

NANOOK RECREATION

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uaf.edu/recreation/
mynookrec.uaf.edu



MEMBER GUIDE

20-21 Academic Year

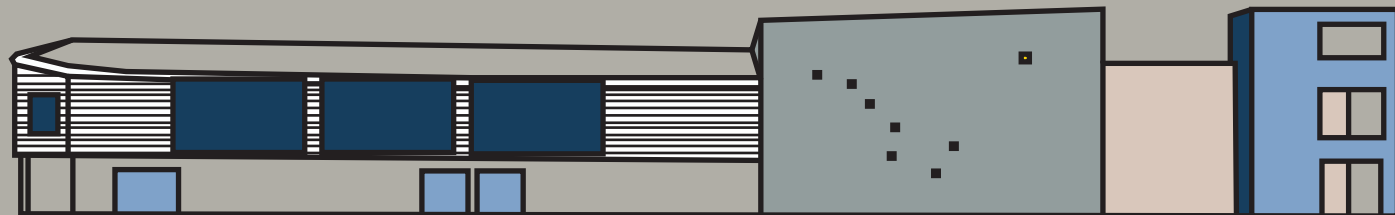


TABLE OF CONTENTS

Facility Information.....3

 SRC.....5

 Patty Ice.....7

 Patty Pool.....9

Programs offered.....11

 Fitness and Wellness.....13

 Outdoor Adventures.....17

 Intramurals21

How To's.....23

Pricing.....25

Frequently asked Questions.....27



FACILITY ACCESS

A Nanaook Recreation membership includes access to the SRC, Patty Pool and Patty Ice.

Nanook Recreation has 3 main facilities, the student recreation center (SRC), the Patty Ice Arena and the Patty Center Pool. Your membership gives you access to all three facilities and many of the programs designed for each facility.

The SRC contains a full service fitness center, featuring a mix of free weights, weight machines, cardio machines, and a group fitness studio. For the sport enthusiast, there is an 1/8 mile track, 3 multi sport courts, a climbing wall and Fairbank's only indoor tennis courts. You will also find the Outdoor Adventure Program in the SRC, where you can rent recreational equipment for year-round outdoor activities.

Patty Ice offers recreational skate times, stick and puck skate times, learn to skate programs and facility rental. The indoor cycling room is located on the second floor of the Patty Ice Arena. The Patty Pool offers recreational and lap swim times. Full service locker rooms are attached to the pool and include a dry sauna.

Membership Amenities

- Lockers are available for rent.
- There is a sauna in the Patty Pool locker rooms
- Try the Virtual Reality bike
- Reserve a court for volleyball, tennis, or pickle ball- see policy
- Learn how to use the free weight area with our free intro to strength class
- Sign up for the belay and safety class to use the climbing wall

All of our facility and program calendars are on our website at uaf.edu/recreation. Contact the SRC front desk for more information at 907.474.5886.

STUDENT RECREATION CENTER

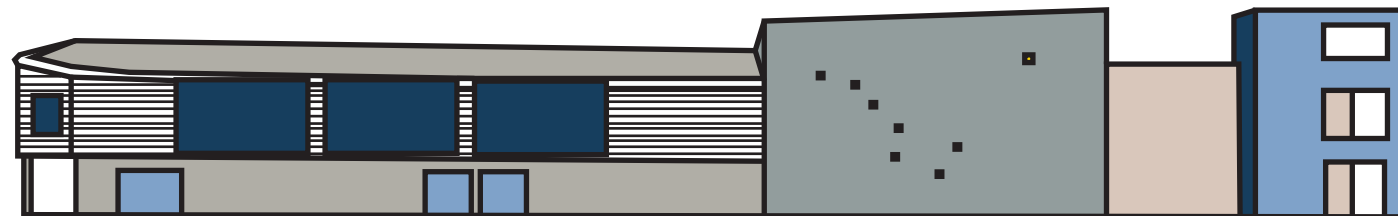
The SRC is a full service fitness center, featuring a mix of free weights, weight machines, cardio machines, indoor track, 3 multi-purpose courts, a climbing wall and a group fitness studio.

Strength training area includes:

- Free weights
- 8 power racks and deadlift platforms
- 4 half racks and 4 Olympic platforms
- A full body circuit of lifefitness strength training machines
- Hammer strength plate loaded machines

Studio

- On demand class streaming
- Free instructor lead classes
- TRX straps, kettle bells, dumbbells
- Yoga mats



Cardio area includes:

- Elliptical
- Motorized and Non-motorized treadmills
- Stair mills and stair climbers
- Upright and recumbent stationary bikes

Functional Movement area includes:

- Virtual Reality stationary bikes
- 3 Concept 2 rowers
- Indoor cycling bikes

Multi-purpose courts accommodate:

- Tennis
- Pickleball
- Volleyball
- Basketball
- Badminton
- Indoor soccer
- And more!



PATTY ICE ARENA

The Patty Ice Arena offers recreational skate times, stick and puck skate times, learn to skate programs and facility rental.



Included with your Nanook Recreation membership:

- Recreational skate
- Free skate rental
- Stick and puck skate times
- Access to the indoor cycling studio (see the group fitness class schedule for times and dates)

Available to members for additional fee:

- Learn to skate programs
- Intramural hockey (see intramural program for more details)

Ice rental rates:

Rental rates change depending on time of year. Please call us at 907.474.6888 for our current hourly rates.



PATTY POOL

The Center Pool is a competition sized pool that accommodates conditioning swim (laps only), adult competitive conditioning/masters, and recreational swim (families welcome).

Included with your Nanook Recreation membership:

- Recreational swim
- Lap swim
- Aqua fit (group fitness class)
- Access to the Patty locker rooms, showers and sauna

Days and times are frequently changed, consult the Patty Pool schedule for available swim times: uaf.edu/recreation/patty-pool

Pool Rental Rates

	Public	UAF affiliate/Non-profit
Pool hourly	\$95.00	\$60.00
Pool half day (4 hours)	\$350.00	\$234.00
Pool full day (8 hours)	\$665.00	\$450.00
Lane hourly	\$10.00	\$9.00
Drop-in rate	\$5.00	\$5.00



NANOOK RECREATION PROGRAMS

Nanook Recreation offers a variety of programs that members have exclusive access to.

Fitness and Wellness

Group Fitness Classes
Personalized Exercise Programming

Outdoor Adventures

Outdoor equipment rental
Climbing belay and safety training
Ice climbing wall
Trips for students, faculty and staff

Patty Ice and Pool

Learn to Skate program
Recreational skate and swim

Intramurals

Intramural leagues and tournaments (open to community members)
Special events and competitions
Facility rentals





FITNESS AND WELLNESS

Personal Training options that fit your needs:

We offer several options for those looking for personalized exercise instruction. Go to our website for more information or to register for a program at uaf.edu/recreation/src/personal-training

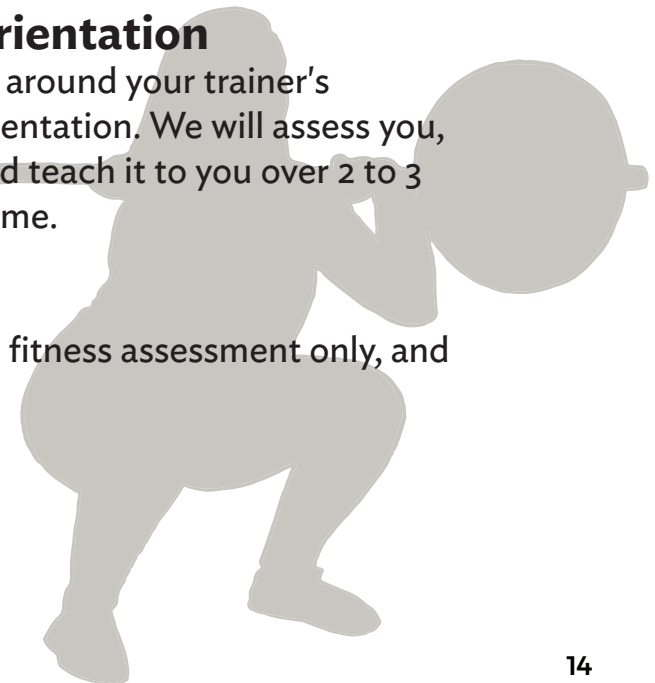
One on One Personal Training

Weekly meetings with a personal trainer who leads you through an individual workout session. Sessions last a maximum of 60 minutes.

Written exercise program with an orientation

Not a fan of always having to work your schedule around your trainer's availability? Sign up for a written program and orientation. We will assess you, write a program to meet your individual needs and teach it to you over 2 to 3 sessions, then you do the program on your own time. Each session will last a maximum of 60 minutes.

Other offerings include exercise orientation only, fitness assessment only, and youth sport strength and conditioning.



FITNESS AND WELLNESS

Nanook recreation offers a wide variety of fitness and wellness opportunities through its facilities, group exercise, personal training, and On Demand Fitness.

Group Exercise

There are a variety of fitness instruction opportunities at the SRC, the class schedule is available online at uaf.edu/recreation/src/group-fitness, members can sign up online or at the front desk. Access to group exercise classes is included with a Nanook Recreation membership. Class offerings include:

- Intro to strength training
- Intermediate strength training
- Intro to Olympic weightlifting
- Intermediate olympic weight lifting
- Intermediate strength training
- Strength training for bone density
- Deadlift and bench technique
- Learn to program exercise clinics
- Conditioning and endurance
- Lunch time bootcamp
- Indoor cycling
- HIIT
- Flexibility and functional movement
- Pilates
- TRX bootcamp
- Squat technique clinics

On Demand Fitness

Stream classes in the studio or download the app for free! Classes include Dashma yoga, dance, HIIT, cardio kick boxing, and much more. This is a great way to exercise if you do not like the group exercise setting or if the current offerings are not what you're looking for.

OUTDOOR ADVENTURES

The Outdoor Adventures office is located in the SRC. Their programming includes adventure trips, academic classes, gear rental, and climbing programs.

Academic Classes

Class offerings include Introduction to Wilderness Leadership, Advanced Wilderness Leadership, Beginning and Advanced Rock Climbing, Ice Climbing, Winter Camping, and Alaska Recreational Experiences. Sign-up through your uaonline account.

Adventure Trips

These trips are offered each Fall and Spring semester. An updated schedule can be found on our website. Trips are open to students and UAF staff members.

Rentals

The Outdoor Adventures office is equipt with gear for most any adventure for students and the public. Students and SRC members recieve the lowest price on rentals. Check our website for current rental rates.

Climbing

Outdoor Adventures manages an indoor and an outdoor climbing wall. In the winter, the outdoor wall is used as an ice climbing wall. Wall users must be belay certified to use the wall. Sign up at the front desk or online at mynookrec.uaf.edu. Nanook Recreation Members have access to the indoor wall and ice wall with their membership.



OUTDOOR ADVENTURES

Climbing

Group wall rentals are also available, prices are as follows:

Indoor wall group rental rates

Prices are per hour	5-12 participants	13-20 participants*
UAF student group	\$50	\$85
Campus program/SRC members	\$80	\$120
Non SRC members	\$100	\$150

* Add \$10 for each additional participant after 20

Outdoor wall group rental rates

Prices are per hour	5-12 participants	13-20 participants*
UAF student group	\$60	\$96
Campus program/SRC members	\$90	\$145
Non SRC members	\$120	\$180

* Add \$15 for each additional participant after 20

Outdoor ice wall group rental rates

Prices are per hour	5-12 participants	13-20 participants*
UAF student group	\$70	\$135
Campus program/SRC members	\$110	\$170
Non SRC members	\$140	\$205

* Add \$15 for each additional participant after 20



INTRAMURAL SPORTS

Intramural sports are organized programs that allows student, faculty, staff and community to participate in team and individual sport activities.

Intramurals provide the opportunity for physical activity, fellowship, promotes wellness, and the use of leisure time.

Intramural offerings

Subject to seasonal change

- Basketball - 5v5 Full Court
- Volleyball - 6v6
- Indoor Soccer - Uses all three courts
- Flag Football - Indoor
- Pickleball
- Ice Hockey
- Ultimate Frisbee
- Rock Climbing

All sports are co-ed. Please note that intramural rules may differ from the typical rules of the sport. The rules are found to the left of the sports page under “handbook/manuals.” We have gone to a web-based Intramural system. To participate in the UAF intramural program all participants must register on the UAF intramural website: uaf.edu/recreation/src/intramurals.



HOW TO'S

Making a court reservation

Reservations can be made at the front desk of the SRC in person or by phone (474-5886). For free reservations members should call the front desk of the SRC a maximum of 3 days prior to their desired reservation time. For paid reservations call or stop by the the SRC front desk during facility open hours.

For large group rentals (i.e. more than 6 people) or groups with minors as participants email UAF-recreation@alaska.edu, you will need to fill out a facility use agreement prior to rental.

Registering for a class or instructional program

Go to our MyNookRec at mynookrec.uaf.ed to find the program you are interested in:

- If you are not a student or employee of UAF you will need to create a login
- click on the icon, for the area of interest on the left side of the screen you will find the category and semester.
- All programs are listed by category and semester offered. Choose the program category you are interested in.
- If you do not see a program, make sure to click on the semester you intend on participating in. For example, if you are trying to register your child for a summer climbing program in April (before spring semester is over), you will need to click on the summer semester to see the program.
- Click on the program.
- Click on the offering you want to register for.
- Click on the sign in button to access the program.

Signing up for Intramurals

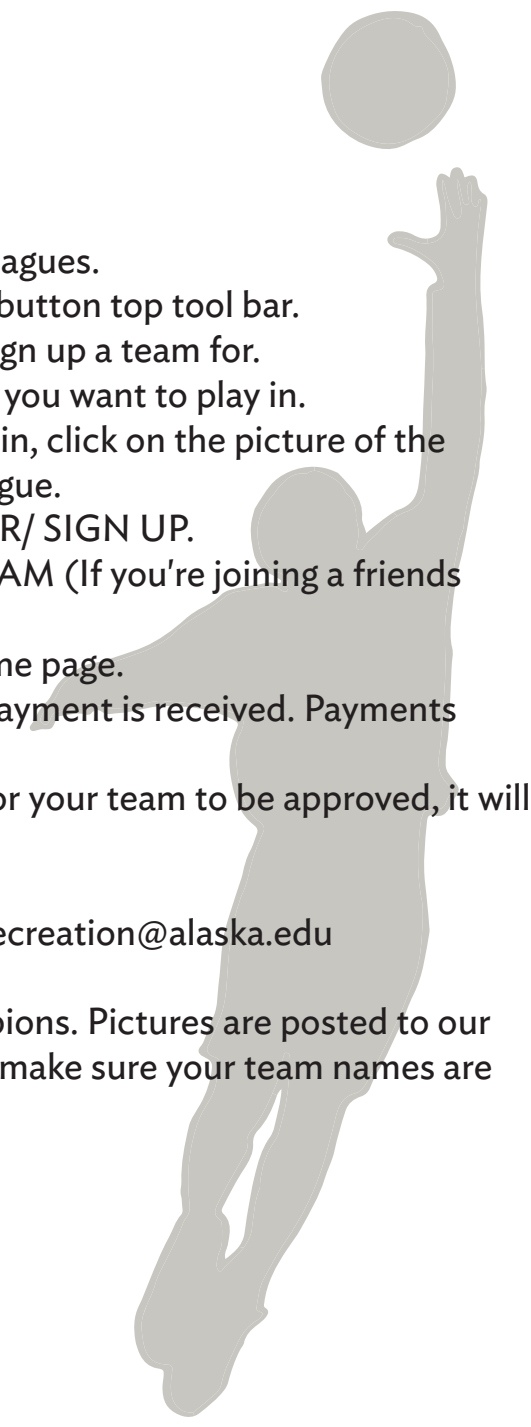
Create an account at IM Leagues or Login to IM Leagues.

- Click on the University of Alaska Fairbanks button top tool bar.
- Scroll down to view the sport you want to sign up a team for.
- Click on the BLUE FONT word of the sport you want to play in.
- After clicking on the sport you want to play in, click on the picture of the sport. This will then take you to the league.
- Click on the GREEN tab that says REGISTER/ SIGN UP.
- Choose to either CREATE TEAM, JOIN TEAM (If you're joining a friends team), or FREE AGENT.
- After submission, you can see the team home page.
- Make sure all information is filled out and payment is received. Payments are accepted at the SRC front desk

Once you have done this, please allow some time for your team to be approved, it will show that you are on the "waitlist."

If you have any further question please email uaf-recreation@alaska.edu

We are proud to support and brag about our champions. Pictures are posted to our website, Facebook and throughout campus. Please make sure your team names are appropriate and will not be viewed as offensive.



MEMBERSHIP PRICING

Faculty and Staff Rates

Effective 1/1/19	Day	Week	Month	Semester	Year
Faculty/Staff	\$7	\$20	\$60	\$180	\$425
Faculty/Staff +1		\$30	\$90	\$240	\$590
Faculty/Staff family		\$40	\$110	\$280	\$670
Mornings*				\$140	\$335
Mornings +1*				\$200	\$450
Mornings family*				\$240	\$500

Alumni (must be a member of the Alumni Association) rates

Effective 1/1/19	Day	Week	Month	Semester	Year
Alumni	\$10	\$30	\$70	\$220	\$590
Alumni +1		\$40	\$100	\$300	\$670
Alumni family		\$50	\$125	\$365	\$740

Senior rates

Effective 1/1/19	Day	Week	Month	Semester	Year
Senior (65+)	\$10	\$30	\$60	\$180	\$425
Senior +1		\$40	\$90	\$240	\$590
Senior family		\$50	\$110	\$280	\$670

Public rates

Effective 1/1/19	Day	Week	Month	Semester	Year
Public	\$10	\$45	\$150	\$440	\$1,100
Public +1		\$65	\$200	\$620	\$1,500
Public family		\$80	\$240	\$695	\$1,700

Student Rates

Effective 1/1/19	Day	Week	Month	Semester	Year
Student	\$7			\$135	
Student +1*				\$50	
Student family*				\$100	
CTC-only students				\$75	

Patty Pool and Shower Only

Effective 1/1/19	Day	Week	Month	Semester	Year
Patty pool & shower	\$5		\$35	\$100	\$225
Patty pool & shower +1			\$55	\$150	\$340
Patty pool & shower family			\$70	\$190	\$420

FAQ'S

Frequently asked questions about Nanook Recreation

I am not a UAF student or employee can get a Nanook Recreation membership?

Yes, we welcome our community!

How do I know when I can use the pool or Ice rink?

Check the google calendar for each facility on our website at uaf.edu/recreation.

How do I know when the group fitness classes are?

Check the google calendar for each facility on our website at uaf.edu/recreation/src/group-fitness.

How do I register for a class?

Most of our classes allow you to register online through MyNookRec at mynookrec.uaf.edu. Some classes do not have a registration because they are multi-week classes that have a set registration period or do not have a class size limit.

When is Outdoor Adventures open?

Outdoor Adventures summer hours: M&F: 10:00am-6:00pm, T-TR: 10:00am-5:00pm
Outdoor Adventures fall and spring hours: M&F: 12:00-6:00pm, T-TR: 12:00-5:00pm

Can I reserve a court?

Yes, see our How To's section on the next page for specifics on how to reserve a court.

I have a friend in town, do you have guest passes?

Day passes are available for purchase at the front desk of the SRC. A day pass will give your guest access to all facilities included in your membership.

I am not a student, can I still play in the Intramural leagues?

Yes, intramural leagues are available to Students and Fairbanks community members. You will need to create an IMleagues account and there are fees associated with participation. Go to our How To's section on the next page for detailed instructions on how to register for an intramural league.

Do you have any programs for children and youth?

Nanook Recreation's programming is primarily for adults. There are limited programs for children, including a youth climbing program, a summer adventure camp and a high school sport specific strength and conditioning class.

How do I pay for parking?

All non-UAF affiliated members (alumni and public) can purchase a parking pass at the front desk of the SRC. Options include monthly, semester and annual; prices vary.

How can I use the climbing wall?

To use the climbing wall you will need to be certified by the climbing wall staff with a belay safety card. You can register for a belay safety class at the front desk of the SRC or online at mynookrec.uaf.edu.