

CAMPUS RECREATION

Justin Raymer, Director of Campus Recreation

Phone: (859) 622-6751

Fax: (859) 622-6755

www.campusrec.eku.edu (<http://www.campusrec.eku.edu>)

The Department of Campus Recreation provides a variety of facilities and recreational opportunities to the university community. We are a place for you to restore, grow, find community, and find adventure. The department promotes lifelong wellness for students, faculty, and staff through health education, fitness programs, adventure programs, and competitive sports.

Campus Recreation oversees the operation of the **Student Recreation Center**. The Student Recreation Center is a state-of-art facility which includes:

- Full line of weight and fitness equipment
- Locker Rooms w/ Sauna
- Climbing/Bouldering Wall
- Three Group Exercise Rooms
- Four Multipurpose gymnasiums (Basketball, Volleyball, Pickleball, Soccer, etc.)
- Three racquetball courts
- Indoor Track
- Esports Lounge w/Full Swing Golf Simulator
- Aquatic Center with Spa
- Campus Recreation also oversees the operation of the **Intramural Field Complex and High Ropes Challenge Course** (<https://www.eku.edu/campusrec/facilities/>).

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 CrossFit, Yoga, Pilates, Cycling, Dance, 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 can compete in a variety of team-oriented activities including: flag-football, soccer, volleyball, dodge ball, basketball, and

more. There are also numerous individual and dual events. For the more competitive athlete, we also offer Club Sports. Clubs compete on a regional and national level against other universities and colleges. For the gamers out there, come enjoy the 20+ Alienware gaming computers, the newest generation of console gaming, and more in our Esports Lounge.

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

EKU Campus Recreation is one of the largest student employers on campus. We have a variety of opportunities to join our dedicated community of 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