# RECREATION & WELLNESS

2016 Fall Program Guide





FITNESS & WELLNESS

INTRAMURALS

OUTDOOR ADVENTURE PROGRAM

SPORT CLUBS

## MEMBERSHIP RATES

#### **ODU Students: Semester**

Students	Semester
Full-fee paying enrolled students  – Included in student fees – NO ADDITIONAL COST	N/A
Student Plus One (spouse, partner, dependent)*	\$80
EVMS Student	\$80
ELC Student	\$80

### Faculty/Staff: Monthly\*\*

Faculty/Staff	Category 1	Category 2	Category 3
Employee Only	\$10	\$15	\$20
Employee +1*	\$20	\$30	\$40

### **Faculty/Staff: Semester**

Faculty/Staff	Category 1	Category 2	Category 3
Employee Only	\$40	\$60	\$80
Employee +1*	\$80	\$120	\$160

#### Faculty/Staff Annual

Faculty/Staff	Category 1	Category 2	Category 3
Employee Only	\$110	\$165	\$220
Employee +1*	\$220	\$330	\$440

#### **Community**

Community	Monthly	Semester	Annual
Individual	\$35	\$140	\$385

#### **ODU Affiliates**

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ODU Alumni	Monthly	Semester	Annual
- Retirees/Alumni - Emeriti - University Friends	\$22	\$88	\$242

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

Faculty/Staff Pay Ranges Category 1: \$0 - \$29,999 + all hourly Catergory 2: \$30,000 - \$59,999 Catergory 3: \$60,000+

> \* +1 members must be 18 years or older in order to be issued a membership.

\*\* All memberships are paid monthly via auto-draft or payroll deduction. Payroll deduction is only available to qualified ODU employees.

#### **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.

Live Well, Learn Well

#### **BENEFITS**

- 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

## **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.

Day Pass: \$7

### **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 expiration date. All items not removed will be removed by the SRC and kept for a maximum of 30 days.

## **FACILITY RULES & REGULATIONS**

- A valid biometric scan or identification card must be presented each Proper hygiene is encouraged to prevent the spread of bacteria time you enter the facilities
- Scheduled events may take precedence over Informal Recreation
- Athletic shoes (Sneakers) must be worn at all times. Waffle-soled and hard-soled shoes are not allowed. No flip-flops, sandals, crocs, or house-shoes are to be worn on the court or in the facility. Flip-flops, sandals and crocs are permitted in pool area only
- Play may be limited to one-half hour if others are waiting to get on a
- Equipment may be checked out by providing your UIN number to the Pro Shop personnel
- Old Dominion University assumes no responsibility for lost or stolen personal items brought into the SRC

- 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

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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 Sunday, November 6; 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**

Date: Friday, September 9 - Sunday, September 11

Check with the Women's Center for more info!

## **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

# **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 25

# **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 a 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 Reeds 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**

event is open to all ability levels.

Date: Saturday, November 19; 11am - 3pm 9th Annual Eastern Edge Climbing Competition Compete with 4 other schools in the Eastern Edge climbing series. The

# **WOMEN'S CLIMB NIGHTS**

Date: First Thursdays, Sept - Nov; 4pm - 7pm Women's Climb Nights at the SRC wall.

CLICK for more













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# SPECIAL EVENTS

# 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 m1flanag@odu.edu.

## **NUTRITION CORNER**

Date: Wednesdays,

September 7 - December 7; 12:30 - 1:30pm Each week throughout the semester the campus Dietitian, Tracy Conder, will be in the Lobby of the SRC providing information on a nutritional topic of the week. She will also be available to speak individually to students that have questions regarding nutrition. Make sure to drop by! For more information contact Tracy Conder, RD at tconder@odu.edu.

# MONARCH EXPERIENCE: FRESHMAN FIT TEAM

Date: September 13 - November 15 Location: SRC 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! Everyone participating receives their very own Freshman Fit Team T-shirt "Class of 2020"! Complete the Freshman Fit Team Challenge and receive your very own FitBit! The FitBit tracks a variety of activities such as workouts, sleep, calories, and more! The Fit Team is led by a Fit Team Coach, providing you guidance and motivation along your journey! Sign-up on Monarch Link Today!

\*Freshman Fit Team Kick Off: Tuesday, September 13th

at 12:15pm at the SRC MAC Court!
\*Freshman Fit Team Challenge Celebration: Tuesday,
November 15th at 12:15pm at the SRC MAC Court!

## **WELLNESS WORKSHOPS**

Date: Thursday, September 15; 12:15 - 1:15pm Thursday, November 17, 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

CLICK for more

#### **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/1Z4kWA3OlREahtqjurus9e6u50mqwHw\_\_-KVLKN46gL4/viewform?c=0&w=1&usp=mail\_form\_link

## TRAINER TUESDAYS

Date: September 20; 12:15-1:15pm

October 18; 5:30-6:30pm November 15; 12:15-1:15pm December 6; 5:30-6:30pm

**Location: Varies by workshop** 

Join a Certified Personal Trainer once a month to learn about a new fitness topic or trend. This is a great opportunity to learn new workouts, stretches, techniques and meet the trainers on staff. Trainers and topics will rotate monthly. For more information about classes, locations, or registering, contact Lauren Mayes at lrmayes@odu.edu.

## **FOOD & FITNESS**

Dates: 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 to 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 6; 12:30-1:30pm October 20; 5:30-6:30pm November 3; 12:30-1:30pm November 1; 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 m1flanag@odu.edu.

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SPORT CLUBS

# CLUB SEASON: September - December

## SPORT CLUB STAFF – sportclubs@odu.edu

- Jean Holt, Assistant Director, jholt@odu.edu
- Zach Twitchell, Graduate Assistant, ztwitche@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

## **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, enchanced 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.

\*Must be an ODU student to participate in Sport Clubs

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## **POOL HOURS**

Monday - Friday:

8 am - 1pm

12pm - 6pm

Sunday:

5pm - 11pm

Friday:

12pm - 1pm

(Womens Only)

5pm - 9pm

1pm - 8pm

# 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; 5:00-5:30pm

#### **Session 2:**

October 17 - November 4: Mondays and Fridays; 5:00- 5:30pm

#### Session 3:

November 7 - November 28: Mondays and Fridays; 5:00- 5:30pm

Cost: Student- \$30; Member- \$35; Non-Member Cost - \$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, 9/20/16, 9/29/16, 10/3/16, 10/18/16, 10/27/16, 11/1/16, 11/16/16, 11/29/16, 12/5/16

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 (ex. 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 - 6:05pm

#### **Session 2:**

October 17 - November 4: Monday and Friday; 5:35 - 6:05pm

#### **Session 3:**

November 7 - November 28: Monday and Friday; 5:35 - 6:05pm

## ADULT SWIM LESSONS: BEGINNER

This American Red Cross course is for individuals 18 years and up and 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 - 9pm Session 2:

October 5 - October 26: Wednesdays; 8:15 - 9pm
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 - 11pm**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 - 11pm

#### Saturday: 8am - 6pm Sunday: 8am - 12pm

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 fail

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

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# TEAM TOURNAMENTS

# RESIDENCE HALL FLAG FOOTBALL TOURNAMENT

Date: September 10 -11; 2 - 5pm
Location: Powhatan Sports Complex
The Residence Hall Flag Football Tournament is a two
day tournament that is open to all students that live on
campus. Teams will compete in 8v8 Co-Rec Flag Football.
Each team must have 4 females and 4 males. Each team
will represent a residence hall or floor. The league will be
Co-Rec for all participants. Teams must be comprised of
players from the same residence hall.

# ROYAL COURT HOMECOMING BASKETBALL TOURNAMENT

Date: September 21; 6 - 9pm Location: SRC Courts 1 & 2

The games will be 3v3 with a 15 minute time limit. First team to 15 or whoever is leading at the time limit, wins. Starting this year, we will be having a Women's Division. Champions of each division will receive prizes.

# WOMENS FLAG FOOTBALL TOURNAMENT

Date: October 12 - 13; Tuesday 7 - 11pm & Thursday 7 - 9pm

Location: Powhatan Field B & SRC Field
The Women's Flag Football Tournament (formerly known as Powderpuff) will take place on two nights during Homecoming Week. Tournament play will begin on Tuesday night and the Championship Round will be played on Thursday.

# HOLIDAY BASKETBALL TOURNAMENT

Date: November 20 - December 8; 7 - 11pm Location: SRC Courts 2 & 3

Celebrate the holiday season by playing the 5 v 5 Holiday Basketball Tournament. Teams will play in a tournament format to determine a champion for the fall semester. Spots will be limited, so sign up early. Men's, Women's, and Co-Rec Brackets will be offered.

#### **BADMINTON TOURNAMENT**

Date: November 21 - 22; 7 - 9pm Location: Racquetball Courts This double elimination tournament will take place over 2 days on Court 3 at the SRC.

# DODGEBALL TOURNAMENT

Date: December 6 - 8; 6:30 - 11:30pm Location: SRC MAC Gym

A wise man once said,

"If you can dodge a wrench, you can dodge a ball."

Come show ODU's campus that you've got the best arm, or the best dodging skills at the original playground game. League play will be "open".

# FIFA 2017 XBOX

Date: October 3 - 6; 4 - 6:30pm Location: Racquetball Court 1

**TOURNAMENT** 

This one week tournament will challenge the best ODU has to offer on an Xbox One in the newest version of FIFA.

Each player will compete in a single elimination tournament.

The winner will take home a copy of the game and knowing they're the best on campus.

## MADDEN 2017 XBOX TOURNAMENT

Date: September 12 - 15; 4 - 6:30pm

Location: Racquetball Court 1

This one week tournament will challenge the best ODU has to offer on an Xbox One in the newest version of Madden. Each player will compete in a single elimination tournament with the winner taking home a copy of the game and knowing they're the best on campus.

# TABLE TENNIS TOURNAMENT

**Date: November 8 - 10; 6 - 8pm** 

**Location: Racquetball Courts** 

This double elimination tournament requires coordination and quick hands. Do you have what it takes to be the table tennis champion? Games will take place in the racquetball courts at the SRC.

# INTRAMURAL ONLINE REGISTRATION PROCEDURES:

Intramurals Registration will be online at www.imleagues.com/odu. All participants must create an account. Teams must select their play time on a first-come, first-serve basis, as leagues and tournaments have limited space.

#### **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.

#### **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.

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# **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. 7-11pm, Sunday-Thursday and 4-7pm 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 7-11:30pm. 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 7-11pm. 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 - 9:30pm 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. The tournament will take place all in one night.

#### **BUBBLE SOCCER**

Date: September 16; 5 - 9pm 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!

# RECREATION & WELLNESS

2016 Fall Program Guide





FITNESS & WELLNESS



OUTDOOR ADVENTURE PROGRAM

SPORT CLUBS

## **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

#### WATER SPORTS

#### CAMPING/BACKPACKING

Stand Up Paddleboard (w/Paddle &	\$8	2 Person Tent	\$4
PFD)		3 Person Tent	<b>\$</b> 5
Sit-on-top Kayak (w/Paddle & PFD) Kayak Paddle Canoe (w/Paddle & PFD) Canoe Paddle PFD Dry Bag Kayak/Canoe Carrier Boat Dolly	\$1 \$8 \$1 \$1 \$1 \$3 \$1 \$8	4 Person Tent 6 Person Tent 0 Degree Sleeping Bag 20 Degree Sleeping Bag 45 Degree Sleeping Bag Foam Sleeping Pad Daypack (no internal frame) 5600/5000 cb.in. Internal Frame Packs	\$6 \$7 \$4 \$3 \$3 \$2 \$2 \$4
Surfboard w/fins Wetsuit  COOKING EQUIPMEN	\$8	Lantern Compass CYCLING	\$2 \$1
Cooler Cook Kit Utensils Coleman 2 Burner Stove	\$2 \$1 \$1 \$3	Bike Lock Mountain Bike (w/lock & helmet) Helmet Bike Share Bike	\$1 \$4 \$1 FREE

# 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).

### **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, lubes, 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.

## **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.

### **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 chainsm and the day-to-day maintenance of riding. Available upon request.

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## 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 <code>lrmayes@odu.edu</code>

**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 at tmorgan@odu.edu.

Cost:

 Student:
 Member:

 30 min. = \$28
 30 min. = \$35

 60 min. = \$45
 60 min. = \$55

 30 min. 6 pk = \$168
 30 min. 6 pk = \$210

 60 min. 6 pk = \$270
 60 min. 6 pk = \$330

#### **CROSSFIT ODU**

# **Location: SRC Monarch Training Zone-First Floor**

Crossfit defines its workouts as "constantly varied, high intensity, functional movement," All workouts can be scaled to any body, age, and level of fitness - everyone is welcome. ODU Crossfit Coaches will assist you to achieve your best workout while you participate with other group members and provide motivation for each other! All classes are free to Rec & Well members. Classes are limited to 10 members on a first come, first serve basis. For more information contact Lauren Mayes, Coordinator for Fitness and Wellness at lrmayes@odu.esu.

# 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 Irmayes@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 m1flanag@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.

Cost 6 Week Session: Student= \$25 Member= \$30

# LIVE WELL, LEARN WELL: HEALTHY MONARCHS

Date: September 16 - December 2; 2 - 3pm Location: SRC Suite & Online

This 11 week program is based on the CDC Diabetes Prevention Program curriculum and is led by a certified Wellness Coach and our very own Campus Dietitian. Join a group of individuals looking to make healthy lifestyle changes and prevent diabetes. We will introduce topics that will encourage participants to explore healthy eating, physical activity, and making behavior modifications to develop a healthier lifestyle. This program can also be provided to you remotely. Please contact Tamara Morgan, Assistant Director of Fitness & Wellness at tmorgan@odu.edu, for more information.

# FITNESS & WELLNESS CERTIFICATIONS

Date: See Below; 8am - 5pm Location: SRC

\*NETA Cycle Certification: Saturday, September 17 from 8am-5pm Fee: Student \$149 Member/Non-Member \$169

Register at www.NETA.com
\*NETA Tabatta & HIIT Certification:

Sunday, September 18 from 8am-5pm Fee: Student \$89 Member/Non-Member \$119

Register at www.NETA.com

\*NETA Personal Training Certification: Saturday/Sunday, November 12 & 13, 8am-5pm

Fee: Student \$399 Member/Non-Member \$499 Register at www.NETA.com

\*NETA Primary Group Exercise Certification: Saturday, November 19 from 8am-5pm

Fee: Student \$199 Member/Non-Member \$299

Register at www.NETA.com \*NETA Cycle 360 Certification:

Sunday, November 20 from 8am-5pm; Fee: Student \$89 Member/Non-Member \$119

Register at www.NETA.com

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

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# ODU EMPLOYEE WELLNESS

This program is available to all ODU Faculty and Staff and has been designed to enhance the quality of life and work productivity of ODU employees. Our goal is to provide a supportive environment that encourages employees to adopt healthy behaviors and positive lifestyle changes.

#### **WELLNESS OPPORTUNITIES:**

Blood Pressure and Body Composition Screenings
Incentive Programs
Activity Breaks at the Perry Library
Faculty/Staff Group Exercise Classes at the SRC\*
Walking Groups
Wellness Coaching
Wellness Institute Risk Management Programming

All programs and services are based on a first come, first served basis. If you are interested in getting your department started or would like more information about the Employee Wellness Program contact:

Tamara Morgan, Assistant Director of Fitness & Wellness, tmorgan@odu.edu or Lauren Mayes, Coordinator of Fitness & Wellness, lrmayes@odu.edu

ODU Recreation & Wellness
4700 Powhatan Ave., Suite 1207
Norfolk, VA 23529-0200
P: 757-683-3384 F: 757-683-3386
www.odu.edu/recsports
Division of Student Engagement
and Enrollment services

## VIRTUAL WELLNESS COACHING

Have you lost your motivation to eat healthy or to exercise regularly? Are you feeling stressed and need assistance coping? We can help! Our Wellness Coaching program provides you with 12 coaching sessions with one of our certified wellness coaches who will assist in developing a personalized plan that evolves throughout the program as wellness goals are met and new goals are identified. Our coaching sessions are now available online to provide a more convenient option. For more information or to schedule an appointment, contact Tamara Morgan, Assistant Director of Fitness & Wellness at tmorgan@odu.edu.

### **REC & WELL TREK**

Rec & Well Trek is a free program offered to SRC members that is designed to equip the participant with the basic knowledge needed to begin their journey to a healthier lifestyle. The program consist of an initial assessment with one our Fitness specialists that will assess your current level of fitness and body composition, followed by setup of the ActivTrax online fitness tracking system. You will have access to print off your daily, weekly, preprogrammed workouts on site or your own mobile device. There are many tracking tools including a nutrition component that will help you track your path to fitness and wellness. For more information stop by the Fitness Assessment office or Guest and Membership Services in the SRC. For more information contact Tamara Morgan at tmorgan@odu.edu.

#### **POWER**

P.O.W.E.R. 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.

# RECREATION & WELLNESS

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OUTDOOR ADVENTURE PROGRAM

# SPECIAL PROGRAMS & EVENTS

# **MONARCH WELCOME REC FEST**

**Date: August 27; 4 - 8pm Location: SRC** 

Recreation 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 recieve 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! **Everyone participating receives their very own Freshman** Fit Team T-shirt "Class of 2020"! Complete the Freshman Fit Team Challenge and receive your very own FitBit! The FitBit tracks a variety of activities such as workouts, sleep, calories, and more! The Fit Team is led by a Fit Team Mentors who have completed the 2015 Fall Challenge, providing you guidance and motivation along your journey! Sign-up on Monarch Link Today! Freshman Fit Team Kick Off: Tuesday, September 13th at 12:15p at the SRC MAC Court!

Freshman Fit Team Challenge Celebration: Tuesday, November 15th at 12:15pm at the SRC MAC Court!

#### **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 barr in the SRC! We will have mocktail and hors d'oeuvers 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 injures 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** informatoin at tmorgan@odu.edu.

# **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.

Starting this year, we will be having a Women's Division. Champions of each division will receive prizes.

#### **BATTLESHIP**

place all in one night.

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. The tournament will take

### **BUBBLE SOCCER**

Date: September 16; 5 - 9pm

**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 bump in the spirit of fun!

## **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!