

*campus recreation &
carmichael complex
summer 2009*



NC STATE UNIVERSITY

Carmichael

Facility Hours

Carmichael Gym

Mon.-Fri. 6 am-9 pm
Sat. & Sun. 1 pm-5 pm

Carmichael Recreation Center

Mon.-Fri. 6 am-9 pm
Sat. 9 am-5 pm
Sun. 11 am-7 pm

Willis R. Casey Aquatic Center

Mon.-Fri. 6:15 am-8 am,
11 am-2 pm, 4 pm-8:45 pm
Sat. & Sun. 1:15 pm-4:45 pm

Campus Recreation

Mon.-Fri. 8 am-5 pm

Layout and Design by
James Hewitt and Laura Spurlock



Contact Information

Campus Recreation
(919) 515-3161

Carmichael Recreation Center
(919) 515-PLAY

Fitness Suite
(919) 513-8139

Facility Hours Info Line
(919) 515-7488

Outdoor Adventures
(919) 513-0072

[www.ncsu.edu/
stud_affairs/campus_rec](http://www.ncsu.edu/stud_affairs/campus_rec)

www.ncsu.edu/carmichael

Complex

Summer Membership Options:

Students - Students not taking summer classes may purchase a Summer Stop Out pass for one or both summer sessions. The cost is \$20 per session. These memberships go on sale the first day of classes for each session.

Faculty/Staff - All current, permanent faculty/staff members are eligible to purchase a membership. Members may choose Full Service or Access Only membership. The cost is \$20/month or \$240/year for Full Service and \$15/month or \$180/year for Access Only. Please see the website for more details www.ncsu.edu/carmichael.

Temporary employees are not eligible to purchase a membership.

Household Members of Faculty/Staff/Affiliates and Students - Current students and members may sponsor one adult household member. Household members may not sign up without the sponsor being present. All household members must pre-pay for the entire gym fee. Household members of students may only purchase an Access Only membership.

Sponsor and potential household members must both provide proof of address. The addresses on both forms must match. Please call (919) 515-7529 or visit our website for the acceptable forms of proof; www.ncsu.edu/carmichael.

Alumni - Alumni of NCSU are eligible to purchase an Access Only membership during the summer and can purchase the

membership on May 14. This membership session only runs May 14-Aug. 14, 2009.

Alumni members must present proof of graduation from NCSU (i.e. University Diploma or an official transcript noting graduation).

The gym fee must be pre-paid through Aug. 14. The fee is \$150, is non-refundable, and not prorated throughout the summer. Alumni may not sponsor a household member.

More Membership Options - The information provided here is just an overview of the membership options at Carmichael. For more membership options, please visit the website, www.ncsu.edu/carmichael.

Club Sports

Club Sports at NC State University is designed to provide opportunities for students, faculty, and staff of the university community to participate in a variety of sports and recreational activities. Each club is considered a private organization separate from NC State University but with an affiliation as a registered student organization and a club sport.

To become involved in Club Sports, check the website for more information, including practice times and tryout details.



2009-2010 CLUB SPORTS

Aikido	Roller Hockey
All Girl	Rowing
Cheerleading	Rugby (M&W)
Badminton	Sailing
Baseball	Ski & Snowboard
Basketball (W)	Soccer (M&W)
Bass Fishing	Social Ballroom
Bowling	Dance
Clogging	Softball (W)
Cricket	Swimming
Cross Country/ Track	Table Tennis
Cycling/Mt. Biking	Tae Kwon Do
Dance Team	Tennis
Equestrian	Triathlon
Fencing	Ultimate (M&W)
Field Hockey	Volleyball (W)
Golf	Water Polo
Gymnastics	Water Ski/ Wakeboard
Ice Hockey	Wrestling
Lacrosse (M&W)	Requesting
Martial Arts	Affiliation:
Outing	Basketball (M)
Racquetball	Volleyball (M)
Rodeo	

Fitness

Our group fitness program offers a variety of strength training, cardio and mind/body classes to fit the needs of all our participants.

The personal training program offers both one-on-one and group options to help you develop a program specifically designed to meet your goals.

Our massage therapy program provides relaxation, stress relief and injury rehabilitation to students and members.

Please stop by the Fitness Suite, 2nd floor Carmichael Recreation Center or call (919) 513-8139 for more details on personal training, massage therapy and fitness classes.



INDOOR GROUP CYCLING

Group cycling is an indoor cycling class that consists of amazing cardio challenges, varying speeds and resistance levels, hill climbs, flat runs, and more! Let the instructor guide you through a ride that you can tailor to fit your own personal fitness level and goals. This class is great for beginner to advanced participants because participants set their own resistance levels.

Students:

\$10 each—Summer Session I & II
\$35 Fall pass, \$35 Spring pass

Faculty/Staff:

\$20 each—Summer session I & II
\$45 Fall, \$45 Spring

\$5 Guest Pass or One-Time use

Intramural Sports



Intramural sports offer students, faculty and staff the opportunity to be part of the action. You can make friends, have fun and get a great workout while participating in numerous activities. We offer female, male, co-ed and grad/faculty/staff leagues designed for all skill levels.

Also, it's easy to fit into your schedule, just choose the day/time that works best for you and your team.

We offer activities like flag football, soccer, basketball, volleyball, tennis, disc golf and dodgeball tournaments, golf skills challenges, flag football combines and much more. Get involved today!



Outdoor Adventures

Rock Wall Hours

May 11-Aug. 6
Tues. & Thurs. 6-9 pm

Will reopen on Aug. 19

Belay Clinics

May 28 from 6-8 pm
Jul. 9 from 6-8 pm

\$10 per clinic. Sign up at Outdoor Adventures, 1st floor Carmichael Recreation Center or Campus Recreation Office.

Rental Hours

May 1-Aug. 10
Mon.-Fri. Noon-5 pm

Closed May 25 and Jul. 3
Last day to rent equipment is
Aug. 7. All equipment due
Aug. 10. Reopen on Aug. 19



SUMMER ACTIVITIES

WFR Recertification, May 6-8
WFR Course, May 10-17

Blue Ridge Mountains
Backpacking/Climbing Trip
May 11-15, \$185
(4 days backpacking
and 1 day climbing)

Registration begins Mar. 30
Pre-trip meeting Apr. 29, 6 pm

Rock Climbing Day Trip to
Crowder's Mountain State Park
Jun. 6, \$35

Registration begins May 18
Pre-trip meeting Jun. 3, 6 pm

Rock Climbing Day Trip to
Pilot Mountain State Park
Jul. 18, \$35

Registration begins Jun. 29
Pre-trip meeting Jul. 15, 6 pm

Special Events



RECFEST

Sunday, August 16

5:30-8:30 pm

Lower Miller Fields

**Red Cross
CPR and First Aid Training**

Session I

Wednesday, Jun. 3, 5-9 pm

Session II

Wednesday, Jul. 15, 5-9 pm

\$40 students, \$45 members

**Campus Recreation
Summer Golf Tour @
Lonnie Poole Golf Course**

Session II

Tuesdays - 3 pm Tee Times

Jul. 14-Aug. 4

