

# STANFORD RECREATION

Annual Brochure 2014 | 2015



[recreation.stanford.edu](http://recreation.stanford.edu)

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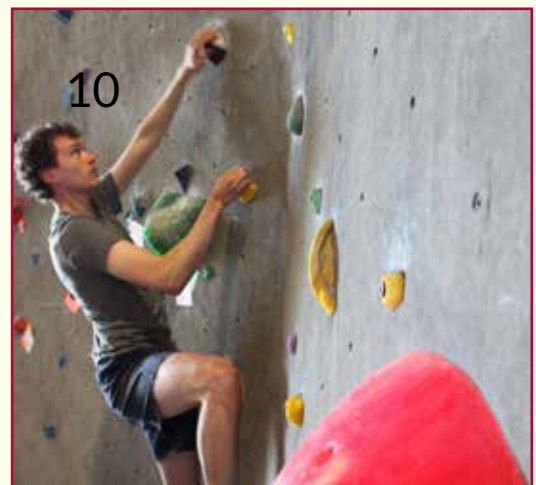
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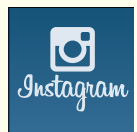
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# INTRAMURAL SPORTS



## About

**T**he Intramural Sports program at Stanford includes formal competition in a variety of team and individual sports using league, single elimination tournament, one day special event tournament, and ladder play structure. Individuals are encouraged to check the web site at the beginning of each quarter to obtain registration and league information.

Registration occurs during the first week of classes during the Autumn, and during finals for the Winter and Spring. Mandatory Captains meetings can be completed online during the registration period.

The Intramural Sports program is committed to providing Stanford students, faculty, and staff with an outlet for their physical, competitive, and recreational needs, in a safe, fair, responsible, and inclusive environment.



## League Sports

Flag Football • Ultimate Frisbee • Indoor Soccer • Wallyball • Sand Volleyball (2v2 & 4v4) • Basketball (3v3 & 5v5) • Indoor Volleyball • Soccer • Softball • Team Tennis • Dodgeball • Broomball • Xbox Leagues • Inner tube Water Polo • Bouldering • Floor Hockey • Grass Volleyball

## Tournaments

Golf • Inner Tube Water Polo • Swim Meet • Kickball • Whiffleball • Badminton Doubles • Foosball • Billiards • Table Tennis Doubles • Table Tennis Singles • Squash • Racquetball • Dish Run • Xbox Kinect • Battleship • Sports Trivia • Capture the Flag • Madden • Fantasy Football



## Employment

Competitive Wages • Fun & Social Atmosphere • Acquire Transferable Skills • Room for Advancement

Opportunities for employment as flag football officials, basketball scorekeepers, soccer officials, and softball umpires are offered through the IM program. Individuals who start as officials and scorekeepers are often promoted to IM Supervisor after completion of a full year of contributing to the stewardship of the program. Officials and Scorekeepers are compensated well and offered incentives for quality performance. Interested parties should attend the training clinics that are offered during the IM registration period. More info is posted online.

## Eligibility

Stanford Intramural Sports provides four different Divisions (DI, DII, DIII, COREC) to accommodate players of all abilities and skill levels. All current students, faculty, staff, and courtesy card holders are eligible to participate. Varsity, former varsity and former professional athletes are restricted from participating in their associated sport(s). They are welcome to participate in all other sports. Alums of the University are welcome to participate in the summer quarter.

## Awards & Recognition

At the conclusion of the standard three quarter sport season, the Intramural Sports Student Leadership Team reviews the year to select teams and individuals that will receive various awards and recognition.

The Axe Cup Challenge is an award bestowed upon a team who enthusiastically and with class, demonstrates participation, sportsmanship, dedication, and skill. The Axe Cup Challenge takes into account the aforementioned qualities along with rankings, including division placement and playoff advancement and progress.

At the individual level, male and female participants are recognized as Athletes of the Year and Participants of the Year. Athletes of the Year are selected based on their level of participation, and their displays of sportsmanship and athleticism. Participants of the Year are selected based on their level of participation, and their displays of sportsmanship, leadership, and passion. For more info visit [imsports.stanford.edu](http://imsports.stanford.edu).

# CLUB SPORTS

## About

Stanford Club Sports brings together 32 diverse sports and more than 1200 athletes with the common goal of creating an environment that fosters student development and leadership through sports. Teams compete in intercollegiate competitions at the highest level, while offering opportunities for participants of all skill levels, from beginners to experienced players.



## Teams

Archery.....	archery.stanford.edu
Badminton.....	badminton.stanford.edu
Baseball.....	stanford.edu/group/clubbaseball
Basketball (M)*.....	clubsports.stanford.edu
Basketball (W)*.....	clubsports.stanford.edu
Cheer.....	cheer.stanford.edu
Climbing*.....	outdoored.stanford.edu/climbing/team
Cycling.....	stanfordcycling.com
Equestrian.....	equestrian.stanford.edu
Hurling*.....	stanford.edu/group/hurling
Ice Hockey.....	stanford.edu/group/hockey
Judo.....	judo.stanford.edu
Lacrosse (M).....	stanfordlacrosse.org
Lacrosse (W)*.....	clubsports.stanford.edu
Polo.....	polo.stanford.edu
Rugby (M).....	mrugby.stanford.edu
Rugby (W).....	wrugby.stanford.edu
Running.....	stanford.edu/group/runningclub
Skiing.....	stanfordskiteam.wordpress.com
Soccer (M).....	stanford.edu/group/mensclubsoccer
Soccer (W)*.....	stanford.com/group/womensclubsoccer
Squash (M).....	stanfordsquash.com
Swimming*.....	stanford.edu/stanfordclubswim
Table Tennis.....	stanford.edu/group/tabletennis
Taekwondo.....	tkd.stanford.edu
Tennis.....	clubtennis.stanford.edu
Triathlon.....	triathlon.stanford.edu
Ultimate (M).....	smut.stanford.edu
Ultimate (W).....	ultimate.stanford.edu
Volleyball (M).....	clubvolleyball.stanford.edu
Volleyball (W).....	clubvolleyball.stanford.edu
Water Polo (M)*.....	clubsports.stanford.edu

\*ASSU Athletic Teams do not receive funding from student fees. These teams are supported only through team dues and fundraising efforts.





## Key points

- The majority of teams practice 2-3 times per week, with most games and competitions on the weekends.
- Most teams practice on-campus utilizing Stanford's fields and facilities.
- The majority of teams compete at Regionals and Nationals each year, which includes traveling all over the country.
- Teams are funded through a combination of university funding, team fundraising, and membership dues. Dues vary depending on the sport.
- Student-athletes have opportunities for leadership with team officer positions and the Club Sports Executive Committee.
- Recent and current athletes include National Champions, All-American Team members, National Team members, and Olympians.
- Club Sports coaches bring to the teams collegiate, professional league, national team, and Olympic experience.
- The program is coeducational and provides opportunities in competition, instruction, and recreation for undergraduates, graduate students, faculty, staff, alumni and community members in an array of sports.
- Student-athletes say that being part of the Club Sports program gave them a family while at Stanford, with team experiences that they will remember after graduating and lifelong friendships.

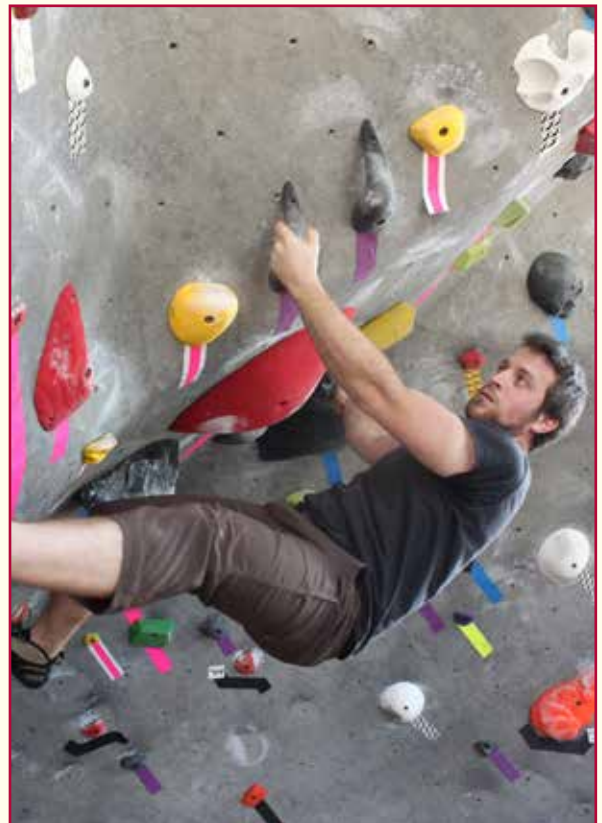
For team contact information and further details, please visit [clubsports.stanford.edu](http://clubsports.stanford.edu).



# OUTDOOR EDUCATION

## About

**S**tanford Outdoor Education (SOE) is the organizational unit that advises outdoor education experiences for DAPER, Student Activities and Leadership (SAL), School of Medicine, and other formal SOE campus partners. Our purpose is to design outcome-based learning and recreation opportunities through the intentional use of risk, challenge, and experience.



## Employment

Outdoor Center and Climbing Wall staff allow the Stanford community access to outdoor recreation information, trip and course registration, community use space, gear rental, climbing wall access, and provide information on backcountry travel. We are always in search of students interested in sharing the passion for the outdoors. For more information please visit: [outdoored.stanford.edu/inside/employment/](https://outdoored.stanford.edu/inside/employment/)



# Programs and Facilities

## Outdoor Center

[outdoored.stanford.edu/center/](http://outdoored.stanford.edu/center/)

The Outdoor Center is home of Stanford Outdoor Education. It includes our rental and retail services, a lounge, outdoor resource library, trip planning area, climbing wall and a classroom. Come here to fulfill your gear, trip, and climbing needs; or just come hang out with fellow Stanford community that are interested in the outdoors.

- **Stanford Adventure Program (SAP)**

The purpose of SAP is to provide open access student led outdoor adventure opportunities through the intentional use of risk, challenge, and experience for the Stanford University student body.

- **Stanford Outdoors Outreach Program (SOOP)**

The purpose of SOOP is to educate underserved youth in leadership and outdoor living skills to empower them in their daily lives.

- **Outfitting and Rentals**

[outdoored.stanford.edu/outfitting/](http://outdoored.stanford.edu/outfitting/)

SOOR provides equipment outfitting and rental services to the Stanford community. Individual equipment rentals are available for reduced rates to Stanford students and are also available to faculty, staff, and Stanford affiliates.

- **Adventure Clubs**

<http://outdoored.stanford.edu/sap/clubs/>

A variety of student outdoor clubs exist on campus to join and meet other students interested in the same type of activities.

• Alpine Club • Kayak Club • Redwood • Surf Club • Windsurf Club





# OUTDOOR EDUCATION

## Climbing Walls

[outdoored.stanford.edu/climbing](https://outdoored.stanford.edu/climbing)

The Climbing Walls are open to all Stanford community members at all levels from beginners to experienced. Belay classes are available for free to anyone with access. Standard equipment is available for rent in the Outdoor Center. Most classes offered through the Climbing Wall can be taken for credit or noncredit and are available in climbing technique, conditioning, and technical skills. The Climbing Wall also hosts campus-wide community events as well as Stanford Community group climbing events and clinics.

## Stanford Pre-Orientation Trips (SPOT)

[spot.stanford.edu](https://spot.stanford.edu)

Provides a foundational collegiate immersive experience for incoming freshman that cultivates Stanford Identity by fostering student engagement and personal growth. SPOT empowers personal growth through challenge, self-reflection, and mentorship while traveling in backcountry environments for 5 days prior to New Student Orientation. The program develops awareness of interconnectedness and the value of community within the Stanford environment and contributes students to the campus community prepared to actively participate and lead. SPOT is conducted using a peer mentorship process allowing upper classmen to lead the field experiences for the incoming freshman.

## Stanford Wilderness Institute of Medicine (SWIM)

[outdoored.stanford.edu/swim](https://outdoored.stanford.edu/swim)

Provides CPR, Wilderness First Aid and Wilderness First Responder training to the Stanford community in partnership with the School of Medicine. We train outdoor leaders, service organizations, recreational outdoors enthusiasts, and anyone with an interest in emergency or wilderness medicine.



# Courses

## OUTDOOR 300 – Survey of Adventure Experiences

An examination of the historical, psychological, social, and philosophical foundations of adventure experiences in American culture and folklore. Experience outdoor living and adventure skills in a variety of contexts. For a detailed list of course offerings and enrollment opportunities visit: [outdoored.stanford.edu/sap/events/](http://outdoored.stanford.edu/sap/events/)

## OUTDOOR 330 – Rock Climbing Experiences

Activity credit for anyone enrolled in a rock climbing class through the Stanford Climbing Wall. Permission codes will be distributed in-person at the first class. Enroll in your class through the Stanford Recreation Registration system, which can be found at [outdoored.stanford.edu/center/climbing/courses](http://outdoored.stanford.edu/center/climbing/courses) Instructional experiences include introductory through advanced skills and concepts of rock climbing, technique, safety, equipment and climbing vernacular. Rock 1 (beginning climbing), Rock 2 (intermediate climbing technique), Rock 3 (lead climbing & sport climbing), Strength and Conditioning, Route Setting, Bouldering for Fitness, and Climbing Wall Instructor.

## OUTDOOR 400 – Fundamentals of Leadership

Examination of sources required for authentic leadership: connections, identity, integrity and personal power. Analysis of effective leadership practices and the application to collaborative environments.

## OUTDOOR 401 – Outdoor Living Skills

Introduction to essential skills for individual and group sustainability in a backcountry setting.

## OUTDOOR 405 – Outdoor Living and Leadership

Develop leadership skills necessary to lead multi-day outdoor experiences for the inexperienced participant. Topics include: outdoor living, group dynamics, outdoor risk management, situational leadership, and facilitation.

## OUTDOOR 406 A-C – Outdoor Leadership Practicum (Backpacking, Winter Travel, Rock Climbing)

Outdoor educational & leadership theory integration through intensive field-based experiences. During these field-based experiences, students will engage with a critical self-assessment process to better understand their own levels of competence.

## OUTDOOR 410 – Initiative Development Practicum

This course covers proper facilitation skills for delivering group initiatives. Topics include: safety, assessing the physical, human and social environment to improve group effectiveness.

## OUTDOOR 415 – Adventure Experience Management

This course covers the effective design and delivery of courses and multi-day outdoor experiences. Students will learn the fundamentals of: emergency action plans; how to manage local operating procedures (LOP); standard operating procedures; Instructional design and delivery.

## OUTDOOR 416 – Outdoor Educator Apprenticeship

This course provides the student an opportunity to lead a multi-day outdoor experiences in an official capacity. Experience includes: outdoor living skills, planning and logistics, leadership, risk management, environmental integration, and education. Students will plan and co-lead field outings.

## OUTDOOR 495 – Outdoor Education: Assistant Instructor

Assist Instructor Outdoor Leadership Courses. Instructor Approval and Defined Student Goals/Benchmarks Required Prior to instructing.

## Surg 110 – Basic Cardiac Life Support for Undergraduates

Teaches one- and two-rescuer adult CPR and management of an obstructed airway using the American CPR model.

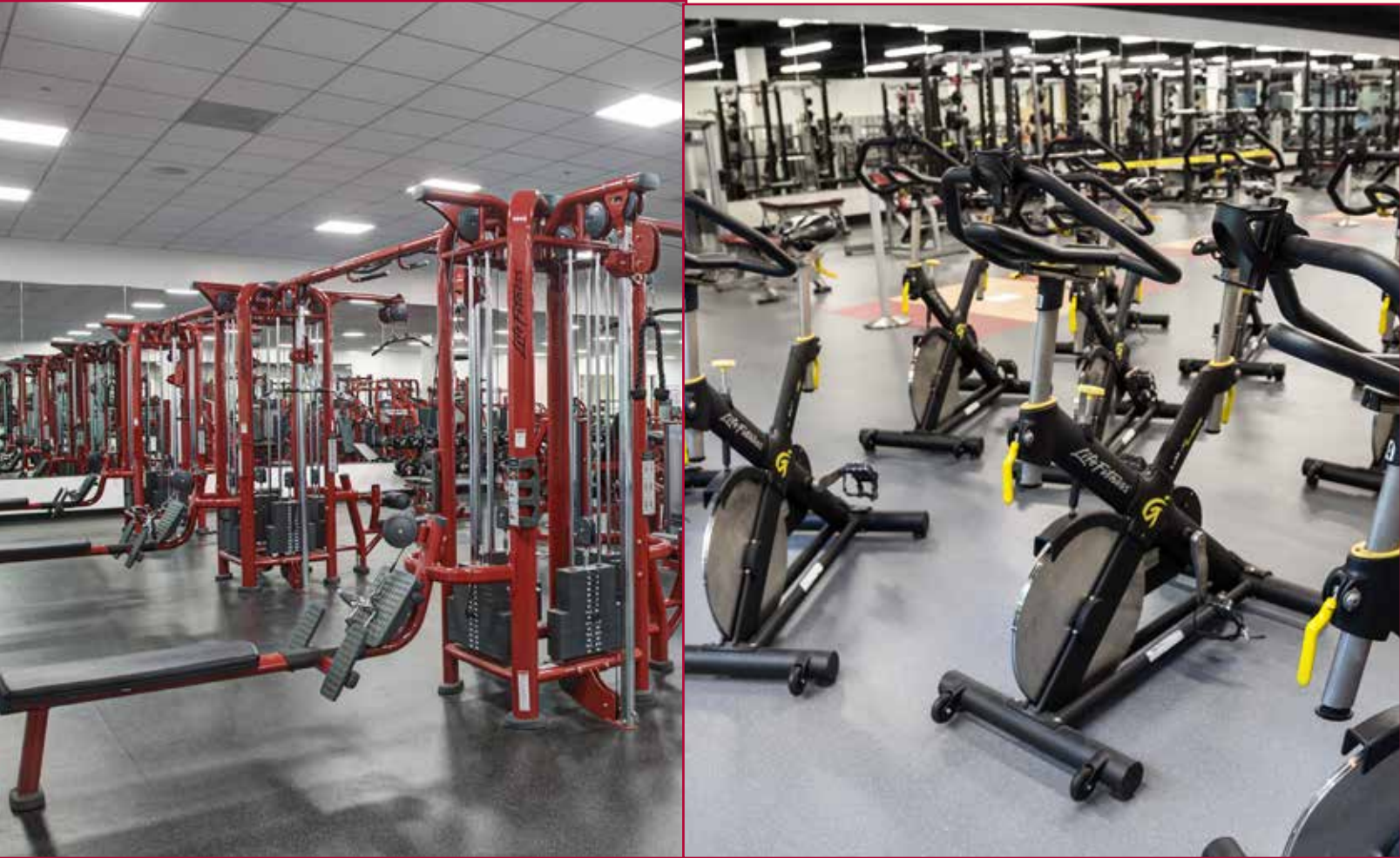
## Surg 224 – Wilderness First Aid

Provides basic introductory backcountry and emergency medicine skill development. Topics covered include patient assessment, addressing life threats, shock, spine safety, musculoskeletal injuries, medical emergencies, and environmental emergencies.

## Surg 226 – Wilderness First Responder

Provides first responder skills using improvised resources in varying environmental conditions and extended-care situations. This is used as a framework for learning to respond to medical emergencies in remote wilderness settings. Examines necessary tools to make critical medical and evacuation decisions.

# FITNESS



## Testimonial

“Many things have changed in the last four years at ACSR, but one thing remains: their commitment to the Stanford community. Even though I am not a varsity athlete, the ACSR community makes me feel that I also deserve the best. No matter where you are in your level of fitness, ACSR makes you feel that you belong.”

Peter Belmi  
Doctoral Student in Organizational Behavior  
Stanford GSB





## Personal Training

Would you like some help getting started or staying motivated? We offer an amazing team of Certified Personal Trainers who will guide you through your goals. You can find all information including trainer bios, package options and pricing, and how to register online at [recreation.stanford.edu](https://recreation.stanford.edu).

## Fitness Testing

If you need to begin a fitness program, but you don't know where to begin, it is highly recommended that you purchase a Fitness Assessment with our Fitness Coordinator, who will analyze all areas of your fitness with state-of-the-art equipment.

The following areas will be tested: Blood Pressure, Body Fat, Endurance, Flexibility, and Strength. After the test, you will receive a consultation and review of your results.

# RECREATION CLASSES

## About

These are non-credit classes provided by the Physical Education, Recreation & Wellness Program. The goal of the Recreation Class Program is to provide participants with professional instruction in a safe and fun workout environment. Stanford students, Faculty/Staff and Stanford Community are eligible to participate in Recreation Classes. Stanford Community members are Dependents, Hospital Employees who have purchased an Athletic Access Card, Retirees and Spouses/Partners of a Student, Faculty or Staff who have obtained a Courtesy Card from the ID Card office.







## Golf

Learn the fundamentals or take your game to the next level. Participants will be introduced to all facets of the game. Club fitting, rules, and etiquette will all be covered during class. The intermediate class will cover course management and how to practice efficiently. The short game will be a main focal point. Golf equipment will be provided.

## Platform and Lifting Safety and Etiquette

**New this year:** As a part of the ACSR remodel, we installed 5 lifting platforms and purchased Olympic lifting bars and plates. Help us create a safe and enjoyable culture around activities that take place on the platform. Anyone interested in using the platforms must attend a 45 minute safety and etiquette class to receive a sticker for your ID verifying that you are eligible to use the platforms. For class availability and registration go to [recreation.stanford.edu](http://recreation.stanford.edu).

## Rec Classes

### Indoor Cycling

Indoor cycling classes are 45-minutes long and welcome all levels and abilities. Instructors motivate participants through jumps, hill climbs, intervals and coasts for an ultimate workout. Cardinal Rec offers an UNLIMITED cycling pass, granting you access to all of our cycling classes on a "first come, first served" basis.

### Boot Camp

Take your fitness to the max with this results-driven, non-threatening conditioning program that runs 2 times weekly. It is conducted in an indoor/outdoor environment, utilizing the most progressive, innovative, and creative exercises in fitness. Serious program to get in the best shape of your life! (NOTE: Not offered Fall quarter)

### Ashtanga Yoga

Ashtanga yoga will be taught in the mysore style which is a guided self practice. This is a personal teaching style designed for your background in yoga. All skill levels are welcome from beginners to those with highly advanced 20-year practices. This will be an open studio and available for participants to come at their convenience during these times.

### Fit to Run

This class is designed for all levels. Whether you are looking to kick start an exercise program with a great community of people, or you are training for a race, you will find the challenge and support that you need in this class. You do not have to be a "runner" to join. (NOTE: Not offered Fall quarter)

### Small Group Training

**Jungle Gym:** Using the Life Fitness Synrgy 360, the ultimate multi-station lets you have it all! Interval training mixing monkeybars, TRX, plyobox and so much more, will help increase strength, power, coordination, and agility, all with a fun cardio kick!

**TRX Suspension Training:** TRX Suspension Training began with the U.S. Navy SEALs and is a great way to get into the best shape of your life! Build power, strength, flexibility, balance and mobility at your own level.

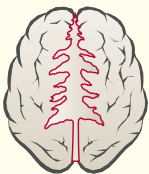


# PE & WELLNESS

**T**he goal of the Physical Education program is to improve the overall well-being of undergraduates and graduate students by providing opportunities to learn new skills and concepts. The department aims to achieve this through course offerings such as fitness, aquatics, racquet sports, dance, team sports, golf, outdoor education, martial arts, wellness, and special interest courses such as horsemanship and fencing. Physical Education courses are designed to help students learn and develop their physical fitness and motor skills and a positive attitude toward wellness and physical activity to facilitate a lifelong healthy lifestyle.

## Academic Credit

Students register for Physical Education courses via Axess. For classes with limited enrollment, students must attend the first class meeting or contact the instructor to guarantee their space in class. Physical Education courses carry 1 unit of credit for satisfactory completion of work. Although there is no limitation on the number of activity classes in which a student may enroll, no more than 8 units of these activity classes (and/or other University activity classes) may be applied toward undergraduate graduation requirements. Please visit [explorecourses.stanford.edu](https://explorecourses.stanford.edu) for the full class listings.



STANFORD | WellnessEd  
*Learn. Apply. Transform.*

## WellnessEd

WellnessEd inspires a healthier, more vibrant university by teaching effective wellness theories and practices that empower students to positively transform their lives and their communities. WellnessEd is the premier student wellness education and practice program at Stanford.

Along with a rich and multi-faceted wellness curriculum open to all students, WellnessEd also offers its signature Wellness Certificate that students can earn as part of their Stanford University experience. The certificate allows students to take graduation eligible units within the context of a five-class curriculum in order to earn a Wellness Certificate. The certificate requires students to take three mind-body wellness courses in theory, practice, and application. They also choose one physical wellness course and one elective course. Upon completion, students receive a Wellness Certificate and can put this distinction on their resumes or CVs.

## Wellness Classes

WELLNESS 18 Strength Through Compassion  
WELLNESS 187 Analysis of Human Movement  
WELLNESS 188 The Athlete and Personal Leadership Development  
WELLNESS 190 Intro Into Nutrition  
WELLNESS 191 Power of Motivation  
WELLNESS 192 Foundations of Mindful Eating  
WELLNESS 193 Lifestyle Fitness Challenge  
WELLNESS 194 Healthy Cooking: Food as Medicine  
WELLNESS 196 Practice of Happiness  
WELLNESS 197 Sport Psychology  
WELLNESS 198 Stress Less: Sleep Better

WELLNESS 200 Emotional Intelligence  
WELLNESS 201 Flourishing  
WELLNESS 202 Wellness: Mind, Body, Spirit  
WELLNESS 204 Resilience: How to Bounce Back  
WELLNESS 205 Meditation  
WELLNESS 206 Power of Habit  
WELLNESS 207 Meaningful Work  
WELLNESS 208 Behavior Change: Building a Better You  
WELLNESS 215 Wisdom  
WELLNESS 220 Foundations of Wellness Practicum

## Aquatics

- PE 33 Diving
- PE 80 Lifeguard Training
- PE 128 Swimming: Confidence in Water
- PE 129 Swimming: Beginning
- PE 131 Swimming: Intermediate
- PE 132 Swimming: Advanced
- PE 133 Swim Conditioning
- PE 134 Synchronized Swimming: Beginning
- PE 135 Aqua Boot Camp
- PE 136 Swimming: Stroke Refinement



## Club Sports

Physical Education course credits are offered during the competitive season for some club sports teams for returning members that are committed to the team training schedule. Each course is 1 unit of physical education/academic credit. Register for Club Sports PE courses on Axess under ATHLETIC.

## Dance

- PE 16 Bellydance Fusion
- PE 17 Cardio Dance
- PE 63 Hip Hop
- PE 109 Social Dance: Beginning
- PE 110 Social Dance: Intermediate
- PE 186 Zumba

## Fitness

- PE 2 Abs and Glutes
- PE 23 Core Training
- PE 27 Cross Training Fitness
- PE 30 Cycling: Indoor
- PE 32 Fitness Training
- PE 76 Kickboxing
- PE 89 Rowing Ergometer
- PE 140 Taiji Quan (Tai Chi)
- PE 141 Taiji Quan (Tai Chi): Intermediate
- PE 151 Total Body Workout
- PE 173 Weight Training: Intermediate
- PE 174 Weight Training: Beginning
- PE 175 Functional Training
- PE 176 Weight Training for Women
- PE 177 Circuit Training
- PE 179 Wrestling and Intro to Martial Arts

## Golf

- PE 49 Golf for Women: Beginning
- PE 51 Golf: Beginning
- PE 52 Golf: Advanced Beginning
- PE 53 Golf: Intermediate
- PE 54 Golf: Advanced

## Horsemanship

- PE 65 Beginning Riding
- PE 66 Advanced Beginning Riding
- PE 67 Intermediate Riding
- PE 68 Horsemanship Student Assistant
- PE 70 Horsemanship

For more information please visit  
<http://set.stanford.edu>

# PE CLASSES

## Racquet Sports

- PE 8 Badminton: Beginning
- PE 9 Badminton: Intermediate
- PE 123 Squash: Beg./Intermediate
- PE 138 Table Tennis: Intermediate/Advanced
- PE 139 Table Tennis: Beginning
- PE 144 Tennis: Beginning
- PE 145 Tennis: Low Intermediate
- PE 146 Tennis: Intermediate
- PE 147 Tennis: Advanced



## Special Interest

- PE 39 Fencing: Beginning
- PE 40 Fencing: Intermediate
- PE 58 Gymnastics: Beginning
- PE 59 Gymnastics: Intermediate
- PE 87 Learn to Row for men
- PE 88 Learn to Row for Women
- PE 98 Sailing: Beginning
- PE 99 Sailing: Advanced Beginning
- PE 100 Sailing: Intermediate
- PE 102 Coaching Corps

## Team Sports

- PE 14 Basketball Skills
- PE 43 Futsal
- PE 45 Field Hockey: Indoor
- PE 46 Field Hockey: Intermediate
- PE 64 Hockey: Floor
- PE 112 Soccer: Intermediate/Advanced
- PE 113 Soccer: Indoor Beg./Intermediate
- PE 114 Soccer: INDOOR Int./Advanced
- PE 115 Soccer, Advanced for Men
- PE 116 Soccer Advanced for Women
- PE 162 Volleyball
- PE 163 Volleyball: Intermediate
- PE 164 Volleyball: Intermediate Sand
- PE 165 Volleyball: Advanced Sand
- PE 169 Water Polo: Beginning
- PE 170 Water Polo: Inter./Advanced



## Yoga

- PE 90 Pilates Mat
- PE 180 Yoga: For Stress-Less Living
- PE 181 Yoga: Beginning
- PE 182 Yoga: Asana
- PE 183 Yoga: Advanced Asana
- PE 184 Yoga/Pilates Fusion
- PE 185 Yoga: Intermediate



# Martial Arts

The Stanford Martial Arts Program (SMAP) is an umbrella organization that supports the various member martial art groups on campus. The main goals are to educate the Stanford community through outreach programming about the variety of martial arts instruction on campus, serve as a centralized communications network between the different groups and preserve the martial arts as a vital and distinctive component of Stanford life. SMAP has 12 distinct martial art offerings covering a wide variety of technical, physical and cultural skills. Classes can be taken for 1 unit of physical education/academic credit.

## SMAP GROUPS

Stanford Aiki Association

<http://www.stanford.edu/group/aikido>

Stanford Capoeira

<http://www.stanford.edu/group/capoeira>

Stanford Eskrima

<http://www.stanford.edu/group/eskrima>

Stanford Judo

<http://www.stanford.edu/group/judo>

Stanford Jujitsu

<http://www.stanford.edu/group/ujitsu>

Stanford Kenpo Karate

<http://www.stanford.edu/group/kenpo>

Stanford Kendo

<http://kendo.stanford.edu>

Stanford Muay Thai Kickboxing

<http://kickboxing.stanford.edu>

Stanford Wing Chun Kung Fu

<http://wingchun.stanford.edu>

Stanford JKA Shotokan Karate

<http://karate.stanford.edu>

Stanford Taekwondo

<http://tkd.stanford.edu>

Stanford Wushu

<http://www.stanford.edu/group/wushu>



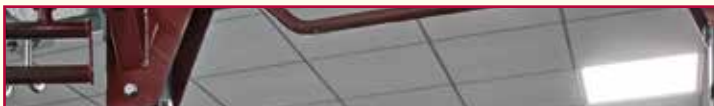
## SMAP CONTACT

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[tghormley@stanford.edu](mailto:tghormley@stanford.edu)

(650) 725-0729

<http://smap.stanford.edu>





# AQUATICS

## About

Stanford Aquatics offers recreational swimming at two outdoor campus locations. The Avery Aquatic Center (AAC) is located in the center of the Stanford Athletics' facilities and is home to the Men's and Women's Swimming, Diving and Water Polo Teams, as well as the Synchronized Swimming team. In addition to hosting Rec Swim, the AAC has hosted the Intramural Swim Meet and Innertube Water Polo Tournament. The Avery Recreation Pool, located at the Arrillaga Outdoor Education and Recreation Center (AOERC) on Roble Field is a 50 meter pool used for recreational swimming and instructional classes.



Stanford Recreation provides aquatic activities including Masters Swimming, Lifeguard Classes, Club Water Polo and several Aquatic PE Classes ranging from swimming and water polo to diving and synchronized swimming. Employment opportunities and safety certification courses are also available. Rec instructional and fitness swimming classes are offered at the Avery Recreation Pool and include a BeWell rate for eligible staff.

Whether participants are looking for new ways to recreate or simply want to enjoy a day at the pool, we want to motivate swimmers of all levels to swim and exercise regularly.

Come check out the benefits of working out at the pool and visit [aquatics.stanford.edu](http://aquatics.stanford.edu).





# FACILITIES

## ID Card Policy

All recreational facilities require an ID Card or approved facility access card for access. For more ID Card Information, please see [recreation.stanford.edu](http://recreation.stanford.edu).

### Guest and Alumni Passes

Guest passes can be purchased by Stanford affiliates for their guests for \$5, or 7 for \$25. Alumni guest passes are \$4. Annual Alumni passes are available for purchase at the ACSR and AOERC Front Desks for \$600 for the year.

## Lockers

Recreational-use lockers and showers are available at the Ford Center, the Arrillaga Family Sports Center (AFSC) and the Arrillaga Outdoor Education and Recreation Center (AOERC). There are no lockers at the Arrillaga Center for Sports and Recreation (ACSR). The locker rooms at AFSC are located in the basement of the building.

### Locker Rental Fees

\$20/quarter or \$50/year for Students

\$30/quarter or \$70/year for Faculty/Staff

\*Payable by credit card or check. All lockers are available for rental at both the ACSR and AOERC Front Desks.

### Day Use Lockers

Available at the Arrillaga Outdoor Education and Recreation Center (AOERC) and Avery Aquatic Center. The AOERC has 234 day use lockers, of which 132 are located in the locker rooms and 102 in the Fitness Center. These lockers use keypad locks and do not require you to bring your own lock. Day use lockers are free of charge and please note they will be cleared out each night at the close of business and any left behind contents will be added to the lost and found.

## Climbing Walls

- Stanford has the most climbable square footage of any university in the world at 11,200 sqft+
- Offers belay skills classes, bouldering, lead climbing, and top roping
- Climbing Wall located in the AOERC
- Bouldering center located in the ACSR
- Equipment can be rented or purchased at the Outfitting Center

## Fitness Equipment

### ACSR Fitness Center

12 treadmills, 20 ellipticals, 12 recumbent bikes, 10 upright bikes, 6 stairclimbers, 3 rowers, plus an upper body ergometer and a wide array strength equipment—both selectorized and free weight. There are a multitude of Olympic Lifting stations available for use as well as 6 flat panel high-definition televisions.

### Arrillaga Outdoor Education Recreation Center (AOERC)

State of the art cardio equipment - 20 treadmills, 19 crosstrainers/ellipticals, 6 upright bikes, 6 recumbent bikes, 6 stepmills, 7 AMT's, a full line of strength equipment and free weights. Most pieces of cardio have an internet connection and individual TV.

### Tresidder Fitness Center

Over 20 pieces of cardio equipment and a broad selection of plate-loaded selectorized equipment are available to ensure a fullbody workout, including a Revolving Smith Machine. There is one flat panel high-definition television.

## Equipment Checkout

- Basketballs (Mens/Womens/Outdoor)
- Squash Racquets/Balls/Goggles
- Racquetball Racquets/Balls/Goggles
- Badminton Racquets & Shuttlecocks
- Tennis Racquets & Balls
- Volleyballs (Indoor & Outdoor)
- Horseshoes (pit next to Sand Volleyball Courts)
- Softball Gloves/Bats/Bases/Balls
- Table Tennis paddles and balls

# Academic Year Schedule

Subject to change—Visit [recreation.stanford.edu](http://recreation.stanford.edu) for most up-to-date schedule

FACILITIES	MON-THU	FRI	SAT	SUN
<b>Arrillaga Outdoor Education and Recreation Center (AOERC)</b>				
General Recreation	5:30AM–12AM	5:30AM–11PM	8AM–10PM	8AM–10PM
Climbing Center	4PM–10PM (M/W) 11AM–1PM & 4PM–9PM (T/Th)	2PM–8PM	CLOSED	12PM–5PM
Outdoor Center	12PM–8PM (M/W) 2PM–8PM (T/Th)	12PM–8PM	CLOSED	CLOSED
Avery Rec Pool (ARP)	7AM–8PM	7AM–8PM	9AM–5PM	12PM–5PM
<b>Arrillaga Center for Sports and Recreation (ACSR)</b>				
General Recreation	6AM–11PM	6AM–10PM	9AM–10PM	9AM–10PM
Bouldering Center	6AM–11PM	6AM–10PM	9AM–10PM	9AM–10PM
Squash Courts	6AM–2PM & 5:30PM–11PM	6AM–2PM & 5:30PM–11PM	9AM–10PM	9AM–10PM
<b>Avery Aquatic Center (AAC)</b>				
Baker Rec Pool	10AM–2PM	10AM–2PM	CLOSED	CLOSED
<b>Ford Center</b>				
San Diego Courts	6AM–3PM & 7PM–11PM	6AM–3PM & 7PM–11PM	9AM–10PM	9AM–10PM
Arrillaga Racquetball Center	6AM–11PM	6AM–10PM	9AM–10PM	9AM–10PM
Locker Rooms	6AM–11PM	6AM–10PM	9AM–10PM	9AM–10PM
<b>Tresidder Fitness Center</b>				
Fitness Center	10AM–8PM	10AM–8PM	CLOSED	CLOSED
<b>FAMILY ACCESS</b>				
Basketball Courts (ages 8–17)	CLOSED	CLOSED	All Day	All Day
Family Climb (ages 0–17)	CLOSED	CLOSED	CLOSED	12PM–5PM
Family Swim (ages 0–17)	CLOSED	CLOSED	12PM–5PM (ARP)	12PM–5PM (ARP)

# FACILITIES

## Other Recreational Spaces

Subject to change—Visit [recreation.stanford.edu](http://recreation.stanford.edu) for most up-to-date schedule

### Cobb Track & Angell Field

Mon–Fri: 9AM–1PM, 6PM–9PM

Sat/Sun: 11:30AM–9PM

\*Use of track prohibited when track team is practicing.

### Fields (IM South, Sand Hill, Roble & Manzanita)

(650) 723-1949

Open recreation when not in use by Club Sports or Intramural Sports, weather permitting. Must present SU ID if requested.

### Taube South and West Campus Tennis Courts

When classes or special events are not scheduled.

To view court availability or to reserve a court go to:

<http://courtkeeper.stanford.edu>.

### Golf Course

(650) 724-0944

Mon: Closed

Tue: Ladies Day (morning) Show ID & Obtain Start Time

Wed–Fri: Open Anytime

Sat/Sun: First available tee time is 11AM

Tee times can be made three days in advance.

Twilight play is approx. three hours before sunset.

<http://stanfordgolfcourse.com>

### Golf Driving Range

(650) 498-4461

Mon/Wed/Fri: 7:30AM–8PM

Tue: 8:30AM–8PM

Thu: 9AM–8PM

Sat/Sun/Holidays: 7AM–8PM





# STANFORD RECREATION FACILITIES



	BASKETBALL, BADMINTON & VOLLEYBALL
	WEIGHTS/CARDIO
	TENNIS
	LOCKERS AND SHOWERS
	ROCK CLIMBING, BADMINTON & GROUP FITNESS
	PARKING-FREE AFTER 4PM AND WEEKENDS

**INSE**

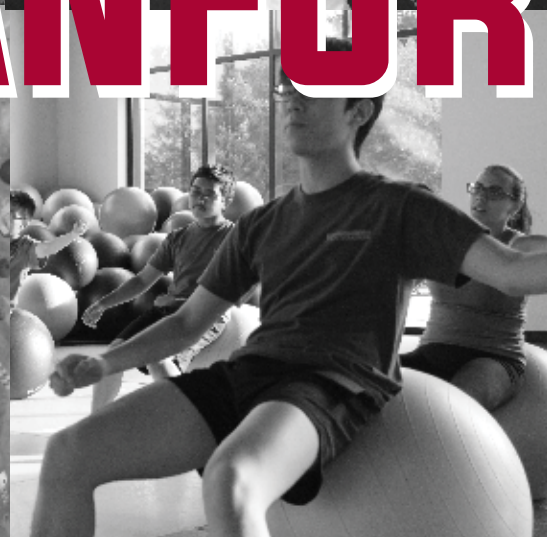
Scale = Distance in Miles

0 1/8 1/4





# #STANFORDREC



[recreation.stanford.edu](http://recreation.stanford.edu)