

CAMPUS RECREATION IS MY HAPPY PLACE

COME AS YOU ARE

UCDAVIS
UNIVERSITY OF CALIFORNIA



MISSION & VISION

Mission Statement

Campus Recreation supports wellbeing, health, happiness and a sense of belonging for the UC Davis campus community

Vision

An inclusive and engaging space to inspire lifelong wellness

STUDENT CENTERED

Student Voice

Advisory Councils

ASUCD Task Force

Student Satisfaction Survey



Mental Health Prevention



Participating in Campus Recreation Programs
reduces my stress
87% Strongly Agree or Agree



Involvement with Campus Rec
provides me a **sense of belonging**
80% Strongly Agree or Agree



Campus Recreation
Well-being

Fee Waiver

Awarded: 6043 waivers \$568,812 **Redeemed:** 4766 waivers \$343,628
September 2021-August 2022

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**

AQUATICS



Daily Lap and Recreation Swim Times

Learn-to-Swim Lessons for all skill levels (Free for Students)

Lifeguard Certifications, Special Events, Sport Clubs, and more!

CRAFT CENTER



- Fall Classes:
- Painting, photography, bronze sculpture, crochet, drawing, book binding, lotions and potions
- GLASS beadmaking, casting, fusing, pendants, and marbles
- CERAMICS hand building, wheel throwing, teapots, and surface decoration
- Knitting, DIY keyboards, bike maintenance, leather crafting, pinata making, precious metalsmithing, cyanotype, soap making, spinning, t-shirt screen printing, weaving, welding
- You will be amazed at what you can create in our 14 studios

EQUESTRIAN CENTER



Boarding Spaces



Multiple riding spaces



Equestrian Sport Clubs



Riding Lessons
Guardian Angels



LIVING WELL

FUN

Dance, Group Exercise, Martial Arts, Nutrition Services, Personal Training, Small Group Training, Custom Classes

FREE

Try Before You Buy

ACE

ACE GX & PT Leadership Course

LEARN

Drop-In Personal Training & Nutrition





MARCHING BAND

- Home Football games
- Men & Women's Basketball games
 - Big West Tournament in Henderson, NV
- San Francisco Chinese New Year Parade
- Picnic Day!



OUTDOOR ADVENTURES

Water

- **White Water Rafting**
- **Stand-Up Paddleboarding**
- **Kayak Rolling**



Land

- **Backpacking**
- **Car Camping**
- **Day Hikes**
- **Rock Climbing (indoor and outdoor)**

Gear Rental





41 unique Sport Clubs



In-person practices & competitions; Local, regional, and national travel



Travel throughout the country to compete against other universities and for national titles.

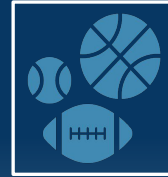
SPORT CLUBS

2,900
athletes





REC SPORTS



In-Person

Badminton
Basketball
Beach Volleyball
Bingo*
Bowling
Cornhole
Dodgeball*
Flag Football
Floorball*
Goalball*
Grass Volleyball
Indoor Soccer

March Madness
Bracket Challenge
Poker
Sitting Volleyball*
Soccer
Softball
Spelling Bee*
Spikeball
Tennis
Tube Polo
Ultimate Frisbee

Volleyball
Water Volleyball*
3 point Shootout

*New activity
this year



Virtual

E-Sports & Gaming
Trivia



Provide Athletic Training Services for practices and home events for high-impact Sport Clubs



Immediate emergency care, injury evaluation, rehabilitation, and treatment of injuries



Concussion evaluation and Return to Play process

Athletic Training



- 220 Treatments and injury rehabilitations
- 33 concussion injuries
- Clinic located in the U Center and in the ARC





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?



UC DAVIS

CAMPUS RECREATION



MEMBER ID



HOURS



NOTIFICATIONS



FAVORITE CLASSES



PROGRAMS & OFFERINGS



CRAFT CENTER



EQUESTRIAN CENTER



LIVEWELL DANCE



LIVEWELL GROUP FITNESS



LIVEWELL MARTIAL ARTS



LIVEWELL PERSONAL TRAINING



LIVEWELL SMALL GROUP TRAINING



OUTDOOR ADVENTURES



REC SPORTS FUSIONIM



RESERVATIONS



CAMPUS REC MEMBERSHIP



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.