The mission of the Physical Education, Recreation and Wellness Program at Stanford University is to improve the health and well-being of the entire campus community in order to Create a Healthier Stanford. The following programs provide opportunities for participation: Physical Education and Recreation Classes, Intramural Sports, Club Sports, Open Recreation, Aquatics, Outdoor Education, Martial Arts and a myriad of wellness offerings connecting departments and individuals across the campus. These programs can produce positive attitudes and behaviors related to the intellectual, physical and spiritual aspects of living a healthy and productive life.
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DIRECTORY INSIDE

Arrillaga Center for Sports & Rec
341 Galvez Street
Stanford, CA 94305

CARDINAL REC STAFF

4–5 intramural sports

6–7 club sports

8–9 outdoor education

10–11 fitness & wellness

12–14 recreation classes

16–17 p.e. classes

18 aquatics

19 martial arts

20–21 facilities

FIND US ON...

/stanfordrec

@stanfordrec

/cardinalrec
INTRAMURAL SPORTS

LEAGUE SPORTS
Flag Football • Ultimate Frisbee • Indoor Soccer • Wallyball • Sand Volleyball (2v2 & 4v4) • Basketball (3v3 & 5v5) • Indoor Volleyball • Soccer • Softball • Team Tennis • Dodgeball • Broomball • Sabakiball • Xbox Leagues

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

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 summers.

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 RECOGNITIONS
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.
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 website 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
CLUB SPORTS

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.

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 with some teams as low as $25/quarter 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.

CLUB TEAM SPORTS

Archery.................................archery.stanford.edu
Badminton.........................clubbadminton.stanford.edu
Baseball....................stanford.edu/group/clubbaseball
Basketball* (M).................clubsports.stanford.edu
Basketball* (W).................clubsports.stanford.edu
Competitive Cheer..................cheer.stanford.edu
Cricket.................................clubsports.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).....................stanfordlacrosse.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.
“For me being able to continue playing on a team with other amazing athletes and students and compete with other local universities after high school is what really makes playing a club sport worthwhile. Being on a club sport is a great way to become very close to a small group of people who all love playing the same sport, but have such diverse interests in terms of academics and other extracurricular activities.”

Karen Scrivner, ’13 (Women’s Volleyball)

“Club Sports isn’t just athletic—it can also be really academic or social, like a built-in study group or a second family at Stanford”

Elizabeth Rosen, ’13 (Ski and Snowboard Team)
OUTDOOR EDUCATION

ABOUT

Take a class! Build your outdoor skills! Gain more confidence! Get involved! Be part of a large outdoor community! Stanford’s ideal location is exceptional for outdoor activities and adventures. Stanford Outdoor Education was created to help students, staff, and faculty explore our amazing location and learn how to create their own adventures. The mission of Stanford Outdoor Education is to provide exceptional opportunities and resources for personal growth, community development, teamwork, and leadership through the thoughtful use of challenge and outdoor experience. Take advantage during your time at Stanford and get outside! Check out outdooreducation.stanford.edu for current information, specifics, and special events announcements!

“I wish everyone could do SPOT. I was terrified of coming to Stanford, but after five days without deodorant, surrounded by my peers, my self-confidence skyrocketed. Since then, SOE and SPOT have continued to fill my weekends with backpacking adventures and I have made amazing friends that love the outdoors as much as I do. More importantly, everyone involved in SPOT understands the importance of valuing the people around you in the backcountry. This supportive group dynamic carries over into the front country, and it has become one of the most important parts of my life at Stanford.”

Caitlin Woolsey, SPOT Leader and Leader Trainer, ’14
The Stanford Leadership Institute (SLI) offers leadership and team-building workshops as well as a certificate in Adventure Leadership for Stanford students. SLI utilizes innovative educational experiences, research-based best-practices, developmental opportunities, and adventure education.

STANFORD LEADERSHIP INSTITUTE
http://sli.stanford.edu

The Stanford Climbing Wall is an inclusive and diverse environment for skill development and fun in rock climbing and circus arts education! The Climbing Wall is open to Stanford students, staff, faculty, post-docs, fellows, and community members. All levels from beginners to experts are welcome! Equipment and basic instruction are provided free of charge; for-fee recreational classes begin every quarter (see PE and Recreation classes sections). 25 ropes, 60 routes, and 30 boulder problems bring over 3,000 unique visitors to the climbing wall each year. The Climbing Wall also hosts campus-wide community events and friendly competitions as well as private climbing clinics and camps (great for kids!), team-building, and custom programs. Swing by!

STANFORD CLIMBING WALL
http://climbingwall.stanford.edu

Often called “Stanford’s best-kept secret,” Stanford Outdoor Gear (SOG) serves the greater Stanford community by renting top of the line outdoor equipment at low prices. Need camping and backpacking gear, cross country skis and snowshoes, surfboards, wetsuits, bouldering pads, mountaineering equipment, and much, much more? SOG has the equipment inventory and friendly, knowledgeable staff to outfit a personal weekend adventure to group camping trips of 50 or more! SOG is located on Stock Farm road, between Campus Drive and Sand Hill Road. Equipment rentals are available for reduced rates to Stanford students, faculty, staff, and other affiliates, and are also available to the general public.

STANFORD OUTDOOR GEAR
http://sog.stanford.edu

An option for Stanford community and their friends/family to partner with industry professionals in outdoor recreational activities and go on adventure trips! Still growing in trip-types offered, SAT houses the winter-getaway-group POWderbound for ski and snowboard enthusiasts. Take advantage of amazing deals on ski resort season passes, bus ski trips, and places to stay during the winter.

STANFORD ADVENTURE TRIPS
http://sat.stanford.edu

Stanford Wilderness Medicine (SWIM) provides CPR, Wilderness First Aid and Wilderness First Responder training to the Stanford community. We train outdoor leaders, service organizations, recreational outdoors enthusiasts, and anyone with an interest in emergency or wilderness medicine. Instructors come from the Stanford community, and have advanced medical training and teaching experience. Love the outdoors? Equip yourself for emergency situations!

STANFORD WILDERNESS MEDICINE
http://wildernessmed.stanford.edu

A variety of student outdoor groups exist on campus to facilitate various outdoor recreational opportunities!

- Redwood Outdoor Club
- Stanford Alpine Club
- Stanford Kayak Club
- Stanford Outdoor Outreach Program
- Surf Club
- Windsurfing Club
- Outdoor Education Program

OUTDOOR CLUBS
http://outdoors.stanford.edu

Stanford Pre-Orientation Trips (SPOT) is a program offered to incoming students the week before NSO, intended to facilitate the transition to life at Stanford. Student leader-teams volunteer their time on wilderness backpacking trips, sustainable farming escapades, or stewardship projects throughout the Sierra Nevada and Santa Cruz areas. SPOT needs leaders! Even if you weren’t able to participate in SPOT, start your involvement in this great community by taking Athletics 405: Outdoor Leadership (offered every quarter) and learning about how to be a part of this amazingly impacting and foundational Stanford experience!

STANFORD PRE-ORIENTATION TRIPS (SPOT)
http://spot.stanford.edu

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“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
PERSONAL TRAINING

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 http://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

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!
RECREATION CLASSES

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, Spouses, Hospital Employees who have purchased an Athletic Access Card, Retirees, or Partners of a Student, Faculty or Staff.
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 & LES MILLS RPM

Indoor cycling classes are 45-minutes long, and welcome all levels and abilities. Instructors motivate participants through jumps, hill climbs, intervals and coast for an ultimate workout. Selected classes are Les Mills RPM, a class that flows with music that is selected for ultimate motivation, encouragement and entertainment.

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!

BOOT CAMP H2O

We have taken the essence of our land boot camp, and put it in the water! This is NOT your typical water aerobics class. This is a class that takes you into interval, cardio-peak mode, mixed with intense upper and lower body conditioning; all without impact. You will get results from this program!

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.

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: Multi-level boxing classes, including sparring, bag work, agility, and power training

TRX Suspension Training: Build power, strength, flexibility, balance and mobility at your own level

VIGR-X: Variable Intensity Group Resistance Cross Training

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.
The TRX suspension training class at Stanford is awesome. I am now in my third quarter of the class and the results are amazing. I’ve easily surpassed any previous levels of cardio endurance and strength. I feel better, I have more energy and I walk away from each class knowing that I am training with a certified and knowledgeable instructor and getting the best and safest results possible. I only have these words of caution to future TRXers: this stuff is crazy addicting!!!

Will Johnson, Stanford Staff member
ROCK CLIMBING COURSES

Learn to Belay
Beginning Climbing
Intermediate Climbing
Intermediate 2 and Learn to Lead Climbing
Strength & Conditioning for Rock Climbing
Route Setting

Various courses teach the most introductory students, to those interested in mastering techniques and taking their climbing practice to another level. Safety, indoor climbing skill, knots, movement, equipment and practice are covered at varying levels for the needs of different students. Not sure what to register for? Read thorough descriptions on each of the courses at climbing.stanford.edu, or swing by the Wall and speak with an instructor or wall supervisor!

CLIMBING WALL INSTRUCTOR:
PCIA

Teach climbing or work at the SCW. A first step in professional instructor development, this course is thorough and practical. Successful completion results in a three-year cert. and membership to the PCIA. See climbing.stanford.edu for more info on pre-req’s.

AERIAL FABRICS COURSES

Aerial Fabrics Static
Drops + Dynamic moves
Act Development
Aerial Fabrics Conditioning

Run away and join the circus, or find this a fun way to get in shape: build the strength and knowledge to safely climb, wrap, twist, spiral with grace and finesse in the aerial fabrics arts. No experience necessary for Conditioning or Static classes; other students must have demonstrable skill and participation is at instructor’s discretion for more advanced classes.

STANFORD WILDERNESS MEDICINE

http://wildernessmed.stanford.edu

CPR Certification

Skill yourself to respond to a cardiac or respiratory emergency! Courses occur frequently throughout the year, and can be specially arranged for private groups. Students who pass written and practical tests will be certified for 2 years.

Wilderness First Aid or Wilderness First Responder

Equip yourself to handle medical and traumatic emergency in the backcountry. Learn practical knowledge and protocol for decision-making in wilderness medical circumstances. Successful completion/passing of written and practical tests certifies you for 3 years.
P.E. CLASSES

ABOUT

These are for-credit classes provided by the Physical Education, Recreation & Wellness Program. The goal of the Physical Education Class Program is to provide participants with professional instruction in a safe and fun workout environment. Classes run 10 weeks and are 50 minutes long, 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.

CERTIFICATE OF WELLNESS

New for 2012-2013 Academic Year, the Department of Physical Education is offering a Certificate of Wellness. This certificate attests that students have been taught the rudiments of lifetime wellness. These basics include instruction and guided practice in both physical (nutrition, exercise, etc.) and mental well-being (happiness, emotional intelligence, etc.) with an emphasis on managing stress. A total of 6 classes must be completed.

Three Foundation classes must be completed:
· ATH 201 Foundations of Wellness-One (AUT)
· ATH 202 Foundations of Wellness-Two (WIN)
· ATH 203 Wellness Practicum (SPR)

Three additional classes must be completed from the Wellness Core, listed in the PE offerings. Please see cardinalrec.stanford.edu for more information on the Certificate of Wellness.
WELLNESS

Alcohol & Health College Life: Spring
Analysis of Human Movement: Winter
Athletics & Identity: Autumn
Emotional Intelligence: Winter
Foundations of Wellness 1: Autumn, 2: Winter
Lifestyle Fitness Challenge: Autumn/Winter/Spring
Mind, Body, Spirit: Spring
Nutrition: Autumn/Winter/Spring/Summer
Practice of Happiness: Autumn/Spring
Sport Nutrition: Spring
Sport Psychology: Spring
Strength Through Compassion: Autumn/Spring
Wellness Practicum: Spring

AQUATICS

Diving: Autumn
Lifeguard Training: Spring
Overcoming Fear of Water: Autumn/Spring
Swimming: Autumn/Winter/Spring/Summer
Water Polo: Autumn/Spring

FITNESS CLASSES

Abs & Glutes: Autumn/Winter/Spring/Summer
Core Training: Autumn/Winter/Spring/Summer
Cross Training Fitness: Autumn
Cycling: Indoor: Autumn/Winter/Spring
Hip Hop: Autumn/Winter/Spring/Summer
Kickboxing: Autumn/Winter/Spring/Summer
Pilates: Autumn/Winter/Spring
Social Dance: Autumn/Winter/Spring
Spin Bike X Training: Autumn/Winter
Tai Chi: Autumn/Winter/Spring
Total Body Workout: Autumn/Winter/Spring/Summer
Weight Training: Autumn/Winter/Spring
Yoga: Autumn/Winter/Spring/Summer
Yoga Pilates: Autumn/Winter/Spring/Summer
Zumba: Autumn/Winter/Spring/Summer

GOLF

Golf for Women: Winter
Beginning Golf: Autumn/Winter/Spring/Summer
Golf Advanced Beginning: Autumn/Winter/Spring/Summer
Golf Intermed: Autumn/Winter/Spring/Summer
Golf Advanced: Autumn/Winter/Spring

OUTDOOR EDUCATION

Climbing Wall Instructor: Autumn/Winter/Spring
Outdoor Leadership 1, 2: Autumn/Winter/Spring
Outdoor Leadership Practicum: Autumn/Spring
Rock Climbing 1, 2, & 3: Autumn/Winter/Spring
Route Setting: Autumn/Winter/Spring
Climbing Strength & Conditioning: Autumn/Winter/Spring
Climbing Wall Instructor: Autumn/Winter/Spring
Aerial Fabrics 1 & 2: Autumn/Winter/Spring
Wilderness First Aid: Autumn/Winter/Spring
Wilderness First Responder: Autumn/Spring
Avalanche Safety 1: Winter/Spring
Intro to Downhill Skiing & Snowboarding: Winter/Spring
Backpacking: Spring

RACQUET SPORTS

Squash: Autumn/Winter/Spring
Table Tennis: Autumn/Winter/Spring
Tennis: Autumn/Winter/Spring/Summer

SPECIAL INTEREST

Business Practices in Sport: Spring
Fencing: Autumn/Winter/Spring
Gymnastics: Autumn/Winter/Spring
Horseback Riding: Autumn/Winter/Spring
Rowing: Autumn/Winter
Running at Stanford: Winter
Sailing: Autumn/Spring
Wrestling & MMA: Spring

TEAM SPORTS

Basketball: Autumn/Winter
Indoor Field Hockey: Winter
Futsal: Spring
Soccer Indoor/Outdoor: Winter/Spring
Volleyball: Autumn
Volleyball (Sand): Autumn/Spring

Class schedules vary from quarter to quarter, so please check cardinalrec.stanford.edu for the most up-to-date schedule and class descriptions.
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 also hosts the Intramural Swim Meet and Innertube Water Polo Tournament. Roble Pool, located by Roble Field and Roble Gym, is a 5 lane, 25 yard 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.
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 11 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 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
**FACILITIES**

**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 Front Desk for $600 for the year.

**LOCKERS**
Recreational-use lockers and showers are available at the Ford Center as well as the Arrillaga Family Sports Center (AFSC) and Roble Gym. 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 rooms at Roble Gym are located in the back of the building (Panama Street side).

**Lockers 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.

**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.

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

**ROCK CLIMBING WALL**
- Climbing shoes and harness rentals
FACILITY HOURS

subject to change—Go to CardinalRec.stanford.edu for most up-to-date schedule

Arrillaga Center for Sports & Recreation (ACSR)
(650) 724–9872
Mon – Thu: 6am – 1am
Fri: 6am – 11pm
Sat: 9am – 9pm
Sun: 9am – 1am

Whiting Family Climbing Wall
Go to climbing.stanford.edu for current quarterly hours

Arrillaga Family Racquetball Center
Front Desk: (650) 724–9872
Mon – Thu: 6am – Midnight
Fri: 6am – 10pm
Sat: 9am – 8pm
Sun: 9am – Midnight

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

Avery Aquatic Center
(650) 725–0725
Mon – Fri: 10am – 2pm (Adult Lap Swim)
6pm – 8pm (Adult Lap Swim)
Sat/Sun: 12 – 5pm (Family Swim-Children Ok)

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, 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
Mon – Thu: 6am – Midnight
Fri: 6am – 11pm
Sat: 9am – 9pm
Sun: 9am – Midnight
*Participants may be responsible for setting up their own equipment if building staff is unavailable.

Ford Center Lockers
Mon – Thu: 6am – Midnight
Fri: 6am – 11pm
Sat: 9am – 9 p.m.
Sun: 9am – Midnight (if building staff is unavailable).

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

Roble Gym Complex Lockers, Showers
Mon – Thu: 8am – 11pm
Fri: 8am – 8pm
Sat: 9am – 8pm
Sun: 10am – 8pm

Roble Pool
(650) 723–8136
Mon – Fri: 12 – 1pm (Adult Lap Swim)
Sat/Sun: Closed

Taube South Tennis Courts
When classes or special events are not scheduled
To view court availability or to reserve a court go to:
http://courtkeeper.stanford.edu

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

West Campus Tennis Courts
When classes or special events are not scheduled lights are on until 10pm
To view court availability or to reserve a court go to:
http://courtkeeper.stanford.edu