

REC REPORT

FALL SEMESTER

AUGUST/SEPTEMBER 2020



Welcome back new and returning Salukis! We are so happy to have you back! We are sure you have noticed by now some of the changes we have made in the facility to keep you and our staff safe as we navigate the COVID-19 Pandemic. The safety of our students, patrons and

team members is what is most important to us. So, it is very important that you follow our “Guest Code of Conduct” when using our facility. To find the full reopening guidelines, please visit [REC.SIU.EDU](https://rec.siu.edu).

FALL HOURS ARE POSTED ON-LINE

Fall Semester hours began 8/12 and go through 11/20. Please note that Remote Learning/Break Period hours change starting 11/21 through 1/9/21. Due to the changing situation of the Pandemic, hours are subject to change at any time.

UPCOMING HOLIDAY HOURS:

- Labor Day Sept. 7; 8:00 a.m. - Noon
- Election Day Nov. 3; 4:00 - 8:00 p.m.
- Veteran’s Day Nov 11; 4:00 - 8:00 p.m.

For complete HOURS listing:
[REC.SIU.EDU/HOURS](https://rec.siu.edu/hours)



Masks are required to enter the facility and should be worn in all common areas such as hallways, lobbies, locker rooms, pool deck. May remove when actively engaged in vigorous exercise.

GROUP FITNESS CLASSES ARE IN-PERSON AND ON-LINE

This semester the Fitness Department is working hard to bring both in-person and virtual classes for your preference. Classes this semester range from Cycle, Yoga, WERQ, Zumba to total body work outs and strength work outs. To check out the FREE Group Fitness Schedule, go to

[REC.SIU.EDU/GROUPFITNESS](https://rec.siu.edu/groupfitness)



INTRAMURAL SPORTS OFFERED FALL 2020

Looking to activate your competitive edge this semester? While COVID-19 has impacted the sports world as we’ve known it, we are still offering you the opportunity to engage in a variety of competitive sports this fall. Some of the traditional games have been modified to insure everyone’s health and safety. For details on these sports offerings, please visit

[REC.SIU.EDU](https://rec.siu.edu).

Check website for registration dates:

- Tennis League
- Basketball Skills Challenge
- Cornhole/Bags
- Soccer Skills Challenge
- Softball League
- Football Skills Challenge
- 4 v 4 Volleyball
- ESports – Madden
- ESports – NBA2K
- ESports – FIFA & Rocket League