



RECREATIONAL SPORTS HANDBOOK

2010-11



MARQUETTE
UNIVERSITY

Be The Difference.

**MARQUETTE UNIVERSITY
RECREATIONAL SPORTS DIRECTORY**

Helpaer Recreation Center

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Rec Plex

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Rec Plex

915 W. Wisconsin Ave.
P.O. Box 1881
Milwaukee, WI 53201-1881
(414) 288-7778

Valley Fields

1818 W. Canal St.
Milwaukee, WI 53233
(414) 288-0531

**Helpaer Tennis Stadium and
Recreation Center**

525 N. 16th St.
P.O. Box 1881
Milwaukee, WI 53201-1881
(414) 288-6976

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Marquette University Department of Recreational Sports

Mission Statement:

The Department of Recreational Sports embraces the Jesuit philosophy of education in developing the mind, body and spirit and fosters the out-of-classroom experience.

Recreational Sports will facilitate the transformational learning experience by engaging students in a comprehensive wellness and activities program to develop and promote healthy lifestyles, leadership and lifetime skills, and sportsmanship.

Goals:

- Develop a comprehensive wellness and activities program that supports the values of healthy lifestyles and lifetime leisure activities
- Provide facilities, equipment and other resources to support the mission
- Provide student development and leadership opportunities
- Employ a professional and student staff committed to serving quality programs and services
- Develop a campus recreation program that will be among the three or four best programs at Catholic universities in America

General Information

Helpaer Tennis Stadium and Recreation Center

Main office..... (414) 288-6976
 Fax number (414) 288-1588
 Intramural sports office (414) 288-1558
 Fitness Assessment Center (414) 288-3303
 Pro Shop (reservations) (414) 288-6389

Helpaer Recreation Center Building Hours

First and second semester

Monday through Friday 9 a.m. to 10 p.m.
 Saturday and Sunday 10 a.m. to 10 p.m.

Vacation/summer hours

Monday through Thursday 11 a.m. to 8 p.m.
 Friday 11 a.m. to 7 p.m.
 Saturday 11 a.m. to 5:30 p.m.
 Sunday Building closed

Intramural sports office

Monday through Friday 8:30 a.m. to 4:30 p.m.

Finals week

Monday through Thursday 9 a.m. to 8 p.m.
 Friday 9 a.m. to 7 p.m.
 Saturday and Sunday 10 a.m. to 8 p.m.

Early-bird hours*

First and second semester
 Monday through Friday 7 a.m. to 9 a.m.

** Check for start dates*

Helpaer Recreation Center Pool Hours

First and second semester

Monday through Friday (*early bird*) 7 a.m. to 8:30 a.m.
 Monday/Wednesday/Friday 11 a.m. to 1:30 p.m.
 4 p.m. to 6:30 p.m.
 Tuesday and Thursday 11 a.m. to 1:30 p.m.
 3 p.m. to 6:30 p.m.
 Saturday and Sunday 1 p.m. to 5 p.m.

Vacation/summer hours

Monday through Friday 11:30 a.m. to 1:30 p.m.
 4:30 p.m. to 6:30 p.m.

Rec Plex

Main office (414) 288-7778
 Fax number (414) 288-3282
 Fitness Assessment Center (414) 288-3303

Rec Plex Building Hours

First and second semester

Monday through Thursday 5:45 a.m. to 9 p.m.
 Friday 5:45 a.m. to 8 p.m.
 Saturday 8 a.m. to 5 p.m.
 Sunday 10 a.m. to 4 p.m.

Vacation/summer hours

Monday through Thursday 5:45 a.m. to 8 p.m.
 Friday 5:45 a.m. to 7 p.m.
 Saturday 9 a.m. to 4 p.m.
 Sunday 10 a.m. to 4 p.m.

Rec Plex Pool Hours

First and second semester

Monday through Friday 6 a.m. to 8:30 a.m.
 11 a.m. to 1:30 p.m.
 3 p.m. to 7 p.m.

Saturday and Sunday Noon to 4 p.m.

Vacation/summer hours

Monday through Friday 6 a.m. to 8:30 a.m.
 11 a.m. to 1:30 p.m.
 4 p.m. to 6:30 p.m.

Saturday and Sunday Noon to 4 p.m.

Valley Fields

Gatehouse (414) 288-0531

marquette.edu/recsports

Helpaer Tennis Stadium and Recreation Center

The donor

A native of Milwaukee, the late Evan P. Helpaer built an outstanding record of corporate and philanthropic leadership. From 1932-57, he served as president of Lakeside Laboratories and guided the pharmaceutical firm to a position of international prominence. Helpaer gave Marquette more than \$4 million, including \$500,000 in unrestricted support, \$1.6 million to construct the Evan P. and Marion Helpaer Theater, \$2 million to build the Helpaer Tennis Stadium and Recreation Center, and a major sum to equip the top two floors of the Todd Wehr Chemistry Building.

Many of Helpaer's gifts memorialize his wife, who died in 1968. Marion Helpaer, like her husband, maintained a life-long interest in Milwaukee activities, particularly the arts. Evan Helpaer died in February 1974. Rev. John P. Raynor, S.J., Marquette's president at the time, said in honoring Helpaer, "We are grateful that he has bequeathed to us his hope for the future and his love for his fellow man."

Recreational Sports Learning Outcomes

- Promote the American College of Sports Medicine and American Heart Association's recommended 30 minutes or more of moderately intense physical activity five days a week
- Encourage mutual respect and sportsmanship within a team concept
- Develop customer service skills through employment

Helpaer Facility Overview

Six tennis courts — Air conditioned, regulation size, indirect lighting, Plush-Tex surface

Racquetball court — Hardwood floor and air conditioned

Multipurpose room — Capacity for five full basketball/volleyball courts plus 20 additional baskets, three badminton courts and indoor soccer area; perimeter is 1/8-mile jogging track

Swimming pool — 25 yards with one- and three-meter diving boards

Fitness/weight room — Single-station strength machines, free weights, stair climbers, rowers, bikes, treadmills and ellipticals

Two additional cardio areas — Located on the lower level, includes treadmills and ellipticals

Saunas — Sauna in men's and women's locker rooms

Aerobics room — Used for aerobic classes and martial arts classes

Locker rooms — Four locker rooms; locker/towel rentals

Sand volleyball — Two outdoor sand volleyball courts

Spinning room — Area designated for spinning classes



"Marquette's facilities are filled with fun people, and it's nice to work out in a comfortable setting when relieving stress from class."

— *Isaiah Gonzalez*
Senior, College of Business Administration

Helpaer Services Overview

Personal training/fitness assessment — Various testing is available to evaluate, monitor and set up personal training. Drop in or call for an appointment. Assessment and first personal training session are free.

Pro Shop — Control point for tennis and racketball courts. Reservations taken here. Limited sport gear available for sale.

Locker/towel service — Combination lockers available for rent. Towel service may be purchased. Key lockers available daily.

Main office — Membership sales, guest registration, locker and towel rentals, instructional program sign-up.

Intramural sports office — Intramural sports information and sign-up.

Service area — Equipment checkout for items such as basketballs, rackets, jump ropes, etc. Towel exchange and daily locker keys.

Vending/lounge area — Snacks and soft drinks available. Relax in the lounge.

Front-door check station — Established to ensure facility is used by authorized participants. ID must be presented to enter building.

Helpaer Program Overview (Refer to instructional program for detail)

Intramural sports — More than 35 different activities offered in team, dual and individual sports. Intramural sports handbook available on our website.

Aquatics — Swimming programs, run in accordance with the American Red Cross, available throughout the year.

Club sports — Designed to provide competitive, recreational and instructional sports activities for students.

Tennis instruction — Instructional lessons and clinics held throughout the year.

Group fitness — Various types of classes held frequently throughout the day. Classes include spinning, stability ball, yoga and Pilates.

Late-night special events — Watch for information about upcoming late-night dates and activities.

Rec Plex

In the continued commitment to its neighborhood, Marquette purchased a former YMCA building in the spring of 1993. After renovation and addition of the state-of-the-art equipment, the Rec Plex in Straz Tower opened to the Marquette family and the community.

Rec Plex Facility Overview

Four racquetball courts and golf range — Air conditioned, hardwood floors. Also available for wallyball, handball and a golf range.

Main gym — One full basketball court, which can be broken down into two courts. Can convert into two volleyball courts.

Small gym — Also used for basketball and volleyball, but priority is for aerobic classes. Air conditioned.

Running track — Suspended around upper perimeter of main gym; 20 laps per mile.

Swimming pool — 25-yard lap pool.

Fitness center — Single-station strength machines, rowers, stairclimbers, treadmills, stationary bikes, elliptical trainers. Air conditioned.

Group exercise room — A multipurpose room with rubberized flooring for a variety of group exercise classes.

Free weight room — Free weight equipment with numerous benches, bars, dumbbells, etc. Air conditioned.

Locker rooms — Two sets of locker rooms for each gender. Sauna, steamroom and whirlpool located in men's and women's locker rooms. Air conditioned.

Squash court — Air conditioned, hardwood floor.

Rec Plex Services Overview

Fitness assessment — Various testing is available to evaluate, monitor and set up training. Call for an appointment.

Main office — Membership sales, check-in, guest registration, locker rental, program registration, towel exchange and equipment check-out. Proper ID to gain admittance required.

Parking — Free parking behind facility with membership.

Vending/lounge area — Snacks and soft drinks available here. Relax and mingle in the furnished lounge.

Locker/towel service — Key lockers available daily. Combination kit lockers available for rent. Towel service may be purchased.

Rec Plex Program Overview

(Refer to individual brochures for exact details at Rec Plex front desk)

Aquatics — Swimming programs, run in accordance with the American Red Cross, are available throughout the year. Choose from classes of varying skill levels and ages.

Group fitness — Various types of classes held frequently throughout the day. Classes include kickboxing, muscle conditioning, step, yoga and stability ball.

Massage therapy — Thirty-, 60- and 90-minute sessions available by appointment only. Reduced rates for Marquette students, employees, and Rec Plex and Helfaer Recreation Center members. Reasonable rates for non-members. Certified massage therapists.

Students/Members:	Non-members:	Faculty/staff of Marquette receive the "member" rate whether they have a membership or not.
30 minute \$26	30 minute \$37	
60 minute \$42	60 minute \$53	
90 minute \$68	90 minute \$90	

Valley Fields

Located on Canal Street between 16th and 21st streets, Valley Fields is a 13-acre plot of land in the Menomonee Valley along the Milwaukee River, just 800 yards from the southern end of campus. The \$8-million facility includes a natural grass soccer field that is home to Golden Eagles soccer. Valley Fields also houses two artificial turf fields for intramural sports, club sports and recreation. An eight-lane, 400-meter track surrounds another artificial turf field, along with areas for field events such as long jump, triple jump, pole vault, shot put, discus and javelin. Marquette men's and women's track teams began competing at Valley Fields in the spring of 1995. Valley Fields has hosted a variety of top collegiate and high school track and field events and soccer championships. The complex features a lightning system, first aid, vending areas and a high-tech security system. A donor wall is located in the vestibule of the main building.

Club Sports

A club sport is a registered student organization led by elected student officers who coordinate club activities. The structure of clubs allows members numerous opportunities for involvement with fundraising, public relations, budgeting, administration and scheduling. The program is designed to provide competitive, recreational and instructional sports activities for students. Many clubs compete against other clubs, colleges or universities, while others offer instruction and competition. The key to success is student leadership, interest and involvement. If you have questions, contact the club sports director at the Helfaer Recreation Center: (414) 288-6976.



“When I reach my exercising goals at the Rec Center, it gives me confidence that I can reach my goals in the classroom and, eventually, in the workplace.”

— Jessie Mahne, Comm '10

Membership Fees

CLASSIFICATION	YEAR			SEMESTER			SUMMER		
	Rec Center	Rec Plex	Premium*	Rec Center	Rec Plex	Premium*	Rec Center	Rec Plex	Premium*
Students									
All full- and part-time undergraduate, graduate and professional students — NO MEMBERSHIP CHARGE									
Family**	\$53	\$66	\$92	\$23	\$29	\$41	\$15	\$19	\$26
Parent(s) and sibling(s) of enrolled students	\$250	\$313	\$438	\$110	\$138	\$192	\$71	\$89	\$125
Faculty/Staff/Jesuit-affiliate Employees									
Individual	\$120	\$150	\$210	\$53	\$66	\$92	\$35	\$43	\$60
Family**	\$173	\$217	\$305	\$76	\$96	\$134	\$50	\$62	\$87
Retired or spouse	\$70	\$88	\$124	\$30	\$38	\$53	\$20	\$25	\$36
Family**	\$102	\$128	\$180	\$44	\$55	\$77	\$29	\$37	\$51
Alumni (24-credit minimum)									
Alumni	\$215	\$269	\$376	\$95	\$119	\$166	\$62	\$78	\$109
Family**	\$312	\$390	\$545	\$138	\$172	\$240	\$90	\$112	\$159
Affiliates									
MCW students and MIAD students	\$87	\$109	\$154	\$39	\$48	\$67	\$25	\$32	\$44
Family**	\$126	\$158	\$221	\$57	\$71	\$100	\$37	\$46	\$65
MCW faculty/staff and MIAD faculty/staff	\$330	\$413	\$578	\$145	\$182	\$254	\$95	\$119	\$166
Family**	\$478	\$597	\$837	\$210	\$263	\$368	\$138	\$172	\$242

* Premium Membership — includes membership at both facilities, Helfaer Recreation Center and Rec Plex

** Family is defined as spouse and/or dependent children aged 6 to 22. This does not include siblings, relatives or significant others.

CLASSIFICATION	YEAR		SEMESTER		SUMMER	
	Rec Plex	Rec Plex	Rec Plex	Rec Plex	Rec Plex	Rec Plex
Community 5:45 a.m. to 2 p.m. Monday through Friday/all day Saturday and Sunday/vacation and summer hours						
Individual	\$564		\$248		\$161	
Family*	\$818		\$359		\$233	
Corporate 5:45 am to 2 p.m. Monday through Friday/all day Saturday and Sunday/vacation and summer hours						
Corporate A (30-percent Discount)						
Individual	\$395		\$173		\$112	
Family*	\$572		\$251		\$163	
Corporate B (20-percent Discount)						
Individual	\$451		\$198		\$128	
Family*	\$654		\$288		\$187	

* Family is defined as spouse and/or dependent children aged 6 – 22. This DOES NOT include siblings, relatives or significant others.

Semester rates valid 8/23/2010 – 1/9/11 and 1/10/11 – 5/15/11
Year rates valid 8/23/10 through 8/21/11



“Being active and working out helps me to relieve the stressors I face every day in the classroom and at work, making me feel better throughout the day.

— Matthew Klinker
Senior, College of Health Sciences

Membership Periods

Individuals must be 18 or older to purchase an individual membership. A valid ID is required to gain admittance into facilities. Cards are renewable, so do not destroy them. Children aged 6 and older must have an ID card, and children aged 13 and under must be accompanied by an adult. Replacement cost for ID is **\$10**. Card validity dates for 2010-11 are:

First Semester

Aug. 23, 2010 through Jan. 9, 2011

Prorate date: Oct. 25, 2010

Second Semester

Jan. 10, 2011 through May 15, 2011

Prorate date: March 14, 2011

Summer Semester

May 16, 2011 through Aug. 21, 2011

Application Fees (new members only)

Alumni, Affiliates, Family Member per ID, Corporate B and Community — **\$10**

Up to four members (spouse and/or dependent children aged 6 to 22) — **\$40**

After four, each additional member per ID — **\$5**

Helfaer vacation closures

Sept. 5 and Sept. 6, 2010

October 23 and 24, 2010

Nov. 25 to 28, 2010

Dec. 24 to Jan. 2, 2011

March 12 to 20, 2011

April 21 to 24, 2011

May 28 to 30, 2011

July 2 to 4, 2011

Aug. 13 to 21, 2011

Rec Plex vacation closures

Sept. 6, 2010

Nov. 25, 2010

Dec. 24 to 26, 2010

Dec. 31, 2010 and Jan. 1, 2011

April 24, 2011

May 29 and 30, 2011

July 3 and 4, 2011

Faculty and staff are required to purchase a membership or pay the daily guest pass to enter the buildings.

Guest Policy

1. To sponsor a guest, a member/student must register his/her guest at least two hours in advance. This may be done in person or over the phone.
2. The sponsor must be a current Marquette student or have a recreational sports membership. Non-member alumni and non-member faculty/staff paying a daily fee to enter the building DO NOT have guest privileges. Upward Bound students DO NOT have guest privileges.
3. The sponsor must have a current valid membership ID card. The guest also must show a current photo ID. Guests 14 or older must have a photo ID.
4. When registering a guest in advance, the sponsor must provide the following information: date of visit, sponsor's name, membership ID number, and guest's first and last names.
5. Any change in sponsor or guest name must be made no later than two hours before requested visit. Name changes at the door are not accepted.
6. Each member is allowed to bring in no more than two guests per visit. Requests for more guests must be approved by the director or general manager. Members playing doubles tennis or handball/racquetball are allowed to bring in three guests.
7. A sponsor bringing in a guest to play tennis or squash at the Helfaer Recreation Center should inform the Pro Shop when making a court reservation. The Pro Shop will inform the main office about the guest. A court reservation made for the same day that involves a guest will be considered a valid advance guest reservation.
8. The sponsor must accompany a guest to the facility and stay with the guest during his/her visit. Guests who require disciplinary action may result in the sponsor's membership being revoked (no refunds) or loss of guest privileges.
9. Guest passes must be used at the time of purchase. Guest passes are void upon exiting the facility and may not be used for re-entry. There are no refunds.
10. Guests can't page or search the building for a sponsor already in the building.
11. A guest may not check out equipment. The sponsor may check out equipment to be used by the guest.
12. Children aged 13 and under must be supervised by an adult at all times.
13. Members must be 14 and older to sponsor a guest. Guests must be 14 or older.
14. Guests are not allowed to bring in their children unless they are also registered as guests.
15. The guest policy is a privilege, not a right.

Conduct Expectations

Recreational Sports facilities are available to accommodate a wide variety of activities for members and guests. To ensure that individuals have an enjoyable experience, it is critical to follow all rules and regulations of the Helfaer Tennis Stadium and Recreation Center, Rec Plex, and Valley Fields. Disorderly conduct, or inappropriate abuse or misuse of the facility or its equipment or disregard for the facility policies and staff will not be tolerated. Violators will be required to leave the facility and may be subject to disciplinary action, including suspension. Suspended guests will not have any portion of their fees refunded. Proper workout attire and shoes are required at all times.

Recording Devices Policy

Marquette University and the Department of Recreational Sports respect the privacy of all our students, members and guests. All cell phones, cameras, video recorders, iPods/MP3 players with video capabilities, laptop computers and any other electronic video recording devices are strictly prohibited from the following areas:

- Locker rooms
- Steam rooms
- Saunas
- Whirlpools
- Swimming pools
- Rest rooms
- Massage therapy room

Cell phone use is prohibited in the:

- Weight room
- Fitness center
- Group fitness studios
- Cardio courts

If there is a need to record a particular activity or event, contact the director of recreational sports or on-duty building supervisor. We ask that all patrons abide by this policy and report any policy abuse or suspicious behavior to management. Failure to abide by this policy could result in immediate suspension of membership privileges and prosecution under the full extent of the law. If you have questions, contact the director of recreational sports at (414) 288-6976.

Guest Fees

Sponsored Guests

- MU student guest \$3/visit
- MU affiliate guest \$5/visit
- Children 6-12 w/ member \$2/visit
- Family* \$6/visit

* A Family pass allows an ID holder to sponsor his/her immediate family (spouse and dependent children).

Un-sponsored Guests (must have valid ID)

- Alumni* \$5/visit
- Faculty/staff \$2/visit

* With valid alumni card; un-sponsored guests do not have guest privileges

Locker Rental

1. Key lockers are available for use on a day-to-day basis. Key lockers are available in the main office of the Rec Plex and the service area of the Rec Center. **A \$15 fee will be assessed if you lose the key.**

2. Combination lockers are available for rent. These lockers can be purchased for a semester or year. Lockers must be vacated by the end of the rental agreement. The member will be charged a \$10 service fee if the locker is not vacated, and items will not be returned until the fee is paid. Items will be held for three months.

3. We are not responsible for lost or stolen articles from lockers or the facilities.

4. Personal items and bags are not allowed in gyms, weight rooms, the fitness center or pools.

Towel Service Fees

Helfaer Recreation Center

Towel service may be purchased on a daily, semester or yearly basis. Soiled towels are exchanged for clean ones at the Service Area or Pro Shop. Towels must be returned by the locker clean-out dates.

Fees: \$16/semester, \$8/summer, \$40/year, \$2/daily

Rec Plex

The towel rental term corresponds with the locker clean-out dates. Towel service can be purchased with towel exchange points at the main desk.

Fees: \$16/semester, \$8/summer, \$40/year, \$2/daily

All patrons should exit the locker rooms no later than 15 minutes after closing.



“Rec Sports is a great way for us to unwind from a long school week and re-energize. We encourage each other by working out together.”

— John Modrzyński and John Bucki
Seniors, colleges of Engineering and Health Sciences

Helfaer Recreation Center Locker Rental Fees

\$12/semester \$6/summer \$30/year

Rec Plex Locker Rental Fees

\$12/semester \$6/summer \$30/year

Locker Clean-out Dates

	Rec Center	Rec Plex
First semester:	Jan. 8	Jan. 9
Second semester:	May 14	May 15
Summer:	Aug. 12	Aug. 21

Rec Plex Locker Room Etiquette for Parents with Children:

Children aged 6 and under must be accompanied by a parent/guardian in the parent/guardian's gender youth/family locker room. Children aged 7 and older can use their gender youth/family locker room without a parent/guardian.

Court Reservation Procedures and Policies

1. Reservations for tennis, handball/raquetball/wallyball and squash courts may be made no earlier than 48 hours in advance. Only current students and members may reserve courts in advance.

Helpaer Recreation Center — (414) 288-6389: To reserve courts, call after 2 p.m.

Rec Plex — (414) 288-7778: To reserve raquetball/handball/wallyball or squash court, call after 2:30 p.m. *(It is advised that you make court reservations as early as possible. Be prepared to provide your name and ID number.)*

2. Anyone making a reservation will be held responsible for the court fee in the event of a no-show or late cancellation. In these instances, the court fee is still assessed and must be paid before reserving another court. People unable to appear for their reserved time must contact the Helpaer Recreation Center Pro Shop at (414) 288-6389 or Rec Plex Main Office at (414) 288-7778 a minimum of two hours in advance so the court can be made available to other players. Failure to properly observe this policy will result in a loss of reservation privileges until the charge has been paid. In addition, other building privileges may be suspended. The court fee will be assessed to the individual who made the reservation. A 10-minute grace period on all court reservations will be strictly enforced. After the first 10 minutes, courts will open up to other patrons.

3. Consecutive play is not allowed, except in the case of an intramural sports tournament. **Only one reservation can be made per phone call.** Concurrent reservations are not permitted, nor are reservations made in the name of others. Court hopping is not permitted even if the court is not being used.

4. To be fair to all players, it is necessary that play stop immediately when time has ended. Anyone playing longer than the allotted court time may be assessed an additional fee. You may be asked to leave the court for failing to abide by the rules.

5. Only tennis shoes with non-marking soles are allowed on the tennis courts. ALL shoes must be checked by Pro Shop staff on the shoe board. Running shoes, basketball shoes and any waffle-patterned soles are not acceptable. Soles must be flat. For example, a flat herringbone pattern is acceptable. Patrons who do not have proper footwear will not be allowed on the courts. For specific examples, please ask the Pro Shop.

Helpaer Court Hours and Fees

All courts are reserved on the hour for 60-minute periods unless otherwise noted.

Tennis Courts

Fees — \$5/court full-time students; \$8/court all other users

Early Bird Fees (7 a.m. to 9 a.m.) — \$4/court all users

Racquetball/Handball

Fees — \$3.50/reserved court; no charge for walk-ins (no reservations — students
\$4/court — All other users

Rec Plex Court Hours and Fees

Racquetball/Handball/Wallyball — Court lights will be turned on when the court is paid in full.

Fees — \$3.50/reserved court; no charge for walk-ins (no reservations) — students.
\$4/court — All other users. Prepay card available: Purchase 10, receive two free.

Golf Range

Fees — \$2/court for 30 minutes; \$4/court for 60 minutes

Squash

All Times — No charge

Facility Rentals

General Information

The Helpaer Tennis Stadium and Recreation Center and the Rec Plex are available for rentals during low-use periods and when the buildings are closed. Separate activity areas or the entire facility may be rented by authorized student groups, faculty, staff and alumni members. If you are interested in bringing a group for a pool party, tennis party or sports tournament, you may make arrangements by contacting:

Helpaer Recreation Center — Scott Anderegg (414) 288-6976

Rec Plex — John Kratzer (414) 288-7778

HELFAER RECREATION CENTER AND REC PLEX

MPR – GYMNASIUM FEES

Students	\$10 hour/court \$15 hour*
Faculty/staff (members)	\$25 hour/court \$40 hour*
Faculty/staff (non-members)	\$30 hour/court \$45 hour*
Alumni Members	\$35 hour/court \$50 hour*

* Entire MPR or all Rec Plex gyms

POOL

Students	\$35 hour
Faculty/staff (members)	\$45 hour
Faculty/staff (non-members)	\$55 hour
Alumni members	\$60 hour

Pool rates include **one** lifeguard. There is an additional \$12 per-hour charge per lifeguard for additional guards.



“As an employee at the Rec Center, I have learned to push myself harder while working out, which also helps me make wiser choices while eating.”

*Kendra Carruthers
Sophomore, J. William and Mary Diederich
College of Communication*

Fitness Assessment/Personal Training

The Fitness Assessment Center is located at the Rec Plex and Helpaer Recreation Center. The center offers free testing for body density, blood pressure screening, exercise prescriptions and nutrition analysis. The Fitness Assessment Centers are staffed at certain hours, and appointments are available. Personal training sessions are by appointment, and the first session is free. Please call (414) 288-3303 for an appointment and rates.

2010 – 11 Intramural Sports

Flyers and specific information for the following sports will be available approximately two weeks before each semester begins.

Fall 2010 Semester

Managers' Meetings and/or Entries Close:

SEPTEMBER

- Football league (m/w/co)
- Floor hockey league (m/w)
- Outdoor soccer league (m/w/co)
- 12-inch softball league (m/w)
- 14-inch softball league (co)
- 2-on-2 basketball league (co)
- 3-on-3 basketball league (m/w)
- Indoor volleyball league (m/w/co)
- Innertube water polo league (co)
- Sand volleyball league (m/w/co)
- 3-on-3 indoor futsal league (m/w)
- 4-on-4 indoor futsal league (co)
- Triples sand volleyball tournament (m/w/co)
- Kickball league (co)
- Ultimate frisbee tournament (m/w/co)
- Tennis singles league (m/w)
- Dodgeball league (m/w/co)
- CGA golf tournament qualifier (m/w/co)

Managers' Meetings and/or Entries Close:

OCTOBER

- Tip-off basketball tournament (m/w)
- Badminton singles tournament (m/w)
- Tennis singles tournament (m/w)
- Racquetball singles tournament (m/w)

Spring 2011 Semester

Managers' Meetings and/or Entries Close:

JANUARY

- 5-on-5 basketball league (m/w/co)
- Indoor volleyball league (m/w/co)
- Indoor soccer league (m/w/co)
- Innertube water polo league (co)
- Tennis singles and doubles leagues (m/w/mixed)
- Dodgeball league (m/w/co)
- Free-throw contest (m/w)

Managers' Meetings and/or Entries Close:

FEBRUARY

- Weightlifting competition (m/w)
- 12-inch softball league (m/w/co)
- 14-inch softball league (co)
- Football league (m/w/co)
- Sand volleyball league (m/w/co)
- Kickball league (co)
- 3-on-3 indoor futsal league (m/w)
- 4-on-4 indoor futsal league (co)

Managers' Meetings and/or Entries Close:

MARCH

- Tennis singles and doubles tournament (m/w/mixed)
- Badminton doubles tournament (m/w/mixed)
- Floor hockey tournament (m/w)
- Racquetball singles and doubles tournament (m/w/c)

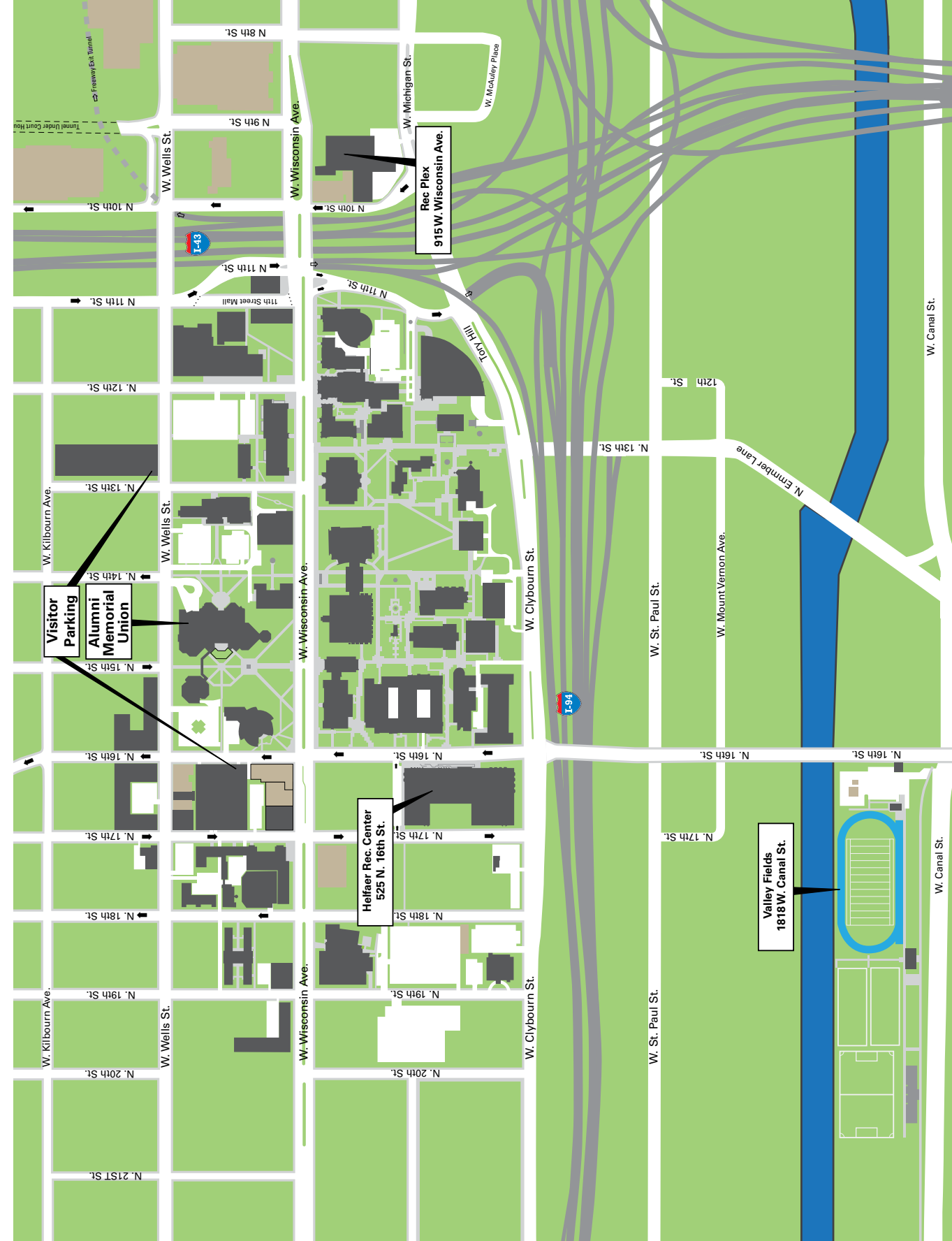
Managers' Meetings and/or Entries Close:

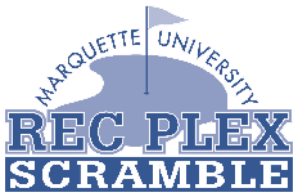
APRIL

- Triples sand volleyball tournament (m/w/co)
- Ultimate frisbee tournament (m/w/co)

For exact dates of Managers' Meetings and/or dates that entries close, contact the Intramural Sports Office at (414) 288-1558 before 4:30 p.m. Monday through Friday or stop by to pick up a flyer.

marquette.edu/recsports





Since 1993, the Department of Recreational Sports has sponsored the Rec Plex Scramble. This event brings together the Marquette and Milwaukee communities for a great cause and a fun day of golf. Proceeds from the event benefit the Department of Recreational Sports.

The next Rec Plex Scramble will take place on Thursday, June 2, 2011. For more information, call (414) 288-7778.



RECREATIONAL
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