

Student Recreation Center sports numerous facilities

The center offers facilities for all types of exercise, from a weightlifting room to tennis courts and areas for meditation

By Jared Paben
News Reporter

Neil McCoy frequently takes advantage of the Student Recreation Center. As a student, his student fees give him free access to the massive building, which houses everything from a weight and cardiovascular room to a swimming pool, to multiple basketball courts.

But McCoy usually comes for the basketball, he said, because there are always pickup games he can join.

McCoy is not the only student taking advantage of the expansive facility, which was upgraded and expanded just two years ago. In fact, last school year more than 10,000 undergraduates — more than two-thirds of those enrolled at the University — used the facilities.

Assistant Director of Operations Molly Kennedy said students pour into the building to take part in a variety of activities, including racket sports like racquetball, squash, tennis and table tennis; team sports like basketball, football, volleyball, badminton, ultimate Frisbee, cricket, lacrosse and indoor soccer. Many use the cardiovascular and weight rooms to take advantage of the rows of machines and stacks of free weights.

The most popular areas are the basketball courts and the weight and cardio rooms, Kennedy said.

The recreation center boasts space for many kinds of activities. Multipurpose rooms are available for yoga, martial arts, table tennis and other activities, Kennedy said. There is also a six-lane swimming pool with two diving boards. A little-known but exceptional facility for tennis players sits on the south side of the building, adjacent to the artificial turf fields. Inside, there are six completely enclosed tennis courts, used by both the recreation center and the athletic department.

All currently enrolled University students get free access to the building and all of the facilities, except the rock wall.

The wall requires a separate membership, which is granted after students demonstrate the requisite climbing skills.

While the recreation center is popular for drop-in users, instructors also use the facilities to teach approximately 180 physical education classes each term, Kennedy said. Also, the recreation center registers and organizes schedules for 10 men's, women's and co-ed sports. For those who want to play on a team, or need extra players to make a team, a free-agent service is available. Sign-ups are in 102 Esslinger.

Those looking to use the facilities should keep in mind that classes and intramural teams take first priority for parts of the building during the school year, Kennedy said. The exception is the cardio room, however, which is open during all building hours. A list of open recreation times is available in the building lobby.

"They open up early in the morning and stay open pretty late at night, so it fits everyone's schedule."

Neil McCoy
University student

The building itself stays open until 11 p.m. every day. It opens at 6:30 a.m. on weekdays, 10 a.m. on Saturday and noon on Sunday.

Jason Richards, a student employee, said that the busiest time is between 4 p.m. and 8 p.m. during the school year; 6 p.m. is the peak time. At those times, some rooms may be filled to capacity, he said.

McCoy felt the center's hours were well-suited for a student's schedule.

"It's really convenient during the school year," he said. "They open up early in the morning and stay open pretty late at night, so it fits everyone's time schedule."

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