RECREATION AND WELLNESS

INSPIRING
ACTIVE AND
HEALTHY
LIFESTYLES

www.bgsu.edu/recwell

BOWLING GREEN STATE UNIVERSITY
STUDENT RECREATION CENTER
1411 Ridge RD, Bowling Green OH 43403
419.372.2000 | recwell@bgsu.edu

Renovated in 2014, BGSU’s award winning Student Recreation Center (SRC) offers expansive recreational opportunities for BGSU students/faculty/staff and community members. The first stand-alone recreation facility in the nation financed solely with student fees, the SRC has been a vital asset to the University and community since 1979.

PERRY FIELD HOUSE
801 N Mercer RD, Bowling Green OH 43403
419.372.9900 | recwell@bgsu.edu

Opened in 1993, the Perry Field House (PFH) contains two large wings: the Turf Room, a 100- x 60-yard field covered with synthetic turf (including four batting cages), and the Track Room, a 200-meter, six running/eight sprint lane track encircling four courts for basketball, volleyball, or tennis.

FORREST CREASON GOLF COURSE
1616 E Poe RD, Bowling Green OH 43403 | 419.372.2674 | golf@bgsu.edu

The Forrest Creason Golf Course opened in 1964 as a nine-hole golf course and was expanded to include 18 holes and a driving range in 1974. Forrest Creason Golf Course is a member of the United States Golf Association and an associate member of the Toledo District Golf Association. The semi-private course is open to the public and offers four sets of tees with a championship distance of 6,457 yards. A practice center, lessons, and FootGolf are also available.

OUTDOOR RECREATION SPACES
The Department of Recreation and Wellness oversees several outdoor recreation spaces: the SRC Outdoor Courtyard featuring a sand volleyball court located adjacent to Andrews Pool, six Intramural Fields located south of the BGSU Ice Arena, the Perry Field House Mud Pits, and the Kreischer/Harshman Basketball Courts are all available for student and organizational use.

Purchase a Student Recreation Center Membership for full access to the SRC and limited access to the PFH:
www.bgsu.edu/student-recreation-center/membership

Purchase a Forrest Creason Golf Course Membership to play at your leisure and benefit from discounted daily rates:
www.bgsu.edu/golf

Patrons and guests with disabilities are requested to indicate if special services, assistance, or appropriate modifications are needed to fully participate. Contact Disability Services at dss@bgsu.edu or 419.372.8495 prior to the program or event.
**ANDREWS POOL**

BGSU’s recreational swimming pool, this 50- x 25-foot pool ranges from 3 to 9 feet deep, is kept at a temperature of 87º, and offers water basketball. A 12-person hot tub maintained at 103º is located in this area and is a great place to relax after an intense workout or a long, stressful day on the job.

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**COOPER POOL**

Home to BGSU Women’s Swimming and Diving Team and the Bowling Green Swim Club, Cooper Pool is a popular place to work out and have fun. This 50-meter x 25-yard Olympic-sized pool is kept at a temperature of 80º and offers water basketball in the shallow end. 5- and 7-meter platforms and 1- and 3-meter spring boards are located in the deep end.

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**AMERICAN RED CROSS CERTIFICATION COURSES**

Certification courses conducted by American Red Cross certified instructors are offered to BGSU students, faculty, and staff and community members. All certification courses are of a blended format and include online and face-to-face components. Participants must be 15 years of age or older. Enrollment prerequisites may apply. All certifications are valid for two years.

**Adult and Pediatric First AID/CPR/AED**

Adult and Pediatric First Aid/CPR/AED teaches participants the knowledge and skills necessary to give basic first aid care in an emergency situation and help sustain life and minimize the consequences of injury or sudden illness until medical help arrives.

* Adult and Pediatric First Aid/CPR/AED re-certification course is offered.

**Lifeguard Training Full Course**

Lifeguard training teaches entry-level participants how to react in an aquatic emergency based on American Red Cross standards along with certification in Sports Safety Training and CPR/AED for the Professional Rescuer.

* Lifeguard challenge re-certification course is offered.

**LEARN-TO-SWIM**

Learn-to-Swim lessons are taught by certified American Red Cross Water Safety Instructors to people of all ages and skill levels.

**Private and Semi-Private Lessons (ages 3+)**

Private lessons offer one-on-one, specialized instruction, while semi-private lessons serve groups of 2-3 students of similar skill levels.

**Small Group Lessons (5-10 participants)**

- Parent and Child (ages 6 months - 3 years)
- Preschool Aquatics (ages 3-5 years)
- Learn-to-Swim (ages 5-17 years)
  - Level 1: Introduction to Water Skills
  - Level 2: Fundamental Aquatic Skills
  - Level 3: Stroke Development
  - Level 4: Stroke Improvement
  - Level 5: Stroke Refinement

Lesson and registration information available online: www.bgsu.edu/recwell/aquatics/learn-to-swim

**WATER EXERCISE TRAINING (SENIOR SWIM)**

Water Exercise Training (WET) is a therapeutic aquatics program designed for seniors. WET has a positive effect on cardiovascular fitness, muscular strength, muscular endurance, and joint flexibility, and is set in a social atmosphere within Andrews Pool.

For more information: fitness@bgsu.edu
GROUP EXERCISE CLASSES
Results-oriented Group X Classes are a great way to achieve fitness goals while exercising in a fun, motivational environment. A wide variety of classes with well-rounded exercise routines are led by certified instructors who provide support, accountability, and structure. All participants must be 16 years of age or older.

Attend unlimited classes by purchasing a Group Exercise Pass, or pay as you go by purchasing a Day Pass. Purchase passes at the SRC Welcome Desk or online: rectrac.bgsu.edu

Group X Classes Offered*
- PiYo®
- POUND®
- Strength and Stretch
- Strength Circuits
- TRX Strength Circuits
- TurboKick®
- WERQ® Dance
- Yoga
- Zumba®

*Slight offerings are subject to change.

PERSONAL TRAINING
Need extra motivation, are not getting results, or don’t even know where to begin? Individual or group personal training may be the solution. Nationally certified, BGSU personal trainers work with individuals one-on-one to provide the assistance, direction, and encouragement needed to succeed in meeting fitness goals ranging from weight loss, aerobic fitness, muscle toning, strength building, and flexibility. Trainers develop safe and effective exercise plans that are based on client goals and physical fitness levels and are grounded in knowledge of exercise principles, kinesiology, and biomechanics.

Select a package online and schedule an appointment at the SRC Welcome Desk or by calling 419.372.2000.

SMALL GROUP TRAINING
Take advantage of individualized attention from a nationally certified personal trainer in a small-group setting. Whether you want to lose weight, gain strength, or reduce stress, small group training is designed to help reach your goals and build a healthier body. Unique classes provide nonstop intervals of strength, cardio, power, resistance, and core training moves using innovative equipment such as battle ropes, TRX®, ViPR™, medicine balls, kettlebells, BOSU®, and dumbbells to challenge the body and maximize results.

Select a class online and register at the SRC Welcome Desk or online: rectrac.bgsu.edu

ASSESSMENTS AND SERVICES

Free Equipment Orientations*
Register for a free equipment orientation at the SRC and learn how to safely use the cardio equipment and strength machines and perform basic free weight and stretching exercises. Certified personal trainers are available (hours vary) at the Personal Training Office to help with questions.

Free Body Fat Testing*
Chat with a certified personal trainer about any fitness questions you may have and get your body fat evaluated using the handheld bioelectrical impedance analyzer. The process is free, noninvasive, and only takes a few minutes.

*Falcon Fitness clinics are free to all SRC Members and BGSU students, faculty, and staff.

Outreach Programs
Does your group or organization want to get fit with Falcon Fitness? Recreation and Wellness offers outreach programs of any fitness format such as Zumba®, yoga, and cycle.
Contact Falcon Fitness at fitness@bgsu.edu for more information and to request your class.

Certification Classes
Throughout the year, Falcon Fitness holds various national certification classes toward group fitness instruction and personal training. Classes are open to BGSU students/faculty/staff and community members. Certification classes are posted online as they become available.
INTRAMURAL SPORTS

The Intramural Sports (IM) program provides BGSU students/faculty/staff of all skill levels the opportunity to play a wide variety of competitive sports in a fun, yet structured environment. IM champs win bragging rights and a free T-shirt.

SPORT CLUBS

Sport clubs are formed and lead by students and provide the opportunity to engage in intercollegiate competition with representative teams from other clubs, colleges, and universities or to just enjoy structured sports activities with like-minded individuals.

Participation

BGSU students/faculty/staff are eligible. Restrictions apply for varsity/club athletes in the same sport. Individual, dual, and team activities are available, and many sports offer both competitive and recreational leagues. Men’s, women’s, and co-rec teams are fielded through sorority, fraternity, and independent leagues. Players can participate on one men’s/women’s and on one co-rec team per sport.

Captains

Captains serve as the liaison between the IM Office and the team. Captains must submit online entries on time, download a league schedule, and check their team’s status for playoffs.

Schedule

Most IM sports are played once a week, Monday through Thursday between 5 PM and midnight. A few activities take place on Saturday and Sunday. Regular season play lasts approximately three to four weeks, followed by one week of single-elimination playoffs for qualifying teams.

Intramural Sports schedule is available online:
www.bgsu.edu/recwell/intramural-sports

Register online: www.imleagues.com

Participation

Membership is open to currently enrolled undergraduate students carrying a minimum of nine credit hours per semester or graduate students with full-time status. Every sport club must have at least 10 active student members in good standing.

Individual cost varies from club to club depending on funding from the Office of Campus Activities, donations, and fundraising.

Sport Club Registration

Individuals or groups of students can apply for official sponsorship as a competitive club. To register a new club, make an appointment with the Coordinator of Competitive Sports.

Existing clubs or student organizations may not be duplicated. Other factors in considering new requests involve risk management and liability issues, availability of facilities, funding, regional competition and a club’s potential overall contribution to the University community.

Coaches

Teams can select volunteer coaches for their club based on the individual’s knowledge and experience in the desired sport. Coaches need not be affiliated with BGSU but must be approved by the Coordinator of Competitive Sports.

Sport Clubs and contacts are available online:
www.bgsu.edu/recwell/intramural-sports/sport-clubs
**WELLNESS CONNECTION**

The Wellness Connection is committed to supporting healthy lifestyle behaviors through programs which incorporate all aspects of wellness and educate students on general wellness issues, nutrition, sexual health, sexual violence, bystander intervention, and alcohol, drug, and prescription drug abuse.

Comprehensive services include free and confidential HIV testing, online tools and assessments, and educational opportunities that foster optimum health and wellness for BGSU students and the community. The Wellness Connection also produces *Stall Talk*, one of the most widely read campus publications.

**Late Night Events**

Fun and engaging events that offer educational outreach, prizes, free food, and various games and giveaways. Some events are Ziggy Points eligible.

- **Late Night at the Perry Field House** | August
- **Monster Mash Halloween Bash** | October
- **Pajama Party** | December
- **Big Playground** | February
- **Summer Splash** | April

**Peer Education | Presentations and Programs**

Get involved on campus, strengthen public speaking skills, make new friends, and earn class credit by becoming a peer educator. This program promotes all aspects of wellness by raising awareness and knowledge about healthier living through outreach and role modeling. Peer educators conduct engaging, hands-on, informational programs on topics including eating disorders, healthy eating, alcohol, tobacco, drugs, personal and campus safety, peer pressure, sexual violence, bystander intervention, and fitness. Register for HHS 4400 or the Intensive Training Weekend to become a peer educator.

**Student Wellness Network (SWN)**

A prevention, education, and advocacy student organization that promotes holistic wellness through interactive presentations, service, and role modeling. An affiliate of the BACCHUS Initiatives of NASPA, SWN events include topics such as alcohol and other drug awareness, healthy lifestyles, nutrition, sexual health, bystander intervention, and body image.

**WELLAWARE**

WellAware is BGSU’s faculty and staff, current and retired, health and wellness program. Employee wellness is promoted through coordinated campus efforts on wellness and health education, programs, and health screenings at BGSU. As a result of a generous grant from Medical Mutual, activities are supported and administered by the Department of Recreation and Wellness, the Office of Human Resources, and the Division of Student Affairs.

Programming and registration information is available online: [www.bgsu.edu/recwell/wellaware](http://www.bgsu.edu/recwell/wellaware)

**COMMUNITY OF CARE**

The Community of Care Coalition promotes the values of a culture of care at BGSU by offering programs on sexual violence, alcohol abuse, drug abuse, and suicide intervention. Members also create a culture of respect and social justice exemplified by a willingness to stand up against injustice, discrimination, and violence.

*Community of Care Coalition*

bgsucares@bgsu.edu

**IT’S ON US**

This student-led campaign is the University’s commitment to the national It’s On Us initiative. BGSU actively creates an environment where sexual assault is unacceptable and survivors are supported through partnering with campus organizations and hosting special events.

*IT’S ON US*

bgsucares@bgsu.edu

**SAFE COMMUNITIES**

Safe Communities of Wood County Ohio is a partnership of individuals from law enforcement, local governments, schools, businesses, health departments, and community organizations that collaborate to create awareness and prevention of death and injuries caused by traffic crashes.

*SAFE COMMUNITIES*

swiechm@bgsu.edu

Learn more about these initiatives and get involved: [www.bgsu.edu/community-of-care](http://www.bgsu.edu/community-of-care)
TRIPS
Get outside to enjoy nature, develop outdoor skills, and learn respect for the environment by enrolling in an Outdoor Program trip. Adventure trips planned this year include hiking, canoeing, camping, caving, rock climbing, rappelling, snowshoeing, and white water rafting. Register online with RecTrac.

FRESHMAN WILDERNESS EXPERIENCE
Are you a freshman that enjoys the outdoor, and wants to try backpacking or canoeing for college credit? Welcome to the Freshman Wilderness Experience (FWE), a week-long backpacking trip coupled with a regular class only offered to incoming BGSU freshmen. Students participating in these programs show nearly a 40% increase in satisfaction with campus life and over a 30% increase in retention compared to non-participating students.

WILDERNESS FIRST RESPONDER TRAINING
Wilderness First Aid Certification courses are designed to introduce the concepts of medical care in a wilderness setting. The course focuses on basic life support skills, minor trauma, selected environmental topics, spine assessment and the ruling out process, allergic and toxic reactions, and “common” medical emergencies.

KIDS CAMP PROGRAMMING
The Recreation and Wellness Kids Camp program provides fun experiences that empower physical, emotional, social, and intellectual growth. Safety, respect, and a desire for lifelong learning is instilled in each camper through a supportive environment encouraging pride in individual achievement, regardless of ability.

Eight, week-long Summer Kids Camps and a one week Spring Break Kids Camp is offered annually. Camp activities are conducted primarily at the Student Recreation Center and Perry Field House and also include outings at the Forrest Creason Golf Course and BGSU Ice Arena. Activities include:

- Arts and Crafts
- Field Trips and Events
- Fitness and Wellness
- Games
- Ice Skating
- Golf
- Rock Climbing
- Soccer, Volleyball, and Other Team Sports
- Swimming
- Teambuilding

Additional programming and registration information is available online: www.bgsu.edu/recwell/outdoor-program

BIRTHDAY PARTIES
Recreation and Wellness has taken the worry and hassle out of planning a child’s birthday party, leaving the fun and enjoyment to you! Birthday parties can be held at either the Student Recreation Center or Perry Field House and are hosted by a RecWell Birthday Party Coordinator.

Party package information and booking is available online: www.bgsu.edu/recwell/youth-family/birthday-parties

Schedule and enrollment information is available online: www.bgsu.edu/recwell/youth-family/kids-camp
STUDENT EMPLOYMENT

The Department of Recreation and Wellness employs over 250 BGSU students to work at the Student Recreation Center, Perry Field House, and Forrest Creason Golf Course in attendant, associate, manager, and supervisor positions. Students are offered beginning career development opportunities and practical leadership experiences. Positions are available in eight primary programming areas:

- Aquatics
- Fitness
- Forrest Creason Golf Course
- Intramural Sports*
- Marketing (CO-OP eligible)
- Perry Field House
- Student Recreation Center
- Wellness Connection
- Youth and Family

*Recreation and Wellness hires student managers, officials, and score keepers for many Intramural Sports. Staff can play and work for the same sports.

GRADUATE ASSISTANTSHIPS

Graduate assistantships are offered by the Department of Recreation and Wellness with the mission to best serve the needs of the department, students, and clients while collectively providing GA’s with opportunities including retreats, mentoring, and the ability to enhance interpersonal skills and gain practical management and leadership experiences. GA positions are offered in the following areas:

- Aquatics
- PFH Facilities and Competitive Sports
- Fitness
- Marketing and Technology
- Outdoor Program
- SRC Facilities
- Student Programming
- Wellness Connection

PRACTICUM AND INTERNSHIP POSITIONS

Practicum positions, titled “internships” for some academic areas, are designed for BGSU graduate and undergraduate students, and students have the ability to earn academic credit for these experiences. Positions typically average 120 contact hours per semester and are unpaid unless otherwise noted. Positions are available in the following areas:

- Fitness/Employee Wellness
- Forrest Creason Golf Course
- History
- Intramurals and Sport Clubs
- Marketing
- Outdoor Program
- PFH Facilities and Event Planning
- SRC Facilities and Informal Rec
- Wellness Connection

RECREATION AND WELLNESS THROUGH THE YEARS

A DIGITAL HISTORY

Discover BGSU’s rich history of recreation through the Recreation and Wellness interactive digital timeline. From the evolution of recreational facilities, sport clubs, intramural sports, and events, to the memories of staff and alumni, access a wealth of information, photos, and videos in one convenient location.

www.bgsu.edu/recwell/telling-our-story/history

Most Recreation and Wellness employees are required to obtain and possess American Red Cross CPR and First Aid training. Applications may be submitted any time throughout the year and are reviewed as positions become available. Apply online.

JOIN THE RECWELL TEAM

Aquatics
aquatics@bgsu.edu
419.372.7482

Falcon Fitness
fitness@bgsu.edu
419.372.2348

Intramural Sports
imsports@bgsu.edu
419.372.2464

Outdoor Program
outdoorpro@bgsu.edu
419.372.2146

Sport Clubs
sportclubs@bgsu.edu
419.372.2464

WellAware
wellness@bgsu.edu
419.372.9309

Wellness Connection
wellness@bgsu.edu
419.372.9355 (WELL)

Youth and Family
kidscamp@bgsu.edu
419.372.8110