GET CERTIFIED

ARC CPI/ADD, 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
Apr 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

ACE CPI/ADD, FA Recertification
Jan 23, Feb 19, Mar 1, Apr 9 | 9:00AM-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

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 20 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 Male 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 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/TTV) at least 48 hours prior to the event.

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 23 | 8:00AM | Community Members

INTRAMURALS

Registration Opens for all Spring Semester Sports
Dec 14

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 | SRC

OFFICIALS InterEST MeEting
Feb 21 | 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, & Soni Soccer
Mar 25

Registration Ends for Disc Golf, Spikeball, & Cornhole
Apr 4

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 13-14 | 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

SPRING 2020 PROGRAM GUIDE
**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
- **Learn to Belay**  
  Feb 14 | 3:00PM–9:00PM | Climbing Wall
- **Sweetheart Climb**  
  Apr 8 | 4:00PM–7:00PM | SRC Lawn
- **Paddling Palooza**  
  Apr 15 | 7:00PM–9:00PM | SRC Indoor Pool
- **Intro to Whitewater Kayaking**  
  Apr 1 | 7:00PM-9:00PM | SRC Indoor Pool
- **Intro to Kneeling**  
  Apr 6 | 3:00PM-4:00PM | Climbing Wall
- **Intro to Bouldering**  
  Apr 9 | 9:00PM-10:00PM | Climbing Wall
- **Intro to Canoeing**  
  Apr 13 | 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 | MCSC Food Court
  Jan 17 | 11:00AM-1:00PM | MCSC Food Court
  Feb 24 | 1:00PM-7:00PM | SRC Rotunda

- **SMOKEs**  
  Jan 20 | 11:00AM-1:00PM | MCSC LWCC Patio
  Feb 7 | 11:00AM-9:00PM | NRC
  Feb 11 | 11:00AM-1:00PM | HSC
  Feb 12 | 11:00AM-1:00PM | BBall 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 | SRC
  $0 Students | $5 Mem | $10 Non-Mem

- **Shacklins and Snacks**  
  Apr 6 | 11:00AM-1:00PM | Mendehall Brickyard

**Free Trips**

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

- **Trampoline Park**  
  Feb 8 | 8:00PM-9:00PM | Artis Trampoline Park

- **Full Moon Hike**  
  Feb 9 | 8:00PM-10:00PM | West Research Campus

- **Valentine Sunset Hike**  
  Feb 14 | 4:00PM-6:00PM | Greensway

- **Day Hike**  
  Feb 15 | 9:00AM-3:00PM | Unnamed State Park

- **SUP Day Trip Goose Creek**  
  Mar 26 | 9:00AM-2:00PM | Goose Creek State Park

- **SMOKEs, 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

**Spring Trips**

- **Climbing at Triangle Rock Club**  
  Jan 25 | 9:00AM-3:00PM | Triangle Rock Club
  $25 Students | $50 Mem | $35 Guest

- **Caving Adventure**  
  Feb 28-Mar 1 | Woryle Caverns, TN
  $80 Students | $85 Mem | $90 Guest

- **Spring Break: The Florida Experience**  
  Mar 7-14 | Florida
  $650 Students | $665 Mem | $680 Guest

- **Ziplining**  
  Mar 22 | Adventure Park Raleigh, NC
  $45 Students | $50 Mem | $55 Guest

- **Backpacking Trip**  
  Mar 29 | Grayson Highlands, VA
  $60 Students | $65 Mem | $70 Guest

- **Horseback Riding Trip**  
  Mar 24 | 10:00AM-6:00PM | Frisco, NC
  $80 Students | $85 Mem | $90 Guest

- **SkyDiving**  
  Apr 4 | TBD | Washington, NC
  $195 Students | $200 Mem | $205 Guest

**Free Body Composition Testing**  
Feb 4, Mar 3, Apr 7 | 6:00PM-8:00PM | SRC Room 210

**Wellness & Fitness**

- **Free Trips**  
  Apr 18-19 | 8:00AM-8:00PM | Bear Island, NC
  $60 Students | $65 Mem | $70 Guest

**Personal Training**

- **Sunrise Circuits**  
  MW Jan 22-Mar 2 | 6:15AM-7:00AM | SRC Functional Training Room
  MW Mar Apr 18-27 | 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 239

- **Sunrise Body Burn**  
  TTh Jan 23-Mar 5 | 6:30AM-7:15AM | HSC Functional Training Room
  TTh Mar 19-28 | 6:30AM-7:15AM | HSC Functional Training Room

- **Operation Bootcamp**  
  TTh Mar 19-28 | 6:00PM-6:45PM | SRC Outdoor Pool

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

- **Ready, Stretch, Roll: Intro to Foam Rolling**  
  Feb 3-Mar 2 | 6:00PM-7:00PM | SRC Room 210
  $20 Students | $25 Mem | $30 Guest

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

- **Zumbalicious**  
  Mar 4-5 | 6:00PM-7:00PM | SRC Studio 240
  $25 Students | $30 Mem | $35 Guest

- **Operation Bootcamp**  
  Mar 29-Apr 27 | 6:00PM-6:45PM | SRC Studio 239

- **Operation Bootcamp**  
  Apr 28-May 5 | 6:00PM-6:45PM | SRC Studio 239

- **Operation Bootcamp**  
  May 6-12 | 6:00PM-6:45PM | SRC Studio 239

- **Operation Bootcamp**  
  May 13-19 | 6:00PM-6:45PM | SRC Studio 239

- **Operation Bootcamp**  
  May 20-26 | 6:00PM-6:45PM | SRC Studio 239

- **Operation Bootcamp**  
  May 27-June 2 | 6:00PM-6:45PM | SRC Studio 239

- **Operation Bootcamp**  
  June 3-9 | 6:00PM-6:45PM | SRC Studio 239

- **Operation Bootcamp**  
  June 10-16 | 6:00PM-6:45PM | SRC Studio 239

- **Operation Bootcamp**  
  June 17-23 | 6:00PM-6:45PM | SRC Studio 239

- **Operation Bootcamp**  
  June 24-30 | 6:00PM-6:45PM | SRC Studio 239