MEMBER SERVICES

Aug 12-19 Welcome Back to ECU! Full access for ECU faculty and staff.
Aug 15 Observing National Honey Bee Day FREE honey sticks available while supplies last.
Aug 28 Membership Appreciation Coffee Bar Happy second week of classes!
September National Fruits and Vegetables Month
October Breast Cancer Awareness Month Look for various events and programs around campus to spread awareness.
Oct 24 Halloween Safety Lunch & Learn Presented by ECU Police Department Registration required, lunch provided.
November Men’s Health Awareness Month

SPECIAL EVENTS

Aug 16 Fall Fest @ The Rec
7:00 PM - 10:00 PM | SRC
Sep 20 Beach Fest After Dark
7:00 PM - 11:00 PM | SRC
Oct 2 Eats & Beats
5:00 PM - 7:00 PM | SRC
Oct 18 Creepy Crawl Climb
6:00 PM - 7:00 PM | SRC Climbing Wall
Oct 30 Fresh Check Day
4:00 PM - 7:00 PM | SRC
Oct 31 Halloween Havoc
10:00 PM - 2:00 AM | SRC

FACILITY OPERATIONS

Student Recreation Center & Health Sciences Center
Monday-Thursday: 5:30 AM - 11:30 PM
Friday: 5:30 AM - 10:00 PM
Saturday: 8:00 AM - 10:00 PM
Sunday: 10:00 AM - 11:30 PM

SRC Indoor Pool Closes 30 min prior to the building.

SRC Main Office
Monday-Thursday: 8:00 AM - 6:00 PM
Friday: 8:00 AM - 5:30 PM
Saturday & Sunday: Closed

Adventure Center & Climbing Wall
Monday-Thursday: 3:00 PM - 9:00 PM
Saturday: Closed
Sunday: 4:00 PM - 8:00 PM

North Recreational Complex
Monday-Friday: 8:00 AM - 8:00 PM
Saturday: 9:00 AM - 8:00 PM
Sunday: 9:00 AM - 8:00 PM

NRC Boat House (By reservation only after Oct 31)
Monday-Friday: 2:00 PM - 4:00 PM
Saturday: 12:00 PM - 3:00 PM

Mandenhall Bowling Alley
Monday-Friday: 2:00 PM - 11:30 PM
Saturday & Sunday: 12:00 PM - 11:30 PM

YOUTH PROGRAMS

Sep 27, Oct 18, Nov 15, Dec 6 Parent’s Night Out
5:30 PM - 9:30 PM | SRC
Registration Online Required
Register online at ecucreations.com

ATHLETIC TRAINING

Campus Recreation & Wellness will begin offering Athletic Training services in Fall 2019!

CAMPUS RECREATION AND WELLNESS

INTRAMURAL SPORTS

Aug 19 All Fall Semester Sports
Registration Closes 7:00 PM

Aug 19, 20 Officials Interest Meetings
6:00 PM | SRC, 1M202

Aug 19-22 Intramural Welcome Week
4:00-7:00 PM Mon- Wed (SRC), Thurs (MSC Lawn)

Aug 28 Sand Volleyball
Registration Closes 11:00 AM

Sep 3 Flag Football, 5-on-5 Flag Football
Registration Closes 11:00 AM

Sep 11 Volleyball (SRC), Golf (Bradford Creek)
Registration Closes 11:00 AM

Oct 2 Soccer
Registration Closes 11:00 AM

Oct 18 E-Sports Tournament (MSC Game Room)

Oct 24 4-on-4 Basketball
Registration Closes 11:00 AM

Oct 30 Fastpitch Softball
Registration Closes 11:00 AM

Nov 4 E-Sports Tournament (MSC Game Room)
More information online at ecucreations.com

CLUB SPORTS

Badminton
Basketball
Baseball
Basketball Women
Boxing
Cheerleading
Clay Pigeon
Climbing
Cycling
Cross Country & Track
Dance
Disc Golf
Equestrian
Fencing
Field Hockey
Figure Skating
Golf
Ice Hockey
Lacrosse Men
Lacrosse Women
Martial Arts
Marin
Raiding
Rugby
Rugby Women
Soccer
Soccer Men
Softball
Tennis
Ultimate Men
Ultimate Women
Volleyball Men
Volleyball Women
Weightlifting
Wrestling
Yoga

ADA Accommodation: 252-737-1016 (voice/TTY)

ECU Campus Recreation & Wellness

ADA Accommodation: 252-330-5988

www.crw.ecu.edu

ECU CLUB SPORTS EST. 1966

@ECU_ClubSports  ClubSports@ecu.edu
**ADVENTURE LEADERSHIP**

### FALL TRIPS
- **Waterfall Weekend**
  - Sep 13–15
  - Friday-Sunday | $60 Member | Western NC
- **Skydiving**
  - Sep 21
  - Saturday | $195 Member | Little Washington
- **Climbing Trip**
  - Sep 27–29
  - Friday-Sunday | $60 Member | Pilot Mountain
- **Fall Break Whitewater Adventure**
  - Oct 4–8
  - Friday-Tuesday | $250 Member | Tennessee
- **Horseback Riding**
  - Oct 19
  - Saturday | $80 Member | Fresno, NC
- **Bear Island Adventure**
  - Oct 20
  - Sunday | $200 Member | Rockleigh’s Beach
- **Hang-Gliding**
  - Oct 27
  - Sunday | $80 Member | Jockey’s Ridge
- **Ziplining**
  - Oct 27
  - Sunday | $50 Member | Fayetteville, NC
- **Grayson Highlands Backpacking**
  - Nov 8–10
  - Friday-Sunday | $60 Member | Virginia

### EVENTS & PROGRAMS
- **Aug 28**
  - *Paddling Palooza*
  - 7:00PM-9:00PM | SRC Pool
- **Aug 29**
  - *Late Night Climbing*
  - 9:00PM-11:00PM | Climbing Wall
- **Sep 4**
  - *Intro to Climbing*
  - 3:00PM-5:00PM | Climbing Wall
- **Sep 12**
  - *Intro to Knot Tying*
  - 7:00PM-8:00PM | Climbing Wall
- **Sep 26**
  - *Ladies Climbing*
  - 9:00PM-10:00PM | Climbing Wall
- **Oct 2**
  - *Intro to Whitewater Kayaking*
  - 7:00PM-9:00PM | SRC Pool
- **Oct 16**
  - *Intro to Stand-Up Paddleboarding*
  - 7:00PM-9:00PM | SRC Pool
- **Nov 2**
  - *Ladies Climbing*
  - 9:00PM-10:00PM | Climbing Wall
- **Nov 6**
  - *Route Setting Clinic*
  - 8:00PM-10:00PM | Climbing Wall
- **Nov 21**
  - *Ladies Climbing*
  - 9:00PM-10:00PM | Climbing Wall

**CLINICS & WORKSHOPS**
- **Aug 28**
  - *Padding Palooza*
  - 7:00PM-9:00PM | SRC Pool
- **Aug 29**
  - *Late Night Climbing*
  - 9:00PM-11:00PM | Climbing Wall
- **Sep 2**
  - *Stand-Up Paddleboarding*
  - 9:00AM-3:00PM | SRC Pool
- **Sep 14**
  - *Full Moon Paddle*
  - 8:00PM-10:00PM | SRC Pool
- **Oct 11**
  - *Astronomy Night*
  - 8:00PM-10:00PM | SRC Pool
- **Oct 12**
  - *Day Hike*
  - 9:00AM-3:00PM | SRC Pool
- **Oct 13**
  - *Full Moon Paddle*
  - 8:00PM-10:00PM | SRC Pool
- **Oct 18**
  - *Ice Skating*
  - 6:30PM-8:00PM | SRC Pool
- **Nov 1**
  - *Trampoline Party*
  - 8:00PM-10:00PM | SRC Pool
- **Nov 3**
  - *Day Hike*
  - 9:00AM-3:00PM | SRC Pool
- **Nov 12**
  - *Full Moon Hike*
  - 8:00PM-11:00PM | SRC Pool

**FREE TRIPS**
- **Aug 24**
  - *Freshman Float*
  - 9:00AM-1:00PM | SRC Pool
- **Aug 25**
  - *Paddling Day*
  - 9:00AM-1:00PM | SRC Pool
- **Sep 2**
  - *Stand-Up Paddleboarding*
  - 9:00AM-3:00PM | SRC Pool
- **Sep 14**
  - *Full Moon Paddle*
  - 8:00PM-10:00PM | SRC Pool
- **Oct 11**
  - *Astronomy Night*
  - 8:00PM-10:00PM | SRC Pool
- **Oct 12**
  - *Day Hike*
  - 9:00AM-3:00PM | SRC Pool
- **Oct 13**
  - *Full Moon Paddle*
  - 8:00PM-10:00PM | SRC Pool
- **Oct 18**
  - *Ice Skating*
  - 6:30PM-8:00PM | SRC Pool
- **Nov 1**
  - *Trampoline Party*
  - 8:00PM-10:00PM | SRC Pool
- **Nov 3**
  - *Day Hike*
  - 9:00AM-3:00PM | SRC Pool
- **Nov 12**
  - *Full Moon Hike*
  - 8:00PM-11:00PM | SRC Pool

**FLOATS**
- **Aug 24**
  - *Freshman Float*
  - 9:00AM-1:00PM | SRC Pool
- **Sep 6, 13, 20, 27**
  - *Pink Float*
  - 4:00PM-7:00PM | SRC Pool
- **Sep 8**
  - *Family Float*
  - 9:00AM-12:00PM | SRC Pool

**TEAM TRAINING**
- **Sep 5, 12, 19, 26**
  - *Zip Line*
  - Thursdays 4:00PM-6:00PM | SRC
- **Oct 24**
  - *Frightful Heights*
  - 6:00PM-8:00PM | SRC

**WELLNESS & FITNESS**

### PERSONAL TRAINING
- **Aug 22, 24, 28**
  - *Ask a Trainer*
  - 5:00PM-6:00PM | SRC Weight Room

### EVENTS & PROGRAMS
- **Aug 19–Nov 18**
  - *Munchie Mondays*
  - Every Monday the Wellness Team offers a demonstration to show you how to prepare a quick, healthy snack!
- **Aug 29–Nov 21**
  - *Therapeutic Thursdays*
  - Relieve some stress with our Wellness Team by engaging in relaxing activities every Thursday!
- **Aug 23–Nov 22**
  - *Fresh Food Fridays*
  - Fresh food is the best food to come grab a healthy, fresh snack every Friday!
- **Sep 12**
  - *Zip Line*
  - 4:00PM-6:00PM | SRC Pool
- **Oct 23–26**
  - *Fall Bootcamp Classes*
  - 4:00PM-5:00PM | SRC Room 240
- **Oct 30**
  - *Fresh Check Day*
  - 4:00PM-7:00PM | SRC Pool
- **Nov 5–6**
  - *Pledge Purple Week*

### CLINICS & WORKSHOPS
- **Aug 28**
  - *Padding Palooza*
  - 7:00PM-9:00PM | SRC Pool
- **Aug 29**
  - *Late Night Climbing*
  - 9:00PM-11:00PM | Climbing Wall
- **Sep 4**
  - *Intro to Climbing*
  - 3:00PM-5:00PM | Climbing Wall
- **Sep 12**
  - *Intro to Knot Tying*
  - 7:00PM-8:00PM | Climbing Wall
- **Sep 18**
  - *Stand-Up Paddleboarding*
  - 4:00PM-6:00PM | SRC Pool
- **Oct 2**
  - *Intro to Whitewater Kayaking*
  - 7:00PM-9:00PM | SRC Pool
- **Oct 3**
  - *Route Setting Clinic*
  - 8:00PM-10:00PM | Climbing Wall
- **Oct 16**
  - *Intro to Stand-Up Paddleboarding*
  - 7:00PM-9:00PM | SRC Pool
- **Oct 17**
  - *Ladies Climbing*
  - 9:00PM-10:00PM | Climbing Wall
- **Oct 23**
  - *Intro to Sea Kayaking*
  - 7:00PM-9:00PM | SRC Pool
- **Oct 30**
  - *Route Setting Clinic*
  - 8:00PM-10:00PM | Climbing Wall
- **Nov 6**
  - *Ladies Climbing*
  - 9:00PM-10:00PM | Climbing Wall
- **Nov 21**
  - *Ladies Climbing*
  - 9:00PM-10:00PM | Climbing Wall

**CERTIFICATIONS**
- **Sep 3, Sep 29, Oct 13, Nov 10, Nov 24**
  - *American Red Cross CPR/AED/First Aid Certification Classes*
  - 11:00AM-5:00PM | SRC Classroom
- **Sep 18, Oct 15, Nov 5**
  - *American Red Cross CPR/AED/First Aid Recertification Classes*
  - 4:00PM-8:00PM | SRC Classroom
- **Sep 10–13**
  - *ACE Personal Training Prep Course*
  - 10 Week Class | 5:00PM-7:00PM | SRC Classroom
- **Sep 9–Nov 12**
  - *ACE Group Fitness Prep Course*
  - 10 Week Class | 5:00PM-7:00PM | SRC Classroom
- **Oct 20**
  - *American Red Cross Lifeguard Recertification*
  - 11:00AM-7:00PM | SRC Classroom
- **Sep 24, Oct 29, Nov 19**
  - *American Heart BLS Classes*
  - 4:00PM-8:00PM | SRC Classroom
  - $40 Students | $75 M/Non-M

Download our app! Never miss out on our events & programs.

Available on the App Store or on Google Play.