

CAMPUS RECREATION

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The Department of Campus Recreation provides a variety of diverse facilities and recreational opportunities to the university community. The department promotes wellness for students, faculty and staff by encouraging the development of lifelong skills and positive attitudes through health education, fitness programs, adventure programs, and competitive sports.

Campus Recreation oversees the operation of the **Fitness & Wellness Center**. The Fitness and Wellness Center is a state-of-art facility which includes:

- Full line of weight and fitness equipment
- Locker Rooms
- Climbing Wall
- Bouldering Wall
- Group Exercise Room
- Multipurpose gymnasiums
- Indoor Track
- Student Lounge with computers
- Full Swing Golf Simulator

Coming in Fall 2019, the brand new state-of-the-art recreation center will include (in addition to the list above):

- An aquatic center
- Sauna
- Outdoor activity space
- 2 additional courts
- 2 additional group fitness studios

Fitness Program

The Fitness Program offers a variety of group fitness classes each week and are taught by trained, motivated and friendly instructors. All fitness levels are welcome and each group fitness class is offered at no charge. Examples of group fitness classes are yoga, Pilates, group cycling, Zumba, and much more.

For those who need a more personal touch, we offer very affordable personal training by certified personal trainers. Personal training is a great way to attain one-on-one instruction incorporating exercise plans, goal-setting and health education.

Adventure Programs

Adventure Programs offers a wide variety of trips and workshops each semester. Previous trips have included: hiking and camping, backpacking, kayaking/canoeing, spelunking, white water rafting, climbing, canyoneering. The climbing and bouldering walls are an exciting and engaging alternative to traditional exercise. In addition, Adventure Programs provides an extensive amount of outdoor equipment so you may embark on your own adventures. Examples of outdoor rental equipment are tents, mountain bikes, kayaks, cook stoves, canoes and much more.

Competitive Sports

Competitive Sports have been a campus tradition at ECU for over 50 years. Students play with their friends or organizations and compete against fellow Eastern students. Examples of activities offered are flag-football, soccer, volleyball, corn hole, dodge ball, golf, basketball, and much, much more. There are also numerous individual and dual events. For the more competitive athlete, we also supervise student lead Sport Clubs. Clubs compete on a regional and national level against other universities and colleges.

Health Promotion

Health Promotion is a peer education program geared towards empowering students with knowledge and facts concerning health issues. Health Promotion presents information on alcohol, obesity, sex, drug abuse, eating disorders, tobacco, and much more. The aim is not to enforce ideas but to assist students in making better informed decisions by providing students with the proper tools, knowledge, and self-worth.

Employment

ECU Campus Recreation is one of the largest student employers on campus. We have a variety of opportunities to join our dedicated and friendly staff! All open positions will be posted on careers.eku.edu (<https://careers.eku.edu/>). Here are some entry level positions we employ, and most have opportunities for advancement:

- Facility Attendant
- Group Exercise Instructor
- Marketing Assistant
- Intramural Referee
- Health Promotion Peer Educator
- Climbing Wall Attendant
- Personal Trainer
- Graphic Designer
- Lifeguard