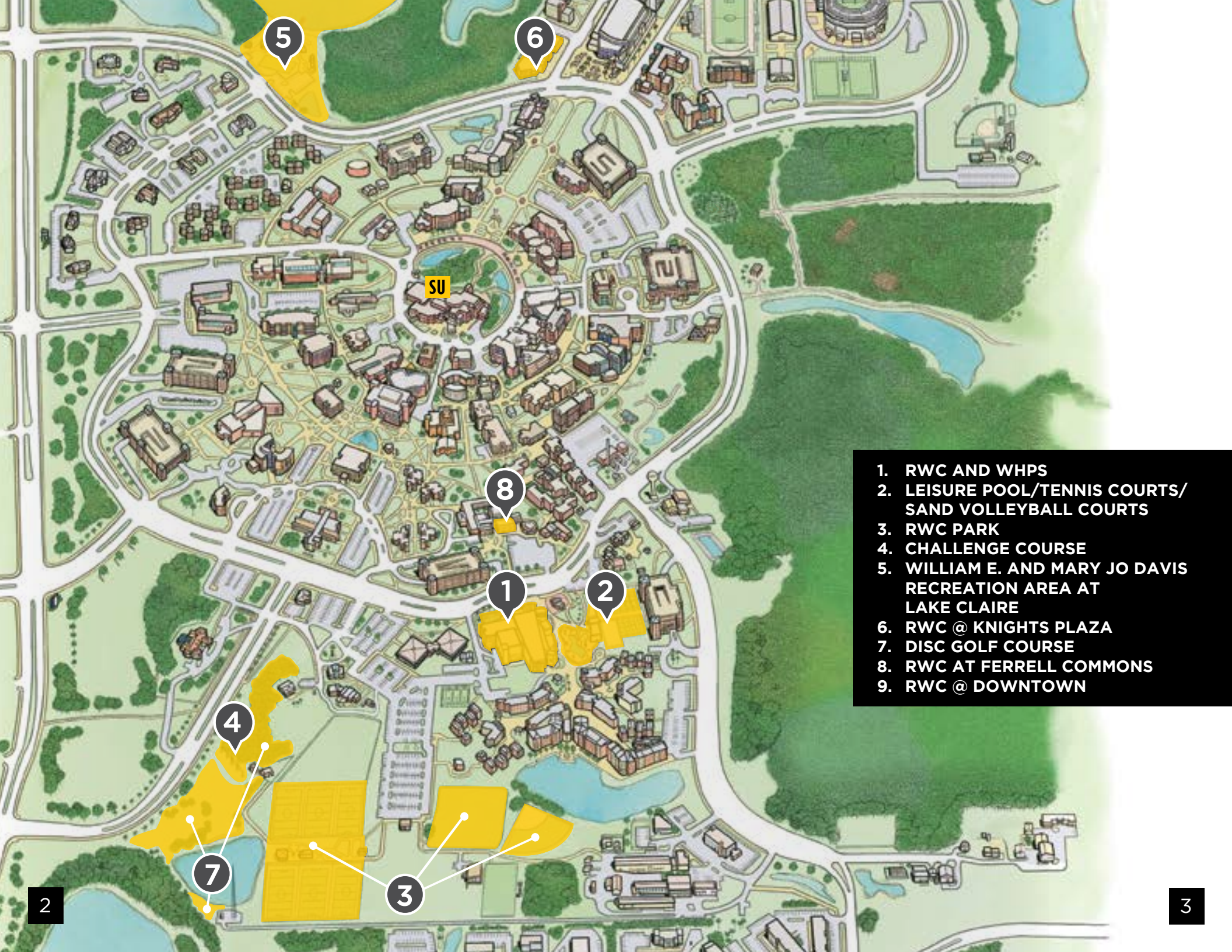


UCF | **Recreation and Wellness Center**
UNIVERSITY OF CENTRAL FLORIDA
GUIDEBOOK
2019-2020

TABLE OF CONTENTS

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 - Midnight
	Friday - Sunday	9:00am - 9:00pm
Phone	407.823.2408	
Web	rec.ucf.edu	

FACILITIES MAP.....	2
A LETTER FROM THE EXECUTIVE DIRECTOR.....	4
FACILITY FEATURES.....	5
MEMBERSHIP INFORMATION.....	6
WORKING AT THE RWC.....	7
RWC @ DOWNTOWN.....	8
RWC @ KNIGHTS PLAZA.....	9
REGIONAL RECREATION.....	10
FITNESS.....	11
INTRAMURAL SPORTS.....	12
SPORTS OFFICIATING.....	13
ADAPTIVE AND INCLUSIVE RECREATION.....	14
AQUATICS.....	15
SPORT CLUBS.....	16
ATHLETIC TRAINING.....	17
OUTDOOR ADVENTURE.....	18
WELLNESS AND HEALTH PROMOTION SERVICES.....	19
PROGRAM SCHEDULES.....	21-28
ABOUT THE RWC.....	29



5

6

8

1

2

4

7

3

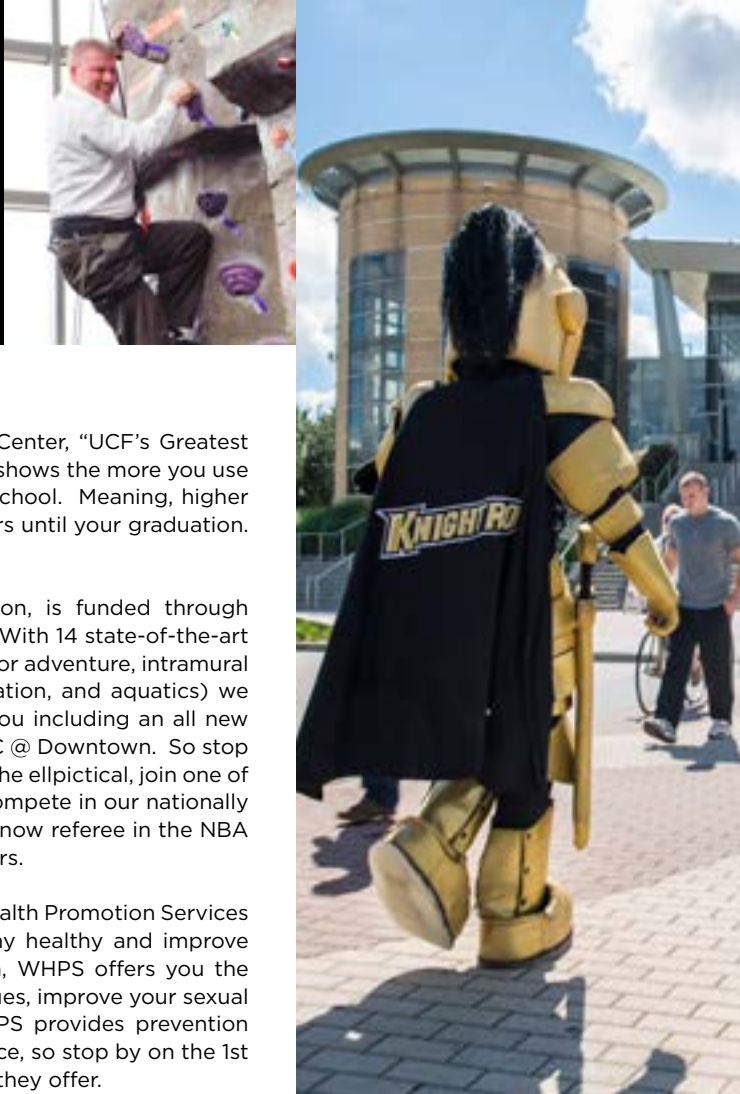
2

3

SU

- 1. RWC AND WHPS
- 2. LEISURE POOL/TENNIS COURTS/
SAND VOLLEYBALL COURTS
- 3. RWC PARK
- 4. CHALLENGE COURSE
- 5. WILLIAM E. AND MARY JO DAVIS
RECREATION AREA AT
LAKE CLAIRE
- 6. RWC @ KNIGHTS PLAZA
- 7. DISC GOLF COURSE
- 8. RWC AT FERRELL COMMONS
- 9. RWC @ DOWNTOWN

A LETTER FROM THE EXECUTIVE DIRECTOR



Dear UCF Member:

I am so excited to welcome you to the Recreation and Wellness Center, “UCF’s Greatest Place to Play.” UCF matches up well with the national research that shows 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 four years until your graduation. We want you to stay at UCF, persist, and then graduate.

The RWC, as an agency of the Student Government Association, is funded through allocations of the Activity and Service Fees you have already paid. With 14 state-of-the-art recreation facilities and seven distinct program areas (fitness, outdoor adventure, intramural sports, sport clubs, athletic training, inclusive and adaptive recreation, and aquatics) we have you covered. We have some exciting additions in store for you including an all new F-45 studio and fitness center at the downtown campus called RWC @ Downtown. So stop in and try an F-45 class, rent a kayak at the lake, push your limits on the elliptical, join one of our 43 sport clubs, learn and participate in an adaptive program, compete in our nationally recognized intramural sports program, where two former students now referee in the NBA or just relax at our leisure pool. The best part is the choice is all yours.

Additionally, through our strategic partnership with Wellness and Health Promotion Services (WHPS) there is a lot of important programming to help you stay healthy and improve your overall well-being. Focusing on skill building and education, WHPS offers you the opportunity to enhance your nutrition, stress management techniques, improve your sexual wellness knowledge or receive individual wellness coaching. WHPS provides prevention strategies to help reduce the challenges that all college students face, so stop by on the 1st floor, walk in, and take advantage of some of the amazing services they offer.

Keep this information guide handy. By acquainting yourself with our services you’re maintaining a healthy and active lifestyle and improving your overall well-being while at UCF. If you have any questions or would like more information about the RWC or WHPS, any of our staff would be pleased to assist you. The office phone number is [407.823.2408](tel:407.823.2408) and our website is rec.ucf.edu.

We want to do our part to help you progress academically, remain in school at UCF, and ultimately graduate. Go Knights!

James E. Wilkening
Executive Director
Recreation and Wellness Center

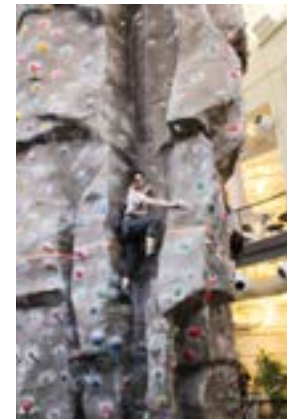
FACILITY FEATURES

Recreation Center

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

Outdoor Facilities

- William E. and Mary Jo Davis Recreation Area at Lake Claire
- Four sand volleyball courts
- Four basketball courts
- Softball/Baseball field
- Nine tennis courts featuring showcase championship court
- Nine-hole disc golf course
- Challenge Course
- Two multipurpose grass fields
- Six lighted artificial turf fields



MEMBERSHIP INFORMATION

Student

- Currently enrolled students: **FREE** with paid A&S fee.
- Non-enrolled/visiting students: **\$50** (summer only)

Faculty/Staff

- **\$40/month**
- **\$100/semester**
- **\$250/yearly**
(A&P or USPS employees only)

Courtesy

- **\$45/month**
- **\$120/semester**
- **\$300/yearly**
(Extended by a currently enrolled student for up to three individuals 18+ years of age or faculty/staff with membership)

UCF Affiliated

- **\$45/month**
- **\$120/semester**
- **\$300/yearly**
(Active alumni members, UCF Retirees and Central Florida Research Park Employees)

New Faculty/Staff/Alumni

- **\$25/month**
(First 4 months only)

RWC @ Knights Plaza

- UCF Faculty/Staff: **\$20/month**
- UCF Affiliated: **\$25/month**
- Courtesy: **\$25/month**

RWC @ Downtown

- UCF Faculty/Staff: **\$30/month**

Guests

- Member Guest **\$5**
- Currently enrolled students receive five **FREE** guest passes per semester

Lockers

- **\$12/semester**

Parking permits are required to park on campus and are not included in any membership. Please request a letter from the RWC in order to purchase a parking decal.



WORKING at THE RWC&WHPS

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, and 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.

WANT TO JOIN OUR TEAM?

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

Available positions:

- Adventure Trip Leader
- Building Manager
- Challenge Course Facilitator
- Climbing Tower Attendant
- Fitness Attendant & Supervisor
- Group Exercise Instructor
- Intramural Sports Official
- Lake Claire Attendant
- Lifeguard
- Marketing Assistant
- Member Services
- Outdoor Adventure Center
- Personal Trainer
- RWC Park Attendant
- Sport Club Supervisor
- Student Assistant Workout (SAW) Trainer
- Water Safety Instructor
- WHPS Peer Advocate

Job Fair Dates

Fall Semester 2019	Spring Semester 2020
October 8, 2pm - 4pm	March 17, 2pm - 4pm
October 9, 5pm - 7pm	March 18, 5pm - 7pm





RWC @ DOWNTOWN

RWC @ KNIGHTS PLAZA

- Facility Features**
- WHPS office with services including stress management, nutrition education, wellness coaching and sexual wellness
 - Group Exercise studio that hosts a variety of fitness classes
 - Assessment room featuring the MicroFit Assessment System and personal training
 - Functional fitness area complete with Escape Training Rig, plyometric equipment, power racks, benches and free weights
 - Full circuit of 11 selectorized weight machines and strength equipment
 - 20 pieces of state-of-the-art cardio equipment

RWC @ Downtown is a 7,800 sq. ft facility located at the new UCF Downtown campus. The facility is on the second floor of the UnionWest building at the corner of Livingston St. and Terry Ave. As part of the integrative student well-being focus of the campus, the RWC @ Downtown includes both RWC and Wellness and Health Promotions (WHPS) services and is located next to Student Health Services (SHS) and Counseling and Psychological Services (CAPS).

RWC @ Knights Plaza is an 8,700 sq. ft. satellite facility at the corner of West Plaza Drive and Gemini Boulevard near the CFE Arena. RWC @ Knights Plaza features 5,700 sq. ft. of workout space, including a mind and 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





FITNESS

The RWC Fitness Program offers several opportunities to develop your healthy lifestyle goals in a structured environment including five key areas.

Fitness Assessments

Designed to help evaluate your current fitness level, advise on starting a new fitness program, or evaluate progress towards your goals. Appointments can be scheduled at rec.ucf.edu or walk-in assessments are available during open hours.

Fitness Assessment Open Hours M/W 11am - 1pm T/Th 2pm - 4pm

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, cycling, and more.

*Participants should arrive 15 minutes early to secure space in the class.
The three services above are **FREE

To Register for Group Exercise Classes

rec.ucf.edu > Programs > Group Exercise > Class Sign Up > Register for Group Exercise Class

Personal Training & Small Group Training

Personal Training (PT) and Small Group Training (SGT) are fee based services available for patrons to work with certified staff on specific fitness goals. PT sessions can be purchased in six different packages, after an initial **FREE** consultation. PT sessions are scheduled around individual and trainer availability. SGT sessions take place on a fixed, twice-a-week schedule over a 5-week period. Individuals will work in groups of 4-8 people in a progressive manner. Complete the online registration form at rec.ucf.edu.

RWC Personal Training Rates

Sessions	Student	Member
1	\$20	\$30
3	\$60	\$90
6	\$100	\$155
9	\$145	\$230
12	\$180	\$295
15	\$220	\$360

Buddy Sessions 25% off per student

Small Group Training Rates

Student	Member
\$50	\$65

Become a Group Exercise Instructor and/or Personal Trainer

The RWC's Fitness program employs certified student personal trainers and group exercise instructors to lead our fitness programs throughout the year. Students with a certification can apply for positions by visiting the employment section of rec.ucf.edu. Students who do not already have a certification can take advantage of our in-house education programs in pursuit of an accredited certification. These programs include our Fit Course programs and our Personal Trainer Prep Course and are open to all UCF students. See our Fitness program calendar for more information including dates.

REGIONAL RECREATION

RWC has partnered with fitness centers to extend programs and services to UCF students attending regional campuses. For many campuses, the RWC has created an agreement for UCF students to utilize local fitness facilities at no additional cost to the student including our brand new partnership with the Northlake Park Community School Lake Nona YMCA Family Center at Lake Nona for UCF College of Medicine students.

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.



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** - J. Douglas Williams YMCA
- **Rosen** - YMCA Aquatic Center
- **South Lake** - National Training Center
- **Valencia West** - Planet Fitness (Metro West)
- **Lake Nona** - Northlake Park Community School Lake Nona YMCA Family Center

OTHER CAMPUSES

- Leesburg
- Altamonte Springs
- Ocala
- Valencia East
- Osceola
- Downtown

UCF Connect

RWC has partnered with **UCF Connect** to extend programs and services to regional campuses 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, visit connect.ucf.edu.



INTRAMURAL SPORTS

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.

 **UCFIMSports**
 **@IMSports**

How To Register

Sign up a team or for individual events

rec.ucf.edu/im > Registration > IMLeagues > Create Account > Choose an Event > Add players
After registration you must attend the mandatory team captains meeting (**page 24**).

Register as a Free Agent

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

Option 1: Sign Up Online

rec.ucf.edu/im > Free Agents > IMLeagues > Create Account > Choose Event > Join as a Free Agent
Fill out the **Additional Info About Yourself** section to describe your experience. Afterwards, existing team captains will be able to contact you about joining their team.

Option 2: Attend a Free Agent Meeting

At **Free Agent Meetings (page 24)**, Intramural Sports staff will form teams among attendees and enter them into the league.
If you miss a Free Agent meeting, contact the **Intramural Coordinator** at **407-823-2408** and we will help you find a team.

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.

Interested?

- No experience necessary
- Training provided for each sport
- Flexible schedule
- Opportunities for advancement

To learn more about becoming an IM official, attend one of our rules clinics listed on **page 24** or visit rec.ucf.edu/im and apply to become an official.





ADAPTIVE & INCLUSIVE RECREATION

The RWC Adaptive and Inclusive Recreation program offers various opportunities for students with disabilities to participate in recreational activities:

- Student Assisted Workout (SAW)
- Self Defense Expo
- Adaptive and Inclusive Sport Club
- Adaptive Climbing
- Adaptive Kayaking
- Unified Flag Football Tournament
- Unified Basketball
- Sitting Volleyball
- Wheelchair Basketball
- Wheelchair Tennis
- Beep Baseball
- Goalball

Inclusive Recreation Expo October 19

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 inclusive sports. This annual event is an opportunity for the public to join our campus community to celebrate the RWC's commitment to an inclusive environment.

For more information on any adaptive and inclusive recreational activities contact Andrea Snead, our Inclusive Recreation Coordinator at **407.823.2408**.



AQUATICS

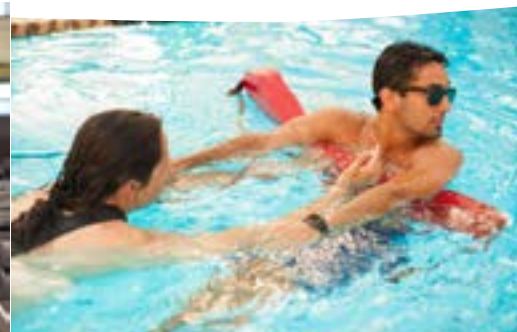
From swim lessons to general fun in the sun, The RWC Aquatics offers swim programs and special events including:

- Group swim lessons for all levels with certified Water Safety Instructors
- American Red Cross Certification courses at a reduced cost.
- Splashdown with Late Knights and the Office of Student Involvement
- Annual Swim Meet with Aquatics and Intramural Sports

For operating hours, visit rec.ucf.edu

Aquatics Facilities

- 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 nine swim lanes and a shallow teaching well for students to swim laps.





Adaptive & Inclusive
Auburn Smith
National Champion



Ultimate Frisbee (M)
State Champions



Gaming Knights
National Runner-up

ATHLETIC TRAINING



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 can also customize rehabilitation home exercise programs.

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

SPORT CLUBS

@UCFSportClubs

Sport Clubs consist of 43 registered student organizations that are **Instructional**, **Recreational**, and **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?

- Visit the rwc.ucf.edu and fill out the interest form
- Come to the RWC Room 246 or call **407-823-2408**
- Email us at sports@ucf.edu

SPORT CLUB LISTING

Adaptive & Inclusive**	Rugby (M)
Badminton	Rugby (W)
Baseball	Running
Bowling	Sailing
Brazilian Jiu Jitsu	SCUBA
Cuong Nhu	Soccer (M)
Cycling	Soccer (W)
Equestrian	Softball
Fencing	Surf**
Gaming Knights**	Swim**
Golf**	Table Tennis**
Ice Hockey**	Tae Kwon Do**
Judo	Tennis
Kendo	Tri-Knights**
Kiteboarding**	Ultimate Frisbee (M)
Lacrosse (M)	Ultimate Frisbee (W)
Lacrosse (W)	Volleyball (M)**
Paintball**	Volleyball (W)**
Rowing**	Wakeboarding**
Racquetball	Water Polo (M)
Rock Climbing**	Water Polo (W)
	Wrestling**

Don't see your club?

Contact the Sport Clubs office at sports@ucf.edu and learn how to create your own student organization.

Clubs in **Bold** won Individual or Team National Championships 2018-2019

** Traveled to National Championships



Paintball
National Runner-up



Rugby (W)
State Champions



OUTDOOR ADVENTURE

@UCFOtherAdventure UCF Outdoor Adventure

The Outdoor Adventure Program is dedicated to encouraging personal growth, enhancing social interaction, and cultivating leaders through engaging and challenging outdoor pursuits.



Outdoor Adventure Center

- Rent outdoor equipment: kayaks, surfboards, stand-up paddle boards, camping and snorkeling gear
- Sign up for Adventure Trips and SCUBA Certifications
- Resource center for outdoor related questions and personal trip planning



Challenge Course

- Team building and leadership development
- Low, high, and portable elements
- Group climbs available *
- Open Knight Climbs are free for all UCF students



Climbing Tower

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



Adventure Trips

- Trips focus on leadership, personal development, environmental stewardship, and fun
- Single-day, weekend and extended expedition length trips
- Backpacking, sea kayaking, canoeing, biking, surfing, stand-up paddle boarding and many more
- Trips to local, regional, national, and international destinations.



William E. and Mary Jo Davis Recreation Area at Lake Claire

- Free equipment rental for students: kayaks, canoes, stand up paddle boards, and games
- Pavilions, sand volleyball courts and grilling spaces
- Open for group reservations *
- Open seven days a week most times of the year

***FREE for UCF student organizations with reservation**



WELLNESS & HEALTH PROMOTION SERVICES

HealthyKnight HealthyKnight

Stress Management

Wellness and Health Promotion Services (WHPS) offers a variety of programs to help UCF students manage their stress. These programs include:

- Biofeedback
- Weekly Guided Meditation
- Revive Creatively - Art Workshops
- To Knights With Love
- Relaxation Station

Nutrition

WHPS offers workshops, food demonstrations, and other hands-on experiences to increase accessibility to fresh food, teach students to incorporate healthy foods into their diets, and reduce food waste. Programs offered include:

- Cooking demos
- Cooking classes
- Tower gardens (hydroponics)



Sexual Wellness

Knowing your HIV status and using protection are vital to making sure you maintain your health. We offer **free condoms** at multiple locations throughout campus and have **free HIV testing year-round** (and it's totally confidential!). To schedule an appointment, just stop by our office or call **407.823.5841**.

Wellness Coaching

We are proud to offer personalized wellness coaching as part of our outreach. This program is designed to help UCF students realize their wellness goals and make positive lifestyle changes. We provide specially trained staff prepared to help students with goals relating to nutrition, physical activity, and stress management. To make an appointment, stop by **RWC suite 111** or call **407.823.5841**.

- Quit Smoking
- Nutrition Coaching
- Couponing Classes
- SNAP Program (Food Assistance)



INTRAMURAL SPORTS TOURNAMENTS 2019-2020

FALL 2019

Event Name	Sign up by	Captains Meeting	Event Type	League Dates
Downtown Experts	8/23	-	Individual	8/27
Sunshine Flag Football Clinic	8/27	-	Team (7)	9/7 & 9/8
Unified Flag Football	8/27	9/3 (1pm)	Individual	9/7
Flag Football Overtimes Challenge	9/3	-	Team (7)	9/5
Punt, Pass & Kick	9/3	-	Individual	9/5
Women's Flag Football Clinic	9/4	-	Individual	9/4
Midnight Bowling	9/6	9/12 (5pm)	Team (4)	9/16
Dominoes	9/6	-	Individual	9/19
Badminton	9/7	-	Individual/Team (2)	9/21
Downtown Shuffleboard	9/30	-	Individual	10/1
2 Person Golf Scramble	9/30	10/1 (10)	Team (2)	10/4
Foot Tennis	10/1	-	Team (2)	10/5
3 on 3 Floor Hockey	10/8	-	Team (3)	10/12
Downtown Sports Trivia	10/8	-	Team (3)	10/10
Transfer Student Basketball	10/8	-	Team (5)	10/23 - 11/7
Transfer Student Flag Football	10/10	-	Team (7)	10/27 - 11/12
Global UCF World Cup	10/21	10/22 (1pm)	Team (2)	10/28 - 11/4
Basketball Skills Challenge	11/1	-	Individual	11/4
Comhole, Kan Jam & Bocce Ball	11/5	-	Team (2)	11/5
Disc Golf	11/2	-	Team (2)	11/16
Mini Golf	11/9	11/9 (1pm)	Team (2)	11/22
Dodgeball: Last Knight Standing	11/9	-	Individual	11/23

SUMMER 2020

Event Name	Sign up by	Free Agent Meeting	Event Type	League Dates
Racquetball Singles and Doubles	6/2	-	Individual / Team (2)	6/5
Table Tennis	6/9	-	Individual / Team (2)	6/12
Summer B Flag Football	6/26	6/25 (1pm)	Team (4)	7/1 - 7/29
Summer B Indoor Soccer	6/26	6/25 (1pm)	Team (6)	7/1 - 7/28
Summer B Volleyball	6/26	6/25 (1pm)	Team (6)	7/2 - 7/23
Summer B Basketball	6/26	6/25 (1pm)	Team (5)	7/6 - 7/28
2 Person Golf Scramble	7/6	7/7 (1pm)	Team (2)	7/10
IM Sports Tournament Showcase	7/14	-	Team (3)	7/17
Beep Baseball & Goalball	7/21	-	Team (5)&(2)	7/24

SPRING 2020

Event Name	Sign up by	Free Agent Meeting	Event Type	League Dates
Wiffball	1/7	1/7 (7pm)	Team (6)	1/7
Kickball	1/14	1/14 (8pm)	Team (7)	1/18
Sports Trivia	1/15	-	Team (3)	1/15
Cricnet	1/21	1/21 (8pm)	Team (7)	1/25
Transfer Student Soccer	1/24	-	Team (7)	2/4 - 2/17
Transfer Student Volleyball	1/24	-	Team (6)	2/4 - 2/13
Spikaball	1/28	-	Team (2)	1/28
3-Way Soccer	2/1	-	Team (3)	2/8
Downtown Shuffleboard	2/10	-	Individual	2/12
Bowling	2/10	2/11 (3pm)	Team (4)	2/4
Unified Basketball	2/10	2/11 (1pm)	Team (5)	2/15
Ultimate Frisbee	2/18	2/18 (8pm)	Team (7)	2/22
Spaldie	2/24	-	Team (2)	2/27
4 Person Golf Scramble	2/24	2/25 (1pm)	Team (4)	2/28
Team Handball	2/25	-	Team (5)	2/29
Slow Bike Race	3/2	-	Individual	3/2
Swim Meet	3/17	3/18 (1pm)	Individual	3/21
Downtown Sports Trivia	3/18	-	Team (3)	3/19
Rec Feet 30	3/18	3/19 (1pm)	Team (3)	3/28
Pool Volleyball	3/31	-	Team (4)	4/4
Esports	4/7	-	Individual	4/11

Follow our social media to stay in the loop!

@IMSports @UCFIMSports

HOW TO REGISTER

- Visit rec.ucf.edu/im
- Click the Registration tab and follow the link to register
- Create an account with IMpages
- Select the league or tournament in which you would like to participate
- Add the minimum number of players to your roster for team sports
- Attend the mandatory team captains meeting as listed on the next page

WHPPS EVENT SCHEDULE | 2019-2020

SEXUAL WELLNESS

RAPID HIV TESTING **

Aug. 22	10:00 - 2:00pm	RWC Suite 111
Sept. 19	10:00 - 2:00pm	RWC Suite 111
Oct. 17	10:00 - 2:00pm	RWC Suite 111
Nov. 14	10:00 - 2:00pm	RWC Suite 111
Dec. 3	10:00 - 2:00pm	RWC Suite 111
Jan. 16	10:00 - 2:00pm	RWC Suite 111
Feb. 7	10:00 - 2:00pm	RWC Suite 111
March 20	10:00 - 2:00pm	RWC Suite 111
April 10	10:00 - 2:00pm	RWC Suite 111
June 27	10:00 - 2:00pm	RWC Suite 111

NUTRITION

FRESH U KITCHEN DEMOS *

Aug. 23	11:50 AM	
Sept. 12	11:50 AM	
Sept. 27	11:50 AM	
Oct. 30	11:50 AM	
Nov. 15	11:50 AM	
Jan. 9	11:50 AM	
Jan. 24	11:50 AM	
Feb. 13	11:50 AM	
Mar. 27	11:50 AM	
Apr. 11	11:50 AM	
May 16	11:50 AM	
Jun. 12	11:50 AM	

FRESH U COOKING CLASSES

Sept. 6	5pm	Neptune Multipurpose
Oct. 2	5pm	Neptune Multipurpose
Nov. 7	5pm	Neptune Multipurpose

FRESH U KITCHEN DAYS

Oct. 18	11:00-2:00pm	Memory Mail
Feb. 28	11:00-2:00pm	Memory Mail

OATMEAL BAR - PREP FOR EXAMS

Dec. 3	8:00-10:00am	Memory Mail
Apr. 24	8:00-10:00am	Memory Mail

SNAP WORKSHOP

Aug. 21	3:30-4:00pm	RWC Room 206
Sept. 6	3:30-4:00pm	RWC MPR
Sept. 20	3:30-4:00pm	RWC Room 206
Oct. 4	3:30-4:00pm	RWC Room 206
Oct. 25	3:30-4:00pm	RWC Room 206
Nov. 8	3:30-4:00pm	RWC Room 206
Nov. 29	3:30-4:00pm	RWC Room 206
Jan. 10	3:30-4:00pm	RWC Room 206
Jan. 24	3:30-4:00pm	RWC Room 206
Feb. 14	3:30-4:00pm	RWC Room 206
Feb. 21	3:30-4:00pm	RWC Room 206
Mar. 21	3:30-4:00pm	RWC Room 206
Mar. 28	3:30-4:00pm	RWC Room 206
Apr. 4	3:30-4:00pm	RWC Room 206
Apr. 18	3:30-4:00pm	RWC Room 206

SPECIAL EVENTS

Healthy Knight Expo	10:00-2:00pm	SU Pegasus Ballroom
UCF Gather Luncheon	12:00-1:00pm	Memory Mail
Safe Knight Week	Mar. 3 - Mar. 7	Location varies by event*
Just Bar Day	Apr. 3	12:00-3:00
		Memory Mail

WELLNESS COACHING

COUPONING 101

Aug. 21	2:00-3:30pm	RWC Room 206
Sept. 6	2:00-3:30pm	RWC MPR
Sept. 20	2:00-3:30pm	RWC Room 206
Oct. 4	2:00-3:30pm	RWC Room 206
Oct. 25	2:00-3:30pm	RWC Room 206
Nov. 8	2:00-3:30pm	RWC Room 206
Nov. 29	2:00-3:30pm	RWC Room 206
Jan. 10	2:00-3:30pm	RWC Room 206
Jan. 24	2:00-3:30pm	RWC Room 206
Feb. 14	2:00-3:30pm	RWC Room 206
Feb. 21	2:00-3:30pm	RWC Room 206
Mar. 21	2:00-3:30pm	RWC Room 206
Mar. 28	2:00-3:30pm	RWC Room 206
Apr. 4	2:00-3:30pm	RWC Room 206
Apr. 18	2:00-3:30pm	RWC Room 206

* See UCF Calendar of Events for Location of Fresh U Kitchen Demos and Safe Knight Week Events
 ** HIV testing also available by appointment Monday-Friday 8am-5pm

@healthyknight Healthy Knight

For more information please visit our website whpps.sdes.ucf.edu or call 407.923.5841

NOTE: Registration open date and sign-up deadlines for trips vary. Most trip registration windows open approximately 1 month before the trip date, but the registration process may vary for extended trips. For more information visit our website rec.ucf.edu, call 407-823-2408, or visit the Outdoor Adventure Center. To sign-up for trips, please visit the Outdoor Adventure Center.

Event Name	Event Dates	Price
Caving and Hiking	8/30 - 9/2	\$45.00
Downtown Urban Bike Ride to Mead Botanical Garden	8/30	Free
Downtown Urban Art Walk and Stand Up Paddleboarding	8/31	Free
FYE Bioluminescent Kayaking	9/1	\$15.00
Intro to Mountain Biking	9/7	\$15.00
Yoga and Surf Day Trip	9/8	\$15.00
Evening Hike	9/11	\$10.00
Learn to Stand Up Paddleboard	9/14	\$15.00
Intro to Mountain Biking	9/15	\$15.00
Surfing, Snorkel, and Camping	9/20 - 9/22	\$40.00
Downtown Hiking and Yoga at Dickson Azalea Park	9/22	\$10.00
Whitewater Rafting and Hiking	9/27 - 9/29	\$45.00
Bioluminescent Night Paddle	9/27	\$15.00
Bioluminescent Night Paddle	9/28	\$15.00
Bioluminescent Night Paddle	9/29	\$15.00
Learn to Surf & Kiteboard Demo	10/5	\$15.00
Cenozoic Day Trip	10/9	\$15.00
Downtown Nature and Mindfulness Walk at Len Gardens	10/7	Free
Cumberland Island Backpacking	10/9 - 10/13	\$40.00
Juniper Springs Kayak Day Trip	10/12	\$15.00
Day Hike	10/13	Free
Cayo Costa Sea Kayaking	10/18 - 10/20	\$40.00
Morning Mindfulness Hike	10/20	\$10.00
Dinley Dive Guest @ Epcot	10/24	\$160.00
Stargazing and Camping	10/25 - 10/26	\$40.00
OSSH Alexander Springs Snorkeling	10/26	\$15.00
Downtown SUP in Winter Park Lakes	11/2	\$10.00
SUP Day Trip	11/3	\$15.00
Florida Trail Service Day	11/8	Free
Building and Camping	11/8 - 11/9	\$45.00
Downtown Nature Walk at Greenwood Urban Wetlands	11/22 - 11/24	\$10.00
Myakka Backpacking	11/27 - 12/1	\$40.00
Thanksgiving Break Waterfall Hiking Trip	12/13 - 12/20	TBD

FALL 2019

OUTDOOR ADVENTURE TRIPS SCHEDULE | 2019-2020

SPRING 2020

Event Name	Event Dates	Price
Intro to Mountain Biking	1/11	\$15.00
Alabama Caving Trip	1/17 - 1/20	\$50.00
Kayaking Day Trip	1/18	\$15.00
Stargazing and Camping	1/24 - 1/25	\$30.00
Downtown Bike the West Orange Trail	1/25	\$10.00
Cenozoic Day Trip	1/26	\$15.00
Evening Hike	2/4	\$10.00
Sea Kayaking Trip	2/7 - 2/9	\$40.00
American Sign Language Friendly Day Hike	2/16	Free
Suwannee River Canoeing and Camping	2/21 - 2/23	\$30.00
Downtown Introduction to Trail Bike Riding	2/22	\$10.00
Intro to Mountain Biking	2/23	\$15.00
Cumberland Island Backpacking	2/28 - 3/1	\$40.00
Birding and Hiking	2/29	\$10.00
Florida Keys & Dry Tortugas - Kayaking & Snorkeling	3/7 - 3/14	\$250.00
Rock & Roll Appalachians - Rock Climbing & Min Biking	3/7 - 3/14	\$250.00
Downtown Goat Yoga	3/21	\$10.00
Georgia Backpacking	3/27 - 3/29	\$45.00
Florida Trail Service Day	4/3	Free
Learn to Surf	4/4	\$15.00
Full Moon Night Paddle	4/5	\$15.00
Whitewater Rafting and Hiking	4/9 - 4/12	\$50.00
Downtown Blueberry and Flower Picking	4/11	\$15.00
Dinley Dive Guest @ Epcot	4/16	\$160.00
Learn to Surf	4/16	\$15.00
Yoga and Hiking	4/19	\$10.00

SUMMER 2020

Event Name	Event Dates	Price
Learn to Surf	5/23	\$15.00
Downtown Birding and Nature Walk at Lake Eola	5/30	Free
Kayaking Day Trip	6/6	\$15.00
Downtown Learn to Surf	6/6	\$15.00
Caving, Whitewater Rafting, and Hiking	7/9 - 7/12	\$50.00
Bioluminescent Night Paddle	7/18	\$15.00
Florida Spring SUP and Camping	7/24 - 7/26	\$15.00
Yellowstone and Grand Teton Expedition	8/6 - 8/14	TBD

INTRAMURAL SPORTS LEAGUES | 2019-2020

Event Name	Sign up by	Captain Meeting	Points Clinics	League Dates
5 on 5 Basketball	9/4	9/4 (9pm)	8/28 (8pm), 9/3 (8pm), 9/4 (8pm)	9/15 - 11/7
Tennis Singles and Doubles	9/4	-	-	9/12 - 11/21
7 on 7 Flag Football	9/5	9/5 (8pm)	8/28 (8pm), 9/3 (8pm), 9/4 (7pm)	9/16 - 11/22
8 on 8 Co-Rec Flag Football	9/5	9/5 (8pm)	8/28 (8pm), 9/3 (8pm), 9/4 (7pm)	9/16 - 11/22
F45 League	9/10	-	-	9/23 - 11/25
3 on 3 Soccer	9/11	9/11 (4pm)	9/11 (4pm)	9/23 - 11/6
Rocket League Esports	9/17	-	-	9/26 - 11/21
Rocket League Singles and Doubles	9/17	9/18 (8pm)	9/10 (8pm), 9/18 (8pm)	9/23 - 11/21
Baseball	9/18	9/18 (8pm)	-	9/26 - 11/18
6 on 6 Strong Volleyball	10/29	11/5 (8pm)	-	11/6 - 11/22
2 on 2 Wheelchair Basketball	10/29	11/5 (8pm)	-	11/6 - 11/22
7 on 7 Soccer	11/4	11/4 (8pm)	10/21 (4pm), 10/24 (4pm)	11/13 - 2/17
6 on 6 Volleyball	11/5	11/5 (8pm)	10/22 (4pm), 10/23 (4pm)	11/14 - 2/15

Event Name	Sign up by	Free Agent Meeting	Points Clinics	League Dates
6 on 6 Dodgeball	1/8	1/8 (8pm)	1/7 (8pm), 1/8 (8pm)	1/15 - 2/23
Tennis Singles and Doubles	1/21	-	-	1/27 - 4/13
Rocket League Singles and Doubles	1/22	-	-	1/27 - 4/6
Rock Climbing	1/29	-	-	2/19 - 3/1
Softball	1/29	1/29 (8pm)	1/21 (4pm), 1/22 (4pm)	2/15 - 4/14
3 on 3 Basketball	2/4	2/4 (7pm)	2/15 - 4/14	2/17 - 4/1
6 on 6 Floor Hockey	2/4	2/4 (8pm)	1/27 (4pm), 1/28 (4pm)	2/17 - 4/15
2 on 2 Sand Volleyball	2/5	2/5 (8pm)	-	2/17 - 4/1
4 on 4 Flag Football	2/5	2/5 (8pm)	1/29 (4pm), 1/30 (4pm)	2/19 - 4/14

Event Name	Sign up by	Free Agent Meeting	Points Clinics	League Dates
5 on 5 Basketball	5/19	5/14 (7pm)	5/19 (4pm)	5/22 - 7/28
6 on 6 Indoor Soccer	5/19	5/14 (7pm)	5/19 (4pm)	5/22 - 7/27
Tennis Singles and Doubles	5/19	5/14 (7pm)	-	5/28 - 7/28
4 on 4 Flag Football	5/20	5/14 (7pm)	5/20 (4pm)	5/27 - 7/29
4 on 4 Volleyball	5/20	5/14 (7pm)	5/20 (6pm)	5/27 - 7/23
6 on 6 Dodgeball	6/23	6/23 (8pm)	6/23 (4pm)	7/1 - 7/29
7 on 7 Ultimate Frisbee	6/23	6/23 (8pm)	-	7/6 - 7/27
2 on 2 Sand Volleyball	6/23	6/23 (8pm)	-	7/7 - 7/28
Rock Climbing	6/23	6/24 (4pm)	-	7/5 - 7/26

HOW TO REGISTER

- Visit rec.ucf.edu/im
- Click the Registration tab and follow the link to IM leagues
- Create an account with IM Leagues
- Select the league or tournament in which you would like to participate
- Add the minimum number of players to your roster for team sports
- Attend the mandatory team captain meeting as listed on the next page

Follow our social media to stay in the loop!

@IMSports @UCFIMSports

SUMMER 2020

SPRING 2020

FALL 2019

Follow our social media to stay in the loop!

SUMMER 2020

Event Name	Sign up by	Event Date(s)
USA Olympic Weightlifting Certification Workshop	-	TBA
Downtown Punch into Summer	-	5/18 - 6/12
Downtown Rowing Competition	-	7/9
YogaFit Certification Workshop	-	7/18 & 7/19
Pilates Certification Workshop	-	TBA

Event Name	Sign up by	Event Date(s)
NASM Personal Trainer Prep Course*	-	1/13 - 3/6
Downtown Group Exercise Mashup	-	1/16
Know Your Numbers	-	1/22
Biggest Winner	1/22	1/27 - 3/6
Group Exercise Mashup	-	1/28
Yoga Under the Stars	-	2/6
Triathlon Training	-	2/10 - 4/3
Downtown Functional Fitness Demo	-	2/11
Cultural Dance Series III	-	2/13
Fit Course: Personal Training*	-	2/17 - 3/16
Downtown Powerlifting Workshop	-	2/24 - 2/26
Downtown Love Your Body	-	2/27
Aqua Zumba	-	3/2
Yoga Under the Stars: Safe Knight Week	-	3/5
Powerlifting Competition	4/3	4/9
Downtown Cultural Dance Series	-	4/16
Yoga Under the Stars Finals Week	-	4/23

SPRING 2020

FITNESS SCHEDULES

FALL 2019

Event Name	Sign Up By	Event Date(s)	Open Dates	Class Dates	Price
Downtown Yoga Meditation	-	8/28	9/6 - 9/8	9/14 - 9/15	\$320.00
Group Exercise Fall Kickoff	-	9/3	10/4 - 10/6	10/12 - 10/13	\$320.00
Transfer Into Fitness	-	9/4	11/8 - 11/10	11/16 - 11/17	\$320.00
Downtown F45 Bootcamp	-	9/5	1/31 - 2/2	2/8 - 2/9	\$320.00
NASM Personal Trainer Prep Course*	9/6	9/10 - 10/29	2/28 - 3/1	3/7 - 3/8	\$320.00
Aqua Zumba	-	9/12	4/3 - 4/5	4/11 - 4/12	\$320.00
Fit Course: Group Exercise*	9/11	9/13 - 10/11	5/29 - 5/31	6/6 - 6/7	\$320.00
Half Marathon Training Program	9/13	9/17 - 12/3	7/10 - 7/12	7/18 - 7/19	\$320.00
Yoga Under the Stars	-	9/10			
Cultural Dance Series I	-	9/20			
Downtown Functional Fitness Demo	-	9/24			
Downtown Latin Dance Series	-	9/25			
Know Your Numbers	-	9/25			
AFAA Group Fitness Instructor Prep Course	9/25	10/2 - 11/20			
Powerlifting Workshop	9/27	9/30 - 10/2			
MidKnight 5K	10/7	10/11			
Fit Course: Personal Training*	10/10	10/14 - 11/5			
Women on Weights	10/18	10/22 - 11/7			
Downtown 5K Training Program	10/25	10/29 - 12/3			
Downtown Functional Fitness Demo	-	11/5			
Yoga Under the Stars	-	11/6			
Group Exercise Mashup	-	11/12			
Cultural Dance Series II	-	11/18			
Yoga Under the Stars Finals Week	-	12/5			

* Fitness Instructor event. Visit rec.ucf.edu for details on registration for fitness instructor events.
 NOTE: Events with no sign-up deadline 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.

OUTDOOR ADVENTURE SCHEDULE | 2019-2020

FALL 2019

Event Name	Sign up by	Event Dates
Climb After Close: First Year Students	--	8/30
Outdoor Adventure Open House	--	9/3
AOBE Campus Challenge	--	9/16 - 10/30
Open Knight Climb	9/17	9/17
Paddletest	--	9/21
Fall Climbing Competition	--	9/29
Open Knight Climb	--	10/24
Inclusive Climb After Close	--	10/25
Halloween Knight Climb	--	10/30
Open Knight Climb	11/5	11/5

SPRING 2020

Event Name	Sign up by	Event Dates
Rock Climbing JM League	1/29	2/9 - 3/1
Adventure Race	1/31	2/15
Cosmic Knight Climb	--	2/28
Mindfulness Retreat at Lake Claire	--	3/1
Climb After Close	--	3/20
Open Knight Climb	3/24	3/24
Spring Climbing Competition	--	4/5
Open Knight Climb (Leadership Weeks)	--	TBA

SUMMER 2020

Event Name	Sign up by	Event Dates
Rock Climbing JM League	6/23	7/5 - 7/26
Summer B Open Knight Climb	7/21	7/21

NOTE: Highlighted Events are Special Events

SCUBA CERTIFICATIONS

Event Name	Open Dates	Class Dates	Price
Open Water SCUBA Certification	9/6 - 9/8	9/14 - 9/15	\$320.00
Open Water SCUBA Certification	10/4 - 10/6	10/12 - 10/13	\$320.00
Open Water SCUBA Certification	11/8 - 11/10	11/16 - 11/17	\$320.00
Open Water SCUBA Certification	1/31 - 2/2	2/8 - 2/9	\$320.00
Open Water SCUBA Certification	2/28 - 3/1	3/7 - 3/8	\$320.00
Open Water SCUBA Certification	4/3 - 4/5	4/11 - 4/12	\$320.00
Open Water SCUBA Certification	5/29 - 5/31	6/6 - 6/7	\$320.00
Open Water SCUBA Certification	7/10 - 7/12	7/18 - 7/19	\$320.00

INSTRUCTIONAL CLASSES

Belay Certification Classes	Outdoor Skills Classes
Climbing Technique Classes	Adaptive Climbing and Kayaking

NOTE: Instructional classes are offered throughout the year at no cost for UCF Students. Visit rec.ucf.edu for schedule and sign up at the Outdoor Adventure Center.

Follow our social media to stay in the loop!

UCF Outdoor Adventure @UCFOutdoorAdventure

ABOUT THE RWC

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 RWC are not liable for injuries sustained during participation in a RWC sponsored activity. It is strongly recommended that all participants consult a physician and/or have a physical exam prior to participation. UCF 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 celebrate the differences we share across the spectrum of human diversity. Diversity is vital to an individual's holistic development and the social fabric of the university. We are committed to creating an inclusive environment through hiring and developing culturally competent staff members, outreaching to under-served populations and providing facilities and programs that support all members of the UCF community. Our expectation of the RWC community is to embrace an open-minded and respectful attitude toward individual differences.

AQUATICS SCHEDULE | 2019-2020

FALL 2019

Event Name	Days	Event Date(s)	Time
Private Lessons*		Ongoing	
100 Mile Club		Ongoing	
Beginner Swim Lessons*	M/W	9/16 - 10/9	4pm-5pm
Beginner Swim Lessons*	T/Th	9/17 - 10/10	4pm-5pm
Beginner Swim Lessons*	T/Th	9/17 - 10/10	10am-11am
Intermediate Swim Lessons*	T/Th	9/17 - 10/10	5pm-6pm
Intermediate Swim Lessons*	T/Th	9/17 - 10/10	11am-12pm
Advanced Swim Lessons*	M/W	9/16 - 10/9	5pm-6pm
Dive-In UCF Football Viewing Party		10/4	

SPRING 2020

Event Name	Days	Event Date(s)	Time
Private Lessons*		Ongoing	
100 Mile Club		Ongoing	
Beginner Swim Lessons*	M/W	7/8-7/31	4pm-5pm
Beginner Swim Lessons*	T/Th	7/9-8/1	4pm-5pm
Beginner Swim Lessons*	M/W	7/9-8/1	10-11am
Intermediate Swim Lessons*	T/Th	7/8-7/31	5pm-6pm
Intermediate Swim Lessons*			11am-12pm
Advanced Swim Lessons*			5pm-6pm
Spring Late Knights Splashdown			10pm-1am

SUMMER 2020

Event Name	Days	Event Date(s)	Time
Private Lessons*		Ongoing	
100 Mile Club		Ongoing	
Worlds Largest Swim Lesson		6/18	
Beginner Swim Lessons*	M/W	7/6 - 7/29	4pm-5pm
Beginner Swim Lessons*	T/Th	7/7 - 7/30	4pm-5pm
Intermediate Swim Lessons*	M/W	7/6 - 7/29	10am-11am
Advanced Swim Lessons*	T/Th	7/7 - 7/30	5pm-6pm

CERTIFICATION EVENTS

Event Name	Sign up by	Event Date(s)
Lifeguard Certification Class*	9/13	9/20 - 9/22
Lifeguard Certification Class*	3/8	3/20 - 3/22
Lifeguard Certification Class*	6/12	6/19 - 6/21

Group Swim Lessons are offered at no cost for UCF Students.
 * Registration Required

NOTE: Highlighted Events are Special Events



Recreation and
Wellness Center

UNIVERSITY OF CENTRAL FLORIDA

Student Government
Association
Division of Student
Development and
Enrollment Services

SAFE
CLEAN
DEPENDABLE
QUALITY
FUN

OUR VALUES

OUR GOALS

- Provide safe facilities and programs
- Cultivate diversity and inclusiveness
- Support healthy lifestyle choices
- Develop a collaborative and productive team



facebook.com/ucfrwc



@UCFRWC



@ucfrwc



@ucfrwc

4000 Central Florida Blvd.
Building 88, Room 204
Orlando, FL 32816

Phone: 407.823.2408

Fax: 407.823.5446

Web: rec.ucf.edu