CARDINAL REC
Leading the Stanford Experience
Our Mission
To enhance the education, enjoyment, and well-being of our students, faculty, and staff by providing co-curricular programs, resources, and experiences.

Our Vision
Leading the Stanford Experience

Our Values
• Vision  •  Teamwork
• Integrity  •  Excellence

New this year!
Be sure to come visit the new Arrillaga Outdoor Education and Recreation Center (AOERC) on Roble Field, opened Fall 2013. This facility offers state-of-the-art fitness and cardio equipment, studio and cycling space, basketball courts, an Outdoor Education learning resource center, rock climbing wall, 50 meter Avery Recreational Pool and much more!

Also this year Cardinal Rec launched a brand new website, http://cardinalrec.stanford.edu. The site features stunning content presented in a clean and professional way. Be sure to explore the site and find all the ways to Get Your Rec On!
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CardinalRec.stanford.edu
League Sports
Flag Football • Ultimate Frisbee • Indoor Soccer • Wal-lyball • Sand Volleyball (2v2 & 4v4) • Basketball (3v3 & 5v5) • Indoor Volleyball • Soccer • Softball • Team Tennis • Dodgeball • Broomball • Xbox Leagues • Inner tube Water Polo • Bouldering • Floor Hockey • Grass Volleyball

Tournaments
Golf • Inner Tube Water Polo • Swim Meet • Kickball • Whiffleball • Badminton Doubles • Foosball • Billiards • Table Tennis Doubles • Table Tennis Singles • Squash • Racquetball • Dish Run • Xbox Kinect • Battleship • Sports Trivia • Capture the Flag • Madden • Fantasy Football

Employment
Competitive Wages • Fun & Social Atmosphere • Acquire Transferable Skills • Room for Advancement

Opportunities for employment as flag football officials, basketball scorekeepers, soccer officials, and softball umpires are offered through the IM program. Individuals who start as officials and scorekeepers are often promoted to IM Supervisor after completion of a full year of contributing to the stewardship of the program. Officials and Scorekeepers are compensated well and offered incentives for quality performance. Interested parties should attend the training clinics that are offered during the IM registration period. More info is posted online.

Awards and Recognition
At the conclusion of the standard three quarter sport season, the Intramural Sports Student Leadership Team reviews the year to select teams and individuals that will receive various awards and recognition.

The Axe Cup Challenge is an award bestowed upon a team who enthusiastically and with class, demonstrates participation, sportsmanship, dedication, and skill. The Axe Cup Challenge takes into account the aforementioned qualities along with rankings, including division placement and playoff advancement and progress.

At the individual level, male and female participants are recognized as Athletes of the Year and Participants of the Year. Athletes of the Year are selected based on their level of participation, and their displays of sportsmanship and athleticism. Participants of the Year are selected based on their level of participation, and their displays of sportsmanship, leadership, and passion. For more info visit imsports.stanford.edu.

Eligibility
Stanford Intramural Sports provides four different Divisions (DI, DII, DIII, COREC) to accommodate players of all abilities and skill levels. All current students, faculty, staff, and courtesy card holders are eligible to participate. Varsity, former varsity and former professional athletes are restricted from participating in their associated sport(s). They are welcome to participate in all other sports. Alums of the University are welcome to participate in the summer quarter.
The Intramural Sports program at Stanford includes formal competition in a variety of team and individual sports using league, single elimination tournament, one day special event tournament, and ladder play structure. Individuals are encouraged to check the web site at the beginning of each quarter to obtain registration and league information.

Registration occurs during the first week of classes during the Autumn, and during finals for the Winter and Spring. Mandatory Captains meetings can be completed online during the registration period.

The Intramural Sports program is committed to providing Stanford students, faculty, and staff with an outlet for their physical, competitive, and recreational needs, in a safe, fair, responsible, and inclusive environment.

“I love IM Sports at Stanford. It’s easy to get involved and, with sports every quarter, you can always find something to play. I have been able to meet awesome people that I wouldn’t have met otherwise, play sports I love, and learn new ones as well.”

Sharon Briggs, ’15

CardinalRec.stanford.edu
About

Stanford Club Sports brings together 31 diverse sports with the common goal of creating an environment that fosters student development and leadership through sports. With over 1200 student participants, the club teams welcome beginners to experienced players.

Club Sports Teams

Archery.................................archery.stanford.edu
Badminton......................stanford.edu/group/badminton
Baseball...............stanford.edu/group/clubbaseball
Basketball* (M)................clubsports.stanford.edu
Basketball* (W)................clubsports.stanford.edu
Climbing.............................clubsports.stanford.edu
Competitive Cheer...............cheer.stanford.edu
Cycling..............................stanfordcycling.com
Equestrian........................stanford.edu/group/set
Horse Polo........................stanford.edu/group/spc
Hurling*........................stanford.edu/group/hurling
Ice Hockey...................stanford.edu/group/hockey
Judo...............................stanford.edu/group/judo
Lacrosse (M).....................stanfordiacrosse.org
Lacrosse* (W)................clubsports.stanford.edu
Rugby (M)......................mrugby.stanford.edu
Rugby (W).....................wrugby.stanford.edu
Running..........................running.stanford.edu
Skiing and Snowboarding........skiing.stanford.edu
Soccer (M).............stanford.edu/group/mensclubsoccer
Soccer* (W).............stanford.edu/group/womensclubsoccer
Squash (M)...................stanfordsquash.com
Table Tennis...........tabletennis.stanford.edu
Taekwondo.....................tkd.stanford.edu
Tennis..............................clubtennis.stanford.edu
Triathlon.........................triathlon.stanford.edu
Ultimate (M).....................smut.stanford.edu
Ultimate (W)...............stanford.edu/group/superfly
Volleyball (M)............clubvolleyball.stanford.edu
Volleyball (W)............clubvolleyball.stanford.edu
Water Polo* (M)...........clubsports.stanford.edu

*ASSU Athletic Teams do not receive funding from student fees. These teams are supported only through team dues and fundraising efforts.
Key Points

- The majority of clubs practice two to three times per week, with most games and competitions on the weekends.

- Most of the teams practice on-campus utilizing Stanford’s facilities and fields.

- A majority of club teams compete at Regionals and Nationals each year, which includes traveling all over the United States.

- Clubs are funded through a combination of university funding, team fundraising and member dues, which average about $100/quarter per athlete depending on the sport.

- Student athletes will have opportunities of leadership with available student officer positions for each club.

- Many of our recent and current athletes include National Champions, All-American Team members, National Team members and Olympians.

- Club Sports coaches bring to the teams collegiate, professional league, national team and Olympic experience.

- The program is coeducational and exists to provide opportunities in competition, instruction, and recreation for undergraduates, graduate students, faculty, and staff in an array of sports.

- Student athletes say that being a part of the club sports program gave them a family while at Stanford, with team experiences that they will remember after graduating.

For more information visit our website at clubsports.stanford.edu.
About

Stanford Outdoor Education (SOE) is housed in the Department of Athletics, Physical Education, and Recreation (DAPER) within the Physical Education, Recreation, and Wellness organization. SOE is the organizational unit that advises outdoor education experiences for DAPER, Student Activities and Leadership (SAL), School of Medicine, and other formal SOE campus partners. Our purpose is to design outcome-based learning and recreation opportunities through the intentional use of risk, challenge, and experience.

Employment Opportunities

Outdoor Center staff allow the Stanford community access to outdoor recreation information, trip and course registration, community use space, gear rental, and provide information on backcountry travel. We are always in search of students interested in sharing the passion for the outdoors. For more information please visit: outdoored.stanford.edu/inside/employment/
Programs and Facilities

Outdoor Center
outdoored.stanford.edu/center/
The Outdoor Center is home of Stanford Outdoor Education. It includes our rental and retail services, a lounge, outdoor resource library, trip planning area, climbing wall and a classroom. Come here to fulfill your gear, trip, and climbing needs; or just come hang out with fellow Stanford community that are interested in the outdoors.

Stanford Outdoors (SO)
http://outdoored.stanford.edu/so/
SO is a student-run Voluntary Student Organization (VSO) offering outdoors trips, courses, and clinics for a variety of skill levels. Stanford Outdoors is governed by the Stanford Outdoors Council, with membership consisting of all members of Adventure Clubs as well as Trip Facilitators and Instructors within SOAP and SOOP.

• Stanford Outdoors Adventure Program (SOAP)
The purpose of SOAP is to provide open access student led outdoor adventure opportunities through the intentional use of risk, challenge, and experience for the Stanford University student body.

• Stanford Outdoors Outreach Program (SOOP)
The purpose of SOOP is to educate underserved youth in leadership and outdoor living skills to empower them in their daily lives.

• Stanford Outdoors Outfitting and Rentals (SOOR)
outdoored.stanford.edu/outfitting/
SOOR provides equipment outfitting and rental services to the Stanford community. Individual equipment rentals are available for reduced rates to Stanford students and are also available to faculty, staff, and Stanford affiliates.

Adventure Clubs
• A variety of student outdoor clubs exist on campus to join and meet other students interested in the same type of activities.
  • Alpine Club  • Kayak Club  • Redwood  • Surf Club  • Windsurf Club
Climbing Walls
outdoored.stanford.edu/center/climbing/
The Climbing Walls are open to all Stanford community members at all levels from beginners to experienced. Belay classes are available for free to anyone with access. Standard equipment is available for rent in the Outdoor Center. Most classes offered through the Climbing Wall can be taken for credit or noncredit and are available in climbing technique, conditioning, and technical skills. The Climbing Wall also hosts campus-wide community events as well as Stanford Community group climbing events and clinics.

Stanford Pre-Orientation Trips (SPOT)
spot.stanford.edu
Provides a foundational collegiate immersive experience for incoming freshman that cultivates Stanford Identity by fostering student engagement and personal growth. SPOT empowers personal growth through challenge, self-reflection, and mentorship while traveling in backcountry environments for 5 days prior to New Student Orientation. The program develops awareness of interconnectedness and the value of community within the Stanford environment and contributes students to the campus community prepared to actively participate and lead. SPOT is conducted using a peer mentorship process allowing upper classman to lead the field experiences for the incoming freshman.

Stanford Wilderness Institute of Medicine (SWIM)
wildernessmed.stanford.edu
Provides CPR, Wilderness First Aid and Wilderness First Responder training to the Stanford community in partnership with the School of Medicine. We train outdoor leaders, service organizations, recreational outdoors enthusiasts, and anyone with an interest in emergency or wilderness medicine.
Courses

Athletic 300 – Outdoor Adventure Experiences
Introduction to basic skills and concepts in a variety of outdoor adventure pursuits. Fundamentals in backcountry travel could include camping, backpacking, rock climbing, kayaking, skiing, snow boarding, mountaineering, surfing, or other adventure activities. May include field experiences. For a detailed list of course offerings and enrollment opportunities visit: outdoored.stanford.edu/so/courses/

Athletic 330 – Rock Climbing Experiences
Activity credit for anyone enrolled in a rock climbing class through the Stanford Climbing Wall. Permission codes will be distributed in-person at the first class. Enroll in your class through the Stanford Recreation Registration system, which can be found at outdoored.stanford.edu/center/climbing/courses Instructional experiences include introductory through advanced skills and concepts of rock climbing, technique, safety, equipment and climbing vernacular. Rock 1 (beginning climbing), Rock 2 (intermediate climbing technique), Rock 3 (lead climbing & sport climbing), Strength and Conditioning, Route Setting, Bouldering for Fitness, and Climbing Wall Instructor.

Athletic 405 – Outdoor Leadership
Develop leadership skills necessary to lead multi-day outdoor experiences for the inexperienced participant. Topics include: outdoor living, group dynamics, outdoor risk management, situational leadership, and facilitation. Adventure education; farming; backpacking; camping; hiking; SPOT.

Athletic 406 – Outdoor Leadership Practicum
Students develop an understanding of teaching progressions, risk assessment, instructor positioning, application of critical outdoor living skills, critical thinking, and reflection through guided discovery. This course encourages students to utilize leadership to create positive challenge and change for outdoor program participants. This is a 5-day backpacking experience that occurs over academic breaks or intersession periods.

Athletic 415 – Adventure Experience Management
This course covers the effective design and delivery of courses and multi-day outdoor experiences. Students will learn the fundamentals of: emergency action plans; how to manage local operating procedures (LOP); standard operating procedures; Instructional design and delivery.

Athletic 416 – Outdoor Educator Apprenticeship
This course provides the student an opportunity to lead a multi-day outdoor experiences in an official capacity. Experience includes: outdoor living skills, planning and logistics, leadership, risk management, environmental integration, and education. Students will plan and co-lead field outings.

Athletic 495 – Outdoor Education: Assistant Instructor
Assist Instructor Outdoor Leadership Courses. Instructor Approval and Defined Student Goals/Benchmarks Required Prior to instructing.

Surg 110 – Basic Cardiac Life Support for Undergraduates
Teaches one- and two-rescuer adult CPR and management of an obstructed airway using the American CPR model.

Surg 224 – Wilderness First Aid
Provides basic introductory backcountry and emergency medicine skill development. Topics covered include patient assessment, addressing life threats, shock, spine safety, musculoskeletal injuries, medical emergencies, and environmental emergencies.

Surg 226 – Wilderness First Responder
Provides first responder skills using improvised resources in varying environmental conditions and extended-care situations. This is used as a framework for learning to respond to medical emergencies in remote wilderness settings. Examines necessary tools to make critical medical and evacuation decisions.
“I came into the center to get a fitness assessment and orientation to the weight machines, in order to jump-start my own fitness plan. Having no prior experience with weights or exercising in a gym, I found the session to be very valuable and positive. After conducting the detailed assessment, Wendy discussed my quantitative results and helped me strategize about how to achieve my goals. She also gave me an excellent overview of the machines and equipment available in the ACSR, including demonstrations and tutorials on using a variety of machines. As a result of her knowledge and positive encouragement, I now feel much more comfortable designing my own plan for using the gym.”

Amanda Greene, Stanford Ph.D. student
Would you like some help getting started or staying motivated? We offer an amazing team of Certified Personal Trainers who will guide you through your goals. You can find all information including trainer bios, package options and pricing, and how to register online at cardinalrec.stanford.edu

Workout of the Week

Whether you are an expert in the gym, or you are just beginning to learn about weight training, you can find a great workout available for you as soon as you walk into the fitness facility. Each week, the workouts will be different and are designed to help you learn how to pair muscle groups and workouts together for maximum fitness results! It’s what we call, WOW! *FREE! WOW’s can be found on the front desk of the fitness center.

Fitness Testing

If you need to begin a fitness program, but you don’t know where to begin, it is highly recommended that you purchase a Fitness Assessment with our Fitness Coordinator, who will analyze all areas of your fitness with state-of-the-art equipment. The following areas will be tested: Blood Pressure, Body Fat, Endurance, Flexibility, and Strength. After the test, you will receive a consultation and review of your results.

Strength/Fitness Training 101

Join our professional fitness staff each week to go over new ways to train! Whether you are new to exercise, or an expert wanting to know more “tricks”, you will learn all of the latest and most accurate training methods. Our goal is to help you feel like an expert when you walk into a gym. *FREE

You will learn:

• What body parts to train and when to train them
• Safe and effective training techniques
• You will also have guidance from an expert in the field of strength and fitness training!
About

These are non-credit classes provided by the Physical Education, Recreation & Wellness Program. The goal of the Recreation Class Program is to provide participants with professional instruction in a safe and fun workout environment. Stanford students, Faculty/Staff and Stanford Community are eligible to participate in Recreation Classes. Stanford Community members are Dependents, Hospital Employees who have purchased an Athletic Access Card, Retirees and Spouses/Partners of a Student, Faculty or Staff who have obtained a Courtesy Card from the ID Card office.
TRX Suspension Training began with the U.S. Navy SEALS. It is a revolutionary method of leveraged bodyweight exercise. Our trainers will help you build power, strength, flexibility, balance, and mobility, all at your own personal intensity. This program is taught in small groups, personal training style.

Indoor Cycling
Indoor cycling classes are 45-minutes long, and welcome all levels and abilities. Instructors motivate participants through jumps, hill climbs, intervals and coasts for an ultimate workout. Cardinal Rec offers an UNLIMITED cycling pass, granting you access to all of our cycling classes on a “first come, first served” basis.

Boot Camp
Take your fitness to the max with this results-driven, non-threatening conditioning program that runs 2 times weekly. It is conducted in an indoor/outdoor environment, utilizing the most progressive, innovative, and creative exercises in fitness. Serious program to get in the best shape of your life!

Aqua Boot Camp
A unique combination of swim conditioning, aqua aerobics, and strength training. A low-impact water workout that increases your strength and cardiovascular endurance, in and out of the water!

Ashtanga Yoga
Ashtanga yoga will be taught in the mysore style which is a guided self practice. This is a personal teaching style designed for your background in yoga. All skill levels are welcome from beginners to those with highly advanced 20-year practices. This will be an open studio and available for participants to come at their convenience during these times.

Golf
Learn the fundamentals or take your game to the next level. Participants will be introduced to all facets of the game. Club fitting, rules, and etiquette will all be covered during class. The intermediate class will cover course management and how to practice efficiently. The short game will be a main focal point. Golf equipment will be provided.

Fit to Run
This class is designed for all levels. Whether you are looking to kick start an exercise program with a great community of people, or you are training for a race, you will find the challenge and support that you need in this class. You do not have to be a “runner” to join.

Small Group Training
Boxing: We will pull out our boxing bag and train your body with high intensity movements that will give you the right combination of power and explosion to create a well balanced body and mind.

TRX Suspension Training: TRX Suspension Training began with the U.S. Navy SEALS and is a great way to get into the best shape of your life! Build power, strength, flexibility, balance and mobility at your own level.
Athletics courses are for-credit classes provided by the Physical Education, Recreation & Wellness Program. Students may apply up to 8 units toward their undergraduate requirements. The goal of the Physical Education Class Program is to provide participants with a variety of physical activity classes, special interest, aquatics, team sports and wellness related lecture classes. Classes run 10 weeks and are 50 minutes long and usually meet twice a week, unless otherwise specified. Stanford students sign up for classes on Axess. For classes with limited enrollment, students must attend the first class meeting or contact the instructor to guarantee their space in class.

You must be a currently registered Stanford student to take PE classes and student class fees are $20 unless noted otherwise. PE classes can be taken by faculty, staff and Stanford Community on a space available basis. Please see cardinalrec.stanford.edu for more information.

Course Catalog for Physical Education Classes

Please visit explorecourses.stanford.edu and go to the School of Humanities and Sciences section to find the complete listing of the Athletics, Physical Education & Recreation classes.
**Aquatics**
ATH 33 Diving
ATH 80 Lifeguard Training
ATH 128 Swimming: Confidence in Water
ATH 129 Swimming: Beginning
ATH 131 Swimming: Intermediate
ATH 132 Swimming: Advanced
ATH 133 Swim Conditioning
ATH 135 Aqua Boot Camp
ATH 136 Swimming: Stroke Refinement

**Golf**
ATH 49 Golf for Women: Beginning
ATH 51 Golf, Beginning
ATH 52 Golf, Advanced Beginning
ATH 53 Golf, Intermediate
ATH 54 Golf, Advanced

**Horsemanship**
ATH 65 Beginning Riding
ATH 66 Advanced Beginning Riding
ATH 67 Intermediate Riding
ATH 68 Horsemanship Student Assistant
ATH 69 Leadership: Assertiveness and Creativity
ATH 70 Horsemanship
For more information please visit http://set.stanford.edu

**Fitness**
ATH 2 Abs and Glutes
ATH 23 Core Training
ATH 27 Cross Training Fitness
ATH 30 Cycling: Indoor
ATH 63 Hip Hop
ATH 76 Kickboxing
ATH 87 Learn to Row
ATH 89 Rowing Ergometer
ATH 90 Pilates Mat
ATH 140 Taiji Quan (Tai Chi)
ATH 151 Total Body Workout
ATH 174 Weight Training, Beginning
ATH 176 Weight Training for Women
ATH 177 Circuit Weight Training
ATH 182 Yoga: Asana Practice
ATH 183 Yoga: Advanced Asana
ATH 184 Yoga/Pilates Fusion
ATH 186 Zumba

**Outdoor Education**
ATH 300 Outdoor Adventure Experiences
ATH 320 Backpacking
ATH 405 Outdoor Leadership
ATH 406 Outdoor Leadership Practicum
ATH 415 Adventure Experience Management
ATH 416 Outdoor Educator Apprenticeship
ATH 495 Outdoor Education: Assistant Instructor

**Club Sports**
Physical Education course credits are offered during the competitive season for some club sports teams for returning members that are committed to the team training schedule. Each course is 1 unit of physical education/academic credit. Register for Club Sports PE courses on Axess.
P.E. CLASSES CON.

Racquet Sports
ATH 123 Squash, Begin/Inter
ATH 138 Table Tennis: Intermediate/Adv
ATH 139 Table Tennis
ATH 144 Tennis: Beginning
ATH 145 Tennis: Low Intermediate
ATH 146 Tennis: Intermediate
ATH 147 Tennis: Advanced

Special Interest
ATH 14 Basketball Skills
ATH 16 Bellydance Fusion
ATH 39 Fencing: Beginning
ATH 40 Fencing: Intermediate
ATH 58 Gymnastics: Beginning
ATH 59 Gymnastics: Intermediate
ATH 88 Learn to Row for Women
ATH 98 Sailing: Beginning
ATH 99 Sailing: Advanced Beginning
ATH 100 Sailing: Intermediate
ATH 109 Social Dance, Beginning
ATH 179 Wrestling and Intro to Mixed Martial Arts

Team Sports
ATH 43 Futsal
ATH 45 Field Hockey: Indoor
ATH 46 Field Hockey: Intermediate
ATH 112 Soccer: Intermediate/Advanced
ATH 113 Soccer: Indoor, Beginning/Intermediate
ATH 114 Soccer: Indoor, Intermediate/Advanced
ATH 115 Soccer: Advanced for Men
ATH 116 Soccer: Advanced for Men
ATH 162 Volleyball
ATH 164 Volleyball, Intermediate Sand
ATH 165 Volleyball: Advanced Sand
ATH 169 Water polo: Beginning
ATH 170 Water polo: Intermediate/Advanced

Wellness
ATH 18 Strengthening the Heart Through Compassion
ATH 187 Analysis of Human Movement
ATH 188 The Athlete and Personal Identity Development
ATH 190 Introduction to Nutrition
ATH 192 Foundations of Mindful Eating
ATH 193 Lifestyle Fitness Challenge
ATH 195 Mind, Body, Spirit
ATH 196 Practice of Happiness
ATH 197 Sport Psychology
ATH 199 Sports Nutrition
ATH 200 Emotional Intelligence
ATH 201 Flourishing
ATH 202 Wellness: Mind, Body, Spirit
ATH 203 Foundations of Wellness-3
ATH 215 Wisdom
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. Classes can be taken for 1 unit of physical education/academic credit.

SMAP Director, Tim Ghormley
tghormley@stanford.edu
(650) 725–0729.
http://smap.stanford.edu

SMAP GROUPS

Stanford Aiki Association
http://www.stanford.edu/group/aikido

Stanford Capoeira
http://www.stanford.edu/group/capoeira

Stanford Eskrima
http://www.stanford.edu/group/eskrima

Stanford Judo
http://www.stanford.edu/group/judo

Stanford Jujitsu
http://www.stanford.edu/group/jujitsu

Stanford Kenpo Karate
http://www.stanford.edu/group/kenpo

Stanford Kendo
http://kendo.stanford.edu

Stanford Muay Thai Kickboxing
http://kickboxing.stanford.edu

Stanford Wing Chun Kung Fu
http://wingchun.stanford.edu

Stanford JKA Shotokan Karate
http://karate.stanford.edu

Stanford Taekwondo
http://tkd.stanford.edu

Stanford Wushu
http://www.stanford.edu/group/wushu
Cardinal Rec Aquatics offers 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 Innertube Water Polo Tournament. The Avery Recreation Pool, located at the Arrillaga Outdoor Education and Recreation Center (AOERC) on Roble Field is a 50 meter pool used for recreational swimming and instructional classes.

Cardinal Rec provides aquatic activities including Masters Swimming, Lifeguard Classes, Club Water Polo and several Aquatic PE Classes ranging from swimming and water polo to diving and synchronized swimming. Employment opportunities and safety certification courses are also available.

Whether participants are looking for new ways to recreate or simply want to enjoy a day at the pool, we want to motivate swimmers of all levels to swim and exercise regularly.

Come check out the benefits of working out at the pool and visit aquatics.stanford.edu.
ID Card Policy
All recreational facilities require an ID Card or approved facility access card for access. For more ID Card Information, please see CardinalRec.stanford.edu.

Guest and Alumni Passes
Guest passes can be purchased by Stanford affiliates for their guests for $5, or 7 for $25. Alumni guest passes are $4. Annual Alumni passes are available for purchase at the ACSR and AOERC Front Desks for $600 for the year.

Lockers
Recreational-use lockers and showers are available at the Ford Center, the Arrillaga Family Sports Center (AFSC) and the Arrillaga Outdoor Education and Recreation Center (AOERC). There are no lockers at the Arrillaga Center for Sports and Recreation. The locker rooms at AFSC are located in the basement of the building.

 Locker Rental Fees
$20/quarter or $50/year for Students
$30/quarter or $70/year for Faculty/Staff
*Payable by cash or check (checks made out to “Stanford University”). All lockers are available for rental at the ACSR Front Desk.

Rock Climbing Wall
• Located in AOERC is one of the largest University walls in the country
• Offers belay skills classes, bouldering, lead climbing, and top roping
• Bouldering center located in ACSR
• Equipment can be rented or purchased at the Outfitting Center

Fitness Equipment

ACSR Fitness Center
12 treadmills, 20 ellipticals, 12 recumbent bikes, 10 upright bikes, 6 stairclimbers, 3 rowers, plus an upper body ergometer and a wide array strength equipment—both selectorized and free weight. There are 6 flat panel high-definition televisions.

Arrillaga Outdoor Education Recreation Center (AOERC)
State of the art cardio equipment – 20 treadmills, 19 crosstrainers/ellipticals, 6 upright bikes, 6 recumbent bikes, 6 stepmills, 7 AMT’s, a full line of strength equipment and free weights. Most pieces of cardio have an internet connection and individual TV.

Tresidder Fitness Center
Over 20 pieces of cardio equipment and a broad selection of plate-loaded selectorized equipment are available to ensure a fullbody workout, including a Revolving Smith Machine. There is one flat panel high-definition television.

Equipment Checkout
• Basketballs (Mens/Womens/Outdoor)
• Squash Racquets/Balls/Goggles
• Racquetball Racquets/Balls/Goggles
• Badminton Racquets & Shuttlecocks
• Tennis Racquets & Balls
• Volleyballs (Indoor & Outdoor)
• Horseshoes (pit next to Sand Volleyball Courts)
• Softball Gloves/Bats/Bases/Balls
• Table Tennis paddles and balls
Hours
Subject to change—Go to CardinalRec.stanford.edu for most up-to-date schedule

Arrillaga Center for Sports & Recreation (ACSR)
(650) 724–9872
Please see CardinalRec.stanford.edu for facility hours.

Arrillaga Outdoor Education and Recreation Center (AOERC)
Please see CardinalRec.stanford.edu for facility hours.

Avery Recreational Pool - at AOERC
Mon – Fri: 7am – 8pm
Sat/Sun: 12pm – 5pm

Stanford Climbing Wall - at AOERC
Mon – Fri: 4pm-10pm
Sun: 3pm – 6pm

Arrillaga Family Sports Center (AFSC) Lockers
Mon – Thu: 6am – Midnight
Fri: 6am – 10pm
Sat: 9am – 8pm
Sun: 9am – Midnight

Arrillaga Family Racquetball Center
Front Desk: (650) 724–9872
Mon – Thu: 6am – Midnight
Fri: 6am – 11pm
Sat: 9am – 9pm
Sun: 9 am – Midnight
*Access doors lock 1 hour before closing

Avery Aquatic Center
(650) 725–0725
Mon – Fri: 10am – 2pm (Adult Lap Swim)

Cobb Track & Angell Field
Mon – Fri: 9am – 1pm, 6 – 9pm
Sat/Sun: 11:30am – 9pm
*Use of track prohibited when track team is practicing.

Fields (IM South, Sand Hill, Roble & Manzanita)
(650) 723–1949
Open recreation when not in use by Club Sports or Intramural Sports, weather permitting. Must present SU ID if requested.

Ford/Burnham Pavilion and Lockers/Shower
Please see CardinalRec.stanford.edu for facility hours.

Golf Course
(650) 724–0944
Mon: Closed
Tue: Ladies Day (morning) Show ID & Obtain Start Time
Wed – Fri: Open Anytime
Sat/Sun: First available tee time is 11am
Tee times can be made three days in advance. Twilight play is approx. three hours before sunset.
http://stanfordgolfcourse.com

Golf Driving Range
(650) 498–4461
Mon/Wed/Fri: 7:30am – 8pm
Tue: 8:30am – 8pm
Thu: 9am – 8pm
Sat/Sun/Holidays: 7am – 8pm

Taube South and West Campus Tennis Courts
When classes or special events are not scheduled.
To view court availability or to reserve a court go to:

Tresidder Fitness Center
(650) 723–1204
Mon – Fri: 10am – 10pm
Sat/Sun: Closed