UREC HIRES and trains students to be peer leaders in recreation experiences. STUDENTS develop programs, train their peers and mentor new student employees.

Professional instruction for more than 15 ACADEMIC COURSES and more than 34 CREDIT HOURS

Wilderness orientation for more than 240 NEW STUDENTS each summer

Bike App partnership with the Office of Sustainability provides 7 REPAIR AND SAFETY CLINICS each semester

40+ STUDENTS TRAINED to become outdoor adventure trip leaders through the Instructor Development Program

More than 1,200 STUDENTS on 23 CLUB SPORTS TEAMS gain fundraising and small business development experience each year

Intramural sports had more than 21,000 PARTICIPATIONS from 6,700+ STUDENTS in 40+ ACTIVITIES

Student instructors teach more than 70 FITNESS CLASSES each week to 14,000+ STUDENTS in GROUP FITNESS CLASSES each year

www.urec.appstate.edu
University Recreation is a department of the Division of Student Affairs, which develops lifelong learners and leaders by engaging and challenging students within a culture of care and inclusion.

More than 530,000 student participations in UREC offerings annually

INDOOR & OUTDOOR RECREATION AND LEADERSHIP DEVELOPMENT OPPORTUNITIES THROUGH:
- Aquatics
- Club sports
- Fitness opportunities
- Informal recreation
- Intramural sports
- Outdoor programs

More than 467,000 annual visits to:
- Student Recreation Center: more than 250,000
- Quinn Recreation Center: more than 134,000
- Mt. Mitchell Fitness Centre: more than 83,000

24 ACRES of outdoor playing at State Farm Fields

36 ACRES at Broadstone Park for challenge course activities, student retreats, meetings and other informal activities

COMMUNITY ENGAGEMENT INCLUDES:
- American Red Cross classes
- Banff Mountain Film Festival
- Appalachian Mountain Photo Competition
- One-on-one youth sports training through UREC Academy
- Lifeguard training
- Learn to Swim program
- Summer youth recreation camps

More than 670 STUDENT EMPLOYEES hold jobs in 70 AREAS including lifeguards, fitness instructors, outdoor trip leaders, sports officials and marketing staff. Many positions allow them to earn national certifications.