

| Wichita State University |

# CAMPUS RECREATION



FALL 2017

RUN. BIKE. LIFT. S  
WIN. ROW. SPAR. C  
DIVE. DANCE. STRETCH.  
LEARN. WORK. LIVE.  
BIKE. LIFT. SWIM.  
ROW. SPAR. CLIMB.  
DANCE. STRETCH. CHILL

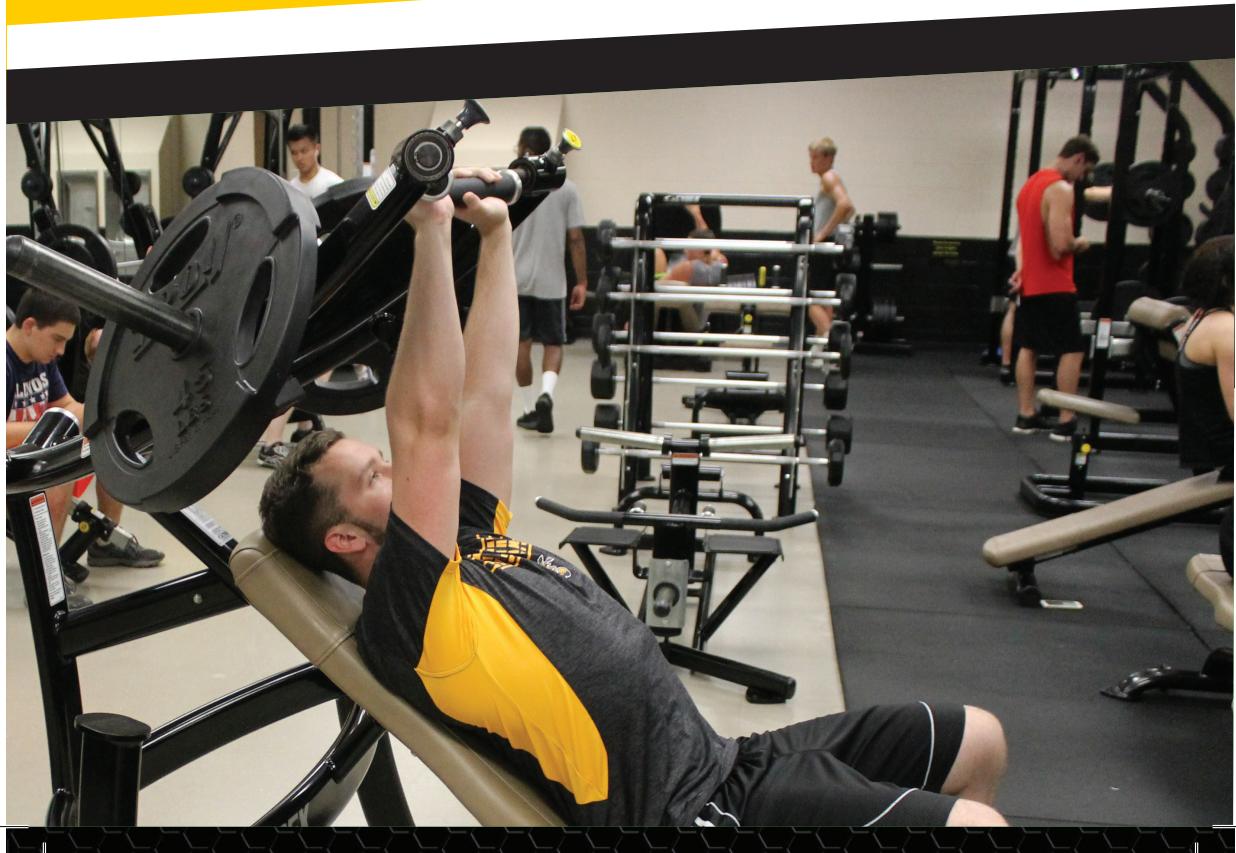


**BOREDOM  
IS NOT AN  
OPTION—  
VIRTUALLY  
EVERYTHING  
ELSE IS.**

**HERE'S WHAT WE HAVE TO OFFER THIS FALL.**

# WELCOME TO CAMPUS RECREATION

WELCOME TO WICHITA STATE UNIVERSITY'S RECREATION DEPARTMENT! PROVIDING EXCITING AND FUN SPORT, FITNESS, AND INFORMAL RECREATION OPPORTUNITIES FOR STUDENTS, FACULTY AND STAFF IS OUR TOP PRIORITY. WE ENCOURAGE INDIVIDUALS TO DEVELOP A LASTING APPRECIATION FOR RECREATIONAL ACTIVITY. WHETHER YOU ARE INTERESTED IN PLAYING AN INTRAMURAL SPORT, GRABBING A QUICK WORKOUT OR PARTICIPATING IN AN F45<sup>®</sup> FITNESS CLASS WE HAVE SOMETHING FOR YOU!



## HESKETT CENTER

A 166,000-square-foot facility located in the middle of campus, the Heskett Center features everything you need to get in shape and relieve some stress, including:

- ➊ Five convertible basketball/volleyball/badminton courts
- ➋ A 200-meter, six-lane indoor track
- ➌ A weight training room featuring 35 Cybex machines & over 10,000 pounds of free weights
- ➍ A cardio room equipped with 30 pieces of the latest cardiovascular equipment
- ➎ Two fitness studios featuring mirrored walls, hardwood floors and built-in sound systems
- ➏ Racquetball and squash courts
- ➐ exercise bikes
- ➑ A circuit room with 15 pieces of Cybex resistance machines, a rowing erg and stretching mat
- ➒ A 25-meter, eight-lane swimming pool and separate diving well
- ➓ A 25-foot climbing wall
- ➔ A nine-foot, free-form bouldering wall
- ➕ Six outdoor, lighted tennis courts
- ➖ Locker rooms featuring restrooms, lockers, showers and a dry sauna
- ➗ A state-of-the-art F45® studio

# **BOMBARDIER LEARJET PRACTICE FACILITY**

Used primarily by the Wichita State baseball and softball teams, this 29,000-square-foot, climate-controlled facility features a full AstroTurf® infield and retractable batting cages utilized by Campus Recreation for open recreation, intramural and sport club events.

# **EUGENE M. HUGHES METROPOLITAN COMPLEX PLAYING FIELDS**

Located at the corner of 29th and Oliver, these natural-grass fields host intramural sports ranging from flag football to kickball as well as numerous club sports throughout the year.

# FACILITIES

# FITNESS CLASSES



**Cycle Fit** A multi-terrain cycle workout that improves muscle tone, leg strength and cardiovascular function through a combination of drills aimed at increasing speed, strength and endurance.

**Bootcamp** A full body workout designed to build strength and improve cardiovascular function while using a variety of equipment to always keep things interesting.

**F45®** This motivating, innovative, and enjoyable platform is developed from behavioral movements that achieve results while avoiding risk of injury. Experience 27 unique and systemized functional group training programs that all span 45 minutes.

**PiYo™** A combination of the muscle-sculpting/core-firming benefits of Pilates with the strength and flexibility of yoga all to music to keep your heart rate up!

**TurboKick®** This cardio kickboxing class combines body sculpting dance moves with today's best music. Enjoy sweating through this fast-paced class as you learn the fundamental elements of kickboxing.

**Yoga** Want a challenge for both the body and mind? Enjoy a variety of postures and poses that help focus your mind while energizing and lengthening muscles.

**Yoga Flow** A relaxing and restorative class that focuses on basic poses to build a mind-body connection while improving flexibility and lengthening muscles.

**ZUMBA®** A high-energy class that provides a mix of Latin dance with body-sculpting aerobic intervals.



## Shocker Fit 100 Club

Get rewarded for taking time to care for yourself by attending Shocker Fit classes.

We will do all the tracking and give you a prize after attending 100 Classes!

## MONDAY

- 6:15-7 a.m. | F45°
- 12-12:45 p.m. | BOOTCAMP
- 12-12:45 p.m. | F45°
- 12-12:45 p.m. | YOGA FLOW
- 5:15-6 p.m. | F45°
- 5:30-6:15 p.m. | PIYO™
- 5:30-6:15 p.m. | CYCLE
- 7:15-8 p.m. | F45°
- 8-9 p.m. | ZUMBA°

## TUESDAY

- 6:15-7 a.m. | F45°
- 12-12:45 p.m. | F45°
- 12-12:45 p.m. | CYCLE
- 5:15-6 p.m. | F45°
- 5:30-6:15 p.m. | YOGA
- 6:15-7 p.m. | ZUMBA°
- 7:15-8 p.m. | F45°

## WEDNESDAY

- 6:15-7 a.m. | F45°
- 12-12:45 p.m. | F45°
- 12-12:45 p.m. | YOGA FLOW
- 5:15-6 p.m. | F45°
- 5:30-6:15 p.m. | PIYO™
- 5:30-6:15 p.m. | CYCLE
- 6:30-7:15 p.m. | TURBOKICK°
- 7:15-8 p.m. | F45°
- 8-9 p.m. | ZUMBA°

## Shocker Fit Schedule

AUGUST 21-DECEMBER 7 |

## THURSDAY

- 6:15-7 a.m. | F45°
- 12-12:45 p.m. | F45°
- 12-12:45 p.m. | CYCLE
- 5:15-6 p.m. | F45°
- 5:30-6:15 p.m. | YOGA
- 6:15-7 p.m. | ZUMBA°
- 7:15-8 p.m. | F45°

## FRIDAY

- 6:15-7 a.m. | F45°
- 12-12:45 p.m. | F45°
- 12-12:45 p.m. | BOOTCAMP
- 12-12:45 p.m. | YOGA FLOW
- 5:15-6 p.m. | F45°

## SATURDAY

- 10:30-11:30 a.m. | F45°
- 1:15-2:15 p.m. | F45°

WANT TO KEEP UP WITH ALL OF YOUR  
SHOCKER FIT CLASSES?  
DOWNLOAD THE



APP TO MANAGE YOUR CLASSES,  
GET REMINDERS, AND SHARE WITH  
FRIENDS!

## CLASSES, SERVICES &amp; ACTIVITIES

# PERSONAL TRAINING

AS WITH ANYTHING IN LIFE, ACHIEVING YOUR FITNESS GOAL IS EASIER WHEN YOU HAVE A LITTLE HELP.

AT CAMPUS RECREATION OUR KNOWLEDGEABLE AND ENERGETIC PERSONAL TRAINERS DEVELOP INDIVIDUALIZED EXERCISE PROGRAMS TO HELP KEEP YOU FOCUSED, MOTIVATED AND ON THE RIGHT PATH.

## ONE-ON-ONE TRAINING SESSIONS\*

	3 sessions	6 sessions	8 Sessions	12 sessions
<b>Students</b>	\$75	\$135	\$150	\$240
<b>Members</b>	\$90	\$165	\$150	\$300
<b>Non-members</b>	\$110	\$200	\$150	\$360

## GET FIT PACKAGE\*\*

	8 Sessions	12 sessions
<b>Students</b>	\$150	\$240
<b>Members</b>	\$150	\$300
<b>Non-members</b>	\$150	\$360

## BUDDY TRAINING SESSIONS\*

	5 sessions	10 sessions	15 sessions
<b>Two students/ members/non-members</b>	\$75/person	\$140/person	\$200/person

## \*\*GET FIT PACKAGE

*One-hour sessions, twice a week for four weeks*

## ONLINE TRAINING

### \$10 Sessions

We understand Personal Training can be expensive so we are now offering online training. It's simple, we design the workouts for you to complete on your own. All communication is directed via email.

*\*First sessions are dedicated to a fitness assessment and consultation.  
All packages expire within 6 months unless stated otherwise.*

**To get started**, visit the Campus Recreation Guest Services Desk in the Heskett Center and fill out a quick health history questionnaire, or request a trainer online at [wichita.edu/personaltraining](http://wichita.edu/personaltraining) and have the questionnaire emailed to you.

Interested in a  
**BODY COMPOSITION ANALYSIS?**

Walk away with a full body analysis from a state-of-the-art in-body bioelectrical impedance analysis machine.

**Only \$5**

Complete an interest form at the guest services desk today or email [cr.fitness@wichita.edu](mailto:cr.fitness@wichita.edu)

*The analysis takes roughly 15 minutes.*

# MASSAGE THERAPY

WHETHER YOU'RE NURSING SORE MUSCLES, REHABBING AN INJURY OR JUST NEEDING TO RELIEVE SOME STRESS, OUR MASSAGE THERAPISTS CAN PROVIDE THE HEALING TOUCH YOU NEED TO GET BACK TO FEELING LIKE YOURSELF AGAIN—OR BETTER.

## TREATMENTS OFFERED

**Deep Tissue:** A deeper, more intense treatment to loosen especially tight muscles.

**Prenatal:** A relaxing massage for expecting mothers utilizing strategically placed bolsters for added comfort.

**Sports:** A pre- or post-race treatment that warms muscles, reduces lactic acid and increases range of motion. Helps speed recovery by 50 percent and can increase power by three to five percent.

**Swedish:** A gentle treatment using long, slow strokes to soothe the body and relieve stress.

**Therapeutic:** A standard Swedish massage with an added deep-tissue massage in trouble areas.

	30	60	90 min.
<b>Students</b>	\$25	\$40	\$55
<b>Members</b>	\$30	\$50	\$70
<b>Non-members</b>	\$40	\$60	\$80

**Hot Stone:** The ultimate muscle and stress relaxer. Uses hot volcanic stones to melt away stress and relieve tight muscles.

	60 min.
<b>Students</b>	\$60
<b>Members</b>	\$70
<b>Non-members</b>	\$80

**Can't make it into our facility?** That's okay! Whether you are hosting guests at a social, rewarding your team at work or wanting an hour solo massage at the office, we'll bring our therapists to you!

**Chair massage:** \$60/hr

**Table massage:** \$60/hr

**Payment taken prior to massage.**

To make an appointment call (316) 978-3082 or stop by the Guest Services Desk in the Heskett Center.

# AQUATICS

LOCATED IN THE HEART OF THE HESKETT CENTER, THE WIEDEMANN NATATORIUM FEATURES AN EIGHT-LANE, 25-METER POOL AND SEPARATE DIVING WELL THAT COMBINE FOR 350,000 GALLONS OF CRYSTAL-CLEAR, CLIMATE-CONTROLLED. IT'S THE PERFECT PLACE TO GET IN AN IMPACT-FREE WORKOUT, HAVE A LITTLE FUN WITH FRIENDS OR LEARN TO SWIM.

## OPEN SWIM

Unless otherwise noted, the main pool and diving well are open for recreational swimming/diving at the following times; however, some areas may be restricted for classes or special events.

### POOL & DIVING WELL

Monday-Friday 6:30-8:30 a.m., 11:30-1:30 p.m., 4-8 p.m.

Saturday & Sunday 1:30-5 p.m.

### DIVING BOARDS

Monday-Friday 4:30-7:30 p.m.

Saturday & Sunday 2-4:30 p.m.

*For facility closures and modified hours during school holidays and winter break, visit [wichita.edu/campusrecreation](http://wichita.edu/campusrecreation) or follow us on social media.*





## SWIM LESSONS

People of all ages and abilities are invited to take part in swim lessons at the Heskett Center with the Wichita Aqua Shocks. Classes are offered to patrons in the following categories either in a group, private or semi-private setting.

**ADULT** Open to all ages, these lessons are based on an individual's skill level and ultimate swimming goals.

**CHILDREN** From overcoming fear to stroke refinement, our six-level curriculum is perfect for children of all stages of comfort and ability.

**PARENT & TOT** Introduce your child to the water by attending class together.

Activities include splashing, singing and playing games. Children must be at least six months old.

### **Private (one student per instructor) and Semi-Private (two students per instructor)**

Lessons are available multiple times a week from 4-8 p.m., Monday/Wednesday or Tuesday/Thursday and 1:30-5 p.m. on Saturday.

#### **Group Lessons**

Lessons are for 30 minutes, two days a week or for one hour on Saturdays during the following four-week sessions.

#### **Session dates:**

September 5-30 (M/W) or (T/H)

October 2-28 (M/W) or (T/H)

October 30-December 2 (M/W) or (T/H)  
(November 20-26 Off)

#### **For more information, including pricing,**

visit the Campus Recreation Guest Services Desk in the Heskett Center or call (316) 978-3082 or online at [wichita.edu/campusrecreation](http://wichita.edu/campusrecreation)

## LIFEGUARD TRAINING CERTIFICATION CLASSES

Classes will be offered in Spring' 18  
Check [wichita.edu/campusrecreation](http://wichita.edu/campusrecreation) for updates or call (316) 978-3082.

- \$175 for WSU Students;  
\$200 for community members
- Participants must attend all class days in the registered session
- Participants must be at least 15 years old to take the course.



# INTRAMURAL SPORTS



**KEY:**

1 - One day tournament

**LEAGUES:**

Men, Women, Co-Rec, Faculty/Staff,  
Fraternity, Sorority, Res Hall

GET OFF THE SIDELINES AND FUEL YOUR COMPETITIVE FIRE BY  
PARTICIPATING IN INTRAMURAL SPORTS THROUGH CAMPUS RECREATION.

OPEN TO ALL STUDENTS, FACULTY, STAFF AND CAMPUS RECREATION  
MEMBERS. INTRAMURAL SPORTING EVENTS RANGE FROM SINGLE-DAY  
TOURNAMENTS TO MULTI-WEEK LEAGUES.

**| SESSION 1 |** (registration runs from August 21-31)

	STARTS
Cornhole	1 8/31
College Football Pick'Em	9/4
NFL Pick'Em	9/4
4v4 Sand Volleyball	9/5
Flag Football	9/5
Racquetball Doubles	9/5
Tennis Singles	9/5
Spikeball	1 9/7
Golf Scramble	1 9/15
Video Game Tournament	TBA

**| SESSION 2 |** (registration runs from October 2-18)

	STARTS
Futsal ( <i>Indoor Soccer</i> )	10/22
Volleyball	10/22
Badminton Singles	10/22
Bubble Soccer	1 11/2
Kickball	1 TBA
Innertube Water Polo	1 TBA
Broomball	1 TBA
College Football Bowl Mania Pick'Em	12/16

To register, visit [imleagues.com/wichita](http://imleagues.com/wichita).

For more information or to inquire about future events, contact  
[cr.competition@wichita.edu](mailto:cr.competition@wichita.edu) or follow us on Twitter @ShockerIMs.



# SPORT CLUBS

## CLUB CONTACTS

**Basketball**

Cameron Walker  
camwalk23@gmail.com

**Paintball**

Joey Oste  
shockerpaintballclub@gmail.com

**Bass Fishing**

Ashlin Bohl  
shockerbass00@gmail.com

**Quidditch**

Hunter Hilliker  
hmhilliker@shockers.wichita.edu

**Climbing**

Dylan Bowman  
dgbowman@shockers.wichita.edu

**Shooting**

Cheyenne Stillinger  
shooting4WSU@gmail.com

**Cricket**

Surya Teja  
suryateja910@gmail.com

**Soccer - Men's**

Umair Zoumy  
mxmohamedzoumy@shockers.wichita.edu

**Cycling**

Jessica Vold  
jnvold@outlook.com

**Soccer - Women's**

Maddie Domebo  
maddie.7898@yahoo.com

**Disc Golf**

Ben Nispel  
benispel@shockers.wichita.edu

**Table Tennis**

John Potochnik  
johnpot@cox.net

**eSports**

Jason Bergkamp  
jasonwichita@gmail.com

**USTA Tennis**

Ethan Pearson  
cr.competition@wichita.edu

**Judo**

Robert Mabrey  
rxmabrey@shockers.wichita.edu

**Wrestling**

Ethan Pearson  
cr.competition@wichita.edu

*All Sport Club members must be currently enrolled WSU students in order to be on a team roster.*

*No alumni, community members or Heskett Center members will be allowed to participate.*

**Need more information or don't see what you're looking for?**

*Learn more, including how to form your own club, by e-mailing [cr.competition@wichita.edu](mailto:cr.competition@wichita.edu).*



# ROWING

Established in 1975, Shocker Rowing has become a national player, taking on such perennial powers as Harvard as well as numerous local and regional competitors. Categorized as an **independent varsity sport**, the program is comprised of both experienced and novice rowers and is divided into men's and women's teams.

## Women's Team Highlights

- UMRC, Omaha, NE
  - Team points (2011)
  - V8+ Gold (2011, 2013)
- SIRA Championships, Oak Ridge, TN
  - V8+ (non-NCAA) Gold (2013, 2014, 2015)
- San Diego Crew Classic, San Diego, CA
  - V8+ (DII/DIII/non-NCAA) 4th (2014)
- ACRA Nationals, Gainesville, GA
  - 2x Bronze (2009, 2010), Silver (2016)
  - N4+ 4th (2008);
  - V8+ 8th (2013, 2017), 5th (2014);
  - 7th (2011, 2012, 2015), 6th (2016);
  - V4+ 5th (2009), 2x Silver (2012), 4th (2013)

## Men's Team Highlights

- UMRC, Omaha, NE
  - Team points (2010, 2011, 2012, 2013)
  - V8+ Gold (2010, 2012, 2013)
- San Diego Crew Classic, San Diego, CA
  - Open 8+ 6th (2014)
- ACRA Nationals, Gainesville, GA
  - 1x 8th (2016), Silver (2017)
  - 2x Gold (2010, 2011);
  - N4+ 5th (2009), 6th (2014);
  - V4+ 5th (2009), 8th (2015);
  - Lwt 8+ Bronze (2012)

## American Collegiate Rowing Association (ACRA) Awards

- 22 First Team Academic All-Americans, 21 Second Team Academic All-Americans
- 9 First Team All-Americans, 7 Second Team All-Americans, 7 Third Team All-Americans

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To learn more about walk-on opportunities with Shocker Rowing, contact head coach Calvin Cupp at (316) 978-5285 or e-mail [calvin.cupp@wichita.edu](mailto:calvin.cupp@wichita.edu).

## 2017 FALL RACE SCHEDULE\*

Sep. 30	Class Races/Family & Friends Fun Row	Wichita, Kansas
Oct. 7	Head of the Oklahoma	Oklahoma City, Oklahoma
Oct. 22	Jayhawk Jamboree	Lawrence, Kansas
Nov. 5	Frostbite	Wichita, Kansas

\* Competition Dates Only

See full 2017-2018 schedule at [wichita.edu/rowing](http://wichita.edu/rowing)

# A FEW MORE THINGS FOR THE CALENDAR



## REC FEST | 6-8 P.M., AUG. 22

As part of WSU's welcome-to-campus event, Campus Recreation and Wellness Services, will provide students, faculty and staff with a unique opportunity to check out all the programs and services we have to offer. Participants will have a chance to play Minute-to-Win-It games in order to win prizes.



## FIT SHOCKERS 101 | 10-11:30 A.M., SEP. 2, OCT. 7, NOV. 4

New to the weight room and not sure what to do? Need help with certain exercises? Or just want to hear some trade secrets? Join this FREE class where you will learn everything about weight room, F45, fitness classes, and other wellness programs that we have to offer. Exclusive 45 minutes will be spent on demonstrating how to use the equipment in the weight room. Minimum of 10 people. Sign up at [wichita.edu/campusrec](http://wichita.edu/campusrec)



## WU LIFTS | 10 A.M., SEP. 17

Think you're the strongest in the Rec? Participate in Campus Recreation's power event to find out! Take part in a combination of bench press, squat and deadlift to push yourself to the max. Prizes for male and female top three finishers. **Registration: \$10 WSU Student/Faculty/Staff | \$20 Community Register at the Guest Services Desk.**



## LITTLE SHOCKERS CAMP (FORMERLY KNOWN AS CAMP WU)

8 A.M.-12 P.M. MORNING SESSIONS | 1-5 P.M. AFTERNOON SESSIONS  
OCT. 20, 23; NOV. 10; NOV. 20, 21



Perfect for working parents, Little Shockers is an interactive and educational camp open to children ages 5-12. During camp kids will have a chance to rock climb, swim, complete arts-and crafts projects and have various other adventures while remaining in a safe, fun and supervised environment.

Members: \$15/session\* | Non-Members: \$25/session\*

\*Pricing available online [wichita.edu/youth](http://wichita.edu/youth)





## 5K PUMPKIN RUN | 9 A.M., 1K LITTLE PUMPKIN RUN | 10:21 A.M., OCT 21

The Pumpkin Run is a fun, family 5K race through the beautiful Wichita State Campus. Our second Annual Little Pumpkin Run is open to kids 1-12 years of age. All participants receive a glow-in-the-dark T-shirt. Make sure to check out the Runners Village after the run for pumpkin decorating, massage, and other family activities.

For more information, email [cr.pumpkinrun@wichita.edu](mailto:cr.pumpkinrun@wichita.edu) or visit [wichita.edu/pumpkinrun](http://wichita.edu/pumpkinrun). Register at [runsignup.com](http://runsignup.com)



## RECRUITMENT SESSION | 11 A.M., OCT. 27

Want a chance to join our SHOCKS Recreation team? Attend the hiring recruitment session in the Rhatigan Student Center room 233 to find out more!



## F45® PLAYOFFS | 9 A.M.-9 P.M., NOV. 11

F45 Playoffs are back! Form a team or compete individually and make your way through 10 F45 stations. Complete the most reps to be crowned the champion. Prizes for the top male and female in each age division. **Registration: \$5.** Sign up at the Guest Services Desk.



## PUPPY PADDLE | 10 A.M., DEC. 16

Bring your dog in for a dip in our pool during the fourth-annual Puppy Paddle. Hop in and splash around with your pooch or lob tennis balls from the deck, either way this is a great event to raise money for animals in need. **FREE event. All donations go to Wichita Animal Shelter.**

# EVENTS



# THE BALL IS IN YOUR COURT

**IF YOU ARE A WICHITA STATE STUDENT YOU'RE ALREADY A MEMBER.  
JUST SHOW UP, PRESENT YOUR SHOCKER CARD ID AND COME ON IN.**

**NOT A STUDENT? DON'T WORRY, AS LONG AS YOU'RE ONE OF THE FOLLOWING  
YOU CAN JOIN TOO.**

- ⇒ University faculty, staff, adjunct faculty or lecturer
- ⇒ A spouse or dependent of a student or member
- ⇒ A current member of the Wichita State Alumni Association
- ⇒ An employee of a university partner
- ⇒ A retired university employee

#### **BENEFITS OF BECOMING A MEMBER**

- ⇒ Membership pricing on all programs and services
- ⇒ Daily locker and towel service
- ⇒ One free guest pass per semester
- ⇒ The opportunity to participate in intramural sport activities
- ⇒ Ability to check out Campus Recreation equipment including rackets, volleyballs, basketballs, rock climbing shoes, boxing gloves and more

#### **LOST AND FOUND ITEMS**

- ⇒ All items found in the Heskett Center and surrounding areas will be turned into the equipment room inside the Heskett Center
- ⇒ After fourteen (14) days of an item being held it will be taken to the Wichita State Police Department if estimated to be over \$50 or an owner is identifiable
- ⇒ All other items will be donated to a charity of choice based upon the discretion of Campus Recreation Staff
- ⇒ Campus Recreation is not responsible for any lost, stolen, or damaged content of items

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For more information on memberships **call (316) 978-3082**  
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# RATES

	Fall or Spring	Summer
<b>GENERAL*</b>	\$40	\$30
Spouse	\$45	\$35
Dependent	\$35	\$25
Retired	Free	Free
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<b>STUDENTS</b>	Free	Free
Step-Out	\$18	\$18
Spouse	\$25	\$20
Dependent	\$25	\$20
<hr/>		
<b>ALUMNI*</b>	\$90	\$60
Spouse	\$60	\$35
Dependent	\$50	\$30
<hr/>		
<b>GUEST PASS</b>	\$10/day	\$10/day
<b>LOCKER RENTAL</b>	\$24/semester	\$19/semester

Prices do not include taxes.

\*General membership includes Faculty/Staff/Affiliate/Partner

\*Alumni Association membership required.

## PAYROLL DEDUCTION OPTION

This option is available year-round to WSU Faculty and Staff. Members who enroll in payroll deduction remain active members until they notify Campus Recreation to cancel membership via the payroll deduction cancellation form. Bi-weekly deduction is based on the annual membership fee for faculty/staff.

## FACILITY RENTAL

Campus Recreation facilities are available to rent for events of all sizes and age groups. Rental and service fees vary depending on university affiliation, type of event, equipment and staff required as well as any setup needs you might have.

For more information contact Karolina Mosa at (316) 978-5870 or [karolina.mosa@wichita.edu](mailto:karolina.mosa@wichita.edu)

To make a reservation online visit [ems.wichita.edu/EmsWebApp](http://ems.wichita.edu/EmsWebApp)

## HESKETT HOURS

**MONDAY-THURSDAY** ☰ 6 a.m.-11 p.m.

**FRIDAY** ☰ 6 a.m.-10 p.m.

**SATURDAY** ☰ 10 a.m.-7 p.m.

**SUNDAY** ☰ 1-10 p.m.

For facility closures and modified hours during school holidays and spring break, visit [wichita.edu/campusrecreation](http://wichita.edu/campusrecreation) or follow us on social media.

## INFORMATION

# WANT TO KNOW MORE?

## CAMPUS RECREATION DIRECTORY

### Aquatics

cr.aquatics@wichita.edu

### Competitive Sports

cr.competition@wichita.edu

### Facilities

cr.facilities@wichita.edu

### Graphics & Marketing

laura.young@wichita.edu

### Health & Fitness

cr.fitness@wichita.edu

### Membership

cr.memberships@wichita.edu

### Events, Development, Outreach

karolina.mosa@wichita.edu

### General information

[wichita.edu/campusrecreation](http://wichita.edu/campusrecreation) or  
call (316) 978-3082

## Connect with Wellness Services & Events

MINI HEALTHFAIR  
11 A.M.-1 P.M., SEP. 13

BIG PINK VOLLEYBALL  
1 P.M., OCT. 27

### Campus Recreation

-  WichitaStateCampusRecreation
-  @WSU\_CampusRec
-  wsucampusrec
-  WichitaState\_CampusRec

### Counseling and Testing

-  CTCShockers
-  @CTCShockers

### Disability Services

[wichita.edu/disserv](http://wichita.edu/disserv)

### Student Health

-  @wsu.shs



Wichita State University does not discriminate in its employment practices, educational programs or activities on the basis of age, ancestry, color, disability, gender, gender expression, gender identity, genetic information, marital status, national origin, political affiliation, pregnancy, race, religion, sex, sexual orientation, or status as a veteran. Retaliation against an individual filing or cooperating in a complaint process is also prohibited. Sexual misconduct, relationship violence and stalking are forms of sex discrimination and are prohibited under Title IX of the Education Amendments Act of 1972. Complaints or concerns related to alleged discrimination may be directed to the Director of Equal Opportunity or the Title IX Coordinator, Wichita State University, 1845 Fairmount, Wichita KS 67260-0138; telephone (316) 978-3187.