Campus Recreation

- Club Sports
- Group Fitness Classes
- Intramural Sports
- Outdoor Recreation
- Wellness
Lewis Club Sports

- Ice Hockey
- Soccer (M&W)
- Ultimate
- Volleyball (M&W)
- Bass Fishing
- Dungeons & Dragons
- eSports
- Outdoor Adventure
- Badminton
- Table Tennis
- Archery
- Jui Jitsu
- Scuba
- Belegarth
- Golf
- Weightlifting
- Dance
Club Sports

• What’s New?
  – ESports Lounge
    • 24 Gaming Computers
    • All Consoles
  – Archery Range on Campus
    • Instruction & equipment available.
    • No Experience Necessary
Club ESports
Club Sports
Club Sports
Lewis Club Sports

Don’t see a club that you were looking for?

• Bring us your new club ideas!
• We help to:
  • Guide you through the process
  • Connect you with other interested students

ALL Current Clubs were Student Driven!

• Which Club will YOU start at Lewis?
• We approved clubs for Rugby, Belegarth & Archery
  • So don’t second guess you passion!
Group Fitness Classes

- Most Popular
  - Zumba
  - Spin
  - Pilates

- All Fitness Levels

- FREE
Group Fitness Classes

PILATES  BARRE

MONDAY 4:00PM  WEDNESDAY 5:15PM

LEWIS UNIVERSITY AEROBICS STUDIO

ZUMBA

MONDAY 5:15PM  TUESDAY 4:00PM  THURSDAY 5:15PM

LEWIS RECREATION
Group Fitness Classes
Group Fitness Classes

Lewis Recreation

You are Welcome Here!
Virtual Group Exercise

https://vimeo.com/471724831
Intramural Sports

• Traditional & Unique Events
  • 7v7 Flag Football
  • 3v3 Basketball
  • 3v3 Nerf Tournaments
  • Minute To Win It Challenges

• Intramural Events are FREE
• Multiple leagues available for all skill levels

• We love student feedback
  • Please share your event ideas with us!
Intramural Sports

How to Participate

- www.imleagues.com/lewisu
  - Create or login with IMLeagues Account
- IMLeagues Features:
  - Easily and quickly create a team and add friends
  - No Team? No problem
    - Request to join a team with just 1 click
    - Join as a free agent, and get drafted by a team in need
  - Check standings and schedules instantly
Recreation App

“Lewis Rec” App
• Apple Store & Android Play Store
  – 100% Free & No Pop Ups
  – Create or login with IMLeagues Account
• Intramural Features:
  – Access ALL IMLeagues Features
  – Live Updates, Live Support and more!
• Rec/Fitness Features:
  – Fitness Class Schedule
  – Fieldhouse Court Schedule
Intramural Events

**3v3 Sand Volleyball**
- **Thursday**
- **April 29, 3-7p**
- [Link](https://linktr.lee/LewisIMSports)
- **RSVP Link**
- **Register by:** April 28

**Kickball Under the Lights**
- **Mondays & Wednesdays**
- **April 19-28**
- **6pm-9pm**
- [Lewisu.edu/RecCalendar](https://Lewisu.edu/RecCalendar)
- **RSVP Link**
- **Registration Deadline:** April 16

[instagram handle]@LewisIMSports
Fun Night 1 Day Events

LEWIS UNIVERSITY INTRAMURAL SPORTS

Bowling
FREE FUN NIGHT

FREE = FIRST 100 STUDENTS!
* MUST REGISTER ON IMLEAGUES BEFORE 2/8

2 GAMES OF BOWLING
& FREE SHOE RENTAL

TOWN & COUNTRY LAKES
2231 W JEFFERSON ST., JOLIET

DAY OF SHOW UP & SIGN UP: 9:15PM
*SPACE PERMITTING

TUESDAY
FEB. 12TH
9:30PM-11:30PM

One Night Only! No Commitment! Come for the Games, Stay for the Fun!

OPEN TO: ALL STUDENTS, FACULTY & STAFF

Get the New App!

LEWIS rec

INTRAMURAL SPORTS

FUN NIGHTS
NO SIGN UP - PICKUP GAMES!

4V4 FLAG FOOTBALL
WEDNESDAY
FEB. 19
9:00PM

6V6 VOLLEYBALL
THURSDAY
MAR

EVERYONE’S INVITED: JUST SHOW UP!
1 DAY PICKUP GAMES - NO COMMITMENT

LEWIS RECREATION
Intramurals: #GetInvolved
Wellness Events

Walking Towards Wellness
For Faculty & Staff

12 WEEK FITNESS PROGRAM
FEBRUARY 10 - MAY 1

Registration Deadline: February 12th
Information Packet: Sent by Email Follow-Up
Reward: Community Involvement, Wellness
Walking Goal: 150 Minutes Per Week

QUESTIONS? SIEGFRJ@LEWISU.EDU

Third Thursday of Every Month!

Thirsty Thursdays
Nutrition on Campus

SEPT. 19TH
3:00PM
REC CENTER BOARDROOM

- MUST RSVP
TWO WAYS TO REGISTER! - RSVP BY SEPT 19
2) EMAIL: SIEGFRJ@LEWISU.EDU

lewis campus recreation
Wellness Events

• Wellness on Wednesdays
  • Great Topics
  • In Person & Virtual
  • Fun DIY Projects
Wellness Events

Puppy-Palooza:
• Recess to De-Stress Week
• Biannual
Wellness Events

Adaptapalooza
BIG RED Volleyball Tournament!
May 1st, 2-4:30pm

The Event:
Teams of 6 compete in a Big Red Volleyball Tournament... with a catch.
Participants must remain seated!

Creating a Team:
Register at www.imleagues.com
Or download the “Lewis Rec” App

More Info:
Sean PGallagher

22nd Annual Lewis University Health Fair
APRIL 3rd
11:00AM-1:00PM
Charlie’s Place & University Dining Room

Please Come & Enjoy
❤ Free Food Samples
❤ Free Massages
❤ Free Health Screenings
❤ Farm Fresh Produce
❤ Over 30 Vendors!

Sponsored by:
The Student Recreation & Fitness Center and The WELL Committee
Wellness Events

ZUMBATHON
Recreation Facilities

SRFC Main Building:
- Fitness Center Cardio & Weight Machines
- 4 Court Fieldhouse
- Indoor Track
- 8 Lane 25-yard Length Pool
- Ping Pong Tables
- Study Area

Other SRFC Facilities:
- Powerhouse Flex & Fitness Center
- E- Sports Lounge
- Archery Range
- Frisbee Golf Course
- Burnham Nature Trail
- “The Back Yard” Sand Volleyball
- Jack Oremus Tennis Complex

Recreation Facilities are FREE for All Lewis Students
Powerhouse Flex & Fitness
Pool
Jack Oremus Tennis Complex
Stadium Turf
Social Media

• Recreation, Fitness & Wellness
  • Instagram
    @LewisU_CampusRec
  • Facebook & Twitter
    @LewisUCampusRec

• Intramural Sports
  • Facebook, Twitter, & Instagram
    @LewisIMsports
Recreation Staff

Jill Siegfried
Director of Student Recreation, Fitness and Wellness
Email: siegfrji@lewisu.edu

Adam Burkhart
Assistant Director of Student Recreation, Fitness and Wellness
Email: burkhaad@lewisu.edu

Samantha DeLegge-Stevenson
Fitness Coordinator
Email: deleggsa@lewisu.edu

Amanda Sharkey
Graduate Assistant – Club Sports
Email: a sharkey@lewisu.edu
YOU ARE WELCOME TO PLAY HERE

Lewis University
Student Rec Center

TRY A FITNESS CLASS
FROM BEGINNER TO ADVANCED

JOIN A CLUB SPORT
OR JOIN A PRACTICE & TRY

PLAY INTRAMURALS
WITH OR WITHOUT A TEAM

ATTEND A WELLNESS EVENT
JOIN US FOR THIRSTY THURSDAYS AND LUNCH & LEARNs

SHOOT HOOPS
BALLS ARE AVAILABLE AT THE FRONT DESK

ENJOY PICKUP SOCCER OR VOLLEYBALL
OUR FRIENDLY REC STAFF WILL HELP SETUP A COURT

COME SOCIALIZE
LEARN MORE ABOUT UPCOMING EVENTS

WALK AROUND THE FIELDHOUSE
RAIN OR SHINE

WORKOUT IN THE FITNESS CENTER
TRY OUT OUR CARDIO EQUIPMENT