

## GET CERTIFIED

### ARC CPR/AED, FA Full Certification

Jan 19 | 11:00AM-4:00PM | SRC Classroom 202  
\$40 Students | \$75 Mem | \$85 Non-Mem

Feb 9 | 11:00AM-4:00PM | SRC Classroom 202  
\$40 Students | \$75 Mem | \$85 Non-Mem

Mar 22 | 11:00AM-4:00PM | SRC Classroom 202  
\$40 Students | \$75 Mem | \$85 Non-Mem

Apr 5 | 11:00AM-4:00PM | SRC Classroom 202  
\$40 Students | \$75 Mem | \$85 Non-Mem

Feb 27 | 4:00PM-9:00PM | SRC Classroom 202  
\$40 Students | \$75 Mem | \$85 Non-Mem

Apr 14 | 4:00PM-9:00PM | SRC Classroom 202  
\$40 Students | \$75 Mem | \$85 Non-Mem

### ARC CPR/AED, FA Recertification

Jan 23, Feb 19, Mar 5, Apr 9 | 6:00PM-10:00PM | SRC Classroom 202  
\$40 Students | \$75 Mem | \$85 Non-Mem

### ACE Personal Training Prep Course

MW Feb 3-Apr 15 | 4:00PM-6:00PM | SRC Classroom 202  
\$49 Students | \$99 Mem | \$149 Non-Mem

### ACE Group Fitness Prep Course

TTh Feb 4-Apr 16 | 4:00PM-6:00PM | SRC Classroom 202  
\$49 Students | \$99 Mem | \$149 Non-Mem

### ACE Health Coach Certification Course

MW Feb 3-Apr 15 | 2:00PM-4:00PM | SRC Classroom 202  
\$49 Students

## Club Sports

### Ballroom Dance

### Baseball

### Basketball-Men

### Bass Fishing

### Boxing

### Cheerleading

### Climbing

### Cross Country & Track

### Dance

### Disc Golf

### Equestrian

### Fencing

### Field Hockey

### Figure Skating

### Golf

### Ice Hockey

### Lacrosse-Men

### Lacrosse-Women

### Martial Arts

### Raas Indian Dance

### Rugby-Men

### Rugby-Women

### Ski-Snowboard

### Soccer-Men

### Soccer-Women

### Softball

### Swimming

### Tennis

### Ultimate-Men

### Ultimate-Women

### Volleyball-Men

### Volleyball-Women

### Weightlifting

### Wrestling

### Yoga

@Pir8ClubSports

ECU Club Sports

Clubsports@ecu.edu

## FACILITY OPERATIONS

### Student Recreation Center (SRC) Health Sciences Center (HSC)

Monday-Thursday.....5:30AM-11:30PM  
Friday.....5:30AM-10:00PM  
Saturday.....8:00AM-10:00PM  
Sunday.....10:00AM-11:30PM

### SRC Indoor Pool

Closes 30 min prior to the building.  
\*Pool closes Fridays 9:00AM-11:00AM

### SRC Outdoor Pool

Opens Apr 13 (10:00AM-6:00PM until May 17, 2020)

### SRC Main Office

Monday-Thursday.....8:00AM-6:00PM  
Friday.....8:00AM-5:00PM  
Saturday & Sunday.....Closed

### Adventure Center & Climbing Wall

Monday-Friday.....3:00PM-9:00PM  
Saturday.....Closed  
Sunday.....4:00PM-8:00PM

### Athletic Training

Monday.....5:30PM-9:30PM  
Tuesday-Friday.....4:00PM-9:00PM  
Saturday & Sunday.....At Scheduled Events

### Wellness Center (SRC)

Monday-Thursday.....10:00AM-11:00PM  
Friday.....10:00AM-10:00PM

### Wellness Center (HSC)

Monday-Friday.....10:00AM-10:00PM

### North Recreational Complex (NRC)

Monday-Friday.....8:00AM-Dusk  
Saturday & Sunday.....11:00AM-Dusk

### NRC Boat House

Opens Mar 21 (Weekends only until Apr 13, all other times  
by reservation only)  
Monday-Friday.....3:00PM-Dusk  
Saturday & Sunday.....12:00PM-Dusk

Abbreviated hours are in effect for holiday and break periods.  
Visit [crw.ecu.edu](http://crw.ecu.edu) and download our app for more information!

**Scan here to register for programs,  
clinics, & more!**



Individuals requesting accommodation under the Americans  
with Disabilities Act (ADA) should call 252-737-1016 (voice/  
TTY) at least 48 hours prior to the event.



252.328.6387  
[www.crw.ecu.edu](http://www.crw.ecu.edu)

## INTRAMURALS

### Registration Opens for all Spring Semester Sports

Dec 16

### Intramural Welcome Back

Jan 14-15 | 4:00PM-6:00PM | SRC

### Registration Ends for Basketball, Bowling, Faculty/Staff Volleyball, & Indoor Soccer

Jan 22

### Registration Ends for Dodgeball & 3v3 Water Basketball

Jan 29

### Sports Tournaments

Feb 7 & March 27 | 4:00PM-8:00PM | MSC Game Room

### Officials Interest Meeting

Feb 10 | 6:00PM | SRC Room 202

### Battleship

Feb 13 | 6:00PM-9:00PM | TBD

### Registration Ends for Softball

Mar 4

### Registration Ends for Kickball

Mar 18

### Registration Ends for Sand Volleyball, 4on4 Flag Football, & 5on5 Soccer

Mar 25

### Registration Ends for Disc Golf, Spikeball, & Cornhole

Apr 1

### Intramural Faculty/Staff Golf Tournament

April 8-April 9 | 4:00PM-6:00PM | Bradford Creek

### Student Bowling Tournament

April 10 | 2:00PM-6:00PM | Mendenhall Bowling Alley

### Student Golf Tournament

April 13-16 | Varying Tee Times | Bradford Creek

### Intramural Faculty/Staff Doubles Bowling Tournament

April 13-16 | 11:00AM-1:00PM | Mendenhall Bowling Alley  
April 15 & 16 | 5:00PM-7:00PM | Mendenhall Bowling Alley

## YOUTH & FAMILY

### Parents Night Out

Jan 31, Feb 28, Mar 27, Apr 24 | 5:30PM-9:30PM | SRC Courts 5-6  
\$20 Students | \$25 Mem | \$30 Non-Mem

### Summer Camp Registration

Mar 17 | 8:00AM | Faculty/Staff & Returning Campers  
Mar 23 | 8:00AM | Community Members



# ADVENTURE

## Clinics & Workshops

### Late Night Climb

Jan 16 | 9:00PM-11:00PM | Climbing Wall

### Intro to Climbing

Jan 22, Feb 24, Mar 19 | 3:00PM-5:00PM | Climbing Wall

### Ladies Climb Night

Jan 30, Feb 27, Mar 26 | 9:00PM-10:00PM | Climbing Wall

### Route Setting Clinic

Feb 6 | 8:00PM-10:00PM | Climbing Wall

### Learn to Belay

Feb 10 | 3:00PM-5:00PM | Climbing Wall

### Sweetheart Climb

Feb 14 | 3:00PM-9:00PM | Climbing Wall

### Paddling Palooza

Feb 26 | 7:00PM-9:00PM | SRC Indoor Pool

### Intro to SUP

Mar 4 | 7:00PM-9:00PM | SRC Indoor Pool

### Route Setting Clinic

Mar 5 | 8:00PM-10:00PM | Climbing Wall

### SUP at NRC

Mar 18 | 4:00PM-6:00PM | NRC

### Intro to Backpacking

Mar 18 | 7:00PM-8:00PM | Adventure Center

### Intro to Whitewater Kayaking

Apr 1 | 7:00PM-9:00PM | SRC Indoor Pool

### Intro to Knot Tying

Apr 6 | 3:00PM-4:00PM | Climbing Wall

### Intro to Bouldering

Apr 9 | 9:00PM-10:00PM | Climbing Wall

### Intro to Canoeing

Apr 15 | 7:00PM-9:00PM | SRC Indoor Pool

### Bouldering Night

Apr 23 | 9:00PM-10:00PM | Climbing Wall

# SPECIAL EVENTS

### Polar Bear Plunge

Jan 23 | 6:30PM | SRC Outdoor Pool

### Spring Fest

Apr 8 | 4:00PM-7:00PM | MCSC Lawn

## Events & Programs

### Make your own Trail Mix

Jan 16 | 11:00AM-1:00PM | Laupus Library 1504

Jan 17 | 11:00AM-1:00PM | MCSC Food Court

Feb 24 | 5:00PM-7:00PM | SRC Rotunda

### SMORES!

Jan 20 | 11:00AM-1:00PM | MCSC LWCC Patio

Feb 5 | 7:00PM-9:00PM | NRC

Feb 11 | 11:00AM-1:00PM | HSC

Feb 12 | 11:00AM-1:00PM | Belk Building

### 23rd Annual Flatlanders Fling Climbing Competition

Feb 22 | 9:00AM-6:00PM | Climbing Wall

\$20 Students | \$25 Mem | \$30 Non-Mem

### Adventures For All: Adaptive Climbing Day

Feb 29 | 10:00AM-1:00PM | Climbing Wall

### Hammock Hangout

Mar 25 | 11:00AM-1:00PM | Brickyard

Mar 26 | 11:00AM-1:00PM | HSC

### Zip Thursdays

Apr 2,9,16,23 | 4:00PM-6:00PM | NRC Odyssey Course

### Pirate Fit Adventure Race

Apr 4 | 9:00AM-1:00PM | NRC

\$0 Students | \$5 Mem | \$10 Non-Mem

### Slacklines and Snacks

Apr 6 | 11:00AM-1:00PM | Mendenhall Brickyard

## Free Trips

### Ice Skating

Jan 31 | 7:00PM-9:00PM | Carolina Ice Zone

### Trampoline Park

Feb 8 | 8:00PM-9:00PM | AirU Trampoline Park

### Full Moon Hike

Feb 9 | 8:00PM-10:00PM | West Research Campus

### Valentine Sunset Hike

Feb 14 | 4:00PM-6:00PM | Greenway

### Day Hike

Feb 15 | 9:00AM-3:00PM | Umstead State Park

### SUP Day Trip Goose Creek

Mar 29 | 9:00AM-3:00PM | Goose Creek State Park

### SMORES, SUPs, and Sleeping Bags

Apr 3-4 | 4:00PM-10:00AM | Goose Creek State Park

### Full Moon Paddle

Apr 7 | 8:00PM-11:00PM | Tar River

### Friday Floats

Mar 20 & 27, Apr 3, 17, 24 | 4:00PM-7:00PM | Tar River

## Free Trips

### Intro to Camping

Mar 20-21 | 6:00PM-9:00AM | NRC

### Mystery Trip

Mar 21

### Family Float

Apr 5 | 9:00AM-12:00PM | Tar River

### Fort Macon Beach Day

Apr 25 | 9:00AM-3:00PM | Fort Macon, NC

### Bear Island Beach Day

Apr 26 | 9:00AM-3:00PM | Bear Island, NC

## Spring Trips

### Climbing at Triangle Rock Club

Jan 25 | 9:00AM-3:00PM | Triangle Rock Club

\$25 Students | \$30 Mem | \$35 Guest

### Caving Adventure

Feb 28-Mar 1 | Worley Caverns, TN

\$80 Students | \$85 Mem | \$90 Guest

### Spring Break: The Florida Experience

Mar 7-15 | Florida

\$650 Students | \$655 Mem | \$660 Guest

### Ziplining

Mar 22 | Adventure Park Raleigh, NC

\$45 Students | \$50 Mem | \$55 Guest

### Backpacking Trip

Mar 27-29 | Grayson Highland, VA

\$60 Students | \$65 Mem | \$70 Guest

### Horseback Riding Trip

Mar 28 | 10:00AM-8:00PM | Frisco, NC

\$80 Students | \$85 Mem | \$90 Guest

### Skydiving

Apr 4 | TBD | Washington, NC

\$195 Students | \$200 Mem | \$205 Guest

### Parasailing Trip

Apr 5 | 8:00AM-3:00PM | Beaufort, NC

\$80 Students | \$85 Mem | \$90 Guest

### Climbing Trip

Apr 17-19 | 8:00AM-8:00PM | Pilot Mountain, NC

\$60 Students | \$65 Mem | \$70 Guest

### Beach Camping

Apr 18-19 | 8:00AM-8:00PM | Bear Island, NC

\$50 Students | \$55 Mem | \$60 Guest

# WELLNESS & FITNESS

## Events & Programs

### Munchie Mondays

Jan 13-Apr 20 | 4:00PM-6:00PM | Main Campus

Jan 13-Apr 20 | 4:30PM-6:00PM | HSC

### Therapeutic Thursdays

Jan 16-April 23 | 11AM-1PM | Main Campus

Jan 16-April 23 | 10AM-12PM | HSC

### Fresh Food Fridays

Jan 17-April 24 | 11:30AM-1:30PM | Main Campus

Jan 17-April 24 | 11:30PM-12:30PM | HSC

### Glow Attack & Combat

Jan 29 | 6:00PM-8:00PM | SRC Studio 240

### Cupid's Shuffle

Feb 3 | 4:00PM-6:00PM | SRC Basketball Court 3

### Glow Zumba

Feb 26 | 6:00PM-8:00PM | MCSC Black Box Theater

### Marvel Madness

Mar 3 | 6:00PM-7:00PM | SRC Studio 240

### Glow Cycle

Mar 18 | 6:00PM-8:00PM | SRC Studio 240

\*4 30-Minute Sessions

### Glow Yoga

Apr 15 | 7:00PM-8:00PM | SRC Studio 240

## Personal Training

### Sunrise Circuits

MW Jan 22-Mar 2 | 6:15AM-7:00AM | SRC Functional Training Room

MW Mar 18-Apr 27 | 6:15AM-7:00AM | SRC Functional Training Room

### Lift Like a Girl Small Group Training

MW Jan 22-Mar 2 | 6:00PM-6:45PM | SRC Studio 239

### Knockout Workout

TTh Feb 4-Feb 27 | 6:00PM-6:45PM | SRC Studio 238

### Sunrise Body Burn

TTh Jan 23-March 3 | 6:30AM-7:15AM | HSC Functional Training Room

TTh Mar 19-Apr 28 | 6:30AM-7:15AM | HSC Functional Training Room

### Operation Bootcamp

TTh Mar 19-Apr 28 | 6:00PM-6:45PM | SRC Outdoor Pool

### Rise & Grind Bootcamp

MW Apr 1-Apr 27 | 7:00AM-7:45AM | SRC Outdoor Pool

### Ready, Stretch, Roll: Intro to Foam Rolling

Feb 3, Mar 2, Apr 6 | 6:00PM-7:00PM | SRC Room 210

Feb 17, Mar 16, Apr 20 | 5:00PM-6:00PM

HSC Functional Training Room

### Free Body Composition Testing

Feb 3, Mar 2, Apr 6 | 4:00PM-6:00PM | HSC Customer Service Desk

Feb 4, Mar 3, Apr 7 | 6:00PM-8:00PM | SRC Room 210