

CAMPUS RECREATION

Recreational opportunities are organized by Nanook Recreation.

Activities are housed primarily in the Student Recreation Center, the Patty ice arena and the Patty Center. For information on hours, recreational activities or intramurals, call 907-474-5886 or visit the Nanook Recreation website (<http://www.uaf.edu/recreation/>).

The SRC offers a wide variety of structured and unstructured recreational activities. The SRC provides a weight room and a large gym floor that can be divided into courts for volleyball, tennis, badminton, soccer and basketball. A two-story indoor climbing wall, an eight-lap-per-mile running track, aerobics/dance floor and cardiovascular machines provide many options for a well-rounded workout. Eligible students have access to SRC facilities when your fees are paid – just remember to bring your workout shoes as street shoes are not allowed on the courts or floors.

Intramural leagues and competitions and fitness and recreation instruction give students many opportunities to stay fit, learn lifetime skills and use the skills they already have. Nanook Recreation staff members develop and support sports clubs in response to student interests and available resources.

Outdoor fields for soccer and Ultimate Frisbee, an outdoor climbing wall – which in winter is converted to an ice climbing wall – and a disc golf course are next to the SRC, and the campus has many miles of cross-country trails for running, walking and skiing, including a lighted ski trail. In addition, recreational skating, recreational hockey, and intramural hockey take place at the Patty Ice Arena, also next to the SRC. Students taking 6 credits in a classroom and paying the recreation fee also have the opportunity to receive a season pass to Ski Land at no additional charge. Ski Land has the farthest north chairlift in North America, ski and snowboard rentals, miles of trails, a terrain park and an aurora viewing lodge. Go to the Nanook Recreation website (<http://www.uaf.edu/recreation/>) for more details.

Explore Alaska's wild frontier by joining an Outdoor Adventures excursion. OA organizes a variety of outings, such as hikes, whitewater raft trips and rock climbing excursions. OA also offers courses such as ice climbing, winter camping and wilderness leadership. Equipment is available for rent, including backpacks, canoes, cross-country skis and much more. Visit the Outdoor Adventures office in the Student Recreation Center or at the Nanook Recreation website (<http://www.uaf.edu/recreation/>) for more information.

Students with disabilities are encouraged to participate in campus recreation programs. Anyone confronted with any barrier to participation is urged to contact the SRC office.