ADVENTURE REC TRIPS 🌞🌞🌞

Head out on a unique adventure in Northeast Ohio!

TO JOIN: visit csurec.com or stop by the Pro Shop.
QUESTIONS: contact Brooke Hokes at b.m.hokes@vikes.csuohio.edu.

Sunset Paddle: September 10, 7pm | Coe Lake
CSU Students: $30 | Members: $35 | Non-Members: $40
Join the Adventure Recreation team on stand-up paddleboards and discover how beautiful nature can be! Register in our Pro Shop or in the CSU Recreation Center app.

Overnight Camping Trip: October 2–3 | Mohican State Park
CSU Students: $60 | Members: $75 | Non-Members: $90
Want a nice change of scenery? Join us for a one-night camping trip in beautiful Mohican State Park! Immerse yourself in nature while the leaves change color and enjoy the serenity while hiking through one of the best parks in the state. We have a wonderful group campsite reserved. Prepare for a bonfire, s’mores and fun conversation. Don’t have any camping gear? No sweat! We have everything you’ll need for a comfortable camping experience. Register in our Pro Shop or in the CSU Recreation Center App today. (Transportation provided. Meet at the Rec Center at 10am on Oct. 2).

Halloween Stroll at Erie Street Cemetery: October 20, 6pm
Free for all to join!
Let’s take a spooky stroll through Erie Street Cemetery while we geocache! Geocaching is an outdoor recreational activity in which participants hide and seek containers, called “geocaches” or “caches”, at specific locations marked by coordinates all over the world. There are 2 geocaches in the cemetery we will try to find on our stroll. Costumes are encouraged! Register in our Pro Shop or in the CSU Recreation Center app today.

Topgolf: November 11, 6pm | Topgolf Cleveland
CSU Students: $20 | Members: $23 | Non-Members: $26
Need to practice your swing? Never golfed in your life but want to learn? Join the Adventure Rec crew at Topgolf for two hours of play in your own bay! Socialize with friends while having a friendly competition. Hurry to sign up – spots are limited! Includes one hour of play.

INSTRUCTIONAL CLINICS 🌞🌞🌞

Learn a new outdoor skill.

TO JOIN: stop by the Pro Shop or register online at csurec.com.
QUESTIONS: contact Brooke Hokes at b.m.hokes@vikes.csuohio.edu.

BACKPACKING CLINICS | 3–3:30pm in the Adventure Rec Office
September 3
Join Adventure Rec for part one of a 3-part backpacking workshop and discussion! What backpack should I buy? What is the best way to pack your bag? What is the best gear to bring on a trip? Find out in this workshop!

October 15
In part two of our backpacking workshop trilogy, we will be discussing how to choose your destination, and how to best plan and prepare for a backpacking trip. Like scar said, “be prepared!”

November 12
Our 3rd and final backpacking workshop! Cooking outdoors doesn’t have to be bland - learn how to make delicious food out on the trails! Does going number 2 in the wilderness scare you? Don’t fear, we have you covered! Learn how to dispose of waste, filter water and much more!

OPEN PADDLE NIGHTS | Every Other Tuesday, 5–7pm
CSU Students: FREE! | Members: $5 | Non-Members: $7
Beginning August 31st, we will hold Open Paddle Nights in the Busbey Natatorium from 5pm-7pm every other Tuesday. Choose between a kayak or a stand-up paddleboard and test your skills. All equipment provided.

SUP YOGA | 5–6pm in the Busbey Natatorium
Free for all to attend!
Channel your inner peace and your yogi skills on a paddleboard. Register via the CSU Recreation Services app.

September 9
October 7
November 4
December 2
GEAR RENTALS 🚗💡💡💡

Equipment for all your adventures!

Whether camping at a nearby campground or backpacking in the wilderness, you can escape the chaos of the city and enjoy the outdoors as it was meant to be. We have all the gear you need for your outdoor pursuits at a fraction of the price! For more info, visit csurec.com or contact our Adventure Rec team at 216-802-3210.

GEAR RENTAL PROCESS
1. Renters must submit a Gear Rental Request Form. This is to check off the equipment that is being rented, a pickup date and time, and a drop off date and time. Submission of this form does not guarantee a rental. All requests must be received a minimum of 24 hours prior to requested pick-up date and time.
2. After filling out the form, an Adventure Recreation representative will reach out to you at the email address on the form. The Adventure Recreation representative will provide a confirmation, stating the equipment being rented, the time and date of pickup and drop off, and the estimated price.
3. Online payment must be confirmed before equipment can be picked up.
4. All pick-ups and drop-offs will take place in the Rec Center Pro Shop. Late pick-up/drop-off may result in late fees.
5. Upon pick-up, renters must sign a Gear Rental Policy Form.

ADVENTURE REC GEAR RENTALS INVENTORY & PRICING

<table>
<thead>
<tr>
<th>GEAR ITEM</th>
<th>1-DAY MEM</th>
<th>1-DAY NON-MEM</th>
<th>WEEKEND MEM</th>
<th>WEEKEND NON-MEM</th>
<th>WEEK MEM</th>
<th>WEEK NON-MEM</th>
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<td>$20</td>
<td>$32</td>
<td>$42</td>
<td>$63</td>
<td>$84</td>
</tr>
</tbody>
</table>
Save the Date

Friday, September 24, 2021 • 8am
Bunker Hill Golf Course
• 3060 Pearl Road, Medina, OH 44256
Chad Gibson
• chad@bunkerhillgc.com • 216-469-9241

WHEN: Friday, September 24, 2021 • 8am
WHERE: Bunker Hill Golf Course
• 3060 Pearl Road, Medina, OH 44256
CONTACT: Chad Gibson
• chad@bunkerhillgc.com • 216-469-9241

Learn more and register at birdease.com/csurec2021

Benefiting the CSU Rec Excellence Fund
18 Holes & Cart • Dinner • Awards
Breakfast • Contests • Games • Prizes

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Breakfast • Contests • Games • Prizes

Learn more and register at birdease.com/csurec2021
GROUP FITNESS CLASSES  🌈emes  🌈emes  🌈emes

We’ve got a class for every interest and goal – all for FREE!

ALL group fitness classes are FREE with your membership or guest pass. You can enjoy a variety of fitness classes offered at no additional cost - simply show up and participate! Relax and focus with a yoga class, get your heart rate up in a Cycling, tone your muscles in Bodypump®, or strengthen your core in Pilates.

View our current class schedule on the CSU Recreation app (free on Apple and Android), visit csurec.com or scan the QR code below with your mobile device.

*Planning to take live, in-person classes at the Rec? Spots are limited! Pre-registration is required. Sign up for class and save your spot via our CSU Recreation app.

FREE Demo Weeks! August 23–Sept. 5.
Try F45 and Pink Gloves Boxing (Tier 1) for FREE during our Free Demo Weeks and save 10% on your pass/registration! Check the schedule on the next page and give these fantastic programs a try before you buy.

PERSONAL TRAINING  🌈emes  🌈emes

Maximize your potential and surpass any fitness goal!

TO GET STARTED: complete the Personal Training Interest Form on csurec.com.
QUESTIONS: contact Melissa Albers at m.a.albers@csuohio.edu or 216-802-3256.

Whether you’re looking for help with weight loss, specialized training, or wanting to build overall strength and stability, our certified personal trainers work with you to create a customized workout plan to meet your goals! With a variety of training packages, you can customize your own personal training experience to fit your budget.

<table>
<thead>
<tr>
<th>PERSONAL TRAINING</th>
<th>60-MINUTE</th>
<th>30-MINUTE</th>
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<tr>
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<td>$110</td>
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<td>20 Sessions</td>
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<th>SMALL GROUP TRAINING</th>
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<td>5 Sessions</td>
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<td>10 Sessions</td>
<td>$225</td>
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<tr>
<td>20 Sessions</td>
<td>$450</td>
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</table>

*Initial session package required for all new clients, and includes 1 fitness assessment and two (2) one-on-one training sessions.
PREMIUM FITNESS

Make life-long changes with these fantastic programs!

TO JOIN: visit csurec.com or stop by the Pro Shop.
QUESTIONS: contact Melissa Albers at m.a.albers@csuohio.edu or 216-802-3256.

ONLINE ACE® PREP COURSE: PERSONAL TRAINER 🧠🧠
This course will give participants the comprehensive knowledge and understanding necessary to prepare for the ACE® Personal Trainer certification exam, and become effective personal trainers. Participants will learn how to design custom programs based on specific client needs/goals while building rapport and facilitating healthy behavior change.

Dates: September 14 - November 4 | 12-1:30pm

Can’t attend live? The classes will be recorded via Zoom! Sign up to receive the recordings and assignments/challenges.

CSU Students: FREE! | Members: $150* | Non-members: $250*

*Books and study materials not included. For participant success we do HIGHLY encourage participants to purchase the study materials on their own. Individuals can purchase books and study materials at a discount at acefitness.org/student.

F45 TRAINING 🧠🧠
F45 is a 45-minute team training workout that combines elements of high-intensity interval training (HIIT), circuit training, and functional training into one high-energy workout. You’ll never do the same workout twice in this globally-acclaimed fitness program that’s powered by technology to create a truly innovative and motivating experience.

FALL CLASS SCHEDULE: August 23 - December 12

Monday–Friday: 6:15am, 12pm, & 6pm
Saturday–Sunday: 9:45am (Saturday classes are 60-min)

F45 PASS OPTIONS:

<table>
<thead>
<tr>
<th>Students:</th>
<th>Members:</th>
<th>Non-Members:</th>
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</thead>
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<tr>
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<td>1 Month Unlimited: $25</td>
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<td>1 Month Unlimited: $55</td>
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<tr>
<td>Semester Unlimited*: $85</td>
<td>Semester Unlimited*: $125</td>
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</table>

*Semester Unlimited Class Passes valid thru 12/12/21.

PINK GLOVES BOXING 🧠🧠💪💪💪
FIT is a feeling, and Pink Gloves Boxing will give you that feeling! PGB is not a get slim quick scheme. It’s not a bootcamp, bodysculpt, or bellyblaster. It’s an art form! It’s a fitness journey towards the destination of being a little bit better today than you were yesterday. During class you’ll head through various stations such as punching bags, shadow boxing, speed/agility drills, mitt holding, and more! Pink Gloves Boxing is a fun, friendly, and encouraging environment that personally challenges you at YOUR level. You’ll develop powerful boxing skills and define a healthier, more confident YOU.

ALL TIERS | Sept. 13 – Nov. 18 (10 weeks)

Tier 1: Mondays & Wednesdays: 4:30pm
Tuesday & Thursdays: 12pm & 8pm

CSU Students: $95* | Members: $115* | Non-members: $135*

*Tier 1 includes a starter kit that includes: PGB bag, boxing gloves, hand wraps, wristband, and a keychain!

Tier 2: Mondays & Wednesdays: 6pm
Tier 3: Mondays & Wednesdays: 7pm • Tuesdays & Thursdays: 6pm
Tier 4: Mondays & Wednesdays: 7pm • Tuesdays & Thursdays: 6pm
Tier 5: Tuesdays & Thursdays: 6am • 7pm
Tier 6: Tuesdays & Thursdays: 6am • 7pm
Tier 7: Tuesdays & Thursdays: 6am • 7pm

CSU Students: $85* | Members: $105* | Non-members: $125*

*Tiers 2-7 include the Tier-Up award that you receive upon completion of the Tier-Up event at the the end of the program.
MASSAGE THERAPY


TO PURCHASE: stop by the Pro Shop!
QUESTIONS: contact Melissa Albers at m.a.albers@csuohio.edu or 216-802-3256.

Massage is a fantastic therapeutic service that can loosen stiff muscles, help relieve aches and pains, and bring you to a relaxing state of calm! Our massage therapy program is designed to offer you top quality massages at affordable prices.

RELAXATION MASSAGE (SWEDISH)
Focus: massage on the superficial layers of muscle to relieve and relax your body and mind.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Student</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-minute</td>
<td>$25</td>
<td>$30</td>
<td>$45</td>
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<tr>
<td>60-minute</td>
<td>$50</td>
<td>$55</td>
<td>$65</td>
</tr>
<tr>
<td>90-minute</td>
<td>$70</td>
<td>$75</td>
<td>$95</td>
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</table>

DEEP TISSUE MASSAGE
Focus: massage targeting the deeper layers of muscle and connective tissue to help relieve chronically tight muscles, repetitive strain, postural problems, or recovery from injury.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Student</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-minute</td>
<td>$30</td>
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<td>60-minute</td>
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<td>$60</td>
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</tr>
<tr>
<td>90-minute</td>
<td>$75</td>
<td>$80</td>
<td>$100</td>
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SPORT MASSAGE
Focus: preventing and/or treating injury, as well as enhancing athletic performance.

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<tr>
<th>Duration</th>
<th>Member</th>
<th>Non-Member</th>
<th>Student</th>
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<tbody>
<tr>
<td>30-minute</td>
<td>$35</td>
<td>$50</td>
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<tr>
<td>60-minute</td>
<td>$60</td>
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<tr>
<td>90-minute</td>
<td>$80</td>
<td>$100</td>
<td>$75</td>
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MEMBERS-ONLY SPECIAL!
Focus: preventing and/or treating injury, as well as enhancing athletic performance.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price Per Pkg</th>
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<tbody>
<tr>
<td>60-minute Relaxation Massage</td>
<td>$155 - $250</td>
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<tr>
<td>90-minute Relaxation Massage</td>
<td>$215 - $360</td>
</tr>
<tr>
<td>60-minute Deep Tissue Massage</td>
<td>$170 - $290</td>
</tr>
<tr>
<td>90-minute Deep Tissue Massage</td>
<td>$230 - $390</td>
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</table>

BUNDLES & SERVICES

Learn where your health is at now so you know where to go.

TO PURCHASE: stop by the Pro Shop!
QUESTIONS: contact Melissa Albers at m.a.albers@csuohio.edu or 216-802-3256.

Like fitness, wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Our Wellness Bundles and services offer various ways to assist you in achieving your full potential.

BODY COMPOSITION ASSESSMENT
Learn about your genetic makeup with a 7-site caliper test that measures both lean and fat tissue, plus a brief consultation to help you set fitness goals and wellness plans. 30 minutes.

1 Session: Member: $10 | Non-Member: $15

FITNESS ASSESSMENT
A comprehensive assessment that measures your muscular strength and endurance, flexibility, cardiovascular levels, and body composition to provide you with your baseline fitness level and help you plan out your perfect training regimen. 60 minutes.

1 Session: Member: $25 | Non-Member: $35

WELLNESS BUNDLES
Be your best you...and save some cash while doing it! And with a wide range of price points, there’s a bundle for any budget. :)

<table>
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<tr>
<th>BUNDLES</th>
<th>The Bundles</th>
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<tr>
<td>The Rookie</td>
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<tr>
<td>The Start Me Up</td>
<td>Fitness Assessment 5-pack Personal Training</td>
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<td></td>
<td>60min Massage</td>
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<td>Total: $195 (40 Savings)</td>
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<td>Total Wellness</td>
<td>10-pack Personal Training</td>
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<td></td>
<td>60min Swedish Massage</td>
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<td>Train &amp; Recover</td>
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<td></td>
<td>60min Sports Massage</td>
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<tr>
<td></td>
<td>Total: $320 (40 Savings)</td>
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INTRAMURAL SPORTS 🎾🏀🏈⚽️Minnesota
Friendly competition just for the fun of it!

TO JOIN: visit IMLeagues.com.
QUESTIONS: contact Andrew Zoeckler at a.p.zoeckler@cmlaw.csuohio.edu.

For anyone who thrives on some healthy competition, we host a variety of sport leagues and tournaments throughout the year so you can stay active playing the games you love. Leagues and tournaments are open to everyone - get in the game!

SESSION 1
Flag Football League | Monday Nights
 Regular Season Start: Sept. 13 | Playoffs Start: Oct. 11 | Fee: $85/team
Outdoor Soccer League | Tuesday Nights
 Regular Season Start: Sept. 14 | Playoffs Start: Oct. 12 | Fee: $85/team

Create your team, register and make payment online from Aug. 23 – Sept. 9. Information on league play will go out September 10 after all teams and scheduled games have been finalized. Games played at Krenzler Field.

IM Golf
Play on your own or with a friend and submit your score. (1 score submission per participant) Only cost is the round to golf! Register at IMLeagues.com.
 Submission Period: September 13–October 22

SESSION 1 FLASH SALE! Register the first week of the semester (August 23–27) and receive $20 off!

SESSION 2
Basketball Leagues: Monday Nights OR Tuesday Nights
 Regular Season Start: Oct. 25 & 26 | Playoffs Start: Nov. 22 & 23 | Fee: $85/team
Volleyball League | Wednesday Nights
 Regular Season Start: Oct. 27 | Playoffs Start: Nov. 24 | Fee: $85/team

Create your team, register and make payment online from August 23 – October 21. Information on league play will go out October 22 after all teams and scheduled games have been finalized. Games played at the Rec Center.

SESSION 2 FLASH SALE! Register the week of October 11–15 and receive $20 off!
POP-UP TOURNAMENTS  🎢=testتفاعلية числоاء*!

Have fun and compete without the time commitment!

TO JOIN: visit IMLeagues.com.
QUESTIONS: contact Andrew Zoeckler at a.p.zoeckler@cmlaw.csuohio.edu.

For anyone who likes to compete but may not have the time to commit to a full league, we host a variety of pop-up tournaments each semester so you can stay active and have fun with these unique games. Pop-up tournaments are open to everyone - get in the game!

POP-UP TOURNAMENTS

Spikeball Tournament
Date: Sept. 23; 4pm  |  Fee: $10/team

Badminton Tournament
Date: Oct. 21; 4–8pm  |  Fee: $10/team

Super Smash Bros. Tournament
Date: Nov. 4; 4pm  |  Fee: $5/player

CLUB SPORTS  🎸=['بَعُدُ، وَلْيَكُونُواْ مُؤْمِنَاتٌ]!

CSU students coming together for the love of the game.

TO JOIN: visit Vikes Connect and search the club you are interested in!
QUESTIONS: contact Michael Nozak at m.nozak@vikes.csuohio.edu

Sport Clubs are recognized student organizations that promote recreation-related interests and provide opportunities for students to develop leadership, organizational skills and friendships through healthy competition and good sportsmanship. Want to start a club? Contact Michael Nozak to learn how.

CO-ED TEAMS
- Badminton
- Crew
- Dodgeball
- E-Sports:
  - FPS
  - League of Legends
  - Rocket League
  - Super Smash Bros
- Golf
- Hockey
- Powerlifting
- Quidditch
- Sailing
- Table Tennis

MEN’S TEAMS
- Baseball
- Cricket
- Soccer
- Ultimate Frisbee
- Volleyball

WOMEN’S TEAMS
- Basketball
- Soccer
- Volleyball
YOUTH CAMPS 🌟🌟🌟
*Enriching camp programs that are safe and affordable.*

TO REGISTER: visit the Online Portal at csurec.com or visit the Pro Shop.
QUESTIONS: contact Mackenzie Lamar at m.lamar@csuohio.edu.

Our camp programs are specially designed to give your children the opportunity to learn, play and create in a fun, supportive and safe environment. They’ll make friends, play sports, swim, show off their artistic skills and much more. Reserve your spot today before they fill up!

FALL 2021 DAY CAMPS
The kids are out of school for the day, but you still have to go to work. So, let them spend the day with us! Our day camps give your kids a jam-packed day of fun and activities while giving you peace of mind. Register today!

Columbus Day Day Camp
Monday, October 11, 2021 | 9am–4pm
   **CSU Affiliates:** $35/child*  |  **Community:** $40/child*
   *Note: we are not part of the state or public assistance voucher program.

Veteran’s Day Camp
Thursday, November 11, 2021 | 9am–4pm
   **CSU Affiliates:** $35/child*  |  **Community:** $40/child*
   *Note: we are not part of the state or public assistance voucher program.

CAMP SERVICES 🌟🌟🌟
*Enhance your camp experience!*

TO SIGN UP: visit the Online Portal at csurec.com or visit the Pro Shop.
QUESTIONS: contact Mackenzie Lamar at m.lamar@csuohio.edu.

We offer convenient add-on programs for parents who need to work early or late (or both!). We also have camp swim lessons each week in the summer if your child wants to learn how to swim or just enjoys being in the water!

BEFORE CARE
**Time:** 7:30–9am  |  **Fee:** $5/child
Starting before the camp day begins, Before Care provides time for kids to take part in fitness-related games and activities.

AFTER CARE
**Time:** 4–5:30pm  |  **Fee:** $5/child
After Care continues the fun and gives kids more time at the Rec following the camp day to play games and learn the rules of sports.

Enrollment Process. All enrollment forms and procedures are available online at csurec.com. NOTE: enrollment for each week of camp closes the Wednesday prior to each week.
CUSTOM PROGRAMS

Craft a program that fits your organization’s interests!

TO JOIN: see contact info for each program below.
QUESTIONS: visit csurec.com or see contact info for each program below.

CUSTOMIZED SPORT LEAGUES

In addition to our scheduled community leagues, we also offer customized intramural leagues! Perfect for hosting your own tournament or hosting an office league. With our trained officials and outstanding facilities, we can put together a sport program that’s perfect for your group. Please contact Mackenzie Lamar at m.lamar@csuohio.edu for more information.

FIT TOGETHER

Our Fit Together program puts all of our fitness and wellness services and expertise in YOUR hands so you can create the perfect wellness plan for your needs. You have our full suite of services, certified instructors and educational offerings at your fingertips. You can customize and build a comprehensive annual wellness program or schedule just a few outreach events. No matter what you’re looking for there’s something to fit everyone. Your vision and our expertise are a perfect Fit Together! For more info, pricing, and other information, contact Melissa Albers at m.a.albers@csuohio.edu.

To learn more about Fit Together and see available a la carte options, visit csurec.com.

TEAM BUILDING

You’ve probably been involved in a team building exercise at some point, perhaps it was a weekend retreat, or an afternoon at the climbing gym learning to rely on one another, or a day on the golf course getting to know everyone. Team building exercises and programs can be a powerful way to unite a group, develop strengths, and address weaknesses – especially when strategically executed. That’s where we can help! For pricing and more info, contact Brooke Hokes at b.m.hokes@vikescsuohio.edu.

VIKES TO THE RESCUE

Vikes to the Rescue lets you schedule custom sessions for any of the American Red Cross courses we offer, and are taught by experienced ARC Instructors. Some of the courses we offer include: Lifeguard, Lifeguard Instructor, CPR & First Aid for the Professional Rescuer and more. For questions or more information, please contact Melissa Evers at m.evers66@csuohio.edu. To learn more about Vikes to the Rescue and see available a la carte options, visit csurec.com.

VIKING ESCAPE

Viking Escape is a unique, exciting, and interactive team building challenge in which you are ‘locked’ in a room with other participants. The goal is to find clues, solve puzzles and escape before time runs out. This unique game requires critical thinking, decision-making, problem-solving, teamwork and time management skills in order to be successful. Designed of groups of 4-10 individuals, Viking Escape is an unconventional but awesome way to develop leadership and creative skills, camaraderie, and friendships. To book your escape room experience, contact Matt Schmiedl at m.schmiedl@csuohio.edu or Michelle Rieger at m.m.rieger@csuohio.edu.

To learn more about Viking Escape and see available a la carte options, visit csurec.com.
Achieving optimal health for yourself is a continuous journey, and we’re here to help light the way! Our wellness initiative, **Shine Well**, will help you explore the many facets of wellness and find ways to incorporate them into your life. Look for the light bulb icons to help identify classes, programs and services within each dimension of wellness, and start shining your brightest!

**FINANCIAL**
- Seeking personal security and financial freedom in which money satisfies both present and future needs.
- Resource Management • Budget & Planning • Fiscal Responsibility

**SOCIAL**
- Positively interacting with others, building healthy relationships and enriching communities.
- Healthy Relationships • Equity • Inclusion

**DEVELOPMENTAL**
- Job Skills • Learning • Growth

**PHYSICAL**
- Balancing physical activity, nutrition, sleep, and medical care to optimize quality of life.
- Exercise • Active • Nutrition

**ENVIRONMENTAL**
- Living a lifestyle that is respectful to personal surroundings and encouraging harmony with the earth by taking action to protect it.
- Sustainability • Conservation • Carbon Footprint

**SPIRITUAL**
- Maintaining meaningful beliefs, values, attitudes, purposes, and love towards life and self.
- Self-Reflection • Mindfulness • Beliefs

**EMOTIONAL**
- Understanding, responding to and accepting feelings and their impact on self and life.
- Mental Health • Stress Management • Positivity

**Wellness Illuminated... Shine Your Brightest!**

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<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday–Thursday</td>
<td>5:45 AM – 10:00 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>5:45 AM – 9:00 PM</td>
</tr>
<tr>
<td>Saturday &amp; Sunday</td>
<td>9:30 AM – 4:30 PM</td>
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</tbody>
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*Pool closes 1 hour before Rec Center.*

Questions?
www.csurec.com  
recreation@csuohio.com  
216.802.3200

CSU Recreation Center  
2420 Chester Avenue  
Cleveland, Ohio 44115

Visit us online for more info!  
CSUREC.COM