

RECREATION

Stanford Recreation is organizationally housed within The Department of Athletics, Physical Education, and Recreation and more specifically within Recreation and Wellness. Recreation offers sports, fitness, health and well-being programs to meet the diverse needs of the Stanford community. Through collaborative team efforts, Recreation takes pride in presenting high quality and fun programs focusing on providing excellent service. A wide-breadth of programs and services are offered by Recreation in aquatics, club sports, fitness facilities, group exercise and personal training, intramural sports, membership and recreation services, recreation classes, and youth programs.

Purpose

Stanford Recreation is committed to provide diverse recreational opportunities that inspire health and well-being for our community.

Values

Inspiring a healthier Stanford by:

- Providing inclusive programs and facilities that welcome the entire Stanford community.
- Creating a collaborative growth-oriented team.
- Offering industry leading and highest quality programs and instruction.
- Maximizing fun and enjoyment through friendly and positive interactions in health, well-being and sports.

AOERC

285 Santa Teresa St

The Arrillaga Outdoor Education and Recreation Center (AOERC) includes a 14,000 square foot fitness center which offers the latest in cardio and strength training equipment, enclosed indoor cycling studio, 50m pool, three basketball courts, the largest indoor collegiate climbing wall in the United States and more.

ACSR

341 Galvez St.

The Arrillaga Center for Sports and Recreation (ACSR) includes an 11,000 square foot fitness center with our Olympic Lifting platforms and several pieces of adaptive equipment. The ACSR also has three basketball courts, a mat room, and seven squash courts.

Outdoor Center

Located in the AOERC, the Outdoor Center is home to a full-service rental and retail facility, a lounge, an outdoor resource library and a multimedia classroom. The lounge serves as a central meeting space for Stanford community members who are interested in outdoor adventures. For current hours please visit outdoorcenter.stanford.edu as hours can change during the quarter.

Climbing Walls

The AOERC Climbing Wall and the ACSR Bouldering Wall are open to all Stanford community members regardless of experience. A valid SUID is required in order to access the facilities. Belay classes are available for free and climbing shoes are available to rent for \$2.00. For current hours please visit climbing.stanford.edu as hours change quarter to quarter.

Recreation Services

Desk Staff are your first point of contact at the entrances and also in the Fitness Centers of the ACSR & AOERC. We provide services and access for Stanford community members including Daily Recreation Facility Pass sales, equipment checkout and locker rentals. Please let us serve you if you have any questions or needs.

ID Card Policy

All recreational facilities require a SUID Card or approved facility access card for access. Guest passes can be purchased by Stanford affiliates. All guest pass users must carry a government issued photo ID at all times while using the facilities. For more ID Card Information, please see the Member Services section of recreation.stanford.edu.

Lockers

Recreational-use lockers and showers are available at the Ford Center and the Arrillaga Outdoor Education and Recreation Center (AOERC). There are no lockers at the Arrillaga Center for Sports and Recreation (ACSR). The following are our locker rental fees:

\$20/quarter or \$50/year for Students

\$30/quarter or \$70/year for Faculty/Staff

*Payable by credit card or check. All lockers are available for rental at both the ACSR and AOERC Front Desks.

Day-use lockers are available at the AOERC, the ACSR and the Avery Aquatic Center. These lockers use keypad locks and do not require you to bring your own lock. Day-use lockers are free of charge and please note they will be cleared out each night at the close of business and any left behind contents will be added to the lost and found.

Aquatics

We offer recreational swimming at two outdoor campus locations. The Avery Aquatic Center (AAC) is located in the center of the Stanford Athletics' facilities and is home to the Men's and Women's Swimming, Diving and Water Polo Teams, as well as the Synchronized Swimming team. In addition to hosting Rec Swim, the AAC has hosted the Intramural Swim Meet and Inner-tube Water Polo Tournament. The Avery Recreation Pool, located at the Arrillaga Outdoor Education and Recreation Center (AOERC) is a 50 meter pool set up in short course yards, used for recreational swimming and instructional classes. Stanford Recreation provides aquatic activities including Masters Swimming, Lifeguard Classes, Club Water Polo and several P.E. swim classes. Recreation instructional and fitness swimming classes are offered at the Avery Recreation Pool and include a BeWell rate for eligible staff.

For employment opportunities, contact information, and further details, please visit recreation.stanford.edu/aquatics.

Adventure Pursuits

The Stanford Adventure Program (SAP) is the organization that advises adventure experiences for Recreation & Wellness, Student Activities & Leadership (SAL), Stanford School of Medicine, Residential Education, the Haas Center and other formal SAP campus partners. SAP's student leadership model follows the Voluntary Student Organization structure established by SAL.

- *Outdoor Trips*: provides students the opportunity to participate in peer led adventure activities such as day trips and weekend experiences in a multitude of mediums including backpacking, rock climbing, surfing, kayaking, skiing, etc.

- *Outdoor House*: a new community within Suites founded with the intentions of creating a place for people to explore, educate and connect via their interests in adventures and the outdoors.
- *Stanford Outdoor Outreach Program (SOOP)*: enhances interpersonal relationships, fosters community, and instills personal confidence in San Francisco Bay Area youth through facilitated outdoor experiences.
- *Stanford Pre-Orientation Trips (SPOT)*: immersive experiences that take place the week before New Student Orientation and are designed to ease the transition of students to life at Stanford as well as foster Stanford Identity, community, and personal growth.

Visit adventure.stanford.edu for more information.

Club Sports

We brings together 27 diverse sports and more than 1,200 athletes with the common goal of creating an environment that fosters student development and leadership through sports. Teams compete in intercollegiate competitions at the highest level, while offering opportunities for participants of all skill levels, from beginners to experienced players.

Teams include the following: Archery, Badminton, Baseball, Basketball, Climbing, Cheer, Cycling, Equestrian, Golf, Hockey, Hurling, Judo, Lacrosse, Polo, Rugby, Running, Ski & Snowboard, Soccer, Squash, Swimming, Table Tennis, Taekwondo, Tennis, Triathlon, Ultimate, Volleyball, & Water Polo.

Visit [clubsports \(http://exploreddegrees.stanford.edu/recreation/clubsports.stanford.edu\)](http://clubsports.stanford.edu) (<http://exploreddegrees.stanford.edu/recreation/adventure.stanford.edu>) for more information.

Martial Arts

The Stanford Martial Arts Program (SMAP) is an umbrella organization that supports the various member martial art groups on campus. The main goals are to educate the Stanford community through outreach programming about the variety of martial arts instruction on campus, serve as a centralized communications network between the different groups and preserve the martial arts as a vital and distinctive component of Stanford life. SMAP has 12 distinct martial art offerings covering a wide variety of technical, physical and cultural skills.

Here are the following teams and clubs that are affiliated with the Stanford Martial Arts Programs: Aikido, Capoeira, Eskrima, Judo, Jujitsu, Kendo, Muay Thai Kickboxing, JKA Shotokan Karate, Taekwondo, Wing Chun Kung Fu, & Wushu.

Visit smap.stanford.edu (<http://exploreddegrees.stanford.edu/recreation/smap.stanford.edu>) for more information.

Group Fitness Classes

Pay a single fee for one of two pass options and drop-in to any of our select classes, such as F45, Cardio Dance and more, throughout the quarter.

Personal Training

Work with one of our experienced and certified trainers to tailor a fitness program for you.

Fitness Assessments

Measure your health status and learn how you can achieve your fitness and wellness goals.

Olympic Lifting Classes

Learn proper lifting etiquette from our experienced staff and receive an annual Olympic Lifting sticker to use our platforms

Intramural Sports

IM's at Stanford include formal competition in a variety of team and individual sports using league, single elimination tournament, one day special event tournament, and ladder play structure. Registration occurs during the second week of classes during the Autumn, and during finals for the Winter and Spring. Mandatory Captains meetings can be completed during the registration period.

Our IM Sports leagues include the following: Flag Football (fall), Indoor Volleyball (winter), Basketball (winter), Outdoor Soccer (spring) and more.

For Intramural leagues information and further details, please visit recreation.stanford.edu/intramurals.

Senior Associate Athletic Director - Recreation and Wellness: Eric Stein

Director of Recreation: Rick Craig

Senior Associate Director of Competitive Sports: Christian Obando

Assistant Director of Competitive Sports: New Hire

Associate Director of Recreation: Daralisa Kelley

Assistant Director of Aquatics: Alisha Garcia

Assistant Director of Fitness: Zach Trahan

Assistant Director of Youth Programs: New Hire

Associate Director of Recreation Services: Robin Embry

Assistant Director of Recreation Facilities: Ebone Cobb

Director of Wellness: Jen Sexton

Assistant Director of BeWell: Syrous Parsay

Assistant Director of BeWell: New Hire

Senior Associate Director of Adventure Programs: Sue Lowley

Assistant Director of Outdoor Programs: Emily McCune

Assistant Director of Indoor Climbing: Phil Sandlin

Assistant Director of Leadership Engagement: Andrew De Torres

Senior Associate Director of Business Operations: Dennis Phan

Recreation Classes

Our classes provide participants with professional instruction in a safe and fun workout environment. Our Recreation Class offerings are non-credit classes. Stanford students, Faculty/Staff and Stanford community members are eligible to participate in Recreation Classes. Recreation classes that are offered throughout the academic year are the following:

- *Ashtanga Yoga*: taught in the Mysore style (a guided self practice), by Russell Case, authorized Level II Instructor by Pattabhi Jois and the Ashtanga Yoga Research Institute in Mysore India.
- *Golf*: covering all basic rules and etiquette of the sport including the fundamentals of grip, stance, alignment, posture and putting.
- *Gymnastics*: introducing participants to all gymnastics apparatus including floor exercise, vault, high bar, uneven bars, trampoline, rings, tumble track, pommel horse, balance beam and parallel bars.

- *Olympic Weightlifting*: develop the skills and strength necessary to perform the Olympic Lift (snatch, clean and jerk).
- *Squash*: learn the rules, tactics and techniques of this fast-paced game that will help to boost your skills on the courts.
- *Tennis*: helping to improve your forehand, backhand, serve and net play while simulating real game situations and explaining the rules of the game.

In addition, we often release occasional courses that will be offered throughout the academic year. Occasional courses that could be offered include our Pre- & Post-Natal Fitness Program, the Private Pilates Training Program and our Train to Run Program. Visit recreationclasses.stanford.edu (<http://exploreddegrees.stanford.edu/recreation/recreationclasses.stanford.edu>) for more information on all class offerings and registration details.