

2016

UNO Website Wellness Center Guidebook

UNO Wellness Center
University of Nebraska at Omaha

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Recommended Citation

Wellness Center, UNO, "UNO Website Wellness Center Guidebook" (2016). *Student Support*. Paper 68.
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The path to wellness
starts here.

WELLNESS CENTER GUIDEBOOK





THE WELLNESS CENTER

The Wellness Center encourages you to balance your life by making beneficial choices and becoming more aware of your overall wholeness, happiness, and health.



WHAT IS WELLNESS?

Wellness means overall well-being and combines the mental, emotional, physical, occupational, intellectual, and spiritual aspects of a person's life.



CAMPUS RECREATION

- > 402.554.2539
- > 102 HPER

COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

- > 402.554.2409
- > 102 HPER

HEALTH SERVICES

- > 402.554.2374
- > 102 HPER

INDOOR DOME

- > 402.554.3232
- > 6808 Spring St.

GUEST SERVICES

- > 402.554.2539
- > Atrium HPER

INTRAMURAL OFFICE

- > 402.554.3030
- > 104F HPER

CAMPUS RECREATION UPSTAIRS

- > 402.554.3329
- > 204 HPER

CLIMBING WALL

- > 402.554.3342
- > 124 HPER

POOL

- > 402.554.3233
- > 123 HPER




Make sure to follow us at
UNOCampusRec



DANCE LAB

- > 402.554.3230
- > 228 HPER

SPORT CLUB OFFICE

- > 402.554.3066
- > 104E HPER

HPER ACADEMIC OFFICES

- > 402.554.2670
- > 207 HPER

INJURY PREVENTION & CARE

- > 402.554.3170
- > 108 HPER

OUTDOOR VENTURE CENTER

- > 402.554.2258
- > 117 HPER

MASSAGE SERVICES

- > 402.554.3016
- > 229 HPER

MAV KIDS OFFICE

- > 402.554.3066
- > 104E HPER

NORTH CARDIO FITNESS AREA

- > 402.554.3327
- > 200 HPER

SOUTH CARDIO FITNESS AREA

- > 402.554.3361
- > 119 HPER



WELLNESS CENTER HOURS*

FALL SEMESTER HOURS

Monday through Thursday

6 A.M. – 11 P.M.

Friday

6 A.M. – 9 P.M.

Saturday

8 A.M. – 8 P.M.

Sunday

10 A.M. – 10 P.M.

HOLIDAY HOURS AND CLOSURES

September 5, 2016 | Labor Day

CLOSED

October 17 – 18, 2016 | Fall Break

6 A.M. – 9 P.M.

November 23, 2016 | Thanksgiving Break

6 A.M. – 9 P.M.

November 24, 2016 | Thanksgiving Day

CLOSED

November 25 – 26, 2016 | Thanksgiving Break

10 A.M. – 6 P.M.

December 17 – 18, 2016 | Winter Break

10 A.M. – 6 P.M.

December 19 – 23, 2016 | Winter Break

6 A.M. – 9 P.M.

December 24 – 25, 2016 | Holiday Break

CLOSED

December 26 – 30, 2016 | Winter Break

6 A.M. – 9 P.M.

December 31, 2016 | New Year's Eve

10 A.M. – 6 P.M.

January 1, 2017 | New Year's Day

CLOSED

**Activity spaces will begin closing 15 minutes prior closing time*

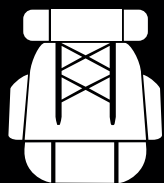


A FREE two-week trial is available to UNO faculty, staff, and alumni. Visit the Wellness Center and start your free trial today.



TAKING CLASSES ONLINE?

Students who are taking only online and/or off campus classes can purchase a pass for \$40/month or \$150/semester.



OUTDOOR ADVENTURE

The Outdoor Venture Center offers a variety of workshops, classes, and trips throughout the year.



\$7/day

UNO faculty or staff who do not want to purchase a membership can use the facility on a daily basis for \$7 per day.



CAMPUS RECREATION MEMBERSHIP OPTIONS

UNO STUDENTS

If you are enrolled in at least one credit hour on campus, a campus recreation membership is included as part of your University Program and Facilities Fees (UPF Fees). There is no need to purchase a membership separately while taking an on-campus class. A valid membership is determined each semester.

	SELF OR SPOUSE	+1	LIMITED**
FACULTY/STAFF*	\$40/month \$150/semester \$450/year	\$75/month \$275/semester \$800/year	\$32.50/month \$120/semester \$360/year
UNO ALUMNI	\$45/month \$235/6 months \$450/year	\$85/month \$505/6 months \$960/year	NA
UNMC FACULTY/STAFF/STUDENT	\$45/month \$175/semester \$525/year	\$85/month \$325/semester \$960/year	NA
GUESTS (SPONSORED BY MEMBER)	\$7/daily	Ages 17 and under have FREE access limited to Friday, Saturday, and Sunday ONLY.	NA

shopwellnessonline



Registration for Wellness Center programs and services are completely online **shopwellness.unomaha.edu**.

LOCKER RENTAL

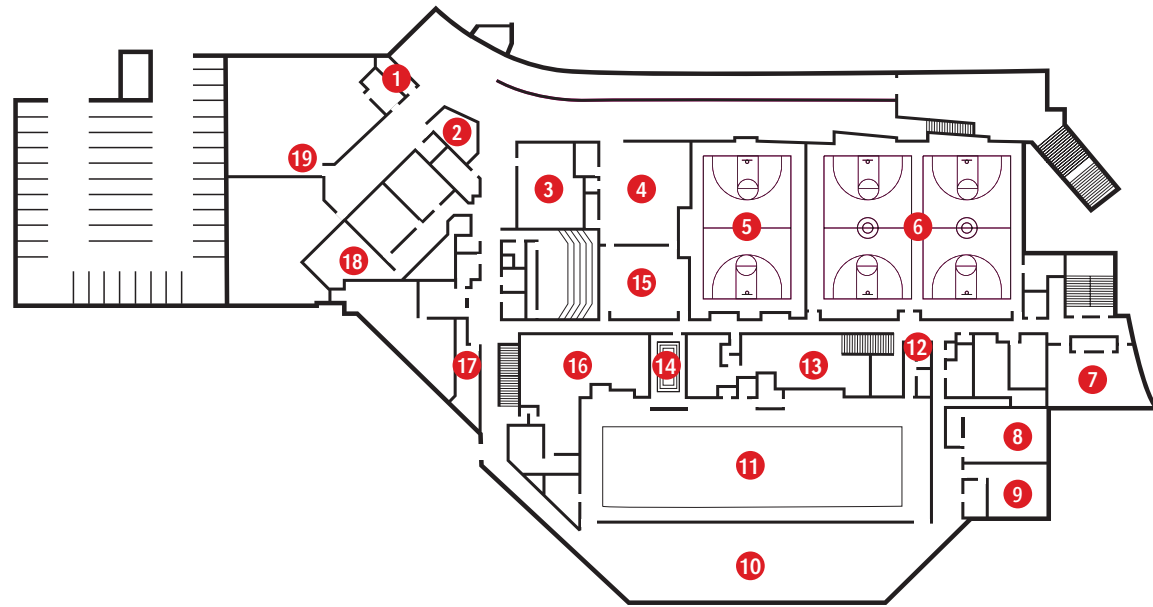
Men's and women's locker rooms feature showers, restrooms, rental lockers, sauna, and steam rooms. Lockers are available to students, faculty, staff, and campus rec members. Separate areas are designated for students, faculty, and staff. Everyone who rents a locker must pay a \$10 locker deposit that is refunded upon lock return.

INCLUSIVE LOCKER ROOM IS NOW OPEN

Anyone can use the Inclusive Locker Room regardless of gender identity or expression. For details and rental information visit the Guest Services desk located on the first floor of the HPER building.

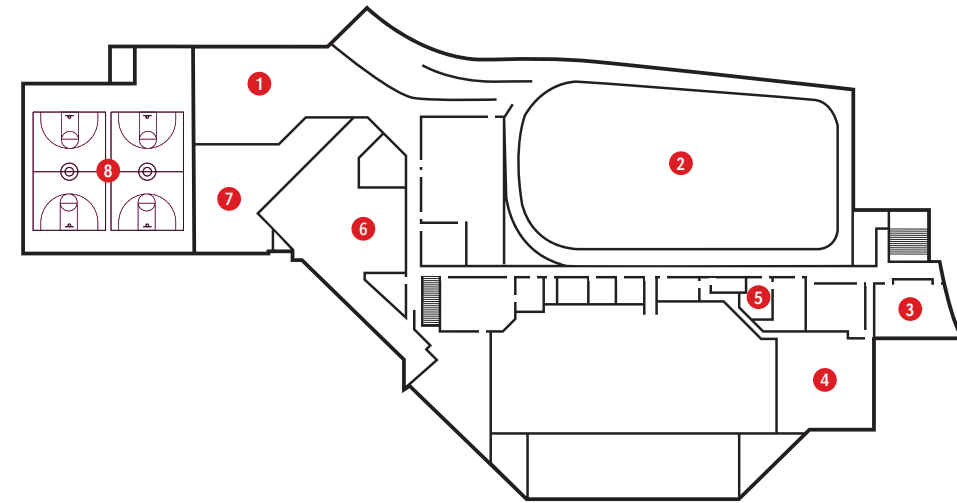
For more information, stop by Guest Services or call 402.554.2539.

	SEMESTER	FULL YEAR
STUDENT/MEMBER	\$15	\$40
NON-MEMBER	\$20	\$50



HPER FIRST FLOOR

- | | | |
|-----------------------------|-------------------------------|--|
| 1. MavRec Cafe | 9. 136 HPER | 16. Men's Locker Room |
| 2. Guest Services | 10. South Cardio Fitness Area | 17. Outdoor Venture Center/Rental Center |
| 3. Injury Prevention & Care | 11. Pool | 18. Campus Rec Offices |
| 4. Climbing Wall | 12. Inclusive Locker Room | 19. Health Services and Counseling and Psychological Services (CAPS) |
| 5. MAC Court | 13. Women's Locker Room | |
| 6. Lower Gymnasium | 14. Spa | |
| 7. 143 HPER | 15. 124 HPER | |
| 8. 135 HPER | | |

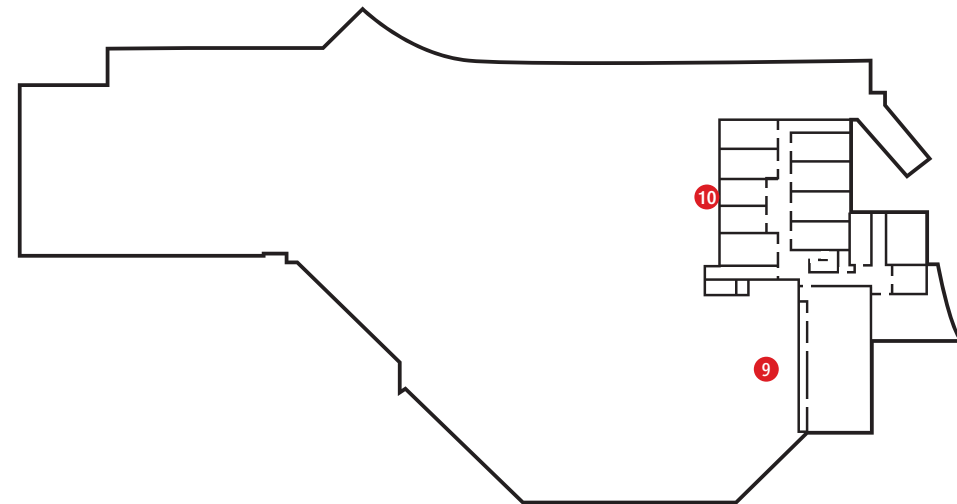


HPER SECOND FLOOR

1. North Cardio Fitness Area
2. Indoor Track (1/8 Mile)
3. 239 HPER
4. Dance Lab
5. Massage Therapy
6. HPER Academic Offices
7. Campus Rec Offices Upstairs
8. Upper Gymnasium

HPER LOWER LEVEL

9. Golf/Archery Lab
10. Racquetball/Squash Courts



INCLUSIVE LOCKER ROOMS

Anyone can use the Inclusive Locker Room regardless of gender identity or expression.

All gender restrooms are located in the Inclusive Locker Room and Lower Level. Look for a combination of the icons below.



REACH YOUR GOALS

Campus Recreation has a number of facilities, programs, and services to help you reach your fitness and strength goals in a way that works for you. Campus Recreation programs include weight rooms, personal training, gymnasiums, multiple activity courts, the pool, and group exercise classes.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 A.M. – 7:50 A.M.		YOGA with Andrea in 239 HPER	CYCLING with Jeff in 136 HPER	YOGA with Andrea in 239 HPER	
	YOGA with Cara in 239 HPER	YOGA with Lindsay in 239 HPER	YOGA with Regina in 239 HPER	YOGA with Angelica in 239 HPER	YOGA with Angelica in 239 HPER
12 P.M. – 12:50 P.M.	BOOTCAMP with Jenni R. in 135 HPER	MAV CARDIO with Kailey in 135 HPER	BOOTCAMP with Jenni in 135 HPER	CYCLE CIRCUIT with Emily in 135/136 HPER	HIIT TRAINING with Skyler in HPER 135
4 P.M. – 4:50 P.M.	CYCLING with Shannon in 136 HPER	MAV CARDIO with Kailey in 135 HPER		MAV STRENGTH with Candace in 135 HPER	
5:30 P.M. – 6:15 P.M.	BUTTS AND GUTS with Melissa in 135 HPER	MAV CONDITIONING with Kain in 135 HPER	BUTTS AND GUTS with Melissa in 135 HPER	MAV CONDITIONING with Kain in 135 HPER	
6:30 P.M. – 7:20 P.M.	CYCLE CIRCUIT with Candice in 135/136 HPER	ZUMBA with Stephanie in 143 HPER		ZUMBA with Stephanie in 143 HPER	

*Classes are subject to change, please visit campusrec.unomaha.edu for the most up-to-date schedule
 **August 22nd – August 26th is FREE yoga week

BOOT CAMP

This includes mid-to-high intensity body weight exercises with interval and strength training. It's a high calorie burning class and is designed to push you to the max.

BUTTS & GUTS

Geared toward any level of fitness, this class is designed to increase both muscle strength and tone focusing on your lower body.

CYCLING

A complete cardio workout including a five minute warm-up, 40 minutes of various intensities, and a five-minute cool down.

CYCLE CIRCUIT

A conditioning workout that is perfect for people who want a mixture of 30 minutes of cycling combined with toning exercises for a total body class.

HIIT TRAINING

High-Intensity Interval Training (HIIT), which is composed of alternating short periods of intense anaerobic exercise with less intense recovery periods.

MAV CARDIO

You will burn fat and build muscle through a combination of the best cardio and strength exercises. This is perfect for anyone looking to maximize their workout.

MAV CONDITIONING

This class combines basic striking techniques, mitt drills, combination work, circuit training, plyometrics, calisthenics, and strength work.

MAV STRENGTH

Build muscle and increase strength through a variety of resistance and weight exercises combined with cardio intervals.

YOGA

Enjoy flowing through various poses and incorporating breathing for a mind and body balance for everybody and every BODY.

ZUMBA

This combines moves from salsa, bachata, merengue, and chachacha. It's based on the principle that a workout should be fun and easy.

PERSONAL TRAINING

Personal Training is designed for members of the UNO community (students/faculty/staff/alumni) who are in search of someone to provide them with an individualized program, guidance, motivation, education, encouragement, supervision, and one-on-one attention.

Each of our personal trainers has an extensive background in fitness, exercise and wellness. All trainers are nationally-certified, hand picked by the School of HPER and Campus Recreation; the majority are studying an area in Exercise Science, Health Promotion, Athletic Training, or a related field.

A Fitness Assessment must be purchased before buying sessions. This assessment helps the trainer better understand how to work with you and helps them individualize the program. It also is the opportunity to measure your fitness and set fitness goals.

	30 MINUTES*		60 MINUTES		GROUP**	
	STUDENTS	MEMBER	STUDENTS	MEMBER	STUDENTS	MEMBER
SINGLE SESSION	\$22	\$30	\$30	\$40	\$25	\$34
FIVE SESSIONS	\$105	\$140	\$140	\$190	\$119	\$162
TEN SESSIONS	\$200	\$275	\$270	\$370	\$230	\$315

*Intended for those looking for shorter, more intense training.

**Invite friends to work together to achieve goals while saving money.



BENEFITS OF PERSONAL TRAINING

- Personalized exercise program
- Learn proper weight lifting technique
- Increase motivation and accountability
- Get more out of your workout time
- Learn new exercises
- Improve performances
- Overcome plateaus

SCHEDULING PROCESS

- Fill out the information and informed consent packet at Wellness Center.
- Decide which package of sessions you would like and purchase.
- A trainer will be matched with you based on availability, your needs, and trainer preference.
- Your trainer will contact you to set up your first appointment.



AQUATICS

POOL HOURS

Monday through Friday

6 A.M. — 9 A.M.

11 A.M. — 1 P.M.

4 P.M. — 8 P.M.

Saturday and Sunday

1 P.M. — 7 P.M.

EVERYTHING YOU NEED ON-CAMPUS

Enjoy aquatics activities in a safe environment with Red Cross certified lifeguards on duty. Aquatics offers a wide range of programs for those looking to improve their swimming abilities or just learn to become comfortable in the water. The goal is for participants to be confident in the water.

MAVERICK SWIMMERS

A free recreational swim league for students and Campus Rec members intended to challenge your endurance, try new stroke sets, and learn from other recreational swimmers. Set mileage goals and take part in the Swim Across Nebraska challenge. At least two lanes are reserved at all times for Maverick Swimmers and lifeguards are able to assist you with any questions.

OPEN SWIMMING

See Pool Hours for open swim times.

AMERICAN RED CROSS LIFEGUARD CLASS

You will be able to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over. Receive certifications for First Aid and CPR for the Professional Rescuer and AED. Must be at least 15 years of age to take class. \$150 for students and campus rec members.

LIFEGUARD REVIEW

You will be able to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over. This course is intended for current lifeguards who need to re-certify in First Aid or CPR for the Professional Rescuer and AED.

SWIM LESSONS

ADULT

MONDAY AND WEDNESDAY

Session I

October 3–12, 2016

6 P.M. to 7 P.M. for both sessions

Deadline for Session I

September 26, 2016

Session II

November 7–6, 2016

Deadline for Session II

October 31, 2016

SUNDAY

October 23, 30, 2016
November 6, 13, 2016

2 P.M. to 3 P.M.

Deadline

October 16, 2016

YOUTH

TUESDAY AND THURSDAY

Session I

September 6–29, 2016

Beginner

6:15 – 6:45 P.M.

Deadline for Session I

August 30, 2016

Session II

November 7–16, 2016

Levels 1–3

6:50–7:20 P.M.

Deadline for Session II

October 18, 2016

Levels 4–6

7:25–7:50 P.M.

SATURDAY

September 10 –
November 5, 2016
(no class on October
15, 2016)

Beginner

10–10:30 A.M.

Deadline

September 3, 2016

Levels 1–3

10:40–11:10 A.M.

Levels 4–6

11:20–11:50 A.M.



OPEN ICE AT BAXTER ARENA

The following activities are free to UNO students during valid times. Ice skates are available to rent at Baxter Arena for free or you can bring your own. A sponsored guest is allowed for a \$5 fee and they can rent skates for \$3, available starting August 30, 2016 through December 31, 2016. Dates and times are subject to change so check campusrec.unomaha.edu for the most up-to-date schedule.

GENERAL OPEN SKATE

Tuesdays	Thursdays	Saturdays
9 P.M. – 11 P.M.	8:30 P.M. – 10:30 P.M.	4 P.M. – 6 P.M.

DROP-IN STICK AND PUCK HOCKEY

Mondays	
9:30 P.M. – 11:30 P.M.	Hockey access will require your MavCARD and a printed copy of your Campus Recreation hockey pass. The semester hockey pass can be purchased at the Guest Services desk or shopwellness.unomaha.edu . No guests permitted.



HOCKEY RULES AND REGULATIONS

- > Must provide own equipment
- > Helmets required
- > No checking
- > Equipment storage not available
- > Gloves/shin pads suggested
- > No slapshots unless unabated to the goalie
- > Officiate yourselves
- > If you fight, you leave. NO EXCEPTIONS

HOCKEY PASS FEES

- Current UNO UPF fee paying students**
 - > Free
- Current UNO, non-UPF fee paying students**
 - > \$40
- UNO faculty/staff, Campus Rec members**
 - > \$20
- UNO faculty/staff, non-member**
 - > \$40

MARTIAL ARTS ACADEMY

EVERY TUESDAY & THURSDAY | 7 P.M. – 8:30 P.M. | 124 HPER COMBAT ROOM

CLASS FORMAT

- › **Technical (Floor Drills):** Focuses on perfecting kicking and blocking technique. About 3/4 of class time dedicated to floor drills.
- › **Paddle and Heavy Bag Drills:** Focus on roundhouse, side kick and crescent kick. Basic and advanced levels.
- › **Forms:** Done with upper ranks to get ready for testing.
- › **Sparring:** Portion of each workout dedicated to sparring. Work on leg exercises using all kicking techniques.

CLASS REQUIREMENTS

- › Each student must have uniform and basic sparring gear
- › Class is structured for adult participants
- › Pre-registration required at Guest Services

INSTRUCTORS

- › Kent Templien: 3rd Dan Hapkido, 2nd Dan Judo, Taekwondo, UNO HPER Adjunct Faculty
- › Neal Hakenson: 3rd Dan Taekwondo, Kukkiwon Certified, UNO HPER Adjunct Faculty

	STUDENT/ MEMBERS	NON-MEMBER
SINGLE SESSION	\$40	\$50



TAKE CARE & RELAX

Campus Recreation is more than working out. It's also a place on campus where you can come to unwind and relax. Hang out in the Atrium and the Canyon, or schedule a massage with a licensed massage therapist. The Maverick Café stocks healthy snacks, light meals, smoothies, coffee drinks, and a few comfort foods.



COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

MONDAY – FRIDAY | 8 A.M. – 5 P.M. | 102 HPER | 402.554.2409 | COUNSELINGCENTER.UNOMAHA.EDU

Our office is staffed by licensed mental health practitioners and a graduate assistant who are eager to create a vibrant and safe campus community. Each person is committed to providing you support and encouraging your personal success in identifying and reaching your goals.

SERVICES OFFERED

- › Short-Term Counseling (8-10 sessions)**
- › Consultation
- › Emergency Services
- › Group Counseling
- › Prevention Services
- › Outreach Education
- › Wellness Education
- › Substance Use Counseling
- › Court Involved Counseling*
- › Substance Use Evaluations*
- › Full-body massage/relaxation chairs

*Charges apply

**Counseling services are confidential and free

GATEKEEPER TRAINING

This interactive suicide education and prevention program is designed for use with a wide variety of campus personnel. The training session includes effective communication, relationship building skills, and how to look for warning signs.

BEYOND BLUE

Beyond Blue is a support group for those with anxiety and/or depression. Visit counselingcenter.unomaha.edu for current times and location. Contact CAPS for more information at 402.554.2409.

LEZ-BI-REAL-QUEER

Lez-Bi-Real-Queer is a social support group for LGBTQIA+ students. The group meets every Wednesday from 12 P.M. – 1 P.M. in the Milo Bail Student Center. Contact Jessi Hitchins at jhitchins@unomaha.edu or 402.554.2890.



HEALTH SERVICES

MONDAY – FRIDAY | 8 A.M. – 5 P.M. | 102 HPER | 402.554.2374 | HEALTHSERVICES.UNOMAHA.EDU

YOUR CAMPUS. YOUR HEALTHCARE.

All services are included in student fees with the exception of x-rays, outside laboratory tests, and prescription medications, which students will be billed for. Over the counter medications are available free of charge.

STUDENTBLUE HEALTH INSURANCE

An affordable health insurance plan is available to students. For more information on a student insurance policy through Blue Cross Blue Shield, visit healthservices.unomaha.edu.

SERVICES

- › **Nurse and Doctor Visits**
- › **Lab Work**
HIV testing, pregnancy testing, STD testing, cholesterol/lipid panel, TB Mantoux–skin testing, blood glucose, Rubeola Titer
- › **Immunizations**
Allergy shots, flu shots, measles, mumps, rubella, chicken pox, meningococcal, tetanus, hepatitis A and B

YOUR CAMPUS. YOUR HEALTHCARE.





RECOVERY COMMUNITY

402.554.4488 | [WELLNESS.UNOMAHA.EDU/RECOVERY](https://wellness.unomaha.edu/recovery) | UNORECOVERYCOMMUNITY@UNOMAHA.EDU

Our aim is to create a safe space that facilitates connections between students working on maintaining recovery while attending classes, achieving their academic goals, and engaging in the greater community of UNO and Omaha. We want to include and engage those seeking to earn a college degree by finding a supportive system in place in a potentially high-risk setting. A.A. meetings are open and occur regularly throughout the year, including summer months (holidays are subject to group conscience).

FIND AN A.A. MEETING ON CAMPUS

- › Monday, Wednesday, and Friday
12 P.M. – 1 P.M.
101 HPER
- › Thursdays
9:30 P.M.
6507 University Drive South
613 University Village, Building 6

STAFF ADVISOR

- › Mark Frillman
mfrillman@unomaha.edu
102 HPER
402.554.2409

MASSAGE SERVICES

Licensed Massage Therapists (LMT) offer a variety of techniques beneficial to specific areas of the body, most commonly used are Swedish and Athletic massages. The Massage Therapy Room is conveniently located on the second floor of the Wellness Center.

SOME BENEFITS OF MASSAGE INCLUDE:

- > Decreases stress
- > Enhances the quality of sleep
- > Improves concentration
- > Increases flexibility
- > Relieves muscle and joint pain

	45 MINUTES	60 MINUTES	90 MINUTES
STUDENTS	\$40	\$50	\$65
MEMBERS	\$45	\$55	\$70
NON-MEMBERS	\$65	\$70	\$90

INJURY PREVENTION AND CARE (IPC)

Injury Prevention, and Care (IPC) is staffed by certified athletic trainers and student employees who are certified in First Aid and CPR/AED for the Professional Rescuer by the American Red Cross.

APPOINTMENTS

Appointments are available for injury evaluations and rehabilitations Monday – Friday 8 A.M. – 5 P.M. Call 402.554.3170 to make an appointment.

SERVICES

The following services are offered FREE to UNO students and Campus Recreation members:

- > First aid and emergency care
- > Injury evaluations and treatments
- > Taping (free with your own tape)
- > Injury advice
- > Injury and rehabilitation education
- > Professional referrals

ATHLETIC SUPPLIES

- Pre-Wrap**
- > \$2
- 1 1/2" Athletic Tape**
- > \$3
- Key Chain Face Shield**
- > \$3
- Elastic Bandage**
- > \$3
- Exercise Bands**
- > \$4
- CPR Mask**
- > \$10.00
- Cramer Fanny Pack**
- > \$35
- Cramer Messenger Pack**
- > \$49

COME JOIN A TEAM

Competitive Sports houses Intramural Sports and Sport Clubs for team competition. Intramural Sports are for on-campus teams to compete against each other in a variety of leagues and tournaments throughout the year. Sport Clubs are student organizations dedicated to one sport and developing teams to compete regionally and nationally.





CHECK THE SCHEDULE ONLINE

All Intramural Sports use imleagues.com/UNOmaha.
Make sure you check it frequently for updated game times.



INTRAMURAL SPORTS

Intramural Sports provides exercise, recreation, competition, and fun to all participants in a relaxed, yet structured environment. However, keeping the thrill of competition within its limits and placing emphasis on having fun, good sportsmanship, and fair play are all values on UNO Intramural Sports.

WHO CAN PARTICIPATE?

To be eligible to participate in the Intramural Sports program, the student, undergraduate or graduate, must be enrolled at UNO for a minimum of one credit hour, while the part-time or full-time faculty/ staff member must purchase a current Campus Recreation membership. Spouses of students, faculty, and staff members may participate provided they purchase a Campus Recreation membership.

HOW DO I PAY MY TEAM FEE?

Your intramural team fee will be accepted at shopwellness.unomaha.edu or Guest Services. The captain's name, phone number, and address is required for all sign-ups to be accepted. Team fees must be paid in full via cash or credit card prior to the registration deadline.

ID POLICY

Before each game, players must present their MavCard so that they may be checked in on the score sheet. Any player arriving after the game has started must present their MavCARD to the game supervisor and have their name checked in on the score sheet before entering the game.

No ID, No Play, No Exceptions.



SPORT CLUBS

Sport clubs are versatile because they may be instructional, recreational, competitive, or any combination. Involvement in sport clubs enhances your college experience and compliments your overall education. Members can enjoy their leisure time with a recreational or instructional club, while others prefer to be competitive in a variety of team or individual sports.

Interested individuals should contact each club through the Sports Club Office at 402.554.3066. MavSYNC has the most up-to-date information for each club. All currently enrolled UNO students are eligible to join a Sport Club. If you don't see the club you're interested in joining, you can start your own club by contacting 402.554.3859.

- › Archery
- › Racquetball
- › Climbing
- › Soccer
- › Cricket
- › Trap and Skeet
- › Equestrian
- › Paintball
- › Bass Fishing
- › Hockey
- › Volleyball
- › Basketball
- › Dodgeball
- › Ultimate
- › Table Tennis
- › Martial Arts
- › Power Lifting
- › Fencing

WORK IN WELLNESS

Campus Recreation employs more than 150 students every year in the areas of customer service, intramural officiating, outdoor venture trip leadership, climbing wall, building supervision, lifeguards, swim lesson instruction, youth program counselors, marketing, and more.

Campus Recreation strives to provide valuable training and opportunities that benefit the UNO community. A Team Maverick recruiting session must be attended BEFORE applying for a student position. All applicants must apply for open positions through UNO Human Resources.

- › Lifeguard
- › Guest Services
- › Climbing Wall
- › Weight Room
- › Referee
- › Supervisor
- › Marketing
- › Group Exercise Instructor
- › Summer Camp Counselor
- › Photographer
- › OVC Rental Center
- › Personal Trainer

MAV KIDS HALLOWEEN PARTY & WELLNESS FAIR

- › Saturday October 29, 2016
- › 11 A.M. — 2 P.M.
- › SAPP Fieldhouse
- › Open to the public

MAV KIDS MEGA CRAFT DAY

- › Saturday December 3, 2016
- › 1 P.M. — 5 P.M.
- › HPER Building
- › Student/Member: \$30
- › Non-member: \$35



MAV KIDS YOUTH PROGRAMS

Mav Kids offers a variety of youth targeted programming open to children of UNO students, faculty and staff, alumni, and the general public. Mav Kids provides a safe and fun environment where children can learn, build relationship skills, and become active.

RED CROSS BABYSITTING CLINIC

This course is designed primarily for youth ages 11 and older. This online course will prepare students to be better babysitters. Topics include how to provide care for infants and children; how to stay safe; what to do in an emergency; how to choose age-appropriate activities; and how to recognize and handle a variety of behaviors. Students will also learn the basics of starting a babysitting business. This course will provide a certification in the basic Babysitter's Training but will also include certification in pediatric CPR/First Aid. An online simulation program will cover Pediatric First Aid/CPR/AED that participants will need to complete prior to the class session. Lunch will be provided.

- › Saturday, September 24, 2016
- › 9 A.M. – 4:30 P.M. | 214 HPER
- › Student/Member: \$60
- › Non-member: \$70

MAV KIDS ROCK CLIMBING NIGHTS

Children ages 6–12 will get introduced to the exciting and challenging activity of rock climbing.

- › Friday, September 23 and November 11
- › 6 P.M. – 8 P.M. | HPER Climbing Wall
- › Student/Member: \$20
- › Non-member: \$25

MINI MAV KIDS



Start Smart is a six-week instructional program that helps parents work one-on-one with their children, ages 3 to 5, teaching them the basics of throwing, catching, kicking, and batting. Parents must attend and participate with their child.

- › September 10, 17, 24, October 1, 8, 15, 2016
- › 9:30 A.M. – 10:30 A.M. | 126 HPER, MAC court
- › Student/Member: \$45
- › Non-member: \$55

ADVENTURE OUTSIDE

The Outdoor Venture Center (OVC) provides that touch of nature. You can choose from trips and training in backpacking, climbing, cross country skiing, paddling (canoeing, kayaking, and stand-up paddleboards) and a variety of other outdoor living skills. The OVC also operates the UNO Climbing Wall and outdoor equipment rental.





OUTDOOR VENTURE CENTER (OVC)

The Outdoor Venture Center challenges participants to reach beyond their perceived personal limits physically, mentally, and socially. It fosters appreciation for the natural environment, develops leadership abilities, and encourages relationship growth.

COOPERATIVE ADVENTURE PHILOSOPHY

Trips and activities sponsored by the OVC are considered to be “Cooperative Adventure” trips. In cooperative adventure trips, leaders are also participants – they are participants who have experience and training. Their role is to serve as a coordinator or facilitator. Trip Leaders are not guides.

REGISTRATION

Register at the Outdoor Venture Center or UNO Campus Recreation officers, located in the HPER building. To register, you must pay half the fees as a deposit (cash, check, credit card). The remainder is due by the planning meeting. If there is no planning meeting, your deposit is the total fee. All fees must be paid by the planning meeting date or you are subject to the late fee. For trips or workshops costing less than \$75, the deposit is equal to the total trip cost.

REFUND POLICY

If notice of cancellation is received prior to the early registration, a full refund will be issued. If notice of cancellation is received on or after the trip early registration deadline, 50% of the trip cost is forfeited. Notice of trip cancellation the day of the trip will result in forfeiture of all fees.

PRE-TRIP MEETINGS

Pre-trip meetings are a very important part of our trips and longer workshops. Participants are given a trip itinerary, an awareness of risks inherent to the activity, education on avoiding hazards, and sometimes a chance to learn and practice necessary skills.

OUTDOOR VENTURE CENTER (OVC) FALL TRIP SCHEDULE

Complete trip descriptions can be found at campusrec.unomaha.edu/ovc.

EVENT	DATE	MEMBER	NON-MEMBER
Outdoor Emergency Care (OEC) Class	August 18 – November 17, 2016	\$181	\$208
Try Climbing	August 22 – 26, 2016	FREE	\$7
Slackline/Hammock Hangout	August 25, September 1, 8, 15, 22, 29, 2016	FREE	FREE
Chimney Rock Challenge	Begins August 22, 2016	\$5	\$10
Day Hike - White Rock	August 27, 2016	\$31	\$35
Backpacking and Camping Class	Monday nights beginning August 29 (8 weeks)	\$150	\$170
Outdoor Leadership Class	September 7 - November 16	\$99 (students only)	N/A
Backcountry Cooking Demo	September 8, 2016	FREE	\$7

SUP Adventure – Elkhorn River	September 10, 2016	\$37	\$46
Intro to Camping	Intro to Camping September 17 – 18, 2016	\$78	\$90
Climbing Weekend	September 30 – October 2, 2016	\$78	\$90
Fall Bouldering League	September 29 – October 20	\$5	\$5
Colorado Backpacking Trip	October 14 – 18, 2016	\$280	\$322
Big O on the Rocks Bouldering Competition	October 29, 2016	\$18	\$25
Climbing Class I	November 7, 14, 21, 28	\$35	\$50
Discount Night!	November 17, 2016	FREE	\$7
Thanksgiving Break Backpacking	November 23 – 27, 2016	\$238	\$266
End of Semester Party	December 8, 2016	FREE	\$7
Full Moon Cross-Country Ski	December 13, 2016	\$8	\$12
Winter Break Ice Climbing Trip	January 3 – 7, 2017	\$450	\$499

OUTDOOR VENTURE CENTER RENTAL CENTER

Complete rental listing and descriptions can be found at campusrec.unomaha.edu/ovc.

The Rental Center offers outdoor equipment of all kinds. Whether you are car camping or spending a month backpacking in Alaska, the Rental Center has the gear you need. The OVC rents equipment for paddling, camping, backpacking, cross-country skiing, and some rock climbing items.

The Rental Center will only open on weekends, November through March, if there is at least 4 inches of snow on the ground. Exact dates will vary according to the academic calendar.

RENTAL CATEGORIES

- › Tents
- › Sleeping Bags/Pads/Hammocks
- › Backpacking Equipment
- › Cooking Equipment
- › Paddling Equipment
- › Climbing Equipment
- › Winter Equipment
- › Backyard Games



BELAY COURSE

This course teaches the rope handling skills necessary to provide top rope protection for a climber.

A belay skills re-test is part of this authorization process and must be completed no earlier than 24 hours and no later than two weeks after the original belay course.

Belay courses are offered weeknights from 5 P.M. to close and weekends from 12 P.M. — 6 P.M.

BOULDERING

No charge (non-members pay \$7 guest fee).

Bouldering is climbing without roped protection. It is a good introduction to climbing, requires little training and equipment, and is excellent for building strength and endurance. Falls are protected with “crash pads” under the climber.



CLIMBING WALL

The climbing wall welcomes climbers of all levels and includes a Belay Course, Lead/Sport Climbing Course, and Bouldering.

The UNO climbing wall is 2,500 square feet of top rope and lead climbing area, with a 1,400 square foot boulder in the center of the facility. The climbing surface is constructed of concrete with artificial holds, low angles, verticals, overhangs, padded floor, and two arches.

ENTRANCE POLICIES

The climbing wall is open to all UNO students and campus rec members. Non-members MUST register as a guest at the Guest Services, pay guest fees, and bring the receipt to the wall supervisor.

Non-members may use the climbing wall starting at noon, Monday through Friday, and all day Saturday and Sunday (during hours of operation). Climbers aged 18 and younger are only allowed Friday (starting at noon and all day Saturday and Sunday (during hours of operation).

RENTALS

	Student/ Member	Non- Member
Shoes	\$1	\$3
5 Punch Shoe Card	\$4	\$10
Semester Shoe Card	\$25	\$30
Harness	FREE	\$2
Belay Device	FREE	\$2
Helmet	FREE	\$2
Lead Ropes	FREE	\$5

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WELLNESS CENTER



Health, Physical Education, and Recreation Building (HPER)



6001 Dodge Street Omaha, NE 68182



wellness.unomaha.edu



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