MISSION
Campus Recreation inspires and promotes a healthy lifestyle through diverse, quality recreational opportunities.

VISION
To be the world class standard for campus recreation by incorporating advanced innovative technology, dynamic programming, leadership development opportunities, and maximizing use of our resources.

VALUES
Excellence
Diversity
Mutual Respect
Fun
Innovation
Healthy Lifestyle
Accountability
Leadership
Customer Service
MISSION, VISION, VALUES

Mission, Vision & Values

To be the world class standard for campus recreation by incorporating advanced innovative technology, dynamic programming, leadership development opportunities, and maximizing use of our resources.

Campus Recreation inspires and promotes a healthy lifestyle through diverse, quality recreational opportunities.

VISION

MISSION

VALUES

Healthy Lifestyle
Accountability
Leadership
Customer Service
Excellence
Diversity
Mutual Respect
Fun
Innovation
REGULAR HOURS  January 9, 2017 - May 6, 2017

Monday - Thursday  5:30 a.m. - 12:00 a.m.
Friday            5:30 a.m. - 10:00 p.m.
Saturday          9:00 a.m. - 10:00 p.m.
Sunday            12:00 p.m. - 12:00 a.m.

SPECIAL HOURS  Adjusted hours for campus closures and breaks

January 17, 2017  10:00 a.m. - 10:00 p.m.
March 19, 2017    12:00 p.m. - 10:00 p.m.
March 20, 2017    5:30 a.m. - 10:00 p.m.
March 21, 2017    5:30 a.m. - 10:00 p.m.
March 22, 2017    5:30 a.m. - 10:00 p.m.
March 23, 2017    5:30 a.m. - 10:00 p.m.
March 24, 2017    5:30 a.m. - 10:00 p.m.
March 25, 2017    9:00 p.m. - 10:00 p.m.
March 26, 2017    12:00 p.m. - 12:00 a.m.
April 16, 2017    3:00 p.m. - 12:00 a.m.

SUMMER HOURS  Beginning May 7, 2016

Monday - Friday  5:30 a.m. - 10:00 p.m.
Saturday         9:00 a.m. - 10:00 p.m.
Sunday           12:00 p.m. - 10:00 p.m.

For more information please visit crc.gatech.edu
LOCKER & EQUIPMENT RENTAL

LOCKER RENTAL

Members may purchase a locker at the Member Services desk for the men’s or women’s locker room beginning the first day of the semester.

Day lockers are available in the following areas: adjacent to and inside the men’s and women’s locker rooms, aquatic locker rooms, and the family changing area. Bring your own lock, or purchase one at the CRC. Locks left on day lockers overnight will be removed, and a $5.00 charge will be assessed to retrieve your belongings.

<table>
<thead>
<tr>
<th>Size</th>
<th>Single Semester</th>
<th>Three Semesters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full-Size</td>
<td>$50.00</td>
<td>$130.00</td>
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<tr>
<td>Half-Size</td>
<td>$30.00</td>
<td>$75.00</td>
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<tr>
<td>1/4-Size</td>
<td>$15.00</td>
<td>$35.00</td>
</tr>
</tbody>
</table>

Important Dates:

January 9, 2017: New Locker Purchases Available
April 10, 2017: Locker Renewals Begin
May 5, 2017: Locker Renewals End
May 15, 2017: New Locker Purchases Begin

EQUIPMENT RENTAL

Day Use:

Members may check out equipment at no cost from the Equipment Issue desks located on the 1st and 4th floor. Equipment available includes weight belts, racquetball racquets, basketballs, foam rollers and more.

Rental:

Members may rent equipment for use outside of the CRC. Sporting equipment such as flag football sets, cones, and volleyball nets are available from the Member Services desk. See page 23 for outdoor gear rental.

Purchase:

Members may purchase swim caps, swim goggles, and locks from the Member Services desk or the vending machine located on the 1st floor near the Equipment Issue desk.

TOWEL SERVICE

Day Use:

Members may check out shower and workout towels at no cost from the 1st floor Equipment Issue desk. A fee may be assessed for towels that are not returned.
### Membership Eligibility

- **Undergraduate and Graduate students with 4+ credit hours.**
- **Payroll deduction available for benefits-eligible faculty/staff.**
- **Members of an organization participating in activities that support our Institute’s mission.**
- **Membership cannot extend past the membership term of the primary member.**
- **Each person who has a current membership may add their dependent minors (children) under the age of 18, to whom they are the legal parent or guardian, to their membership at no cost.**

### Membership Types

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Monthly Rate</th>
<th>Day Pass</th>
<th>Guest Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Full Time Students</strong></td>
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<tr>
<td>Undergraduate and Graduate students</td>
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<tr>
<td>with 4+ credit hours</td>
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<tr>
<td><strong>Included in Mandatory Activity Fees</strong></td>
<td>$5</td>
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<tr>
<td><strong>Faculty/Staff/Retirees</strong></td>
<td>$24</td>
<td>$7</td>
<td>$7</td>
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<tr>
<td>Payroll deduction available for benefits-eligible faculty/staff.</td>
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<tr>
<td><strong>Alumni</strong></td>
<td>$30</td>
<td>$9</td>
<td>$7</td>
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<tr>
<td>+Optional Parking: $18/month</td>
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<tr>
<td><strong>Affiliates</strong></td>
<td>$24</td>
<td>$7</td>
<td>$7</td>
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<tr>
<td>Members of an organization participating in activities that support our Institute’s mission.</td>
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<tr>
<td><strong>Spouse/Domestic Partner</strong></td>
<td>$10</td>
<td>$7</td>
<td>$7</td>
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<tr>
<td>Membership cannot extend past the membership term of the primary member.</td>
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<tr>
<td><strong>Children (17 &amp; Under)</strong>*</td>
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<tr>
<td><strong>Included in Membership</strong></td>
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<tr>
<td><strong>Co-op, Part-Time, Cross Enrolled &amp; Returning Non-Students</strong></td>
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<tr>
<td><strong>CRC Student Activity Fee</strong></td>
<td>$5</td>
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<td>$5</td>
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<tr>
<td>through Bursar’s Office</td>
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</table>

### Guest Policy
- Yes. Guest passes may be purchased at the Member Services desk.
- The member must stay with the guest at all times.
- A member may bring up to two guests per day.
- Passes are sold for the day of the visit only.

### Payment Methods
- We accept Visa, Mastercard, Discover, American Express, BuzzCard, and checks.

### Membership Fee
- Membership fees are deducted in equal increments throughout the year.

### Tour Policy
- Tours are available to any individual interested in membership or viewing our world-class facility.
- Please contact info@crc.gatech.edu to schedule a tour.
FREQUENTLY ASKED QUESTIONS

CAN I TOUR THE FACILITY?
Tours are available to any individual interested in membership or viewing our world-class facility. Please contact us at info@crc.gatech.edu to schedule a tour.

WHO IS ELIGIBLE FOR A MEMBERSHIP?
Georgia Tech students, faculty, staff, retirees, affiliates, alumni and their spouses or domestic partners are eligible for membership. A BuzzCard is required to access the CRC, and may be obtained at the BuzzCard Center.

CAN I BRING A GUEST?
Yes. Guest passes may be purchased at the Member Services desk. The member must stay with the guest at all times. A member may bring up to two guests per day. Passes are sold for the day of the visit only.

WHAT PAYMENT METHODS ARE ACCEPTED?
We accept Visa, Mastercard, Discover, American Express, BuzzCard and checks. All benefits-eligible employees of Georgia Tech may enroll in payroll deduction. Membership fees are deducted in equal increments throughout the year.

HOW DO I JOIN?
Visit the Member Services desk located in the CRC to join. Faculty and staff may join online, or renew their membership at mycrc.gatech.edu. Alumni may renew their membership online.
Swim Lessons and Pool Hours

YOUTH INTERMEDIATE LEISURE POOL
Monday - Friday  5:30 a.m. - 9:00 a.m.
11:00 a.m.  - 9:00 p.m.
Saturday   10:00 a.m. - 8:00 p.m.
Sunday   12:30 p. m. - 8:00 p.m.

WATER SLIDE & RECREATION AREA
Monday - Friday  4:00 p.m. - 8:00 p.m.
Saturday   12:30 p. m. - 8:00 p.m.
Sunday   12:30 p. m. - 8:00 p.m.

VERNON D. & HELEN D. CRAWFORD LEISURE POOL

COMPETITION POOL
Monday   8:00 a.m. - 1:00 p.m.
5:00 p. m. - 7:30 p.m.
Tuesday   8:00 a.m. - 11:00 a.m.
3:30 p. m. - 7:30 p.m.
Wednesday  8:00 a.m. - 1:00 p.m.
5:00 p. m. - 7:30 p.m.
Thursday  8:00 a.m.  - 11:00 a.m.
3:30 p. m. - 7:30 p.m.
Friday   8:00 a.m. - 1:00 p.m.
5:00 p. m. - 7:30 p.m.
Saturday   10:00 a.m. - 7:30 p.m.
Sunday   12:30 p. m. - 7:30 p.m.

DIVING POOL
Monday - Friday  5:30 p.m. - 7:30 p.m.
Saturday   12:30 p. m. - 7:30 p.m.
Sunday   12:30 p. m. - 7:30 p.m.

Please note: Aquatic facility hours may vary during special events. Visit crc.gatech.edu to view adjusted hours of operation for special events.

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COST

GROUP LESSON:  $45 / participant
PRIVATE LESSON: $60 / (2) 30 minute
SEMI-PRIVATE:  $80 / (2) 30 minute

REGISTRATION
Enroll online at mycrc.gatech.edu or at the Member Services desk.

Session 1: Jan. 9, 11, 16, 18
Session 3: Feb. 6, 8, 13, 15
Session 4: Feb. 20, 22, 27, Mar. 1
Session 5: Mar. 6, 8, 13, 15
Session 6: Mar. 27, 29, Apr. 3, 5

MONDAY/WEDNESDAY
Session 1: Jan. 10, 12, 17, 19
Session 2: Jan. 24, 26, 31, Feb. 2
Session 3: Feb. 7, 9, 14, 16
Session 4: Feb. 21, 23, 28, Mar. 2
Session 5: Mar. 7, 9, 14, 16
Session 6: Mar. 28, 30, Apr. 4, 6

TUESDAY/THURSDAY
ADULT BEGINNER
Swim Lessons and Pool Hours
Session 7: Apr. 10, 12, 17, 19
Session 8: Apr. 24, 26, May 1, 3

Session 7: Apr. 11, 13, 18, 20
Session 8: Apr. 25, 27, May 2, 4

NOTE:
Due to renovations in the Crawford Leisure Pool, there will be no Youth Beginner classes for Session 1 and 2.
### YOUTH INTERMEDIATE LEISURE POOL
- Monday - Friday: 5:30 a.m. - 9:00 a.m.
- 11:00 a.m. - 9:00 p.m.
- Saturday: 10:00 a.m. - 8:00 p.m.
- Sunday: 12:30 p.m. - 8:00 p.m.

### WATER SLIDE & RECREATION AREA
- Monday - Friday: 4:00 p.m. - 8:00 p.m.
- Saturday: 12:30 p.m. - 8:00 p.m.
- Sunday: 12:30 p.m. - 8:00 p.m.

### Vernon D. & Helen D. Crawford Leisure Pool
- Competition Pool:
  - Monday: 8:00 a.m. - 1:00 p.m., 5:00 p.m. - 7:30 p.m.
  - Tuesday: 8:00 a.m. - 11:00 a.m., 3:30 p.m. - 7:30 p.m.
  - Wednesday: 8:00 a.m. - 1:00 p.m., 5:00 p.m. - 7:30 p.m.
  - Thursday: 8:00 a.m. - 11:00 a.m., 3:30 p.m. - 7:30 p.m.
  - Friday: 8:00 a.m. - 1:00 p.m., 5:00 p.m. - 7:30 p.m.
  - Saturday: 10:00 a.m. - 7:30 p.m.
  - Sunday: 12:30 p.m. - 7:30 p.m.

- Diving Pool:
  - Monday - Friday: 5:30 p.m. - 7:30 p.m.
  - Saturday: 12:30 p.m. - 7:30 p.m.
  - Sunday: 12:30 p.m. - 7:30 p.m.

### MCAULEY AQUATIC CENTER
- YOUTH BEGINNER
  - Monday/Wednesday: Session 1: Jan. 9, 11, 16, 18
  - Session 2: Jan. 23, 25, 30, Feb 1
  - Session 3: Feb. 6, 8, 13, 15
  - Session 4: Feb. 20, 22, 27, Mar. 1
  - Session 5: Mar. 6, 8, 13, 15
  - Session 6: Mar. 16, Apr. 3, 5
  - Session 7: Apr. 10, 12, 17, 19
  - Session 8: Apr. 24, 26, May 1, 3
- YOUTH INTERMEDIATE
  - Monday/Wednesday: 4:40 p.m. - 5:10 p.m., 5:20 p.m. - 5:50 p.m., 6:00 p.m. - 6:30 p.m.
  - Tuesday/Thursday: 4:40 p.m. - 5:10 p.m., 5:20 p.m. - 5:50 p.m., 6:00 p.m. - 6:30 p.m.

### COST
- GROUP LESSON: $45 / participant
- PRIVATE LESSON: $60 / (2) 30 minute
- SEMI-PRIVATE: $80 / (2) 30 minute

### ELIGIBILITY
All participants must be at least five years of age and in kindergarten. Instructional swim classes are available to CRC members and non-members.

### REGISTRATION
Enroll online at mycrc.gatech.edu or at the Member Services desk.

### MCAULEY AQUATIC CENTER
- Competition Pool
  - Monday: 8:00 a.m. - 1:00 p.m., 5:00 p.m. - 7:30 p.m.
  - Tuesday: 8:00 a.m. - 11:00 a.m.
  - Wednesday: 8:00 a.m. - 1:00 p.m., 5:00 p.m. - 7:30 p.m.
  - Thursday: 8:00 a.m. - 11:00 a.m.
  - Friday: 8:00 a.m. - 1:00 p.m.
  - Saturday: 10:00 a.m. - 7:30 p.m.
  - Sunday: 12:30 p.m. - 7:30 p.m.

### VERNON D. & HELEN D. CRAWFORD LEISURE POOL
- Leisure Pool
  - Monday - Friday: 5:30 a.m. - 9:00 a.m., 11:00 a.m. - 9:00 p.m.
  - Saturday: 10:00 a.m. - 8:00 p.m.
  - Sunday: 12:30 p.m. - 8:00 p.m.

### WATER SLIDE & RECREATION AREA
- Monday - Friday: 4:00 p.m. - 8:00 p.m.
- Saturday: 12:30 p.m. - 8:00 p.m.
- Sunday: 12:30 p.m. - 8:00 p.m.

Please note: Aquatic facility hours may vary during special events. Visit crc.gatech.edu to view adjusted hours of operation for special events.
Working at the CRC is an incredible experience that teaches and develops transferable skills that are valuable to students before and after graduation. Professional development, certification, and training opportunities are available in each area of interest. Student employees are given great opportunities to meet new people, work as a team, and develop leadership skills. The convenient hours of operation and central campus location make balancing school and work fairly easy. Plus, the CRC is a fun environment that promotes a healthy and balanced lifestyle!

Want to become a part of our elite team of student staff? View our job descriptions and apply online at crc.gatech.edu!

**CERTIFICATION & TRAINING COURSES**

**LIFEGUARD CERTIFICATION COURSE**
Apply to work as a lifeguard during the spring hiring session. You will be contacted for an interview/swim test prior to signing up for the Ellis & Associates Lifeguarding Course.

Two certification courses will take place in spring from January 12th - 15th and January 26th - 29th.

- Must attend all course dates and times
- Ellis & Associates, Inc. (E&A) Lifeguard License required for employment
- Cost: $100.00, includes book and licensing fee
- Registration cost may be reimbursed after employment
- Prerequisite test given on first night of class.

Questions? Contact Nate Randall (404) 894-8145 or nathan.randall@crc.gatech.edu

**CPR & FIRST AID CERTIFICATION**
CPR and First Aid certifications required for all CRC employees. Certification courses scheduled upon employment.

**INTRAMURAL OFFICIAL TRAINING**
Want to be an Intramural Official? Attend training this spring.

- **Basketball Training**
  - Tuesday, January 17th at 6 p.m. in CRC Room 249
  - Wednesday, January 18th at 6 p.m. in CRC Room 251
- **Indoor Soccer Training**
  - Tuesday, January 17th at 11 a.m. in CRC Room 251
- **4 v 4 Flag Football Training**
  - Tuesday, February 21st at 6 p.m. in CRC Room 251
- **Sand Volleyball Training**
  - Monday, February 27th at 6 p.m. in CRC Room 251
- **Softball Training**
  - Monday, February 28th at 6 p.m. in CRC Room 251

Questions? Contact Joshua Hamilton at joshua.hamilton@crc.gatech.edu.
Healthy Lifestyle Programs brings together three different areas in the CRC – GIT FIT, Competitive Sports, and Outdoor Recreation – to deliver premiere programs, services, and events that will set you on the right path for a healthy, active lifestyle. Focused on health and well-being for the entire Georgia Tech community, our Healthy Lifestyle Programs create opportunities to flourish and thrive in all five dimensions of well-being: Physical, Emotional, Social, Spiritual, and Professional. Whether you are interested in playing soccer, exploring a cave, or relaxing with a massage, there is something for everyone in Healthy Lifestyle Programs. Check out each area to discover the perfect experience for you.
Our mission is to provide the Georgia Tech community with opportunities to begin or continue a healthy lifestyle.

**FITNESS CENTER ORIENTATION**

Take a guided tour through the CRC’s 15,000 sq. ft. Fitness Center and learn the proper use of all cardio and weight training equipment. Meet in the first floor lobby and please wear proper fitness center attire (e.g. workout clothes, closed-toe tennis shoe). For more information on proper attire, please visit our website at crc.gatech.edu.

Visit mycrc.gatech.edu for orientation dates.

**FITNESS ASSESSMENTS WITH MICROFIT**

Discover your fitness level with the MicroFit Assessment System. It will tell you where you are today and give you a benchmark to measure your progress. The MicroFit system will be used in all fitness assessments with personal training along with our new fitness assessment package and body composition/health risk appraisal package.

Completing the personal fitness assessment with the MicroFit System will enable you to scientifically examine your personal level of fitness and allow you to plan achievable goals for your own purposes.

Components of the fitness tests include: Body Composition, Resting Heart Rate, Resting Blood Pressure, Muscle Strength, Muscle Endurance and Flexibility.

1 Assessment: $20.00

**MASSAGE THERAPY**

Relax and restore your health with the soothing touch of massage. Our Massage Therapy program is designed to deliver excellent massages at a price that fits your budget. We offer 30 and 60 minute sessions, with package options at affordable prices. Check out our revitalized Therapy Room on Level 1 of the CRC, just off the fitness floor.

We also offer on-site chair massages for your next event or worksite wellness program. Visit crc.gatech.edu to see our new package prices or request a therapist at your next event.

**GIT FIT CLINICS**

Clinics are free to all CRC members. Each clinic includes a brief explanation, demonstration and workout based on the clinic’s topic. For more information and to register visit mycrc.gatech.edu.

**SCUBA CERTIFICATIONS & TRAINING**

Open water scuba diving:
- SCUBA Diver 1
- SCUBA Diver 2
- Rescue Diver
- SCUBA Dive Refresher
- Dive Leader 1

Register online at pe.gatech.edu/subjects/scuba
REGISTRATION AND PAYMENT INFORMATION

Faculty/staff are required to join the Campus Recreation Complex (CRC) in order to participate in ALL GIT FIT program classes held at the CRC.

REGISTRATION

Registration can be completed during any open business hours and will continue throughout the semester. To register for GIT FIT classes, please visit the Member Services desk at the entrance of the CRC, or go to mycrc.gatech.edu

REFUNDS

The GIT FIT Refund Policy is in effect for all GIT FIT programs. To receive a full refund, the request must be made within two days after the first class meeting, or one day prior to a class that meets less than three times. Refund requests made after the 2-day time period, but before the 3rd meeting of the class, will receive a 50% refund. Requests made after the 3rd meeting of the class will be denied. ALL refunds are assessed a $5.00 handling fee. A receipt of purchase must accompany all requests.

ASSUMPTION OF RISK FORM (LIABILITY WAIVER)

All registrants are required to submit an Assumption of Risk Form for all programs. This form will be provided at the time of registration.

GIT FIT EVENTS

Participate in GIT FIT demos this spring to learn more about our offerings prior to registering for classes.

FREE GIT FIT WEEK

January 17 - January 22, 2017

Visit crc.gatech.edu for the full GIT FIT schedule.

R.I.P.P.E.D. Extreme and Fit Camp demos are the first day of each session. Visit mycrc.gatech.edu to view class dates.
DROP-IN CLASS PASSES
Semester Pass: $68
Water Fitness Only: $45

Registrants for the drop-in group fitness program will receive a semester pass. For entry to the GIT FIT drop-in classes, you must check in and show your BuzzCard to the instructor.

AM YOGA
Wake up your body with an energizing yoga class. Focus on balance, posture, and breathing as you move from one dynamic yoga posture to the next. All levels welcome.

BARRE PILATES
A combination of the most effective ballet-inspired barre and core-strengthening Pilates exercises. Each class includes several low-impact, highly effective sequences of toning and resistance exercises.

BODY SHRED™
A 3 dimensional, full body, dynamic metabolic training. Utilizes a 3-2-1 interval approach to whole body circuit training (3 min. of strength, 2 min. of cardio, 1 min. of abs). Class can be modified for any fitness level.

BODY TONE
Participants use a combination of hand weights, body bars, resistance bands, stability and medicine balls to tone and strengthen the body.

BOOT CAMP
This is the ULTIMATE interval class. Forget the tricky choreography of aerobics; this class is geared to give you a total body-conditioning workout without all of the frill!

CARDIO FUSION
This class combines all kinds of cardiovascular exercises, such as kickboxing, step, interval training, and more to make sure you get that heart rate up and sweat a little!

CORE AND MORE
This is an interval training class, which focuses on core strength and stability.

CORE FUSION
This class incorporates Pilates techniques, as well as other core exercises, that will strengthen and lengthen your core in every way.

CYCLE/ABS
A challenging combination of indoor cycling and core exercises. *Please arrive 10-15 minutes early for set-up.

DANCE FITNESS
This class incorporates latin, hip-hop and Top 40 music in a cardio workout. You’ll salsa, shimmy, shake, jump, squat, and more in a challenging, but fun workout!

DEEP WATER FITNESS
A challenging water workout in the diving well with flotation belt assistance and without any of the impact! Great for increasing muscle tone, endurance, and flexibility.

GRAVITY
Use your own body weight on the Total Body Gym incorporates strength and endurance moves to create a safe and effective muscular conditioning workout.
Drop-in Group Fitness

H2O EXTREME
Experience the benefits of this non-weight-bearing form of exercise by taking advantage of the water’s liquid resistance power.

HIIT
High Intensity Interval Training. Alternating periods of short, intense anaerobic exercise with lower intensity recovery, this class is a great fat-burning cardio workout. All are welcome!

INDOOR CYCLING
You can cycle your way through this intense indoor cycling ride of climbs, sprints, and flat roads in an upbeat and fun atmosphere while you control your own intensity! *Please arrive 10-15 minutes early for bike set-up.

INTERVAL TRAINING
Combining intense cardio and resistance intervals, this fast-moving class will provide a total body challenge.

LIFT
Develop functional strength by learning to complete a movement with proper form at the appropriate weight.

METCON
MetCon, or Metabolic Conditioning, uses structured periods of work and rest to make this one of the most efficient workouts you can do. MetCon incorporates bodyweight, plyometrics, and circuits to push your body to the next level.

POWER HOUR
An hour’s worth of head to toe strength training with cardio intervals. Burn out all your major muscle groups in this exciting fast pace class! All fitness levels welcome.

POWER YOGA
This class will incorporate fast moving flows and unique balances designed to increase your heart rate via a low impact workout. Some yoga experience is recommended.

RIDE-N-GLIDE
If you’re looking for an intense cardio workout while also enjoying the toning benefits of the GRAVITY machines, this class merges both cycling and strength intervals.

RIP
A dumbbell-based full body strength training workout designed to be safe and effective with options for all fitness levels. You’ll leave this class with the knowledge to continue training outside the studio.

TREADFIT
Experience the benefits of this cardiovascular class taught on the treadmill. This class is based on Fartlek training and utilizes intervals with varying speeds and ramp heights.

UNLOCKING THE CORE
This class is designed as a circuit based training program to strengthen the core for endurance athletes with an emphasis on runners, however all are welcome.

YOGA
Focus on balance, posture, and breathing as you move from one dynamic yoga posture to the next. This class is designed to train flexibility, strength, and balance.

ZUMBA
Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.
INSTRUCTIONAL

FitCamp: $115/semester
Restorative Yoga: $75/session (faculty/staff)
    $60/session (students)
R.I.P.P.E.D. Extreme: $105/semester (students)*
    $120/semester (faculty/staff)*
    *Drop-in group fitness pass included
Salsa: $60/semester
Yoga Beyond Basics: $60/semester

MARTIAL ARTS & SELF DEFENSE

Capoeira: $60/semester
Hapkido: $60/semester
Jiukido Jiujitsu: $75/semester (beginner)
Krav Maga: $100/semester (beginner & advanced)
Muay Thai Kickboxing: $85/session
Shao-Lin Kung Fu & Tai Chi $65/semester (one program)
    $95/semester (both programs)
Taido: $60/semester

EXPRESS FIT

The ExpressFit program is open to CRC members who are employees at Georgia Tech. The program includes 30-minute workout sessions. The circuit-style classes will be led by certified GIT FIT personal trainers and will include both cardio and strength training intervals.

Mondays, Wednesdays and Fridays
12:15 p.m. - 12:45 p.m.
$15/month, or $8/month with drop-in group fitness pass.

D.A.R.E. INSTRUCTIONAL PROGRAM

This program includes Personal Training, a TRX and Kettlebell class, R.I.P.P.E.D. Extreme, seminars and more!

Applications are due February 2nd. The program will run from February 7th through April 21st. For more information please contact fitness@crc.gatech.edu. To register please visit crc.gatech.edu.

PERSONAL TRAINING

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<tr>
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<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
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<tr>
<td>2 sessions</td>
<td>$85</td>
<td>$95</td>
<td>$116</td>
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<tr>
<td>6 sessions</td>
<td>$180</td>
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<tr>
<td>10 sessions</td>
<td>$245</td>
<td>$295</td>
<td>$350</td>
</tr>
<tr>
<td>Buddy training</td>
<td>Each participant pays 50% of package</td>
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PERSONAL TRAINING
One-on-one session with a trainer to discuss and achieve fitness goals. Personal training is a good choice for any level of exerciser, from those who need motivation and guidance to start working out, to advanced exercisers looking to reach a specific goal.

BUDDY TRAINING
Pairs two people with one trainer. It allows for personal time with a trainer and the opportunity to train with a friend or spouse. Some trainees use buddy training to train for events and to add a competitive edge to their workout. You and your buddy can split the cost of any personal training package.

GROUP TRAINING
Group of 3-6 participants led by a CRC personal trainer through a challenging workout specifically designed to meet your goals and interests. Form your own group with friends or co-workers. Group Training can focus on overall conditioning or more specific goals such as weight loss, advanced lifting techniques or sports training. Check website for pricing.

LEVEL 3 TRAINER
Level 3 personal trainers have 2 or more years experience and a degree in Health, Exercise Science, or a related field. They must hold a minimum of two personal training certifications. One of the certifications must be ACE, ACSM, or NASM. Level 3 trainers are not Georgia Tech students; they have more education and experience than Level 1 and 2.

LEVEL 2 TRAINER
Level 2 personal trainers have a certification in ACE, NASM, ACSM. They have a minimum of 272 hours of training experience and/or have gone through the Atlanta School of Massage Personal Training program.

LEVEL 1 TRAINER
Level 1 personal trainers have an ACE, NASM, or ACSM certification and have participated in the CRC personal training program.

PLEASE NOTE: All personal training packages come with a fitness assessment. Personal Training Sessions must be used in the semester they are purchased. They are not refundable or transferable.
Participants are to organize their team on their own prior to the start of the season. Some groups (i.e. fraternities/sororities, hall councils, academic departments) will have individuals who will assist with this endeavor.

On the first day of registration, the team captain will be permitted to login/sign up to choose the sport(s) and respective league, as well as the specific day and time that fits their schedule. Teams are not secured until payment is made online.

The online registration portal can be found at www.imleagues.com/gatech.edu.

Each sport will be open for team captains on a first come, first serve basis. When a sport reaches maximum capacity, captains may sign up for that sport's waitlist. If a spot is open after the payment deadline, the Competitive Sports office will contact the waitlist teams in chronological order.

Sport Clubs provide students with the opportunity to continue participating in competitive sports. At Georgia Tech 44 sports compete intercollegiately, all of which are led by student leaders. These student leaders provide a fun and competitive atmosphere for Georgia Tech students to continue playing the sports they love, find community, or try new sports. Sport Clubs are a great way to stay active and meet people on campus.
ORGANIZING A TEAM

Participants are to organize their team on their own prior to the start of the season. Some groups (i.e. fraternities/sororities, hall councils, academic departments) will have individuals who will assist with this endeavor.

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REGISTRATION

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WAITLIST

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PHASE 1

Registration will run January 17 at 10 a.m. through January 19 at 2 p.m. The first day of play is January 22.

PHASE 2

Registration will run February 13 at 9 a.m. through February 16 at 2 p.m. The first day of play is March 7.

SPECIAL EVENTS

Roundball Classic:
January 19 - 20, 2017 from 6 p.m. - 10 p.m.

EMPLOYMENT

For employment opportunities see page 10, or contact Joshua Hamilton, joshua.hamilton@crc.gatech.edu.

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<tr>
<th>SPORT</th>
<th>LEAGUE</th>
<th>PHASE 1</th>
<th>PHASE 2</th>
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<td>3 on 3 Hoops</td>
<td>F, G, H, I</td>
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<td>4 v 4 Flag Football</td>
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<td>$65</td>
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F-Fraternity  G-Graduate  H-Housing  I-Independent  CR-Co-Rec  W-Women
TAKE A CLASS!

You don’t need any experience to take an ORGT instructional class. Learn to kayak, go caving, or take a hike! Classes run from $15-30 each and include transportation, gear, and expert instruction. See our website for current pricing.

Most courses include a 3-hour weeknight pre-trip class followed by a full-day trip on the weekend. Beginner courses provide basic instruction and an introductory experience; intermediate classes provide additional challenge and opportunities to sharpen your skills.

ATTEND WEEKLY SPORT GROUP MEETINGS

All sports have weekly meetings and encourage newcomers. Attending an ORGT sport group meeting is a great way to connect with GT students with similar interests and to start planning your own adventures. Groups meet downstairs in the CRC. Newcomers welcome!

Talk to any ORGT Trip Leader about becoming an Instructor-in-training. There are plenty of reasons for doing so!

It takes more than one hundred volunteers per semester to offer such high quality adventures. The ORGT community is a close-knit group of committed students and alumni who have qualified to lead trips through a self-directed, peer-reviewed training process. Care to join us?

Becoming an ORGT volunteer staff member provides access to challenging adventures, better coaching, and higher skill development. That’s not all, though. Many alumni recount how their ORGT experiences helped develop practical leadership skills that contributed to their marketability and career success.

TRAIN AS AN ORGT INSTRUCTOR

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gtpaintball@gmail.com
jbutchko37@gatech.edu
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- Sea Kayak Touring: Tuesdays at 6:30 p.m.
- Caving: Wednesdays at 6:30 p.m.
- Rock Climbing: Thursdays at 6:15 p.m.
- Backpacking: Thursdays at 6:30 p.m.
- Whitewater Kayaking: Thursdays at 6:30 p.m.
- Kayaking Roll School: Thursdays at 7:30 p.m.
- Mountain Biking: Thursdays at 7:30 p.m.

TRAIN AS AN ORGT INSTRUCTOR

Talk to any ORGT Trip Leader about becoming an Instructor-in-training. There are plenty of reasons for doing so!

It takes more than one hundred volunteers per semester to offer such high quality adventures. The ORGT community is a close-knit group of committed students and alumni who have qualified to lead trips through a self-directed, peer-reviewed training process. Care to join us? Becoming an ORGT volunteer staff member provides access to challenging adventures, better coaching, and higher skill development. That's not all, though. Many alumni recount how their ORGT experiences helped develop practical leadership skills that contributed to their marketability and career success.
REGISTRATION

Classes fill fast. Register as early as possible to secure your space. Registration closes 2 days before the pre-trip meeting, and opens 30 days before the trip goes out. You must attend the pre-trip session to be eligible for the weekend adventure; all trips include a 2-hour pre-trip class. Gear, instruction, and transportation is provided. Class sizes are limited to ensure quality instruction. Dates are subject to change & new trips are frequently added. Visit crc.gatech.edu/ORGT for the most up-to-date schedule of classes.

BACKPACKING

Backpacking is about experiencing nature and challenging yourself physically. With a wide variety of trips, anyone from a beginner to advanced backpacker can have a great hike and learn new skills. Even if you have never stepped foot in the woods, our progression will provide the basic skills and knowledge required to backpack in the wilderness. Gear, transportation, and instruction are included. Georgia Tech students, faculty, and alumni are welcome.

- **Beginner Overnight:**  
  A - Feb. 4 - 5  
  B - Feb. 25 - 26  
  C - Mar. 4 - 5  
  D - Apr. 1 - 2
- **Map & Compass Overnight:**  
  Feb. 18 - 19
- **Survival Overnight:**  
  Apr. 8 - 9
- **Advanced Overnight:**  
  Apr. 15 - 16

CAVING

Horizontal trips feature a day of scrambling, squeezing, crawling, climbing, and walking underground. They provide an exciting intro to caving. See beautiful underground formations in the Tennessee-Alabama-Georgia region (TAG).

Vertical trips build on skills mastered during horizontal trips. This time reach even more exciting reaches of the caves by rappelling into them. This is a true adventure, and fun, too. Learn the basics of rappelling and ascending with specialized gear. Explore some of the more exciting places the TAG region has to offer.

- **Horizontal:**  
  A - Jan. 21  
  B - Feb. 4  
  C - Feb. 25
- **Vertical:**  
  A - Mar. 4  
  B - Apr. 1

CASCADING

Cascading involves traveling through narrow canyons, up and down the sides of mountains, and rappelling through remote waterfalls. It involves a good deal of technical ropework and gear like helmets, harnesses, wetsuits, and ropes. This is a true adventure. Gear, transportation, and instruction are included.

- **Fundamentals:**  
  A - Mar. 4  
  B - Mar. 11
- **Intermediate:**  
  A - Apr. 1  
  B - Apr. 8
- **Advanced:**  
  Apr. 15 - 16
Tents, stoves, sleeping bags, canoes, kayaks, backpacks, & more available to rent!

Hours of Operation:
Monday-Thursday: 2–7 p.m.
Friday: 2–5 p.m.
Saturday/Sunday: Closed

Easy to love, but hard to find! The Wilderness Outpost is located downstairs in the CRC.
WHITETERWATER KAYAKING

Learn basics like how to roll a kayak and paddle on class II streams then master skills to surf class III rapids and beyond. Committed students can expect to progress from leisurely trips down the Upper Hooch to the adrenaline rush of rivers like the Cartecay and Chattooga in North Georgia.

➤ Beginner:
  A - Mar. 4
  B - Mar. 11
  C - Mar. 12

➤ Intermediate:
  A - Apr. 1
  B - Apr. 15

SEA KAYAKING

Beginners learn basics about equipment, paddle strokes, and rescue techniques and progress from day trips to overnights on the shores of gorgeous lakes. Included this spring will be a coastal paddling trip to the South Carolina sea coast.

➤ Beginner Day Trip:
  Feb. 4

➤ Advanced Day Trip:
  Feb. 25

➤ Beginner Overnight:
  Mar. 11 - 12

➤ Advanced Overnight:
  Apr. 1 - 2

MOUNTAIN BIKING

Whether you are new to mountain biking, an experienced rider looking for the best places to ride near Atlanta, or you’re just looking for a group who shares your passion, ORGT is the place to be. Every trip offers beginners opportunities to learn fundamentals and challenges experience riders. We offer bike maintenance classes, too.

➤ Off-Road Adventures:
  A - Mar. 11
  B - Mar. 25
  C - Apr. 15

ROCK CLIMBING

Beginner classes are guided top-rope trips. They provide opportunity to learn basic techniques and to gain fundamental knowledge of equipment and safety. Climbers of any experience level are welcome, but no experience is needed. Intermediate classes introduce lead and traditional techniques.

➤ Beginner:
  A - Feb. 4
  B - Feb. 5
  C - Feb. 25
  D - Feb. 26
  E - Mar. 11
  F - Mar. 12

➤ Intermediate:
  A - Apr. 1
  B - Apr. 8
Three words that don’t usually go together: **Affordable, Effective, and Fun**. That’s how participants describe their challenge course experiences! We are proud of what people say about us. It means you can trust that a modest investment can provide significant returns for your team.

Fun is part of what we deliver, but it’s not the main purpose. We think of “fun” like the cup when you buy a coffee – it’s included with your purchase, but it’s not the reason you stand in line at Starbucks. Adventure-based trainings can lead individuals to achieve more! An afternoon can improve how groups work together.

Challenge Course trainings are appropriate for student organizations, work teams, businesses, and any group that thrives on effective teamwork.

Call 404-385-1374 or visit crc.gatech.edu.
<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Email</th>
<th>Phone</th>
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<tbody>
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<td>(404) 385-1374</td>
</tr>
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</table>
NAVY SEAL CHALLENGE

Do you measure up to America’s best?

📅 March 7
⏰ 11 a.m. - 6 p.m.

For more information, please visit crc.gatech.edu.

TECH WRECK SUMMER CAMP

Summer day camp for the children of Georgia Tech faculty, staff and students.

Week 1: May 30 - June 2
Week 2: June 5 - 9
Week 3: June 12 - 16
Week 4: June 19 - 23
Week 5: June 26 - 30
Week 6: July 10 - 14
Week 7: July 17 - 21
Week 8: July 24 - 28

Week 1 - 4 Registration: January 11 at 7 p.m.
Week 5 - 8 Registration: January 18 at 7 p.m.

Visit crc.gatech.edu/summercamp for more information. Registration will occur on mycrc.gatech.edu.