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

Martial Arts

Rugby-Men

Soccer-Men

Softball

Tennis

Swimming

Wrestling

Yoga

Ultimate-Men

Ultimate-Women

Volleyball-Women Weightlifting

Volleyball-Men

Rugby-Women

Ski-Snowboard

Soccer-Women

Raas Indian Dance

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

@Pir8ClubSports

Lacrosse-Women

f ECU Club Sports

Clubsports@ecu.edu

FACILITY OPERATIONS

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

| NA I TI I | |
|-----------------|-----------------|
| 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 | |
| Saturday & Sunday | |

Adventure Center & Climbing Wall

| Monday-Friday | 3:00PM-9:00PM |
|---------------|---------------|
| Saturday | |
| Sunday | |

Athletic Training

| Monday | 5:30PM-9:30PM |
|-------------------|---------------|
| Tuesday-Friday | 4:00PM-9:00PN |
| Saturday & Sunday | |

Wellness Center (SRC)

| Tremmess center (sixe) | |
|------------------------|-----------------|
| Monday-Thursday | 10:00AM-11:00PM |
| Friday | 10:00AM-10:00PM |

Wellness Center (HSC)

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

North Recreational Complex (NRC)

| 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

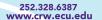
Abbreviated hours are in effect for holiday and break periods. Visit crw.ecu.edu and download our app for more information!

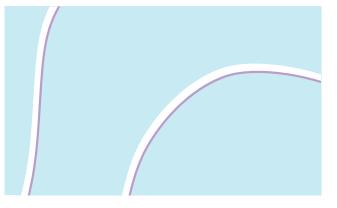
Scan here to register for programs, clinics, & more!



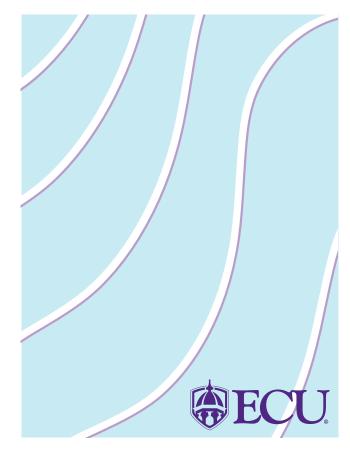
Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should call 252-737-1016 (voice/TTY) at least 48 hours prior to the event.







SPRING 2020 PROGRAM GUIDE



INTRAMURALS

Registration Opens for all Spring Semester Sports

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

Esports 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

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

Mar 2

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