



## Membership Information and Rates for Fall 2015

### Campus Recreation Quick Guide

#### Aquatics

Wall Aquatic Center offers one of the finest high altitude swimming facilities in the world. Our facility serves students, faculty, staff, and community members, through a variety of programs, lessons, and classes for all ages and swim levels. From dive-in movies, log rolling, American Red Cross Courses to lap and masters swimming, members can enjoy activities year round. The existing facility will be replaced January 2016 with the grand opening of the Aquatic and Tennis Center, and will feature a 50m, 10 lane Olympic size pool, dry land training, 3-10m dive towers, dive well, Jacuzzi, and fitness room.

#### Outdoor Adventures

Our first-hand adventure programming approach facilitates individual growth, development of character and life skills, and an appreciation for the outdoors. Whether a novice or veteran outdoor enthusiast, we invite you to take your education outdoors with us and experience courses, climbing wall programs, equipment rental, or DIY support from our resource center.

Our Challenge Course offers experiential education which is designed to foster community and team work, while developing leadership, confidence, and communication skills in a dynamic outdoor or indoor universal access setting.

#### Competitive & Recreational Sports

Sports will generate a buzz for recreational fun and fuels a thirst for competition and spirited action. Our Intramural Sports calendar is designed for individual, dual, and team competition among men, women, and co-rec league play. Membership provides students, faculty, and staff full access to traditional and innovative sporting activities year round. Our Sport Club program offers a 'varsity feel' for athletes and an elevated opportunity and experience to travel and even compete for championship titles or simply learn a new sport through instruction. Choose from over 30 sports or become a fan for Lacrosse, Ice Hockey, Quidditch, Archery and many more.

#### Recreation and Fitness

Our 123,000 sq. ft Recreation Center supports fitness, wellness, informal recreation, and adventure based opportunities to build community and promote healthy living. Activity spaces include basketball,

racquetball, squash, volleyball, and indoor soccer as well as three multipurpose fitness studios, a courtyard, weight room, indoor track, Cardio Theater and a 38' climbing wall.

Our Fitness program hosts a variety of free group class formats like Zumba, Yoga, TRX suspension training, bootcamp, cycle, boxing, pilates, and aqua to instructional programs like krav maga, ski prep and olympic lifting. Additional opportunities include Wellness discussions and an extensive personal training program for individuals and small groups; payroll deduction is available for Faculty and Staff.

### General Membership Information

Students and Members are eligible to sponsor one additional member and receive discounted program prices.

Towel service is included with all memberships.

\*Payroll deduction is available for those prices marked with a single asterisk.

Personal training is available for an additional fee to membership holders (except Family Weekend add-on). Faculty/Staff may purchase small group personal training via payroll deduction for \$250/semester.

### Day Use Pass Rates

Type	Cost
Guest Pass REC	\$10
Guest Pass WAC	\$10
Guest Pass REC and WAV	\$15
Guest Pass WAC 5-12 years	\$5
3 Punch Pass REC/WAC	\$24
10 Punch Pass REC/WAC	\$70

### Student Rates

Membership in the REC or WAC is tuition/fee based.

A REC/WAC combination membership is available to continuing students for \$150/semester, or \$75 per summer session.

Lockers are \$40/semester.

Group fitness classes are included in all student facility memberships.

### Faculty/Staff Rates

REC memberships are \$150/semester or \$300\*/year.

WAC memberships are \$125/semester or \$250\*/year.

A REC/WAC combination membership is available for \$250/semester or \$500\*/year; a discounted locker option (at the user's facility of choice) is available for an additional \$25/semester or \$50\*/year and must be purchased with the combo membership to take advantage of the discount.

WAC/Masters Swim combination membership is \$200/semester or \$400\*/year.

Locker rentals at either the REC or WAC are \$40/semester or \$80\*/year.

Masters Swim add-on membership is \$150/semester.

Regular Faculty/Staff memberships include group fitness classes at both REC and WAC.

### **Early Bird Faculty Staff**

Early Bird memberships may be purchased for \$100/semester or \$200\*/year.

Early Bird memberships include group fitness classes at REC but not at WAC.

No combo memberships are available but Masters Swim may be added on for \$150/semester.

Lockers are \$40/semester or \$80\*/year.

### **Lunch Bunch**

Lunch Bunch memberships may be purchased for \$125/semester or \$250\*/year.

Early Bird memberships include group fitness classes at REC but not at WAC.

No combo memberships are available but Masters Swim may be added on for \$150/semester.

Lockers are \$40/semester or \$80\*/year.

### **Alumni/Affiliate Rates**

REC memberships are \$200/semester or \$400/year.

WAC memberships are \$175/semester or \$350/year.

A REC/WAC combination membership is available for \$350/semester or \$700/year; a discounted locker option (at the user's facility of choice) is available for an additional \$25/semester or \$50/year and must be purchased with the combo membership to take advantage of the discount.

WAC/Masters Swim combination membership is \$250/semester or \$500/year.

Locker rental is \$40/semester or \$80/year.

Masters Swim add-on membership is \$150/semester.

Alumni/Affiliate memberships include group fitness classes at both REC and WAC.

### **Community Rates**

WAC memberships are \$225/semester or \$450/year.

WAC/Masters Swim combination membership is \$300/semester or \$600/year.

Locker rental is \$40/semester or \$80/year.

Masters Swim add-on membership is \$175/semester.

Community memberships include group fitness classes at WAC.

### **Family Weekend Add-On Rates**

WAC memberships are \$100/semester or \$200/year.

Locker rental is \$40/semester or \$80/year.

### **High School Rates**

REC memberships are \$150/semester or \$300/year.

WAC memberships are \$125/semester or \$250/year.

A REC/WAC combination membership is available for \$250/semester or \$500/year.

Locker rental is \$40/semester or \$80/year.

High School memberships include group fitness classes at both REC and WAC.

## **Need More Information?**

Phone: 928.523.1733

Email: [CampusRecreation@nau.edu](mailto:CampusRecreation@nau.edu)