UD Campus Recreation

rec.bluehens.com

@UDLilBob
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University of Delaware
Wellness Hub for Campus

Home to:
- Healthy Hens
- Behavioral Health and Nutrition
- Employee Health and Wellbeing
- Red Cross Blood Drives
- Personal Training
- UD CrossFit
- Inclusive, healthy programming
Location

- 26 North College Ave.
- Located off Main St., with access from North College Ave.
Facilities
Carpenter Sports Building (Lil Bob)
• Strength and Cardio Equipment
• Basketball Courts
• Indoor Pool
• Rockwall
• CrossFit Box
• Cycle Studio
• 5 Workout Studios
• 3 Racquetball Courts
• 1 Squash Court

Additional Facilities
• 4 Turf Fields
• 2 Satellite Student Fitness Centers
  • Independence Fitness Center
  • Harrington Fitness Center
• Outdoor Sand Volleyball, Basketball, Tennis, and Inline Skating Courts
Hours of Operation

Carpenter Sports Building Hours
• Mon-Thur 5am-11pm
• Friday 5am-9pm
• Sat & Sun 10am-9pm

Lap Swim & Rockwall Climbing Hours
• Can be found rec.bluehens.com

Changes to Hours Updates
• Follow us @UDLilBob on social media. Changes to hours will be posted on Twitter, Facebook and Instagram.
• Register on the hours page to receive updates notifications directly to your email.

TIP: Get in the habit of checking for changes before you come to the gym, especially during bad weather.
Facility Access

- You will need to scan your UD ID card to enter the facility.
- Spouses are permitted access to the building with purchase of a membership. You will need to present your marriage certificate at purchase.
  - $125/3 months
  - $225/6 months
  - $400/12 months

Stand behind this line until you scan your UD ID

After scanning your UD ID, wait for this light to turn green
Gym Attire Policy

Appropriate apparel must be worn while working out in the student fitness center.

- Those in violation will be asked to change immediately.
- Shoes must be worn at all times. No open-toed shoes are permitted.
- Athletics shorts or pants must be worn. Blue jeans and khakis are not permitted.
- T-shirts and tank tops must follow the guidelines shown on the right.

These policies are available to review online under the fitness tab at rec.bluehens.com.
Group Fitness

- Nearly 40 classes are offered throughout the week for men and women of ALL fitness levels
- Several classes in all formats: strength, cardio, mind-body, dance, and interval training

Online Registration
- Single Pass = $5
- Unlimited Pass = $60
  (this pass allows you to attend as many classes as you want throughout the semester)
Fitness Special Programs

Aoinagi Karate

Intro to Weight Training

Boxing for Fitness

- Each program runs for 6-weeks at a time
- Price: $25/6-week session
UD CrossFit

- Scalable classes tailored to beginner, experienced, and elite athletes
- Certified CrossFit coaches provide expert insight and support
- Camaraderie and support found in CrossFit unlike any other fitness program
- Dedicated CrossFit box located in the Lil Bob
- Membership Options
  - $250 - Full Semester
  - $140 - Half Semester
  - $10 - One-time single class pass
Personal Training

Whether you are new to exercise or want to push yourself to a new level, our nationally certified trainers can coach you to success.

• Choose from several training packages
  • $20- Express Session (30 minutes)
  • $35- Single Session
  • $170- 5-Session Package
  • $330- 10-Session Package (includes free fitness assessment)
  • $45- 1-Small Group Session (2-4 people)
  • $125- 3-Small Group Sessions

• Schedule sessions at your convenience

• Benefits:
  — Effective, personalized exercise program designed to meet your specific goals
  — Accountability
  — Motivation
Intramural Sports

• 34 different leagues offered
• Coed, men’s and women’s leagues available
• Select winning teams get the popular intramural champion t-shirts
• Prices: $25, $15, or $10 depending on the team size

Online Registration
• You will need your UD email to register
• Sign up with a team or individually (“free agent”)
• Join our Facebook group to find other players
  https://www.facebook.com/groups/UDIntramurals/
Intramural Sports

Sports Offered

- 3-point Contest
- Badminton
- Basketball
- Battleship
- Broomball
- Cornhole
- Dodgeball
- Flag Football
- Kickball
- Pro and College Pick ‘em Tournaments
- Racquetball
- Soccer (indoor and outdoor)
- Softball
- Spikeball
- Table Tennis
- Tennis
- Wallyball
- Wiffleball
- Video Games
- Volleyball (indoor and sand)
Club Sports

Club sports teams provide an opportunity for students to engage in structured competition at a level between varsity and intramural. Teams can compete at local, regional, and national championships.

Certain clubs have restrictions for graduate student eligibility as dictated by their associated governing body.

Contact the team president if interested in joining a team.

Typically dues for club membership average approx. $200/year depending on the club.

TIP: You can still participate in intramurals if you are a part of a club team!
Club Sports

Sports Offered

- Baseball
- Basketball (men's and women's)
- Bass Fishing
- Bowling
- Crew
- Cycling
- Equestrian
- Fencing
- Field Hockey
- Figure Skating
- Golf
- Gymnastics
- Ice Hockey (men's and women's)
- Lacrosse (men's and women's)
- Roller Hockey
- Rugby (men's and women's)
- Sailing
- Soccer (men's and women's)
- Swimming
- Synchronized Ice Skating
- Tennis
- Track and Field/Cross Country
- Trap and Skeet
- Triathlon
- Ultimate Disc (men's and women's)
- Volleyball (men's and women's)
- Water Polo
- Wrestling
UD Cockpit

This is the official student fan section of Delaware Athletics!

Students get free access to all UD sporting events with their UD ID.

Popular sports to watch at UD:
• Football
• Basketball – Men’s and Women’s
• Lacrosse – Men’s and Women’s
• Soccer – Men’s and Women’s
• Field Hockey
• Volleyball
• Baseball
• Softball
• And more!
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RECREATION@UDEL.EDU FOR QUESTIONS