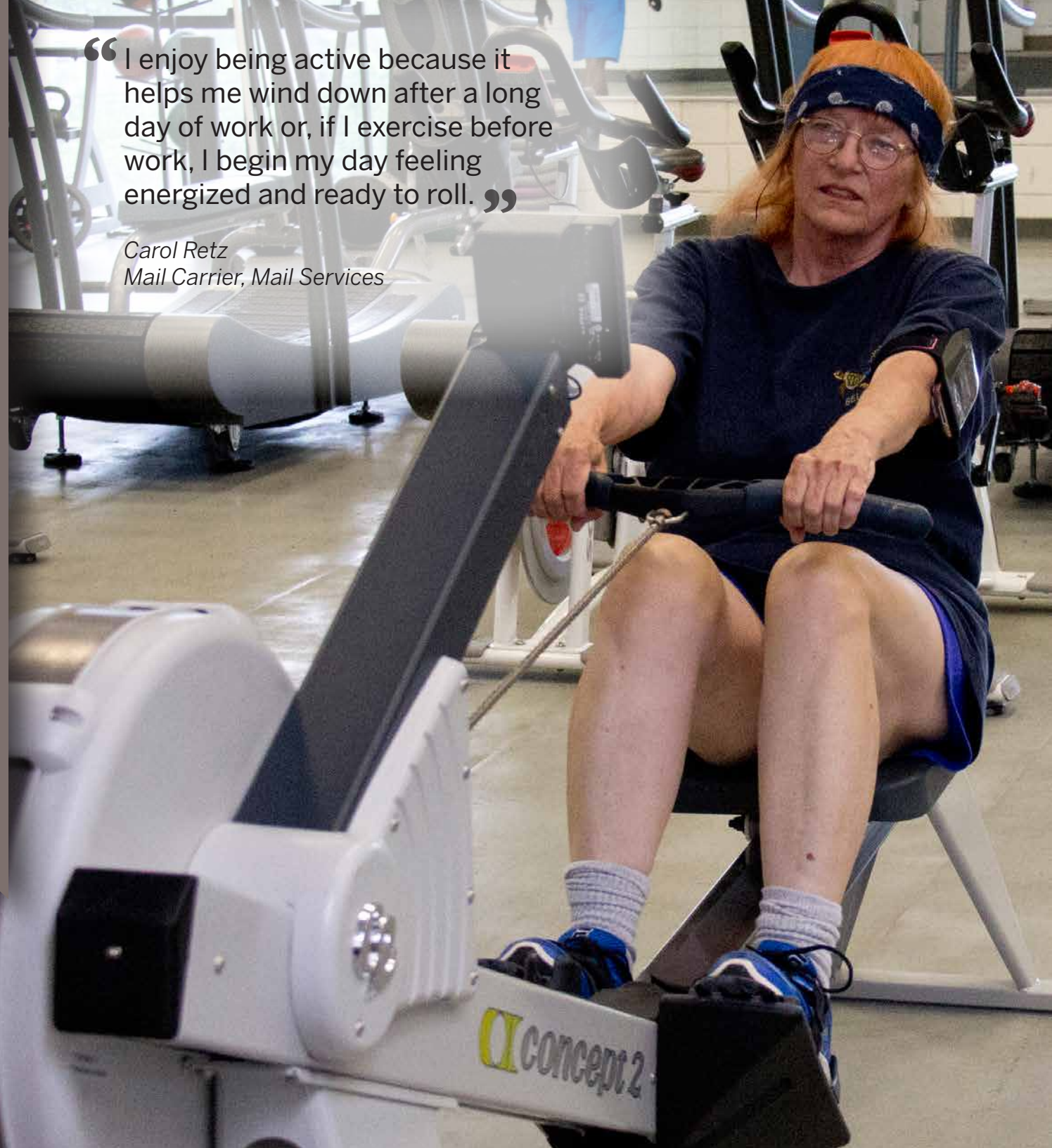
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Make Time For You

Whether you're a seasoned veteran or new to cardio exercise and lifting, our spacious cardio and strength rooms at both the SRSC and WIC have what you are looking for. We have 33,000+ square feet of strength and cardio space, our trained staff are always ready to help, and it's all included in your membership.

“ I enjoy being active because it helps me wind down after a long day of work or, if I exercise before work, I begin my day feeling energized and ready to roll. ”

*Carol Retz
Mail Carrier, Mail Services*



sunday	monday	tuesday	wednesday	thursday	friday	saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Flag Day	15	16	17
18 Father's Day	19	20	21	22	23	24
RS Summer II GEX Schedule Begins						
25	26	27 Ramadan Begins	28	29	30	

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Step into Fitness

A CAMPUS RECREATIONAL SPORTS PROGRAM
FOR IU FACULTY & STAFF



Step into Fitness is a **FREE** self-guided walking program offered by Campus Recreational Sports for all IU Faculty/Staff.

Participants receive:

- weekly nutrition and physical activity tips
- a step/nutrition tracker and incentives to get moving
- the option to participate individually or as part of a team

Log your activity and be entered to win weekly prizes or the overall grand prize.

Join us and start the active, healthy habit of walking! • recsports.indiana.edu

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The Indiana University School of Public Health-Bloomington is reimagining public health through a comprehensive approach that enhances and expands disease prevention and is reshaping how parks, tourism, sports, leisure activities, physical activity, and nutrition impact and enhance wellness. With nearly 3,000 students in an array of undergraduate and advanced degree programs and more than 130 faculty in five academic departments our faculty and students conduct research, learn, teach and engage with communities across a broad spectrum of health, wellness and disease-prevention topics. Each department offers numerous majors, minors and opportunities for graduate and undergraduate studies.



Indiana University has more than 600 student athletes across 24 varsity sports. IU Athletics is about having 24 National Championship teams and 132 individual NCAA titles. It's about having a Hoosier student athlete compete at every Olympic Games since 1932. It's about the Quarry student section at football and the largest basketball student section in the country—The Crimson Guard. At Indiana... It's 24 Sports, One Team.



IU Credit Union is a full-service financial institution with several locations for your convenience. Membership is open to any persons who reside, work, or have immediate family in one of 51 Indiana counties. Besides low rates and fees, and quality service, our members enjoy Free Checking, Online Banking – www.iucu.org, online loan applications, Bank-by-Phone, and a nationwide network of ATMs and shared branches. We have six branches located in the Bloomington area, four located on Indiana University campuses in Fort Wayne, Gary, New Albany and South Bend, and one branch located in Indianapolis.



The IU Recreational Sports Tennis Center is an indoor tennis membership facility serving students, faculty and staff at Indiana University, the IU Men & Women's Varsity tennis teams, and the surrounding Bloomington community. The IURSTC promotes the positive health, cultural, physical, mental, and social benefits of tennis through programs such as Instructional Clinics and Cardio Tennis for people of all ages. Members also have the opportunity to rent court time. The IURSTC is the only eight court indoor tennis facility within a 50 mile radius. The IURSTC is also home to United States Professional Tennis Association Master Professionals Chris Chopra and Mike O'Connell.

BLOOMINGTON CAMPUS CALENDAR

FOUR YEAR OUTLOOK—tentative, subject to change.

Fall Term	Day	2016	2017	2018	2019
Classes Begin	M	Aug. 22	Aug. 21	Aug. 20	Aug. 26
Labor Day (classes do not meet)	M	Sept. 5	Sept. 4	Sept. 3	Sept. 2
Fall Break (after last class)	Th	Oct. 13	Oct. 5	Oct. 4	Oct. 17
Classes Resume	M	Oct. 17	Oct. 9	Oct. 8	Oct. 21
Thanksgiving Recess Begins (after last class)	Sa	Nov. 19	Nov. 18	Nov. 17	Nov. 23
Classes Resume	M	Nov. 28	Nov. 27	Nov. 26	Dec. 2
Day of last classes	Sa	Dec. 10	Dec. 9	Dec. 8	Dec. 14
Days of Examinations	M - F	Dec. 12 - 16	Dec. 11 - 15	Dec. 10 - 14	Dec. 16 - 20

Spring Term	Day	2017	2018	2019	2020
Classes Begin	M	Jan. 9	Jan. 8	Jan. 7	Jan. 13
Martin Luther King, Jr. Day (classes do not meet)	M	Jan. 16	Jan. 15	Jan. 21	Jan. 20
Spring Recess Begins (after last class)	Sa	Mar. 11	Mar. 10	Mar. 9	Mar. 14
Classes Resume	M	Mar. 20	Mar. 19	Mar. 18	Mar. 23
Day of Last classes	Sa	Apr. 29	Apr. 28	Apr. 27	May 2
Days of Examinations	M - F	May 1 - 5	Apr. 30 - May 4	Apr. 29 - May 3	May 4 - 8



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