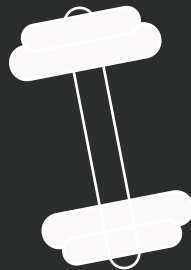
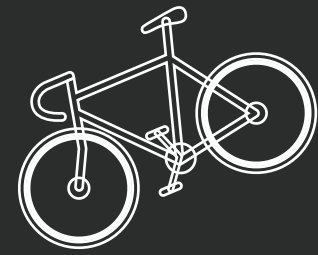


UNIVERSITY RECREATION QUICK FACTS



UREC OUTDOORS

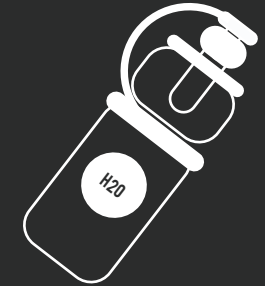
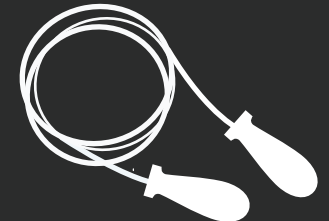
BIKE SHOP
CLIMBING WALL
BOULDERING WALL
DAY & OVERNIGHT TRIPS
EQUIPMENT RENTAL CENTER

FITNESS/WELLNESS

GROUP FITNESS CLASSES
SMALL GROUP TRAINING
PERSONAL TRAINING

INTRAMURAL SPORTS

FREE TO PARTICIPATE
LEAGUE & TOURNAMENT SPORTS OFFERED
MEN, WOMEN & CO-REC TEAMS



CLUB SPORTS

COMPETE AT LOCAL, REGIONAL, & NATIONAL LEVELS
29 CLUBS OFFERED

INFORMAL RECREATION

FREE DAY LOCKERS (HPER)
BASKETBALL, CLIMBING, SWIMMING, JOGGING, WEIGHT TRAINING, CARDIO & MORE

COMMUNITY PROGRAMS

SELF-DEFENSE
BALLET
SWING DANCE
CPR & FIRST AID



@URECARKANSAS

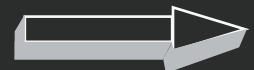
WEBSITE: urec.uark.edu
EMAIL: urec@uark.edu PHONE: (479) 575-4646
DOWNLOAD OUR FREE APP (SEARCH UARKREC)

Did you know?

UREC OFFERS MASSAGE AT TWO LOCATIONS ON CAMPUS
UREC HAS AN OLYMPIC SIZED SWIMMING POOL

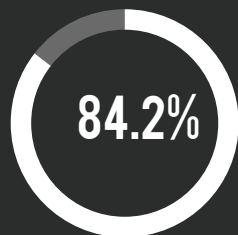


MORE INFO ON BACK

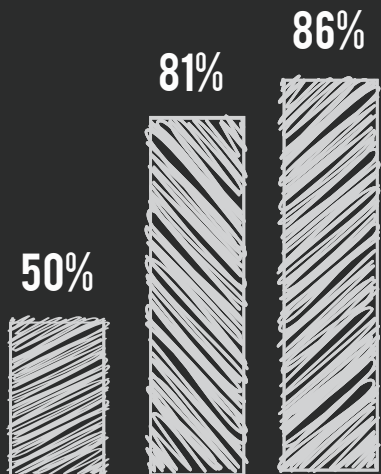
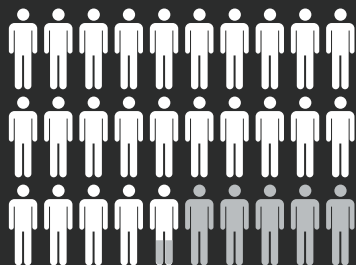


UREC created a survey to assess interests, participation patterns, constraints, and outcomes of UREC program and facility use.

84.2% of respondents agreed that they would recommend UREC programs, services, or facilities to others.



82.3% of respondents agreed that UREC activities and programs contribute to their quality of life at the U of A.



86% of respondents have utilized UREC facilities, programs, or services.

Of those, 81% continued to use UREC facilities, programs, or services at least once per week.

50% used UREC two or more times per week.



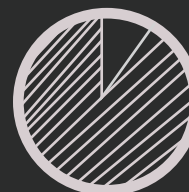
82.4% of respondents agreed that they enjoyed participating in UREC activities and/or utilizing facilities.



70.5% of respondents said that participation in campus recreation had expanded their interest in staying fit and healthy.



58.2% of respondents agreed that their participation in campus recreation had resulted in skills and abilities that they can use after college.



95.4% agreed that UREC facilities provide a safe environment.

“UREC is the reason that I have gained control of my health and well-being.”

HPER FACILITY HOURS

| | |
|-------------------|--------------------|
| MONDAY - THURSDAY | 5:30 AM - 11:50 PM |
| FRIDAY | 5:30 AM - 10:50 PM |
| SATURDAY | 9:00 AM - 10:50 PM |
| SUNDAY | 1:00 PM - 11:50 PM |

UREC FITNESS CENTER HOURS

| | |
|-------------------|--------------------|
| MONDAY - THURSDAY | 6:00 AM - 11:45 PM |
| FRIDAY | 6:00 AM - 8:45 PM |
| SATURDAY | 9:00 AM - 8:45 PM |
| SUNDAY | 1:00 PM - 11:45 PM |

TO ACCESS UREC FACILITIES YOU WILL NEED:

- Membership (included in tuition).
- You must always bring your student ID or register your handprint with the biometric hand scanner to access UREC facilities.