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 & 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.

Spring Hours of Operation

<table>
<thead>
<tr>
<th>Day</th>
<th>Facility Hours</th>
<th>Pool Hours</th>
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<tbody>
<tr>
<td>Monday–Thursday</td>
<td>6 a.m.–11 p.m.</td>
<td>6 a.m.–10 p.m.</td>
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<tr>
<td>Friday</td>
<td>6 a.m.–9 p.m.</td>
<td>6 a.m.–8:30 p.m.</td>
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<tr>
<td>Saturday</td>
<td>8 a.m.–9 p.m.</td>
<td>8 a.m.–8:30 p.m.</td>
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<td>Sunday</td>
<td>8 a.m.–11 p.m.</td>
<td>8 a.m.–8:30 p.m.</td>
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</table>

Spring Hours effective January 13–May 9

Modified Spring Hours:
- January 1 (New Year’s Day) CLOSED
- January 2–3 (Winter Break) 6 a.m.–8 p.m.
- January 4–5 (Winter Break) 8 a.m.–8 p.m.
- January 6–10 (Winter Break) 6 a.m.–8 p.m.
- January 11–12 (Winter Break) 8 a.m.–8 p.m.
- January 20 (MLK, Jr. Day) 8 a.m.–8 p.m.
- January 25 (Staff Training) 12 p.m.–9 p.m.
- February 20–21 (Mardi Gras Break) 6 a.m.–5 p.m.
- February 22–23 (Mardi Gras Break) 8 a.m.–5 p.m.
- February 24 (Lundi Gras) CLOSED
- February 25 (Mardi Gras) CLOSED
- April 4–5 (Spring Break) 8 a.m.–8 p.m.
- April 6–9 (Spring Break) 6 a.m.–8 p.m.
- April 10–11 (Spring Break) 8 a.m.–8 p.m.
- April 12 (Easter) CLOSED
- April 13 (Spring Break) 6 a.m.–8 p.m.
- May 16 (Graduation) CLOSED
- May 25 (Memorial Day) 8 a.m.–8 p.m.

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

<table>
<thead>
<tr>
<th>Category</th>
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<td>Special Categories</td>
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<td>Early Bird</td>
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<td>Daily</td>
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</tr>
<tr>
<td>Daily</td>
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### Spring membership dates:

January 6–May 17

### 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.

### 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.
The Department of Campus Recreation proudly hosts some of the most popular and widely attended student events at Tulane University. Students looking for late night activities, unique fitness and wellness opportunities, or a little fun and relaxation can find something at TU Rec. All events are free for students with a valid Splash ID.

**CAMPUS REC DAY**

Join TU Rec in celebrating recreation and a healthy community with various promotions throughout the day! Show us “How You Rec” on social media and be entered to win numerous prizes. View our website for a schedule of events, https://recreation.tulane.edu.

**Wednesday | February 12**
**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.

January 16
Thursday | 8–11 p.m.
Berger Family Lawn

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**PADDLEBOARD YOGA**

Engage your core to keep you balanced and rejuvenate your mind with the soothing sounds of water! It’s great for beginners and experienced Yogis alike. Limited boards are available, so get there early.

February 3, March 2, April 20
Monday | 7–8 p.m.
Reily Center Indoor Pool

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**LATE NIGHT ROCK CLIMBING**

Spend the night rock climbing with TU 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.

February 7
Friday | 9 p.m.–1 a.m.
Buses Depart from the Reily Center

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**PUPPIES & PILATES STUDY BREAK**

This stress-busting study break will teach you to let go of tension, build body awareness, and clear your mind all while puppies from Take Paws Rescue 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.

April 29
Wednesday | 6–7 p.m.
Berger Family Lawn (rain location Diboll Studios)
Free Class—$5.00 suggested donation for Take Paws Rescue

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**GOTTA STUDY S’MORE**

Take a study break and hang out with TU Outdoor Adventures while we roast up some s’mores around the fire pits.

April 30
Thursday | 8–11 p.m.
Berger Family Lawn
Aquatics

Come get your feet wet.

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:
Aquatics Office | aquatics@tulane.edu

Get the latest updates, alerts, and class schedules with the TU Rec Mobile App!

Available on Google Play or the App Store.
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: January 29
Wednesday | 6:30 p.m.

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

Member: $260
Non-Member: $350

Introductory Session: February 3 | 6:30 p.m.
Course Meeting Dates: February 10–March 11
Mondays & Wednesdays | 6:30–9:30 p.m.
(No class 2/17, 2/19, 2/24, 2/26)

American Red Cross Training
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:
April 17 | Friday | 5–9 p.m.
April 18 | Saturday | 9 a.m.–6 p.m.
April 19 | Sunday | 9 a.m.–6 p.m.
*Must attend all sessions

Session B:
April 24 | Friday | 5–9 p.m.
April 25 | Saturday | 9 a.m.–6 p.m.
April 26 | Sunday | 9 a.m.–6 p.m.
*Must attend all sessions

Lifeguarding Review Course
Participants will review the content of the Lifeguard Training program to re-certify in American Red Cross Lifeguarding, First Aid, and CPR/AED, which is valid for two years. Must hold a valid American Red Cross certification.

Member: $160
Non-Member: $180

March 29
Sunday | 9 a.m.–6 p.m.
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. Partners must register together and be of similar age and ability level. Packages include four or eight 30-minute lessons. All registrations must be processed through the Campus Recreation website. The Aquatics Office will match participants with an instructor and reach out to participants via the email they provide during registration. 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

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 30-minute 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.

Wave 2
This 30-minute 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.

Wave 3
This 40-minute 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.

Wave 4
This 40-minute 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.

Wave 5
This 40-minute class is primarily taught in deep water and is 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.

Session A:
January 21–February 13
Tuesdays & Thursdays | 5:15 p.m.

Session B:
March 3–March 26
Tuesdays & Thursdays | 5:15 p.m.
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.
**Tulane Employee Health Improvement Program**

The Department of Campus Recreation, in partnership with TU Wellness, will offer a 10-week health improvement program for the employees of Tulane University. All applicants will enter a lottery, from which 50 participants total will be chosen for the program. For more information and to apply, please visit our website, https://recreation.tulane.edu/fitness-programs/health-improvement-program.

**FREE for Tulane Employees selected through the lottery**

Mondays | Wednesdays | Fridays
6:15 a.m. | 12 p.m. | 5:45 p.m.

Session A: Jan. 22–April 1  *(Info Sessions Jan. 13–17)*
Session B: May 11–July 20  *(Info Sessions May 4–8)*
Session C: Sept. 28–Dec. 7  *(Info Sessions Sept. 21–25)*

To complete the 10-week program, participants will be required to:
- Attend an assigned information session prior to beginning of classes. These information sessions will give participants the complete overview of the program, what to expect, what to bring for each class, etc.
- Complete a pre- and post-program fitness assessments.
- Track daily food intake and activity through a workout log book (provided).
- Attend three (3) training days (classes) per week on Mondays, Wednesdays, and Fridays.
- Attend no less than 26 training classes throughout the full 10-week program (only 4 missed days allowed).
- Attend one (1) nutrition session and one (1) alternative exercise session (listed below). Everyone is invited to attend all nutrition and alternative exercise sessions but will only be required to attend one (1) of each. These classes will cover topics such as:
  - Smart Snacking
  - Urban Hike
  - Fad Diets
  - Biking in New Orleans
  - Ask the Dietitian
  - Intro to Canoeing
  - Cooking class
  - Half-day Paddling Trip
  - Adult Weight Management
  - Healthy Eating Out
  - Intro to Camping
  - Intro to Backpacking

**Personal Fitness Assessment & Weight Room Orientation**

This 1.5 hour personal fitness assessment provides members with the opportunity to learn about their current fitness level and provides 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

**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.

**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
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 Mobile App, and in the Reily Center.

Group Exercise Classes
50+ free classes are offered weekly.

Modified schedule dates:
January 20: Martin Luther King Jr. Day
February 19–25: Mardi Gras Break
April 4–13: Spring Break/Easter Break
May 1–9: Final Exam Week

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 setup. Mats and props are provided for Yoga & Pilates classes. At no point are any passes ever prorated.

2 WEEK FREE TRIAL: January 13–27
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.
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. Some who participate compete in national competitions to improve skills and improve ranks, but all levels are welcome in this class.

Member: $90
Non-Member: $160
FREE Trial: January 19 | 2:30–4:30 p.m.

Spring Session: January 19–May 10
Sundays | 2:30–4:30 p.m. | Lakeside Room

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.

Kickboxing

This 60-minute class utilizes heavy bags, focus mitts, kettlebells, TRX, and other tools to create a compound workout like no other. You can expect to work on skills like punching, kicking, agility, speed, power, and a healthy dose of metabolic conditioning. Class meets in the Functional Fitness Gym. Boxing gloves and wraps are required—please bring your own.

Member: $60

Session A: January 28–March 10 (no class Feb. 25)
Tuesdays | 4:30–5:30 p.m.

Session B: March 17–April 28 (no class April 7)
Tuesdays | 4:30–5:30 p.m.

TRX Flex

This 60-minute interval-style class incorporates TRX suspension training and functional movements to strengthen and tone the body. Participants can expect to learn proper lifting form and how to use the functional equipment like TRX, barbells, kettlebells, medicine balls, slam balls, and dumbbells in a fun group environment. Class meets in the Functional Fitness Gym.

Member: $60

Session A: January 29–March 11 (no class Feb. 26)
Wednesdays | 4:30–5:30 p.m.

Session B: March 18–April 29 (no class April 8)
Wednesdays | 4:30–5:30 p.m.
If you are interested in becoming a personal trainer or fitness instructor, fitness certifications and continuing education workshops can help you reach those goals.

**BODYPUMP™ 113 Initial Training**

BODYPUMP™ is the original barbell class. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. In this 2-day initial training, world-class trainers take you through, step by step, and will provide you with comprehensive training materials, including music and choreography. By the end of the weekend, you’ll learn how to safely and effectively teach Les Mills BODYPUMP™ group exercise classes.

**Cost:**
- $259 (before Feb. 8)
- $299 (before Feb. 21)
- $349 (after Feb. 21)

**Registration Deadline:** February 21

**March 7–8 | Saturday & Sunday**
8 a.m.–6 p.m. | Lakeside Studio


**NETA Personal Trainer Certification**

The NETA personal trainer certification is a NCCA-accredited Personal Trainer Certification and incorporates the latest research and techniques to help aspiring personal trainers challenge, guide, support, and motivate clients.

**Credits:** 14 NETA, 1.4 ACE, 14 AFAA, 1.4 NASM

**Early Bird:** $449 ($499 after Feb. 13)

**March 14–15 | Saturday & Sunday**
8 a.m.–5 p.m. | Reily Classroom 107

Register: [https://fitness.netafit.org/](https://fitness.netafit.org/)

**NETA Group Exercise Instructor Certification**

The NETA Group Exercise Instructor Certification is a NCCA-accredited certification created for those interested primarily in leading exercise in a group setting. This course will educate aspiring instructors on the cutting edge of the fitness industry trends, promote safe and effective teaching strategies, and help instructors develop the critical skills required to become an effective group exercise instructor.

**Credits:** 6 NETA

**Early Bird:** $299 ($349 after Feb. 27)

**March 28 | Saturday**
8 a.m.–5 p.m. | Reily Classroom 107

Register: [https://fitness.netafit.org/](https://fitness.netafit.org/)

**NETA Indoor Cycling Instructor Certification**

NETA’s Indoor Group Cycling specialty certification covers all the basics of teaching cycling classes, including setting up the room, managing a variety of situations and the many body positions for a safe but challenging ride. Other key topics include contra-indications, terminology, class formatting, music selection and cuing. We’ve also added a special section on helping individuals determine the proper level of exercise intensity to meet their goals. Includes free study guide.

**Credits:** 7 NETA, .6 ACE, 4.5 AFAA, .6 NASM

**Cost:** $199

**March 29 | Sunday**
8 a.m.–5 p.m. | Cycling Studio

Register: [https://fitness.netafit.org/](https://fitness.netafit.org/)
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.
<table>
<thead>
<tr>
<th>CLUB SPORT</th>
<th>PRESIDENT</th>
<th>EMAIL</th>
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<tbody>
<tr>
<td>Aikido/Judo</td>
<td>Alex Fisher</td>
<td><a href="mailto:afisher8@tulane.edu">afisher8@tulane.edu</a></td>
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<tr>
<td>Ballroom Dance</td>
<td>Andrew Cerise</td>
<td><a href="mailto:acerise2@tulane.edu">acerise2@tulane.edu</a></td>
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<tr>
<td>Baseball</td>
<td>Brandon Thomas</td>
<td><a href="mailto:bthomas10@tulane.edu">bthomas10@tulane.edu</a></td>
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<tr>
<td>Basketball, Men’s</td>
<td>James Magee</td>
<td><a href="mailto:jmagee5@tulane.edu">jmagee5@tulane.edu</a></td>
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<tr>
<td>Capoeira</td>
<td>Christopher Fecca</td>
<td><a href="mailto:cfecca@tulane.edu">cfecca@tulane.edu</a></td>
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<tr>
<td>Climbing</td>
<td>Lucille Weiskopf</td>
<td><a href="mailto:lweiskopf@tulane.edu">lweiskopf@tulane.edu</a></td>
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<tr>
<td>Cycling</td>
<td>Kaitlyn Miller</td>
<td><a href="mailto:kmiller11@tulane.edu">kmiller11@tulane.edu</a></td>
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<tr>
<td>Equestrian</td>
<td>Alex McNally</td>
<td><a href="mailto:amcnally@tulane.edu">amcnally@tulane.edu</a></td>
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<tr>
<td>Fencing</td>
<td>Garrett Van Beek</td>
<td><a href="mailto:gvanbeek@tulane.edu">gvanbeek@tulane.edu</a></td>
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<tr>
<td>Gymnastics</td>
<td>Shane Westerfer</td>
<td><a href="mailto:swesterfer@tulane.edu">swesterfer@tulane.edu</a></td>
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<tr>
<td>Karate</td>
<td>Alex Fisher</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>
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<tr>
<td>Lacrosse, Women’s</td>
<td>Delaney Turton</td>
<td><a href="mailto:dturton@tulane.edu">dturton@tulane.edu</a></td>
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<tr>
<td>Martial Arts</td>
<td>Trey Jordan</td>
<td><a href="mailto:rjordan4@tulane.edu">rjordan4@tulane.edu</a></td>
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<tr>
<td>Mixed Martial Arts</td>
<td>Kyra Rubinstein</td>
<td><a href="mailto:krubinstein@tulane.edu">krubinstein@tulane.edu</a></td>
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<tr>
<td>Powerlifting</td>
<td>Alexander Davis</td>
<td><a href="mailto:Adavis42@tulane.edu">Adavis42@tulane.edu</a></td>
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<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>Anton Kral</td>
<td><a href="mailto:akral1@tulane.edu">akral1@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>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>
Outdoor Adventures

Explore your adventurous side.

Join TU Rec as we explore the Gulf South region and discover new skills. Outdoor Adventures offers an array of trips to interest any student. Space is limited; sign up online today.

For more information, contact:
Josh Fulmer
Assistant Director of Outdoor Adventures
outdoorrec@tulane.edu | (504) 314-2861
## Spring 2020 Trip Schedule

<table>
<thead>
<tr>
<th>TRIP</th>
<th>DATE &amp; TIME</th>
<th>COST</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro to Camping</td>
<td>Leave: Sat., Jan. 18</td>
<td>5 p.m.</td>
<td>$75</td>
</tr>
<tr>
<td></td>
<td>Return: Sun., Jan. 19</td>
<td>5 p.m.</td>
<td>Learn the basics of camping as we hike, sleep under the stars, cook delicious food, and enjoy all that the beautiful forests of Louisiana have to offer. If you want to get more involved in outdoor activities or just want to get away, this is the trip for you.</td>
</tr>
<tr>
<td>Tunica Falls Hike</td>
<td>Sun., Jan. 19</td>
<td>9 a.m.–5 p.m.</td>
<td>$30</td>
</tr>
<tr>
<td></td>
<td>Start the semester off with a hike through the hilly terrain of Tunica Falls. This 2,000-acre area features more than 40 pristine waterfalls ranging in height from 10–25 feet.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UpTown Climbing</td>
<td>Sat., Jan. 25</td>
<td>9 a.m.–5 p.m.</td>
<td>$35</td>
</tr>
<tr>
<td></td>
<td>Spend a day at UpTown indoor rock climbing gym in Baton Rouge, Louisiana! UpTown offers a 90-foot long bouldering wall, over 60 rope stations, 6 auto-belay stations, and a dedicated sport climbing wall. Whether you’re a seasoned climber or new to the sport, the perfect route awaits.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watercolors on the Bayou</td>
<td>Sun., Jan. 26</td>
<td>9 a.m.–3 p.m.</td>
<td>$30</td>
</tr>
<tr>
<td></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!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bayou St John Paddling</td>
<td>Sat., Feb. 1</td>
<td>9 a.m.–1 p.m.</td>
<td>$35</td>
</tr>
<tr>
<td></td>
<td>Once the only form of transportation through Louisiana swampland, canoeing is now a popular form of outdoor recreation. We’ll paddle the now-urban waters of Bayou St. John. Come prepared to get a little wet and have a lot of fun!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Late Night Climbing</td>
<td>Fri., Feb. 7</td>
<td>9 p.m.–1 a.m.</td>
<td>FREE</td>
</tr>
<tr>
<td></td>
<td>Spend the night rock climbing at a local gym. Whether you’re a pro or have always wanted to try it out, we’ll have the perfect climb waiting for you. Transportation, climbing fees, and equipment are provided at no cost to you.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clear Springs Hike</td>
<td>Sun., Feb. 9</td>
<td>9 a.m.–5 p.m.</td>
<td>$30</td>
</tr>
<tr>
<td></td>
<td>Join us on a scenic hike through Homochitto National Forest. The area offers over 20 miles of trails with three distinct ecosystems, including pine and hardwood forests.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beach Camping</td>
<td>Leave: Fri., Feb. 28</td>
<td>5 p.m.</td>
<td>$100</td>
</tr>
<tr>
<td></td>
<td>Return: Sun., Mar. 1</td>
<td>5 p.m.</td>
<td>Join our popular beach camping adventure to Grand Isle. We’ll camp on the sand, hike the barrier island, play beach games, and try stand-up paddleboarding on the water.</td>
</tr>
<tr>
<td>Attakapas Island Paddle and Camp</td>
<td>Leave: Sat., Mar. 7</td>
<td>8 a.m.</td>
<td>$90</td>
</tr>
<tr>
<td></td>
<td>Return: Sun., Mar. 8</td>
<td>5 p.m.</td>
<td>Come explore the wetlands of the gulf south by canoe at Attakapas Island in Franklin, Louisiana. See all this flat swampland has to offer including cypress and tupelo trees, swamp plants, and more as we camp along the island on the Atchafalaya River.</td>
</tr>
<tr>
<td>Bayou St John Stand Up Paddleboard</td>
<td>Sun., Mar. 15</td>
<td>9 a.m.–1 p.m.</td>
<td>$35</td>
</tr>
<tr>
<td></td>
<td>Paddleboarding combines balance and strength to create a truly unique form of transportation and recreation. We’ll give it a whirl on the waters of historic Bayou St. John—great for both its natural beauty and iconic New Orleans views.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black Creek Canoe and Camp</td>
<td>Leave: Fri., Mar. 20</td>
<td>5 p.m.</td>
<td>$100</td>
</tr>
<tr>
<td></td>
<td>Return: Sun., Mar. 22</td>
<td>5 p.m.</td>
<td>Black Creek Paddle is an exploration of DeSoto National Forest by river. Participants will paddle 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 camp fire.</td>
</tr>
<tr>
<td>Bonnet Carre Hike</td>
<td>Sun., Mar. 22</td>
<td>9 a.m.–5 p.m.</td>
<td>$30</td>
</tr>
<tr>
<td></td>
<td>Join us for a day trip to the Bonnet Carre Spillway! We’ll explore this beautiful area along the Mississippi, point out interesting plants and animals, and learn about this man-made feature.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paddling the Blind River</td>
<td>Sat., Mar. 28</td>
<td>9 a.m.–5 p.m.</td>
<td>$35</td>
</tr>
<tr>
<td></td>
<td>We’ll 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>
<td></td>
<td></td>
</tr>
<tr>
<td>Spring Break Skyway Loop Backpacking</td>
<td>Leave: Sun., Apr. 5</td>
<td>8 a.m.</td>
<td>$150</td>
</tr>
<tr>
<td></td>
<td>Return: Fri., Apr. 10</td>
<td>5 p.m.</td>
<td>Talladega National Forest in Alabama offers scenic trails and the topography you’ve been missing! On this 17.7-mile backpacking expedition, you’ll learn how to pack and camp effectively and how to apply Leave No Trace principles.</td>
</tr>
<tr>
<td>Spring Break Climbing</td>
<td>Leave: Sun., Apr. 5</td>
<td>8 a.m.</td>
<td>$175</td>
</tr>
<tr>
<td></td>
<td>Return: Fri., Apr. 10</td>
<td>5 p.m.</td>
<td>Join us for an exciting Spring Break on the rocks! You should expect tent camping, outdoor cooking, and some incredible climbing. Climbers of all skill levels are welcome, especially beginners.</td>
</tr>
<tr>
<td>Paddling Manchac Swamp</td>
<td>Sat., Apr. 25</td>
<td>9 a.m.–5 p.m.</td>
<td>$35</td>
</tr>
<tr>
<td></td>
<td>Canoe the bayou with TU Outdoor Adventures! Come prepared for a paddle through an iconic Louisiana swamp scene: cypress knees, Spanish moss, and perhaps even a gator.</td>
<td></td>
<td></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 is available at a discounted rate.*
# Adventure Sessions

<table>
<thead>
<tr>
<th>CLASSES &amp; CLINICS</th>
<th>DATE</th>
<th>TIME</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>S’mores with Outdoors</td>
<td>Thurs., Jan. 16</td>
<td>8–11 p.m.</td>
<td>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.</td>
</tr>
<tr>
<td>Getting Outdoors in NOLA</td>
<td>Wed., Jan. 22</td>
<td>6–8 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>Knot Tying</td>
<td>Wed., Feb. 5</td>
<td>6–8 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>Intro to Paddling</td>
<td>Wed., Mar. 4</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>Backcountry Cooking</td>
<td>Wed., Apr. 1</td>
<td>6–8 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>
<tr>
<td>S’mores with Outdoors</td>
<td>Thurs., Apr. 30</td>
<td>8–11 p.m.</td>
<td>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.</td>
</tr>
</tbody>
</table>
TU Outdoor Adventures offers a full selection of rental equipment for those looking to plan their own trip. Quantity is limited. Please reserve your equipment by stopping into the Outdoor Adventures office or emailing outdoorrec@tulane.edu.

**Spring 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.*
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

Registration Deadline: January 30, 2020

<table>
<thead>
<tr>
<th>LEAGUE OPTIONS</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>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9x9 Kickball</strong></td>
<td>✔</td>
<td></td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td><strong>8x8 Outdoor Soccer</strong></td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td><strong>5x5 Basketball</strong></td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td><strong>4x4 Sand Volleyball</strong></td>
<td>✔</td>
<td>✔</td>
<td></td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td><strong>6x6 Dodgeball</strong></td>
<td>✔</td>
<td>✔</td>
<td></td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td><strong>6x6 Indoor Volleyball</strong></td>
<td>✔</td>
<td>✔</td>
<td></td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td><strong>10x10 Softball</strong></td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
</tbody>
</table>

Tournaments

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

- Spikeball
- Big Pink Volleyball
- Mario Kart @ the LBC
- Cage Match Dodgeball
- 4v4 Flag Football
- Innertube Water Polo
- Battleship

More activities, as well as schedule and registration information can be found at www.imleagues.com/tulane.
Team up and play your favorite sport.

Intramural Sports

No experience is necessary and paid training is provided. Learn more about IM Sports employment opportunities by visiting our information table on January 13–17 or January 21–24, 10 a.m.–2 p.m., on the Berger Family Lawn, or attend one of our Info Sessions on January 15 or 21 at 8 p.m. in the Lagniappe Training Room at the Reily Student Recreation Center. Submit your application before January 24 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, Softball, Kickball, Basketball, Volleyball, Dodgeball
TRUE 2 YOU is designed to support students in learning ways to maintain health and wellness while acclimating to life in college. This informative and high-energy workshop is a partnership with CAPS for Counseling Services and Campus Recreation. Each week students will be introduced to a new topic that pairs with a relevant activity. Once finished, students will have the skills and knowledge to practice holistic wellness techniques throughout their college experience.

**February 28–March 27**  
**Fridays | 3:30–5 p.m.**  
**Reily Center Lakeside Studio**

*For more info, visit https://campushealth.tulane.edu/caps/workshops*

- Students who pre-register and complete all five sessions will be eligible for special incentives.  
- Pre-register at https://tinyurl.com/TUTrue2You or scan the QR Code.

<table>
<thead>
<tr>
<th>FRIDAYS</th>
<th>TOPIC &amp; ACTIVITY</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 28</td>
<td>Stress Less, Thrive More w/ Kickboxing</td>
<td>College can be exciting and demanding at the same time. Join us as we discuss strategies to manage stress and kickbox your way into stressing less and thriving more.</td>
</tr>
<tr>
<td>March 6</td>
<td>Mind Full or Mindful w/ 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>March 13</td>
<td>Eat Healthy, Live Healthy w/ 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>March 20</td>
<td>Alcohol, Substances, and Healthy Choices w/ Cycling</td>
<td>This session will explore the role of alcohol and substance usage within the college experience. Discussing myths vs. facts, social implications, and making individualized healthy choices as students. Let’s make cycling the only spinning you experience.</td>
</tr>
<tr>
<td>March 27</td>
<td>Just Keep Swimming w/ Canoe Trip</td>
<td>Join us to explore revitalizing ways to care for one's self and re-energize. The session will wrap-up with a unique self-care opportunity to canoe up and down Bayou St. John.</td>
</tr>
</tbody>
</table>
FIND YOUR FIT
Tulane Campus Rec is HIRING!

Apply online at https://recreation.tulane.edu and find your perfect fit.

Now accepting applications for:

Club Sports Supervisor | Fitness & Wellness Instructor | Marketing Attendant
Informal Recreation Attendant | Intramural Sports Official | Lifeguard
Photographer/Videographer | Member Services Attendant | Swim Instructor
Outdoor Trip Leader | Outdoor Adventures Rental Attendant | Personal Trainer
Don’t worry. There’s an **APP** for that.

**The NEW**
**Tulane Campus Rec Mobile App**

**Live Schedules**
Access the current Group Exercise schedule, save a class to your calendar, and set a reminder for yourself so you’ll never get out of your exercise routine.

**Push Notifications for Hour Changes & Class Cancelations**
Find out about closures and class cancelations in real time. Turn on push notifications in the settings menu and get facility closures and class cancelations straight to your home screen.

**Direct Access to Tulane Campus Rec Info**
- Program Information
- Membership Information
- Hours of Operation & more


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**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