

All Access Week Fall 2017

August 21-27 Daily Activities

FREE CLASSES: Group Fitness, Masters Swimming, Martial Arts and Dance, CrossFit Jump Start
Please see Fall 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 free during All Access Week so you can pick the perfect one for you!

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

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

Monday, August 21

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.
4:15-5:15pm	CrossFit Jump Start	Chinook B40	Get started with CrossFit now! This is day 1 of 5 to get you ready for your semester of CrossFit!
7:00-9:00 pm	High Ropes Course	SRC Challenge Course	Test your limits on the high ropes course behind the SRC. Our trained and experienced facilitators will be there to guide you through an exciting adventure right on campus. (Closed-toe shoes required.)

Tuesday, August 22

Time	Activity	Location	Information
4:15-5:15 pm	BodyPump Workshop	Chinook 30	Do you want to get your squat form just right? 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
5:00-6:00pm	Slacklining	SRC Backyard	Check out our slack lines and find out about the great trips and gear available through the ORC.
7:00-8:00pm	IM Sports Intro to Soccer	Valley Road Quad B	Come learn how to play intramural soccer and work on your skills. We will have drills and games set up for you to practice your skills and prepare for the 5v5 Soccer League.
8:00-9:00pm	IM Sports 5v5 Pickup Soccer	Valley Road	Come drop in and play some 5v5 soccer! No team necessary.
6:00-7:00pm	Learn the Turkish Get Up	SRC Lobby	Utilize one of UREC's nationally certified personal trainers to teach you one of today's best non-traditional exercises, The Turkish Get Up. Personal Trainers will be hosting 5-minute workshops on a first come, first serve basis.



Wednesday, August 23

Time	Activity	Location	Information
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.
5:30-6:30pm	Zumba Dance Party	SRC Ct #1	Join us on Court 1 for a FREE hour-long Zumba class! Whether you're new to Zumba or a dedicated veteran, let's start the school year off with a party!
7:00-9:00pm	Intro to Climbing Clinic	SRC Climbing Wall	New to climbing? Come learn tips from our knowledgeable staff to get you off the ground in no time.
7:00-9:00pm	IM Sports Ultimate Disc Pick Up	Valley Road	Come drop in and play some Ultimate Disc! No team necessary.

Thursday, August 24

Time	Activity	Location	Information
5:00-6:00pm	Slacklining	SRC Backyard	Check out our slack lines and find out about the great trips and gear available through the ORC.
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.
6:30-7:15pm	Flip-Turn Swim Clinic	SRC Pool	Work with one of our UREC swim instructors to learn ways to make your swimming more efficient.
6:00-8:00pm	Sport Club Federation	SRC Lounge	Talk to a Sport Club Member about the various club teams. Find out more information on home matches as well.
7:00-8:00pm	IM Sports Intro to Soccer	Valley Road Quad B	Come learn how to play intramural soccer and work on your skills. We will have drills and games set up for you to practice your skills and prepare for the 5v5 Soccer League.
8:00-9:00pm	IM Sports 5v5 Pickup Soccer	Valley Road	Come drop in and play some 5v5 soccer! No team necessary.
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, August 25

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.

