

All Access Week Spring 2017

January 9-13 Daily Activities

FREE CLASSES: Group Fitness, Masters Swimming, Martial Arts and Dance, CrossFit* All Access Week
Please see Session I schedules for days, times & locations. With over 150 classes to choose from, it's hard to decide which classes to register for. Try any class for free during All Access Week so you can pick the perfect one for you!

*Attendance to CrossFit during All Access Week is required of any new CrossFit pass members.

Monday, January 9

Student Recreation Center: 5:30am-11:30pm;

SRC Pool: 6:00am -8:00am, 11:00am.-1:30am, 3:30pm-11:00pm; **SRC Climbing Wall:** 12:00pm-9:00pm; **Down Under Recreation Center:** Monday-Friday, 6:00-9:00am, 12:00pm-11:30pm; Saturday-Sunday, 3:00-11:30pm;

WSU Students, Faculty, and Staff will have access to the SRC with their WSU Cougar Card during this week

Time	Activity	Location	Information
7:00-9:00pm	Free Belay Clinic	SRC Climbing Wall	Do you want to participate in roped climbing in our facility? This course provides the necessary instruction to belay your partner, climb, and use our auto-belay systems.
6:00- 7:00am	Fitness Swimming	Smith Pool	Coach directed workouts to improve your skills and physical fitness.
6:30-7:15pm	Learn to Swim Clinic	SRC Pool	This clinic is designed to help you learn how to be safe in and around the water along with assisting you in determining which programs UREC offers that can help you reach your goals.

Tuesday, January 10

Student Recreation Center: 5:30am-11:30pm;

SRC Pool: 6:00am-8:00am, 11:00am-1:30pm, 3:30pm-11:00pm; **SRC Climbing Wall:** 12:00pm-9:00pm

Time	Activity	Location	Information
3:00-4:00 pm	BodyPump Workshop	SRC 256	Do you want to get your squat form just right? Come join us on Tuesday, January 10 th from 3-4pm in SRC 256 and have our UREC BodyPump Instructors help you learn all the moves, perfect form, and answer all of your questions! This one-hour clinic will help you improve your workout and maximize training results! By breaking down the exercises typically performed in a BodyPump class, this clinic will help you get the most out of your workout. Whether you are newcomer to BodyPump or have been a regular participant, you can benefit from this workshop!
7:00-9:00pm	IM Sports Basketball Skills Contest	SRC Court 1	Come test your basketball skills on Court 1 from 7-9pm! There will multiple competitions to test your luck at!
5:15-5:45pm	Should I do CrossFit?	SRC Classroom	If you are wondering whether or not CrossFit is for you, this is the workshop to attend. Spend an hour with a CrossFit level 2 coach for questions, answers, and all things CrossFit.
5:00-7:00pm	Winter Sports Showcase	SRC Lobby	Learn about discounted lift tickets, ski tuning services, and winter sports gear available for rent at the ORC Rental Shop.
5:00-7:00pm	Challenge Program Demo	SRC Lobby	Try some of our favorite problem solvers. Learn about how to bring your team out to the challenge course or how to work for the challenge course.
6:00-7:00pm	Functional Movement Screens	SRC Lobby	FMS is a movement pattern screen. This is an opportunity for a FREE screen to determine how you can improve your health through functional movement.
5:30-7:30pm	V.I.P. Fitness Party	SRC Court 6	Calling all V.I.P.s (Very Important Participants)! We're kicking off the New Year with our third annual fitness party! We'll be having all of your favorite instructors lead one hour of Insane Zumba (Zumba + Insanity), followed by one hour of Dub Step Yoga.



Wednesday, January 11**Student Recreation Center:** 5:30am-11:30pm;**SRC Pool:** 6:00am-8:00am, 11:00am-1:30pm, 3:30pm-11:00pm, **SRC Climbing Wall:** 12:00pm-9:00pm

Time	Activity	Location	Information
6:00-7:00am	Fitness Swimming	SRC	Coach directed workouts to improve your skills and physical fitness.
Noon-7:00pm	Free same day rental	ORC	Demo gear for FREE (same day rentals only). Choose your own adventure with the ORC's fleet of snowshoes, x-c skis, and more.
6:30-7:15pm	Learn to Swim Clinic	SRC Pool	This clinic is designed to help you learn how to be safe in and around the water along with assisting you in determining which programs UREC offers that can help you reach your goals.
6:00-7:00pm	Test Your Vertical Jump		The vertical jump is a pertinent movement in many sports and is commonly used as a marker of an athlete's power. Join us for a free opportunity to assess your vertical jump.
7:00-9:00pm	Climbing Movement Clinic	SRC Climbing Wall	New to climbing? Come learn tips from our knowledgeable staff to get you off the ground in no time.

Thursday, January 12**Student Recreation Center:** 5:30am-11:30pm;**SRC Pool:** 6:00am-8:00am, 11:00am-1:30pm, 3:30pm-11:00pm, **SRC Climbing Wall:** 12:00pm-9:00pm

Time	Activity	Location	Information
7:00-9:00pm	Free Belay Clinic	SRC Climbing Wall	Do you want to participate in roped climbing in our facility? This course provides the necessary instruction to belay your partner, climb, and use our auto-belay systems.
12:00-1:00pm	Lunch Cross-Country Ski Demo	ORC	If there's snow on the ground, come spend some time with the ORC at Palouse Ridge Winter Park. All you need is a warm coat and a smile!
6:30-7:15pm	Flip-Turn Swim Clinic	SRC Pool	Work with one of our UREC swim instructors to learn ways to make your swimming more efficient.
7:00-9:00pm	Pick-Up Floor Hockey	SRC Sport Court	Did you know Floor Hockey is making a triumphant return as an intramural sport? Come try it out and join the fun!
6:00-7:00pm	Outdoor Recreation Center Open House	ORC	Visit the ORC, meet knowledgeable staff, take a tour, learn about gear, trips, and other local resources.

Friday, January 13**Student Recreation Center:** 5:30am-11:30pm;**SRC Pool:** 6:00am-8:00am, 11:00am-1:30pm, 3:30pm-11:00pm, **SRC Climbing Wall:** 12:00pm-9:00pm

Time	Activity	Location	Information
6:00-7:00am	Fitness Swimming	Smith Pool	Coach directed workouts to improve your skills and physical fitness.
6:30-7:15pm	Butterfly Clinic	SRC Pool	Learn ways to make your swimming more efficient or learn a new drill to add to your workouts.

Saturday, January 14**Student Recreation Center:** 9:00am-11:30pm;**SRC Pool:** 9:00am-11:00pm, **SRC Climbing Wall:** 12:00pm-9:00pm

Time	Activity	Location	Information
10:15AM-11:15am	BodyPump 100 Release Party	SRC 256	Save the date! Join us for a FREE hour-long BodyPump class featuring the latest and greatest BodyPump tracks taught by your very own UREC BodyPump Instructors. There will be 25 spots available, please come early to set up your station.

