

Intramural and Recreational Sports



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FALL INFORMAL RECREATION SCHEDULE

The following is the **Fall 2009** Office of Intramural and Recreational Sports schedule for informal and recreational use by all IUPUI students, faculty, and staff that have paid the recreation fee. Recreation fees may be paid during registration for fall IUPUI academic classes or at the IU Natatorium Front Desk (*pool deck level, PE/NT building*). Their hours are: Monday-Thursday, 5:30A-8:00P; Friday, 5:30A-7:00P. ***You must carry your valid IUPUI ID/Jag Tag in this facility at all times for entrance and access to all of the facilities.**



PE 043. Phone: (317) 274-2824

GROUP FITNESS (AEROBICS, CORE FITNESS, STEP AEROBICS)

(PE 156)

12:00 PM - 12:45 PM Monday-Thursday (*Auxiliary Gym PE 156*)
 5:45 PM - 6:45 PM Tuesday & Thursday (*Auxiliary Gym PE 156*)

YOGA

12:05 PM - 12:45 PM Monday (Campus Center, Rm. 409) **Requires registration. Begins Aug. 31st**
 *12:05 PM - 12:45 PM Tuesday- *Level II* (Union Building, Rm. 130) ***Requires registration. Begins Sept. 1st**
 *12:05 PM - 12:45 PM Wednesday (Union Building, Rm. 130) ***Requires registration. Begins Aug. 26th**
 6:00 PM - 7:00 PM Wednesday (*Auxiliary Gym PE 156*). **No registration. Begins Aug. 26th**
 *12:05 PM - 12:45 PM Thursday- *Level II* (Campus Center, Rm. 409)* **Requires registration. Begins Aug. 27th**
 2:00 PM - 3:00 PM Saturday (*Auxiliary Gym PE 156*). **No registration. Begins Aug. 29th NEW!!!**

***registration available online, Nat Front Desk, or PE043**

PILATES

(PE 156)

5:00 PM - 5:50 PM Friday (*Auxiliary Gym PE 156*)

FITNESS WALK (SEPT 8TH - NOV 5TH)

(MAIN CONCOURSE OF PE BUILDING)

12:00 PM - 12:45 PM Tuesday and Thursday (*Meets on main Concourse. Leave for activity at 12:05 PM*)
 Reserve your spot & call 274-2824. Pedometers are issued each session to measure step count, distance and time.

OPEN GYM - BASKETBALL, DODGEBALL & Volleyball

(MAIN GYM, PE 150)

Available for use on an informal basis when intramural league play and athletic events are not scheduled. Subject to change. Check out monthly online calendar for notices & closures.

Monday-Thursday 8:00 PM - 10:00 PM
 Saturday 2:00PM - 6:00 PM
 Sunday 2:00 PM - 6:00 PM

REC SPORTS WEIGHT ROOM & FITNESS CENTER

(PE 014 & PE 015)

	<u>WEIGHT ROOM (PE 014)</u>	<u>FITNESS CENTER (PE 015)</u>
Monday- Thursday	7:00 AM - 9:00 AM & 3:00 PM - 8:00 PM	7:00 AM - 9:00 AM & 3:00 PM - 9:30 PM
Friday	7:00 AM - 8:00 AM & 3:00 PM - 7:00 PM	7:00 AM - 8:00 AM & 10:00 AM - 7:00 PM
Saturday & Sunday	2:00 PM - 6:00PM	2:00 PM - 6:00 PM

IU NATATORIUM FITNESS CENTER (*\$40.00 Add-On Fee for students)

Nat Front Desk 274- 3518

Located on the pool deck in the right corner, behind the diving wells. **May only be paid at Nat Front Desk.*

Monday - Thursday 5:30 AM - 8:00 PM
 Friday 5:30 AM - 7:00 PM
 Saturday-Sunday **CLOSED**

IU NATATORIUM-RECREATIONAL SWIMMING (LAP SWIM)

NAT FRONT DESK 274- 3518

<u>COMPETITION POOL</u>	<u>INSTRUCTIONAL POOL</u>
Monday through Thursday 5:30 AM - 8:00 PM	Monday- Thursday 4:00 PM - 6:00 PM
Friday 5:30 AM - 7:00 PM	Friday - Sunday CLOSED
Saturday-Sunday CLOSED	

Please use East Natatorium Locker Rooms. Instructional Pool may be open during any conflict of events in the Competition Pool. (Closing schedule published monthly and is available at the front desk.)

RACQUETBALL/HANDBALL COURT – (PE 153)**RESERVATIONS MUST BE MADE. CALL 274-2824**

Available when intramural league play and classes are not scheduled. Hours to schedule reservations: Monday – Friday, 9 am – 4 pm. All patrons **MUST** wear protective eyewear. *Rent Racquets and Goggles at vending machine next to deck level elevator outside Rec Sports office. Take rental card to Laundry Room (PE062).

Racquetball/Handball Court Hours are as follows:

Monday-Thursday	7:00 AM – 9:00 PM	+ Racquetballs: \$1.50 (Each)
Friday	7:00 AM – 6:00 PM	+ Racquetball Racquet Rental: \$1.00
Saturday & Sunday	2:00 PM – 6:00 PM	+ Racquetball Goggles Rental: \$0.50

OUTDOOR FACILITIES- (TRACK, SOFTBALL AND INSTRUCTIONAL FIELDS)

Available as weather permits. Users must enter through tunnel at west end of P.E. Building, **and walk around Instructional Field during classes.** Outdoor fields must be reserved in advance by calling 274-2824.

LAUNDRY (TOWEL EXCHANGE & EQUIPMENT CHECKOUT)**PE 062**

Monday through Friday	7:00 AM – 6:00 PM (PE 062) & *6:00 PM – 9:00 PM (PE 043)
Weekends	*2:00 PM – 6:00 PM (PE 043)

(**Equipment Only: Evenings and Weekends:* See Rec. Sports Supervisor on duty, PE 043)

RECREATION FEE - PAID WHEN REGISTERING FOR IUPUI ACADEMIC CLASSES OR AT THE NATATORIUM FRONT DESK.

NO REFUNDS for the Recreation Fee or Locker Fee will be given after September 15th. NO EXCEPTIONS.

IUPUI Student	\$30.00 Valid thru Dec. 18 th	
Student Add-On Fee	\$40.00 Valid thru Jan. 3 rd	(*Use of the IU Natatorium Fitness Center)
IUPUI Faculty/Staff	\$83.00 Valid thru Jan. 3 rd	(*Use of the IU Natatorium Pool & Fitness Center)
Clarian Staff	\$84.00 Valid thru Jan. 3 rd	(*Use of the IU Natatorium Pool & Fitness Center)

PHYSICAL EDUCATION (HPER) LOCKER ROOMS/North Locker Rooms, MENS (PE 053) & WOMENS (PE 054)

\$19.00 Locker Fee Rental. Payment can be made at the IU Natatorium Service Desk during the semester (or) online when registering for IUPUI academic classes. Claim ticket from Nat. Front desk & take to laundry room attendant (PE062) for locker assignment and combination.

HALLWAY ENTRANCE/EXIT:

Monday-Thursday	5:30 AM – 9:00 PM
Friday	5:30 AM – 7:00 PM
Saturday & Sunday	2:00 PM – 6:00 PM

For further information about the locker policy and individual responsibilities of the user, please pick up a LOCKER/TOWEL POLICY handout located in the intramural & recreational sports laundry room (PE 062) or at PE 043.

IMPORTANT DATES: LOOK FOR POSTED MONTHLY CALENDARS FOR UPCOMING EVENTS & CLOSINGS

Fall Recreational Sports Schedule Begins: August 26th

Rec Sports Open House/Free Access	August 26 th –Sept 4 th
Sept. 5 th - Sept. 7 th ----- CLOSED	Labor Day Break
Nov. 25 th - Nov. 29 th -- CLOSED	Thanksgiving Break
<u>Fall Locker Clean-out Deadline & last day fall Rec Sports:</u>	Friday, December 18 th , 2009
Dec. 19 th - Jan. 10 th ----- All REC FACILITIES CLOSED	Semester/Holiday Break
<u>Spring 2009 Recreational Sports Schedule Begins</u>	Monday, January 11 th , 2010

NO REFUNDS for the Recreation Fee or Locker Fee will be given after September 15th. NO EXCEPTIONS.

FALL 09 INTRAMURALS – ENTRY FORMS & INFORMATION AVAILABLE AT WWW.IUPUI.EDU/~IUPIREC

<u>Bepko Golf Tourney:</u>	September 11 th . Entry form & details available online.
<u>Flag Football:</u>	Begins September 20 th . Entry form & details available online.
<u>Soccer:</u>	Begins September 16 th . Entry form & details available online.
<u>Volleyball:</u>	Begins September 16 th . Entry form & details available online.

The above schedule is **SUBJECT TO CHANGE** according to changes in the physical education academic schedule, the general recreation schedule and the athletic schedule. Changes will be posted as much in advance as possible.