MEMBERSHIP RATES

<table>
<thead>
<tr>
<th>ODU Students: Semester</th>
<th>ODU Affiliates</th>
<th>Student Recreational Fee</th>
<th>Faculty/Staff Pay Ranges</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Full-fee paying enrolled students - Included in student fees - NO ADDITIONAL COST</td>
<td>N/A</td>
<td>Category 1</td>
<td>Category 2</td>
</tr>
<tr>
<td>Student Plus One (spouse, partner, dependent)</td>
<td>$80</td>
<td>$80</td>
<td>$80</td>
</tr>
<tr>
<td>ELC Student</td>
<td>$80</td>
<td></td>
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</tr>
<tr>
<td>Employee</td>
<td>$110</td>
<td>$165</td>
<td>$220</td>
</tr>
<tr>
<td>Employee +1*</td>
<td>$220</td>
<td>$330</td>
<td>$440</td>
</tr>
</tbody>
</table>

MEMBERSHIP SERVICES
Old Dominion University Recreation & Wellness offers programs, facilities and services for members to promote healthy and active lifestyles. Recreation & Wellness allows the modern mind to thrive in a changed atmosphere, where life overflows with activity, sport and movement of all kinds. Whatever moves you, you can find it here.

All annual membership prices include a month discount. All prices and fees are subject to change.

MEMBERSHIP SERVICES

- Unlimited use of the Fitness Center with state-of-the-art equipment and free weights, as well as cardiovascular equipment
- Access to certified personal trainers
- Men’s & Women’s locker rooms
- Gymnasium with three basketball courts
- Unlimited group exercise, yoga, and pilates classes
- Wellness seminars and challenges
- Unlimited group cycling classes
- Water fitness classes
- Racquetball courts
- Rock climbing wall and clinics
- Lap swimming
- Complimentary fitness assessments
- Outdoor Adventure Center
- Volleyball courts
- Table tennis/badminton/volleyball
- Use of the University Fitness Center (UFC)
- Tennis membership upgrade

BENEFITS

- Proper hygiene is encouraged to prevent the spread of bacteria
- Proper workout attire must be worn at all times
  - No boots, heels, Crocs, open-toed/open-heeled shoes, or flip flops
  - A shirt must be worn at all times
- No jeans, corduroys or pants that cannot be categorized as appropriate work out attire
- No loose hanging/disruptive jewelry
- Music is only permitted via portable device and headphones must be worn while listening at all times
- No Skateboarding or rollerblading is permitted in the facility
- No cleats of any kind are to be worn in the SRC

GUEST POLICY

Guest passes may be purchased at the Student Recreation Center. All guests must fill out a guest agreement form prior to using the facility. Guests must be 18 or older, verified by a government issued picture ID in order to get access to the facility. Maximum of 12 passes per person per calendar year.

LOCKER RENTAL

Membership Locker Rates:
- Semester: $25
- Annual: $60

*Semester locker renewals must be purchased within one week of expiration date. All items must be removed by the SRC and kept for a maximum of 30 days.

Day Pass: $7
All OAP trips have a MANDATORY pre-trip meeting that will occur the Sunday evening prior to the trip.

*Meeting day and times are subject to change

For additional info please contact Mike Willett at mwillett@odu.edu

Registration begins the first Monday of academic classes at the Student Recreation Center’s Outdoor Adventure Center.

NORTH END SURFING
Date: Sunday, September 4; 5:30am - 12:00pm
Sunday, October 16; 5:30am - 12:00pm
The OAP is headed to the north end of VA Beach for a surfing and sand morning. All equipment, leaders, and transportation are included. No experience necessary. Come to learn or relax!
Cost: ODU Student: $10
Member: $30
Registration Deadline: August 24

APPRENTICE PROGRAM INTEREST MEETING
Date: September 6; 12:30 - 1:30pm & 9-10pm
 Apprentice Program: Are you interested in being paid to lead the OAP Trips? Come check out one of our two sessions to hear about the program, and ask questions. The apprentice program includes 2 training trips, and 3 classroom sessions, previous experience NOT necessary. Required: Great attitude, willingness to learn and grow as an individual.
Submit your application via Career Link. You must be a current student and able to work trips until spring 2018. Hiring process: group interview – one on one with hiring committee – candidate selection.
E-mail bwygant@odu.edu with any questions

WOMEN’S CENTER OUTDOOR ADVENTURE
OUTERBANKS SURFING
Date: Friday, September 16 - Sunday, September 18
Join us as we head to Ocracoke, North Carolina for a weekend in the sun and surf as we catch some waves! No experience necessary, our leaders will help you learn the way of the waves and get up on your board! Swimming ability is required. Trip includes leaders, transportation, surf boards, and camping equipment.
Cost: ODU Student: $30
Member: $90
Registration Deadline: September 11

CLIMBING DAY TRIP
Date: Saturday, September 17; 8am - 5pm
Join the OAP for a full day of climbing at Manchester Wall in Richmond VA, no experience necessary, all equipment, transportation, and leadership included.
Cost: ODU Student: $15
Member: $45
Registration Deadline: September 11

RECREATION & WELLNESS
2016 Fall Program Guide

MOUNTAIN BIKING DAY TRIP
Date: Sunday, September 25; 11am - 5pm
Sunday, October 2; 11am - 5pm
Join us for a day on the trails as we shred through switchbacks and hills on this awesome mountain biking excursion! You will also learn all the fundamentals of riding a mountain bike, including hand signals, shifting gears, and proper riding etiquette all while enjoying the scenery of Freedom Park!
Bike riding ability is required. Trip includes leaders, transportation, park entrance fees, and bike equipment.
Cost: ODU Student: $10
Member: $35
Registration Deadline: September 18

ROCK CLIMBING OUTSIDE
Date: Friday, September 30 - Sunday, October 2
Climb to new heights with the OAP on a weekend rock climbing trip! We are heading up to the Appalachian Mountains for two days of climbing and two nights of camping. Trip includes leaders, rock climbing and camping equipment, transportation, and camping fees.
Cost: ODU Student: $30
Member: $90
Registration Deadline: September 17

EASTERN APPALACHIAN SINGLE TRACK MOUNTAIN BIKING
Date: Friday, October 21 - Sunday, October 23
The OAP is heading west in search of single track mountain biking. Carvins Cove is our destination, with over 30 mile trail network in beautiful Western Virginia; it is the go to spot for anyone looking to get outside.
Cost: ODU Student: $30
Member: $90
Registration Deadline: October 16

THREE RIDGES WILDERNESS BACKPACKING
Date: Friday, October 14 - Sunday, October 16
The mountains are calling we must go! Beautiful views, waterfalls, the Appalachian Trail, and a 7 mile uphill hike await you in the three ridges wilderness. Previous hiking experienced required. This will be a rewarding, and STRENUOUS trip, you must be physically fit. We will start on the AT at the Tar River, and head for Reed’s gap returning on the Mar-Har trail.
Cost: ODU Student: $30
Member: $90
Registration Deadline: October 2

GOBLIN’S GHOULS AND GRI GRI’S
Date: Thursday, October 27; 7 - 10pm
Come to the indoor climbing wall for our annual fall costume climbing contest! This is a free event. Climbing courses will be specific and plenty of candy will be available.

ROCK CLIMBING COMPETITION
Date: Saturday, November 19; 11am - 3pm
9th Annual Eastern Edge Climbing Competition
Compete with 4 other schools in the Eastern Edge climbing series. The event is open to all ability levels.

WOMEN’S CLIMB NIGHTS
Date: First Thursdays, Sept - Nov; 4pm - 7pm
Women’s Climb Nights at the SRC wall.

CLICK for more
MONARCHS MAKING MOVES
Date: Starts August 31
Location: SRC Main Office
Make healthy moves this semester by attending 25 fitness and wellness related events throughout the semester. Learn more about the program and sign up at our Fall Into Fitness Bash on Wednesday, August 31 or sign up by emailing Lauren Mayes at lrmayes@odu.edu. After signing up, you will receive a card to help you track your 25 classes/events and directions. In addition to that, you will receive weekly newsletters from a certified wellness coach listing upcoming events and healthy tips and workouts you can do on your own. Complete all 25 events by December 9 and receive a t-shirt with bragging rights! lrmayes@odu.edu.

FALL INTO FITNESS
Date: August 31; 5 - 7pm
Location: SRC MAC Court
Celebrate the start of the school year with a bang! Enjoy back-to-back fitness programming in the Student Recreation Center! Participate in a free small group training class, CrossFit class, or one of our group exercise classes. Our certified personal trainers will also be available to provide you a fun workout. Learn about the classes and workshops that are new for this semester and set your workout plan early!
For more information contact Meghan Flanagan, GA of Group Exercise & Instructional Programming at m.flanagan@odu.edu.

WELLNESS WORKSHOPS
Date: Thursday, September 15; 12:15 - 1:15pm
Location: SRC Suite
Residence Hall Fitness
As a student, your time and space are packed! Join us in this group workout to learn exercises you can do in your residence hall with minimal equipment, space, and noise free! Please wear workout clothes and closed toe/heel shoes. E-mail Lauren Mayes at lrmayes@odu.edu for specific location information.
Healthy Over the Holidays
Join us for an interactive workshop to learn about healthy strategies and sign a healthy pledge to help you stay accountable through the holidays. For questions or information on location e-mail Lauren Mayes at lrmayes@odu.edu.

MONARCH NUTRITION
Date: September 13 - November 8; 12:30 - 1:30pm
Location: SRC Suite
Interested in meeting with our Registered Dietitian? Join our Monarch Nutrition: Meal Plan Basics class first! You’ll learn great tips for consistently fueling your body with just the right foods, receive helpful tools to make it easier, and get support from fellow students. Even in a classroom setting you’ll get individual attention and the best answers to your nutrition questions.
* This class is a pre-requisite for an individual consult, but don’t worry, it’s loaded with so much great information you’ll be happy you came! To register please complete the form attached to the link below. For more information contact Tracy Conder at tconder@odu.edu. https://docs.google.com/forms/d/1Z4kWA3OlREahtqjurus9e6u50m qv1H_o-KV1KNn0g/j/viewform?c=0k-w-1&usp=mail_form_link

FOOD & FITNESS
Date: September 22, October 27, November 17; 5:30 - 7:30pm
Location: SRC Studio A
This is a fun and social program that will allow you to learn about physical activities and food culture from around the world. Come join the SRC and Tracy Conder, our ODU Dietitian, in some food and fitness fun!! For more information contact Tamara Morgan, Assistant Director of Fitness & Wellness at tmorgan@odu.edu.

CROSSFIT ODU CHALLENGE
Date: Friday, October 14; 4 - 7pm
Location: SRC Field
Join us for an event where you can be challenged but also have a lot of fun! This mini CrossFit Competition consists of 3 workouts and a chance of 1 surprise workout! Registration will open September 12 on imleagues.com E-mail Lauren Mayes at lrmayes@odu.edu for more information.

DESTRESS WEEK
Date: October 17 - 21
Location: SRC Studio A
Start your second half of the semester off on the right foot, stress free! Join us the week of October 17 - 21 for activities to help you destress!

MONARCH FUEL
Location: SRC Lobby
Want to get the most of your workout? Have you been working out and not gotten the results you were looking for? If so, then it may be what you are eating! Studies show improvement in muscular strength in as little as 3 weeks when a few key eating strategies are put into place. Stop by our Monarch Fuel Table at the SRC as our ODU Campus Dietitian, Tracy Conder dishes out cutting edge sports nutrition. You’ll receive great tips and handouts. Come on out and give your plate a workout!
Dates: September 1; 12:30p-1:30pm September 15; 5:30-6:30pm October 18; 5:30-6:30pm October 20; 5:30-6:30pm November 3; 12:30-1:30pm November 17; 5:30-6:30pm December 1; 12:30-1:30pm

90’s DANCE PARTY
Date: Wednesday, September 14; 7-8pm
Location: SRC Studio A
Come join the dance party from the 90’s! Wear typical 90’s clothes and get ready for a class grooving to the top 90’s hits with your favorite SRC Dance Instructors!!
For more information please contact Meghan Flanagan, GA of Group Exercise and Instructional Programming at m.flanagan@odu.edu.
SPORT CLUBS
FITNESS & WELLNESS
INTRAMURALS
OUTDOOR ADVENTURE PROGRAM
SPORT CLUBS
SPECIAL EVENTS

OLD DOMINION UNIVERSITY
RECREATION & WELLNESS
2016 Fall Program Guide

MEMBERSHIP
AQUATICS

CLUB SEASON: September - December

SPORT CLUB STAFF — sportclubs@odu.edu
• Jean Holt, Assistant Director, jholt@odu.edu
• Zach Twitchell, Graduate Assistant, ztwitch@odu.edu
• Spencer Barger, Sport Club Manager
• Gabby Cunningham, Sport Club Manager
• Bianca de Angelis, Sport Club Manager
• Deja Goode, Sport Club Manager
• Ben Mason, Sport Club Manager
• Charlene Mason, Sport Club Manager
• Marquan Stith, Sport Club Manager

SPORT CLUB EXECUTIVE BOARD – sportclubs@odu.edu
• D’Andra Seymore, President
• Rachel Cheatham, Vice-President
• Abby Barger, Secretary
• Hope Allen, Special Events

*Must be an ODU student to participate in Sport Clubs

BENEFITS
The ODU Sport Club program is open to ODU students currently, and continuously enrolled in a minimum of 6 credit hours. Benefits of participating in a collegiate sport club include the development of student leadership skills, a team-oriented environment, enhanced physical fitness, development of skills in a particular sport, stress reduction, and friendships.

SPORT CLUB INFORMATION TABLES
Various sport clubs will be located at tables in the SRC lobby to provide information on their activities and to recruit new members.
POOL HOURS
Monday - Friday:
8 am - 1 pm
12 pm - 6 pm
5 pm - 9 pm
Saturday:
12 pm - 6 pm
1 pm - 8 pm
Sunday:
12 pm - 6 pm
1 pm - 8 pm

PRE-SCHOOL LEVEL SWIM LESSONS
Preschool Level 1 - This course is for children ages 3.5-5 years old. The goal is to familiarize children to the aquatic environment and help them acquire rudimentary basic aquatic skills such as safe entries and exits into water, blowing bubbles, retrieving objects underwater, floating, and beginning simultaneous arm and leg motion.

Session 1:
September 12 - September 30: Mondays and Fridays;
5:00-5:30 pm
Cost: Student- $30; Member- $35; Non-Member - $50
Session 2:
October 17 - November 4: Mondays and Fridays;
5:00-5:30 pm
Cost: Student- $30; Member- $35; Non-Member - $50
Session 3:
November 7 - November 28: Mondays and Fridays;
5:00-5:30 pm
Cost: Student- $30; Member- $35; Non-Member - $50

CPR/FA/AED FOR THE LAY RESPONDER
The American Red Cross CPR/FA/AED for the Lay Responder class teaches participants to recognize and respond appropriately to emergency cardiac, breath, and first aid emergencies and provide immediate care to victims until more advanced medical personnel arrive and take over.

Session Dates:
8/19/16, 8/29/16, 9/6/16, 9/16/16, 9/29/16, 10/3/16, 10/18/16, 10/27/16, 11/1/16, 11/16/16, 11/29/16, 12/9/16
Cost: Student- $90; Member- $95; Non-Member - $110

AMERICAN RED CROSS RE-CERTIFICATION COURSES
American Red Cross challenges are meant for those who are in need of a re-certification for an American Red Cross certification (e.g. If your certification will expire in 3 months and want to get it re-done without sitting through a full class). These challenges are meant for First Aid, CPR, AED, or Lifeguarding certifications. A challenge consists of taking a written examination and demonstrating the practical rescue skills required for the certification.

Fall Semester Only:
August 27 - November 22
Frequency:
1-3 hours depending on which certification needed and on a need basis
Time:
Based on instructor availability
Cost: Student - $70; Member - $75; Non-member - $90

YOUTH LEARN TO SWIM LESSONS
This American Red Cross Course is for participants 6 years to 12 years of age. Participants will learn elementary skills such as floating, blowing bubbles, gliding, simultaneous arm and legs motions, as well as treading and basic swim strokes. Lessons are designed to run in sessions consisting of 30 minute lessons with five minutes of wrap-up and parent discussion.

Session 1:
September 12 - September 30: Monday and Friday;
5:35-6:05 pm
Session 2:
October 17 - November 4: Monday and Friday;
5:35-6:05 pm
Session 3:
November 7 - November 28: Monday and Friday;
5:35-6:05 pm

ADULT SWIM LESSONS: BEGINNER
This American Red Cross course is for individuals 18 years and up who are learning the basics for swimming. Participants will learn how to float, submerge completely, and propel themselves through the water on both front and back using the front and back crawl. The goal is to be able to swim a specific length (25 yards) and feel comfortable in deep water.

Session 1:
September 7 - September 28: Wednesdays; 8:15 - 9 pm
Session 2:
October 5 - October 26: Wednesdays; 8:15 - 9 pm
Cost: Student - $30; Member - $35; Non-Member - $50

PRIVATE SWIM LESSONS
Private Swim Instruction is meant for those who are looking for one-on-one instruction from a certified American Red Cross Water Safety Instructor. All Lessons are 30 minutes in length and time will be determined based on the availability of the participant and instructor. Participants can choose six or twelve lessons. All lessons must be cancelled with the instructor at least 24 hours prior to the scheduled lesson time.
*Please note: ALL participants must be 4 years of age or older. Additionally, private swim lesson requests take a minimum of 2 weeks to schedule due to restrictions in instructor availability. Payment is DUE the day of your first lesson.

Fall Session:
August 27 - November 22
Student Cost:
6 Lessons - $70
12 Lessons - $130
Member Cost:
6 Lessons - $75
12 Lessons - $140
Non-Member Cost:
6 Lessons - $130
12 Lessons - $250

DIVE IN MOVIE
September 2; 8 - 11 pm
Finish off Week of Welcome with a Dive-In Movie at the J.C. Scrap Chandler Pool. Float around with your friends, while watching a movie on the big screen! Movie TBA

LIFEGUARD CERTIFICATION COURSE
Date: September 16 - September 18,
Friday: 5:15 - 11 pm
Saturday: 8 am - 6 pm
Sunday: 8 am - 12 pm
The American Red Cross lifeguard certification course will certify participants in the following: Lifeguarding, First Aid, AED, and CPR for the Professional Rescuer.
Pre-Requisites that must be passed for participant to continue:
- Swim front crawl 300 yards continuously
- Tread water for 2 minutes using legs only
- Complete a timed brick retrieval within 1 minute, 40 seconds.
Refunds will not be issued unless the class you have registered for is cancelled, full, or if the participant fails the pre-requisite swimming requirements. Then, all but $50 will be refunded. The SRC reserves the right to cancel classes for which fewer than three students have registered.
Cost: Student - $195; Member - $200; Non-Member - $235

OUTDOOR ADVENTURE PROGRAM

SPORT CLUBS

SPECIAL EVENTS
LEAGUE DIVISIONS:
Men’s/Women’s/Co-Rec/ResLife/Greek
A Division: Highly Competitive Level
B Division: Competitive Level
C Division: Fun Level

LEAGUE DEFINITIONS:
Co-Rec: You must play with an equal number of men and women on the field/court or a difference of only one more man than woman or vice versa.
Greek: Teams from affiliated fraternities and sororities.
Res Life: Teams from affiliated Residence Halls.

AWARDS:
All individual and team champions will receive a champion t-shirt at the end of the season.

CAPTAINS MEETING:
In person Captains meeting dates and times are available on imleagues.com. Each participant will be required to pass the quiz prior to participating.
LEAGUES

**FLAG FOOTBALL**
Date: September 25 - November 13
Location: SRC Field and Powhatan Sports Complex
Flag Football is played on the SRC Field and at the Powhatan Sports Complex. Games will be played Sunday through Friday, 7-11 pm, Sunday - Thursday and 4-7 pm on Friday. Leagues will be offered in Men’s, Women’s, Greek, and Co-Rec. Co-Rec teams play with 8 players, while Men’s, Women’s, and Greek, will be 7 v 7. Each team is guaranteed a minimum of 3 regular season games. Teams that win at least 1 game will advance to a single elimination tournament. New Co-Rec rules will be in place this season. Championships will be held at Foreman Field!

**5v5 INDOOR SOCCER**
Date: October 23 - December 5
Location: SRC MAC Gym
Indoor Soccer returns this fall with a longer regular season. Teams comprised of 5 players (4 and a keeper) will work to see who is the best in the MAC Gym. Games will take place Sunday through Thursday evenings, from 7-11:30 pm. Teams will select a time slot, and play each week during that day and time. We’ll offer Women’s, Men’s, Co-Rec, and Greek Leagues. New Co-Rec rules for Fall 2016.

**6v6 VOLLEYBALL**
Date: October 2 - November 17
Location: SRC Gym, Courts 2 and 3
Intramural Volleyball will be taking place Sunday through Thursday from 7-11 pm. Teams of at least 6 players will play at least 3 regular season games before a single elimination playoff to determine the champion of the league. During the regular season, teams will play once per week, on the same night. Women’s, Men’s, Co-Rec, and Greek Leagues will be offered. New Co-Rec Rules will be in place this season.

SPECIAL EVENTS

**BATTLESHIP**
Date: November 18; 6:30 - 9:30 pm
Location: JC Scrapp Chandler Pool
You've sunk my Battleship!
Teams of 3 players will board their canoe with 1 paddle, 2 buckets, and a shield. Groups of 5 teams will paddle around the pool and throw water into their opponents “battleship” to sink them. This program is run as an “open” league, meaning female and male participants can play with and against each other. The tournament will take place all in one night.

**BUBBLE SOCCER**
Date: September 16; 5 - 9 pm
Location: SRC Field
Come check out the sport that is taking ODU by storm. Teams of 4 will put on their bubbles and see who can put the ball in the goal. Come ready to bubble bounce in the spirit of fun!
## HOURS OF OPERATION

**Outdoor Adventure Center**
Monday - Friday: 1 pm - 6 pm through March 18 (closed Sat-Sun)
Beginning Saturday, March 19 the OAC will be open on Saturday and Sunday 10am-4pm

**Climbing Wall**
Sunday - Thursday: 4 pm - 11 pm
Friday: 4 pm - 8 pm
Saturday: CLOSED

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## WATER SPORTS

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<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stand Up Paddleboard <em>(w/Paddle &amp; PFD)</em></td>
<td>$8</td>
</tr>
<tr>
<td>Sit-on-top Kayak <em>(w/Paddle &amp; PFD)</em></td>
<td>$1</td>
</tr>
<tr>
<td>Kayak Paddle</td>
<td>$8</td>
</tr>
<tr>
<td>Canoe Paddle</td>
<td>$1</td>
</tr>
<tr>
<td>Canoe (w/Paddle &amp; PFD)</td>
<td>$1</td>
</tr>
<tr>
<td>Dry Bag</td>
<td>$3</td>
</tr>
<tr>
<td>Kayak/Canoe Carrier</td>
<td>$1</td>
</tr>
<tr>
<td>Boat Dolly</td>
<td>$8</td>
</tr>
<tr>
<td>Surfboard w/fins</td>
<td>$8</td>
</tr>
<tr>
<td>Wetsuit</td>
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## COOKING EQUIPMENT

<table>
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<tr>
<th>Item</th>
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<tr>
<td>Cooler</td>
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</tr>
<tr>
<td>Cook Kit</td>
<td>$1</td>
</tr>
<tr>
<td>Utensils</td>
<td>$1</td>
</tr>
<tr>
<td>Coleman 2 Burner Stove</td>
<td>$3</td>
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## CAMPING/BACKPACKING

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Person Tent</td>
<td>$4</td>
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<td>3 Person Tent</td>
<td>$5</td>
</tr>
<tr>
<td>4 Person Tent</td>
<td>$6</td>
</tr>
<tr>
<td>6 Person Tent</td>
<td>$7</td>
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<tr>
<td>0 Degree Sleeping Bag</td>
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<td>20 Degree Sleeping Bag</td>
<td>$3</td>
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<tr>
<td>45 Degree Sleeping Bag</td>
<td>$3</td>
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<tr>
<td>Foam Sleeping Pad</td>
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<tr>
<td>Daypack <em>(no internal frame)</em></td>
<td>$2</td>
</tr>
<tr>
<td>5600/5000 ch.in. Internal Frame Packs</td>
<td>$4</td>
</tr>
<tr>
<td>Lantern</td>
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<tr>
<td>Compass</td>
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## CYCLING

<table>
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<tr>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>Bike Lock</td>
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<tr>
<td>Mountain Bike <em>(w/lock &amp; helmet)</em></td>
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</tr>
<tr>
<td>Helmet</td>
<td>$1</td>
</tr>
<tr>
<td>Bike Share Bike</td>
<td>FREE</td>
</tr>
</tbody>
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## BIKE ODU SHARE PROGRAM

*Beach cruisers are free for 7 days at a time with a u-lock. Must be able to pass bike safety quiz.*

Anyone who rents a bike 3 or more times during the fall semester gets a bike ODU shirt (while supplies last).

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## BIKE SHOP

The Outdoor Adventure Center has a free bike shop, learn how to build or maintain your own bike. Have questions about what kind or where to buy a bike? Stop in and learn the ins and out of buy new or used in the area. The shop provides, the bike stands, tools, knowledge, and staff. Students/members must provide their own supplies: tires, tubes, chain, tubes, and cables. If you are not sure what you need bring in your bike and the staff will help you with a shopping list and where to go.

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## OAC RENTALS

Did you know that you can rent camping and outdoor equipment from the Outdoor Adventure Center! We have tents, sleeping bags, ground pads, stoves, cook sets, backpacks for weekends on trail, or day bags for a day of hiking. We also rent Canoes, Kayaks, Stand Up paddle Boards, and Surf Boards. All boating equipment can be walked to Whitehurst beach, no need for a car! But if you do want to take the rentals somewhere else we have car top carriers to help get it there. The OAC also rents mountain bikes.

---

## WET EXIT CLINICS

Hop in the pool and learn how to exit from our touring kayaks. Learn basic kayak terms, kayak boat parts, paddle strokes, how to safely enter a kayak from land, and how to exit from an overturned kayak and safe reentry!

---

## BIKE MAINTENANCE CLINICS

Learn how to repair simple issues on your bike including flat tires, broken chains and the day-to-day maintenance of riding. Available upon request.

---

**INDOOR CLIMBING WALL**

Come learn about the climbing wall. It is completely FREE, and all equipment is included, no experience necessary. Feel free to show up anytime while we are open to try it out. If you would like to learn more our staff offers a 1-2 hour intro to climb class, no appointment needed. They will teach you everything you need to know to climb at the wall without the assistance off the staff (Free).

New this fall: If you are a first year student you will be entered into a drawing every time you visit the wall and climb. After the first 6 weeks of the fall semester we will draw two names at random to win a free climbing harness.
PERSONAL TRAINING
Our Personal Training program is designed to provide our members with an individualized fitness program specifically designed for you, an efficient workout program with innovative ways to improve your health, and instruction on correct form and technique for cardiovascular exercise and strength training. Stop by the Pro Shop to complete a Personal Training Information Form or contact Lauren Mayes at lrmayes@odu.edu.

Cost:
- Student Individual: 3 sessions = $84
  6 sessions = $168
  9 sessions = $252
- Student Buddy: 3 sessions = $105
  6 sessions = $210
  9 sessions = $315
- Member Individual: 3 sessions = $105
  6 sessions = $210
  9 sessions = $315
- Member Buddy: 3 sessions = $132
  6 sessions = $264

MASSAGE THERAPY
Massage therapy is a great way to help relieve pain (neck, shoulders, arms, etc.) headaches, stress, insomnia, and general tension. We also offer additional massage therapy services such as: aromatherapy, hot stones, and prenatal. For an appointment, contact Tamara Morgan, Assistant Director of Fitness & Wellness at tmorgan@odu.edu.

Cost:
- Student Individual: 3 sessions = $84
  6 sessions = $168
  9 sessions = $252
- Student Buddy: 3 sessions = $105
  6 sessions = $210
  9 sessions = $315
- Member Individual: 3 sessions = $105
  6 sessions = $210
  9 sessions = $315
- Member Buddy: 3 sessions = $132
  6 sessions = $264

LIVE WELL, LEARN WELL: PERSONAL TRAINING PREP COURSE
Date: September 13 - November 1; 12:15 - 1:15pm
Location: SRC Suite
This 8 week comprehensive training program will help you learn the fundamentals of exercise science, exercise programming, program design, posture and assessment, liability and risk, behavior and communication, and basic nutrition. The prep course will help you prepare to take a national personal training certification at the end of the 8 weeks.

*Please note this course is designed to help you prepare and review to take a personal training certification. We will introduce basic fitness and wellness/exercise science related principles in addition to programming components. Once you decide which certification is best for you, we recommend you review the material and study guides specific to that certification in order become familiar with their content.

MILITARY WELLNESS
Date: Throughout Semester
Location: SRC
ODU Recreation and Wellness and Military Connection are teaming up to offer a fitness & wellness program for students who are currently serving in the military or student veterans. Through this program, those participants are eligible to participate in free drop in gym times in the Student Recreation Center Monarch Training Zone or sign up for free personal training sessions (limited on a first come, first served basis) and small group training. To learn more about the program or sign up e-mail Lauren Mayes, Coordinator for Fitness & Wellness at lrmayes@odu.edu or Tamara Morgan, Assistant Director of Fitness & Wellness at tmorgan@odu.edu.

POP UP HEALTH HUTS
Date: Throughout Semester
Location: Around Campus
Take a break throughout your day and join us for a pop up health hut! Pop up health huts are located at different places throughout the campus either during lunch time or scheduled as an afternoon wellness break. Topics change monthly but can include smoking cessation, baseline body measurements, healthy eating, and workout ideas. For a complete schedule or to request a particular topic to be covered, please e-mail Tamara Morgan, Assistant Director of Fitness & Wellness at tmorgan@odu.edu.

MONARCH EXPERIENCE: GROUP EX INSTRUCTOR TRAINING PROGRAM
Date: September 10 - November 11
Location: SRC Suite
Join a group of first year students interested in the world of group exercise. You will learn about different group exercise formats that are offered today and get inspired to motivate others into fitness. We will take you through a boot camp style training course, teaching you about group exercise, providing you choreography and prepare you to take the NETA Primary Group Exercise Instructor Certification, offered at the end of the program. Pass the certification and you are well on your way to work at the ODU Student Recreation Center as a Group Exercise Instructor. NOTE: Participating in the overall program does not guarantee a SRC Group Exercise Instructor Position, however you are guaranteed an interview Program Launch: Saturday/Sunday, September 10th & 11th 9am-4pm. For more information contact Meghan Flanagan, GA of Group Exercise & Instructional Programming at mflanagan@odu.edu.

SMALL GROUP TRAINING
Date: Session 1: September 12 - October 21
Session 2: October 31 - December 9
Location: SRC
Want to explore a new dimension of fitness by merging Group Fitness with Personal Training? Our Small Group Training classes focus on a specialized format, individualized progression and skill development. Formats include: TRX Boot Camp, MMA Conditioning, Boxing 101, Yoga Inversions, VIPR Boot Camp, and Unwind Your Mind & Body Series. Stop by the Guest and Membership Services or contact Lauren Mayes, Coordinator for Fitness and Wellness, lrmayes@odu.edu.

FITNESS & WELLNESS CERTIFICATIONS
*NETA Cycle Certification:
  Date: Saturday, September 17 from 8am-5pm
  Fee: Student $119 Member/Non-Member $169
  Register at www.NETA.com
*NETA Tabatta & HIIT Certification:
  Date: Sunday, September 18 from 8am-5pm
  Fee: Student $89 Member/Non-Member $119
  Register at www.NETA.com
*NETA Personal Training Certification:
  Date: Saturday/Sunday, November 12 & 13, 8am-5pm
  Fee: Student $399 Member/Non-Member $499
  Register at www.NETA.com
*NETA Primary Group Exercise Certification:
  Date: Saturday, November 19 from 8am-5pm
  Fee: Student $199 Member/Non-Member $299
  Register at www.NETA.com
*NETA Cycle 360 Certification:
  Date: Sunday, November 20 from 8am-5pm
  Fee: Student $59 Member/Non-Member $119
  Register at www.NETA.com

Please contact Tamara Morgan at tmorgan@odu.edu for more information and student discount opportunity.
**POWER**

POWER is a program designed to provide accessible and adapted recreational opportunities to students, faculty, and staff at ODU. Anyone who has any special health conditions (i.e. heart disease, osteoporosis, arthritis, diabetes, and any physical and sensory limitations, post-rehabilitation or any individual concerns for request.) In order to participate, you must turn in a medical clearance from a doctor. Participants are then evaluated and individualized programs are designed based on the initial assessment. Instructors provide assistance, supervision, and progression of exercise sessions for each participant. Stop by Guest and Membership Services to complete a POWER medical clearance form or contact Lauren Mayes, Coordinator for Fitness and Wellness at lrmayes@odu.edu.
MEMBERSHIP

AQUATICS

FITNESS & WELLNESS

INTRAMURALS

OUTDOOR ADVENTURE PROGRAM

SPORT CLUBS

SPECIAL EVENTS

OLD DOMINION UNIVERSITY

RECREATION & WELLNESS

2016 Fall Program Guide

SPECIAL PROGRAMS & EVENTS

MONARCH WELCOME

REC FEST
Date: August 27; 4 - 8pm
Location: SRC.
Rec and Wellness in collaboration with the Student Activities Council (SAC) invites you to participate in a fun filled carnival block party experience! Learn what recreation has to offer to your Old Dominion University experience while enjoying carnival themed food, performances and activities. Come energized and ready to play!

6 IN 6
Date: August 27 - October 9
Research states that participating in recreation has a positive impact on academic performance and social skills. ODU Recreation & Wellness is excited to introduce you to the wonderful world of recreation by challenging you to engage in six recreation programs between August 27 and October 9, 2016. Participate in at least six programs (one program a week) and receive your 6 in 6 tshirt and earn your opportunity to win great prizes like a Fitbit, Beats Headphones, ODU Gear pack and more! Participate in more than one program a week for six weeks and increase your chances of winning. Each program participation gives you an additional entry into the prize drawing. For more information about the program visit Member and Guest Services.

MONARCH EXPERIENCE:

FRESHMAN FIT TEAM
Date: September 13 - November 15
Location: MAC Court
Freshman Fit Team: Join a group of first year students as you select from a multitude of wellness activities including customized workouts, nutritional taste-testing, wellness strategies for a balanced life, and tons of fun!

ROYAL COURT

HOMECOMING

BASKETBALL TOURNAMENT
Date: September 21; 6 - 9pm
Location: SRC Courts 1 & 2
The tournament will be held on Wednesday September 21, 2016 on Courts 1 & 2 of the SRC. The games will be 3-on-3 with a 15 minute time limit. First team to 15 or whoever is leading at the time limit, wins.

BATTLESHIP
Date: November 18; 6:30 - 9:30pm
Location: JC Scrapp Chandler Pool
You've sunk my Battleship! Teams of 3 players will board their canoe with 1 paddle, 2 buckets, and a shield. Groups of 5 teams will paddle around the pool and throw water into their opponents "battleship" to sink them. This program is run as an "open" league, meaning female and male participants can play with and against each other.

NIGHT AT THE BARRE
Date: October 20; 5:00 - 7:00pm
Location: SRC Studio C
Come join us in a night of fun at the barre in the SRC! We will have mocktail and hors d'oeuvres to celebrate at the barre with friends! Barre is a total body workout that combines Pilates, Yoga, and Ballet moves to give you beautiful, sculpted, lean muscles, without the impact and injuries some dancers endure. It demands focus that you reclaim as you go through your workout, armed to face the rest of your day calmly, confidently, and health-fully. All participants will receive fun incentives for participating. Contact Tamara Morgan, Assistant Director of Fitness & Wellness for more information at tmorgan@odu.edu.

ROCK CLIMBING

COMPETITION
Date: Saturday, November 19; 11am - 3pm
9th Annual Eastern Edge Climbing Competition
Compete with 4 other schools in the Eastern Edge climbing series. The event is open to all ability levels.

GOBLIN'S GHOULS AND GRI GRI'S
Date: Thursday, October 27; 7 - 10pm
Come to the indoor climbing wall for our annual fall costume climbing contest! This is a free event. Climbing courses will be specific and plenty of candy will be available.

DIVE IN MOVIE
September 2; 9 - 11pm
Movie: TBA
Finish off Week of Welcome with a Dive in Movie at the JC Scrapp Chandler Pool. Float around with your friends while watching a movie on the big screen!