SPRING 2018

VCU RECREATIONAL SPORTS
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MISSION

Through sport, fitness, outdoor adventure, experiential leadership development and instructional programs, Recreational Sports inspires and empowers the VCU community to commit to a lifetime of wellness.

OUR VALUES

**Inclusion:** We value and support individual and cultural identities.

**Balance:** We recognize the importance of balance in all aspects of life.

**Service:** We strive for excellence in our delivery of services.

**Learning:** We promote lifelong learning and personal development.

**Sustainability:** We are committed to growing a more sustainable future.

**Community:** We foster collaborative efforts to achieve a shared common vision.

**Fun:** We provide services that support and enrich lives through play.

LETTER FROM THE DIRECTOR

Happy New Year from VCU Recreational Sports!

We are excited to start 2018 with the second edition of our Rec Sports Guide. Our resolution this year is to keep you moving whether that be through intramural sports, swim lessons, informal recreation, or one of our many other offerings featured in this guide.

We look forward to supporting you in the achievement of personal goals. Let’s make 2018 your year!

Be Well,

Derek Hottell, Ph.D.
FACILITIES
recsports.vcu.edu/facilities

Cary Street Gym
(804) 827-1100 | 101 S. Linden St.
MON - FRI  6:00 a.m. - 12:00 a.m.
SAT  8:00 a.m. - 12:00 a.m.
SUN  9:00 a.m. - 12:00 a.m.

Climbing & Bouldering Wall
(804) 827-8747 | 101 S. Linden St.
MON - FRI  12:00 p.m. - 10:00 p.m.
SAT  CLOSED
SUN  4:00 p.m. - 8:00 p.m.

Cary Street Gym Aquatic Center
(804) 827-1100 | 101 S. Linden St.
MON - FRI  6:00 a.m. - 11:30 p.m.
SAT  8:00 a.m. - 11:30 p.m.
SUN  9:00 a.m. - 11:30 p.m.

Outing Rental Center
(804) 828-6004 | 130 S. Linden St.
MON - FRI  11:00 a.m. - 6:00 p.m.
SAT  CLOSED
SUN  CLOSED
Winter hours (through March 2):
TUE - THR  3:00 p.m. - 6:00 p.m.

Cary Street Field
(804) 827-2526 | 1106 W. Cary St.
MON - FRI  12:00 p.m. - 12:00 a.m.
SAT  12:00 p.m. - 12:00 a.m.
SUN  12:00 p.m. - 12:00 a.m.

Thalhimer Tennis Center
(804) 828-1458 | 920 W. Cary St.
MON - FRI  9:00 a.m. - 12:00 p.m.
  6:00 p.m. - 9:00 p.m.
SAT  10:00 a.m. - 6:00 p.m.
SUN  12:00 p.m. - 6:00 p.m.

MCV Campus Recreation Center
(804) 828-6100 | 900 Turpin St.
MON - FRI  5:45 a.m. - 12:00 a.m.
  5:45 a.m. - 10:00 p.m.
FRI  5:45 a.m. - 10:00 p.m.
SAT  8:00 a.m. - 8:00 p.m.
SUN  9:00 a.m. - 10:00 p.m.

MCV Campus Aquatic Center
(804) 828-6100 | 900 Turpin St.
MON - FRI  6:00 a.m. - 9:00 a.m.
  11:00 a.m. - 9:00 p.m.
SAT  8:00 a.m. - 12:00 p.m.
SUN  1:00 p.m. - 5:00 p.m.

*Tuesday - Closes at 7:00 p.m. for Kayak Pool Sessions
*Friday - Male or Female Only Swim, 7:00 - 9:00 p.m.

Marshall Street Studio
1300 W. Marshall St., located on the right side of the basketball development center.
Open during Group Exercise class hours

Hours are subject to change without notice. Hours exclude holidays, inclement weather and facility closures. For the most recent facility hours, visit recsports.vcu.edu.

PARKING
The city of Richmond operates metered parking spaces on the streets adjacent to Cary Street Gym. Two hour parking limits apply. There is very little street parking available on the MCV Campus. Visit parking.vcu.edu for information about on-campus parking and transportation options. Visit richmondgov.com/parking for more information on city parking and pay stations.
MEMBERSHIP

When you become a member of VCU Rec Sports, you’re joining more than a gym! You’re joining a community of students, faculty, staff, alumni and members of the Richmond community who are committed to a lifetime of wellness. Your membership also makes a significant contribution to student development, learning and quality of life by providing supplemental funds to keep many programs free for students, as well as employ over 300 student staff.

MEMBER BENEFITS:

• Full access to all facilities
• Access to all programs, including FREE group exercise classes and informal recreation activities
• Special member rates on programs & rentals
• FREE day use lockers and access to locker and towel rentals

HOW TO BECOME A MEMBER

Joining is easy! You can pay using cash, check or card. We can also set up a monthly auto draft from your credit card or debit card. To become a member, stop by one of our membership offices:

Cary Street Gym
Located in Administrative Suite
804-828-9489
MON - FRI 7:00 a.m. - 7:00 p.m.
SAT 10:00 a.m. - 2:00 p.m.

MCV Campus Recreation Center
Located in Larrick Student Center lobby
804-628-0233
MON - FRI 3:00 p.m. - 7:00 p.m.

 recsports.vcu.edu/membership
“Cary Street Gym is a good mental break; it’s just mindfulness for me in-between classes.”

MORGAN KIMMEL, VCU STUDENT

2017-2018 MEMBERSHIP RATES

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Cost</th>
<th>Additional Adult</th>
<th>Minor Dependent (per Child)</th>
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<tr>
<td>Fee paying students</td>
<td>Included in fees</td>
<td>$110.50/semester</td>
<td>$13.33/semester</td>
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<tr>
<td>Non-fee paying students</td>
<td>$87/semester</td>
<td>$110.50/semester</td>
<td>$13.33/semester</td>
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<tr>
<td>Faculty/Staff</td>
<td>$260/annually</td>
<td>$370.50/annually</td>
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<td>$21.67/monthly</td>
<td>$30.88/monthly</td>
<td>$3.33/monthly</td>
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<tr>
<td>VCU Alumni Members</td>
<td>$312/annually</td>
<td>$435.50/annually</td>
<td>$40/annually</td>
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<tr>
<td></td>
<td>$26/monthly</td>
<td>$36.29/monthly</td>
<td>$3.33/monthly</td>
</tr>
<tr>
<td>VCU Affiliate</td>
<td>$435.50/annually</td>
<td>$435.50/annually</td>
<td>$40/annually</td>
</tr>
<tr>
<td></td>
<td>$36.29/monthly</td>
<td>$36.29/monthly</td>
<td>$3.33/monthly</td>
</tr>
<tr>
<td>Community</td>
<td>$480/annually</td>
<td>$480/annually</td>
<td>$50/annually</td>
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<tr>
<td></td>
<td>$40/monthly</td>
<td>$40/monthly</td>
<td>$4.16/monthly</td>
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*Membership rates are subject to change. Visit recsports.vcu.edu for the most up-to-date rates.

RAM EXPRESS

We are pleased to offer Ram Express, a discounted rate for non-student members who wish to only have access to our facilities between 6:00 a.m. and 1:00 p.m. Mondays through Fridays and all day on Saturdays and Sundays. These individuals are able to purchase a membership at a discount of 30% from their standard membership category rate.

GUESTS

Recreational Sports members are entitled to sponsor one guest per day for $10 per day. Members with more than one guest must submit a request through our website at recsports.vcu.edu/membership/guests.
FITNESS
recsports.vcu.edu/fitness

There are endless fitness opportunities at Rec Sports! Work with a Certified Personal Trainer for an individualized exercise program. Check out how our Small Group Training can help you meet your fitness goals. Our fitness centers feature hundreds of exercise machines, free weights, cardio equipment, weight-lifting platforms and more. We also offer a Personal Trainer Prep Course.

PERSONAL TRAINING
Rec Sports Personal Trainers are dedicated fitness professionals who are committed to your fitness progress and personal success. Whether you want to lose weight, build muscle, become more independent, break a plateau or recover from a previous injury, our trainers have you covered. Individual and Partner Training packages are available in 3, 6, 12 or 18 sessions. Not ready to commit? Basic Fitness Assessments and consultations are also available.

SMALL GROUP TRAINING
Small group training programs are designed to challenge and advance your fitness skills in a specialized area. Work with a Certified Personal Trainer or specially certified coach in groups of 4-12 people at an affordable cost.

Spring 2018 Small Group Training:
Beginner Olympic-Style Weightlifting
February 5 - April 6
Mon/Wed/Fri 6:15 a.m. - 7:15 a.m. and 6:00 p.m. - 7:00 p.m.

Bootcamp
February 5 - March 21 and March 26 - May 3
Tue/Thur 5:00 p.m. - 6:00 p.m.

Functional Fitness Training
February 5 - March 22
March 27 - May 3
Mon/Wed 11:30 a.m. - 12:30 p.m. and 3:30 p.m. - 4:30 p.m.
Tue/Thur 6:30 a.m. - 7:30 a.m. and 2:30 p.m. - 3:30 p.m.

Women’s Bootcamp
February 5 - March 21
Mon/Wed 4:00 p.m. - 5:00 p.m.

Women on Weights
February 6 - March 22
March 26 - May 3
Mon/Wed 6:30 a.m. - 7:30 a.m.

ACE PERSONAL TRAINING PREP COURSE
Enroll in our prep course where we teach you the technical skills and know-how that will prepare you for the American Council on Exercise (ACE) certification exams for personal training.

February 6 - April 5
Tue/Thur 8:00 a.m. - 10:00 a.m.
Register by February 2
GROUP EXERCISE
recsports.vcu.edu/programs/fitness/group-exercise

We offer up to 100 FREE group exercise classes each week! Register for classes 24 hours in advance online to reserve your spot. Classes are free for all VCU students and Rec Sports members. View the full group exercise schedule for the Cary Street Gym, MCV Recreation Center and the new Marshall St. Studio on our website. Below are the group exercise classes being offered for the Spring 2018 semester:

**CARDIO & DANCE**
High-intensity, dance-inspired cardio classes that incorporate upbeat music with easy-to-follow dance moves, kicks, punches and jumps.
- Cardio Dance
- Zumba
- Cardio Kickboxing

**CYCLE**
Wether it's an endurance climb or a sprint to the finish, you’ll get a cardiovascular challenge with each pedal stroke.
- Cycle
- Cycle & Core
- Cycle & H.I.I.T.

**MUSCULAR STRENGTH & ENDURANCE**
Train your muscles to become powerful and strong. Instructors design classes with a variety of equipment and exercises.
- Bodysculpt
- H.I.I.T.
- Total Body Conditioning
- TRX

**MIND BODY**
Experience the union between breath and movement while increasing flexibility, mental awareness and relaxation.
- Barre
- Mindful Yoga
- Pilates
- Power Yoga
- Vinyasa Flow
- Yin Yoga
- Restorative & Meditation

**WATER**
Challenge yourself with water exercises that offer 12 times the resistance of land-based exercise, without the added stress on the body and joints.
- Aqua Bootcamp
- Water Aerobics
- Stand Up Paddleboard Yoga
- Stand Up Paddleboard H.I.I.T.

**ACE GROUP EXERCISE INSTRUCTOR PREP COURSE**
Enroll in our prep course where we teach you the technical skills and know-how that will prepare you for the American Council on Exercise (ACE) certification exams for group exercise instructing.
February 5 - April 20
Register by February 2
Interest Meetings at Cary Street Gym Wet Classroom
Wednesday, January 24 - 7:00 p.m. - 8:00 p.m.
Tuesday, January 30 - 7:00 p.m. - 8:00 p.m.
**LEAGUES**

| Sport                  | Dates          | Register by:
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>5v5 Basketball</td>
<td>Feb. 4 - March 22</td>
<td>Jan. 28</td>
</tr>
<tr>
<td>Futsal</td>
<td>Feb. 4 - March 22</td>
<td>Jan. 28</td>
</tr>
<tr>
<td>4v4 Flag Football</td>
<td>March 18 - May 1</td>
<td>March 11</td>
</tr>
<tr>
<td>Dodgeball</td>
<td>March 18 - May 1</td>
<td>March 11</td>
</tr>
<tr>
<td>Softball</td>
<td>March 18 - May 1</td>
<td>March 11</td>
</tr>
<tr>
<td>Indoor Volleyball</td>
<td>March 25 - May 1</td>
<td>March 18</td>
</tr>
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**TOURNAMENTS**

| Sport                        | Dates          | Register by:
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</thead>
<tbody>
<tr>
<td>Badminton</td>
<td>Feb. 10</td>
<td>Feb. 4</td>
</tr>
<tr>
<td>Inner-Tube Water Polo</td>
<td>Feb. 10</td>
<td>Feb. 4</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>Feb. 17</td>
<td>Feb. 11</td>
</tr>
<tr>
<td>Racquetball</td>
<td>Feb. 24</td>
<td>Feb. 18</td>
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<tr>
<td>3pt. Contest</td>
<td>March 12 - March 22</td>
<td>March 4</td>
</tr>
<tr>
<td>11v11 Soccer</td>
<td>March 17 - March 24</td>
<td>March 10</td>
</tr>
<tr>
<td>Tennis</td>
<td>March 24</td>
<td>March 17</td>
</tr>
<tr>
<td>Wiffleball</td>
<td>April 7</td>
<td>April 1</td>
</tr>
<tr>
<td>3v3 Basketball</td>
<td>April 14</td>
<td>April 8</td>
</tr>
</tbody>
</table>

Compete against fellow VCU students, faculty and staff in our intramural leagues and tournaments. Leagues run for a number of weeks during a semester, and include a playoff bracket. Women’s, men’s and open leagues are available for all sports. Intramural tournaments are events that last one to two days and do not require a season-long time commitment. No experience is necessary to play in any league or tournament, and there is no charge to play. For more information on registering for Intramural Sports, visit our website.

**HOW TO REGISTER**

You can register for intramural sport leagues and tournaments through the MyRecSports portal. Team sports will require a captain to register the team prior to the posted deadline. Team members will need to register individually with that team, or be invited to join by the captain, to be eligible to play.

**FREE AGENTS**

The Free Agent option offers participants a chance to play on a team by being added by a registered team’s captain. Free agents can request to join a team and set their division preferences online. If enough free agents register for a sport league, one or more free agent teams will be created, if there are open team slots.
SPORT CLUBS
recsports.vcu.edu/programs/sport-clubs

Sport Clubs are student organizations centered around sport/physical activity that meet regularly to practice, compete, socialize, hold clinics and demonstrations, and engage in community service. Clubs range from instructional to competitive in nature. Each club determines its own membership fees, practice times and event schedules. Develop your leadership and teamwork skills while having fun!

Badminton
Baseball
Women's Basketball
Bowling
Crew
Cycling
Dodgeball
Equestrian
Field Hockey
Figure Skating
Historical European Martial Arts
Men's Ice Hockey
Judo
Men's Lacrosse
Women's Lacrosse
Mixed Martial Arts
Paintball
Powerlifting
Quidditch
Men's Rugby
Women's Rugby
Running
Ski and Snowboard
Men's Soccer
Women's Soccer
Softball
Swimming
Table Tennis
Tennis
Triathlon
Twirling
Men's Ultimate Frisbee
Women's Ultimate Frisbee
Men's Volleyball
Women's Volleyball
Water Polo
Wrestling
Wushu

JOIN A CLUB
If you are interested in joining a club, visit our website, or call the Structured Sports office, 804.827.6731 for more information.

ATHLETIC TRAINING
Rec Sports is proud to offer athletic training services to our Sport Club participants at no additional charge. The Athletic Trainer provides direct oversight of practices and events and ensures proper care is available to help prevent, diagnose and treat injuries. Our Athletic Trainer works closely with VCU Health to refer any students who may need additional medical attention. Sport Club members can make appointments as well as request athletic training services for upcoming events.
Develop a wide range of water-based skills, and have fun doing so! Between our two Aquatic Centers, we have three swimming pools and two spas. Enjoy fun features such as a slide, climbing wall, water basketball and more. All Aquatic programs are open to students, members and non-members. Prices are available online.

### SPECIAL SWIM HOURS

**Female Only/Male Only Swim:**
Alternating Fridays, 7:00 p.m. - 9:00 p.m., Jan. 26 - Apr. 27 MCV Campus Aquatic Center

**Family Swim:**
Cary Street Gym Aquatic Center  
Monday - Friday, 5:00 p.m. - 7:30 p.m.  
Saturday - Sunday, all open hours

MCV Campus Aquatic Center  
Saturday - Sunday, all open hours

### AQUATIC CERTIFICATIONS

Rec Sports offers various aquatic certification classes, such as lifeguard certification and re-certification, water safety instructor and lifeguard instructor courses.

**Lifeguard Certification**
February 16-25  
Friday, 5:00 p.m. - 10:00 p.m.  
Saturday and Sunday, 12:00 p.m. - 6:00 p.m.  
May 14-18  
Friday, 5:00 p.m. - 10:00 p.m.  
Saturday - Sunday, 12:00 p.m. - 7:00 p.m.

**Lifeguard Re-Certification**
March 23-25  
Friday, 5:00 p.m. - 10:00 p.m.  
Saturday and Sunday, 12:00 p.m. - 7:00 p.m.  
May 18-20  
Friday, 5:00 p.m. - 10:00 p.m.  
Saturday - Sunday, 12:00 p.m. - 7:00 p.m.
# SWIM LESSONS
Rec Sports offers swim lessons for adults and children, from beginner to advanced. Classes are structured to provide individual attention and address participants’ needs, and are taught by an American Red Cross Water Safety Instructor.

## PRIVATE & SEMI-PRIVATE SWIM LESSONS
- Ages 3 and up
- Packages are available to purchase in 2, 4 or 6 hours
- Can be used in 15, 30, 45 or 60 minute increments

## ADULT SWIM LESSONS
**Weekday Lessons:**
- January 29 - February 22
- March 19 - April 13

**Saturday Lessons:**
- January 27 - March 3
- March 17 - May 5

**Female Only Swim Lessons:**
- January 26 - April 20
- Alternating Fridays 7:00-7:55 p.m.
- MCV Campus Aquatic Center

<table>
<thead>
<tr>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>Mon/Wed</td>
<td>6:00-6:55 p.m.</td>
<td>CSG</td>
</tr>
<tr>
<td>Beginner</td>
<td>Mon/Wed</td>
<td>8:05-9:00 p.m.</td>
<td>CSG</td>
</tr>
<tr>
<td>Inter/Adv</td>
<td>Mon/Wed</td>
<td>7:00-7:55 p.m.</td>
<td>CSG</td>
</tr>
<tr>
<td>All levels</td>
<td>Tue/Thu</td>
<td>5:30-6:25 p.m.</td>
<td>MCV</td>
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<tr>
<td>All levels</td>
<td>Sat</td>
<td>12:30-1:25 p.m.</td>
<td>MCV</td>
</tr>
<tr>
<td>Female all levels</td>
<td>Fri</td>
<td>7:00-7:55 p.m.</td>
<td>MCV</td>
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## CHILDREN’S SWIM LESSONS
**Weekday Lessons:**
- January 30 - February 22
- March 20 - April 13

**Saturday Lessons:**
- January 27 - March 3
- March 17 - May 5

<table>
<thead>
<tr>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool 1-3</td>
<td>Tue/Th</td>
<td>5:30-6:00 p.m.</td>
<td>CSG</td>
</tr>
<tr>
<td>Youth 1-3</td>
<td>Tue/Th</td>
<td>6:05-6:50 p.m.</td>
<td>CSG</td>
</tr>
<tr>
<td>Parent/Child</td>
<td>Sat</td>
<td>10:15-10:45 a.m.</td>
<td>CSG</td>
</tr>
<tr>
<td>Preschool 1-3</td>
<td>Sat</td>
<td>9:30-10:00 a.m.</td>
<td>CSG</td>
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<tr>
<td></td>
<td>Sat</td>
<td>10:15-10:45 a.m.</td>
<td>CSG</td>
</tr>
<tr>
<td>Youth 1 &amp; 2</td>
<td>Sat</td>
<td>10:15-11:00 a.m.</td>
<td>CSG</td>
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<tr>
<td>Youth 3-6</td>
<td>Sat</td>
<td>11:15 a.m.-12:00 p.m.</td>
<td>CSG</td>
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OUTDOOR ADVENTURE PROGRAM
recsports.vcu.edu/programs/outdoor-adventure-program

CLIMBING AND BOULDERING WALL

The Climbing and Bouldering Walls, located in the Cary Street Gym, are available to all Rec Sports members. Beginner and advanced climbers are welcome to climb. The Bouldering Wall is open during all open facility hours. The Climbing Wall is available, and necessary climbing equipment can be rented for free, during open Climbing Wall office hours, Monday - Friday 12:00 p.m. - 10:00 p.m. and Sunday 4:00 - 8:00 p.m. Staff are available to assist you during those times.

SPRING 2018 WALL ACTIVITIES

Adaptive Climbing with Sportable
We will be working with Sportable to provide indoor rock climbing experiences to members of the community with physical and visual disabilities. This is a great way to learn some new skills and make friends!
Volunteer/Staff Training - January 25
February 1, February 15, February 22 and March 1

Cary Street Crux
Compete in beginner, intermediate and advanced divisions, top rope and bouldering, to win sweet prizes from local and national climbing brands and vendors. All competitors will receive a t-shirt and food is provided. This event is a part of the EES Climbing Series.
February 10

Belay Clinics
Mondays, Tuesdays and Wednesdays
January 17 - May 11, 7:00 p.m. - 8:00 p.m.

OUTING RENTAL CENTER

EQUIPMENT RENTALS

The Outing Rental Center offers low cost gear and equipment rentals to VCU students, faculty, staff and Rec Sports members. Items such as tents, sleeping bags, stand up paddleboards, and kayaks are available for day and weekend rates. Find a full list of available equipment and prices on our website.

BIKE SHOP

The OAP Bike Shop is located inside the Outing Rental Center, and is a free resource available to VCU students, faculty, staff and Rec Sports members. Bike repair workshops, as well as one on one instruction by trained bike mechanics, are available throughout the semester. Don’t have your own bike? We also offer bike rentals at very affordable prices!
TRIPS
Trips are open to VCU students, faculty, staff and Rec Sports members. All trips are led by trip leaders and are offered at affordable prices. Full trip details, prices and registration information are available on our website.

February Trips
Feb. 3- Caving Day Trip
Feb. 3-4- Cross Country Skiing Weekend
Feb. 18- Caving Day Trip

March Trips
Mar. 3-11- Spring Break: Exploring Utah and Beyond
Mar. 3-11- Spring Break: Sea Kayaking in the Everglades
Mar. 17-18, 24-25, 31-4/1- Raft Guide Training
Mar. 24-25- Backpacking Weekend
Mar. 24-25- Women’s Sea Kayaking Weekend
Mar. 31-Apr. 1- Wilderness Survival Skills Weekend

April Trips
Apr. 7- Rafting Day Trip
Apr. 7-8- Sea Kayaking Weekend
Apr. 8- Hiking Day Trip
Apr. 14-15- Rock Climbing Weekend
Apr. 14-15- Swiftwater Rescue Training
Apr. 15- Canoe Day Trip at Dutch Gap
Apr. 21- Mountain Bike Day Trip
Apr. 21-22- Nelson & Seneca Rocks Via Ferrata & Multi-Pitch Climbing
Apr. 22- Hiking Day Trip/Mushroom Hunting on Earth Day
Apr. 22- Stand Up Paddle Boarding - Beach
Apr. 28-29- Backpacking Weekend
Apr. 28-29- Whitewater Weekend - Youghiogheny River Rafting

Summer Trips
May 12-20- Bicycle Tour: C&O Canal and Great Allegheny Passage Van-Supported Sampler Tour
May 12-20- OAP International Travel Series: Trekking in Peru

WEEKLY ACTIVITIES
All weekly activities are free to VCU students and Rec Sports members. Space is limited, so register early on our website. All activities meet at the Outing Rental Center unless otherwise noted.

Mondays: Stand-Up Paddleboard Clinic, 3:00-6:00 p.m.
Tuesdays: Kayak Pool Sessions, 7:00-9:00 p.m.
     Can meet at MCV Campus Aquatic Center
Wednesdays: Road Bike Rides, 2:30-5:30 p.m.
     Kayak River Clinic, 3:00-8:00 p.m.
Thursdays: Group Hike, 2:30-5:30 p.m.
     Mountain Bike Rides, 3:00-6:00 p.m.

Learn How to Fix a Flat
Monday, April 2- 6:00-7:00 p.m.
Tuesday, April 17- 6:00-7:00 p.m.

Basic Bicycle Maintenance
Tuesday, April 10- 6:00-8:00pm
Monday, April 23- 6:00-8:00pm
VCU Rec Sports Outdoor Adventure Program’s new Teambuilding and Challenge Course program is committed to helping your team achieve its greatest potential. We are pleased to be partnering with University of Richmond’s Department of Recreation and Wellness to bring high-quality teambuilding experiences to our campuses and the Richmond community.

Whether you have a class of students who are about to begin working on a challenging project together, your department is struggling to communicate efficiently, or you are wanting to build stronger leaders within your community, our trained staff is available to help you increase trust, communication and work toward a common goal.

Trained student leaders from Virginia Commonwealth University and the University of Richmond facilitate the programs. We focus on developing a customizable program that will serve the needs of your group. Visit our website for more information on all programs, fees and registration.

**Portable Teambuilding Programs**
Programs can occur wherever the client would like. Some options include the Cary Street Gym, a local park, classroom, or wherever the client and OAP staff agree is a good environment for the program.

Meet and Greet (1 Hour)
Teambuilding Program (2-3 Hours)
Trust Program (2 Hours)

**Challenge Course Based Programs**
Held at the University of Richmond.
Intro Synergy Program (4 Hours)
Full Synergy Program (6 Hours)
Night Climb Teambuilding (2-4 Hours)

**Adventure Hybrid Programs (8 Hours)**
Hybrid programs give your group the opportunity to participate in one of our local adventure trips plus a teambuilding experience at the challenge course. Current Hybrid Program offerings include:

Mountain Ram Program (8 Hours)
River Ram Program (8 Hours)

**Custom Teambuilding Programs**
We know that not every group is the same. Therefore we offer custom teambuilding programs to best suit your group’s structure and needs. Feel free to contact us to develop your custom program. Email Sam Albert, scalbert@vcu.edu, or call 804.828.8473
OPEN RECREATION
recsports.vcu.edu/facilities

VCU students and Rec Sports members can enjoy a wide variety of activities on a drop-in basis at no extra charge.

**DRESS CODE**
In order to provide a safe environment for patrons and to keep equipment clean, we require clothing with sufficient coverage as well as appropriate athletic footwear.

**EQUIPMENT CHECKOUT**
Students and members can check out a variety of indoor and outdoor equipment for free day-use with a VCU Card. A full list of equipment that can be checked out is available on our website.

**FACILITY RESERVATIONS**
Our spaces are available to be reserved by registered student organizations and Division of Student Affairs’ departments for free. For an additional fee, other University Departments and Non-University organizations can reserve space. We require requests for space to be submitted at least 14 days in advance and 45 days for youth programs.

**SPACE SCHEDULES**
Our courts, Multi-Activity Court (MAC) and Cary Street Field are scheduled for specific informal recreation activities throughout the week. You can find our schedules posted outside of these spaces and on our website.
WELLNESS
recsports.vcu.edu/programs/wellness

WELLNESS IN MOTION
Wellness in Motion provides educational opportunities such as workshops, lectures, classes and resources that empower the community to make healthy choices regarding nutrition, exercise, mindfulness and stress relief. We offer a menu of programs for VCU student organizations, departments, and the local community. Our customized programs include an educational component and interactive activity. Our Wellness staff can provide your group with a workshop on any related topic.

Topics include:
• Move into Fitness
• Active & Healthy You
• Deskercise
• Chair Yoga
• Mindful Workouts
• Recreational Sports: What We Offer
• Benefits of Massage

All Wellness in Motion programs are customized to each individual group’s needs. If you have a special idea, program or competition for your group beyond our current offerings, please contact us.

Fees are based on a presentation of up to one hour with one presenter. The presentation can be shorter, but there is a one-hour minimum fee. For full information on our Wellness in Motion programs, fees and request process, please visit our website.

8 DIMENSIONS OF WELLNESS
We define wellness as a way of living holistically, making daily choices that energize your body, mind and spirit. There are eight Dimensions of Wellness that directly correlate with one another to contribute to healthy living. On our website, you will find links to campus and community dimensions of wellness resources to assist you in creating your own wellness plan.

“...We aren’t always able to carve out time in our days to focus on our wellbeing. It is helpful to have a program on campus that guides us through ways we can take care of our most valuable resource - ourselves.” -- VCU staff member
MASSAGE SERVICES
We provide a variety of massages based on our therapists’ specialties. We offer table massages at both the Cary Street Gym and MCV Campus Recreation Center. We also offer mobile chair massage services for VCU student organizations and departments. Fees and reservation information can be found on our website.

Benefits of massage include:
• Relieves muscular pain and tension
• Reduces fatigue
• Lowers anxiety
• Helps prevent repetitive strain injury
• Boosts immunity
• Improves problem-solving and creative thinking

Table Massage
Table Massage is an excellent tool for relaxation, relieving stress and muscle tension, or assisting in rehabilitating an injury. If you are uncertain which treatment will benefit you, discuss your needs with your therapist when you arrive for your appointment. Whether you’re looking to relieve stress after a long week of studying or prevent injuries after an intense workout, we have a massage for you. Currently available massages: Relaxation and Deep Tissue.

Mobile Chair Massage
Chair Massage is a convenient, quick and inexpensive way to enjoy the benefits of massage. By using a combination of acupressure points, sports, and other massage techniques, this massage treats the most common areas of tension and stress. Mobile chair massage helps reduce issues related to chronic pain patterns associated with sitting for long periods of time at a desk, repetitive muscular actions and poor posture.

Typically chair massages are 5-10 minutes per person, and are done over clothes. The participant will sit in a massage chair with a forward-facing headrest.

Fees are based on a one-hour reservation with one therapist visiting your organization. You can schedule extra time in 30-minute increments. Additional fees may be charged for extra massage therapists, off-campus locations or longer sessions.

“My first appointment (at Rec Sports) was the best massage I have ever received in my life...the therapist was so patient and knowledgeable about her job...She was able to explain the physical and emotional benefits of the massage and the benefits to my health. I am very pleased and cannot wait to participate in the massage program again.”

“
JOIN OUR TEAM

recsports.vcu.edu/join-our-team

Rec Sports is one of the largest employers of students at VCU. We offer flexible scheduling, the convenience of working on campus, valuable work experiences and the opportunity for advancement.

Our student staff is an important component in helping us achieve our mission. We hire students who are enthusiastic, friendly, honest, reliable and customer service oriented.

Although we hire for certain positions throughout the year, most of our positions open up in the spring. Apply today on Hire VCU Rams. Rec Sports is a Federal Work Study employer.
STAFF SPOTLIGHT

TOMMY OTTERBINE 2017 Recipient of The VCU Burnside Watstein Award
Assistant Director for Structured Sports & Outreach Programming

Tommy Otterbine has been working in collegiate recreation for 12 years. His role at Rec Sports has involved coordinating and executing more inclusive and adaptive programming.

He has taken part in planning inclusive events such as the Fast & Fierce Field Day benefitting VA Pride, and the Unified Sports league with Special Olympics. He works closely with VCU organizations like OMSA, the Office of Multicultural Student Affairs, and SAEO, Student Accessibility and Educational Opportunity, to start initiatives that will foster inclusive and welcoming atmospheres.

Otterbine recently received the Burnside Watstein Award, an award that recognizes and honors the contributions of lesbian, gay, bisexual, transgender, queer, intersex, asexual people and allies at VCU. Recently, Otterbine founded Stonewall Sports - Richmond, a year-round LGBTQIA+ adult sport and recreation league open to the Richmond community.

When describing the importance of inclusive recreation and outreach, Otterbine said, “Whether we’re talking about inclusive rec or adaptive rec, we’re trying to do more to identify what’s missing for students in recreation. We want to think more about who we aren’t reaching and why we aren’t reaching them.”

JOEY PARENT 2017 Recipient of The Ralph White River Hero Award
Assistant Director for Outdoor Adventure Program

The VCU Rec Sports Outdoor Adventure Program (OAP) has been making its mark on the Richmond outdoor community since 1982. In 2011, Joey Parent became the Assistant Director of the OAP, or, as he likes to put it, the “keeper of the dream.”

Parent oversees all OAP staff and handles the logistics of carrying out the vision of the program, which is: to encourage VCU students and the Richmond community to discover the joys of getting outdoors.

Parent has been recognized as this year’s recipient of the Ralph White River Hero Award, an award given by the Friends of the James River Park to, “acknowledge and honor individuals and organizations that have made significant contributions to James River Park.” The award is given to individuals and organizations who coordinate with Park staff to preserve, educate and promote the park.

“A foundation of all of our trips, and something we try to instill in our trip leaders, is ownership of the places they’re going. These are public places and we have a responsibility to take care of them,” said Parent.

Parent’s leadership in the OAP has made an immense impact on the Richmond community and parks in the surrounding areas. His work encourages students and community members alike to protect and preserve the outdoors here in Virginia and wherever else they may explore.
OUR STAFF

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CONNECT WITH US!

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Learn more about Rec Sports and register for programs at recsports.vcu.edu

Download the RAM GUIDE app to stay updated on our current programs and events at Rec Sports!