



REACH YOUR **GOALS**

# WELLNESS GUIDEBOOK

[ [WELLNESS.UNOMAHA.EDU](http://WELLNESS.UNOMAHA.EDU) ]

SPRING 2019





# 8 DIMENSIONS OF WELLNESS

Wellness is an important part of campus life at UNO. The following wellness indicators are used around campus and incorporate multiple elements of every day health into one model. Each of these eight dimensions of wellness can affect your overall quality of life.



**Physical Wellness:** Recognizing the need for physical activity, healthy foods, and sleep



**Social Wellness:** Developing a sense of connection, belonging, and a well-developed support system



**Emotional Wellness:** Coping effectively with life and creating satisfying relationships



**Environmental Wellness:** Occupying pleasant, stimulating environments that support well-being



**Spiritual Wellness:** Expanding a sense of purpose and meaning in life



**Financial Wellness:** Satisfaction with current and future financial situations



**Intellectual Wellness:** Recognizing creative abilities and finding ways to expand knowledge and skills



**Occupational Wellness:** Personal satisfaction and enrichment from one's work





## WELLNESS CENTER

# 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.

# GET CONNECTED

### Guest Services

402.554.2539  
H&K Atrium

### Counseling & Psychological Services (CAPS)

402.554.2409  
102 H&K

### Health Services

402.554.2374  
102 H&K

### Indoor Dome

402.554.3232  
6808 Spring St.

### Intramural/Sport Club Office

402.554.3030  
104F H&K

### Climbing Wall

402.554.3342  
124 H&K

### Pool

402.554.3233  
123 H&K

### Dance Lab

402.554.3230  
228 H&K

### H&K Academic Offices

402.554.2670  
207 H&K

### Injury Prevention & Care

402.554.3170  
108 H&K

### Outdoor Venture Center Rental Center

402.554.2258  
117 H&K

### Massage Services

402.554.3016  
229 H&K

### Mav Kids Office

402.554.3066  
104E H&K

### North Cardio Fitness Area

402.554.3327  
200 H&K

### South Cardio Fitness Area

402.554.3361  
119 H&K



Visit **wellness.**  
**unomaha.edu** for  
all holiday and  
campus closures



Activity spaces  
will begin closing  
15 minutes prior  
to closing time



Facebook.com/  
campusrec



Instagram.com/  
unowellness

CAMPUS RECREATION

# MEMBERSHIPS




### 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. Your MavCARD is your pass into the building.


### UNMC STUDENTS

**Self or Spouse**  
\$40/month  
\$150/semester




### FACULTY/STAFF

Self or Spouse	+1	Limited
\$40/month	\$75/month	\$32.50/month
\$150/semester	\$275/semester	\$120/semester
\$450/year	\$800/year	\$360/year



### UNO ALUMNI

Self or Spouse	+1
\$45/month	\$85/month
\$265/6 months	\$505/6 months
\$525/year	\$960/year



### UNMC FACULTY/STAFF

Self or Spouse	+1
\$45/month	\$85/month
\$175/semester	\$325/semester
\$525/year	\$960/year

[ [SHOPWELLNESS.UNOMAHA.EDU](https://shopwellness.unomaha.edu) ]



A **FREE** two-week trial membership is available to UNO/UNMC faculty, staff, and alumni. Visit the Guest Services desk.



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



UNO students or Campus Rec members can rent a locker for \$40 a year or \$15/semester. Faculty and staff can rent a locker for \$50/year or \$20/semester. Monthly and biweekly payroll deductions are available.

### GUESTS & MINORS

Guests who are sponsored by an active Campus Rec member can use the facility for \$7 per day during regular hours.

Any guest 17 years old and under must be accompanied by an adult and can use the facility for **FREE** on Friday, Saturday, and Sunday only.



**Everyone must pay a \$10 locker deposit (refunded upon return)**





DEDICATED TO YOUR SUCCESS

# TAKE CARE



## INJURY PREVENTION & CARE (IPC)

Injury Prevention and Care is staffed by certified athletic trainers (ATC) and student employees trained in injury management and certified in First Aid and CPR/AED.

Appointments are available for injury evaluations and rehabilitations Monday through Friday during regular business hours. The services below are offered FREE to UNO students and Campus Recreation members:

- First Aid and emergency Care
- Ice bags and heat packs
- Injury evaluations and treatments
- Taping (free with your own tape)
- Injury advice
- Crutch checkout
- Injury and rehabilitations education
- Professional referrals



108 H&K  
Monday–Friday  
8 A.M.–5 P.M.  
402.554.3170



## MASSAGE

Licensed Massage Therapists (LMT) offer a variety of techniques beneficial to specific areas of the body. Massages are offered for increments of 30, 45, 60, and 90 minutes.

### Benefits of Massage

- Decreased stress
- Enhanced quality of sleep
- Improved concentration
- Increased flexibility
- Relief from muscle and joint pain

### Types Offered

- Swedish
- Deep Tissue
- Thai
- Sports Massage



## WHEELCHAIR BASKETBALL

This program promotes and supports an inclusive environment for current and potential UNO students who have a physical disability.

Across the United States, wheelchair basketball is by far the most widely offered sport followed by track and field and tennis.

The team is growing every year and is actively recruiting, learn more at [wellness.unomaha.edu](https://wellness.unomaha.edu).



## GET BETTER SLEEP (AND HAVE LESS STRESS)

*Wake up at the same time everyday (when you can).*

*Keep the bedroom cool, dark, and quiet for restful sleep.*

*Only use your bed for sleeping (leave work at your desk).*

*Avoid caffeine, nicotine, and alcohol 4-6 hours before bed.*

*Limit screen time on phones, TVs, and laptops 1-2 hours before bed.*



## MavREC CAFÉ

Located in the H&K Atrium. Enjoy fresh salads, soups, and sandwiches, and wraps throughout the day, along with breakfast foods. Add some protein to a smoothie or grab a quick snack anytime throughout your day.



## MAVERICK FOOD PANTRY

The Maverick Food Pantry offers healthy, sustainable, and culturally sensitive food and personal hygiene products to all members of the UNO community. There is no cost to use it.

### Request a Bag

Each package will contain a balance of proteins, grains, fruits, and vegetables based upon what is currently available in the Maverick Food Pantry. Each package contains 2-3 days of food for an individual based on nutritional guidelines and dietary needs.

Make a request online at [serve.unomaha.edu](https://serve.unomaha.edu).



## SUPPORT GROUPS

### Alcoholics Anonymous (A.A.)

Open to anyone looking for a supportive system.

### Beyond Blue

A support group for students who are dealing with depression and/or anxiety.

### Coffee Talks

Student Veteran Organization (SVO) partners with Urban Abbey for an hour of conversation, camaraderie, and fellowship for veterans.

### Lez–Bi–Real–Queer

A semi-structured group with a safe and open environment for LGBTQIA+ community members.

### Melanated Queerations

A group by, for, and about queer people of color in the UNO community.

### Transcend

A support group for transgender, gender expansive, genderqueer, gender fluid, bigender, hijra, two spirit, or agender.

### Veteran Success Group

A support group for veterans sponsored by SVO.

### Tea with Jaisy

Studying internationally is a new experience for everyone, and with new experiences come new challenges. ‘Tea Talk’ is an open group that exists to support our international student community in achieving their goals and making their experience at UNO positive.

### Recovery Meeting

A support group open to any student looking for a support system in place of potentially high-risk behavior.

[ [CAMPUSREC.UNOMAHA.EDU](https://campusrec.unomaha.edu) ]



# HERE TO LISTEN



## 24 HOURS

*If you experience an emergency and need to talk with a confidential advisor, CAPS is hear to listen. Call 402.554.2409 24 hours a day and a professional counselor will be available to talk.*



102 H&K  
Monday - Friday  
8 A.M. to 5 P.M.



## CARING PROFESSIONAL STAFF

Our office is staffed by Licensed Practitioners, an intern, 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.



## PERSONAL COUNSELING

Concerns, struggles, and changes are all normal parts of life. Sometimes we can work through them on our own; other times, talking to a professional can help. CAPS offers a safe, confidential atmosphere in which personal concerns can be openly explored and discussed. Topics often include anxiety, depression, alcohol and drug issues, goal setting, grief and loss, relationships, sexual identity, self-esteem, and stress.

### Services at no cost to students

- Short-Term Counseling
- Consultation
- Emergency Services
- Group Counseling
- Prevention Services
- Outreach Education
- Wellness Education

### How to Help a Friend

CAPS recognizes that there are situations that are not always easy to navigate. We don't want uncertainty to be a barrier for individuals in need of care. Visit [caps.unomaha.edu](https://caps.unomaha.edu) to learn more about how to navigate:

- How and When to Consult With CAPS
- Ways to Support a Friend
- How to Refer a Friend to CAPS

[ [CAPS.UNOMAHA.EDU](https://caps.unomaha.edu) ]



IT'S SUCH A JOY TO SEE MY STUDENTS THRIVE AND ACHIEVE THEIR GOALS, PUSHING THROUGH ALL THE HURDLES.

**Jaisy Kumar** entered the United States as an international student in 2008 and completed her master's degree in Clinical Mental Health Counseling from Grace University in 2010. Before she joined UNO's Wellness Department in 2017, Jaisy served as a mental health therapist at Siena Francis House and Open Door Mission.

She has over ten years of experience working with various ethnicities and cultures in India, South Africa, United Arab Emirates, and the U.S. She feels privileged to work with the people she loves the most—trauma survivors and multicultural, multi-ethnic populations.

As a Licensed Independent Mental Health Practitioner in CAPS, she's a liaison to the International Studies program.

"Being a liaison to the International Studies program has provided an incredible opportunity to assist the international student population in their journey in a foreign land."

### JAISY GIRIJA KUMAR

LICENSED INDEPENDENT MENTAL HEALTH PRACTITIONER,  
COUNSELING & PSYCHOLOGICAL SERVICES





# GROUP EXERCISE

Joining a group exercise class can help build a foundation and structure that you can use to fuel your personal wellness journey.



**UNO REC APP**  
*Signing up for Group Exercise is so much easier with the UNO Rec app.*

*Available now in Google Play and iTunes Stores.*

*Download today or visit [wellness.unomaha.edu](https://wellness.unomaha.edu) for the most up-to-date class schedule.*

**Barre Pulse**

Stretch, tone, and feel the burn with this fun blend of ballet, strength training, core, and glute work. Barre Pop is accessible to all fitness levels and offers a low-impact workout set to fun, upbeat music! It is both relaxing and energizing.

**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.

**Core & More**

Geared toward any level of fitness, this class is designed to increase muscle strength and tone the whole body.

**Cycling**

A complete cardio workout including a five minute warm-up and 40 minutes of cycling at various levels of intensities.

**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**

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

**Mixed Fit**

A fitness program that mixes dancing and boot camp toning.

**PiYo**

Step into this fun, challenging fusion of Pilates and Yoga. Tone your core and strengthen muscles while working on balance and flexibility. Relax, recharge and stretch, all while getting a good workout at the same time. Open to all levels of experience.

**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.

[ [CAMPUSREC.UNOMAHA.EDU/GROUPEX](https://campusrec.unomaha.edu/grouplex) ]

# INSTRUCTIONAL



**MARTIAL ARTS ACADEMY**

**THIS CLASS IS OFFERED EVERY TUESDAY AND THURSDAY FROM 7 - 8:30 P.M.**

Classes are structured for adult participants, and registration is required. Class format focuses on technical aspects (floor drills), including perfecting kicking and blocking techniques. Paddle and heavy bag drills focus on a variety of kicks, including roundhouse, side kick, and crescent. There is a dedicated sparring portion of the class, which focuses on leg exercises using all kicking techniques. Students must have a uniform and basic sparring gear.



**SELF DEFENSE WORKSHOPS**

**BEGINNER AND INTERMEDIATE WORKSHOPS AVAILABLE TO THE ENTIRE UNO COMMUNITY**

These workshops teach attendees how to recognize a threat and pay attention to their surroundings. Participants will learn and perform reality-based techniques, designed to help stop a threat and escape to safety, as well as learn what perpetrators are looking for when choosing a victim. Classes also cover balance displacement, breakaway techniques, and strikes, all in a safe training environment.



**BELLY DANCING & BOLLYWOOD**

This low-impact instructional dance class is set to authentic global music from Egypt, Greece, Lebanon, and Turkey. This class is designed to lift spirits in an upbeat and supportive environment, while burning calories and working the abdominal and lower body muscles. No experience is required, and all fitness levels are welcomed.

Participants will learn movements taken from Bollywood, Indian classical, and Bhangra dance, and learn different combinations, all set to fun, lively international music. Bollywood is a great full-body workout, and is open to all fitness levels, and modifications are available to accommodate students' needs. Join a class and learn about another culture while perfecting some new dance moves!

[ [CAMPUSREC.UNOMAHA.EDU/INSTRUCTIONAL](https://campusrec.unomaha.edu/instructional) ]



CAMPUS RECREATION

# AQUATICS



OPEN SWIM TIMES

**Monday through Friday**      **Saturday and Sunday**

6 A.M. — 9 A.M.                      1 P.M. — 7 P.M.  
11 A.M. — 1 P.M.  
4 P.M. — 8 P.M.



AMERICAN RED CROSS  
LIFEGUARD CLASS

Learn 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.



LIFEGUARD REVIEW

Learn 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.



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.



YOUTH SWIM LESSONS

The goal of youth swim lessons is to offer a safe and welcoming environment to all participants. Group lessons are offered for all different swim levels. Lessons are 30 minutes long with a teacher to student ratio of 1:5. Make-up classes are not offered, no exceptions.



ADULT SWIM LESSONS

Adult lessons provide the opportunity for anyone over the age of 18 to work on a variety of swim skills. From novice beginner learning to float or an advanced swimmer looking for stroke refinement, the swim instructor will work with small class sizes (five to eight students) to meet individual swim goals. Adult lessons will meet four times for 45 minutes. No make-up classes, no exceptions.

[ [CAMPUSREC.UNOMAHA.EDU/AQUATICS](https://campusrec.unomaha.edu/aquatics) ]







## OUTDOOR VENTURE CENTER

# CLIMBING WALL



### 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 classes are offered Monday, Wednesday, and Friday evenings starting at 5:30 P.M. To register for a belay class, visit [shopwellness.unomaha.edu](https://shopwellness.unomaha.edu) or call 402.554.3342.

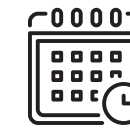


### BOULDERING

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



*The climbing wall is open to all UNO students and Campus Rec members. Non-members must register at Guest Services, pay guest fees, and bring the receipt to the wall supervisor.*



*Climbers aged 18 and younger are only allowed Friday (starting at noon, and all day Saturday and Sunday (during hours of operation).*



*Shoes, harnesses, belay devices, helmets, and lead ropes are available to rent. Check with Climbing Wall staff for pricing.*

[ [SHOPWELLNESS.UNOMAHA.EDU](https://shopwellness.unomaha.edu) ]





I'VE BEEN WITH UNO LONG ENOUGH TO SEE YOUNG CAMPERS GO ON TO ATTEND UNO, WORK IN CAMPUS RECREATION, GRADUATE, GET MARRIED, AND SEND THEIR OWN KIDS TO CAMP.

**Lisa Medina** initially came to UNO as a graduate student in exercise science and was hired as a student worker in Campus Recreation with the Mav Kids Summer Day Camp.

The assistant director at the time left, and now Lisa has served as Assistant Director of Mav Kids and Instructional Programs for 18 years.

Outside of Mav Kids, Lisa is also responsible for Instructional Programs like the Martial Arts Academy and Self-Defense Courses. She's also a certified CPR/First Aid Instructor and make sure all student workers in the Wellness Center are properly trained for CPR and First Aid emergencies.

**LISA MEDINA**  
ASSISTANT DIRECTOR, YOUTH, FAMILY & INSTRUCTIONAL PROGRAMS



I HAVE THE UNIQUE OPPORTUNITY TO WORK WITH STUDENTS WHO WILL SOMEDAY BE COMMUNITY LEADERS, GIVING THEM ADVICE AND ALSO LEARNING FROM THEM.

**David Kimble** works to keep wellness facilities running smoothly for the safety and health of the UNO community. In his position as Central Issue Supervisor, David facilitates the special events and classes offered in Wellness and makes sure equipment is available and in good working order for checkout.

David also works with student staff, recruiting, training, and evaluating them. He says that his position poses a new challenge each day and gives him the opportunity to work with diverse and promising students.

**DAVID KIMBLE**  
CENTRAL ISSUE SUPERVISOR



I BELIEVE THAT WELLNESS IS A COMMITMENT TO MYSELF AND MY COMMUNITY, AND IS A CONSTANT PROCESS OF GROWTH, ADAPTATION TO CHANGE, SELF-CARE, AND RESPECT.

**Danielle Stone** says that when she moved to Omaha from Ohio one year ago, she had no idea what was in store for her. She decided to continue teaching Group Exercise as she had in Ohio, and UNO seemed like a good place to start.

In her job at UNO, Danielle not only taught Bollywood and Belly dancing for Group Exercise, and was also offered a position helping manage the Group Ex Program. This experience motivated her to go back to graduate school for wellness.

Danielle strives to help people to become and stay active, no matter where they are at in their wellness journey.

**DANIELLE STONE**  
GRADUATE ASSISTANT AND GROUP EXERCISE INSTRUCTOR



MY FAVORITE PLACE THAT I'VE EVER WORKED IS UNO BECAUSE I GET TO HELP AFFECT POSITIVE CHANGE IN PEOPLE'S LIVES, NOT ONLY IN AQUATICS BUT IN WELLNESS AS WELL.

**Zach McGee** started lifeguarding at 16 at the Brainard community pool in Brainard, NE, where he eventually became one of the managers.

Before accepting his current position at UNO, he earned a masters in recreation, event, and sport management at the University of North Texas and worked as the Aquatics Coordinator at the University of Tennessee at Chattanooga.

Zach is responsible for a variety of projects designed to improve the Aquatics program and overall wellness at the university.

"Both of these programs are important to the development of students and the overall university community. It's helping students grow and prepare for life after college."

**ZACH MCGEE**  
ASSISTANT DIRECTOR, AQUATICS & WELLNESS PROGRAMS



# RENTALS & TRIPS



### 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 pre-trip meeting, 50% of the trip cost is forfeited.*

*Notice of trip cancellation the day of or later the trip will result in forfeiture of all fees.*



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### COOPERATIVE ADVENTURE

*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.*



### REGISTER ONLINE

*You must pay half the fees as a deposit (cash, check, credit card). The remainder is due by the pre-trip meeting or you are subject to the late fee. If there is no pre-trip meeting, your deposit is the total fee.*



### PRE-TRIP MEETINGS

*Participants are given the trip itinerary, a discussion of inherent risks and mitigation strategies, equipment and packing lists, meal planning, and sometimes a chance to learn and practice necessary skills.*



### RENTAL CATEGORIES

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



### TRIP & EVENT SCHEDULE

	Date	Time	Member	Non-Member
FREE CLIMBING!	January 7 - January 10	5 - 8 P.M.	FREE	\$7
BELAY CLASS	Monday, Wednesday Friday, January 14 - May 3	5 - 8 P.M.	\$8	\$10
EXPLORING STAND UP PADDLING	January 11, February 8, March 8, April 5	6 - 8 P.M.	\$5	\$7
BUDDY NIGHT	January 18, February 1 and 15, March 1 and 29, April 12 and 26	5 - 8 P.M.	FREE	\$7
EXPLORING KAYAKING	January 25, February 22, April 19	6 - 8 P.M.	\$5	\$7
SUNDAY FUNDAY	February 3, 10, 17, and 24, March 3 and 10	12 - 6 P.M.	FREE	\$7
CLIMBING BASICS	February 5, 12, 19, and 26	5:30 - 7:30 P.M.	\$25	\$45
LEAD CLIMBING CLASS	February 16 and 23, March 2 and 9	8 a.m. - 12 P.M.	\$20	\$30
TRANSITION TO 5.10 CLIMBING	March 26, April 2, 9, and 16	5:30 - 7:30 P.M.	\$20	\$40
BOULDERING LEAGUE	March 28, April 4, 11, and 18	6 - 7:30 P.M.	\$5	\$5
NATIONAL PARK TOURING AND BOULDERING	March 16 - 23	NA	\$388	\$446
INDIAN CAVES HIKING & CAMPING	April 6 - 7	NA	\$54	\$62
FULL MOON HIKE HITCHCOCK NATURE CENTER	April 19	6 - 11 P.M.	\$7	\$9
END OF SEMESTER PARTY	April 25	6 - 9:30 P.M.	FREE	\$7

[ [CAMPUSREC.UNOMAHA.EDU/OVC](https://campusrec.unomaha.edu/ovc) ]



COMPETITIVE SPORTS

INTRAMURALS



UNO REC APP

Signing up for Competitive Sports is so much easier thanks to the UNO Rec app.

Available now in Google Play and iTunes Stores. Download today or visit [wellness.unomaha.edu](https://wellness.unomaha.edu) for more information.



104 H&K

Intramural Sports offers exercise, recreation, competition, and fun to participants in a relaxed, yet structured environment. We place emphasis on having fun, good sportsmanship, and fair play.



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. Part-time or full-time faculty/staff members must purchase a current Campus Recreation membership. Spouses of students, faculty, and staff members may participate, provided that they purchase a Campus Recreation membership.



ID POLICY

Before each game, players must present their MavCARD or QR code on the “UNO Rec” app so that they may be checked in on the score sheet. Any player arriving after the game has started must present their MavCARD/QR code to the game supervisor and have their name checked in on the score sheet before entering the game. NO EXCEPTIONS.



HOW DO I PAY MY TEAM FEE?

- Intramural Sports Team registration is a two-step process. Both steps must be completed to be fully registered:
- Create your team on [imleagues.com](https://imleagues.com).
  - Pay your team fee either online via [shopwellness.unomaha.edu](https://shopwellness.unomaha.edu) or at the H&K Guest Services Desk.
  - Payment or registration alone does not guarantee your spot in a league/tournament/event.



Metropolitan Community College students are eligible to participate in the intramural sports program if they pay \$10 at their Metro campus’ student services office. The receipt must be shown at Guest Services in H&K to obtain entrance into the building and given to an intramural sports supervisor before the first game.



REGISTRATION TIMELINE

	Deadline	Cost	Location	Format
IM CALL OUTS	NA	NA	H&K 139	Wed., January 9 at 7:30 P.M. and Thurs., January 10 at 6:30 P.M.
5V5 BASKETBALL LEAGUE	Thurs., January 17	\$25	H&K	5 week league w/ playoffs. Play begins Sun., January 20
6V6 DODGEBALL LEAGUE	Thurs., January 17	\$25	H&K	4 week league w/ playoffs. Play begins Sun., January 20
TABLE TENNIS	Fri., February 22	FREE	H&K 128	One Day Tournament
6V6 VOLLEYBALL LEAGUE	Thurs., February 28	\$25	H&K 128/201	4 week league w/ playoffs. Play begins Sun., March 3
6V6 FLOOR HOCKEY LEAGUE	Thurs., February 28	\$25	H&K 126	4 week league w/ playoffs. Play begins Tues., March 5
4V4 BIG PINK	Thurs., February 28	FREE	H&K 128	One Day Tournament
7V7 OUTDOOR S OCCER LEAGUE	Thurs., March 7	\$25	Caniglia	4 week league w/ playoffs. Play begins Sun., March 10
MARCH MADNESS BRACKETOLOGY	Wed., March 14	FREE	H&K	Online Submission
3V3 BASKETBALL TOURNAMENT	Tues., April 9	\$5	H&K	One Day Tournament Wed., April 10

[ [CAMPUSREC.UNOMAHA.EDU/INTRAMURALS](https://campusrec.unomaha.edu/intramurals) ]



## COMPETITIVE SPORTS

# SPORT CLUBS

There's no better way to get in shape, have some fun, and meet new people than joining a sport club! Campus Rec members can join a recreational, instructional, or competitive club in either a team or individual sport.



### ACTIVE SPORT CLUBS

Interested individuals should contact each club through the Sport Clubs Office at 402.554.3030, online, or visit H&K 104K. 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 402.554.2634.

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

[ [ENGAGE.UNOMAHA.EDU](https://engage.unomaha.edu) ]







## CAMPUS RECREATION

# MAV KIDS



### MINI MAV KIDS SPORTS PROGRAM

UNO Mav Kids partners with the National Alliance of Youth Sports to offer two six-week Start Smart Programs.

#### General Sport Development

This program offers parents the chance to work one-on-one with their children (ages 4-5) to teach them about the basics of sports. The program covers throwing, catching, kicking, and batting.

#### Sport Specific

Sport-specific programs work with technical basics along with focusing on the basics of the sport for ages 5-8 years old. Registration prices are for child and parent teams as parents must attend and participate with their child.



### TEDDY BEAR TUESDAYS

New or gently loved stuffed animals are collected for children at local family shelters and local hospitals.

**Every First Tuesday**  
**11 A.M. to 1 P.M.**  
**H&K Atrium**



### MAV KIDS SUMMER DAY CAMP

*Registration will be available starting Monday, February 18, 2019.*

*For children who are currently in kindergarten through grade 5.*

*Seven separate weekly sessions from June 3-July 26, 2019 with a break during the Fourth of July holiday.*

[ [CAMPUSREC.UNOMAHA.EDU/MAVKIDS](http://CAMPUSREC.UNOMAHA.EDU/MAVKIDS) ]

# PERSONAL TRAINING

## WOMEN ON WEIGHTS

*This women’s workout class teaches new exercises while increasing students’ confidence in a workshop environment- all your questions will be answered!*

*Registration is free.*

## JUMP START PROGRAM

*Not sure where to start? Register to work with a Personal Trainer and learn how to use machines, perform an exercise, learn stretches, or how to start an exercise program.*

## SMALL GROUP TRAINING

*This program is offered to small groups (fewer than 10 people) and lasts six weeks. Participants will learn the proper technique for squats, deadlifts, bench presses, kettlebell swings, and other functional exercises.*

## LARGE GROUP TRAINING

*This program is offered to larger groups up to 10 people to achieve goals while saving money. Invite friends to work together with, motivation, education, encouragement, and supervision from a Personal Trainer.*



## FITNESS ASSESSMENT

A Fitness Assessment must be purchased before buying sessions. This assessment provides you with grades in Body Composition, Strength, Muscular Endurance, Flexibility and Cardiorespiratory Endurance. These numbers will assist the trainer in creating a program for you. It is also an opportunity to measure your fitness and set fitness goals.



## RATES

Students or Campus Rec members can purchase a single session or up to 10 sessions with a personal trainer. Rates are listed on [shopwellness.unomaha.edu](https://shopwellness.unomaha.edu).

# WORKSHOPS



## BEGINNER BARBELL

This introductory class teaches foundational barbell exercises that anyone can do as well as:

- Core/Structural lifts such as the dead lift, squat, and bench press
- Proper technique, form, and modifications
- Using barbells in both traditional and non traditional ways
- Exercises for both the total body and specific muscle groups



## THE UNIVERSAL TOOL: EXERCISE BANDS

Exercise bands are one of the best pieces of gym equipment. They are inexpensive, versatile, and perfect for at home, traveling, or on the go. No one is too strong or too weak to use exercise bands.

- Explanation of different kinds of bands and how to use exercise bands
- The many uses for exercise bands (stretching, progression, speed)
- How to have a total body workout with nothing but bands.



## FOAM ROLLERS 101: TRIGGER POINT CERTIFIED

Feeling fatigued? Sore? Need some self care? This workshop will teach you:

- Why Foam Roll and how to Start Foam Rolling
- Techniques, contraindications, and knowledge on SMR

[ [SHOPWELLNESS.UNOMAHA.EDU](https://shopwellness.unomaha.edu) ]







ENVIRONMENTAL WELLNESS

# SUSTAINABILITY

UNO is dedicated to exploring ways to introduce and support sustainability efforts on campus and in the community. UNO defines sustainability as using resources wisely and engaging in actions that:

- 1. are environmentally friendly, socially responsible, & financially feasible; and
- 2. benefit present and future generations of people.



### MAVRIDE PROGRAM

*Your MavCARD is your Metro Bus pass. MavRIDE offers free rides on the Metro Bus System to current faculty, staff, and students at any time on any route.*



### WATER BOTTLE FILLING STATIONS

*There are 32 water bottle filling stations across campus—at least one station in each building, including four in H&K.*



### HEFTY® ENERGY BAG PROGRAM

*UNO has collection sites on campus for the Hefty® EnergyBag™ program, the city-wide initiative designed to divert hard-to-recycle plastics from the landfill and convert them to energy.*



### ENJOY NATURE

*Disconnect Your Tech-Let Nature Talk to You*

*Study, Meditate, or Take Your Lunch Break Outside*

*Reduce stress, anxiety, and negative self-talk*

[ [SUSTAINABILITY.UNOMAHA.EDU](https://sustainability.unomaha.edu) ]



# NEBRASKA MEDICINE – UNO HEALTH CENTER

Nebraska Medicine – UNO Health Center offers a variety of services to help keep Mavericks healthy.



## SERVICES AVAILABLE

- Primary care for common illnesses and injuries
- Urgent care (faculty/staff eligible)
- Annual physicals and women's and men's health exams
- Psychiatry
- Blood pressure health screenings
- Sexually Transmitted Infection screenings and care
- Wellness profiles
- Pregnancy testing (prenatal care not offered)
- Tuberculin (PPD) Skin Testing
- Flu Shots (learn more about the flu shot)



## COSTS

For services not covered by student fees, students can pay at the time of service or the clinic can submit a claim to the student's insurance plan. Check with the staff to see if your insurance can be billed for services.



**102 H&K**  
**Monday – Friday**  
**8 A.M. to 5 P.M.**

[ [HEALTHSERVICES.UNOMAHA.EDU](https://healthservices.unomaha.edu) ]



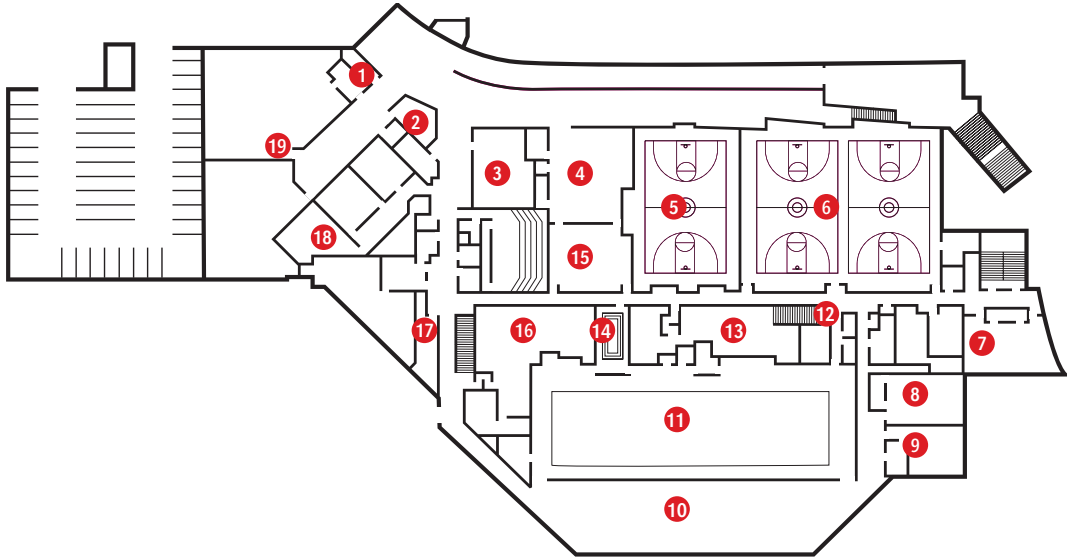


H&K FIRST FLOOR

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

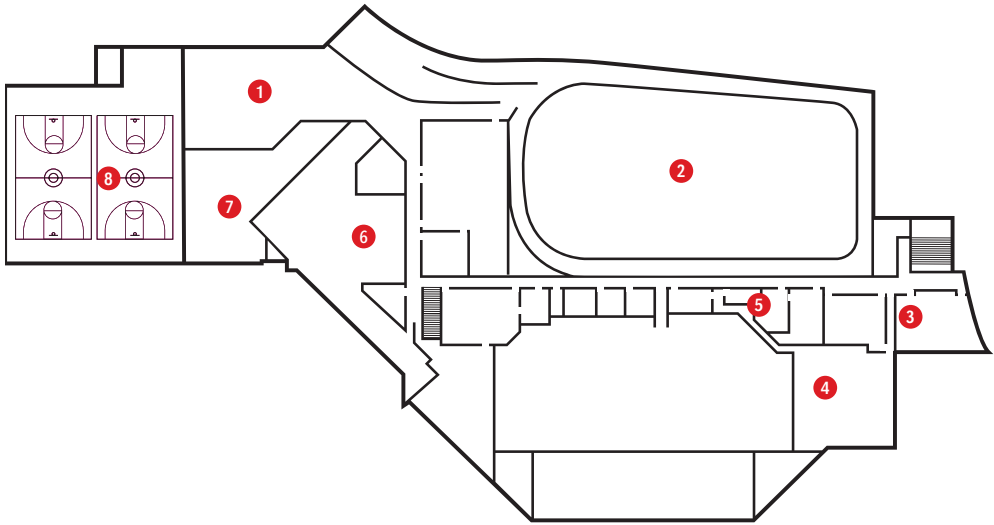
HEALTH & KINESIOLOGY

# BUILDING MAPS



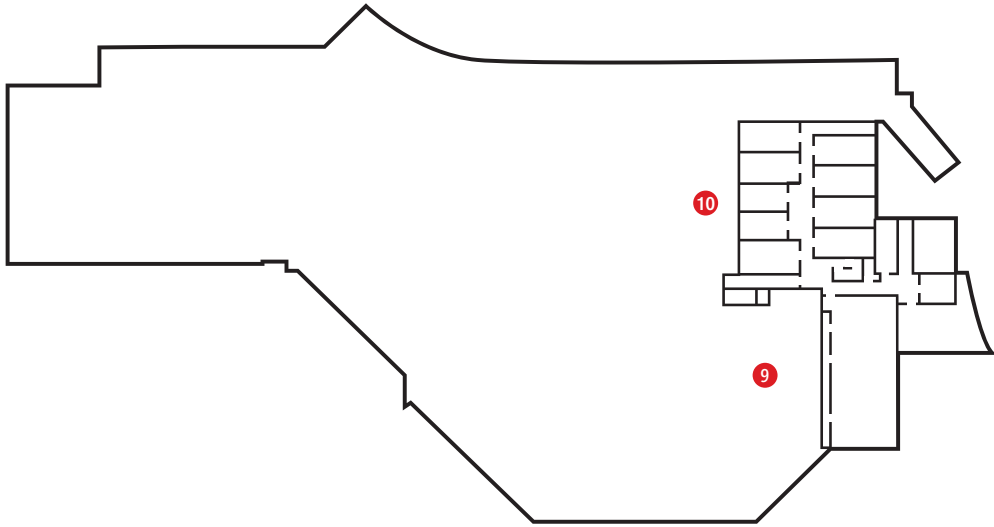
H&K SECOND FLOOR

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



H&K LOWER LEVEL

- 10. Golf/Archery Lab
- 11. Racquetball/Squash Courts





**#COMMITtoFIT**

*The University of Nebraska does not discriminate based on race, color, ethnicity, national origin, sex, pregnancy, sexual orientation, gender identity, religion, disability, age, genetic information, veteran status, marital status, and/or political affiliation in its programs, activities, or employment..*