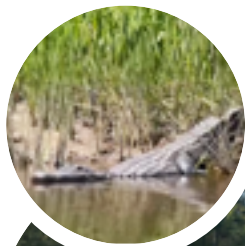
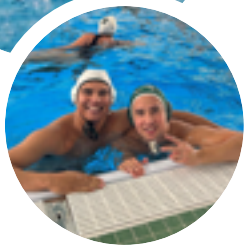




TULANE
CAMPUS
RECREATION



PROGRAM GUIDE

2025 - 2026

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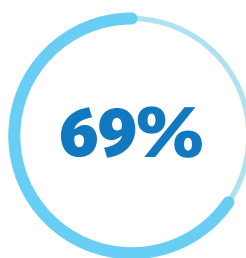
REC BY THE NUMBERS

IN THE 2024-2025 ACADEMIC YEAR:

487,201
TOTAL VISITS TO OUR FACILITIES



TULANIANS PLAYED
AT LEAST ONE
INTRAMURAL SPORT



OF ALL TULANE STUDENTS
VISITED OUR FACILITIES



CLUB SPORT PARTICIPANTS



OUTDOOR ADVENTURE
PARTICIPANTS



OUTDOOR ADVENTURES
GEAR RENTALS



MONDAY IS THE MOST
POPULAR DAY OF THE WEEK



GROUP EXERCISE PARTICIPANTS
PER WEEK WITH **50+**
WEEKLY CLASSES



TULANE UNIVERSITY
Campus Recreation



REILLY



TU
FIT

OUR FACILITIES

Tulane Campus Recreation operates two facilities. The Reilly Student Recreation Center is located on the university's Uptown campus, and the TU Fitness Center is located downtown in the redeveloped Bertie M. and John W. Deming Pavilion.

Hours of operation may fluctuate with university holidays, home football games, maintenance projects, and more.

We also periodically host tournaments and special events that impact availability of certain spaces in our facilities.

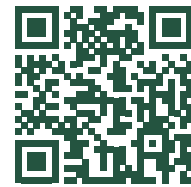
The Reilly Student Recreation Center is 156,000 square feet of recreation space that includes a functional fitness training room, weight room, cardio equipment, fitness studios, multi-purpose wood floor gymnasiums, indoor track, natatorium, sun deck, turf field, and outdoor tennis courts.

The Tulane Fitness Center (TU Fit) is 12,000 square feet with a functional training area that includes turf and functional bridge, free weights, cardio machines, and selectorized strength equipment.

NOTE: *TU Fit membership is limited to currently enrolled students and employed faculty & staff of Tulane University.*

SCAN FOR MORE INFO:

Visit our website to view our full list of adjusted hours and to sign up for email alerts on facility updates.



FALL/SPRING REILLY HOURS:

DAY	HOURS
MONDAY-THURSDAY	6 a.m. - 11 p.m.
FRIDAY	6 a.m. - 9 p.m.
SATURDAY	8 a.m. - 9 p.m.
SUNDAY	8 a.m. - 11 p.m.

FALL/SPRING TU FIT HOURS:

DAY	HOURS
MONDAY - FRIDAY	6 a.m. - 9 p.m.
SATURDAY - SUNDAY	8 a.m. - 7 p.m.

MEMBER SERVICES

Campus Recreation offers an assortment of complimentary services for members along with access to our facilities.

MEMBERSHIPS & FEES (as of July 1, 2025)

TULANE STUDENTS	SEMESTER	SUMMER	HALF-SUMMER
Primary Membership	\$247	\$130	\$65
Additional Member(s)	\$170	\$94	\$60

TULANE FACULTY & STAFF	MONTHLY
Primary Membership	\$45
Additional Member(s)	\$30

TULANE ALUMNI	MONTHLY
Primary Membership	\$85
Additional Member(s)	\$40

EMERITUS	MONTHLY
Primary Membership	\$25
Additional Member(s)	\$20

COMMUNITY	MONTHLY
Primary Membership	\$100
Additional Member(s)	\$50

SERVICES	MONTHLY
Locker & Towel Service	\$20



FREE-OF-CHARGE PERKS

- Daily-use lockers
- Equipment check-out
- Court reservation
- Drop-in group exercise classes

STUDENTS

Full-time Tulane students assessed the Recreation Fee on their tuition bill are allowed into our facility at no additional cost.

Students not assessed the fee can purchase membership through our website.

FACULTY & STAFF

Current employees of Tulane University who have an active Tulane Splash card can purchase a membership.

ALUMNI

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

EMERITUS

Faculty members with Emeritus status conferred by the university, or former Tulane staff members with 25+ years of service.

COMMUNITY

Non-Tulane-affiliate individuals in the local New Orleans area who pay the monthly Community membership fee.

MEMBERSHIP BENEFITS:

- Access to the entire facility.
- Qualify for member rates on various programs.
- Can purchase long-term locker and towel service.
- Can sponsor up to two guests per day, \$10 per guest.

For more information on membership, contact our Membership Coordinator at (504) 865-5375 or by email at reilyctr@tulane.edu.

SPECIAL EVENTS



PUPPIES AND PILATES



MINDFUL SAMBA

Tulane Campus Recreation proudly hosts some of the most popular and widely attended programs on campus! All special events are free with a valid Splash Card.



1-DAY TOURNAMENTS

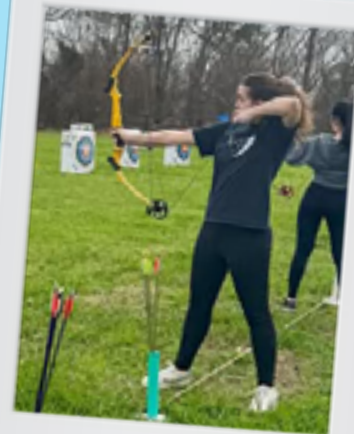
SOMETHING NEW
I WANT TO TRY IS...



INTRO TO CAMPING



INTRO TO SAILING



INTRO TO ARCHERY

ADDITIONAL DEPARTMENTAL EVENTS

In addition to our free events, we also offer trips and programs that students can participate in for a fee.

Depending on the event, fees cover participation, transportation, equipment, and meals.



**FONTAINEBLEAU
GLAMPING**



**WATERCOLORS
ON THE BAYOU**



**SMOKY MOUNTAINS
BACKPACKING ROAD TRIP**



Visit our Events calendar for the latest departmental events throughout the year!



CLUB SPORTS

Tulane Campus Recreation's club sport teams are recognized student organizations that are formed, developed, and governed by students. Teams are gender-inclusive, meet regularly for practice, and compete regionally, as well as nationally.

"I've gained lifelong friends, the opportunity to travel for games and tournaments, and leadership experience, all thanks to my participation in Club Soccer." -Lauren S. (Women's Soccer Club)

"Joining a club sport has provided an invaluable outlet for stress relief and personal growth, allowing me to escape the pressures of academic life and find balance." -Arianna C. (Rowing Club)



BECOME A CLUB SPORTS ATTENDANT

Club Sports Attendants (CSAs) assist in the overall organization, administration, and day-to-day operations of the club sports program.

Read more about Student Employment on page 18.

"Being a Club Sports Attendant is a great on-campus job. It has easy hours, great coworkers, and simple procedures. I enjoy overseeing club practices while getting paid!" -Grayson B. (CSA)



Visit the Club Sports page on our website for more information about:

- Active clubs, practice schedules, and contact information.
- How to start a new club sport!

Contact the Club Sports team at (504) 314-2862 or email clubsports@tulane.edu.

CLUB SPORTS ORGANIZATIONS

Clubs are open to all Tulane students! All clubs are co-ed unless otherwise specified.

AIKIDO / JUDO
BADMINTON
BALLROOM DANCING
BASEBALL (M)
BASKETBALL (M)
BASKETBALL (W)
CAPOEIRA REGIONAL
CYCLING & TRIATHLON
EQUESTRIAN

FENCING
GYMNASTICS
ICE HOCKEY
KARATE
LACROSSE (M)
LACROSSE (W)
MMA
PICKLEBALL
POWERLIFTING

ROCK CLIMBING
ROWING
RUGBY (M)
RUGBY (W)
SOCCER (M)
SOCCER (W)
SQUASH
SWIM
TABLE TENNIS

TENNIS
ULTIMATE (M)
ULTIMATE (W)
VOLLEYBALL
WATER POLO
WRESTLING



AIKIDO/JUDO hosted their first seminar, with practitioners from around the country learning from a 7th degree black belt.



MEN'S LACROSSE had their highest ever rank at 14th in the nation and finished the season ranked 16th in the nation.



WOMEN'S ROWING won silver at SIRA for both Varsity 4 and Novice 8. Women's Novice 8 also won silver at ACRA National Championship.



MEN'S ROWING had grand finals places at SIRA for both Varsity 4 and Varsity 2.



WOMEN'S SOCCER qualified for and competed in their first regional tournament since 2019.



SWIM had 8 swimmers qualify for nationals in Arizona and hosted their 2nd annual Mardi Gras Meet with approximately 80 participants from 6 schools.



TENNIS hosted their 2nd annual tournament at City Park with 7 teams in attendance; their A-team finished 2nd overall.



MEN'S ULTIMATE finished ranked in top 40 and went 5-0 in Sectionals for the first time since 2021. They also qualified for Regionals for the 2nd year in a row.



FITNESS AND WELLNESS

Tulane Campus Recreation's fitness offerings can help you improve your health and wellness through flexibility, stress relief, strength, and cardio training. Classes and packages are available for all qualifying members.

GROUP FITNESS PROGRAMS

With 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.

GROUP EXERCISE CLASSES

- 50+ free weekly classes of all styles, perfect for any fitness level.
- Group Exercise schedule begins on the first day of academic classes.

CUSTOM FITNESS CLASSES

- Perfect for friends, clubs, or student organizations to get fit and have fun together! Choose from a variety of fitness class styles.
- Fitness instructors can teach custom classes either at the Reily Center or at an approved location upon request.

FITNESS WORKSHOPS

- Learn and practice new workout skills; add to your exercise knowledge.
- Led by certified trainers and instructors.



Visit the Fitness and Wellness page on our website for more information about:

- Group Exercise schedules and class styles.
- Personal Fitness package prices.
- How to book a Custom Fitness Class.
- Our Personal Trainers and their specialties.

Contact the Fitness team at
(504) 314-2861 or email
fitness@tulane.edu.

SMALL GROUP TRAINING

- A series of workout sessions (≤ 1 hour each session) for a limited number of participants.
- A great way to try a new workout routine or class before committing to it long-term.
- Available throughout the year as packages for members to purchase.

EMPLOYEE HEALTH IMPROVEMENT PROGRAM (EHIP)

- An 8-week training and health improvement program exclusively for Tulane University employees, in partnership with TU Wellness and the Tulane Living Well Clinic.
- EHIP and participants' gym memberships are offered at no cost.



PERSONAL FITNESS

Our dedicated team of personal trainers is ready to help you improve your health and well-being. Members can purchase the following personal fitness packages:



PERSONAL TRAINING SESSIONS

Train with a personal trainer [one-on-one or in a partner setting](#), with an exercise plan that fits your needs/goals. A fitness assessment is included with purchase of a package.



FITNESS SCREENINGS AND CHALLENGES

Fitness assessments include a body composition analysis, as well as flexibility, strength, and heart-rate evaluation. We also host [monthly fitness events](#) where we offer body composition analysis [at no charge](#) for members.



MONTHLY PROGRAM DESIGN

A program design provides a written [4-week workout plan \(12 workouts\)](#) that you can follow independently, plus one personal training session and fitness consultation.

BECOME A CERTIFIED INSTRUCTOR OR TRAINER

We offer partial scholarships for students looking to become certified and who commit to teaching or training with us for at least two semesters. Individuals with fitness certifications are encouraged to apply to work for our Fitness team! [Read more about Student Employment on page 18.](#)

"I've learned new ways to stay active and a variety of exercises I would not have done on my own but can now use outside of working with a PT, and my PT is genuinely invested in my health and well-being."

-Catherine T. (Personal Training Client)

"With the accountability and social aspect [of small group training], I always feel recharged going back to work in the afternoon."

-Loren B. (Tulane Staff Member)

"I am a lot healthier than when I started, and my stamina has doubled."

-Sebastian R. (Community Member)

"Kam and Etienne made our 6 a.m. [EHIP] classes fun and engaging. They're awesome coaches, and I'm glad I got to work with them."

-Amanda P. (Tulane Staff Member)



INTRAMURAL SPORTS

Tulane Campus Recreation's intramural (IM) offerings provide exercise and fun in a relaxed yet structured environment. Form a team with friends, classmates, or sign up as a free agent. **Tulane faculty, staff and alumni who have a valid membership are also welcome to participate in intramurals.**

"I like the camaraderie and getting to get to know people in a more competitive sporty setting than the classroom."

-Participant Survey Response

"I appreciate being able to keep up with the things I did in high school without having to worry about too much time commitment."

-Participant Survey Response



BECOME AN INTRAMURAL OFFICIAL

Get paid to officiate the sport that you love! No officiating experience is necessary. Paid training is provided. **Read more about Student Employment on page 18.**

"I enjoy the relationships I've built with my co-workers and getting to officiate the sports I love."

-Intramural Official Survey Response



SCAN FOR MORE INFO:
Apply to be an Intramural Official.

Contact the IM Sports team at
(504) 314-2079 or email
dbugyei@tulane.edu.

IM TEAM LEAGUE SPORTS

Campus Recreation offers both recreational and competitive leagues, so you can play your way. Leagues are available for **open**, **mixed-rec**, and **women's teams**. Visit our [IMLeagues Portal](#) to learn more and register.



BASKETBALL



8V8 OUTDOOR
SOCCER



6V6 INDOOR
VOLLEYBALL



FLAG FOOTBALL



6V6 DODGEBALL



PICKLEBALL
(DOUBLES)



TENNIS (DOUBLES)



= **OPEN**

Team registration is open to all players.



= **MIXED-REC**

Teams must consist of a certain gender ratio.



= **WOMEN'S**

Teams must consist of female players only.

1-DAY TOURNAMENTS

Intramural Sports also offers a series of one-day and weekend tournaments throughout the year for sports including **soccer**, **spelling bee**, **basketball**, and **kickball**.



Visit the **Intramural Sports** page on our website for more information about:

- Intramural offerings and schedule.
- Registration deadlines.
- Rules and policies.



SCAN TO VIEW
our IMLeagues Portal:





OUTDOOR ADVENTURES

Tulane Campus Recreation's outdoor adventure offerings are your opportunity to explore the region and discover new skills on the water or on the trail. Beyond our trip schedule, the Outdoor Adventures (OA) team can provide you with rental gear and advice to assist you in your own excursion.

"The best part about this trip was being able to hang out and meet other people who love activities like this!!"

-Late Night Climbing Participant

"The trip leaders were all so enthusiastic and made me less nervous to try camping for the first time."

-Surf & Camp Trip Participant



BECOME A TRIP LEADER

Trip Leaders are responsible for planning and leading day and overnight trips, sharing their passion for the outdoors with their trip participants. Paid training is provided. [Read more about Student Employment on page 18.](#)

"It's a rewarding job that challenges me to grow as a leader, connect with others, and enjoy the wonderful world around us."

-Caro Lavie, Incoming Manager and Trip Leader



Visit the **Outdoor Adventures** page on our website for more information about:

- Trip schedule and registration deadlines.
- Trip consultations and DIY information.
- Gear Rental Center hours and policies.

Contact the OA team at (504) 314-2079 or email outdoorrec@tulane.edu.

OUTDOOR GEAR RENTALS

Outdoor Adventures offers a full selection of gear rentals for anyone planning their own adventure. Quantities are limited, so please reserve your equipment by visiting the Outdoor Adventures office or contacting the office via email. Rentals are available for **daily**, **weekend**, or **weekly** use.

GEAR ITEM	DAILY	WEEKEND	WEEKLY
2-Burner Stove*	\$6	\$11	\$28
Backpack (60L - 100L)	\$6	\$11	\$28
Backpacking Cookset (3 Nesting Posts w/ Lids)	\$3	\$5	\$11
Backpacking Stove*	\$4	\$7	\$17
Bike Helmet	\$2	\$3	\$6
Climbing Crash Pad	\$6	\$11	\$28
Climbing Shoes (Sizes 4 - 12.5)	\$3	\$5	\$11
Climbing Spotter's Pad	\$6	\$11	\$28
Canoe Package (Canoe, 2 Canoe Paddles, 2 PFDs, 4 Car Pads, 2 Straps, and Bow & Stern Tie Downs)	\$22	\$44	\$110
Hammock & Straps	\$4	\$7	\$17
Insulated Jacket	\$5	\$9	\$22

* Stove rentals do not include fuel.

** Trip and gear rental availability and pricing are subject to change.

GEAR ITEM	DAILY	WEEKEND	WEEKLY
Kayak Package (Kayak, 1 Kayak Paddle, 2 PFDs, 4 Car Pads, 2 Straps, and Bow & Stern Tie Downs)	\$22	\$44	\$110
Personal Flotation Device (PFD) - Type III (Life Jacket)	\$2	\$3	\$6
Rain Jacket	\$4	\$7	\$17
Sleeping Bag (20°, 45°, 50°)	\$5	\$9	\$22
Sleeping Pad (Foam)	\$3	\$5	\$11
Stand-Up Paddleboard Package (Inflatable Stand-Up Paddleboard, 1 Paddle, 1 PFD, Pump, and Bag)	\$22	\$44	\$110
Tent (2 Person, 3 Person, 4 Person)	\$7	\$13	\$33
Water Resistant Duffel	\$3	\$5	\$11

SIGNATURE TRIPS

Outdoor Adventures offers exciting trips throughout the academic year. Here are some of our favorites:



BACKPACKING EXPEDITIONS

No prior backpacking experience is required. Expeditions are offered around Fall and Spring Breaks as well as throughout the year.



BLACK CREEK CANOE & CAMP

See the local flora and fauna, eat lots of great food, and camp on sandbars at the water's edge. All paddling skill levels welcome.



BAYOU ST. JOHN OPEN PADDLE

Explore this iconic urban waterway at your own pace. This trip is free for Tulane affiliates and includes all equipment and instruction.



AQUATICS

Tulane Campus Recreation's aquatic facilities include an Olympic-sized indoor pool and a seasonal outdoor Social Pool and sun deck. Whether you want to relax on the sun deck or swim laps for exercise in the indoor pool, our natatorium offers the space and flexibility for various activities.

The natatorium will reopen for the 2025-2026 academic year.

"I've been a swimmer all my life, so just like many others at Tulane, I can't wait to dive back in!"-Branden H. (Tulane Alumni)

"The upgraded facility will provide an even better experience for our incoming guards and swimmers."-Noah B. (Operations Coordinator)

BECOME A SWIM INSTRUCTOR OR LIFEGUARD

Swim instructors provide high-quality swim lessons that actively improve swimming skills and abilities. Lifeguards ensure the safety of patrons by preventing and responding to emergencies. Applications for these positions will open with the reopening of our aquatic facilities. **Read more about Student Employment on page 18.**

"...I have met amazing people who I will remember and cherish. I hope to keep teaching and learning here, gaining more opportunities and meeting more wonderful people." -Jerneka B. (Lifeguard)



Visit the Aquatics page on our website for more information about:

- Upcoming aquatics programming.
- Natatorium maintenance updates.
- Year-round swimming opportunities.



Contact the Aquatics team at
(504) 314-2429 or email
aquatics@tulane.edu.

AQUATICS PROGRAMMING

Our aquatics programming will return with the reopening of our natatorium. Some program highlights include:

SWIM LESSONS

Swim lesson packages are dependent on instructor availability. Please allow up to three weeks for Private Swim Lessons and Partner Swim Lessons to be scheduled.

CHILDREN'S GROUP LESSONS

- Children must be age 3 or older.
- Participants should be registered at least 3 days or 72 hours before the first class.

PRIVATE SWIM LESSONS

- Available for swimmers of all ages and skill levels.
- Packages include four 30-minute sessions.

PARTNER SWIM LESSONS

- Available for up to three participants age 3 and older.
- Participants and their partners must be of similar age.
- Packages include four 30-minute sessions.



LIFEGUARD CERTIFICATION

Members can register to earn an American Red Cross certification in lifeguarding, first aid, and CPR/AED, which is valid for two years.

ADDITIONAL PROGRAMMING

Additional programming will return as it becomes available:

PADDLEBOARD YOGA



WATER AEROBICS



SCUBA LESSONS



DIVE-IN MOVIES





STUDENT EMPLOYMENT

Tulane Campus Recreation is one of the largest student employers on campus.

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 **350**.

All available student jobs are posted on **Handshake**, Tulane University's job board and career management system. There are many important roles to choose from:

SWIM INSTRUCTOR / LIFEGUARD

CLUB SPORTS ATTENDANT

PERSONAL TRAINER

GROUP EXERCISE INSTRUCTOR

FACILITY ATTENDANT

TECHNOLOGY ASSISTANT

INTRAMURAL SPORTS OFFICIAL

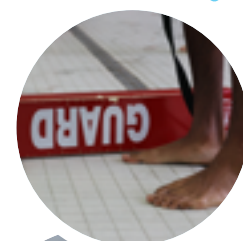
INTRAMURAL SPORTS SUPERVISOR

**MARKETING & SOCIAL MEDIA
ATTENDANT**

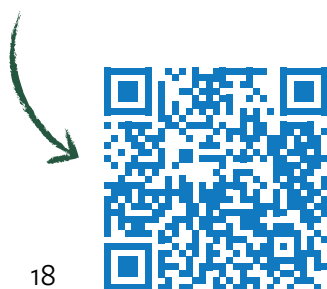
MEMBER SERVICES ATTENDANT

**OUTDOOR ADVENTURES
TRIP LEADER**

**OUTDOOR ADVENTURES
RENTAL ATTENDANT**



JOIN THE CAMPUS RECREATION TEAM



Visit our Student Employment page
to learn more about our employment
opportunities and current job openings.





Together with Campus Recreation's offerings, Tulane Campus Health's services provide a holistic approach to wellness.

Campus Health supports students' academic success by attending to students' physical and mental health needs through a wide variety of services and initiatives:

THE HEALTH CENTER FOR STUDENT CARE

UPTOWN: BLDG. 92, CORNER OF WILLOW ST. AND NEWCOMB PL., 2ND / 3RD FLOOR

DOWNTOWN: 127 ELKS PLACE, ROOM 261

MAIN PHONE: 504-865-5255

Appointments for comprehensive medical care, including primary care, preventive healthcare services, health insurance, nurse consultations, and community referrals.

COUNSELING AND PSYCHIATRIC SERVICES (CAPS)

UPTOWN: BLDG. 103, DIBOLL COMPLEX, 1ST FLOOR

DOWNTOWN: 127 ELKS PLACE, ROOM 261

MAIN PHONE: 504-314-2277

Appointments for counseling, support groups, psychiatric consultations, and community referrals. All services are confidential.

THE WELL FOR HEALTH PROMOTION

UPTOWN: BLDG. 92, CORNER OF WILLOW ST. AND NEWCOMB PL., 3RD FLOOR

MAIN PHONE: 504-865-5255

Health and wellness education, outreach, workshops, and online tools to help empower students to make healthy choices.

THE PHARMACY

UPTOWN: BLDG. 92, CORNER OF WILLOW ST. AND NEWCOMB PL., 1ST FLOOR

MAIN PHONE: 504-862-8658

Our full-service pharmacy offers prescription services, over-the-counter medicines and products, and medication counseling.



Visit campushealth.tulane.edu to learn more about Campus Health's additional services, emergency services, hours of operation, and student organizations.

TULANE RECOVERY COMMUNITY

UPTOWN: 2210 CALHOUN ST. (LUX RECOVERY HOUSE)

EMAIL: recovery@tulane.edu

Safe, non-judgmental, supportive community, helping students in recovery for substance use disorders achieve academic success, connection, and engagement.



Visit recovery.tulane.edu to learn more about the Recovery Community's weekly meetings, past events, and recovery resources.



RESPECT THE REC

Before you visit the Reily Center or TU Fit, remember to:



Bring and present your **Splash Card** or **Campus Rec key tag** to the front desk.



Secure any bags, jackets, and personal items in one of our **daily-use lockers**.



Do not drop weights.



Re-rack your weights after using them.



Do not remove equipment from the weight room or fitness studios (at Reily).



Limit use of machines to **30 minutes** during peak busy hours.



Wipe machines and equipment after using them.

DEPARTMENT OF CAMPUS RECREATION

Part of Tulane Campus Health & Wellness

REILY STUDENT RECREATION CENTER: 31 Janet Yulman Way, New Orleans, LA 70118

TULANE FITNESS CENTER (TU FIT): 1227 Tulane Ave., New Orleans, LA 70112

REILY FRONT DESK: (504) 865-5242 • **TU FIT FRONT DESK:** (504) 988-8652

TULANE UNIVERSITY • DIVISION OF STUDENT AFFAIRS



TULANE UNIVERSITY
Campus Recreation

campusrecreation.tulane.edu

@TulaneCampusRec    