GREETINGS FROM
CAMPUS
RECREATION
FLORIDA GULF COAST UNIVERSITY
FORT MYERS, FLORIDA
URECWELL
## CONTENTS

1. WELCOME

2. CAMPUS RECREATION PROGRAMS
   - AQUATICS
   - FITNESS
   - SPORT PROGRAMS
   - OUTDOOR PURSUITS
   - SPECIAL EVENTS

3. CAMPUS RECREATION FACILITIES
   - AQUATICS CENTER
   - SoVi POOL
   - WATERFRONT
   - RECREATION FIELDS
   - RECREATIONAL OUTDOOR COMPLEX (ROC)
   - EAGLE CHALLENGE COURSE
   - UNIVERSITY RECREATION & WELLNESS CENTER
Welcome to Campus Recreation!

How do U Rec Well? That’s a question Campus Recreation will challenge you to answer this year.

Our mission of impacting students’ lives through engaging recreational experiences has carried us into an exciting new era for the FGCU community with the opening of the new University Recreation & Wellness Center (URecWell). This facility brings about new and exciting ways to play and connect on campus. Campus Rec has always served as a hub for student involvement, and that intention will remain strong. We promise to continue our tradition of bringing a high level of fun and energy to all of our offerings, which contribute to students’ overall wellbeing and success.

My goal this year is for you to find your recreational home in one of the many facilities and programs described in this book. I challenge you to discover your favorite Group Fitness class, an Intramural Sport you love to play with friends, or an Outdoor Pursuits adventure that brings you joy. I challenge you to find how U Rec Well.

Campus Rec is special because of the people who participate in, work for, and are passionate about our mission. I thank you for your support and hope to continue to find ways we can recreate together.

Wings Up,
Amy Swingle
Director of Campus Recreation
AQUATICS
FITNESS
SPORT PROGRAMS
OUTDOOR PURSUITS
SPECIAL EVENTS

CAMPUS RECREATION PROGRAMS
Campus Recreation offers aquatic programming at our three aquatic facilities:

- The Aquatics Center
- SoVi Pool
- The Waterfront

Swim lessons
- Offered for all skill levels from ages six months to adult

Our health and safety classes are taught by American Red Cross instructors and include:
- Lifeguarding
- Water Safety Instructor
- CPR/AED for the Professional Rescuer
- First Aid
Our Fitness program area offers students, faculty, staff and members numerous programs and services in regards to total health, fitness and wellbeing.

**Group Fitness Classes**
- Over 50 classes are offered per week in two studios at the University Recreation & Wellness Center.
- Various formats are offered to meet all skill levels.

**Personal Training**
- From high intensity, sport-specific training to specialized weight loss programs, the Campus Recreation Personal Trainers can help you reach your goals.
- One or two client packages are offered.

**Exercise is Medicine (EIM)**
- A cross-campus program built to help students balance health, wellness and physical activity with academics and the challenges college may bring.
- Campus Rec works with other departments on campus to guide students to healthier lifestyles through a referral program.

**Certifications**
- The American College of Sports Medicine (ACSM) and the National Exercise Trainer Association (NETA) partner with us to host training certification classes on campus.
SPORT PROGRAMS

The Sport Programs area offers ways to compete in structured sport settings, make connections and learn new skills.

Intramural Sports
• Promote sportsmanship and social growth through various individual and team sports.
• Leagues offered include soccer, flag football, volleyball and softball.
• Various tournaments are also offered throughout each semester.

Sport Clubs
• 34 different clubs offered
• The clubs exist to develop skills, encourage peer leadership and engage in competition for a specific sport.
• Some clubs are highly competitive while some are more instructional.
Campus Rec’s Outdoor Pursuits program encompasses planned semester trips and clinics, the outdoor high ropes course and equipment and bike rentals.

Trips & Clinics
• A variety of outdoor trips and clinics are offered each semester for students, faculty and staff.
• Participants have the opportunity to learn how to paddleboard, kayak, camp and snorkel while exploring unique outdoor settings.

Camping Equipment
• Equipment can be rented out on daily, weekend or weekly periods.
• Equipment includes: tents, backpacks, sleeping bags, canoes and more.

The Pedal Power Bike Program
• A free service provided to FGCU students to decrease traffic congestion, limit carbon emissions and encourage health and physical exercise.
• All bikes and equipment can be rented from the Waterfront.
Campus Recreation offers several special events throughout the year.

These events include:
• REXPO
• Fit to the Beat
• Last Splash
• Pop Up Rec events
• And more!
The Aquatics Center is available for use by FGCU students, faculty and staff, as well as community members.

- The Lee County/FGCU Aquatics Center features two outdoor pools.
- Our 50-meter, 8-lane lap pool converts into a 20-laned, 25-yard lap pool.
- We also have a 25-yard, 8-lane pool with two 1-meter and two 3-meter diving boards.
The SoVi Pool is located in Florida Gulf Coast University’s South Village.

The SoVi Pool facility includes:

- A leisure-style pool with a zero-depth entry and fountain features
- Water basketball and volleyball area
- A large deck space and a grill area perfect for student groups
The Waterfront is located within North Lake Village and is home to Campus Recreation’s Heyday Wake Boat.

The Waterfront offers a variety of activities and recreational equipment including:
• Kayaks
• Standup Paddleboards
• Sailboats
• Cornhole
• Swimming

We offer motorized boating activities three days a week. These activities include:
• Tubing
• Wake boarding
• Wake surfing
• Water skiing
RECREATION FIELDS

Campus Rec has approximately six acres of multi-purpose field space.

- The largest field, Rec Field 1, is located within the main campus loop and is primarily used for our Intramural Sports and Sport Club programs.

- Sport Clubs utilize Rec Field 2, located in South Village.

- Both fields are also heavily used for informal recreation and special events throughout the year.
The ROC is located adjacent to Alico Arena. The lighted outdoor facility includes:

- Two basketball courts
- Two beach volleyball courts
- An outdoor body weight training apparatus
EAGLE CHALLENGE COURSE

The Eagle Challenge Course has the perfect combination of low and high ropes teambuilding elements. Programs offered can be customized by duration, program types, and expectations, with our staff selecting the best possible combination of activities for groups to achieve their desired outcomes.

- FGCU registered student organizations can register for challenge course programs at no cost.

- Set amongst 10 acres of green fields and pockets of pine uplands and oak hammocks

- Located in Buckingham Center roughly 18 miles north of main campus
UNIVERSITY RECREATION & WELLNESS CENTER

The 48,000 square foot URWC includes:

- A fitness floor
- Two group fitness studios
- Multipurpose room
- Two indoor basketball courts
- An upstairs cardio deck

Our fitness floor is comprised of:
- Matrix selectorized strength equipment
- A free-weight area equipped with dumbbells and plate loaded strength equipment

The cardio deck offers a wide range of cardio training pieces including:
- Treadmills
- Stairmills
- Ellipticals
- Upright and recumbent bikes
- Rowing machines
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How do U Rec Well?

Amy

Florida Gulf Coast University
Campus Recreation

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