About Tulane Campus Rec

The Department of Campus Recreation offers some of the most popular and most participated-in programs and services on campus. Our programs include Aquatics, Club Sports, Fitness and Wellness, Intramural Sports, and Outdoor Adventures.

The Reily Student Recreation Center houses 156,000 square feet of recreation space including an indoor Olympic-sized swimming pool, outdoor social pool, outdoor tennis courts, and a synthetic turf field. We also utilize five University quads for Intramurals and Club Sports.

Leadership and management of the facilities and programs are provided by a team of full-time professional staff and a part-time student staff of approximately 400. This makes Campus Recreation the largest student employer on campus.

Fall Hours of Operation

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>Monday–Thursday</td>
<td>6 a.m.–11 p.m.</td>
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<tr>
<td>Friday</td>
<td>6 a.m.–9 p.m.</td>
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<tr>
<td>Saturday</td>
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</tr>
<tr>
<td>Sunday</td>
<td>8 a.m.–11 p.m.</td>
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**Fall Hours effective August 26–December 17**

**Modified Fall Hours:**
- August 23 (Special Event) 6 a.m.–5 p.m.
- August 25 (Staff Training) 12 p.m.–8 p.m.
- August 29 (Home Football Game) Time TBD
- September 2 (Labor Day) 8 a.m.–8 p.m.
- September 14 (Home Football Game) Time TBD
- September 19 (Home Football Game) Time TBD
- October 10–11 (Fall Break) 6 a.m.–8 p.m.
- October 12 (Home Football Game) Time TBD
- October 13 (Fall Break) 8 a.m.–8 p.m.
- November 2 (Homecoming) CLOSED
- November 23 (Home Football Game) Time TBD
- November 27 (Thanksgiving Break) 6 a.m.–8 p.m.
- November 28 (Thanksgiving Day) CLOSED
- November 29 (Thanksgiving Break) CLOSED
- November 30–December 1 (Thanksgiving Break) 8 a.m.–8 p.m.
- December 18–20 (Winter Break) 6 a.m.–8 p.m.
- December 21–23 (Winter Break) 8 a.m.–8 p.m.
- December 24–31 (Winter Break) CLOSED
- January 1 (Winter Break) CLOSED

The Department of Campus Recreation periodically closes or has modified hours of operation for University sporting events, holiday breaks, and necessary maintenance projects.

For comprehensive schedules, hour changes, email alerts, and newsletters, visit our website at https://recreation.tulane.edu.
Member Services

The Department of Campus Recreation offers an assortment of complimentary services for members. Members have access to the entire facility, qualify for member rates on various programs, and can purchase long-term locker and towel service. Day-use lockers, equipment check-out, court reservations, and drop-in group exercise classes are available to our patrons free of charge. Members may also sponsor up to two guests per day, $10 per guest. For more information, contact Michele Garon, Assistant Director of Business Operations at (504) 314-2869 or mgaron@tulane.edu

### Membership & Fees

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<thead>
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**Fall membership dates:** August 19–January 5

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**Towel Service:** Individuals may rent towels as needed or purchase long-term towel service.

**Locker & Towel Service:** Free day use lockers are available to all members. Patrons who wish to store their belongings overnight may purchase a long-term locker rental. Towel service is included with a long-term locker rental.

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### Categories

- **Student:** Individuals enrolled at Tulane University including the School of Professional Advancement. Full-time students who are assessed a Recreation Fee on their tuition bill are allowed access into our facility at no additional cost. Students who are not assessed a recreation fee in their tuition can purchase a membership at the Member Services desk.

- **Faculty & Staff:** Individuals who work for Tulane University and have an active Tulane identification card. This category includes Tulane Medical Center and Lusher employees.

- **Alumni:** Individuals registered with Alumni Affairs as having received a degree or two-year certificate from Tulane.

- **Emeritus:** Individuals who received a degree or certificate 50 or more years ago from Tulane, a faculty member with official Emeritus status conferred by the University, or a former Tulane staff member with 25 years or more of service to the University.

- **Community:** Anyone who does not have affiliation with the University through other categories.

- **Early Bird:** The Early Bird Pass is a limited entry pass. The Early Bird pass holder must enter the facility prior to 1 p.m. on weekdays. Pass holders may access the facility any time on the weekends or during holiday hours.

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**Towel Service:** Individuals may rent towels as needed or purchase long-term towel service.

**Locker & Towel Service:** Free day use lockers are available to all members. Patrons who wish to store their belongings overnight may purchase a long-term locker rental. Towel service is included with a long-term locker rental.
The Department of Campus Recreation proudly hosts some of the most popular and widely attended programs on campus. Students can find late-night activities, unique fitness opportunities, outdoor adventures, and a lot of fun and excitement at TU Rec. All events are free for students with a valid Splash ID.

**Fall Events**

See what events interest you.

**ROCK THE REC!**

Rock the Rec is an exciting and interactive event that gives first-year students a sample of the many Campus Recreation programs we offer in addition to some local flair. Come ready to try new fitness classes, compete in sports challenges, jump in the pool, taste some local cuisine, and even hold a baby alligator!

August 23
Friday | 8:30 p.m.–midnight
Reily Center

**1st ANNUAL McALISTER 5K COLOR RUN/WALK & SECOND LINE**

Lace up your running shoes and bring your Tulane pride for a colorful 3-mile fun run/walk through campus. Participants start on the A-quad dressed in bright white and finish the race plastered in shades of blue and green. Not a runner? Join in the homecoming second line party for a half-mile strut through the uptown campus. Register at https://recreation.tulane.edu or on-site from 2–4:30 p.m.

November 1
Friday | 5 p.m. | Academic Quad
CAMPUS CUP
The Tulane Campus Cup is a friendly competition among first-year student residence halls. Teams of first-year students will participate in a variety of team challenges to earn points that will lead to their residence hall being crowned the Tulane Campus Cup champions! For a full list of activities visit: https://recreation.tulane.edu/events.

Trivia Contest | September 7 | 9 p.m. | LBC City Diner
Glow in the Dark Dodgeball Tournament | September 13 | 8 p.m. | Bruff Quad
Campus Cup Main Event | September 15 | 4–7 p.m. | Berger Family Lawn

DIVE-IN MOVIE
Float on an inner-tube or lounge poolside while enjoying Pokémon Detective Pikachu in our pool. Inner-tubes and refreshments are provided.

September 1
Sunday | 9–11 p.m. | Reily Center pool

GROUP EX CHALLENGE
TU Campus Rec will offer a one-month Fitness Challenge with great ways to get active. Participants will complete as many group fitness classes as possible during the four-week event for a chance to win great prizes.

September 1–30

LEARN TU PLAY
Join TU Intramural Sports and Club Sport Programs for a fun, free, and easy introduction to some of our most popular sports! You’ll learn Intramural Rules and develop skills to play the sports we offer in our Intramural Season, plus meet some of our Club Teams!

Volleyball & Basketball | September 3 | 8–9:30 p.m. | Reily Center Main Gym
Flag Football & Soccer | September 4 | 8–9:30 p.m. | Reily Center, Brown Field

S’MORES WITH OUTDOORS
Come hang out with TU Outdoor Adventures and build your own S’more with a perfectly roasted marshmallow from our firepits. You’ll make some friends and learn about more opportunities to get outside with Outdoor Adventures.

September 5, October 15, & November 6
7–9 p.m. | Berger Family Lawn

CYCLING LAUNCH PARTY
This FREE class will show off the new Schwinn Indoor Cycling bikes and new leaderboard technology! Participants will learn the basics of cycling terminology and proper bike set up and experience how changing speed and resistance can lead to a fun, personalized ride!

September 21
Saturday | 9–10 a.m. | Reily Center Cycling Studio
LATE-NIGHT ROCK CLIMB
Spend the night rock climbing with Outdoor Adventures at a local climbing gym. Whether you’re a pro or have always wanted to try it out, we’ll have the perfect climb waiting for you. Bring a friend or meet someone new. Transportation, climbing fees, and equipment are provided at no cost to you. Register at https://recreation.tulane.edu.
October 25
Friday | 9:30 p.m.–12:30 a.m. | Buses depart from the Reily Center

PADDLEBOARD YOGA
This class will engage your core to keep you balanced on the water and remind you to have fun with your workout! Paddleboard Yoga is great for beginners and experienced Yogis alike. Limited boards are available, so get there early!
September 30 & November 25
Monday | 7–8 p.m. | Reily Center Indoor Pool

HEALTH & WELLNESS EXPO
The Health & Wellness Expo will give Tulane students an opportunity to learn about all of the amazing fitness, health and wellness opportunities available at Tulane. Students will get a chance to meet student leaders, faculty, and staff to hear firsthand about campus organizations and academic programs and how to get involved!
September 23
Monday | 11 a.m.–1 p.m. | LBC Kendall Cram

ZUMBATHON
Love dancing? This nonstop party is exercise in disguise for all levels of fitness and promotes health and well-being for all. The event offers music, dancing, and giveaways all wrapped up into one night! Bring your friends!
October 17
Thursday | 6:30–8 p.m. | Reily Center Lakeside Studio

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**GOAT YOGA STUDY BREAK**
This mindful movement yoga class will renew your focus and recharge your brain while taking in the beauty of the outdoors with adorable baby goats! This is an all-levels class and beginners are welcomed and encouraged! Bring a yoga mat or towel for class. Class is weather-dependent—please check website and/or TU Rec app for updates.

December 6
Friday | 8–9 p.m. | Berger Family Lawn

**POOLSIDE PUPPIES & PILATES**
Need a break from studying? This will teach you techniques to let go of tension, build body awareness, and clear your mind all while puppies from local shelters show you unconditional love. This is an all-levels class and beginners are welcomed and encouraged! Bring a yoga mat or towel for class. Class is weather-dependent—please check website and/or TU Rec app for updates.

October 28
Monday | 5:30–6:30 p.m. | Reily Center Outdoor Pool

**BODY PUMP™ LAUNCH PARTY**
Join us at the Body Pump™ Launch Party for new tracks, a fun workout, and a chance to win some prizes! The Launch Party is a great opportunity to ask questions, learn new techniques, or try a class for the first time.

November 16
Saturday | 9–10 a.m. | Reily Center Lakeside Studio

**GOTTA STUDY S’MORE**
Take a study break and hang out with TU Outdoor Adventures on the Berger Family Lawn while we roast up s’mores around the fire pits.

December 9
Monday | 7–9 p.m. | Berger Family Lawn
TU Rec’s aquatic facilities include an Olympic-sized indoor pool and a seasonal outdoor Social Pool. Whether you are interested in relaxing by the Social Pool, joining friends for a game of pool basketball, or swimming laps for exercise, our aquatic facilities offer the space and flexibility for a wide range of activities.

For more information, contact:
Kate Vanlandingham,
Assistant Director of Aquatics
aquatics@tulane.edu | (504) 314-2430

SCUBA

Discover SCUBA Free Trial
Participants will learn how to use scuba equipment in shallow water and get a brief introduction to what it takes to become a certified diver. All scuba gear provided.
Session A: August 28 | 6:30 p.m.
Session B: October 2 | 6:30 p.m.

SCUBA Certification Course
Participants will learn the fundamentals of diving and earn an Open Water Diving Certification. Registration fee includes course materials and scuba equipment for class. Participants must purchase personal dive gear and incur additional fees for the weekend open-water dive certification trip. Visit our website for more information about the additional course costs.
Member: $260
Non-Member: $350

Session A:
September 2 & 9–25
Mondays & Wednesdays | 6:30–9:30 p.m.

Session B:
October 7 & 14–30
Mondays & Wednesdays | 6:30–9:30 p.m.

Get the latest updates, alerts, and class schedules with the TU Rec Mobile App!
Available on Google Play or the App Store.
Children’s Group Lessons

Children’s Group Lessons offer a safe and fun environment for your child to develop and improve aquatic skills while learning about water safety. Spots are limited in each course, and classes do fill quickly.

Member: $90 per person  
Non-Member: $130 per person

Wave 1
This class is for children who are new to swimming and underwater exploration. Participants will learn basic aquatic skills and safe aquatic practices while increasing their comfort and independence in the water. Class is limited to four children per instructor and is a 30-minute lesson.

Wave 2
This class is for children who have little to no independent swimming skills. Participants will develop introductory skills such as gliding, kicking, and basic arm strokes. Participants will also learn about water safety. Class is limited to four children per instructor and is a 30-minute lesson.

Wave 3
This class is for children who are comfortable swimming with minimal assistance. Participants will further develop the fundamental skills that lay the foundation for future strokes including simultaneous and alternating arm and leg motions. Class is limited to five children per instructor and is a 40-minute lesson.

Wave 4
This class is for children who are comfortable swimming without assistance and is appropriate for participants who are comfortable swimming at least 5 yards independently. Participants will build on previously learned skills and continue to develop stroke techniques and increase endurance. Class is limited to five children per instructor and is a 40-minute lesson.

Wave 5
This class is primarily taught in deep water and appropriate for participants who are comfortable swimming at least 10 yards independently. Participants will increase endurance, perfect previously learned strokes, and continue to develop new stroke techniques. Class is limited to five children per instructor and is a 40-minute lesson.

Session A:  
September 24–October 22 (no class 10/10)  
Tuesdays & Thursdays | 5 p.m.

Session B:  
October 24–November 21 (no class 10/31)  
Tuesdays & Thursdays | 5 p.m.

Private & Partner Swim Lessons

Private & Partner Lesson packages are available for swimmers of all skill levels, from beginner to advanced. Partner Swim Lessons are for participants age 3 and older, and partners must register together and be of similar age and ability level. Packages include four or eight, 30-minute lessons. All registrations must be received and scheduled on the Campus Recreation Website. Lessons are based on instructor availability, and spots are very limited.

4-Lesson Package  
Private Member: $72.50  
Partner Member: $100  
Private Non-Member: $115  
Partner Non-Member: $150

8-Lesson Package  
Private Member: $145  
Partner Member: $200  
Private Non-Member: $230  
Partner Non-Member: $300
Lifeguarding Certification Course

Participants will gain the knowledge and skills needed to prevent and respond to aquatic emergencies through a combination of online learning and in-person skills sessions. Upon successful completion, participants will earn an American Red Cross certification in Lifeguarding, First Aid, and CPR/AED, which is valid for two years.

**Prerequisites:**
- Minimum Age of 15
- Swim 300 yards continuously
- Tread water for 2 minutes using only your legs
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with two hands on the object and exit the water without using a ladder or steps within 1 minute and 40 seconds

Member: $275  
Non-Member: $325

**Session A:**
- Friday, September 20 | 5–9 p.m.  
- Saturday, September 21 | 9 a.m.–6 p.m.  
- Sunday, September 22 | 9 a.m.–6 p.m.

*Must attend all sessions*
TU Rec’s Fitness & Wellness offerings can help you improve your health and wellness through flexibility, stress relief, strength, and cardio training.

For more information, contact:
Hannah Stiller,
Assistant Director of Fitness & Wellness
fitness@tulane.edu | (504) 314-2864

Get the latest updates, alerts, and class schedules with the TU Rec Mobile App!
Available on Google Play or the App Store.
Group Fitness

Powered by high-energy music, challenging exercises, and motivating instructors, group classes are designed to make your fitness goals easily attainable while giving you a fun and energizing workout. The Group Exercise schedule is available online, on our TU Rec app, and in the Reily Center.

Group Exercise Classes

Fall schedule begins August 26, 2019. 50+ free classes are offered weekly.

Modified schedule dates:
September 2 | Labor Day
October 10–13 | Fall Break
November 27–December 1 | Thanksgiving Break
December 9–January 12 | Final Exams & Winter Break

Group Cycling, Yoga & Pilates Passes

Members must purchase either an Indoor Cycling Pass or a Yoga & Pilates Pass from Member Services to participate in these classes. Cycling and Yoga & Pilates Passes are included in student memberships. Please arrive 10 minutes early for set up. Mats and props are provided for Yoga & Pilates classes. At no point are any passes ever prorated.

FREE Trial Week: August 26–September 2
Single Class Pass: $5
Member Semester Pass: $35

Custom Fitness Class!

A custom fitness class is a perfect way for groups to get fit and have fun together! Fitness instructors will teach a personalized class at the Reily Center or at your location. To set up a custom fitness class, please email fitness@tulane.edu or complete our custom class request form at https://recreation.tulane.edu/fitness-programs/group-exercise/custom-class-request.

Groups of 1–25 participants: $45 per hour
Groups of 26–50 participants: $55 per hour
Groups of 51–75 participants: $65 per hour

Silver Sneakers & Active Older Adults Fitness Program

The Silver Sneakers Fitness Program is a fun, energizing program that helps older adults take greater control of their health. It is offered in partnership with select health plans at no additional cost to Medicare-eligible members. The Active Older Adults program is designed to address the needs of more active older adults. For more information contact Debra Mouton, Silver Sneakers Senior Advisor, at (504) 247-1275 or dmouton@tulane.edu.

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Barre Above® Instructor Certification

Barre Above® combines the worlds of pilates, yoga, aerobics, and strength, and delivers a results-driven workout that will sculpt bodies into amazing shape. As a Barre Above® instructor, you’ll learn how to correctly teach barre in a fun and unique way, how to structure an effective barre workout, and barre specific cueing, so your students will feel empowered, motivated, and have the ability to progress.

Cost: $249.99 Early Bird ($269.99 after September 15)

September 29
Sunday | 9 a.m.–5 p.m. | Riverside Studio
Register: https://store.barreabove.com/product/863

Schwinn® Cycling Instructor Certification

Get the tools you need during this power packed day to become a successful and sought-after instructor on the latest bike and console from Schwinn®! This critically-acclaimed certification covers proper bike fit, cycling science, class design, music, communication skills, and motivation techniques. Participants will also learn the Schwinn® Cycling Coach’s Pyramid, a specialized system that makes teaching simple for you and an incredible experience for your students.

Cost: $235

October 20
Sunday | 9 a.m.–6 p.m. | Cycling Studio
Register: https://corehandf.com/certifications/registration1/
Let us help you reach your fitness goals! TU Rec offers a variety of personal training options to help clients improve their health and well-being. All options are available for purchase through our website, https://recreation.tulane.edu.

**Personal Fitness**

**Assessment & Weight Room Orientation (1.5 hours)**
The personal fitness assessment provides members with the opportunity to learn about their current fitness level including BMI, Body Fat percentage, muscular imbalances, etc. Trainers will also provide a basic orientation to the weight room. This package does not include the creation of a fitness plan. For help creating a fitness plan, a personal training package should be purchased.

**Member: $55**

**FREE Dates for Fitness Assessments:**
September 17 & November 19
5–7 p.m. | Reily Center Atrium

**Personal Training Sessions**

Personal training sessions are conducted in a one-on-one or partner setting. Clients will work with a personal trainer who will develop an exercise plan that fits their individual needs in order to accomplish their fitness goals. A fitness assessment is included with purchase of session package.

**30-Minute Personal Training Sessions**
- 5 sessions: $150 member
- 10 sessions: $260 member

**1-Hour Personal Training Sessions**
- 5 sessions: $260 member
- 10 sessions:
  - $375 member
  - $300 student special
- 10 partner sessions:
  - $250 member / per person
  - $200 student special / per person

**Small Group Training**

Small Group Training is a unique experience that combines the individualized instruction of Personal Training with the community atmosphere of Group Fitness Classes. Participants will receive one-on-one attention with the help of a certified Personal Trainer or Group Exercise Instructor. These programs are a great lower cost alternative to Personal Training. Pre-registration is required for all programs, https://recreation.tulane.edu.

**Kickboxing**

This class utilizes heavy bags, focus mitts, kettlebells, TRX, and other tools to create a compound workout like no other. Participants can expect to work on skills like punching, kicking, agility, speed, power, and a healthy dose of metabolic conditioning. **Boxing gloves and wraps are required—please bring your own.**

**Member: $60**

**Session A: September 17–October 22**
- Tuesdays | 4:30 p.m. | Riverside Studio

**Session B: October 29–December 3**
- Tuesdays | 4:30 p.m. | Riverside Studio

**Women on Weights**

This class is a program designed to introduce women to strength training. Participants will practice various training principles and intensity techniques while learning to customize their training regimen.

**Member: $60**

**Session A: September 17–October 22**
- Tuesdays | 6:15 a.m. | Functional Fitness Gym

**Session B: October 29–December 3**
- Tuesdays | 6:15 a.m. | Functional Fitness Gym
**Faculty & Staff**

**Tulane Employee Health Improvement Small Group Training**

This 6-week class is for faculty and staff who would like to progress towards better health!

Member: $120  
Session A: September 16–October 2  
Mondays & Wednesdays | 6:15 a.m.  
Functional Fitness Gym

Session B: October 28–December 2  
Mondays & Wednesdays | 6:15 a.m.  
Functional Fitness Gym

Member: $60  
Session A: September 17–October 22  
Tuesdays | 6 p.m.  
Functional Fitness Gym

Session B: October 29–December 3  
Tuesdays | 6 p.m.  
Functional Fitness Gym

**Martial Arts**

**Kendo (ages 15+)**

Kendo is a modern Japanese martial art which descended from swordsmanship. Participants practice with protective armor and a flexible bamboo sword to achieve realistic sword techniques with full contact but without injury. All levels are welcome in this class. Please register at https://recreation.tulane.edu.

Member: $90  
Non-Member: $160  
FREE Trial: September 1 | 2:30–4:30 p.m.

Fall Session: September 2–December 16  
Sundays | 2:30–4:30 p.m. | Lakeside Room
Club Sports are a great way for students to get involved on campus. These teams provide instructional, recreational, and competitive opportunities. Club Sports are student administered, meet regularly for practice, and may compete locally as well as nationally. Contact information for all registered Club Sports for the 2019–2020 academic year is included for easy reference.

For more information, contact:
Zach Bracey, Assistant Director of Club Sports
clubsports@tulane.edu | (504) 314-2862

Find the Club Sports directory, important resources, and club information on the TU Rec Mobile App!
Available on Google Play or the App Store.
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<td>Aikido/Judo</td>
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<td><a href="mailto:afisher8@tulane.edu">afisher8@tulane.edu</a></td>
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<td>Ballroom Dance</td>
<td>Andrew Cerise</td>
<td><a href="mailto:acerise2@tulane.edu">acerise2@tulane.edu</a></td>
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<td>Baseball</td>
<td>Brandon Thomas</td>
<td><a href="mailto:bthomas10@tulane.edu">bthomas10@tulane.edu</a></td>
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<td>Jimmy Magee</td>
<td><a href="mailto:jmagee5@tulane.edu">jmagee5@tulane.edu</a></td>
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<td>Capoeira</td>
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<td><a href="mailto:mlevine4@tulane.edu">mlevine4@tulane.edu</a></td>
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<td>Kaitlyn Miller</td>
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<tr>
<td>Lacrosse, Men’s</td>
<td>Erik Schultz</td>
<td><a href="mailto:eschultz1@tulane.edu">eschultz1@tulane.edu</a></td>
</tr>
<tr>
<td>Lacrosse, Women’s</td>
<td>Delaney Turton</td>
<td><a href="mailto:dturton@tulane.edu">dturton@tulane.edu</a></td>
</tr>
<tr>
<td>Mixed Martial Arts</td>
<td>Kyra Rubinstein</td>
<td><a href="mailto:krubinstein@tulane.edu">krubinstein@tulane.edu</a></td>
</tr>
<tr>
<td>Quidditch</td>
<td>Emily Thompson</td>
<td><a href="mailto:ethompson2@tulane.edu">ethompson2@tulane.edu</a></td>
</tr>
<tr>
<td>Rowing</td>
<td>Caroline Camus</td>
<td><a href="mailto:ccamus@tulane.edu">ccamus@tulane.edu</a></td>
</tr>
<tr>
<td>Rugby, Men’s</td>
<td>Nate Beech</td>
<td><a href="mailto:nbeech@tulane.edu">nbeech@tulane.edu</a></td>
</tr>
<tr>
<td>Rugby, Women’s</td>
<td>Lindsey Stanek</td>
<td><a href="mailto:lstanek@tulane.edu">lstanek@tulane.edu</a></td>
</tr>
<tr>
<td>Soccer, Men’s</td>
<td>Janny Meza</td>
<td><a href="mailto:jmeza@tulane.edu">jmeza@tulane.edu</a></td>
</tr>
<tr>
<td>Soccer, Women’s</td>
<td>Georgia Gray</td>
<td><a href="mailto:soccerwomensclubofficers@tulane.edu">soccerwomensclubofficers@tulane.edu</a></td>
</tr>
<tr>
<td>Swimming</td>
<td>Chris Moore</td>
<td><a href="mailto:cmoore17@tulane.edu">cmoore17@tulane.edu</a></td>
</tr>
<tr>
<td>Tennis</td>
<td>Elise Paloglou</td>
<td><a href="mailto:epaloglou@tulane.edu">epaloglou@tulane.edu</a></td>
</tr>
<tr>
<td>Triathlon</td>
<td>Martin Cerceo</td>
<td><a href="mailto:mcerceo@tulane.edu">mcerceo@tulane.edu</a></td>
</tr>
<tr>
<td>Ultimate Frisbee, Men’s</td>
<td>Matthew Testore</td>
<td><a href="mailto:mtestore@tulane.edu">mtestore@tulane.edu</a></td>
</tr>
<tr>
<td>Ultimate Frisbee, Women’s</td>
<td>Helen Weirbach</td>
<td><a href="mailto:hweierba@tulane.edu">hweierba@tulane.edu</a></td>
</tr>
<tr>
<td>Volleyball, Men’s</td>
<td>Roberto Santiago</td>
<td><a href="mailto:rsantia@tulane.edu">rsantia@tulane.edu</a></td>
</tr>
<tr>
<td>Volleyball, Women’s</td>
<td>Quinn Andersen</td>
<td><a href="mailto:qanderse@tulane.edu">qanderse@tulane.edu</a></td>
</tr>
<tr>
<td>Water Polo</td>
<td>Sydney Sheffield</td>
<td><a href="mailto:ssheffield@tulane.edu">ssheffield@tulane.edu</a></td>
</tr>
</tbody>
</table>
Looking to explore your adventurous side? Join TU Rec as we explore the Gulf South region and develop new skills. Space is limited; sign up online today.

**Fall 2019 Trip Schedule**

<table>
<thead>
<tr>
<th>TRIP</th>
<th>DATE</th>
<th>COST</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshman Fifteen</td>
<td>Fri.–Mon., Aug. 30–Sept. 2</td>
<td>$100</td>
<td>Kick the year off right by backpacking 15 miles through Mississippi forests with Tulane Outdoor Adventures! Backpacking is one of the best ways to get off campus, relax in nature, and meet fellow outdoor enthusiasts. No backpacking experience required.</td>
</tr>
<tr>
<td>Labor Day Tubing</td>
<td>Mon., Sept. 2</td>
<td>$45</td>
<td>Join Tulane Outdoor Adventures for a relaxing float down the Bogue Chitto River. After a few hours of floating, we'll stop for lunch on a sandbar before diving back in to finish our trip.</td>
</tr>
<tr>
<td>Bayou St. John Paddle</td>
<td>Sun., Sept. 8</td>
<td>$30</td>
<td>Once the best form of transportation through Louisiana swampland, canoeing is still a popular form of outdoor recreation in the region. Join Tulane Outdoor Adventures as we paddle the now-urban waters of Bayou St. John as it flows towards Lake Pontchartrain.</td>
</tr>
<tr>
<td>Sunset Yoga</td>
<td>Fri., Sept. 13</td>
<td>$30</td>
<td>Join Tulane Outdoor Adventures for a scenic and serene meditation and yoga session on the Pontchartrain lakefront. Roll out your yoga mat near the yacht club and enjoy the golden hour with peace of mind and body.</td>
</tr>
<tr>
<td>UpTown Climbing</td>
<td>Sun., Sept. 15</td>
<td>$35</td>
<td>UpTown Climbing in Baton Rouge, Louisiana offers a 90-foot-long bouldering wall, over 60 rope stations, and a dedicated sport lead climbing wall. The perfect route awaits climbers of any experience and ability.</td>
</tr>
<tr>
<td>Beach Camping</td>
<td>Fri.–Sun., Sept. 20–22</td>
<td>$100</td>
<td>Join Tulane Outdoor Adventures for our popular beach camping adventure to Grand Isle. We’ll camp on the sand, hike along the barrier island, play beach games, and try stand-up paddleboarding in the Gulf!</td>
</tr>
<tr>
<td>Watercolors on the Bayou</td>
<td>Sun., Sept. 22</td>
<td>$30</td>
<td>Channel your inner Bob Ross and paint the natural beauty of the bayou in watercolors. Paint the alligators, egrets, cypress trees, and Spanish moss of Barataria Preserve—or anything else that catches your eye on our hike through the swamp! Paint and canvas included.</td>
</tr>
<tr>
<td>Clear Springs Hike</td>
<td>Sat., Sept. 28</td>
<td>$30</td>
<td>Join Tulane Outdoor Adventures on a scenic hike through Homochitto National Forest. The area offers over 20 miles of hiking trails with three distinct ecosystems, including pine and hardwood forests.</td>
</tr>
<tr>
<td>Black Creek Canoe &amp; Camp</td>
<td>Sat.–Sun., Sept. 28–29</td>
<td>$90</td>
<td>Black Creek Canoe &amp; Camp is an exploration of De Soto National Forest by river in an area known for beautiful landscapes and fantastic sunsets. We never miss an opportunity for late night s’mores on a sandbar or stargazing by the bonfire.</td>
</tr>
<tr>
<td>Tunica Falls Hike</td>
<td>Sat., Oct. 5</td>
<td>$30</td>
<td>Enjoy a change of pace and a change in topography only a few hours from Nola. This 2,000-acre area features more than 40 pristine waterfalls ranging in height from 10 to 25 feet.</td>
</tr>
</tbody>
</table>

For more information, contact: Josh Fulmer
Assistant Director of Outdoor Adventures
outdoorrec@tulane.edu | (504) 314-2861
<table>
<thead>
<tr>
<th>TRIP</th>
<th>DATE</th>
<th>COST</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fort Proctor Paddle</td>
<td>Sun., Oct. 6</td>
<td>$35</td>
<td>Fort Proctor is a ruined 19th-century fort that is slowly being swallowed by the waters of Lake Borgne. Originally intended to fortify water routes to New Orleans, Fort Proctor was abandoned before use due to hurricane delays and the outbreak of the Civil War. Join Tulane Outdoor Adventures as we paddle around the fort to experience a piece of history in person!</td>
</tr>
<tr>
<td>Fall Break Backpacking</td>
<td>Thurs.-Mon., Oct. 10–14</td>
<td>$150</td>
<td>Spend your Fall Break backpacking with Tulane Outdoor Adventures in Talladega National Forest in Alabama. On this 17.7-mile backpacking expedition, you will learn how to effectively and efficiently pack, camp, and apply other practical outdoor skills. No prior backpacking experience required.</td>
</tr>
<tr>
<td>Fall Break Climbing</td>
<td>Thurs.-Mon., Oct. 10–14</td>
<td>$175</td>
<td>Join Tulane Outdoor Adventures for a weekend of climbing in beautiful Palisades Park. Spend your days on the rocks and your nights by the campfire surrounded by friends, old and new. No climbing experience necessary.</td>
</tr>
<tr>
<td>Urban Gardening with Garden on Mars</td>
<td>Sat., Oct. 19</td>
<td>TBD</td>
<td>Dig into an urban gardening workshop with Jeanette Bell of Garden on Mars. Bell is an expert gardener who’s been growing flowers, veggies, and fruits on vacant lots in New Orleans for over 25 years. Come learn and grow with us in this gardening experience!</td>
</tr>
<tr>
<td>Women’s Backpacking</td>
<td>Fri.-Sun., Nov. 8–10</td>
<td>$75</td>
<td>Designed as a wilderness retreat for femme-identifying students, this trip aims to create an empowering environment for women to explore outdoor recreation. The trip will include hiking, swimming, relaxing, and discussion.</td>
</tr>
<tr>
<td>Blind River Paddle</td>
<td>Sat., Nov. 23</td>
<td>$35</td>
<td>Join Tulane Outdoor Adventures on a scenic paddle down the Blind River in St. James Parish. Come prepared for a fantastic experience where you might see Bald Eagles, Osprey, and all manner of reptiles!</td>
</tr>
</tbody>
</table>

*The registration deadline for all trips is the Wednesday before the trip leaves at 5 p.m. Trip cost includes leadership, transportation, group equipment, and meals as appropriate. Personal equipment such as a sleeping bag, sleeping pad, or backpack will be an additional fee if needed.

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**Fall 2019 Adventure Sessions**

<table>
<thead>
<tr>
<th>CLASSES &amp; CLINICS</th>
<th>DATE</th>
<th>TIME</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Getting Outdoors in New Orleans</td>
<td>Wed., Aug. 28</td>
<td>6–7 p.m.</td>
<td>Think New Orleans is too hot and flat to have any fun outdoors? Think again! Join Outdoor Adventures to learn when, where, and how to experience nature near campus.</td>
</tr>
<tr>
<td>Paddling Adventure Session</td>
<td>Wed., Sept. 25</td>
<td>6–8 p.m.</td>
<td>Brush up on your paddle strokes and safety skills before your next kayak or canoe trip with Outdoor Adventures. This session offers learning opportunities for all skill levels.</td>
</tr>
<tr>
<td>Knots for the Outdoors (and every day!)</td>
<td>Wed., Oct. 2</td>
<td>6–7 p.m.</td>
<td>Can you not knot? Let us teach you how! Learn to tie useful knots for camping, climbing, fishing, and more during this interactive clinic led by Outdoor Adventures.</td>
</tr>
<tr>
<td>Backcountry Cooking</td>
<td>Tues., Oct. 8</td>
<td>6–7 p.m.</td>
<td>Take your camp cooking cuisine to the next level with demonstrations and tips for backcountry cooking from your favorite trail chefs at Outdoor Adventures.</td>
</tr>
</tbody>
</table>
The Department of Campus Recreation offers a full selection of rental equipment for all those looking to create their own adventures. Quantity is limited. Please reserve your equipment by stopping into the Outdoor Adventures office or calling (504) 314-2861. Email outdoorrec@tulane.edu with any questions.

**Fall Semester Hours:**
Monday & Friday | 12–6 p.m.
Tuesday–Thursday | 4–6 p.m.

<table>
<thead>
<tr>
<th>ITEM</th>
<th>DAILY</th>
<th>WEEKEND</th>
<th>WEEKLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-Burner Stove *fuel not included</td>
<td>$5</td>
<td>$10</td>
<td>$25</td>
</tr>
<tr>
<td>Backpacking Stove *fuel not included</td>
<td>$3</td>
<td>$6</td>
<td>$15</td>
</tr>
<tr>
<td>Backpack (60L–100L)</td>
<td>$5</td>
<td>$10</td>
<td>$25</td>
</tr>
<tr>
<td>Backpacking Cookset *3 nesting pots w/ lids</td>
<td>$2</td>
<td>$4</td>
<td>$10</td>
</tr>
<tr>
<td>Bike Helmet</td>
<td>$1</td>
<td>$2</td>
<td>$5</td>
</tr>
<tr>
<td>Camping Chair</td>
<td>$3</td>
<td>$6</td>
<td>$15</td>
</tr>
<tr>
<td>Caving Headlamp</td>
<td>$3</td>
<td>$6</td>
<td>$15</td>
</tr>
<tr>
<td>Climbing Crash Pad</td>
<td>$5</td>
<td>$10</td>
<td>$25</td>
</tr>
<tr>
<td>Climbing Shoes (sizes 4–12.5)</td>
<td>$2</td>
<td>$4</td>
<td>$10</td>
</tr>
<tr>
<td>Hammock &amp; Straps</td>
<td>$3</td>
<td>$6</td>
<td>$15</td>
</tr>
<tr>
<td>Headlamp</td>
<td>$2</td>
<td>$4</td>
<td>$10</td>
</tr>
<tr>
<td>Lantern</td>
<td>$2</td>
<td>$4</td>
<td>$10</td>
</tr>
<tr>
<td>Rain Jacket</td>
<td>$3</td>
<td>$6</td>
<td>$15</td>
</tr>
<tr>
<td>Insulated Jacket</td>
<td>$4</td>
<td>$8</td>
<td>$20</td>
</tr>
<tr>
<td>Sleeping Bag (20°, 45°, 50°)</td>
<td>$4</td>
<td>$8</td>
<td>$20</td>
</tr>
<tr>
<td>Sleeping Pad (Air, Foam)</td>
<td>$2</td>
<td>$4</td>
<td>$10</td>
</tr>
<tr>
<td>Tent (3 Person, 4 Person)</td>
<td>$6</td>
<td>$12</td>
<td>$30</td>
</tr>
<tr>
<td>Water Resistant Duffel</td>
<td>$2</td>
<td>$4</td>
<td>$10</td>
</tr>
<tr>
<td>Dry Bag (80L)</td>
<td>$2</td>
<td>$4</td>
<td>$10</td>
</tr>
<tr>
<td>PFD, Type III (Life Jacket)</td>
<td>$1</td>
<td>$2</td>
<td>$5</td>
</tr>
<tr>
<td>Canoe Package*</td>
<td>$20</td>
<td>$40</td>
<td>$100</td>
</tr>
<tr>
<td>Stand Up Paddleboard Package*</td>
<td>$20</td>
<td>$40</td>
<td>$100</td>
</tr>
<tr>
<td>Kayak Package*</td>
<td>$20</td>
<td>$40</td>
<td>$100</td>
</tr>
</tbody>
</table>

*The Canoe Package includes: Canoe, 2 canoe paddles, 2 life jackets, car pads, and 2 straps.

*The SUP Package includes: Inflatable stand-up paddleboard, 1 life jacket, paddle, pump, and carrying bag.

*The Kayak Package includes: Kayak, 1 kayak paddle, 1 life jacket, car pads, and straps.
living your best college life

CAPS for Counseling Services and Campus Recreation joined efforts to create an informative and high energy 6-week informal mind and body experience. TRUE 2 YOU is designed to support students in learning ways to maintain health and wellness while acclimating to life in college. Students will learn information about CAPS, Campus Recreation, and how to utilize both departments to build an individualized holistic wellness plan.

September 9–October 19
Mondays & Wednesdays | 3:30–4:30 p.m.
Reily Center Lagniappe Training Room
For more info, visit https://campushealth.tulane.edu/caps/workshops

<table>
<thead>
<tr>
<th>MONDAYS</th>
<th>WEDNESDAYS</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 9 Stress Less, Thrive More</td>
<td>Sept. 11 Kickboxing</td>
<td>College can be exciting and demanding at the same time. Join us as we discuss strategies to manage the stressors of college life and kickbox your way into stressing less and thriving more.</td>
</tr>
<tr>
<td>Sept. 16 Mind Full or Mindful</td>
<td>Sept. 18 Yoga</td>
<td>A discussion on the benefits of mindfulness, meditation, and managing mental wellness via movement. Students will receive helpful tips to develop and personalize a daily mindfulness practice and discover how to incorporate yoga into their practice.</td>
</tr>
<tr>
<td>Sept. 23 Eat Healthy, Live Healthy</td>
<td>Sept. 25 Cooking Demo</td>
<td>This session will offer tips to build/maintain a healthy eating practice while living on campus. Students will receive information on selecting healthier food options and participate in a live cooking demonstration.</td>
</tr>
<tr>
<td>Sept. 30 Body Positivity: Not Just About Your Body</td>
<td>Oct. 2 Zumba</td>
<td>This open discussion will focus on sources of body image messaging and how our reflections about “ideal” body image can influence the relationship we have with our body. Join us as we celebrate our bodies through discussion as well as learn the latest high-energy Zumba dance moves!</td>
</tr>
<tr>
<td>Oct. 7 Alcohol, Substances, and Healthy Choices</td>
<td>Oct. 9 Cycling</td>
<td>This will be an informal, open dialogue focusing on the role of alcohol and substance usage within the college experience. Particular attention will be paid to myths vs. facts, the social implications of usage, and making individualized healthy choices as students. Let’s make cycling the only spinning you experience. Grab water, a towel, and join us for the ultimate indoor biking adventure.</td>
</tr>
<tr>
<td>Oct. 14 Just Keep Swimming</td>
<td>Oct. 19 Canoe Trip</td>
<td>Join us to explore revitalizing ways to care for one’s self. We will build a toolbox full of self-care techniques and remind you of your favorite ways to re-energize. The session will wrap-up with a unique self-care opportunity to canoe up and down Bayou St. John. *Note: The date and time of this trip varies from the standard workshop time. We will meet at the Reily Center at 9 a.m. on Saturday, October 19.</td>
</tr>
</tbody>
</table>
Intramural (IM) Sports provide a variety of team and individual competitions each semester. IM Sports are a great way to hang out with friends, meet new people, and get a fun workout all at the same time. We offer different leagues for both recreational and competitive focuses, so everyone can have a chance to play their way! Form a team of your friends, classmates, roommates, etc., or sign up as a free agent! Tulane alumni, faculty, and staff who possess a current membership are welcome to participate.

For more information, contact:
Korey Lane,
Assistant Director of Intramural Sports
IMsports@tulane.edu | (504) 314-2863

Work & Play at IM Sports!

No experience is necessary and paid training is provided. Learn more about IM Sports employment opportunities by visiting our information table August 26–30, 10 a.m.–2 p.m., on the Berger Family Lawn, or attend one of our IM Info Sessions on August 27 or 28 at 8 p.m. in Reily Classroom 107. Submit your application before August 30, 2019 by visiting the employment section of our website at: https://recreation.tulane.edu. Join the best team on the fields and courts today!

Positions Available for: Soccer, Flag Football, Basketball, Volleyball, and Dodgeball
Team up and play your favorite sport.

Tournaments

Intramural Sports is excited to offer a weekly series of one-day and weekend tournaments throughout the fall, including:

- Spikeball
- Cornhole
- Kickball
- Pickleball
- Ultimate Frisbee
- Ping Pong
- Inner-tube Water Polo
- Tennis

Registration information can be found at https://recreation.tulane.edu.

LEAGUE OPTIONS

FALL 2019  |  21

FALL 2019
TEAM LEAGUE SPORTS

<table>
<thead>
<tr>
<th>SPORTS</th>
<th>OPEN</th>
<th>WOMEN'S</th>
<th>MIXED REC</th>
<th>GREEK</th>
<th>FIRST-YEAR</th>
<th>GreenWaveGlory (COMPETITIVE)</th>
<th>TUFun (RECREATIONAL)</th>
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</thead>
<tbody>
<tr>
<td>7x7 / 8x8 Flag Football</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td></td>
<td></td>
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<tr>
<td>8x8 Outdoor Soccer</td>
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<td>✓</td>
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<td></td>
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<tr>
<td>5x5 Basketball</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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</tr>
<tr>
<td>4x4 Sand Volleyball</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td></td>
<td></td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>6x6 Dodgeball</td>
<td>✓</td>
<td></td>
<td>✓</td>
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<td></td>
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<tr>
<td>6x6 Indoor Volleyball</td>
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<td></td>
<td>✓</td>
<td></td>
<td></td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

Registration Deadline: September 9, 2019
FIND YOUR FIT

Tulane Campus Rec is HIRING!

Club Sports Attendant | Fitness & Wellness Instructor
Informal Recreation Attendant | Intramural Official
Lifeguard | Marketing Attendant
Member Services Attendant | Outdoor Trip Leader
Outdoor Adventures Rental Attendant
Personal Trainer | Swim Instructor

Apply online at https://recreation.tulane.edu.

THE NEW TULANE CAMPUS REC MOBILE APP

Now available to update or download

App Store
Google Play

Campus Recreation
TULANE UNIVERSITY

Department of Campus Recreation | Reily Student Recreation Center
Janet Yulman Way | 200 Reily Center | New Orleans, LA 70118
Front Desk (504) 865-5242 | Member Services Desk (504) 865-5431
https://recreation.tulane.edu
Tulane University | Division of Student Affairs