

SIU Student Recreation Center R.E.C. REPORT

Recreate. Energize. Connect.



Rec Sports Awards Winners Announced

Congratulations to all student employees within Recreational Sports and Services for winning specific awards at the RSA's which were handed out on April 20 in the SRC.

Winners included:

- Competitive Sports Employee of the Year Taylor Williams
- Aquatics Employee of the YearKassandra Jones
- Outdoor Pursuits Employee of the Year.....Danielle Vatoskay
- Fitness Employee of the Year.....Koleton Cochran
- Facilities Employee of the YearKathrynne Nail
- Supervisor/Manager Employee of the Year Michael Page
- Behind the Scenes Employee of the YearJaclyn Young
- Administrative Achiever Employee of the Year.....Katie Troxel
- J. Michael Dunn Leadership Award..... Courtney Copp
- Saluki Sunshine Award..... Ghadeer Alabdullah
- Dorothy & William Bleyer Graduate Assistant Award/Scholarship..... Veronica Singson Tantoco
- The Bill McMinn Outstanding Customer Service Award/Scholarship Danielle Vatoskay
- Rock Star Rookie Employee of the Year..... Kristi Wallin
- You Rock Employee of the YearElizabeth Pearson

Upcoming Events

Adult Summer Competitive Sports

June 4th – July 16

Time: to be announced

For summer 2018, we will be offering Adult Competitive Sports. Non-members are welcome to join for a small fee.

GPP Training

June 5 – 28, Tues. & Thur.

5:30 - 6:30 p.m.

General Physical Preparedness is a phase of training that improves you in every aspect of fitness. Twice a week for an hour, multiple components of fitness such as strength, power, speed, agility, cardiovascular, and coordination will be explored. This class will be a total body workout with combination of resistance and cardio training techniques to improve your overall fitness and prepare you for anything We will utilize free weights, body weight, stability balls, TRX, battle ropes, medicine balls, ladders, cones, and most importantly team work!

Holiday Closures

Memorial Day Weekend

May 27 – 28

Independence Day

July 4

SRC Summer Hours

Summer hours begin on Saturday, May 12.

General Building

Monday – Friday: 5:30 a.m. - 7:00 p.m.

Sat. 8:00 a.m. - 7:00 p.m.

Sun. 1:00 p.m. - 7:00 p.m.

Member Services

Monday – Friday: 7:00 a.m. - 6:30 p.m.

Sat. 8:00 a.m. - 12:00 p.m.

Sun. 1:00 p.m. - 7:00 p.m.

Shea Natatorium (pool)

Monday – Friday:

• 6:00 a.m. – 9:00 a.m.

• 11:00 a.m. – 2:00 p.m.

• 4:00 p.m. – 6:30 p.m.

Saturday: 12:00 p.m. – 6:00 p.m.

Sunday: 1:00 p.m. – 6:00 p.m.

• Long Course set up available:

• M/W/F from 6:30 a.m. – 9:00 a.m.

Base Camp

Monday – Friday: 3:00 p.m. - 6:00 p.m.

Sat. 9:00 a.m. - 12:00 p.m.

Sun. 4:00 p.m. - 7:00 p.m.

For current and updated hours, check rec.siu.edu/hours



May Grads get the “Student Rate” for Memberships; Summer Student Memberships Available



May SIU grads can continue their membership within the SRC and into the fall semester at a discounted rate. The SRC Student membership rate is continued for May grads. The deal is valid through January 2019 and you will save \$25.00 rather than purchasing an alumni membership! For more information, please see one of our attendants in Member Services.

Additionally, students that are staying in Carbondale in the summer that are NOT taking classes or are taking only online classes and NOT paying student fees AND are registered for classes in the fall – may purchase a summer membership for \$69 for the time period of May 12 – August 15.