



ACTIVATE



CAMPUS RECREATION
Illinois State University



RECREATION AT YOUR FINGERTIPS

Recreation is always changing and endlessly customizable. It doesn't have to be defined by reps, points, or the number of times you walk through our doors. It doesn't have to involve sweat, and it can happen anywhere—not just at the Student Fitness Center (SFC). Download the Redbird Rec app, and bring us with you on your recreation journey. Campus Recreation is your experience to make, create, and customize, no matter where you are.

Look through our programs and offerings, and find the ones that are right for you. And if you don't see what you want, tell us, because recreation should be what you need, not just what we provide.



Online registration and reservations for many of our activities and equipment rentals are available to help connect you to your favorite recreational pursuits. Find out more at CampusRecreation.IllinoisState.edu.



As part of the Health and Wellness Community of Practice, Campus Recreation works closely with Health Promotion and Wellness, Student Health Services, and Student Counseling Services to provide wellness resources to students and faculty/staff on campus. With these resources, Illinois State University has created the well-being initiative Eight at State, which has been designed to encourage and empower the ISU community to seek out resources and help in the following eight dimensions of wellness: *emotional, environmental, financial, intellectual, physical, social, spiritual, and vocational*.

CAMPUS RECREATION

Our values infuse our programs, and now our programs have never been easier to reach.

Recreation can happen anywhere, whether it's inside the Student Fitness Center, at the Redbird Adventure Center, Gregory Street Fields, the Bowling and Billiards Center, or in your living room. Recreation can be all about community, from esports to competitive sports to team building to group fitness. But recreation can also be personalized, individual, and specific. Whether it's personal training, open fitness floor and sport court hours, laps in the pool, or time on the track, recreation is not one-size-fits-all. It can be approached from a variety of angles, and our job is to meet our participants where they are and help them with anything they need along the way.

The Student Fitness Center can be a social hub, a place of possibility, or a source of uncertainty

depending on who you ask. But recreation is not confined to our walls. Finding new and better ways to connect with our community is integral to our department, and this coming year has more reasons than ever to be excited.

Campus Recreation has a lot of programs and activities. Some you can find online, some you have to register for in person, some you probably didn't even know we offer. But that's about to change. Starting now, you can join an intramural sport, register for a group fitness class, sign up for an adventure trip, or any number other things all in the same place, right from your phone or computer. Recreation has never been easier to reach.

WE COMMIT TO PROVIDE: SAFE, CLEAN, AND SUSTAINABLE INDOOR AND OUTDOOR FACILITIES

The Student Fitness Center provides a variety of recreational opportunities for our campus community. The SFC features plenty of cardio and weight training space, four fitness studios, three sport courts, an indoor track, a four-lane swimming pool, and a climbing wall with bouldering cave. The Redbird Adventure Center is the hub of our adventure programming with two team-building challenge courses, outdoor equipment rental, and a meeting space designed for large groups. The 17-acre Gregory Street Fields complex is designed to simultaneously host many field-sport activities for our Competitive Sports programs as well as many Department and University events. The Bowling and Billiards Center (BBC) is our dedicated recreational gaming space, featuring bowling, billiards, table tennis, and open play for tabletop games. The BBC is also the future home of the Redbird Esports gaming arena, a space that will feature multiple state-of-the-art gaming stations for varsity, club, and recreational use.



WORKING TOGETHER

On the courts, the courses, the fields, and in our offices, we honor teamwork in everything we do. Obviously, with intramural sports, sport clubs, Redbird gaming, esports, and our team-building program, we have a lot of official ways you can join a team. But teamwork also happens in a million unofficial ways all the time in our community.

From the encouragement for that next rep, to the guidance of a personal trainer, to the supervisor who holds another's goal as highly as the tasks that need to be done. Learning how to be a part of a team, how to uplift and encourage, is something you can take with you long after you leave the court.

WE COMMIT TO PROVIDE: CONSISTENT, INNOVATIVE, AND EXCITING PROGRAMS

We currently stand at an intersecting point between new technology and traditional recreation. One of the ways we are looking to bring those two together is through our esports program. While esports has been around for some time, it's still very new to many, and it's constantly changing and evolving. For this reason, we've designed a three-phase program that will feature varsity-level play, club-level play, and casual play. Our goal is to create an entry point for anyone interested in esports, whether they've played for years or are brand new to the idea.



**MEET NEW
FRIENDS, FIND
NEW PLACES,
and WORK
TOGETHER**



FINDING YOUR FUN

Being involved often contributes to feelings of success. But sometimes it's hard to know where to get started. We want our Redbirds to thrive, which means finding better ways to get you involved in the activities you want and building the habits that best contribute to your overall well-being. If you've ever been interested in finding a fitness or exercise routine that works for you but struggled to make it stick,

we want to help. Fun, like people, comes in all shapes and sizes. It's why our group fitness classes come in a variety of intensities. It's why we have competitive and recreational leagues in our most popular sports. For some, just playing is the fun of it; for others, it's all about winning. Either way, there's always a way to participate and a place to begin.

WE COMMIT TO PROVIDE: KNOWLEDGEABLE, PROFESSIONAL, AND ENTHUSIASTIC STAFF

Questions about a class, a piece of equipment, a type of exercise? Questions about health, nutrition, or another well-being topic? Ask us. You can talk to one of our team members, you can call us, you can email us, you can DM us, however you want to reach out. If we can't find a way to get you involved with us, we'll help you find the answer or the connection you need. We'd love to work with you to set up the right plan to get active, stay well, or reach that next goal.



**GET ACTIVE,
STAY ACTIVE,
REACH *that*
NEXT GOAL**



DEVELOPING OUR TEAM

As one of the largest employers on campus, we take student development seriously. And while we get that most students probably won't go on to be full-time officials or trip leaders, every one of our positions, no matter the program area, offers educational opportunities that transfer far beyond our walls. We have worked hard to create a culture that cares more about the individual than the job description.

We love helping our team members get that next certification or find the right path to a leadership role, but more important to us is working with every student on becoming lifelong learners who are self-sufficient and resilient. We believe we can prepare our students for the job today while also helping them figure out what being successful, engaged, and well-rounded looks like for them tomorrow.

WE COMMIT TO PROVIDE: OPPORTUNITIES TO DEVELOP AND GROW AS A LEADER

As home to a number of clubs that compete at a national level, we know that one of the biggest challenges is making sure that things run smoothly. For this reason, we've created the Sport Club Leadership Academy. The leadership academy is a way to provide resources and opportunities for our club members to grow in leadership. The skills needed to run a successful club are many of the same needed for success beyond college: time management, conflict resolution, budgeting, networking, and more. As we work with clubs to hone these skills over the course of the year, our goal is to give participants much more than a trophy to take home with them.



**HELP FOSTER
SKILLS NEEDED**
for **SUCCESS**
**BEYOND
COLLEGE**



SERVING OUR COMMUNITY

As part of the Division of Student Affairs, it's in the fabric of who we are to enhance and encourage healthy development, behaviors, and opportunities for our student and faculty/staff communities. With our Redbird Adventure Center and the Bowling and Billiards Center, we are also able

to serve Bloomington-Normal and the surrounding communities. Whether it's outdoor equipment rental and team-building programs, or simply a recreational space to gather and play, as individuals or as a party, we are committed to finding ways to engage and serve those around us.

WE COMMIT TO PROVIDE: QUALITY AND WELL-MAINTAINED EQUIPMENT

Throughout all of our facilities, we want to make sure we are providing the best and safest possible guest-service experience. Our equipment undergoes regular inspections and upgrades and we work around the clock to make sure our facilities and equipment are clean. We believe that a safe environment is a welcoming environment, and the day-to-day attention and care paid to our facilities will translate to a better, safer patron experience.



BUILD UP
and **SERVE**
THOSE
AROUND US



A SAFE PLACE FOR EVERYONE

We know that some of our programs can seem intimidating at first and that not everyone feels comfortable going to the gym, or joining a new sport, or trying a different outdoor activity. That is why we have looked for every opportunity to create an inclusive, adaptive environment for the entire campus community. It's why we built our high ropes course to be 80 percent universally adaptable for all abilities. It's why we have such a focus on cleanliness

and safety. It matters to us that no barrier keeps someone on the sidelines.

To us safety is more than just a box to check, it's an attitude. This is a place where everyone can feel welcome, able to participate, and free to try something new or challenging. Safety goes hand in hand with who we are: recreation for the whole campus, not just part of it.

WE COMMIT TO PROVIDE: OUTSTANDING SERVICE WITH INTEGRITY, CIVILITY, AND COURTESY

We are constantly working to improve the availability and access of our programs and facilities. Currently we have five locker rooms throughout our building that include faculty/staff-specific locker rooms and an all-gender locker room with private showers. Additionally we have ADA-compliant pool lifts, adaptive climbing equipment, wheelchair-accessible machines, kennels for service animals, and more.



**A PLACE
WHERE
EVERYONE
can FEEL
WELCOME**



ESPORTS IS HERE

AT ILLINOIS STATE.



REDBIRD
ESPORTS
ILLINOIS STATE

THE FIRST PUBLIC UNIVERSITY IN ILLINOIS
WITH A VARSITY ESPORTS PROGRAM.

FOR MORE INFORMATION VISIT
ILLINOISSTATE.EDU/ESPORTS

3 WAYS to PLAY

VARSITY ESPORTS

Serve as the face of Redbird Esports and represent Illinois State while competing against other varsity collegiate esports teams across the country. Scholarships are available for players.

REDBIRD GAMING

Want to develop your skills in hopes of competing at the varsity level? Get involved in one of the several competitive club teams focused on specific games. Our clubs also offer social opportunities for students to connect and engage with other students interested in gaming.

CASUAL GAMING

Not sure what you think about gaming or esports? Explore the world of gaming in our esports arena. Any student of any skill level can stop by to play free of charge and with no commitment.

BENEFITS OF ESPORTS

- Connect with fellow Redbirds who share your passion
- Develop transferable skills such as leadership, problem-solving, and strategic thinking
- Gain access to educational and career development opportunities
- Earn scholarships for playing at the varsity level
- Celebrate your talent in gaming



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