I hope you find the information provided here both helpful and informative. Campus Recreation is here to provide recreational programs and facilities to the University community with an emphasis on meeting student needs. The services offered provide life-enhancing, recreational opportunities for the physical, mental and social aspects of the individual. Campus Recreation takes pride in providing students, faculty, and staff with an opportunity to balance work and recreation through a variety of programs and services.

Much success to you this academic year.

Jill Siegfried, Director of Student Recreation, Fitness and Wellness

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Staff Directory

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Mission Statement

Student Recreation, Fitness and Wellness is dedicated to providing outstanding fitness, wellness, recreational, competitive and social opportunities to the Lewis University community. Our focus is on promoting a wellness lifestyle to the campus through a comprehensive recreational services program, outstanding facilities and lifelong learning opportunities.
101: Anatomy of a Student Recreation Member

Whether you’re an incoming freshman, a transfer or returning student or a new or current faculty or staff member, you have membership opportunities for the facilities, programs and services offered by Student Recreation, Fitness and Wellness.

Who’s Eligible for Membership

Students
All Lewis University students receive FREE membership to the Student Recreation and Fitness Center. All you need to gain access is a VALID Lewis University ID. This includes full- and part-time students as well as all graduate students.

Faculty/Staff/Adjunct Faculty
All full-time faculty and staff members at Lewis University receive FREE membership to the Student Recreation and Fitness Center. Part-time and adjunct faculty and staff are eligible for a reduced membership rate.

Alumni and Friends of the University
Lewis University alumni as well as the parents of our current students are also eligible for reduced membership fees and access to all areas of the facility including our programs and activities.

Breakfast Club
Community members age 55+ are eligible to participate in the Breakfast Club for a nominal fee. The Breakfast Club has facility usage daily from 6:30 - 11 a.m. During the summer, there are no time limitations. See below for fees.

Outside Memberships
We have 25 outside memberships available to individuals without a direct University affiliation. This group pays a one-time $75 initiation fee and is then eligible to pay our Alumni/Friends membership rate.

Guest Passes
Individuals visiting with our students or a member may pay a daily fee of $5 to gain facility access. Individuals utilizing this pass are the responsibility of the member sponsoring their visit.

Recreation Center Membership Fees

<table>
<thead>
<tr>
<th>Types of Memberships</th>
<th>Annual</th>
<th>Quarterly</th>
<th>Monthly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lewis University Students with Valid Lewis University ID</td>
<td>Free</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Faculty/Staff Spouse (payroll deduct $5.38/paycheck)</td>
<td>$140</td>
<td>n/a</td>
<td>n/a</td>
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<tr>
<td>Faculty/Staff Family (payroll deduct $10.92/paycheck)</td>
<td>$284</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Alumni – Friends of the University - Single</td>
<td>$200</td>
<td>$60</td>
<td>$25</td>
</tr>
<tr>
<td>Alumni – Friends of the University - Double</td>
<td>$350</td>
<td>$100</td>
<td>$40</td>
</tr>
<tr>
<td>Alumni – Friends of the University - Family</td>
<td>$475</td>
<td>$145</td>
<td>$55</td>
</tr>
<tr>
<td>Breakfast Club</td>
<td>$150</td>
<td>$40</td>
<td>$15</td>
</tr>
<tr>
<td>Outside Members – limited to 25 – initiation $75 - Single</td>
<td>$200</td>
<td>$60</td>
<td></td>
</tr>
<tr>
<td>Outside Members – limited to 25 – initiation $75 - Double</td>
<td>$350</td>
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</tr>
<tr>
<td>Outside Members – limited to 25 – initiation $75 - Family</td>
<td>$475</td>
<td>$145</td>
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</tr>
<tr>
<td>Adjunct Faculty</td>
<td>$52</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

Member Benefits/User Options

Membership does have its privileges. Here are some amenities you’ll enjoy:

- Access to all areas of the facility (fieldhouse, the Powerhouse Flex and Fitness Center, Group Fitness Studio and Pool).
- Eligibility to participate in Intramural Sports (students, faculty and staff only) and Group Fitness activities.
- Access to Outdoor Adventure Events clinics and trips for a nominal fee.
- Access to Massage Therapy for a nominal fee.
- Facility orientation.
- Basic lock and hand towel service.
- Fitness/Wellness lending library.

How to Purchase a Membership

Individuals interested in purchasing a membership can pick up the appropriate application from the Student Recreation and Fitness Center Front Desk. Membership questions can be answered by calling (815) 836-5277.

A Wealth of Opportunity

The Student Recreation and Fitness Center provides a wealth of opportunity for your personal development. Membership to our premier facility opens the door to a variety of fitness, recreational and sporting opportunities for your participation. Clean facilities, convenient hours and a friendly, courteous staff help make for a wonderful place to recreate.
Programs

**Lower Body Blast**  Thirty minutes of lower body toning exercises using a variety of fitness material & body weight. All fitness levels welcome!

**Water Aerobics**  Need to spice up your exercise regiment? Break a sweat in the water! The water will provide you great resistance and add an extra challenge to your cardiovascular and strength workout. Appropriate for all levels. Water weights and noodles are also used to add more resistance to the workout. Most of class taught in shallow end of the pool with an option to use the deep end at times.

**Ab Lab**  Challenge the powerhouse of your body - the core muscles. Focus on strengthening the entire torso, including the abdominals, obliques, and lower back muscles in a short 30 minute class.

**Spinning**  This 45-minute indoor cycling class provides a fun and challenging cardiovascular workout for all fitness levels. Participation in the Spinning program will enhance your speed, strength and stamina, improve your overall physical health and increase your caloric burn.

**Pilates**  Increase flexibility, body awareness, core strength, and lean muscles during this great workout. Pilates is a refreshing mind-body exercise that focuses on breathing, strength, and flexibility.

**Zumba**  Zumba is one of the most unique, fun, and beneficial exercise programs to have blessed the fitness market for its diversity and level of fun! There are numerous different styles of Latin dances mixed in, and the beautiful part of this class is that you don’t have to be a dancer or professional. Period. Zumba Fusion allows anyone and everyone to have fun while dancing and exercising, and at the same time - learning different styles of movement to amazing music.

**Cardio Sculpt**  Get your heart rate up with cardio moves then use various fitness tools to define and sculpt the body. This class is meant for people of ALL fitness levels. Modifications can be provided.

**Strong**  STRONG by Zumba™ is a high intensity interval training workout driven by the science of Synced Music Motivation. Moves will include kickboxing, plyometrics, body weight training, and core exercises. Modifications will be provided, class is meant for all fitness levels.

**Mini Bootcamp**  Thirty minutes of total body exercises. Movements will vary in intensity and type. Class will utilize all types of fitness equipment and is meant for all fitness levels.

**Pilates Barre**  Twenty minutes of standing core and leg work with the bar. Followed by floor pilates work. This class is great for lengthening and toning muscles.

**Spin Core**  Thirty minutes of spinning followed by 15 minutes of core work.

**Group Fitness*  Fall 2016**

**August 29 - December 16, 2016**

**Monday**
- Water Aerobics  8 a.m.  Pool
- Strong  3 p.m.  Aerobics Studio
- Ab Lab  3:30 p.m.  Aerobics Studio
- Pilates Barre  4:15 p.m.  Aerobics Studio
- Zumba  5:15 p.m.  Aerobics Studio

**Tuesday**
- Pilates  12:30 p.m.  Aerobics Studio
- Mini Bootcamp  3 p.m.  Aerobics Studio
- Ab Lab  3:30 p.m.  Aerobics Studio
- Zumba  4 p.m.  Aerobics Studio
- Spin  5:15 p.m.  Board Room

**Wednesday**
- Water Aerobics  8 a.m.  Pool
- Spin Core  12 p.m.  Board Room
- Ab Lab  3:30 p.m.  Aerobics Studio
- Lower Body Blast  4 p.m.  Aerobics Studio
- Strong  5:15 p.m.  Aerobics Studio

**Thursday**
- Pilates Barre  12:30 p.m.  Aerobics Studio
- Mini Bootcamp  3 p.m.  Aerobics Studio
- Ab lab  3:30 p.m.  Aerobics Studio
- Zumba  4 p.m.  Aerobics Studio
- Cardio Sculpt  5:15 p.m.  Aerobics Studio

**Friday**
- Ab Lab  12 p.m.  Aerobics Studio

**Fees**  All group fitness classes are free to Recreation Center members unless otherwise noted.

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**Lunch-Break Fun**

**Volleyball**  Pick up Volleyball games are played in the fieldhouse at noon every other Friday. ALL ARE WELCOME!! Just show up in your gym attire! Call Jim Cowan at ext. 5299 with questions.

**Services**

**Massages**  are offered every Wednesday on a first-come, first-served basis by appointment only. Appointments are made by replying to an e-mail sent by Jill Siegfried. Massages are $1/minute and are given by Jennifer Larsen, LMT, NCMT in the Group Fitness Studio.
General Policies

1. Your valid ID (or current membership card) is required for entrance to the Student Recreation & Fitness Center, and the Powerhouse Flex & Fitness Center.

2. Guests must be accompanied by a current Lewis University student, faculty, staff or member. Each member is allowed to sign in up to two guests per day. All guests are required to present a photo ID and pay a $5 guest fee to enter the facility.

Regular Hours of Operation

Student Recreation and Fitness Center
Monday - Thursday 6:30 a.m.-11 p.m.
Friday 6:30 a.m.-9 p.m.
Saturday 10 a.m.-6 p.m.
Sunday 1 p.m.-11 p.m.

Pool and Sauna
Monday - Friday 7:30 a.m.-9 a.m.;
11 a.m.-1 p.m.;
5 p.m.-9 p.m.
Saturday Noon-4 p.m.
Sunday 5 p.m.-9 p.m.

**The sauna temperature is kept between 170 and 180 degrees Fahrenheit. Due to high temperatures, the sauna may be dangerous to your health. We recommend that you consult your physician before you use the sauna. Those with medical conditions such as high blood pressure, heart disease, and respiratory problems, and those who are pregnant, should avoid exposure to high heat.

Powerhouse Flex and Fitness Center
Monday - Thursday 7 a.m.-10 p.m.
Friday 7 a.m.-7 p.m.
Saturday 10 a.m.-6 p.m.
Sunday 1 p.m.-10 p.m.

Summer/Break Hours of Operation

Student Recreation and Fitness Center
Monday - Thursday 8 a.m.-8 p.m.
Friday 8 a.m.-5 p.m.
Saturday Noon-4 p.m.
Sunday Closed

Pool and Sauna
Monday - Thursday 8 a.m.-11 a.m.;
5 p.m.-8 p.m.
Friday 8 a.m.-11 a.m.
Saturday Noon-4 p.m.
Sunday Closed

Usage – Priorities

Lewis University has long recognized that a quality education includes both the classroom and co-curricular activities. Students represent the primary focus of Lewis University’s Mission and service to our students is of utmost importance. The University has demonstrated its commitment to the healthy mind and a healthy body with its creation of the Student Recreation and Fitness Center.

Students of Lewis University

Students at a quality institution such as Lewis University expect and deserve quality recreational activities to enhance their educational experience. Lewis University’s Student Recreation and Fitness Center was designed and built primarily to meet student expectations and needs.

Athletics

Athletic team practices will be coordinated directly with the Director of the Student Recreation, Fitness and Wellness. The Fieldhouse is closed from 2-6 p.m. from January through March to accommodate indoor athletics team practices.

Faculty/Staff of Lewis University

Involvement in activities at the Student Recreation and Fitness Center enhances the Faculty/Staff’s experience at the University. Co-curricular activities also foster student interaction outside of the classroom.

Athletic or Club Sports Fundraisers

Any team or club looking to hold a fundraiser must insure that their event is on the University’s Master Calendar. These events must go through the department of Meetings, Events and Conferences (MEC) to insure that proper arrangements are made for cleaning service, security or any other service that is needed. Each group is limited to no more than 2 courts on any given day to insure that space is available for the general student population. These fundraisers cannot be booked in conjunction with a varsity event in the Arena. The event is to be scheduled during regular business hours.

Lewis University Internal Community

This group includes the spouses and families of Lewis University faculty/staff/students. Alumni and their families will also be considered users at this level. Allowing participation helps us gain balance between work/school and familial obligations. This atmosphere addresses the needs of those who service the University and those who have previously invested in the University. Dues are discounted and membership information is available at the Rec Center front desk. Each group is important as they are currently ambassadors for the University.

Breakfast Club

The Breakfast Club was implemented in the Fall of 1997. These members are from the local community and are age 55 plus. This membership is limited to the hours from 6:30 a.m. to 11 a.m. This membership opportunity allows these members to utilize the facility when it is typically not busy. Dues are reduced and these individuals serve as ambassadors for the University.

Lewis University External Community

The Student Recreation and Fitness Center can be rented by local community organizations. These groups work directly with the Department of Meetings, Events and Conferences (MEC). This provides Lewis University the opportunity to offer a service to the community, and at the same time market our programs and services.
Facilities

Inside
- Fieldhouse
- Group Exercise
- Fitness Center
- Free Weights
- Pool
- Golf Putting Area

Outside
- Intramural Fields
- Backyard
- Frisbee Golf Course
- Lewis Stadium (Turf & Track)

GROUND LEVEL

**Inside**

- **Fieldhouse**
  - Indoor Track: A 200 meter track, featuring four lanes that can be used for running, jogging or walking. The track surface (called MONDO) is the same surface that was used at the Olympic games in Atlanta.
  - **Multipurpose Courts #1, 2 & 3**: Full-size courts that may be used for basketball, volleyball, tennis and badminton.
  - **Multipurpose Courts #3 & 4**: Full-size court that may be used for basketball, volleyball, and tennis.

- **Collegiate Swimming Pool**
  - An 8 lane collegiate size swimming pool (25 Yards) will be available regularly based on the availability of qualified lifeguards.

- **Outside**
  - **Intramural Fields**
  - **Backyard**
  - **Frisbee Golf Course**
  - **Lewis Stadium** (Turf & Track)

- **Facilities**
  - Shower & Washrooms
  - Men's Locker Rooms
  - Women's Locker Rooms
  - Coaches & Officials Locker Rooms

- **Equipment Issue**
  - A variety of equipment will be available for participants to check out with valid Lewis IDs.

- **Sauna**
- **Pool Equipment**
- **Pool Storage**
- **Restrooms**

UPPER LEVEL

**Boardroom/Classroom**
- Overlooking the Fieldhouse, the Boardroom will be used for meetings and events by various University organization boards. It is also a room for Sport and Exercise Science.

**Fitness Center**
- The 2,300 square foot Fitness Center features a variety of resistance training equipment and cardiovascular equipment.

**Group Fitness Studio**
- The 1,000 square foot Aerobics Room features a wood suspended floor, designed to absorb shock and reduce the stress of aerobic activity. Classes will be scheduled regularly to encourage fitness.

**Entrance**
- JFK Sports Center for Intercollegiate Events
- Free Weight Area

**Free Weight Area**
- This area was recently developed as a strength and conditioning facility.

**Fieldhouse**
- Long Jump
- Triple Jump Pit

**JFK SPORTS CENTER**
- Neil P. Carey Arena
- Ticket Office
- Coaches Offices

**The Seller Room**
- A spacious meeting area, the Seller Room is named for Brother Louis de la Salle Seller, FSC, one of the first Christian Brothers to come to Lewis when the order accepted sponsorship of Lewis in 1960. Brother Louis spearheaded a successful initiative to achieve North Central accreditation for Lewis. It is also a classroom for Sport and Exercise Science.
We are sharing this policy with you as evidence of our commitment to the law, as well as our commitment to the promotion of good health and a healthy environment. This also reminds us of our shared responsibility to maintain a safe and healthy environment.

In compliance with the Smoke Free Illinois Act, Lewis University is primarily a smoke-free/tobacco-free campus. Specifically:

- Use of tobacco or tobacco products is prohibited in all University buildings, including the use of electronic cigarettes (or other products identified below).
- Smoking and use of other tobacco products is only permitted in designated outdoor smoking areas.
- Use of tobacco in University-owned vehicles is prohibited.
- No designated smoking areas will be within twenty-five (25) feet of building entrances.
- No smoking or use of tobacco while operating university owned equipment.

**Definition:** For the purposes of this policy, “tobacco” includes any lit or unlit cigarette (clove, bidis, kreteks), e-cigarettes, cigars, cigaretteillos, pipes, hookah products; and any other smoking product; and any smokeless, spit or spit less, dissolvable, or inhaled tobacco products, included but not limited to dip, chew, snuff or snus, in any form (orb, sticks, strips, pellet, etc); and all nicotine delivery devices that are not FDA-approved as cessation products.

Please note that the use of tobacco is allowed during authorized breaks/lunches at designated outside locations ONLY—all of which are at least 25 feet from building entrances.

Failure to comply with this policy may result in disciplinary action up to and including dismissal of employment.
Wellness on Wednesdays

Wellness is a dynamic process involving the harmony of physical, emotional, spiritual, social, intellectual, occupational and environmental well-being. It enables us to function to the best of our ability within our environment.

Being proactive and preventative in nature can help improve your overall quality of life. To do this, you need to be informed and exposed to different methods of caring for your mind and body. Join us for our Wellness on Wednesdays (WOW!) series. During these free programs, Lewis students, faculty, staff and Recreation Center members spend their lunch hour learning about the latest health trends from health and exercise experts.

All lectures are on a Wednesday, at 12 p.m., in the Student Recreation and Fitness Center Boardroom, unless noted otherwise.

September 28
Celebrate Women’s Health & Fitness Day at noon.
Lecture/activity (wear gym shoes)

October 19
Understanding the Vegan Lifestyle

November 2
Cognitive Enhancement Therapy

December 7
Intro to Beginner Yoga and the Benefits....

February 8
How to go from the Couch to Activity

Date TBA
Understanding the Value of Vitamin D

Date TBA
Coping with Loss

Date TBA
Synthetic Drug Use/Abuse

October 5, 2016 & March 8, 2017
Faculty/Staff Decompress the Stress Activity

Stay Connected with Social Media

Lewis University Campus Recreation
/Lewis_RecCenter

Lewis University Intramural Sports
/LewisIMsports /LewisIMsports

Stay Connected with Social Media

lewisu.edu
Special Wellness Events

50 Class Challenge
Complete 50 classes from September 19 - May 12 and win a fitness challenge T-shirt! Counts will be tallied and posted every Wednesday at 4 p.m. Need more of a challenge? Complete 85 classes by the University’s birthday on April 21, 2017 to win a grand “flyer fitness” prize!

Zumbathon Party In Pink!
October 13, 4 - 6 p.m. – Zumbathon Fundraiser to benefit Breast Cancer Awareness. Donations will be accepted, raffle tickets will be sold, and Zumba wear will be available for purchase. All proceeds will go to Hinsdale Wellness House. Person wearing the most pink will also win a prize!

Adaptapalooza
November 2, 4 - 7 p.m.
It’s not your average volleyball. It’s a Big Red Volleyball! Be part of this active philanthropy bringing awareness to the 26th anniversary of the American’s with Disabilities Act. Having a disability doesn’t mean you can’t participate in activities that everyone else can! This event is open to all Campus Recreation members and we encourage you to participate.

Turkey Burn
November 21, 4 - 6 p.m.
90 Minute Fitness Class
Come work off some of those extra holiday calories before Turkey Day! This Turkey Burn will offer a variety of fitness classes in 20-minute intervals.

Stressed About Finals
December 7, 2 - 5 p.m.
Join us to make aromatherapy spray bottles.

Biggest Loser
January 25-April 14
Teams of 3-6 people will compete against each other. Individuals can also compete but just for the “Biggest Loser” prize money and not the team competition. Cost to participate is $10 per person. More information will follow.

Rockin’ Red Zumbathon
February 2, 4 - 6 p.m.
Zumbathon Fundraiser to Benefit Heart Health Month.
Donations will be accepted, raffle tickets will be sold, and Zumba wear will be available for purchase. All proceeds will go to the American Heart Association. Person wearing the most red will also win a prize!

NIRSA Recreational Sports and Fitness Day
February 22, 11 a.m. - 1 p.m.
Information and activity times to follow.

Blackout Body Image Awareness Zumba Class
February 23 - 4 p.m.
Come to Zumba class with the black lights on! Wear your white shirt to glow in the dark and not focus on our looks in the mirror for National Body Image Awareness Week.

University Health Fair
March 29, 11 a.m. - 1 p.m.
The 20th Annual Lewis University Health Fair will be held in the University Dining Room. Stop by to enjoy lots of free information, samples and food from the local area.

Healthy Flyers
April 10, 2 p.m.
Stop by the 5th annual Healthy Flyers ceremony to learn who has been nominated to be recognized as Lewis University’s healthiest students, faculty and staff. Winners of the Biggest Loser Contest will also be announced this event. Join the Healthy Flyer winners for a 1 mile walk around campus following the awards ceremony.

Puppy Palooza
May 3
Come join us for some stress relieving fun with furry four legged friends! Time and other information to come!

May the 4th be With You
2 - 6 p.m.
Stress Relief and Activity Day
More information to follow

National Employee Health & Fitness Day
May 10, 3 p.m.
A one-mile scenic walk around campus celebrates this national event. The group will start the walk in front of the Student Recreation and Fitness Center at 3pm. Healthy refreshments to follow.

LET THE COMPETITION BEGIN! The Intramural Sports provides Lewis students, faculty and staff the opportunity to show off their abilities in one or more areas – and compete for the coveted Intramural Champion T-shirt. See p. 10 for details.
The Lewis University Intramural Sports Program has been the foundation of Campus Recreation. Offering team sports and individual events, the Intramural Program provides Lewis students, faculty and staff the opportunity to show off their abilities in one or more areas – and compete for the coveted Intramural Champion T-shirt. You can organize your own team or put yourself on the Intramural Free Agent list. The Intramural office determines the brackets, tracks the team records and organizes the tournaments. All you have to do is play fair, use discretion and have a good time. For more information, contact Adam Burkhart at (815) 836-5831.

Eligibility & IMLeagues Online Software
All current students, faculty and staff with a valid Lewis University ID card and an IMLeagues account are eligible to participate in the Intramural Sports program. IMLeagues is a free online database designed specifically for Intramural Sports. Sign up is quick and easy. Once a student, faculty or staff member creates an IMLeagues account, they have access to event schedules, standings, team registration, and even personal statistics! No persons will be permitted to register for a Lewis University Intramural event without having an IMLeagues account. To register for an account, simply visit: IMLeagues.com/Lewisu/Registration

FALL 2016

Full Season Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Season Dates</th>
<th>Registration Ends</th>
</tr>
</thead>
<tbody>
<tr>
<td>NERF 3v3</td>
<td>Sept. 6-8</td>
<td>Sept. 2</td>
</tr>
<tr>
<td>Big40 Fantasy Football League</td>
<td>Sept. 7 - DRAFT</td>
<td>Sept. 6</td>
</tr>
<tr>
<td>16” Softball</td>
<td>Sept. 12-15</td>
<td>Sept. 8</td>
</tr>
<tr>
<td>Flag Football on Turf</td>
<td>Sept. 21-Oct. 10</td>
<td>Sept. 20</td>
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<tr>
<td>Dodgeball</td>
<td>Oct. 12-18</td>
<td>Oct. 10</td>
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<tr>
<td>3v3 Basketball</td>
<td>Oct. 24-Nov. 2</td>
<td>Oct. 20</td>
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<tr>
<td>Floor Hockey</td>
<td>Nov. 7-16</td>
<td>Nov. 3</td>
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<tr>
<td>Indoor Soccer</td>
<td>Nov. 21-Dec. 6</td>
<td>Nov. 17</td>
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One Day Events

<table>
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<tr>
<th>Event</th>
<th>Season Dates</th>
<th>Registration Ends</th>
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<tbody>
<tr>
<td>Sand Volleyball Cookout Party</td>
<td>Aug. 31</td>
<td>ShowUp/SignUp</td>
</tr>
<tr>
<td>Paintball at CPX Sports</td>
<td>Oct. 1</td>
<td>Sept. 28</td>
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<tr>
<td>Climbing Wall Trip</td>
<td>Oct. 22</td>
<td>Oct. 19</td>
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<tr>
<td>Minute To Win It</td>
<td>Dec. 7</td>
<td>Dec. 5</td>
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<tr>
<td>Badminton Doubles</td>
<td>Dec. 7</td>
<td>ShowUp/SignUp</td>
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SPRING 2017

Full Season Events

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<tr>
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<th>Registration Ends</th>
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<tbody>
<tr>
<td>5v5 Basketball</td>
<td>Jan. 24-Feb. 1</td>
<td>Jan. 23</td>
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<tr>
<td>Wiffleball</td>
<td>Feb. 6-9</td>
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<tr>
<td>Arena Football</td>
<td>Feb. 13-22</td>
<td>Feb. 9</td>
</tr>
<tr>
<td>Bowling</td>
<td>Feb. 21-May 2</td>
<td>Feb. 17</td>
</tr>
<tr>
<td>Badminton Doubles 3 Day Event</td>
<td>Feb. 23-Mar. 1</td>
<td>Feb. 21</td>
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<tr>
<td>Indoor Soccer</td>
<td>Mar. 2-15</td>
<td>Feb. 28</td>
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<tr>
<td>Volleyball</td>
<td>Mar. 20-Apr. 3</td>
<td>Mar. 16</td>
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<tr>
<td>NERF 3v3</td>
<td>Apr. 5-10</td>
<td>Apr. 3</td>
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<tr>
<td>Inner Tube Water Polo</td>
<td>Apr. 17-24</td>
<td>Apr. 10</td>
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<tr>
<td>Kickball</td>
<td>Apr. 26-May 3</td>
<td>Apr. 24</td>
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One Day Events

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<tr>
<th>Event</th>
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<tbody>
<tr>
<td>Basketball Shootout</td>
<td>Feb. 2</td>
<td>ShowUp/SignUp</td>
</tr>
<tr>
<td>Paintball at CPX Sports</td>
<td>Apr. 29</td>
<td>Apr. 26</td>
</tr>
<tr>
<td>16” Softball Tournament</td>
<td>Apr. 30</td>
<td>Apr. 27</td>
</tr>
<tr>
<td>Dizzy Sports Challenge</td>
<td>Apr. 30</td>
<td>Apr. 27</td>
</tr>
<tr>
<td>Sand Volleyball Cookout Party</td>
<td>May 3</td>
<td>ShowUp/SignUp</td>
</tr>
<tr>
<td>2015-2016 Intramural</td>
<td>May 4</td>
<td>Invite Only</td>
</tr>
</tbody>
</table>

Championship Banquet

Find us on Facebook! Lewis University Intramural Sports lewisu.edu
Outdoor Adventure
Enjoying the great outdoors is what Outdoor Adventure is all about. Our hope is to offer year-round, seasonal events including instructional clinics, and day and extended trips that change with the seasons. See the outdoor activities listed in the Intramural schedule on the previous page.

Clinics
Clinics will offer opportunities to learn new ways to enjoy outdoor activities. Many will use these to learn new activities while others will use them to brush up or re-acquaint themselves with previous skills.

Trips
Day trips offer all-day excursions to local destinations. These trips may include kayaking, canoeing, hiking, cycling or a combination.

Outdoor Adventure Registration
Registration is open to all Lewis University students, faculty and staff. We encourage you to register early when adventures are posted.

Fall 2016
Paintball at CPX Sports
September 28 & October 1

Climbing Wall Trip
October 19 & 17

Spring 2017
Paintball at CPX Sports
April 26 & 29

NEW Outdoor Adventure Club
President: Tyler Dundek
E-Mail: TylerDundek@lewisu.edu
*Check your Lewis e-mail, and the Lewis University Intramural Sports Facebook page for additional dates and times!

Club Sports

What is Club Sports?
Club Sports is a group of individuals organized for the purpose of furthering their interest in a common sport or recreational activity.

What do Club Sports do?
Club Sports travel to compete with local schools in the area. They are more competitive than intramurals, but less competitive than intercollegiate athletics. They can also be instructional in nature and gather on campus as a group to work on individual skills.

What is the skill level?
Club Sports are designed to accept members at any and all skill levels and to provide recreational fun and/or competition, depending on the desires of the members.

Who can participate?
Everyone is welcome to participate in Club Sports. However, to be sponsored by the University, the team should be made up of only students.

Are there tryouts to join?
Yes, a few clubs hold tryouts to select their members. You will have to contact the club representative to find out when the tryouts will be held.

How to contact Club Sports
Contact information and necessary forms for all Club Sports will be kept as current as possible on our Web site: lewisu.edu/sportclubs. A list of current contacts is listed on the next page.

Interested in starting new Club Sports?
Submit a written proposal to Jill Siegfried, Director of Student Recreation, Fitness and Wellness at siegfrie@lewisu.edu or call (815) 836-5277 at least one full semester prior to establishing your group as a club.

Proposal Criteria
Within the proposal the following criteria MUST be covered:

A. Name of proposed club.
B. Name of proposed President with contact information.
C. Description of how the new club will benefit the University.
D. Description of how the new club will benefit Campus Recreation.
E. Description of how the new club will benefit Club Sports on campus.
F. Equipment and facility needs.
G. Costs on starting the club.
H. Marketing for the new club.
I. Fundraising for the club.
J. Background of Sport/Activity.
K. Any other pertinent information that should be noted or described.

The President of the prospective club will schedule a meeting with the Student Recreation Advisory Council (SRAC) to discuss recognition as a club sponsored by the Student Recreation, Fitness and Wellness Department.

The SRAC will grant acceptance as a member or reject membership after first consulting with the appropriate committee.

First-year groups are required to spend one year on provisional status to demonstrate their ability to function as a club.

After the first year, a review is conducted of the club to either grant permanent status, continue the club on probational status, or discontinue the club.

Club Sports (continued on page 12)
Why Join?
The Club Sports Program provides a variety of opportunities for you to learn a new sport, to make new friends, to keep fit, and to compete against other university clubs.

In addition to learning skills on the field, Club Sports members have an opportunity to gain valuable leadership experience. Participation in the administration of Club Sports provides a tremendous opportunity to develop skills in program planning, business management, and organizational behavior. Positions include various Club Sports officers. What better way to enjoy your favorite sport and gain valuable leadership experience?

Competing in Lewis University Club Sports
Lewis University currently has 20 active Club Sports. The sport and captain with an e-mail address is listed if you have an interest and would like more information. If there is a sport or activity that you have an interest in starting, please contact the Director of Student Recreation, Fitness and Wellness at siegfrji@lewisu.edu, (815) 836-5277 or stop by office SC-204 in the Recreation Center for more information.

### Club, Captain Name and Contact Info

<table>
<thead>
<tr>
<th>Club</th>
<th>Captain Name</th>
<th>Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>Kyle Wolak</td>
<td>(708) 539-8497 <a href="mailto:kyleawolak@lewisu.edu">kyleawolak@lewisu.edu</a></td>
</tr>
<tr>
<td>Basketball</td>
<td>Molly Mazur</td>
<td><a href="mailto:mazurmo@lewisu.edu">mazurmo@lewisu.edu</a></td>
</tr>
<tr>
<td>Belegarth</td>
<td>Marissa Henkel</td>
<td><a href="mailto:marissachenkel@lewisu.edu">marissachenkel@lewisu.edu</a></td>
</tr>
<tr>
<td>Disc Golf</td>
<td>Jared Taylor</td>
<td><a href="mailto:taylorja@lewisu.edu">taylorja@lewisu.edu</a></td>
</tr>
<tr>
<td>E Sports</td>
<td>Yesenia Gonzalez</td>
<td>yeseniagonzalez01@lewisuedu</td>
</tr>
<tr>
<td>Flyerettes Dance Team</td>
<td>Kylie McGivney</td>
<td>(708) 968-9514 <a href="mailto:kyiemcgivney@lewisu.edu">kyiemcgivney@lewisu.edu</a></td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>Joe Santelli</td>
<td>(773) 715-3887 <a href="mailto:Lewisuniversityhockey@gmail.com">Lewisuniversityhockey@gmail.com</a></td>
</tr>
<tr>
<td>Ice Hockey</td>
<td></td>
<td>Lewisuniversityhockey.com</td>
</tr>
<tr>
<td>Jiu Jitsu</td>
<td>Tyler Dundek</td>
<td><a href="mailto:tylerdundek@lewisu.edu">tylerdundek@lewisu.edu</a></td>
</tr>
<tr>
<td>Jiu Jitsu</td>
<td>Samuel Garcia</td>
<td><a href="mailto:samuelrgarcia@lewisu.edu">samuelrgarcia@lewisu.edu</a></td>
</tr>
<tr>
<td>Lacrosse (Men's)</td>
<td>Coach Dave Libby</td>
<td><a href="mailto:coachlibby.61@gmail.com">coachlibby.61@gmail.com</a></td>
</tr>
<tr>
<td>Lacrosse (Women's)</td>
<td>Jill Siegfried</td>
<td>(815) 836-5277 <a href="mailto:siegfrji@lewisu.edu">siegfrji@lewisu.edu</a></td>
</tr>
<tr>
<td>Outdoor Adventure</td>
<td>Tyler Dundek</td>
<td><a href="mailto:tylerdundek@lewisu.edu">tylerdundek@lewisu.edu</a></td>
</tr>
<tr>
<td>Outdoor Adventure</td>
<td>Mariah Dunnaway</td>
<td><a href="mailto:mariahldunnaway@lewisu.edu">mariahldunnaway@lewisu.edu</a></td>
</tr>
<tr>
<td>Quidditch</td>
<td>Ellen Kientop</td>
<td><a href="mailto:ellenrkientop@lewisu.edu">ellenrkientop@lewisu.edu</a></td>
</tr>
<tr>
<td>Rugby</td>
<td>Trevor Cherry</td>
<td><a href="mailto:trevorcherry@lewisu.edu">trevorcherry@lewisu.edu</a></td>
</tr>
<tr>
<td>Soccer (Women's)</td>
<td>Francisco (Paco) Gonzalez</td>
<td><a href="mailto:gonzalfr@lewisu.edu">gonzalfr@lewisu.edu</a></td>
</tr>
<tr>
<td>Taekwondo</td>
<td>Jae Hyeon Jeon</td>
<td><a href="mailto:jae.h.jeon@gmail.com">jae.h.jeon@gmail.com</a></td>
</tr>
<tr>
<td>Ultimate (Men's)</td>
<td>Michael Dillon</td>
<td><a href="mailto:Michaeldillon1996@yahoo.com">Michaeldillon1996@yahoo.com</a></td>
</tr>
<tr>
<td>Ultimate (Women's)</td>
<td>Molly Mazur</td>
<td><a href="mailto:mazurmo@lewisu.edu">mazurmo@lewisu.edu</a></td>
</tr>
<tr>
<td>Volleyball</td>
<td>Lucas Parker</td>
<td>(630) 303-4433 <a href="mailto:lucasiparker@lewisu.edu">lucasiparker@lewisu.edu</a></td>
</tr>
<tr>
<td>Volleyball (Women's)</td>
<td>Lucas Parker</td>
<td>(630) 303-4433 <a href="mailto:lucasiparker@lewisu.edu">lucasiparker@lewisu.edu</a></td>
</tr>
<tr>
<td>Water Polo</td>
<td>Courtney Carter</td>
<td><a href="mailto:courtneycarter@lewisu.edu">courtneycarter@lewisu.edu</a></td>
</tr>
</tbody>
</table>

lewisu.edu
Sometimes you just want to do something on your own. If you’re a current Lewis University student or a Campus Recreation member, you have plenty of options. Make reservations if you would like to have access to a court or area of the facility at a certain day/time. Call (815) 836-5277 for reservations.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Facility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardio equipment including treadmills,</td>
<td>Fitness Center</td>
</tr>
<tr>
<td>steppers, recumbent bikes, rowers,</td>
<td></td>
</tr>
<tr>
<td>cross trainers, ellipticals</td>
<td></td>
</tr>
<tr>
<td>Free weights and selectorized stations</td>
<td>Powerhouse Flex and Fitness</td>
</tr>
<tr>
<td></td>
<td>Center</td>
</tr>
<tr>
<td>Courts for indoor basketball, volleyball,</td>
<td>Fieldhouse</td>
</tr>
<tr>
<td>badminton, soccer and tennis</td>
<td></td>
</tr>
<tr>
<td>Courts for outdoor basketball</td>
<td>Ryan/Cody Court/The Backyard</td>
</tr>
<tr>
<td>Backyard</td>
<td></td>
</tr>
<tr>
<td>Two courts for sand volleyball</td>
<td>The Backyard</td>
</tr>
<tr>
<td>Indoor track</td>
<td>Fieldhouse</td>
</tr>
<tr>
<td>Lap swimming</td>
<td>Pool</td>
</tr>
<tr>
<td>Outdoor Field activities including, ultimate frisbee, flag football, softball, and soccer</td>
<td>Multipurpose Fields</td>
</tr>
<tr>
<td>Outdoor tennis</td>
<td>Oremus Tennis Complex</td>
</tr>
<tr>
<td>Frisbee/Disc Golf</td>
<td>Frisbee/Disc Golf 9-Hole</td>
</tr>
<tr>
<td>Course</td>
<td>Group Fitness Studio</td>
</tr>
<tr>
<td>Burnham Centennial Nature Trail</td>
<td>(See Trail Map Below)</td>
</tr>
<tr>
<td>Putting Green</td>
<td>Fieldhouse</td>
</tr>
<tr>
<td>Rugby</td>
<td>Rugby Field</td>
</tr>
</tbody>
</table>

**Burnham Centennial Nature Trail**

**Campus Recreation Tips**
1. You must have a valid Lewis ID card to use Campus Recreation facilities and to participate in Intramural Sports.
2. Fitness areas: All patrons must clean equipment after each use. Sanitizers are available throughout the area. For your convenience, hand towels are available at the front desk.
3. Secure your belongings: Day lockers are available to store personal items. These lockers should be vacated at the end of each day. We are not responsible for any items lost or stolen.

**Equipment Checkout**
A variety of equipment is available for free daily checkout with a Lewis ID card: basketballs, volleyballs, soccer balls, badminton racquets, tennis racquets, jump ropes, exercise videos and footballs. Available pool equipment includes kickboards, noodles, fins and paddles.
May I bring a guest?
Current Lewis University students or Student Recreation and Fitness Center members may purchase single entry guest passes for $5; there is a limit of two guests per student or member per day. Single entry guest passes can be purchased at the Front Desk. Guests must enter and exit with their sponsor. The guest pass is good for one entry to the facility; guests may not exit the facility and re-enter at a later time. The sponsoring student/member must sign a form stating that they accept responsibility for their guests’ actions, and will be referred to the University judicial process if violations of policy occur.

Who may purchase a membership to the Student Recreation and Fitness Center?
Memberships to the Student Recreation and Fitness Center can be purchased by parents/spouses of Lewis University students as well as alumni of the University. Individuals who are 55+ are eligible to participate in the Breakfast Club. This group can utilize the facility in the morning only, when students are typically busy in class. There are also a limited number of memberships (25) available to the external community. These memberships are sold on a first-come, first-served basis and carry a $75 initiation fee.

What are the policies on children/dependents aged 15 and under?
Children with a membership are allowed access to the facility only when accompanied at all times by a parent/guardian. Children are not allowed in the Fitness Center or in the Free Weight Area of the facility.

What are the policies on children/dependents aged 16 to 22?
Children in this age category are allowed full access to the facility. Access is granted with a current membership card.

What are the facility hours?
See page five.

What are the pool hours?
See page five.

What are the membership office hours?
Memberships are purchased directly from the Director of the facility between the hours of 9 a.m. - 5 p.m., Monday through Friday. Special time arrangements can be made by calling (815) 836-5277. Applications can be picked up at the Front Desk of the Student Recreation and Fitness Center.

When is the facility busiest?
Peak times are typically Monday through Friday from 2 p.m. through 9 p.m.

May a membership be “frozen” or put on hold for a period of time?
Memberships may only be frozen for medical reasons. Memberships are not put on hold for vacations or summer months.

What types of lockers are available?
Daily key lockers are available free of charge for all members. A membership card or Lewis ID must be left for collateral with the Front Desk attendant. Lockers are for daily use only. The University reserves the right to empty all contents from lockers at the end of each business day. We encourage members to not bring valuables into the locker room.

Are towels available?
The only type of towel available is a small hand towel. This is free of charge. A membership card or Lewis ID must be left for collateral with the Front Desk attendant.

What if I forgot my ID/membership card? May I still enter the facility?
No. Proper membership identification, either a valid Lewis ID or a membership card, is required for facility entry. It is necessary to scan into the facility. This includes individuals entering the facility for athletic-related activities or academic classes. Students who have lost their ID must get a replacement ID through Campus Security before they can use the facility. Members who have lost their membership cards can purchase a new card for $5.
What equipment is available for checkout?
A variety of equipment is available for free daily checkout with a Lewis ID card: basketballs, volleyballs, soccer balls, badminton racquets, tennis racquets, table tennis paddles, jump ropes, exercise videos, and footballs. Equipment available in the pool includes kickboards, noodles, fins, and paddles.

Are spectators allowed?
Spectators are allowed into the facility to watch scheduled activities such as Intramurals or to accompany a child here for a rental such as a Swim Club practice. Access as a spectator does not grant an individual permission to utilize the facility with the exception of the viewing area over the pool or above the Fieldhouse. Individuals wishing to workout during that time can pay a guest fee of $5 or may inquire if outside memberships are available.

Is parking available?
Parking is available and a guest pass is given to all members. However, parking is first-come, first-served. You can definitely park on campus but there is no guarantee as to which lot. Handicapped parking also is available.

Is babysitting available?
Unfortunately, we do not have any facilities for this purpose.

Are any studios available for open recreation?
The Aerobics Studio can be used for open recreation when classes are not scheduled. However, individuals must wear soft-soled shoes and follow the facility guidelines. Also, the Front Desk has a variety of exercise DVDs available for checkout.

Do you have group exercise classes?
Group exercise classes are free! Classes are scheduled weekly. Please refer to the schedule available on page 4 or go to lewisu.edu/studentservices/fitnesscenter/classes.htm.

What other classes are available?
Structured leagues for alumni or community members are not offered through Intramural Sports.

Who may participate in the Club Sports program?
Club Sports are available to all Lewis University students. Information on how to start a Sport Club can be obtained by calling (815) 836-5277.

Who may participate in the Intramural Sports program?
All current students, faculty and staff with a valid Lewis University ID card and an IMLeagues account are eligible to participate in the Intramural Sports program. IMLeagues is a free online database designed specifically for Intramural Sports. Sign up is quick and easy. Once a student, faculty or staff member creates an IMLeagues account, they have access to event schedules, standings, team registration, and even personal statistics! No persons will be permitted to register for a Lewis University Intramural event without having an IMLeagues account.

Who is RAD Camp?
Lewis University sponsors a Recreational Activities Day (RAD) Camp every summer and open to the public. The camp is held from 9 a.m.-noon Monday thru Friday. The dates for RAD are June 12-16, June 26-30, and July 24-28. Camp cost is $75 per child per week. Lewis University faculty, staff and students receive a 25% discount reducing their weekly fee to $56.25 per child per week. The kids attending play tennis and swim daily. The second activity daily can include dodge ball, kickball, flag football or hiking on the nature trail. Once per week, the campers attend a topical health education program presented by our students from the College of Nursing and Health Professions. For more information, please call (815) 836-5277.
Wellness Programs and Activities
2016-2017

Student Recreation and Fitness Center
Membership Services (815) 836-5277
Information Center/Front Desk (815) 836-5051
Facility Director (815) 836-5277
Facility Assistant Director/Intramurals (815) 836-5831
Group Exercise Class Information (815) 836-5527
Club Sports Information (815) 836-5277

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