CAMPUS RECREATION IS MY HAPPY PLACE

COME AS YOU ARE

UC DAVIS
UNIVERSITY OF CALIFORNIA
MISSION & VISION

Mission Statement
Campus Recreation enhances student well-being and the educational experience in the UC Davis community through personal development and involvement in our dynamic programs, services, and facilities.

Vision
We create an inclusive and engaging environment that inspires passion, excellence, and a healthy quality of life.
We provide a welcoming and inclusive environment to create safe spaces for students to embrace their authentic selves.

We work in the space of mental health promotion to support our students and address campus well-being concerns.

We include programming for all levels of experience, ability, and interest that focuses on movement, fun, stress reduction, and a sense of belonging.

COME AS YOU ARE

ROOTED IN HUMANITY

- Well-Being
- Student Focused
- Mental Health Prevention
- Stress Reduction
- Sense of Belonging
STUDENT CENTERED

- Student Voice
- Advisory Councils
- Lunch with Leaders
- ASUCD Task Force
- Student Satisfaction Survey
NEW INITIATIVES

REMOVING BARRIERS AND FOCUSED ON MENTAL HEALTH PREVENTION
Mental Health Prevention

Participating in Campus Recreation Programs reduces my stress
88% Strongly Agree or Agree

Involvement with Campus Rec provides me a sense of belonging
82% Strongly Agree or Agree

Student Satisfaction Survey March 2020-April 2021
FREE safety courses

as well as increased group exercise and programming along with Rec Sports

First Aid/CPR AED
Self-Defense
Learn to Swim
850 STUDENT EMPLOYEES FREE CERTIFICATIONS
MENTAL HEALTH PREVENTION
BODY POSITIVITY

Weight Stigma Survey
• 30% of students reported they felt too small and 16% too large
• 46% of UC Davis students have weight stigma

Health At Every Size Initiative (Dr. Lindo Bacon)
• 21-day campaign beginning Winter Quarter
• Galvanize a body positivity movement which celebrates the influence of our multiple intersecting identities
• Celebrate and care for your own body
• Nurture a culture of belonging
UC DAVIS RECREATION APP

Available on Apple and Android

Stay up-to-date on your favorite programs, facility hours, and important updates

Check-in to facilities without your student ID

GET ACTIVE. STAY CONNECTED
FIND EVENTS, REGISTER FOR PROGRAMS AND MORE.
Aquatics

Daily Lap & Recreation Swim, Adult Learn to Swim, Lifeguard Certifications, Sport Clubs
CRAFT CENTER

- Fall Classes:
- Painting, photo printing, bronze sculpture, crochet, drawing, flameworking
- GLASS beadmaking, casting, fusing, pendants, sculpture and vessels,
- CERAMICS hand building, wheel throwing and tall throwing,
- Knitting, mosaic glass fusing, quilting, pinata making, precious metalsmithing, printmaking, soap making, spinning, t-shirt screen printing, weaving, welding.

- You will be amazed at what you can create in our 14 studios
<table>
<thead>
<tr>
<th>FUN</th>
<th>Dance, Group Exercise, Martial Arts, Nutrition Services, Personal Training, Small Group Training</th>
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</thead>
<tbody>
<tr>
<td>FREE</td>
<td>Try Before You Buy</td>
</tr>
<tr>
<td>ACE</td>
<td>ACE Fitness Leadership Course</td>
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<tr>
<td>LEARN</td>
<td>CORE Orientations in the ARC</td>
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</table>
MARCHING BAND

- Marching Band @ Football games
- Pep Band @ Basketball games
  - Big West in Anaheim
- Community performances
OUTDOOR ADVENTURES

Water

- White Water Rafting
- Stand-Up Paddleboarding
- Fly Fishing
- Kayak Rolling

Land

- Backpacking
- Car Camping
- Day Hikes
- Slacklining

Gear Rental
REC SPORTS

In-Person
- Basketball (5v5)
- Flag Football (7v7)
- Soccer (8v8)
- Ultimate Frisbee (7v7)

Virtual
- eSports & Gaming
SPORT CLUBS

41 different sport clubs

Resuming in-person practices & games

Athletic Training Services

2,000 athletes
YOUTH PROGRAMS

- Summer Camp for various ages
- Counseled by UC Davis students
- Great Summer Work opportunity
For more information on any of our programs, visit campusrecreation.ucdavis.edu

Questions?