Facility Hours
- Monday - Thursday: 6:00am - Midnight
- Friday: 6:00am - 10:00pm
- Saturday: 9:00am - 9:00pm
- Sunday: 11:00am - Midnight

Administration Office Hours
- Monday - Thursday: 8:00am - 6:00pm
- Friday: 8:00am - 5:00pm

RWC @ Knights Plaza Hours
- Monday - Thursday: 9:00am - 1:00am
- Friday & Sunday: 9:00am - 10:00pm
- Saturday: Closed

Phone
407.823.2408

Web
rec.ucf.edu

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2. LEISURE POOL/TENNIS COURTS
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4. CHALLENGE COURSE
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A LETTER FROM THE DIRECTOR

Dear UCF Member:

On behalf of the University of Central Florida, it is my pleasure to welcome you to the Recreation and Wellness Center. I encourage you to take some time each day to play.

The RWC, as an agency of the Student Government Association, is funded through allocations of the Activity and Service Fees you have already paid. So why not take advantage of the state of the art facilities and the exciting programs the RWC has in store for you this year. If your interests include taking a trip in the world of the outdoors, sports, fitness, competing in more than 50 different sports events, or taking your fitness level to a new high, we have it all for you.

In addition, to our recent expansion on the north end of campus with RWC @ Knights Plaza, we hope you enjoy our enhancements at the Lake Claire Recreation Area including our new Energi Fitness Stations and the all new furniture at our awe-inspiring Leisure Pool there continues to be something for everyone. Research continues to show both nationally and locally the more you use our facilities and take part in our programs, the better you do in school. Meaning, higher GPA’s and a better chance you’ll make UCF your home for years to come.

If you enjoy the thrill of competition why not get involved in our nationally recognized Intramural Sports and Sport Clubs programs. The RWC is home to the 2013 Women’s Flag Football National Champions, 2013 and 2014 Men’s Rugby National Champions and 2014 Paintball National Champions.

I encourage you to keep this guide and information handy. By acquainting yourself with the RWC you’re opening up an opportunity to maintain a healthy and active lifestyle at UCF. If you have any questions or would like more information about the RWC, any of our staff would be pleased to assist you. The office phone number is 407.823.2408, our website is rec.ucf.edu, follow us on Twitter @UCFRWC, “Like” us on Facebook or follow us on Instagram @UCF_RWC.

Sincerely,

James E. Wilkening
Director
Recreation and Wellness Center

Recreation Center
• Six multipurpose courts
• 1/8 mile track
• Four racquetball courts
• 9,300 sq. ft. cardiovascular floor
• 14,500 sq. ft. weight floor
• Spinning studio and group exercise studio
• Multipurpose room
• Heated 9-lane regulation lap pool
• 186,000 gallon resort-style leisure pool
• Full service athletic training room
• Outdoor Adventure Center

Outdoor Facilities
• Lake Claire recreation area
• Four sand volleyball courts
• Four basketball courts
• Softball/Baseball field
• Nine tennis courts featuring showcase Championship court
• 9-hole disc golf course
• Challenge Course
• Two multipurpose grass fields
• Six lighted artificial turf fields

STAY CONNECTED Visit www.facebook.com/UCFRWC for the latest RWC news and updates
MEMBERSHIP INFORMATION

Student Membership
- Enrolled students: **FREE** with paid A&S fee (must be enrolled in the current semester)
- Non-enrolled/visiting students: **$50** (summer membership only)
- Students receive 5 **FREE** guest passes per semester

Faculty/Staff Membership
- **$40/month**
- **$100/semester**
- For A&P or USPS employees only

New Faculty/Staff
- **$25/month** (First 4 months only)

UCF Affiliated Membership
- **$45/month**
- **$120/semester** (Active alumni members, UCF Retirees and Central Florida Research Park Employees)

New Alumni Membership
- **$25/month** (First 4 months only)

Courtesy Membership
- **$45/month**
- **$120/semester** (Extended by a currently enrolled student to one person who is at least 18 years of age or faculty/staff with membership)

Daily Membership
- Member Guest **$5**
- Non-Member Guest **$10**

Lockers
- **$12/semester**

RWC @ Knights Plaza
- UCF Faculty/Staff: **$20/month**
- UCF Affiliated: **$25/month**
- Courtesy: **$25/month**

RWC @ Knights Plaza is an 8,700 sq. ft. satellite facility at the corner of West Plaza Drive and Gemini Boulevard near the UCF Arena. RWC @ Knights Plaza features 5,700 sq. ft. of workout space, including a Mind & Body Studio for low impact group exercise. This inviting facility is a place for students looking for a more intimate and relaxing experience.

Facility Features
- 1,496 sq. ft. temperature controlled mind and body studio
- 949 sq. ft. circuit room for a more intimate and private workout
- 3,028 sq. ft. of general weight and cardio areas
- 20 pieces of cardio equipment
- 20 weight machines
- Free weight area complete with dumbbells, benches, plate-loaded and cable equipment

STAY CONNECTED
Visit [rec.ucf.edu](http://rec.ucf.edu) for a listing of all group ex. classes and locations
RWC has partnered with UCF Regional campuses to extend programs and services to regional campus students. For many campuses, the RWC has created an agreement for UCF students to utilize local fitness facilities at no additional cost to the student.

For more information on the fitness services available at your campus, log onto rec.ucf.edu and visit the "Regional Recreation" page under the "Programs" menu.

**REGIONAL RECREATION**

**CAMPUSES SERVED**

We currently offer FREE memberships at local fitness centers for the following campuses:

- Cocoa - YMCA Family Center at Eastern Florida State College
- Daytona Beach - Daytona State College L. Gale Lemerand Fitness Center
- Lake Mary/Sanford - J. Douglas Williams YMCA Family Center
- Palm Bay - Elite Fitness Center
- Rosen - YMCA I-Drive Aquatic Center
- South Lake - National Training Center
- Valencia West - Planet Fitness (Metro West)

**OTHER CAMPUSES**

- Leesburg
- Ocala
- Osceola

**REGIONAL OUTREACH SERVICES**

Regional Outreach Service provides programs and services at each campus, for more information log onto regionalcampuses.ucf.edu or stay connected on Facebook by searching for UCF ROS.

**WORKING @ THE RWC**

The UCF Recreation and Wellness Center is one of the largest student employers on campus with more than 300 employees in a variety of areas. We are looking for diverse, enthusiastic, dedicated students who enjoy interacting in a positive environment with our members. Working at the RWC provides valuable work experience, certifications, leadership skills, learning opportunities and lasting friendships.

**Available positions:**

- Adventure Trip Leader
- Building Manager
- Challenge Course Facilitator
- Fitness Attendant
- Intramural Sports Official
- Lake Claire Attendant
- Lifeguard
- Marketing Assistant
- Member Services
- Outdoor Adventure Center
- Personal Trainer
- RWC Park Attendant
- Sport Club Supervisor
- Water Safety Instructor

**WANT TO JOIN OUR TEAM?**

The RWC is always accepting applications. To apply, please turn in your application (available online), resume and cover letter to the Administration Office. You can also learn more about employment opportunities by attending our fall and spring Job Fairs!

**Fall Semester**
- October 13, 11:00am – 1:00pm
- October 14, 2:00pm – 4:00pm

**Spring Semester**
- March 18, 2:00pm – 4:00pm
- March 19, 11:00am – 1:00pm
**Fitness Orientations**
A fitness orientation is a scheduled appointment with a member of our fitness staff that gives you the opportunity to tour the facility, and learn about our fitness equipment. Orientations are **FREE** to students and members of the RWC, sign up in advance at our RWC administration office.

**Fitness Assessments**
Assessments are designed to evaluate your current fitness level. From there our staff can help you start a new fitness program or evaluate your progress towards reaching your health and fitness goals. Appointments can be scheduled at rec.ucf.edu. The assessment office is located on the first floor of the RWC adjacent to Basketball Court #1.

**Group Exercise Classes**
RWC Group Exercise classes cater to all fitness levels and are taught by nationally certified fitness instructors. Popular formats include: zumba, yoga and spinning.

**Personal Training**
Personal training sessions are 60 minutes long and the initial consultation is free. Each session after that is fee based (see the chart on the left). All of our trainers are certified by the following organizations: ACE, AFAA, NASM, NSCA, CSCS and ACSM. Anyone interested must first complete the online personal training registration form at rec.ucf.edu.

**Small Group Training**
Small Group Training combines Group Exercise with Personal Training by giving students and RWC members the opportunity to focus on specific fitness goals over a period of time with a group of like-minded individuals. For a small fee, Small Group Training offers classes that offer specialized formats, individual progression and skill development (see the chart on the left).

**Student Assisted Workout Program**
The RWC partners with UCF students enrolled in the Doctorate in Physical Therapy program to provide assisted workouts. This program is designed to support students with disabilities in creating and maintaining an exercise plan. Upon beginning the program, each student will receive individualized attention in achieving their fitness goals. For more information on the SAW program at UCF please contact one of the Student Workout Trainer advisors at 407.823.2408.

**Inclusive Recreation Expo**
October 15

The RWC Inclusive Recreation Expo is an annual showcase of the programs and services available to students with disabilities. This interactive, daylong event gives students and staff of all abilities several opportunities to experience all the thrills of Paralympic sports like Goalball and Wheelchair Basketball, as well as blindfolded yoga. This annual event is visual and an opportunity for the public to join our campus community to celebrate the RWC’s commitment to an inclusive environment. For more information contact our Adaptive Recreation Coordinator at 407.823.2408.
INTRAMURAL SPORTS

@IMSports

The RWC Intramural Sports program offers individual and team league sports and tournaments. Various levels of play are offered for most sports including: Men’s, Women’s and Co-Rec divisions. For a listing of descriptions of the leagues and tournaments, please visit rec.ucf.edu/im.

To Register

Sign up a team or for an individual event

- Visit rec.ucf.edu/im
- Click the Sport Registration link and choose an event
- Create an account with the IMOnline
- Select the league or tournament you would like to participate in
- Add the minimum number of players to your roster
- Make sure to attend the mandatory captains meeting calendar on page 21

Free Agent

Don’t have a team? Become a Free Agent!

Option 1: Sign Up on Message Board
- Visit rec.ucf.edu/im
- Click Free Agents
- Click the Message Board link

Option 2: Attend a Free Agent Meeting
- Meeting schedule can be found on the Intramural Sports Meeting calendar on page 21

SPORTS OFFICIATING

Sports Officiating is a great way to get involved at UCF. Our Intramural Sports program prides itself on having one of the preeminent sports officiating development programs in the country and we’re always looking for motivated students with a passion for sports to join our team. UCF students have earned opportunities to officiate at regional and national tournaments and at the high school, college and professional level. The Officials Association at UCF is also available for students to become involved in the community through officiating.

Benefits

- No experience necessary
- Training provided in your sport of choice
- Flexible schedule
- Opportunities for advancement

Interested?

To learn more about becoming an IM official, attend one of our rules clinics listed on page 21 or visit our webpage: rec.ucf.edu/im and apply to become an official.
The Outdoor Adventure Program is dedicated to encouraging personal growth, enhancing social interaction skills and cultivating leaders through engaging and challenging outdoor adventure pursuits.

**Outdoor Adventure Center**
- Rent outdoor equipment: kayaks, canoes, surf and stand-up paddle boards; camping and scuba gear
- Sign up for Adventure Trips & SCUBA Certifications

**Adventure Trips**
- Trips focus on leadership, personal development and fun
- Single-day, weekend and extended expedition length trips
- Backpacking, sea kayaking, canoeing, bike touring, surfing and stand-up paddle boarding trips to various destinations

**Climbing Tower**
- Varying levels of routes from beginner to advanced
- Top-rope and bouldering
- Belay and technique classes
- Special events and competitions

**Challenge Course**
- Teambuilding and leadership development
- Low, high, and portable elements
- **FREE** for student affiliated groups
- Open Knight Climbs for all students (two each semester)

**Lake Claire Recreation Area**
- Free equipment rental for students: kayak, canoes, stand-up paddle boards, and games
- Pavilions, sand volleyball courts, and grilling spaces
- Open for group reservations (**FREE** for student affiliated organizations)
- Open 7 days a week most times of the year

**AQUATICS**

From swim lessons to general fun in the sun, dive in with our Aquatics team. The RWC offers a variety of aquatic programs and special events for all your swimming needs; including swim lessons for all levels (beginner, intermediate and advanced) with our trained and certified Water Safety Instructors.

At a reduced cost, UCF students can also take American Red Cross Lifeguard Certification courses. If you’re looking for some fun, join us for any number of special events throughout the year in collaboration with RWC programs partners like Late Knights and Knightcast. Other Aquatics highlights include:

- A 186,000 gallon resort-style leisure pool complete with lounge chairs, hammocks, aquatic volleyball and basketball equipment
- A 387,000 gallon lap pool with 9 swim lanes and a shallow teaching well for students to swim laps or take aquatic group exercise classes

For operating hours, visit [rec.ucf.edu](http://rec.ucf.edu)
SPORT CLUBS

Sport Clubs consist of 42 registered student organizations ranging from instructional to competitive. Many clubs travel and compete against other universities nationwide. Become involved, build relationships, expand leadership opportunities, and represent UCF in the community!

How Do I Join?
• Any UCF student can join!
• Come to the RWC Room 246 or call 407.823.2408
• Visit rec.ucf.edu and fill out an Interest Form under the “Get Involved” tab
• Email us at sports@ucf.edu

Don’t see your club? Contact the Sport Clubs office and learn how to create your own student organization.

SPORT CLUB LISTING

Badminton
Baseball
Bowling
Brazilian Jiu-Jitsu
Crew
Cuong Nhu
Cycling**
Equestrian**
Fencing
Golf
Ice Hockey**
Kendo
Kite Boarding
Knight Runners
Lacrosse (M)
Lacrosse (W)
Mixed Martial Arts
Paintball**
Racquetball
Rock Climbing**
Roller Hockey**
Rugby (M)**
Rugby (W)
SCUBA
Soccer (M)
Soccer (W)
Softball
Surf
Swim
Table Tennis
Tae Kwon Do
Tennis**
Tokwawakan
Tri-Knights**
Ultimate Frisbee (M)**
Ultimate Frisbee (W)**
Volleyball (M)**
Volleyball (W)**
Wakeboard
Water Polo (M)
Water Polo (W)
Wrestling**

The RWC offers FREE athletic training services. Services include but are not limited to:
• Prevention of athletic injuries
• Immediate care of injuries
• Assessment and evaluation of recent or lingering ailments
• Referral advice to local physicians
• Rehabilitation and treatment of athletic injuries
• Overall wellness education

Our certified athletic trainers also provide health care services for Intramural Sports and Sport Club events as well as hold open clinic hours in the athletic training room:

MONDAY-FRIDAY: 2PM-5PM

During open clinic hours students can meet one-on-one with a certified athletic trainer for injury evaluations, rehabilitation and treatment services. Athletic Trainers also can customize rehabilitation home exercise programs.

The Athletic Training offices are located in room 105 on the first floor of the RWC next to the weight floor. For additional risk management information, visit rec.ucf.edu.

ATHLETIC TRAINING
Here are just a few of our most popular events. For a full list of our special events, see page 19 of this guide. Look for registration as deadlines approach at rec.ucf.edu.

## SPECIAL EVENTS

**Rec Fest XXV**
UCF's Greatest Day of Play! The longest running event on campus celebrates its Silver Anniversary. Co-ed teams of three compete in a variety of fun and challenging sports events for top prizes!

**Sport Club Field Day**
The Sport Club Field Day showcases the 42 Sport Clubs that make up the Sport Club Council. Sport Clubs will meet potential members and promote their club to the university population.

**5K MidKnight Run**
Run for fun or run to win in this 3.1 mile race around campus. This annual event starts at the stroke of midnight. Come light up the night with your fellow Knights in your favorite neon or glow in the dark clothing and shoes!

**Adventure Race**
Race across campus in this outdoor adventure competition. Teams will work together to complete a variety of outdoor challenges that test both mental and physical toughness.

### SPECIAL EVENTS SCHEDULE | 2014-2015

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Sign Up By</th>
<th>Event Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sport Club Recruitment</td>
<td>*</td>
<td>8/26</td>
</tr>
<tr>
<td>Hydro Blast Splasdown</td>
<td>*</td>
<td>8/27</td>
</tr>
<tr>
<td>Dive-In UCF Football Viewing Party</td>
<td>*</td>
<td>10/2</td>
</tr>
<tr>
<td>Inclusive Recreation Expo</td>
<td>*</td>
<td>10/15</td>
</tr>
<tr>
<td>RWC After Hours</td>
<td>10/27</td>
<td>11/7</td>
</tr>
<tr>
<td>Adventure Race</td>
<td>2/6</td>
<td>2/14</td>
</tr>
<tr>
<td>Bike Week</td>
<td>*</td>
<td>3/2 - 3/5</td>
</tr>
<tr>
<td>National Eating Disorder Week</td>
<td>*</td>
<td>2/23 - 2/27</td>
</tr>
<tr>
<td>5K MidKnight Run</td>
<td>3/23</td>
<td>3/27</td>
</tr>
<tr>
<td>RecFest XXV</td>
<td>3/17</td>
<td>3/28</td>
</tr>
<tr>
<td>Spring Music Fest Splashdown</td>
<td>4/17</td>
<td>*</td>
</tr>
</tbody>
</table>

* Sign up not required
## Intramural Sports Schedule

### Fall 2014
- **Event Name**
  - Flag Football
  - Basketball
  - Pre-Season Kickoff
  - Knights in the Water
  - Tennis Ladder
  - 3 on 3 Soccer
  - Baseball
  - Midnight Bowling
  - Bowling
  - After Hours
  - Soccer
  - Volleyball
  - Women’s Rugby
  - World Cup
  - Dirtbike
  - Dodgeball
  - Tennis Ladder
  - Pickleball
  - Ultimate Frisbee
  - 3 on 3 Basketball
  - Floor Hockey
  - Sand Volleyball
  - 4 on 4 Flag Football
  - Kickball
  - Mini Golf
  - RecFit
  - 2 Person Golf Scramble
  - 4 Person Golf Scramble
  - Inner tube Waterpolo
  - Soccer
  - Basketball
  - Volleyball
  - Tennis Ladder
  - 4 on 4 Flag Football
  - 2 Person Golf Scramble
  - Dodgeball
  - Ultimate Frisbee

### Spring 2015
- **Event Name**
  - Tennis Ladder
  - Indoor Soccer
  - 4 on 4 Flag Football
  - Pirateship Siege
  - #4 Person Golf Scramble
  - 3 on 3 Basketball
  - Basketball
  - 4 on 4 Volleyball
  - Ultimate Frisbee

### Summer A 2015
- **Event Name**
  - Ultimate Frisbee
  - Basketball
  - Dodgeball
  - IM Tournament Showcase
  - Table Tennis

### Summer B 2015
- **Event Name**
  - World Cup
  - American Sandlot League
  - Softball
  - 3 on 3 Basketball
  - Kickball
  - Summer Sports

### Captain’s Meetings

<table>
<thead>
<tr>
<th>Sport</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flag Football</td>
<td>8/27</td>
<td>1:00pm</td>
</tr>
<tr>
<td>Basketball</td>
<td>8/28</td>
<td>1:00pm</td>
</tr>
<tr>
<td>Pre-Season Kickoff</td>
<td>9/1</td>
<td>1:00pm</td>
</tr>
<tr>
<td>Knights in the Water</td>
<td>9/5</td>
<td>1:00pm</td>
</tr>
<tr>
<td>Tennis Ladder</td>
<td>9/9</td>
<td>1:00pm</td>
</tr>
<tr>
<td>3 on 3 Soccer</td>
<td>9/13</td>
<td>1:00pm</td>
</tr>
<tr>
<td>Baseball</td>
<td>9/17</td>
<td>1:00pm</td>
</tr>
<tr>
<td>Midnight Bowling</td>
<td>9/21</td>
<td>1:00pm</td>
</tr>
<tr>
<td>Bowling</td>
<td>9/25</td>
<td>1:00pm</td>
</tr>
<tr>
<td>After Hours</td>
<td>9/29</td>
<td>1:00pm</td>
</tr>
<tr>
<td>Soccer</td>
<td>10/3</td>
<td>1:00pm</td>
</tr>
<tr>
<td>Volleyball</td>
<td>10/7</td>
<td>1:00pm</td>
</tr>
<tr>
<td>World Cup</td>
<td>10/11</td>
<td>1:00pm</td>
</tr>
<tr>
<td>Dirtbike</td>
<td>10/15</td>
<td>1:00pm</td>
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<tr>
<td>Dodgeball</td>
<td>10/19</td>
<td>1:00pm</td>
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<tr>
<td>Tennis Ladder</td>
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<tr>
<td>Team Handball</td>
<td>1/27</td>
<td>1:00pm</td>
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<tr>
<td>Softball</td>
<td>1/31</td>
<td>1:00pm</td>
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<tr>
<td>Ultimate Frisbee</td>
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<tr>
<td>3 on 3 Basketball</td>
<td>2/8</td>
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</tr>
<tr>
<td>Floor Hockey</td>
<td>2/12</td>
<td>1:00pm</td>
</tr>
<tr>
<td>Sand Volleyball</td>
<td>2/16</td>
<td>1:00pm</td>
</tr>
<tr>
<td>4 on 4 Flag Football</td>
<td>2/20</td>
<td>1:00pm</td>
</tr>
<tr>
<td>Kickball</td>
<td>2/24</td>
<td>1:00pm</td>
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<tr>
<td>Mini Golf</td>
<td>2/28</td>
<td>1:00pm</td>
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<tr>
<td>RecFit</td>
<td>3/1</td>
<td>1:00pm</td>
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<tr>
<td>2 Person Golf Scramble</td>
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<tr>
<td>4 Person Golf Scramble</td>
<td>3/9</td>
<td>1:00pm</td>
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<tr>
<td>Inner tube Waterpolo</td>
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<td>1:00pm</td>
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<tr>
<td>Soccer</td>
<td>3/17</td>
<td>1:00pm</td>
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<tr>
<td>Basketball</td>
<td>3/21</td>
<td>1:00pm</td>
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<tr>
<td>Volleyball</td>
<td>3/25</td>
<td>1:00pm</td>
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<tr>
<td>4 on 4 Flag Football</td>
<td>3/29</td>
<td>1:00pm</td>
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<tr>
<td>2 Person Golf Scramble</td>
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<td>Dodgeball</td>
<td>4/6</td>
<td>1:00pm</td>
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<tr>
<td>Ultimate Frisbee</td>
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### Officials Rules Clinics

<table>
<thead>
<tr>
<th>Sport</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Officials Job Fair</td>
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<tr>
<td>Officials Job Fair</td>
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</tr>
<tr>
<td>Officers Job Fair</td>
<td>8/21</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Basketball</td>
<td>8/22</td>
<td>7:00pm</td>
</tr>
<tr>
<td>3 on 3 Soccer</td>
<td>8/23</td>
<td>7:00pm</td>
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<tr>
<td>Baseball</td>
<td>8/24</td>
<td>7:00pm</td>
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<tr>
<td>Dodgeball</td>
<td>8/25</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Softball</td>
<td>8/26</td>
<td>7:00pm</td>
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<tr>
<td>3 on 3 Basketball</td>
<td>8/27</td>
<td>7:00pm</td>
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<tr>
<td>Floor Hockey</td>
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<td>7:00pm</td>
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<tr>
<td>Sand Volleyball</td>
<td>8/29</td>
<td>7:00pm</td>
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<tr>
<td>4 on 4 Flag Football</td>
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<tr>
<td>Kickball</td>
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### Free Agent Meetings

<table>
<thead>
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<th>Sport</th>
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<tbody>
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<td>Flag Football</td>
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<td>Basketball</td>
<td>8/29</td>
<td>9:00pm</td>
</tr>
<tr>
<td>3 on 3 Soccer</td>
<td>8/30</td>
<td>4:00pm</td>
</tr>
<tr>
<td>Baseball</td>
<td>9/5</td>
<td>8:00pm</td>
</tr>
<tr>
<td>Volleyball</td>
<td>10/27</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Soccer</td>
<td>10/27</td>
<td>8:00pm</td>
</tr>
<tr>
<td>Dodgeball</td>
<td>1/15</td>
<td>4:00pm</td>
</tr>
<tr>
<td>Softball</td>
<td>1/16</td>
<td>4:00pm</td>
</tr>
<tr>
<td>3 on 3 Basketball</td>
<td>1/17</td>
<td>4:00pm</td>
</tr>
<tr>
<td>Kickball</td>
<td>2/5</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Sand Volleyball</td>
<td>2/9</td>
<td>7:00pm</td>
</tr>
<tr>
<td>4 on 4 Flag Football</td>
<td>2/9</td>
<td>8:00pm</td>
</tr>
<tr>
<td>Kickball</td>
<td>3/2</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Summer Sports</td>
<td>5/21</td>
<td>7:00pm</td>
</tr>
</tbody>
</table>

### How to Register
1. Visit [rec.ucf.edu](http://rec.ucf.edu)
2. Click the Sport Registration link and choose an event
3. Create an account with IMOnline
4. Select the league or tournament you would like to participate in
5. Add the minimum number of players to your roster
6. Make sure to attend the mandatory captains meetings
## Outdoors Adventure Schedule | 2014-2015

### Adventure Trips

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Registration Begins</th>
<th>Event Date(s)</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bioluminescence Night Kayak Trip I</td>
<td>8/18</td>
<td>8/29</td>
<td>$15.00</td>
</tr>
<tr>
<td>3-Day Sea Kayaking Expedition</td>
<td>8/19</td>
<td>9/5-9/7</td>
<td>$45.00</td>
</tr>
<tr>
<td>Learn to Surf Trip I</td>
<td>8/18</td>
<td>9/13</td>
<td>$15.00</td>
</tr>
<tr>
<td>Stand-Up Paddleboarding Trip</td>
<td>8/18</td>
<td>9/14</td>
<td>$15.00</td>
</tr>
<tr>
<td>Learn to Surf Trip II</td>
<td>8/22</td>
<td>9/21</td>
<td>$15.00</td>
</tr>
<tr>
<td>Bioluminescence Night Kayak Trip II</td>
<td>8/29</td>
<td>9/26</td>
<td>$15.00</td>
</tr>
<tr>
<td>Intermediate Surfing &amp; Camping Trip</td>
<td>8/29</td>
<td>9/27-9/28</td>
<td>$30.00</td>
</tr>
<tr>
<td>Stand-Up Paddleboarding &amp; Yoga Trip</td>
<td>9/6</td>
<td>10/4</td>
<td>$15.00</td>
</tr>
<tr>
<td>Georgia Boulderian &amp; Camping Trip</td>
<td>9/12</td>
<td>10/9-10/12</td>
<td>$80.00</td>
</tr>
<tr>
<td>Backpacking &amp; Service Expedition</td>
<td>9/19</td>
<td>10/17-10/19</td>
<td>$35.00</td>
</tr>
<tr>
<td>Welika River Canoeing Trip</td>
<td>10/10</td>
<td>11/8</td>
<td>$20.00</td>
</tr>
<tr>
<td>Bahamas Sea Kayaking Expedition</td>
<td>9/26</td>
<td>12/8-12/19</td>
<td>TBD</td>
</tr>
<tr>
<td>Bike Touring &amp; Camping Expedition</td>
<td>10/25</td>
<td>11/21-11/23</td>
<td>$45.00</td>
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</tbody>
</table>

### Special Events

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Sign Up By</th>
<th>Event Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Knight Climb at Challenge Course</td>
<td>--</td>
<td>9/17</td>
</tr>
<tr>
<td>Outdoor Nation Campus Challenge Paddlefest</td>
<td>--</td>
<td>9/27</td>
</tr>
<tr>
<td>Fall Tower Comp Series</td>
<td>--</td>
<td>10/5</td>
</tr>
<tr>
<td>Open Knight Climb at Challenge Course</td>
<td>--</td>
<td>10/28</td>
</tr>
<tr>
<td>Backpacking &amp; Service Expedition</td>
<td>--</td>
<td>10/27</td>
</tr>
<tr>
<td>Winter Tower Comp Series</td>
<td>--</td>
<td>10/11</td>
</tr>
<tr>
<td>Bike Touring &amp; Camping Expedition</td>
<td>--</td>
<td>10/14</td>
</tr>
<tr>
<td>Adventure Race</td>
<td>--</td>
<td>4/17-4/19</td>
</tr>
<tr>
<td>Zumba Dance - Bollywood Dance</td>
<td>--</td>
<td>5/27</td>
</tr>
<tr>
<td>Yoga Under the Stars</td>
<td>--</td>
<td>5/29-6/1</td>
</tr>
<tr>
<td>Running Knights Training Program</td>
<td>--</td>
<td>6/12</td>
</tr>
<tr>
<td>Cultural Dance Series - Belly Dance</td>
<td>--</td>
<td>6/19</td>
</tr>
<tr>
<td>Cultural Dance Series - Bollywood Dance</td>
<td>--</td>
<td>7/17-7/19</td>
</tr>
<tr>
<td>Open Knight Climb at Challenge Course</td>
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<td>7/31</td>
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</table>

### Scuba Certifications

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Sign Up By</th>
<th>Event Date(s)</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Water Scuba Certification</td>
<td>8/29</td>
<td>9/5-9/7</td>
<td>$275.00</td>
</tr>
<tr>
<td>Adventure Race</td>
<td>4/10</td>
<td>5/27</td>
<td>$275.00</td>
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</table>

### Instructional Classes

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Intro. to Stand-Up Paddleboard Skills Class</td>
<td>$15.00</td>
</tr>
<tr>
<td>Beginner Climbing Technique Class</td>
<td>$275.00</td>
</tr>
<tr>
<td>Advanced Climbing Technique Class</td>
<td>$275.00</td>
</tr>
</tbody>
</table>

### Fitness Schedule | 2014-2015

#### Summer 2015

- **Punch into Summer Fitness Challenge**: 5/22-
- **Summer B Group Exercise Challenge**: 5/22-
- **Summer A Group Exercise Challenge**: 6/27-
- **Bioluminescence Night Kayak Trip**: 8/18-
- **3-Day Sea Kayaking Expedition**: 8/18-
- **Learn to Surf Trip I**: 8/18-
- **Stand-Up Paddleboarding Trip**: 8/18-
- **Learn to Surf Trip II**: 8/22-
- **Bioluminescence Night Kayak Trip II**: 8/29-
- **Intermediate Surfing & Camping Trip**: 8/29-
- **Stand-Up Paddleboarding & Yoga Trip**: 9/6-
- **Georgia Boulderian & Camping Trip**: 9/12-
- **Backpacking & Service Expedition**: 9/19-
- **Welika River Canoeing Trip**: 10/10-
- **Bahamas Sea Kayaking Expedition**: 9/26-
- **Bike Touring & Camping Expedition**: 10/25-

#### Fall 2014

- **Hydro Blast Splashdown**: 8/27-
- **Cultural Dance Series - Belly Dance**: 9/3-
- **Yoga Under the Stars**: 9/10-
- **Runner's Training Program**: 9/17-
- **Yoga Under the Stars**: 9/24-
- **Fall Tower Comp Series**: 9/27-
- **Open Knight Climb at Challenge Course**: 9/27-
- **Open Knight Climb at Challenge Course**: 10/4-
- **Open Knight Climb at Challenge Course**: 10/11-
- **Open Knight Climb at Challenge Course**: 10/18-
- **Open Knight Climb at Challenge Course**: 10/25-
- **Open Knight Climb at Challenge Course**: 11/1-
- **Open Knight Climb at Challenge Course**: 11/8-
- **Open Knight Climb at Challenge Course**: 11/15-
- **Open Knight Climb at Challenge Course**: 11/22-
- **Open Knight Climb at Challenge Course**: 11/29-
- **Open Knight Climb at Challenge Course**: 12/6-
- **Open Knight Climb at Challenge Course**: 12/13-

#### Spring 2015

- **Hydro Blast Splashdown**: 1/14-
- **Cultural Dance Series - Bollywood Dance**: 1/21-
- **Yoga Under the Stars**: 1/28-
- **Runner's Training Program**: 2/5-
- **Yoga Under the Stars**: 2/12-
- **Fall Tower Comp Series**: 2/19-
- **Open Knight Climb at Challenge Course**: 2/26-
- **Open Knight Climb at Challenge Course**: 3/5-
- **Open Knight Climb at Challenge Course**: 3/12-
- **Open Knight Climb at Challenge Course**: 3/19-
- **Open Knight Climb at Challenge Course**: 3/26-
- **Open Knight Climb at Challenge Course**: 4/2-
- **Open Knight Climb at Challenge Course**: 4/9-
- **Open Knight Climb at Challenge Course**: 4/16-
- **Open Knight Climb at Challenge Course**: 4/23-
- **Open Knight Climb at Challenge Course**: 5/7-
- **Open Knight Climb at Challenge Course**: 5/14-
- **Open Knight Climb at Challenge Course**: 5/21-
- **Open Knight Climb at Challenge Course**: 5/28-

### Certification Events

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Event Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Water Scuba Certification</td>
<td>8/29</td>
</tr>
<tr>
<td>Adventure Race</td>
<td>4/10</td>
</tr>
<tr>
<td>Zumba Dance - Bollywood Dance</td>
<td>5/27</td>
</tr>
</tbody>
</table>

### Notes

- Events with no sign up date are drop-in and require no pre-registration. Participants should arrive at least 15 minutes prior to the event. Event times will be listed on rec.ucf.edu.
- For more information and to sign up for trips, please visit the Outdoor Adventure Center or call 407.823.2408.
### Vision Statement

The UCF Recreation and Wellness Center strives to both set and stay ahead of the national standards for university recreational programs and facilities by offering unique and innovative student development and leadership opportunities, while seeking to be inclusive and adaptable to the needs of all UCF students.

### Mission Statement

The mission of the UCF Recreation and Wellness Center is to foster healthy lifestyle choices and wellness through efficient services, comprehensive programs and high-quality facilities. The Recreation and Wellness Center is designed to enrich campus life and advance the University's educational mission.

### Assumption of Risk

Participation in Recreation and Wellness Center programs is completely voluntary. Individuals participate at their own risk and assume responsibility for their own health and safety. The University of Central Florida and the Recreation and Wellness Center are not liable for injuries sustained during participation in a Recreation and Wellness Center sponsored activity. It is strongly recommended that all participants consult with a physician and/or have a physical exam prior to participation. The University of Central Florida does not provide personal accident/health insurance. Therefore, participants are urged to secure their own insurance. You may suffer physical and/or mental injury from participating in these activities.

### Diversity Statement

The UCF Recreation and Wellness Center aspires to create an environment in which we are committed to creating an inclusive environment and the social fabric of the university. Our expectation of the RWC community is to embrace an open-minded and respectful attitude toward individual differences.

### AQUATICS SCHEDULE

#### FALL 2014

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Event Date(s)</th>
<th>Registration Begins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Lessons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginner Swim Lessons*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intermediate Swim Lessons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advanced Swim Lessons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lifeguard Certification Class</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dive-in UCF Football Viewing Party</td>
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<tr>
<td>Lifeguard Certification Class</td>
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<tr>
<td>Worlds Largest Swim Lesson</td>
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<td>Beginner Swim Lessons*</td>
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<tr>
<td>Intermediate Swim Lessons</td>
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<td></td>
</tr>
<tr>
<td>Advanced Swim Lessons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Private Lessons</td>
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#### SPRING 2015

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Event Date(s)</th>
<th>Registration Begins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Lessons</td>
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</tr>
<tr>
<td>Beginner Swim Lessons*</td>
<td></td>
<td></td>
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<tr>
<td>Intermediate Swim Lessons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advanced Swim Lessons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lifeguard Certification Class</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spring Music Fest Splashdown</td>
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</table>

#### SUMMER 2015

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Event Date(s)</th>
<th>Registration Begins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Lessons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginner Swim Lessons*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intermediate Swim Lessons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advanced Swim Lessons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lifeguard Certification Class</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spring Music Fest Splashdown</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### 2014-2015 FACILITY INFORMATION

The UCF Recreation and Wellness Center strives to both set and stay ahead of the national standards for university recreational programs and facilities by offering unique and innovative student development and leadership opportunities, while seeking to be inclusive and adaptable to the needs of all UCF students.
• Provide safe facilities and programs
• Cultivate Diversity and Inclusiveness
• Support Healthy Lifestyle choices
• Develop a collaborative and productive team