SOUTHWEST RECREATION CENTER
MONDAY - FRIDAY: 6 - 1 a.m.
SATURDAY & SUNDAY: 10 a.m. - 10 p.m.

STUDENT RECREATION & FITNESS CENTER
MONDAY - FRIDAY: 7 a.m. - MIDNIGHT
SATURDAY & SUNDAY: 10 a.m. - 10 p.m.

BROWARD OUTDOOR RECREATION COMPLEX
MONDAY - FRIDAY: 4 - 11 p.m.
SATURDAY & SUNDAY: 2 - 10 p.m.

SWRC HOME FOOTBALL GAME DAY HOURS
NOON KICK OFF: 8 - 10 a.m.
ALL OTHER TIMES: 10 a.m. - 2 HOURS BEFORE KICKOFF
SRFC & BORC: CLOSED

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There’s no place like home.

At The Laurels, you’re only 3 heel-clicks away from:
- Your own personal washer & dryer
- The community gym and pool
- UF’s Campus and Southwest Rec
- An RTS bus route
- Interstate-75
- Butler Plaza shopping and restaurants
- The Oaks Mall
- Downtown restaurants and nightlife
- The Post Office and grocery shopping

There’s no place like home.

Scan to View Daily Facility Hours

*Discount not valid with any other promotion or concession.

352.335.4455
4455 SW 34th Street
TheLaurelsUF.com

Click your heels & visit today!
MEMBERSHIP FEES

<table>
<thead>
<tr>
<th>STUDENTS</th>
<th>CLASSIFICATION</th>
<th>SUMMER A OR B</th>
<th>FALL, SPRING OR SUMMER C</th>
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*The Weekend Membership allows for access to the recreation centers on Saturdays and Sundays for 12 months from the date the membership is purchased. Appropriate taxes will be added to the above fees. Membership Services office accepts cash, check or credit card (Mastercard, Visa or American Express).

Q&A WITH DIRECTOR DAVID BOWLES

HOW LONG HAVE YOU BEEN WORKING AT UF?
22 years

WHAT ARE YOUR PRIMARY DUTIES?
To provide recreation and fitness opportunities to the University of Florida students and also to develop the vision for future RecSports programs, services and facilities.

WHAT IS THE FUTURE OF RECSPORTS?
To continue to use new technologies to better serve our students in the most efficient way possible.

WHAT ROLE DO YOU SEE RECSPORTS SERVING IN THE UNIVERSITY STUDENT EXPERIENCE?
Providing students the opportunity to gain the knowledge and motivation to be active throughout their lives and to develop leaders through volunteer and employment opportunities. RecSports also contributes to the student experience by connecting students to healthy endeavors.

SPORT CLUBS

The Sport Clubs program offers 39 different clubs. Sport Clubs are competitive in nature and provide an opportunity for participation, skill development and leadership. Teams compete against other universities both regionally and nationally. All skill levels are encouraged to join. If you are interested in becoming a part of the Sport Clubs programs, visit the Sport Clubs page at recsports.ufl.edu for more information.

CLUB LISTING

<table>
<thead>
<tr>
<th>BASEBALL</th>
<th>KENDO</th>
<th>SYNCHRONIZED SWIMMING</th>
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<tr>
<td>BOWLING</td>
<td>LACROSSE (M, W)</td>
<td>TABLE TENNIS</td>
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<tr>
<td>COMPETITIVE CHEERLEADING</td>
<td>RACQUETBALL</td>
<td>TAEKWONDO</td>
</tr>
<tr>
<td>CREW</td>
<td>ROCK CLIMBING</td>
<td>TENNIS</td>
</tr>
<tr>
<td>CRICKET</td>
<td>ROLLER HOCKEY</td>
<td>TRIGATORS</td>
</tr>
<tr>
<td>CUONG NHU</td>
<td>RUGBY (M, W)</td>
<td>ULTIMATE FRISBEE (M, W)</td>
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<tr>
<td>CYCLING</td>
<td>SAILING</td>
<td>UNDERWATER HOCKEY</td>
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<td>EQUESTRIAN</td>
<td>SKIMBOARDING</td>
<td>VOLLEYBALL (M, W)</td>
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<td>FENCING</td>
<td>SOCCER (M, W)</td>
<td>WAKEBOARD</td>
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<td>HANDBALL</td>
<td>SOFTBALL</td>
<td>WATER POLO (M, W)</td>
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<tr>
<td>ICE HOCKEY</td>
<td>SURFING</td>
<td>WRESTLING</td>
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</table>
2011 Sport Clubs Awards Banquet Winners

Male Athlete of the Year:
Mark Koski • Wrestling
Mark is a 2-time All-American who placed third at nationals in 2011 and fifth in 2009. Mark is also former president of the club and helps new wrestlers learn the basics while honing his own skill.

Female Athlete of the Year:
Alceste Laurenti • Synchronized Swimming
Alceste is a 4-year All-American club swimmer who has qualified for the Collegiate National Synchronized Swimming Championships all four years. She was one of 30 swimmers nationwide invited to train for the 2011 U.S. National Team.

Club of the Year:
Equestrian
The Equestrian club hosted the Dressage Nationals in April for the first time since 2007. They also volunteered with horse-related charities and raised over $17,000.

Outstanding Athletic Achievement:
Men’s Ultimate

Award Recipient

<table>
<thead>
<tr>
<th>Award</th>
<th>Recipient</th>
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<tbody>
<tr>
<td>Most Improved Club</td>
<td>Cricket</td>
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<tr>
<td>Best Fundraising</td>
<td>Bowling</td>
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<td>Best Community Service</td>
<td>Equestrian</td>
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<td>Best Special Event</td>
<td>Sailing</td>
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<tr>
<td>Executive Board of the Year</td>
<td>Cricket</td>
</tr>
<tr>
<td>Most Improved Athlete</td>
<td>Marshall Brock (Men’s Volleyball)</td>
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<tr>
<td>Scholar Athlete</td>
<td>Bryan Brown (Wrestling)</td>
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<tr>
<td>Most Dedicated</td>
<td>Peyton Love (Equestrian)</td>
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<tr>
<td>Coach of the Year</td>
<td>Katie &amp; Tim Larson (Women’s Water Polo)</td>
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<tr>
<td>Rookies of the Year</td>
<td>Julie Gould (Women’s Rugby)</td>
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</tbody>
</table>

Trigators
Trigators is a high-intensity sport club that engages athletes of all skill levels in running, swimming, and cycling. The club is home to the overall female champion of the 2011 Collegiate Nationals, Katie Shiver, who helped lead the team to 20th place overall in a competition that featured over 120 schools. Earlier in the season, Craig Dixon and Joe Sagues placed first and second, respectively, at the Sand Key Triathlon, beating over 420 athletes of all ages. In the Sun Coast Triathlon, Dominic Beale finished second in the men’s collegiate category and 12th overall out of 800 competitors. The club practices multiple days a week at the Florida Pool, Percy Beard Track and organizes runs through campus. Visit trigators.com for information regarding workouts and meetings. All practices are appropriate for any skill level.

Crew
The University of Florida is home to a Crew club that welcomes rowers of all skill levels to come out to practice on Newnan’s Lake and compete on a local and national level. In the 2010-11 season, the women’s varsity 8+ team placed third in the grand final at the Southern Intercollegiate Rowing Association Championship Regatta, marking the first time a team from UF has medaled in this event. They beat 17 other boats and scholarship athletes from schools around the region. The men’s novice 8+ team also competed at the national level this past season, racing in the grand finals at both the Dad Vail Regatta in Philadelphia and at the American Collegiate Rowing Association (ACRA) Championship Regatta. The team’s outstanding performance in competition led to Will Maxwell, Xandra Kras, Cristina Casler and Haley Wilson being named to the ACRA All-South Regional Team. The women’s varsity 8+ team also placed first at the Head of the South Regatta and the Rollins Spring Break Race, while the men’s and women’s novice 8 teams both won the John Hunter Regatta. For more information on how you can join this club, visit ufcrew.com.

Tennis
The University of Florida Tennis club not only excels on the courts, but off the courts as well. This past year the women’s team placed first in every tournament and the men placed either first or second. These tournaments included winning the USTA Florida Campus Championships for the third straight year, receiving first place at the Sectional Tournament in Florida for the fourth year in a row, winning the USF Tournament, FSU Capital Challenge and finishing in second place out of 64 club tennis teams from around the country at the USTA Tennis on Campus National Championships in Cary, North Carolina. The women placed first and the men placed second at both the Knights Cup and the Dirty Bird Classic. In addition to the outstanding winning record the club has achieved, they have also been recognized for numerous community service projects. This past year they participated in Stomp the Swamp which helped raise money for Autism and the Hustle for Humanity service project, which was a 3K and 6K run where two Tennis club members, Abby Lindsey and Philip Richter, placed second in the 3K run. The club welcomes new members of all skill levels. Visit the club’s Website at recsports.ufl.edu for information regarding practices and home events
AQUATICS

Recreational swimming provides the opportunity to relax while enjoying a low-impact, full-body workout. RecSports offers recreational swimming indoors at the Stephen C. O’Connell Center Pool on the lower level between Gates 2 and 3 and outdoors at the Florida Pool located behind the Student Recreation and Fitness Center. There are two pools located at single student residence halls: Broward Pool between Broward and Yulee Halls and Graham Pool between Graham and Trusler Halls.

Visit recsports.ufl.edu for pool hours and cancellations.

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**POOL HOURS**

**FLORIDA POOL**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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<tbody>
<tr>
<td>MONDAY - THURSDAY</td>
<td>7 a.m. - 8 a.m.</td>
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<tr>
<td>MONDAY - FRIDAY</td>
<td>NOON - 5:45 p.m.</td>
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<tr>
<td>SATURDAY</td>
<td>NOON - 6:45 p.m.</td>
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<td>SUNDAY</td>
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**O’CONNELL CENTER POOL**

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**BROWARD & GRAHAM POOLS**

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<tr>
<td>SATURDAY &amp; SUNDAY</td>
<td>1 - 7 p.m.</td>
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**GUEST POLICY**

**FLORIDA POOL AND O’CONNELL CENTER POOL**

Guests must be accompanied by a sponsoring Gator 1 Cardholder. Sponsors are limited to one guest per day. Each guest is limited to one visit per semester per pool.

**BROWARD & GRAHAM POOLS**

Guests must be accompanied by a sponsoring Gator 1 Cardholder. Sponsors are limited to four guests per day. There is no limit to the number of guest visits.

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**ADULT SWIM CLASSES**

RecSports offers the Adult Learn to Swim class for non-swimmers and beginning swimmers. RecSports also offers the Stroke Development class for those who want to become a more efficient and stronger swimmer while learning new strokes and improving technique. Visit the Aquatics page at recsports.ufl.edu for more information.

**SWIM CLASS INSTRUCTION SCHEDULE**

**ADULT LEARN TO SWIM**

7 p.m., 7:30 p.m. OR 8 p.m.

**STROKE DEVELOPMENT**

8:30 p.m.

- Classes are Monday and Thursday nights at the Stephen C. O’Connell Center Pool
- Each class is 30 minutes long

**REGISTRATION**

E-mail aquatics@recsports.ufl.edu with the subject line titled Swimming Instruction by Thursday of the previous week. Please include desired time, date and class title. You will receive a confirmation e-mail by 3 p.m. on the Friday before the class. Space is limited.
The Group Fitness program at UF has a strong tradition of an extensive class schedule, variety of cutting-edge formats and exceptional instruction. Experience an intense cardiovascular workout with Stadium Conditioning, the stress relief of Hatha Yoga or the international rhythms of Zumba. Visit the Group Fitness page at recsports.ufl.edu to read complete class descriptions and view the class schedule. Classes are offered at the Student Recreation and Fitness Center and the Southwest Recreation Center.

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**FLORIDA FITNESS**

Florida Fitness prides itself on six elements of fitness: Group Fitness, Massage Therapy, Small Group Training, Fitness Assessment, Strength & Conditioning and Personal Training.

---

**GROUP FITNESS**

---

**GATOR MAX CHALLENGE**

**SATURDAY, NOVEMBER 12**

11 a.m. - 1 p.m.   **SWRC COURTS 1-4**

Test your MAXIMUM strength, balance, conditioning, speed, agility and performance through a challenging set of exercises. Compete against other UF students to test your ultimate fitness ability.

---

**THRILLER NIGHT**

**TUESDAY, OCTOBER 25**

8 - 9:30 p.m.   **SWRC COURT 1**

Dress in your best Halloween costume and enjoy the music while learning dances to ‘Thriller’ and other Halloween themed songs.

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**FINALS WEEK YOGA**

**THURSDAY, DECEMBER 8**

**NOON - 6 p.m.   SRFC ACTIVITY ROOM 3**

De-stress with six continuous hours of yoga: guided relaxation class with continuous Hatha, Vinyasa and Gentle yoga. Drop in anytime to relax before an exam, de-stress after one or to enjoy a yoga experience.
**INTERVAL TRAINING**
Experience the effectiveness of interspersing bouts of near-maximum exertion with periods of lower intensity activity. Interval training is a great way to ramp up your typical cardio workout.

**MUSCLE CONFUSION & INTERVAL TRAINING**

**MUSCLE CONFUSION**
A fusion of packed class filled with the excitement of plyometric drills along with tough intervals of strength, power, resistance and core training moves. This class will always keep you guessing, you will never know what to expect.

**INTERVAL TRAINING**
Experience the effectiveness of interspersing bouts of near-maximum exertion with periods of lower intensity activity. Interval training is a great way to ramp up your typical cardio workout.

**HOW TO ADD THESE CLASSES TO YOUR FITNESS PROGRAM:**
Attend Muscle Confusion after a weight lifting session on an off-day to increase your body’s ability to burn fat and place yourself in a heightened anabolic state. Take Interval Training to challenge your body to work at a higher intensity. Your metabolism will be elevated and you will continue to build muscle for longer periods of time.

**Strength**

**BOSU® RESISTANCE**
A dynamic workout of resistance, muscular endurance, strength, balance and stability in this strength training class targeting major muscle groups. If you like that feel to body, you’ll love this balance challenging version.

**BURN**
Formatted for all levels, BURN will help you adapt, tone and burn in the lower you desire in this dynamic group setting. Burn calories without intense cardio while gaining lean muscle and increasing strength by targeting every muscle group.

**CORE (30)**
Sharpen your abdominal and lateral layers, boost endurance and core stability to improve tone appearance and function.

**MUSCLE CONFUSION**
An action packed class aimed at the excitement of plyometrics & drills along with tough intervals of strength, power, resistance and core training moves. No class will ever be the same, you will never know what to expect.

**TOTAL BODY**
A strength training class targeting major muscle groups using various equipment and body weight. Total Body ramping burns of cardio into movements intended to help tone all major muscles.

**Dance**

**HIP HOP HUSTLE™**
High-energy combination of easy to learn hip-hop dance moves, perfectly choreographed to high energy, and motivating music in the latest endurance trend for challenge. Hip Hop Hustle™ requires no previous dance experience.

**URBAN HIP HOP**
Inspired by moves off the streets, learn new dance studio that’s bound to impress while getting a fun workout.

**ZUMBA®**
A fusion of Latin and international music, ZUMBA® creates exciting and effective fitness through dance with Zumba® urban interval training and resistance training to maximize calorie output, fat burning and toning.

**Country Line Dance**
Chili your twine in a fun, energizing class Learn basic steps and choreographed line dancing moves while dancing to country music. Soft sided shoes only (no boots, hard soles, steel toes or black-bottomed shoes).

**Total Body**

**STEP & SCULPT**
Achieve a multi-purpose workout through the combination of step choreography and resistance training.

**BOSU® CONDITIONING**
Engage the core from bottom and build muscular endurance in this high intensity cardiovascular workout.

**INTERVAL TRAINING**
Experience the effectiveness of interspersing bouts of near-maximum exertion with periods of lower intensity activity. Interval training is a great way to ramp up your typical cardio workout.

**TURBO KICK®**
One of the hottest kickboxing classes around Turbo Kick® combines sports skills, athletic movements and hip-hop elements that will take your cardio workout to the next level.

**TURBO KICK® (75)**
Achieve all of the cardiovascular benefits of Turbo Kick® plus extra time to focus on a dance finale, leg work and core sculpting.

**Mind & Body**

**BOSU® PILATES**
Challenge your balance and core while you explore traditional and nontraditional Pilates exercises using the BOSU® Balance Trainer.

**MATHA YOGA**
This ‘yoga for health’ class will ease your mind and guide mental clarity toward strength, flexibility and relaxation. Breathing, postures and stress management will serve as the foundation in this centuries-old form of exercise.

**PILATES**
A real-based fitness Pilates class that emphasizes essential skills for proper execution of movements. Activate, isolate and stabilize deep core muscles while improving posture, flexibility, balance and overall body strength.

**ASHTANGA YOGA**
This called ‘high-level yoga’. Ashtanga focuses on cleansing the mind and body using the ujjayi breath and drishti gaze. The heat building series serves to purify the body, while the second series serves to cleanse the mind.

**POWER YOGA**
A more advanced energetic, flowing sequence of postures and poses. Breathing techniques move participants rapidly from one pose to another. Classes focus on body weight bearing exercises, toning stability and intermediate balance.

**VINYASA YOGA**
Vinyasa literally translates to ‘breath-synchronized movement’. Explore your inner landscape in its breadth and bodily work harmoniously as one.

**Cardio**

**STADIUM CONDITIONING**
The class utilizes the stairs, benches, ramps and strength exercises of Ben Hill Griffin stadium for an intense workout.

**OUTDOOR TRAINING**
An alternative to indoor fitness classes that incorporates a mixture of jogging, drill and fun activities to challenge your strength endurance and cardiovascular capabilities.

**COACHED SWIM**
Work closely with a swim coach to improve your technique and maximize your swimming strength. Coaches create workout programs to challenge multi-level swimmers from beginner to advanced Class meets at Florida Pool.

**Cycling**

**CYCLE (45) & (60)**
Ride your way through rolling hills, steep cliffs, flat speed and sprints to make the cardiorespiratory workout fly by.

**RIDE & RELAX (60)**
This 60 minute class takes you through inspiring formats, Cycling and Yoga. You will experience 45 minutes of intense cycling immediately followed by 15 minutes of relaxing Yoga.
**MASSAGE THERAPY**

The Massage Therapy program offers students and RecSports members a place to receive therapeutic bodywork at a reasonable price. Therapists on staff are licensed within their field of expertise. Several different types of massages are available, including Deep Tissue, Swedish, Orthopedic and Sports Massage.

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**SOUTHWEST RECREATION CENTER**

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<th>TIME</th>
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<th>ROOM</th>
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<td>POWER YOGA</td>
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<td>8:00 p.m.</td>
<td>SW 1</td>
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<tr>
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<tr>
<td>9:15 p.m.</td>
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<td>9:30 p.m.</td>
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<td>ZUMBA®</td>
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</tbody>
</table>

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**DEEP TISSUE**

Deep Tissue bodywork is applied with the intention of accessing the deeper layers of the body. Pressure is applied to resisting points in the body until the resistance is released. Deep Tissue Massage helps with chronic pain and injury rehabilitation.

---

**ORTHOPEDIC**

Orthopedic Massage involves therapeutic assessment, manipulation and movement of soft tissue to reduce pain and dysfunction. The focus is on restoring structural balance throughout the body by promoting both prevention and rehabilitation of musculoskeletal dysfunctions.

---

**SWEDISH**

Swedish Massage is a vigorous system of treatment designed to energize the body by stimulating circulation. The strokes, all flowing toward the heart, are used to manipulate the soft tissues of the body. Therapists use a combination of kneading, rolling, percussion and tapping movements, with the application of oil, reducing friction on the skin. Swedish Massage benefits include generalized relaxation, dissolution of scar tissue adhesions and improved circulation, which may speed healing and reduce swelling from injury.

---

**SPORTS**

Sports Massage is designed to enhance athletic performance and recovery. There are three contexts in which Sports Massage can be useful to an athlete: pre-event, post-event and injury treatment. Pre-event massage is delivered at the performance site to warm up the muscles. Post-event massage serves to calm the nervous system and begin the process of flushing toxins and waste products out of the body. Post-event massage can reduce recovery time, enabling an athlete to resume training much sooner than would otherwise be possible.

---

**MASSAGE TYPES**

**MASSAGE THERAPY**

The Massage Therapy program offers students and RecSports members a place to receive therapeutic bodywork at a reasonable price. Therapists on staff are licensed within their field of expertise. Several different types of massages are available, including Deep Tissue, Swedish, Orthopedic and Sports Massage.

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**STUDENT RECREATION & FITNESS CENTER**

<table>
<thead>
<tr>
<th>TIME</th>
<th>ROOM</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
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<tbody>
<tr>
<td>8:15 a.m.</td>
<td>IR 3</td>
<td>HATHA YOGA</td>
<td>VINYASA YOGA</td>
<td>HATHA YOGA</td>
<td>CYCLE (45)</td>
<td>HATHA YOGA</td>
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<td>11:30 a.m.</td>
<td>IR 2</td>
<td>TURBO KICK®</td>
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**PRICING**

**MASSAGE TYPE** | **STUDENT** | **MEMBER/GUEST**
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>30 MINUTES, ANY TYPE</td>
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<td>$35</td>
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<tr>
<td>1 HOUR SWEDISH</td>
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<tr>
<td>1 HOUR DEEP TISSUE</td>
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<td>$75</td>
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<tr>
<td>1 HOUR ORTHOPEDIC</td>
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<td>$75</td>
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<tr>
<td>1 HOUR SPORTS</td>
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<td>$60</td>
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**PACKAGE SESSIONS**

**STUDENT** | **MEMBER/GUEST**
<table>
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<tr>
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</thead>
<tbody>
<tr>
<td>3 (3) 1 HOUR SESSIONS*</td>
<td>$140</td>
</tr>
<tr>
<td>3 (3) 1 HOUR SESSIONS**</td>
<td>$225</td>
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<tr>
<td>(3) 30 MINUTE SESSIONS*</td>
<td>$180</td>
</tr>
<tr>
<td>(10) 30 MINUTE SESSIONS**</td>
<td>$270</td>
</tr>
</tbody>
</table>

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* All sessions must be used within 3 months of purchase date.
** All sessions must be used within 6 months of purchase date.

---

**HOURS**

**SUNDAY & MONDAY**

CLOSED | NOON - 8 p.m.
**TUESDAY - FRIDAY**

9:00 a.m. - 4 p.m. | 4:00 p.m. - 8 p.m.
**SATURDAY**

9:00 a.m. - 4 p.m.

---

**Pricing**

- **Student**: $270 for 1-hour sessions, $225 for 30-minute sessions.
- **Member/Guest**: $315 for 1-hour sessions, $250 for 30-minute sessions.

---

**Key**

- **Outdoor Dance**
- **Cardio**
- **Strength**
- **Mind & Body**
- **Cycling**
SMALL GROUP TRAINING SCHEDULE

<table>
<thead>
<tr>
<th>CLASS</th>
<th>PRICE</th>
<th>TIME</th>
<th>DAYS</th>
<th>FREQUENCY</th>
<th>LOCATION</th>
<th>DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>KINESIS</strong></td>
<td>STUDENT: $18/SESSION</td>
<td>5 - 6 p.m.</td>
<td>TUESDAYS &amp; THURSDAYS</td>
<td>6 WEEKS - 12 SESSIONS</td>
<td>SWRC PT STUDIO</td>
<td>SEPT 6 - OCT 18</td>
</tr>
<tr>
<td>COACH: ANDRES</td>
<td>MEMBER: $10/SESSION</td>
<td>($10/SESSION = $120)</td>
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<tr>
<td>STUDENT: $18/SESSION</td>
<td>4 - 5 p.m.</td>
<td>MONDAYS &amp; WEDNESDAYS</td>
<td>6 WEEKS - 12 SESSIONS</td>
<td>SWRC PT STUDIO</td>
<td>SEPT 12 - OCT 19</td>
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</tr>
<tr>
<td>COACH: LUCY</td>
<td>($10/SESSION = $120)</td>
<td>($11/SESSION = $130)</td>
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<tr>
<td><strong>ADVANCED TRX®</strong></td>
<td>STUDENT: $22/SESSION</td>
<td>5:30 - 6:30 p.m.</td>
<td>MONDAYS &amp; WEDNESDAYS</td>
<td>6 WEEKS - 12 SESSIONS</td>
<td>SWRC PT STUDIO</td>
<td>SEPT 12 - OCT 19</td>
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<tr>
<td>COACH: CHARLOTTE</td>
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<td>($24/SESSION = $288)</td>
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<tr>
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<td>STUDENT: $22/SESSION</td>
<td>4 - 4:45 p.m.</td>
<td>TUESDAYS &amp; THURSDAYS</td>
<td>6 WEEKS - 8 SESSIONS</td>
<td>SWRC PT STUDIO</td>
<td>SEPT 12 - OCT 19</td>
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<tr>
<td>COACH: ROCKY</td>
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<tr>
<td><strong>POWER PLATE®</strong></td>
<td>STUDENT: $72/SESSION</td>
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<td>MONDAYS &amp; WEDNESDAYS</td>
<td>6 WEEKS - 12 SESSIONS</td>
<td>SWRC PT STUDIO</td>
<td>SEPT 12 - OCT 19</td>
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<tr>
<td>COACH: JORDAN</td>
<td>MEMBER: $84/SESSION</td>
<td>($84/SESSION = $972)</td>
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<tr>
<td><strong>SECTION 1</strong></td>
<td>STUDENT: $2/SESSION</td>
<td>7 - 7:30 p.m.</td>
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<td>4 WEEKS - 8 SESSIONS</td>
<td>SWRC PT STUDIO</td>
<td>SEPT 12 - OCT 3</td>
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<tr>
<td>POWER PLATE®: VIBRATION COACH: ROXY</td>
<td>MEMBER: $2/SESSION</td>
<td>($2/SESSION = $22)</td>
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<tr>
<td><strong>SECTION 2</strong></td>
<td>STUDENT: $2/SESSION</td>
<td>7:45 - 8:15 p.m.</td>
<td>MONDAYS &amp; WEDNESDAYS</td>
<td>4 WEEKS - 8 SESSIONS</td>
<td>SWRC PT STUDIO</td>
<td>SEPT 12 - OCT 3</td>
</tr>
<tr>
<td>POWER PLATE®: VIBRATION COACH: ROXY</td>
<td>MEMBER: $2/SESSION</td>
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<tr>
<td><strong>SECTION 3</strong></td>
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<td>TUESDAYS &amp; THURSDAYS</td>
<td>6 WEEKS - 8 SESSIONS</td>
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<td>SEPT 13 - OCT 6</td>
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<tr>
<td>POWER PLATE®: VIBRATION COACH: CHIOMOTE</td>
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<td><strong>SECTION 4</strong></td>
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<td>TUESDAYS &amp; THURSDAYS</td>
<td>6 WEEKS - 8 SESSIONS</td>
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<td>SEPT 13 - OCT 6</td>
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<tr>
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<td>SEPT 13 - OCT 3</td>
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<tr>
<td>POWER PLATE®: VIBRATION COACH: ROXY</td>
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<tr>
<td><strong>“BIG MAN” VRM®</strong></td>
<td>STUDENT: $2/SESSION</td>
<td>8 - 8:30 p.m.</td>
<td>TUESDAYS &amp; THURSDAYS</td>
<td>4 WEEKS - 8 SESSIONS</td>
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<td>SEPT 13 - OCT 6</td>
</tr>
<tr>
<td>COACH: ANDRES &amp; ASA</td>
<td>MEMBER: $2/SESSION</td>
<td>($2/SESSION = $22)</td>
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<tr>
<td><strong>KETTLEBELL TRAINING</strong></td>
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<td>7 - 8 p.m.</td>
<td>MONDAYS &amp; WEDNESDAYS</td>
<td>6 WEEKS - 8 SESSIONS</td>
<td>UVS FIELD</td>
<td>OCT 2 - OCT 3</td>
</tr>
<tr>
<td>COACH: MIKE</td>
<td>MEMBER: $2/SESSION</td>
<td>($2/SESSION = $22)</td>
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<tr>
<td><strong>XTRIS TRAINING</strong></td>
<td>STUDENT: $2/SESSION</td>
<td>5:30 - 6:30 p.m.</td>
<td>TUESDAYS &amp; THURSDAYS</td>
<td>6 WEEKS - 12 SESSIONS</td>
<td>SWRC CARDO AREA</td>
<td>OCT 1 - OCT 13</td>
</tr>
<tr>
<td>COACH: MIKE</td>
<td>MEMBER: $2/SESSION</td>
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</table>

SMALL GROUP TRAINING CLASSES

INTRODUCTION TO TRX®

Have you noticed people suspended from straps in the gym? Learn the basics of TRX® suspension training while taking body weight training to a new level. In this class you will achieve a full body workout emphasizing a core performance tailored to your ability. Meet the black and yellow.

TRX® CORE TRAINING

Looking to get that six pack? It’s not too late - sign up now for our four week intensive TRX® core training class! This class will teach you how to take control of your body and develop a core that can support your fitness needs. DSU RecSports is proud to be the first university to take part in this new and intense small group training class.

ADVANCED TRX®

Not your first TRX® class? Then this class is just for you. Tackle the TRX® with intermediate and advanced exercises emphasizing a full body workout. The premium principle and suspension training allow you to maximize body weight training like never before. Master the black and yellow.

KINESIS

Not a Kinesian. Over 400 movements. More than 250 exercises. Kinesis is an intense circuit training class with infinite options. Your Kinesis coach will give the class exercises while simultaneously promoting endless individual options to maximize your personal experience. Move non-stop to achieve the ultimate cardio/strength workout. Discover the new dimension of Kinesis - a workout as unique as you.

“BIG MAN” VRM® ("viper")

Is that 2:3 ride run in between heavy lifting days counteracting your goal or getting “big”? Learn to get your cardio in a more effective way with VRM® training. Provides a total body workout while burning fat and building muscle through explosive movements and strength training. Strong theme and take this class free as well. UF RecSports is proud to be the first campus to offer VRM® now it’s up to you to get big.

POWER PLATE®: WHOLE BODY VIBRATION TRAINING

Experience vibration training! Exercise and stretch on the Power Plate® vibration platforms to reduce body fat and cellulite, strengthen muscles and build muscle. UF RecSports is proud to be the first university to take part in this new and intense small group training class.

KETTLEBELL TRAINING

Kettlebell training is one of the best ways to improve your strength. The kettlebell is a versatile tool that can be used for a variety of exercises including squats, lunges, cleans, and more. In this class you will see the many benefits of kettlebell training and learn how to use it effectively.

SMALL GROUP TRAINING CLASS DATES

- **SECTION 1** POWER PLATE®: VIBRATION COACH: ROXY: SEPT 13 - OCT 18
- **SECTION 2** POWER PLATE®: VIBRATION COACH: ROXY: SEPT 13 - OCT 18
- **SECTION 3** POWER PLATE®: VIBRATION COACH: CHIOMOTE: SEPT 13 - OCT 18
- **SECTION 4** POWER PLATE®: VIBRATION COACH: ROXY: SEPT 13 - OCT 18
- **SECTION 5** POWER PLATE®: VIBRATION COACH: ROXY: SEPT 13 - OCT 18
- **“BIG MAN” VRM®** COACH: ANDRES & ASA: SEPT 13 - OCT 18
- **KETTLEBELL TRAINING** COACH: MIKE: SEPT 6 - OCT 13

SCAN FOR FREE DEMO TIMES AND LOCATIONS
**THE FITNESS ASSESSMENT CENTER OFFERS**

**GENERAL ASSESSMENT PACKAGE**
- Resting heart rate and blood pressure
- Postural Assessment
- Body Composition
- Dynamic Muscle Balance Assessment
- Performance Assessment
- Sub-maximal VO2 bike or treadmill test

**SPORT PERFORMANCE ASSESSMENT PACKAGE**
- Resting Heart Rate and Blood Pressure
- Body Composition
- Vertical Jump Test
- Sub-maximal VO2 bike or treadmill test
- Functional Movement Screen (FMS):
  - Deep overhead squat
  - Hurdle step
  - In-line lunge
  - Shoulder mobility
  - Active straight leg raise
  - Trunk stability push-up

**STRENGTH & CONDITIONING**

The Strength and Conditioning program is excited to introduce Olympic weightlifting at the Southwest Recreation Center. Complete with Olympic lifting platforms, racks, bumper plates and chalk, the Olympic lifting area is a monitored, controlled space where students who meet specific criteria may perform Olympic-style lifts.

**WHO MAY TEST OUT?**
Any student/member who has a sound background in Olympic weightlifting is encouraged to test out and utilize the Olympic lifting platforms. In order to pass the practical test, one must correctly perform a Front Squat, Overhead Squat, Deadlift, Clean & Jerk and Snatch as evaluated by a RecSports Professional Fitness Staff member. Olympic lifting hours, Test-Out Criteria and Test-Out appointment times can be found at recsports.ufl.edu.

**WHAT HAPPENS IF I DO NOT PASS MY TEST-OUT?**
Anyone who does not pass their practical test may opt to attend a 1-hour in-house workshop which will reinforce the fundamentals of Olympic lifting. After completion of the workshop, participants will have a second and final opportunity to test out. Students and members are allowed two practical test attempts per semester. Workshop dates and times can be found at recsports.ufl.edu.

**BOOTCAMP**

**BOOTCAMP:**
**MONDAYS 5:30 - 6:30 p.m. at MAGUIRE FIELD**
Bootcamp is an advanced class designed to offer high intensity training, total body conditioning, core training and speed and agility training in a non-traditional format.

**BASIC BOOTCAMP:**
**THURSDAYS 5:30 - 6:30 p.m. at MAGUIRE FIELD**
If you want to ‘flip tires’ but care a little intimidated, Basic Bootcamp is the same format as Bootcamp but at a milder intensity with a focus on skill development. Leave no one behind.

**FITNESS ASSESSMENT**

The Fitness Assessment Center offers comprehensive physical assessments to determine your current level of fitness. This information is useful in designing your own workout program and learning about potential imbalances to prevent the onset of injuries. Students and RecSports members are encouraged to get a FREE assessment at least once per semester. The assessment center is open Monday - Friday from 9 a.m. to 8 p.m. located in the Training Center at the Southwest Recreation Center.
Get the most out of your workout and achieve your goals with the help of a RecSports Personal Trainer. Whether you are looking to burn fat, build muscle or just feel healthier, our nationally certified Personal Trainers will motivate you every step of the way. Personal Training is not only rewarding but an affordable opportunity to jump-start your fitness program. Let our trainers work with you to develop an exercise program tailored to your fitness level. Visit the Personal Training page at recsports.ufl.edu for more information or sign-up in the Training Center at the Southwest Recreation Center.

### PERSONAL TRAINING

#### PRICING

<table>
<thead>
<tr>
<th>PACKAGE</th>
<th>STUDENT PRICE</th>
<th>MEMBER PRICE</th>
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<tbody>
<tr>
<td>3 SESSIONS</td>
<td>$108 • $36/SESSION</td>
<td>$117 • $39/SESSION</td>
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<tr>
<td>6 SESSIONS</td>
<td>$192 • $32/SESSION</td>
<td>$210 • $35/SESSION</td>
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<tr>
<td>12 SESSIONS</td>
<td>$336 • $28/SESSION</td>
<td>$372 • $31/SESSION</td>
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<tr>
<td>18 SESSIONS</td>
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<td>$522 • $29/SESSION</td>
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<tr>
<td>24 SESSIONS</td>
<td>$576 • $24/SESSION</td>
<td>$672 • $28/SESSION</td>
</tr>
</tbody>
</table>

All sessions must be completed within four months of purchasing initial package.

**UPGRADING OPTION AVAILABLE**

Purchase a smaller package to jump-start your training and have the option to upgrade to a larger package by only paying the price difference.

**MASSAGE THERAPY DISCOUNT**

Receive a 10% discount on any Massage Therapy purchase with the purchase of either an 18 or 24 session package. Receive 10% off both Personal Training and Small Group Training when purchased together.

**CLIENT TESTIMONIALS**

"I love my Personal Trainer, Lucy. Even after a year, the workouts are constantly challenging me in new ways and her encouragement and support has not dwindled. I feel like we’re a team: we decide on new goals together, she constantly explains the purpose and benefits of an exercise and if I have a question or concern, I know I can ask. Because of her knowledge and support, I feel that we are both invested in my success - which not only raises the stakes, but makes it impossible to do anything but put forth all my effort and achieve.

Working with a UF RecSports Personal Trainer has helped me see results that I never got while working out on my own. Jason keeps me motivated by providing a fun and challenging series of total body movements, using all kinds of state-of-the-art equipment and techniques. I never know what kind of workout to expect. I am very happy that I decided to take advantage of the Personal Training program at UF and would recommend it to anyone.

I had been working out for over a year by myself, seeing decent changes, but Brendan has helped push me to realize results that I could not have achieved by myself. He has given me a strong foundation from which to build and a wide exercise repertoire that I will no doubt utilize for years of continued success."
The Intramural Sports program offers students, faculty and staff the opportunity to participate in many sports and activities on a competitive and recreational level. All skill levels are welcome. There is no fee to participate.

The Intramural Sports program will hire between 250-300 student employees as officials and scorekeepers for the Fall Semester. An Information Session will be held on Thursday, August 25 at 8:30 p.m. on Southwest Recreation Center Court 1 following the Extravaganza. If you would like to join the Intramural Sports program, you must attend the rules clinic(s) listed for each position that you wish to apply for. No other application is required.

**OFFICIALS & SCOREKEEPERS**

The Intramural Sports program offers students, faculty and staff the opportunity to participate in many sports and activities on a competitive and recreational level. All skill levels are welcome. There is no fee to participate.

**INTERNATIONAL SPORTS SCHEDULE**

<table>
<thead>
<tr>
<th>SPORT</th>
<th>REGISTRATION OPENS</th>
<th>REGISTRATION CLOSES</th>
<th>PLAY BEGINS</th>
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</thead>
<tbody>
<tr>
<td>7-ON-7 FLAG FOOTBALL*</td>
<td>SEPTEMBER 1 AT 7 a.m.</td>
<td>SEPTEMBER 2 AT 5 p.m.</td>
<td>SEPTEMBER 11</td>
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<tr>
<td>INDOOR SOCCER</td>
<td>SEPTEMBER 1 AT 7 a.m.</td>
<td>SEPTEMBER 2 AT 5 p.m.</td>
<td>SEPTEMBER 11</td>
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<tr>
<td>ULTIMATE FRISBEE</td>
<td>SEPTEMBER 1 AT 7 a.m.</td>
<td>SEPTEMBER 2 AT 5 p.m.</td>
<td>SEPTEMBER 11</td>
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<tr>
<td>SINGLES/Doubles Tennis</td>
<td>SEPTEMBER 1 AT 7 a.m.</td>
<td>SEPTEMBER 16 AT 5 p.m.</td>
<td>SEPTEMBER 26</td>
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<tr>
<td>TEAM TENNIS*</td>
<td>SEPTEMBER 1 AT 7 a.m.</td>
<td>SEPTEMBER 16 AT 5 p.m.</td>
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<tr>
<td>3-ON-3 BASKETBALL</td>
<td>SEPTEMBER 8 AT 7 a.m.</td>
<td>SEPTEMBER 9 AT 5 p.m.</td>
<td>SEPTEMBER 15</td>
</tr>
<tr>
<td>INDOOR VOLLEYBALL*</td>
<td>SEPTEMBER 8 AT 7 a.m.</td>
<td>SEPTEMBER 9 AT 5 p.m.</td>
<td>SEPTEMBER 18</td>
</tr>
<tr>
<td>SOFTBALL</td>
<td>SEPTEMBER 8 AT 7 a.m.</td>
<td>SEPTEMBER 9 AT 5 p.m.</td>
<td>SEPTEMBER 18</td>
</tr>
</tbody>
</table>

*Indicates activity counts toward IFC/Panhellenic Cup Standings

**FREE AGENT MEETINGS**

Participants that would like to play Intramural Sports, but do not have a full team can sign up as a Free Agent on the RecSports Website. Instructions are listed on the Find a Team tab of the Intramural Sports page. Free Agent meetings will be held to help participants meet captains looking for players and to create Free Agent teams.

**ONLINE CAPTAIN’S MEETINGS & REGISTRATION**

For your convenience, Intramural Sports Captain’s Meetings and registration are now being completed online through IMLeagues. Complete the steps listed on the RecSports Website to register your account. Captains will need to complete a brief Captain’s Quiz for each team they wish to register. Captains will be able to complete their captain’s training and add teammates prior to registration. Teams must be added to the desired division during the designated registration period.

**COMPETITIVE VS. RECREATIONAL DIVISIONS**

<table>
<thead>
<tr>
<th>DIVISION</th>
<th>COMPETITIVE</th>
<th>RECREATIONAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>REGULAR SEASON FORMAT</td>
<td>5 GAMES</td>
<td>7 GAMES</td>
</tr>
<tr>
<td>INDOOR SOCCER REGULAR SEASON</td>
<td>3 GAMES</td>
<td>5 GAMES</td>
</tr>
<tr>
<td>PLAYOFF FORMAT</td>
<td>SINGLE ELIMINATION</td>
<td>NO PLAYOFFS</td>
</tr>
<tr>
<td>CHAMPIONSHIP PRIZE</td>
<td>UNIVERSITY CHAMPIONSHIP T-SHIRTS</td>
<td>NO PRIZE AWARDED</td>
</tr>
<tr>
<td>EXPERIENCE LEVEL</td>
<td>HIGHLY ACTIVE IN SPORT; MAY HAVE PLAYED IN HIGH SCHOOL; TEAMS MAY HAVE PRACTICES</td>
<td>MIGHT BE SLIGHTLY ACTIVE IN SPORT; BEGINNER TO INTERMEDIATE PLAYERS; WINNING IS SECONDARY TO PARTICIPATING</td>
</tr>
</tbody>
</table>

*Meeting times grouped by first letter of last name.
**SPECIAL EVENTS**

<table>
<thead>
<tr>
<th>SPORT</th>
<th>CAPTAIN’S MEETING</th>
<th>REGISTRATION DATES</th>
<th>EVENT DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornhole Tournament</td>
<td>N/A</td>
<td>SEPT 8 - 23 AT 5 p.m.</td>
<td>FRIDAY, SEPT 30</td>
</tr>
<tr>
<td>4 Person Golf Scramble</td>
<td>N/A</td>
<td>SEPT 15 - 30 AT 5 p.m.</td>
<td>FRIDAY, OCT 7</td>
</tr>
<tr>
<td>Swamp Bowl</td>
<td>OCT 21 AT 5:30 p.m., SWRC</td>
<td>EARLY: OCT 7 LATE: OCT 17</td>
<td>OCTOBER 21 - 23</td>
</tr>
<tr>
<td>3 V. 3 Soccer Tournament</td>
<td>OCT 24 AT 7 p.m., SWRC ARENA</td>
<td>SEPT 29 - OCT 21 AT 5 p.m.</td>
<td>OCTOBER 25 - 26</td>
</tr>
<tr>
<td>Track Meet**</td>
<td>NOV 7 AT 7 p.m., SWRC ARENA</td>
<td>OCT 20 - NOV 7 AT 5 p.m.</td>
<td>WEDNESDAY, NOV 9</td>
</tr>
<tr>
<td>Co-Rec Kickball Tournament</td>
<td>N/A</td>
<td>OCT 20 - NOV 14 AT 5 p.m.</td>
<td>FRIDAY, NOV 18</td>
</tr>
<tr>
<td>Bowling Tournament**</td>
<td>N/A</td>
<td>OCT 20 - NOV 14 AT 5 p.m.</td>
<td>SUNDAY, NOV 20</td>
</tr>
</tbody>
</table>

*Indicates activity counts toward IFC/Panhellenic Cup Standings.

**SWAMP BOWL**

Swamp Bowl returns to the University of Florida for the 24th installment of the regional Flag Football tournament. On October 21-23, teams from all over the southeast will compete for the championship in the Men’s, Women’s and Co-Rec divisions. The University of Florida has hosted some great teams throughout the years, but will try to bring the trophy back to the Swamp for the first time since 2006. Registration will close on Monday, October 17. Team entries are $240 for all University of Florida teams.

**PARK HOURS**

**North Park**

- **Monday** - Closed
- **Tuesday - Friday** - Noon - 6 p.m.
- **Saturday - Sunday** - 10 a.m. - 6 p.m.

**South Park**

- **Monday** - Closed
- **Tuesday - Friday** - 1 - 6 p.m.
- **Saturday - Sunday** - 10 a.m. - 6 p.m.

*All Lake Wauburg facilities close at 5:30 p.m. during Daylight Savings Time.

**ADVENTURE RACE**

**October 15**

Gates open at 8 a.m. * Race starts at 9 a.m.

- Teams of 2 (male, female or co-ed)
- 2 mile canoe paddle, 6 mile mountain bike ride, 3 mile trail run, special tests and climbing wall
- Limited to 25 teams
- UF students free, non-UF students $20
- Teams must have at least one Gator 1 Cardholder

Lake Wauburg is UF’s best kept secret. Located approximately 8 miles south of campus, Lake Wauburg is free to Gator 1 Cardholders and each cardholder may bring up to 4 guests. There are beach lounge chairs to lay out next to the shore, a swim area, grill for picnicking, sand volleyball, boats and more. Available boats include paddleboats, kayaks, canoes, jon boats and sailboats. (To use sailboats, you must complete a written, practical and swim test.)

**GATOR HOUR**

**November 11**

- 1 - 9 p.m.
  - Once a semester opportunity to climb the Alpine Tower
  - Guests must be belayed by current UF student with a belay card
SAILING PROGRAM

Gator 1 Cardholders must obtain a Sail Card in order to check out sail boats. To obtain a Sail Card, the Gator 1 Cardholder must pass a swim test, written and practical test. The swim test consists of a 200 yard swim followed immediately by 5 minutes of treading water. The swim test may be taken at any pool on campus or at Lake Wauburg. Ask a Megapond on duty to give you the test. The written test study material can be found on the Lake Wauburg Sailing page at recsports.ufl.edu. The practical test includes a ‘man overboard’ rescue and righting a flipped sailboat in open water. To complete the practical test, come to the Boathouse at Lake Wauburg North Shore during operating hours Tuesday through Friday.

BELAY CLASSES

Belaying is the safety technique used when climbing. The Belay class includes instruction of proper belay technique, knot tying and use of a harness/belay device. Every climber must have a belayer and a back-up belayer. Successfully completing a belay class allows Gator 1 Cardholders to belay friends and guests.

Belay classes must be made by appointment. Call (352)466-3939 to schedule an appointment during open climb hours. Preferred times for belay classes are Tuesday - Friday at 1:30 p.m. and Saturday and Sunday at 10:30 a.m.

WAKEBOARD/WATER SKI

Current UF students may schedule a 20 minute water skiing/wakeboarding appointment by calling the Lake Wauburg office at (352)466-4112 on Tuesdays at noon for a time slot during the week. Students must pass a swim test (200 yard swim and 5 minutes treading water) in order to obtain a wakeboard/ski card. The swim test may be taken at any pool on campus or at Lake Wauburg. Ask a Megapond on duty to give you the test.

CLIMBING WALL HOURS

Mondays and Tuesdays – Fridays: 10 a.m. - 6 p.m.

Saturdays and Sundays: 10 a.m. - 6 p.m.

Last call for climbers is one hour before park closure. All equipment must be returned 30 minutes before park closure.