

AUGUST

- = Special Rec Hours
- = Intramural Sports
- = Community Programs
- = Classes and Certifications
- = Employment

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------------|------------------------------|---------|-----------|----------|--------|------------------------|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 Fall Membership Begins | 21 | 22 | 23 | 24 | 25 Fall Hours Begin |
| 26 Summer Membership Ends | 27 | 28 | 29 | 30 | 31 | |

JULY 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |

FALL HOURS

Rec Center: Mon.-Thu. 6 a.m.-11 p.m.; Fri. 6 a.m.- 10 p.m.
Sat. 10 a.m.-10 p.m.; Sun. Noon-10 p.m.

Pool: Mon.-Thurs. 11 a.m.-2 p.m./6-10 p.m.
Fri. 11 a.m.-2 p.m./6-9 p.m.
Sat. noon-9 p.m.; Sun. 2-9 p.m.

Climbing Wall: MWF 3-8 p.m. | Sat. & Sun. 3-8 p.m.



MEMBERSHIP

Membership to the Ashland University Recreation Center is available for all AU community, alumni and members of the Ashland community, along with their spouses and families.

| Membership | Groups Eligible | Cost |
|----------------------|--|---|
| Gold Membership | Regular Full-Time Employee | \$90/Semester Individual* \$231/Semester Family* |
| Purple Membership | Part-time and Full-Time Students, Grad Students, Seminary Students, Retired Faculty/Staff, Adjunct/Supplemental, Trustees, Regular PT Employees, Spouses | \$90/Semester Individual \$231/Semester Family* |
| Alumni Membership | Alumni and Spouse of Ashland University, Ashland Seminary and MedCentral College of Nursing | \$127/Semester Individual \$318/Semester Family \$667/Year Alumni & Spouse \$833/Year Family |
| Community Membership | Community Members | \$240/Semester Individual \$600/Semester Family (does not include initiation fee) |
| 30 Day Pass | Grad Students, Seminary Students, Retired Faculty/Staff, Faculty/Staff | \$71/30 Visits (No Guest Passes) |
| Eagle Pass | Students, Faculty, Staff, Alumni | \$5/Day Pass (No Guest Passes) |

| Semester | Membership Date | Date Prorated |
|-------------|--------------------|---------------|
| Fall 2018 | 8/20/18 - 12/18/18 | 10/22/18 |
| Spring 2019 | 1/2/19 - 5/5/19 | 3/4/19 |
| Summer 2019 | 5/9/18 - 8/25/19 | 7/1/19 |

*Reimbursement available upon facility usage requirement

Stay Active, Live Well.

419.289.5440 | www.ashland.edu/rec

SEPTEMBER

- = Special Rec Hours
- = Classes and Certifications
- = Intramural Sports
- = Community Programs
- = Employment

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|-----------|--------------------------------|--|--|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 Labor Day Hours 11 a.m.-9 p.m. (pool: 11 a.m.-1 p.m./4-7 p.m., climbing wall: closed) | 4 | 5 | 6 | 7 American Red Cross CPR/AED/FA Certification Registration Deadline | 8 American Red Cross CPR/AED/FA Certification 9 a.m.-5 p.m. |
| 9 Intramural Play Begins: Flag Football, Soccer, Sand Volleyball, Tennis | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 Powderpuff Football Game | 21 Battleship | 22 Homecoming 5K Run & Family Day Homecoming Hours 9 a.m.-10 p.m. |
| 23 30 | 24 Intramural Registration Opens: Floor Hockey, 3v3 Basketball, Wallyball, Spikeball | 25 Learn to swim (Session A) Registration Deadline | 26 | 27 | 28 Learn to swim (Session B) Registration Deadline | 29 |

HOMECOMING EVENTS

Battleship – Gather a group of students and sign up on imleagues.com for homecoming battleship on Friday, September 21.

5k Fun Run – The fun run will take place on Saturday, September 22, 2018 with walkers beginning at 9:30 a.m. and runners beginning at 10 a.m. outside of the Rec Center. Participants are encouraged to pre-register for the race. In lieu of a registration fee, canned donations are accepted. Day of registration and participant check in will begin at 8:30 a.m. and end at 9:40 a.m. The first 100 registered participants will receive a free giveaway! The top male and top female finishers will be awarded prizes and all participants will be entered into a raffle for a variety of prizes. Participating in the Homecoming 5K Fun Run is a great way to start off your 2018 Homecoming festivities!

Family Day – Students, Faculty, Staff, Alumni & their families are invited to use the Rec Center for free on Saturday, September 22.



AUGUST **2018**

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |

FALL HOURS

Rec Center: Mon.-Thu. 6 a.m.-11 p.m.; Fri. 6 a.m.- 10 p.m.
Sat. 10 a.m.-10 p.m.; Sun. Noon-10 p.m.

Pool: Mon.-Thurs. 11 a.m.-2 p.m./6-10 p.m.
Fri. 11 a.m.-2 p.m./6-9 p.m.
Sat. noon-9 p.m.; Sun. 2-9 p.m.

Climbing Wall: MWF 3-8 p.m. | Sat. & Sun. 3-8 p.m.



@AURecServices AU Rec Services aurecservices aurecservices

Stay Active, Live Well.

419.289.5440 | www.ashland.edu/rec

OCTOBER

- = Special Rec Hours
- = Classes and Certifications
- = Intramural Sports
- = Community Programs
- = Employment

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---------|--|--|---|--|
| 30 | 1 Intramural Play Begins: Flag Football, Soccer, Sand Volleyball, Tennis. Spring 2019 Employment Applications Open | 2 | 3 Intramural Registration Closes: Floor Hockey, 3v3 Basketball, Wallyball, Spikeball | 4 | 5 | 6 |
| 7 Intramural Registration Closes: Floor Hockey, 3v3 Basketball, Wallyball, Spikeball | 8 | 9 | 10 | 11 | 12 American Red Cross CPR/AED/FA Certification Registration Deadline | 13 American Red Cross CPR/AED/FA Certification |
| 14 | 15 Intramural Registration Opens: Crate Stacking, Pickle Ball, Holiday Basketball, Racquetball, Holiday Volleyball | 16 | 17 Spring 2019 Employment Applications Due | 18 Fall Break Hours 6 a.m.-11 p.m. (pool: 11 a.m.-2 p.m./6-10 p.m., climbing wall: closed) | 19 Fall Break Hours 11 a.m.-9 p.m. (pool: 11 a.m.-1 p.m./4-7 p.m., climbing wall: closed) | 20 Fall Break Hours 1-9 p.m. (pool: 2-7 p.m., climbing wall: closed) |
| 21 Fall Break Hours noon-10 p.m. (pool: 2-9 p.m., climbing wall: closed) | 22 Fall Membership Prorated | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 Intramural Registration Closes: Crate Stacking, Pickle Ball, Holiday Basketball, Racquetball | 1 | 2 | 3 |

SEPTEMBER 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

FALL HOURS

Rec Center: Mon.-Thu. 6 a.m.-11 p.m.; Fri. 6 a.m.- 10 p.m.
Sat. 10 a.m.-10 p.m.; Sun. Noon-10 p.m.

Pool: Mon.-Thurs. 11 a.m.-2 p.m./6-10 p.m.
Fri. 11 a.m.-2 p.m./6-9 p.m.
Sat. noon-9 p.m.; Sun. 2-9 p.m.

Climbing Wall: MWF 3-8 p.m. | Sat. & Sun. 3-8 p.m.



@AURecServices AU Rec Services aurecservices aurecservices

STUDENT EMPLOYMENT

Looking for a job? At the Rec Center, we do not offer “jobs,” we provide opportunities for growth, development and fun. Develop a sense of responsibility, gain valuable work experience to enhance your resume and earn money at the same time.

Entry-Level Positions:

- Climbing Wall Supervisor
- Customer Service Supervisor
- Equipment Checkout Supervisor
- Fitness Center Supervisor
- Group Exercise Instructor
- Intramural Sport Official
- Lifeguard
- Swim Instructor

Leadership Positions:

- Aquatic Manager
- Facility Manager
- Rec Sports Manager
- Area Lead Supervisors

Internships:

- Facilities and Student Development Intern (Summer/School Year)
- Marketing Intern (Summer/School Year)
- Programs Intern (School Year)



Stay **Active**, Live **Well**.

419.289.5440 | www.ashland.edu/rec

NOVEMBER

- = Special Rec Hours
- = Classes and Certifications
- = Intramural Sports
- = Community Programs
- = Employment

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|--|---|---|---|---|
| 28 | 29 | 30 | 31 | 1 | 2 Crate Stacking Competition | 3 |
| 4 Intramural Play Begins: Pickleball, Holiday Basketball, Racquetball, Holiday Volleyball | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 American Red Cross CPR/AED/FA Certification Registration Deadline | 17 American Red Cross CPR/AED/FA Certification |
| 18 | 19 | 20 Thanksgiving Break 6 a.m.-9 p.m. (pool: 11 a.m.-2 p.m./6-9 p.m., climbing wall: closed) | 21 Thanksgiving Break Rec Center Closed | 22 Thanksgiving Break Rec Center Closed | 23 Thanksgiving Break Rec Center Closed | 24 Thanksgiving Break Rec Center Closed |
| 25 Thanksgiving Break noon-10 p.m. (pool: 2-9 p.m., climbing wall: closed) | 26 | 27 | 28 | 29 | 30 | 1 |

OCTOBER 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |

FALL HOURS

Rec Center: Mon.-Thu. 6 a.m.-11 p.m.; Fri. 6 a.m.- 10 p.m.
Sat. 10 a.m.-10 p.m.; Sun. Noon-10 p.m.

Pool: Mon.-Thurs. 11 a.m.-2 p.m./6-10 p.m.
Fri. 11 a.m.-2 p.m./6-9 p.m.
Sat. noon-9 p.m.; Sun. 2-9 p.m.

Climbing Wall: MWF 3-8 p.m. | Sat. & Sun. 3-8 p.m.



@AURecServices AU Rec Services aurecservices aurecservices

INTRAMURAL SPORTS

Intramural sports provide students with an opportunity to play competitive sports in a friendly and low-stress environment. All full-time students, faculty and staff members are able to participate.

The IM Sports program offers a variety of team and individual sports each semester. IM Sports for this school year include:

- 3-on-3 Basketball
- Badminton (Singles & Doubles)
- Basketball
- Crate Stacking Competition
- E-Sports (Game TBD)
- Flag Football
- Floor Hockey
- Holiday Basketball Tournament
- Holiday Volleyball Tournament
- Homecoming Battleship
- Indoor Soccer
- Indoor Volleyball
- Innertube Water Polo
- Iron Eagle Triathlon Challenge
- Mario Kart Battle Royale
- NCAA Bracket Challenge
- Outdoor Soccer
- Pickleball
- Powder Puff Flag Football
- Racquetball (Singles & Doubles)
- Sand Volleyball
- Table Tennis
- Team Handball
- Tennis (singles & doubles)
- Spikeball
- Springfest Sand VB Tournament
- Walleyball

Sign up for intramural sports by visiting imleagues.com



Stay Active, Live Well.

419.289.5440 | www.ashland.edu/rec

DECEMBER

- = Special Rec Hours
- = Intramural Sports
- = Community Programs
- = Classes and Certifications
- = Employment

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|--------------------------|--|---|---|--|--------------------------|
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 AU Free Week | 11 AU Free Week | 12 AU Free Week | 13 Last Day for Fall Hours AU Free Week | 14 Winter Break Hours AU Free Week | 15 Winter Break Hours |
| 16 Winter Break Hours | 17 Winter Break Hours | 18 Winter Break Hours Fall Membership Ends | 19 Rec Center Closed/ University Closed | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

NOVEMBER 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |

WINTER BREAK HOURS

Rec Center: Mon.-Fri. 11 a.m.-9 p.m.
Sat./Sun. 1-9 p.m.

Pool: Mon.-Fri. 11 a.m.-1 p.m./4-7 p.m.
Sat./Sun. 2-7 p.m.

Climbing Wall: Closed



INDOOR SOCCER

Ashland University Department of Recreational Services offers an indoor soccer league to the community and surrounding areas. Team divisions will consist of ages U9/U10, U11/U12. Games are played throughout the day on Saturday and if necessary, Friday evenings. There will be one day of practice on Saturday, January 12th. Leagues play begin Saturday, January 19th. Participants receive nine total weeks of play including one week of practice/scrimmage time, a seven week season, and one week of playoffs. The registration deadline for the league is Monday, January 7th. Games will be played in the Recreation Center on the multi-purpose court, an 80 x 120 foot enclosed, and synthetic playing surface with recessed goals. Sign up today and join the fun!

Youth: U9/10 (separate divisions for boys and girls)
U11/12 (separate divisions for boys and girls)



Stay Active, Live Well.

419.289.5440 | www.ashland.edu/rec

JANUARY

- = Special Rec Hours
- = Classes and Certifications
- = Intramural Sports
- = Community Programs
- = Employment

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|---|--|
| 30 → | 31 | 1 Rec Center Closed/ University Closed | 2 Spring Membership Begins Winter Break Hours | 3 Winter Break Hours 11 a.m.-9 p.m. (pool: 11 a.m.-1 p.m./4-7 p.m., climbing wall: closed) | 4 Winter Break Hours 11 a.m.-9 p.m. (pool: 11 a.m.-1 p.m./4-7 p.m., climbing wall: closed) | 5 Winter Break Hours 1-9 p.m. (pool: 2-7 p.m., climbing wall: closed) |
| 6 Spring Hours Begin 1-10 p.m. (pool: 2-9 p.m., climbing wall: closed) | 7 Youth Indoor Soccer: Registration Closes/Intramural Registration Opens: Badminton, Table Tennis | 8 | 9 | 10 | 11 Youth Indoor Soccer: Mandatory Coaches Meeting American Red Cross CPR/AED/FA Certification Registration Deadline | 12 Youth Indoor Soccer: Practice/Scrimmage Day American Red Cross CPR/AED/FA Certification |
| 13 | 14 | 15 | 16 Intramural Registration Closes: Basketball, Handball | 17 | 18 | 19 Youth Indoor Soccer: Week 1 |
| 20 Intramural Play Begins: Basketball, Handball | 21 MLK Jr. Day Hours 11 a.m.-11 p.m. (pool: 11 a.m.-2 p.m./ 6-10 p.m., climbing wall: closed) | 22 | 23 | 24 | 25 | 26 Youth Indoor Soccer: Week 2 |
| 27 | 28 | 29 | 30 Intramural Registration Closes: Badminton, Table Tennis | 31 | 1 | 2 |

PERSONAL TRAINING

Looking to get in shape before Spring Break? Stop by the Rec Center and schedule a personal training session. The overall goal of the Personal Training program is to assist participants in achieving individual physical fitness goals. Our trainer will not only help you set physical fitness goals for yourself, but help you to reach them as well. Training sessions will help increase your endurance, strength, flexibility and overall level of fitness.

Individual sessions or buddy training is available to members and students.

Our Personal Trainer will challenge and motivate you, as well as monitor your progress.

Visit our site www.ashland.edu/rec-personal-training for more information.



DECEMBER 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

SPRING HOURS

Rec Center: Mon.-Thu. 6 a.m.-11 p.m.; Fri. 6 a.m.- 10 p.m.
Sat. 10 a.m.-10 p.m.; Sun. Noon-10 p.m.

Pool: Mon.-Thurs. 11 a.m.-2 p.m./6-10 p.m.
Fri. 11 a.m.-2 p.m./6-9 p.m.
Sat. noon-9 p.m.; Sun. 2-9 p.m.

Climbing Wall: MWF 3-8 p.m. | Sat. & Sun. 3-8 p.m.



@AURecServices AU Rec Services aurecservices aurecservices

Stay **Active**, Live **Well**.

419.289.5440 | www.ashland.edu/rec

FEBRUARY

● = Special Rec Hours ● = Classes and Certifications
 ● = Intramural Sports
 ● = Community Programs ● = Employment

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|----------|---|--|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 Youth Indoor Soccer: Week 3 |
| 3 Intramural Play Begins: Badminton, Table Tennis | 4 Intramural Registration Opens: Volleyball, Indoor Soccer, Innertube Water Polo | 5 Intramural Registration Opens: NCAA Bracket Challenge | 6 | 7 | 8 | 9 Youth Indoor Soccer: Week 4 |
| 10 | 11 | 12 | 13 | 14 | 15 American Red Cross CPR/AED/FA Certification Registration Deadline | 16 Youth Indoor Soccer: Week 5 American Red Cross CPR/AED/FA Certification |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 Youth Indoor Soccer: Week 6 |
| 24 | 25 Summer/Fall 2019 Employment Applications Open | 26 | 27 Intramural Registration Closes: Volleyball, Indoor Soccer, Innertube Water Polo | 28 | 1 | 2 |

GROUP EXERCISE

With over 3,000 participants annually, Group X classes provide students and members the opportunity to exercise with others who are on the path to healthy living. The Group X program offers approximately 20 classes each week and is free for Rec Center members. Available classes are typically categorized in four different areas: cardiovascular, strength, mind & body and instructional or a combination of these groups.

The goal of Ashland University's Group X program is to promote active living through physical fitness by offering a variety of fun, safe, and appropriately challenging exercise classes for the Ashland University community. These group exercise sessions are located in our aerobics studio and other areas throughout the building. Ashland University students and individuals in the community serve as the instructors.

Sample Group Exercise Classes

- POUND
- Core & Flexibility
- Cycling
- Boxing
- Yoga
- CIZE
- Self-defense
- Dance Aerobics
- Circuit Sculpt
- Insanity
- Cardio Kickboxing
- Cardio Blast
- Strength Circuit
- HIIT

Visit our website and click on Fitness and Wellness, then Group Exercise for more information on Group X and for the up-to-date Group X schedule..

JANUARY 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |

SPRING HOURS

Rec Center: Mon.-Thu. 6 a.m.-11 p.m.; Fri. 6 a.m.- 10 p.m.
 Sat. 10 a.m.-10 p.m.; Sun. Noon-10 p.m.

Pool: Mon.-Thurs. 11 a.m.-2 p.m./6-10 p.m.
 Fri. 11 a.m.-2 p.m./6-9 p.m.
 Sat. noon-9 p.m.; Sun. 2-9 p.m.

Climbing Wall: MWF 3-8 p.m. | Sat. & Sun. 3-8 p.m.



@AURecServices



AU Rec Services



aureservices



aureservices



Stay **Active**, Live **Well**.

419.289.5440 | www.ashland.edu/rec

MARCH

- = Special Rec Hours
- = Classes and Certifications
- = Intramural Sports
- = Community Programs
- = Employment

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 24 | 25 | 26 | 27 | 28 | 1 Spring Break Hours 6 a.m.-10 p.m. (pool: 11 a.m.-2 p.m./6-9 p.m., climbing wall: closed) | 2 Spring Break Hours 1-9 p.m. (pool: 2-7 p.m., climbing wall: closed) |
| 3 Spring Break Hours 1-9 p.m. (pool: 2-7 p.m., climbing wall: closed) | 4 Spring Break Hours Spring Membership Prorated | 5 Spring Break Hours 11 a.m.-9 p.m. pool: 11 a.m.-1 p.m./4-7 p.m. climbing wall: closed | 6 Spring Break Hours 11 a.m.-9 p.m. pool: 11 a.m.-1 p.m./4-7 p.m. climbing wall: closed | 7 Spring Break Hours 11 a.m.-9 p.m. pool: 11 a.m.-1 p.m./4-7 p.m. climbing wall: closed | 8 Spring Break Hours 11 a.m.-9 p.m. pool: 11 a.m.-1 p.m./4-7 p.m. climbing wall: closed | 9 Spring Break Hours 1-9 p.m. (pool: 2-7 p.m., climbing wall: closed) |
| 10 Normal Spring Semester Hours (Climbing Wall Closed) | 11 | 12 | 13 NCAA Bracket Challenge Registration Deadline | 14 | 15 American Red Cross CPR/AED/FA Certification Registration Deadline | 16 American Red Cross CPR/AED/FA Certification 9 a.m.-5 p.m. |
| 17 | 18 | 19 | 20 | 21 Summer/Fall 2018 Employment Applications due | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

FEBRUARY 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 1 | 2 |

SPRING HOURS

Rec Center: Mon.-Thu. 6 a.m.-11 p.m.; Fri. 6 a.m.- 10 p.m.
Sat. 10 a.m.-10 p.m.; Sun. Noon-10 p.m.

Pool: Mon.-Thurs. 11 a.m.-2 p.m./6-10 p.m.
Fri. 11 a.m.-2 p.m./6-9 p.m.
Sat. noon-9 p.m.; Sun. 2-9 p.m.

Climbing Wall: MWF 3-8 p.m. | Sat. & Sun. 3-8 p.m.



@AURecServices AU Rec Services aurecservices aurecservices

SPORT CLUBS

Sport Clubs are student-led, student-run organizations with an established student leadership structure (typically President, Vice President, Secretary and/or Treasurer). Sport Clubs are allocated funding from the Activities, Budgeting, and Chartering Committee (ABCC) on campus, and may raise their own funds to help defray the costs of competitions and equipment. Sport Clubs typically play against other university teams or town-sponsored sport clubs. Currently chartered Sport Clubs include:

Men's Sport Clubs:

- Baseball
- Basketball
- Lacrosse
- Rugby
- Soccer

Women's Sport Clubs:

- Basketball
- Rugby
- Soccer
- Softball
- Volleyball

Co-Ed Sport Clubs:

- Climbing
- Golf
- Quidditch
- Running
- Snow Sports
- Swimming & Diving
- Tennis



Stay Active, Live Well.

419.289.5440 | www.ashland.edu/rec

APRIL

- = Special Rec Hours
- = Intramural Sports
- = Community Programs
- = Classes and Certifications
- = Employment

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---------------------------|---|--|--|--|
| 31 | 1 Intramural Registration Opens: Springfest Sand Volleyball Tournament | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 Intramural Registration Closes: E-Sports, Mario Kart Battle Royal | 11 Intramural Play Begins: E-Sports Tournament | 12 American Red Cross CPR/AED/FA Certification Registration Deadline | 13 American Red Cross CPR/AED/FA Certification 9-5 p.m. |
| 14 Intramural Play Begins: Mario Kart Battle Royale | 15 | 16 | 17 Easter Break Hours 6 a.m.-11 p.m. (pool: 11 a.m.-2 p.m./6-10 p.m. climbing wall: closed) | 18 Easter Break Hours 11 a.m.-9 p.m. (pool: 11 a.m.-1 p.m. /4-7 p.m., climbing wall: closed) | 19 Rec Center Closed | 20 Rec Center Closed |
| 21 Rec Center Closed | 22 Easter Break Hours 11 a.m.-11 p.m. (pool: 11 a.m.-2 p.m. /6-10 p.m., climbing wall: closed) | 23 | 24 Intramural Registration Closes: Springfest Sand Volleyball Tournament | 25 | 26 | 27 Intramural Play Begins: Springfest Sand Volleyball Tournament |
| 28 | 29 AU Free Week | 30 AU Free Week | 1 | 2 | 3 | 4 |

FACILITY RENTALS

Facility rentals are available for rental to campus groups during the school year and outside groups year around (during non-peak hours). The Rec Center offers specific area rentals during operational hours as well as entire facility rentals during non-operational hours.

Specific Area Rentals During Operational Hours

| | |
|---|------------|
| Aerobics Room..... | \$30/hour |
| Classroom..... | \$40/hour |
| Climbing Wall..... | \$60/hour |
| Game Room..... | \$40/hour |
| Golf Simulator..... | \$40/hour |
| Intramural Field..... | \$40/hour |
| MAC (Multi-Purpose Activity Court)..... | \$40/hour |
| One Racquetball Court..... | \$30/hour |
| One Basketball Court..... | \$40/hour |
| Pool..... | \$110/hour |
| Pool & a Movie..... | \$140/hour |
| Sand Volleyball Court..... | \$40/hour |

Entire Facility Rentals During Non-Operational Hours

| | |
|---------------------------|------------|
| 4-hour time block..... | \$1,500 |
| 8-hour time block..... | \$2,500 |
| Each additional hour..... | \$375/hour |

Reservations must be made two weeks in advance.



| MARCH | | | | | | | 2019 | | | | | | |
|--------|--------|---------|-----------|----------|--------|----------|--------|--------|---------|-----------|----------|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 24 | 25 | 26 | 27 | 28 | 1 | 2 | | | | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | | | | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | | | | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | | | | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | | | | | | | |
| 31 | | | | | | | | | | | | | |

SPRING HOURS

Rec Center: Mon.-Thu. 6 a.m.-11 p.m.; Fri. 6 a.m.- 10 p.m.
Sat. 10 a.m.-10 p.m.; Sun. Noon-10 p.m.

Pool: Mon.-Thurs. 11 a.m.-2 p.m./6-10 p.m.
Fri. 11 a.m.-2 p.m./6-9 p.m.
Sat. noon-9 p.m.; Sun. 2-9 p.m.

Climbing Wall: MWF 3-8 p.m. | Sat. & Sun. 3-8 p.m.



@AURecServices AU Rec Services aurecservices aurecservices

Stay Active, Live Well.

419.289.5440 | www.ashland.edu/rec

MAY

- = Special Rec Hours
- = Intramural Sports
- = Community Programs
- = Classes and Certifications
- = Employment

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------|-------------------------------------|-------------------------------------|-------------------------------------|---|---|----------|
| 28 | 29 AU Free Week | 30 AU Free Week | 1 AU Free Week | 2 AU Free Week Last Day of Spring Hours | 3 AU Free Week Summer Hours Begin | 4 |
| 5 Spring Membership Ends | 6 Rec Center Closed/ Cleaning | 7 Rec Center Closed/ Cleaning | 8 Rec Center Closed/ Cleaning | 9 Summer Membership Begins | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 Rec Center Closed | 28 | 29 | 30 | 1 | 2 |

COMMUNITY PROGRAMMING

Learn-to-Swim

Ashland University's Learn-to-Swim program helps participants gain confidence in the water and learn proper swimming techniques. Participants will be supervised by our certified Lifeguards & Swim instructors.

- Water Babies (6 months-3 years)
- Preschool (3-4 years)
- Level 1
- Level 2
- Level 3
- Level 4
- Private Lessons
- Semi Private Lessons



APRIL

2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |

SUMMER HOURS

Rec Center: Mon.-Fri. 9 a.m.-9 p.m.; Sat. & Sun. 1-9 p.m.

Pool: Mon.-Fri. 10 a.m.-1 p.m./4-7 p.m.; Sat. & Sun. 2-7 p.m.

Climbing Wall: Closed

(Summer hours for specific facility areas are subject to change due to camps, conferences or rentals.)



@AURecServices



AU Rec Services



aureservices



aureservices

Stay Active, Live Well.

419.289.5440 | www.ashland.edu/rec

JUNE

- = Special Rec Hours
- = Intramural Sports
- = Community Programs
- = Classes and Certifications
- = Employment

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|--------|---------|-----------|----------|--------|----------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 30 | 24 | 25 | 26 | 27 | 28 | 29 |

COMMUNITY PROGRAMMING

Youth Summer Camps

Children's camps are for ages 5-12 and provide the opportunity to participate in various activities that will teach them teamwork and emphasize the importance of physical activity in living a healthy life. Camps are held from 9 a.m. to 4 p.m., Monday through Friday. For more registration information on specific camps, please visit the Community Programming page and click on Youth Summer Camps.

Camps Offered

- Sports & Activities
- Challenge
- Adventure
- Explorer's

MAY

2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 28 | 29 | 30 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |

SUMMER HOURS

Rec Center: Mon.-Fri. 9 a.m.-9 p.m.; Sat. & Sun. 1-9 p.m.

Pool: Mon.-Fri. 10 a.m.-1 p.m./4-7 p.m.; Sat. & Sun. 2-7 p.m.

Climbing Wall: Closed

(Summer hours for specific facility areas are subject to change due to camps, conferences or rentals.)



@AURecServices



AU Rec Services



aureservices



aureservices



Stay **Active**, Live **Well**.

419.289.5440 | www.ashland.edu/rec

JULY

- = Special Rec Hours
- = Intramural Sports
- = Community Programs
- = Classes and Certifications
- = Employment

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------------------------------|---------|-----------|------------------------|--------|----------|
| 30 | 1 Summer Membership Prorated | 2 | 3 | 4 Rec Center Closed | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |

CLIMBING WALL

The climbing wall consists of a 12' bouldering wall and five 24' top rope courses to accommodate multiple users of a wide range of abilities. The "naturals" in the wall allow the climber to use the wall for climbing as well as standard climbing holds.

What is Bouldering?

Bouldering is an excellent way to improve one's climbing strength and technique. This style of climbing has become increasingly popular around the world and serves as a great way to warm up and stretch before climbing. Bouldering does not involve the use of ropes and therefore requires the climber to traverse from side to side instead of up the wall vertically. This sideways movement allows the climber to improve balance as well as finesse. Since ropes are not used, equipment is unnecessary - although climbing shoes and chalk will make for a considerable improvement in performance and enjoyment!

Mile High Club

The Mile High Club is a test to see if a climber can climb 5,280 feet throughout their collegiate career. A climber is awarded 12 feet for every bouldering route and 24 feet for every top rope route that is successfully climbed.



JUNE

2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

SUMMER HOURS

Rec Center: Mon.-Fri. 9 a.m.-9 p.m.; Sat. & Sun. 1-9 p.m.

Pool: Mon.-Fri. 10 a.m.-1 p.m./4-7 p.m.; Sat. & Sun. 2-7 p.m.

Climbing Wall: Closed

(Summer hours for specific facility areas are subject to change due to camps, conferences or rentals.)



@AURecServices



AU Rec Services



aurecservices



aurecservices

Stay Active, Live Well.

419.289.5440 | www.ashland.edu/rec

AUGUST

- = Special Rec Hours
- = Classes and Certifications
- = Intramural Sports
- = Community Programs
- = Employment

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------------|--------|---------|-----------|----------|------------------------|------------------------------|
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 19 Fall Membership Begins | 20 | 21 | 22 | 23 | 24 Fall Hours Begin | 25 Summer Membership Ends |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |

AMERICAN RED CROSS CERTIFICATIONS

AU's Department of Recreational Services is an authorized provider of American Red Cross certification courses. Lifeguarding and CPR /AED/First Aid courses are scheduled throughout the academic year, while most American Red Cross courses can be provided at any time of the year if requested by groups with required minimums. Certifications are open to all in the University and surrounding communities. Lifeguarding and CPR/AED/First Aid certifications are valid for two years.

To inquire about a private course or additional certifications, contact Justin Fletcher, Assistant Director, Aquatics & Student Development at 419.207.6375 or jfletch1@ashland.edu.

JULY 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |

SUMMER HOURS

Rec Center: Mon.-Fri. 9 a.m.-9 p.m.; Sat. & Sun. 1-9 p.m.

Pool: Mon.-Fri. 10 a.m.-1 p.m./4-7 p.m.; Sat. & Sun. 2-7 p.m.

Climbing Wall: Closed

(Summer hours for specific facility areas are subject to change due to camps, conferences or rentals.)



@AURecServices AU Rec Services aurecservices aurecservices



Stay Active, Live Well.

419.289.5440 | www.ashland.edu/rec



Download the
AU Rec Services App via



Group X Schedule
Occupancy Tracker
Stay Connected

Keep fitness simple.

