RECREATION ACTIVITIES
2014 - 2015

ENGAGE IN 2 EXPERIENCES OF URBAN EXPLORATION
• Orienteering in the city (you can use an app for that).
• Walk/explore local townships or parks (goal: 10,000 steps).
• Sign up to participate or volunteer for a local race or event.
• Join UIC Run Club or UIC Cycling/Triathlon Club to explore city running and cycling.

ENGAGE IN 2 EXPERIENCES OF INQUIRING MINDS
• Attend a campus yoga class.
• Create or join a campus sport club or intramural team.
• Attend a campus Personal Training or Group Fitness instructor course.
• Complete a fitness assessment in the Human Performance Lab at the Student Recreation Facility.
• Interview a professional Campus Recreation staff member about career opportunities.

ENGAGE IN 2 EXPERIENCES OF COMMUNITY
• Attend a UIC athletic event and support the Flames.
• Hold an officer position in a campus sport club.
• Participate in a Campus Recreation event.
• Attend or participate in any Campus Recreation program (Fitness, Dance, Rock Climbing, Sports, Swimming, etc.).

For more information, visit www.uicexperience.uic.edu.
The UIC Experience is a co-curricular opportunity that enhances students’ learning and development as tomorrow’s global leaders by reinforcing three key areas: urban exploration, intellectual inquiry, and engagement in a diverse community.

**URBAN EXPLORATION**

**INQUIRING MINDS**

**COMMUNITY**

The UIC Experience exists in Chicago’s world-class URBAN center where INQUIRING minds explore within a richly diverse campus COMMUNITY, with the goal of helping develop tomorrow’s global leaders.

www.uicexperience.uic.edu