



## #RECYOURWAY | UNO NEW MAV EVENT

### WHAT IS THIS EVENT?

- CAMPUS RECREATION AND WELLNESS HAS TEAMED UP WITH NEW STUDENT AND FAMILY PROGRAMS TO OFFER ALL NEW MAVERICKS THE OPPORTUNITY TO EXPLORE OUR AMAZING RECREATION FACILITY.
- DURING UNO'S SPRING BREAK (MARCH 17-23), COME TO CAMPUS AND HANG OUT IN THE HEALTH & KINESIOLOGY (H&K) BUILDING DURING OPERATING HOURS. THERE WILL BE FUN GAMES, INFO SESSIONS, AND TOURS AVAILABLE. **CHECK THE FULL SCHEDULE BELOW.**
  - HOURS AVAILABLE ONLINE – MAKE SURE YOU LOOK AT THE ADJUSTED HOURS FOR SPRING BREAK.

### HOW TO SIGN UP FOR THE EVENT:

- GO TO [SHOPWELLNESS.UNOMAHA.EDU](http://SHOPWELLNESS.UNOMAHA.EDU)
- SIGN UP FOR AN ACCOUNT
  - GO TO "SIGN IN" IN THE UPPER RIGHT CORNER
  - SIGN UP FOR A NEW ACCOUNT BY CLICKING THE BUTTON AT THE BOTTOM OF THE LOGIN BOX
  - FILL IN YOUR INFORMATION
  - CREATE A PASSWORD
- ONCE LOGGED IN, SIGN THE WAIVER
  - CLICK THE NOTIFICATIONS BUTTON IN THE UPPER RIGHT CORNER



- CLICK ON THE WAIVER TO SIGN
  - IF YOU ARE UNDER 19 YEARS OF AGE, A PARENT OR GUARDIAN MUST SIGN THE WAIVER.
- DOWNLOAD THE UNOMAHA CAMPUS RECREATION APP
  - USE YOUR EMAIL AND THE PASSWORD YOU USED TO CREATE YOUR SHOPWELLNESS ACCOUNT TO SIGN IN



**UNOmaha Campus Recreation** 12+  
InnoSoft Canada Inc.  
Designed for iPhone  
Free

## HOW TO GET INTO THE EVENT:

- HEAD TO H&K BUILDING ON UNO'S CAMPUS
- CHECK IN AT THE FRONT DESK FOR CAMPUS RECREATION & WELLNESS
- INFORM THE STAFF THAT YOU ARE A NEW MAV LOOKING TO GET A WEEKLONG MEMBERSHIP
- **YOUR APP WILL BE YOUR TICKET IN THE DOOR FOR THE WEEK**
  - USE THE APP TO SCAN INTO THE FACILITY EACH DAY

## FACILITY TOURS:

- GUIDED TOURS OF OUR 200,000+ SQUARE FOOT FACILITY WILL BE AVAILABLE MONDAY THROUGH FRIDAY AT 10:00AM, 1:30PM, AND 5:00PM.

QUESTIONS? CALL NEW STUDENT & FAMILY PROGRAMS AT 402-554-6281  
OR EMAIL US AT VISITUNO@UNOMAHA.EDU

## FULL EVENT SCHEDULE:

DAY	PROGRAM AREA	ACTIVITY DESCRIPTION
Monday	Open Rec Day	Check out balls and racquets to play basketball, volleyball, pickleball, badminton, or ping pong.
Tuesday	Competitive Sports	Come play archery tag from 11:00AM-1:00PM and 3:00PM-5:00PM.  We'll also have pickleball, badminton, and cornhole set up. Comp Sports staff will be available to teach you how to play!
Wednesday	Fitness and IPC (Injury Prevention & Care)	Attend a group fitness class.  12:00PM-12:30PM: Core Class 4:00PM-4:30PM: Cycle Express 5:30PM-6:15PM: Zumba
Wednesday	IPC	Join our Athletic Trainer at 12:45PM or 4:45PM for a live demonstration of the Graston Technique and Dry Needling. This interactive session will highlight how these advanced soft tissue and neuromuscular therapies can help reduce pain, improve mobility, and accelerate recovery.
Thursday	Aquatics	Dive in during open pool hours (see below). SUP yoga boards and innertubes will be available to float around on, or you can try out your skills on the diving board!  6:00AM-9:00AM 11:00AM-1:00PM 4:00PM-8:00PM
Friday	Climbing Wall	Climb at the climbing wall during open hours (see below). We'll have free shoe rentals and staff available to teach you! <i>If you've received a sticker each day, this would be your 5<sup>th</sup> and you can get a special prize!</i>  12:00PM-2:00PM 4:00PM-7:00PM
Saturday-Sunday	Explore on your own!	Free access to the facility - come in and #recyourway!

## MORE ABOUT THE EVENT & YOUR CHANCE TO WIN PRIZES:

- EACH DAY, MONDAY THROUGH FRIDAY, WE WILL HAVE A PROGRAM AREA FOCUS. STOP BY AND PARTICIPATE IN THE AREA THAT IS HIGHLIGHTED TO RECEIVE YOUR STICKER FOR THAT EVENT.
- COLLECT ALL 5 AND GET AN EXTRA PRIZE ON FRIDAY BY SHOWING YOUR STICKERS TO THE STAFF. **YOU WILL THEN BE ENTERED INTO A DRAWING TO WIN A FREE SUMMER MEMBERSHIP.**
  - CERTAIN QUALIFICATIONS WILL BE REQUIRED FOR ELIGIBILITY TO WIN.

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