

UNIVERSITY OF CHICAGO RECREATIONAL FACILITIES

Welcome Graduate Students!

As a graduate student at UChicago, you are already enrolled as a full member to the University's recreational facilities. For students with families, we offer discounted memberships to spouses, domestic partners, and children of currently registered students.

In addition to the physical amenities outlined below, the Department of Athletics and Recreation offers a robust Club and Intramural Sports program with over 30 Intramural and 40 Club Sports, as well as a wide range of programs listed on this flier.

We encourage you to take a break from your studies and explore what these facilities have to offer!

Additional information can be obtained from our website athletics.uchicago.edu/facilities or by contacting Bob Petrowski, Assistant Director - Athletic Facilities Management, at bpetrowski@uchicago.edu or 773-702-3846.

Ratner Athletics Center & Henry Crown Field House

<u>Recreational Memberships</u>	<u>Full Year</u>	<u>3-Months</u>
Registered Student	FREE	FREE
Student Spouse / Domestic Partner (a)	\$130	\$60
Children (18-22) of Full-Year Member	\$130	\$75
Children (13-17) of Full-Year Member (b)	\$130	\$75
Children (under 13) of Full-Year Member (b)	\$0	\$0

Henry Crown Field House Only (Closed Summer Quarter - full-year members can access Ratner)

<u>Recreational Memberships</u>	<u>Full Year</u>	<u>Monthly</u>
Registered Student	FREE	FREE
Student Spouse / Domestic Partner (a)	\$90	\$15
Children (18-22) of Full-Year Member	\$90	\$15
Children (13-17) of Full-Year Member (b)	\$90	\$15
Children (under 13) of Full-Year Member (b)	\$0	\$0

(a) Proof of relationship required

(b) Must be accompanied by current adult member

FACILITIES OFFERINGS



Ratner Athletics Center

- Myers-McLoraine Pool: 20 lanes, 50 meters, Olympic-sized
- 61 cardio machines, 38 with Cardio Theatre TV
- Fitness Center: selectorized and free weight equipment
- Competition & Auxiliary Gyms
- Dance-Martial Arts Studio
- Located: 5530 S. Ellis Ave.



Henry Crown Field House

- 200m indoor track
- 2 racquetball/handball courts
- 5 squash courts
- 35 cardio machines
- Fitness Center: selectorized and free weight equipment
- 4 multi-purpose courts
- Astro-turfed multi-purpose room
- Functional Training Room
- Located: 5550 S. University Ave.



Stagg Field Outdoor Complex

- 8 tennis courts (plus 2 practice)
- 400m outdoor track
- Field Turf artificial field
- Baseball, softball, football and soccer fields
- Organized field use can be scheduled through the Facilities Office (reservations 702-3848)
- Located: 56th & Cottage Grove

PROGRAM OFFERINGS

Club and Intramural Sports

Sport Clubs are comprised of groups of individuals organized to further their interest in common activities through instruction, recreation, and/or competition. Sport Clubs fall under two levels of participation - Competitive Clubs (organized to compete with other clubs) and Recreational Clubs.

There are currently 32 different IM sports offered throughout the year. Activities range from flag football, basketball, and indoor soccer to broomball, dodgeball, and tennis.

For more information, visit: http://athletics.uchicago.edu/im_clubs.



FitChicago Classes

FitChicago provides drop-in group fitness classes to members of the Ratner Center in beginning yoga, advanced yoga, pilates, group resistance training, cardio kickboxing, boot camp, Zumba, and private swim lessons. FitChicago classes are FREE for current students. Non-students must purchase a Fitness Punch Card (1 class - \$5; 5 classes - \$23; 10 classes - \$40) at the Ratner Center Front Desk to participate in these classes. Private swim lessons are \$35 per half hour. For more information on the classes, pick-up a brochure on the kiosks throughout the facilities or visit the website at <http://athletics.uchicago.edu/facilities/fitchicago>.

Personal Training

Personal Fitness Training Services are available to current members of the recreational facilities. A Certified Personal Trainer will help clients achieve their fitness goals by evaluating current fitness levels and designing comprehensive exercise programs to meet their needs. Fitness assessments, one-on-one training sessions, partner training sessions, and small group instruction are available. The University's trainers also conduct periodic fitness orientations to educate new users on safe and effective training. For more information, check-out our website at http://athletics.uchicago.edu/facilities/personal_training, or contact Clare Barry, Head Personal Trainer, at barryc@uchicago.edu.



Masters Swimming

Whether you're training for a triathlon, trying to improve your stroke, or swimming for fitness, this program is right for you. Practices focus on training techniques, stroke mechanics, and goal setting. Our program is open to all adult swimmers ages 18 and over (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness.

For more information, visit the aquatics website at <http://athletics.uchicago.edu/facilities/aquatics> or email ucmasters@uchicago.edu.

Community Swim and Dive School

Community Swim School offers swimming and diving lessons to children ages 3-12 years old as well as adults. Six different skill levels are offered (Young Beginner, Beginner, Otters, Sea Turtles, Marlins and Sharks) for the children's program as well as two levels for adults. Sessions are offered during the fall, spring and summer quarters, and the program is open to non-members as well.

For more information, visit the aquatics website at <http://athletics.uchicago.edu/facilities/aquatics/index> or email ucswimschool@uchicago.edu.



Super Summer Sports Camp

Children grades K-8 can spend their summer days immersed in fun and physical activity in the Super Summer Sports Camp, a day camp run by the Department of Physical Education & Athletics from mid-June through early-August. The camp is open to children of non-members.

The program provides a wide variety of sports activities for boys and girls - including swimming, basketball, volleyball, softball, soccer, tennis, racquetball, gymnastics, track and field, golf and archery.

For more information, visit the camp website at http://athletics.uchicago.edu/community/summer_camps.