

STUDENT RECREATION SERVICES

ThunderWolf Recreation Services & Facilities offer comprehensive and vibrant experiential opportunities that enhance students' fitness and wellness, knowledge, personal skills, and enjoyment by providing:

- Opportunities for a variety of activities that may contribute to individual physical fitness and wellness.
- Opportunities for organized, cooperative, and competitive activity.
- A medium through which students can learn and practice leadership, management, program planning, and interpersonal skills.
- Access to quality facilities, equipment, and programs.

The Student Recreation Center (SRC) is a student-funded facility designed to serve the recreational needs of students at CSU Pueblo. Built in August 2008, the building is approximately 43,000 square feet located adjacent and attached to the southern portion of the HPER Building.

The Student Recreation Center facilities:

- Cardiovascular, strength, and conditioning areas
- Group fitness and dance studio
- Multi-court gymnasium with an elevated 1/12th mile running track
- Four racquetball courts (one convertible squash court)
- Swimming pool
- Rock climbing wall
- Functional fitness room
- Locker rooms
- Lounge (Wi-Fi access) with indoor and outdoor seating area
- Health and wellness suite
- Outdoor athletic track and artificial turf field
- Outdoor challenge (ropes) course
- Outdoor Pursuits Program (equipment rental program and trips)

Sports & Competition

Club sports are a group of **student organizations** established to promote and develop the interests and skills of its members in sport-related activities. The club sports program is **student initiated**, and the emphasis is placed on student participation. Participation in club sports is completely voluntary. Membership is open to all current students regardless of skill level. Club Sport teams practice, travel, and compete on behalf of CSU Pueblo. Current offerings include: Bass Fishing, Baseball, Men's Basketball, Climbing, Men's Rugby, Rodeo, Men's Soccer, Women's Volleyball, Racquetball, and Squash.

Intramural Sports provide the opportunity to compete in various organized, safe, and friendly sporting activities during the academic year. Our goal is for every participant to have fun and enjoy the campus community emphasizing recreation, health, wellness, teamwork, leadership, sportsmanship, and social interaction. Some of the activities offered include: flag football, soccer, basketball, volleyball, softball, arena football, ultimate frisbee, indoor soccer, table tennis, and various video game tournaments.

Group Fitness

A variety of fitness classes are offered for participants wanting to get a great cardio workout, to burn some fat, and/or tone their bodies. Classes are open to participants of all fitness levels. Participants are encouraged to work at their own level. Classes are taught showing routine options to accommodate different audience skill levels (low, intermediate, and advanced). Walk-ins are always welcome!! You may join a class at any time and attend as often as you wish.

Classes are led by well-trained, friendly, and enthusiastic instructors who are either certified and/or have been through a rigorous training program focusing on proper technique, safety, and class format. Each instructor is allowed to teach with his/her own unique style, which enhances and adds variety to the program.

Equipment is provided for most classes, including steps and risers, Bosu balls, free weights, Body Bars, resistance bands and tubing, mats, yoga mats and blocks, jump ropes, and more!

Outdoor Pursuits

The Outdoor Pursuits Program offers a wide range of outdoor recreation and skill-building activities for students. Outdoor Pursuits core programs are:

Outdoor Trips

Professional and student staff members guide trips such as camping, hiking, skiing, snowboarding, rock climbing, kayaking, backcountry skiing/riding, snowshoeing, avalanche safety training, backpacking, peak climbing, and mountain biking.

Outdoor Pursuits can also provide maps, trip or route advice, reading material, and other resources to plan individual adventures.

Team Development Programs/Challenge Course

Programs are designed for a unique adventure based upon a group's objectives. Programs vary in degrees of difficulty, depending upon each group's specific needs and goals. Physical prowess is not necessary for participation; however, teamwork and cooperation are essential to help individuals discover the value of trust, shared responsibility, and mutual support. Trained facilitators provide positive support and encouragement as participants explore their individual and group abilities.

The Challenge Course consists of a series of obstacles known as elements suspended from utility poles constructed with steel cables, ropes, and wood. The course offers a challenging environment (emotionally, mentally, and physically) designed to promote teamwork, cooperation, and group problem-solving skills, as well as develops individual self-confidence.

The Climbing Wall at CSU Pueblo located in Massari Arena has six top rope climbing routes and three sport lead routes. Classes range from an introductory session for the first timer to advanced anchor and rescue workshops. The wall is open weekdays during the fall and spring semesters

Equipment Rental Shop

The Outdoor Pursuits Program provides CSU Pueblo students with the opportunity to rent equipment for their own personal trips. Available by reservation for a modest term user fee, outdoor equipment includes but is not limited to:

- Mountain bikes
- Skis, boots and backcountry gear
- Snowshoes and poles
- Tents
- Backpacks
- Camping equipment and cooking gear
- Maps and guidebooks
- Sleeping bags
- Rock climbing shoes