

Campus Recreation

Recreation

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Utah Tech University has a very active Campus Recreation program with over 4,000 students participating. Campus recreation provides six areas of emphasis on campus to meet student's recreational needs. These areas are Fitness Center, Intramural Sports program, Club Sports, Outdoor Recreation, Student Activity Center, and Aquatics. Each of these areas offer opportunities and activities for students to either participate or get involved in some way in campus life. There are also outdoor basketball hoops, open field space, and tennis courts for student's impromptu use. Employment opportunities are also available for students in campus recreation.

Fitness Center

The Fitness Center is geared toward the students of Utah Tech. The Fitness Center offers students the opportunity to increase their cardiovascular fitness, flexibility and strength by using the latest state-of-the-art Cybex machines, treadmills, elliptical machines, bikes, and free weights. Semester memberships are available or students can also enroll in FAST 1088R to receive credit for working out.

Intramural Sports

The Intramural Sports program offers a wide variety of individual, and team sport activities. Intramural leagues and tournaments are open to every current Utah Tech students and faculty/staff member. There are multiple skill levels, so if you are a first time player looking to learn a sport or a former athlete looking to stay physically active and competitive, we have programming for you! Stop by the Intramural office located in the Southeast corner of the Student Activities Center (SAC) or visit our website (<http://utahtech.edu/rec/>) or call (435) 879-GAME (4263) to learn how you can get involved.

Club Sports

Club Sports are student run organizations that arrange activities of a competitive nature involving physical exertion and skill that is governed by a set of rules or customs. Club Sports can compete in tournaments or games against other teams or individuals from other colleges, universities or like organizations. League play and national/regional competition is encouraged.

Outdoor Recreation

The Outdoor Recreation & Adventure Center (ORAC) provides Utah Tech University with a variety of activities, such as hiking, rock climbing, and mountain biking. The ORAC provides 6-8 outdoor adventures for students, faculty, staff, and even the public per semester. These outings allow individuals to experience the splendor and glory of Southern Utah with the assurance of safety through guided exploration. The ORAC also provides equipment rentals, which can either outfit one for their own adventure, or provide missing articles to complete one's own equipment supply. For any questions check out our website (<http://utahtech.edu/rec/>) or contact us at (435) 652-7986.

Aquatics

The Utah Tech University Pool, located just north of Hansen Stadium, is part of the Fitness Center facilities. The pool is a full-functioning aquatics center, providing students the opportunity to enjoy and recreate in a 6-lane 25-yard length pool with a spectacular view overlooking the football stadium. Students are able to obtain an aquatic membership by semester or enroll in any of the aquatics courses offered. Activities provided are lap swim, open swim time, water aerobics, intramural activities, Triathlon training clinics, pool rentals, etc. Courses taught in the pool are Beginning and Intermediate Swimming, Beginning and Intermediate Water Aerobics, SCUBA, and Lifeguarding.