

# RECREATION

## Mission Statement

Through programs and facilities, Campus Recreation strives to offer inclusive wellness and recreational opportunities for the University community that promote active and healthy lifestyles in a positive and welcoming environment.

Through involvement with Campus Recreation (<https://www.uwsuper.edu/student-life/campus-recreation/>) students will:

- Articulate the importance of physical activity for personal and professional balance and growth.
- Communicate effectively and work towards a shared goal.
- Apply necessary skills and abilities and be empowered to develop and mature.
- Engage with other individuals from diverse backgrounds and perspectives and appreciate differences.

Located in the Marcovich Wellness Center (<https://www.uwsuper.edu/student-life/campus-recreation/facilities/mwc/>) is a fully accessible 6 lane, 25-yard pool staffed with friendly, professional lifeguards who will ensure that you have a safe and positive aquatic experience.

The Joan Hedrick Swimming Pool (<https://www.uwsuper.edu/student-life/campus-recreation/facilities/mwc/>) is open in the early morning, noon, and in the late afternoon/early evening for your convenience.

Informal recreation activities such as water basketball, open swimming, water aerobics, and lap swimming programs are offered.

## Programs

### Aquatics

Located in the Marcovich Wellness Center (<https://www.uwsuper.edu/student-life/campus-recreation/facilities/mwc/>), the Joan Hedrick Swimming Pool (<https://www.uwsuper.edu/student-life/campus-recreation/facilities/mwc/>) is a fully accessible 25-yard pool staffed with friendly, professional lifeguards who will ensure that you have a safe and positive aquatic experience. The pool is open in the early morning, noon, and in the late afternoon/early evening for your convenience. Activities such as water basketball, open swimming, water aerobics, and lap swimming is offered.

### Climbing Wall

The National Bank of Commerce Climbing Wall (<https://www.uwsuper.edu/student-life/campus-recreation/facilities/mwc/>) is a 28-foot tall, state-of-the-art structure designed to challenge first-timers or avid climbers. We change our routes every semester to maintain a high level of fun and challenge. No experience or equipment necessary. The climbing wall staff will outfit you with all the necessary gear, instruction and encouragement you need.

### Fitness/Wellness

The focus of our Fitness and Wellness programs (<https://www.uwsuper.edu/student-life/campus-recreation/fitness-and-wellness-programs/>) are to serve the fitness needs of our campus community through various virtual and in-person programs. One of the goals of Campus Recreation is to provide instruction, programming, and training to promote health and fitness awareness.

## Intramurals

Intramurals (<https://www.uwsuper.edu/student-life/campus-recreation/intramural-sports/>) provides action packed activities for the entire campus community, featuring team and individual competitions throughout the school year. Programs are designed to help students, faculty, and staff become more involved in recreational activities regardless of age, gender, skill level, or past experience. Campus Recreation offers all gender and co-recreational opportunities organized for various skill levels.

## Open Recreation

Open Recreation (<https://www.uwsuper.edu/student-life/campus-recreation/facilities/mwc/open-rec/>) offers students and Marcovich Wellness Center members the opportunity to participate in less structured, non-tournament recreation. You must be a student or have an Marcovich Wellness Center membership to participate in open recreation. Open recreation times are subject to change due to special events and facility maintenance. Throughout the year, space is regularly reserved for drop-in activities.

## Outdoor Adventure

The Superior Adventures (<https://www.uwsuper.edu/student-life/campus-recreation/superior-adventures/>) consists of Outdoor Adventure Trips, Outdoor Equipment Rental and the National Bank of Commerce Climbing Wall. The intent of Superior Adventures is to provide outdoor and social experiences emphasizing adventure, environmental awareness, education, experiential learning challenge, personal development, safety, a sense of community and fun.

## Sport Clubs

A Sport Club (<https://www.uwsuper.edu/student-life/campus-recreation/club-sports/>) is a recognized student organization under the administration of the Campus Recreation Department. Each club is a student-based group intended to provide recreational, competitive, and instructional opportunities in addition to those offered by intramurals, physical education programs, or intercollegiate athletics.

## Facilities

### Marcovich Wellness Center

The Marcovich Wellness Center (<https://www.uwsuper.edu/student-life/campus-recreation/facilities/mwc/>) (MWC) houses the Health and Human Performance Department, Athletic programs, Student Health and Counseling Services (<https://www.uwsuper.edu/student-life/health-and-wellness/health-and-counseling-services/>), and the Department of Campus Recreation. Used for academics, athletics, and recreation, the MWC features the Lydia C. Thering Fieldhouse with indoor track, 2,000-seat Mertz Mortorelli Gymnasium, Toby and Sharon Marcovich Fitness Center, Minnesota Power Weight Room, exercise and physiology lab, classrooms, racquetball courts, National Bank of Commerce Climbing Wall, Joan Hedrick Swimming Pool, dance studio, and offices for all four departments.

### Siinto S. Wessman Arena

The Wessman Arena houses a single sheet of ice during a majority of the year to support various programs such as hockey, figure skating, broomball, and other events. Stadium seating allows for over 1700 fans for large events. The Arena also houses two varsity locker rooms and four small general use locker rooms as well as the Yellowjacket

Room and Wessman Weight Room. Dry floor and ice are available to the community for rental rates.

## Contact Information

Campus Recreation

University of Wisconsin - Superior

Marcovich Wellness Center

Belknap and Catlin Ave.

P.O. Box 2000

Superior, WI 54880

**Phone:** 715-395-4610

**Email:** [campusrec@uwsuper.edu](mailto:campusrec@uwsuper.edu)

**Building Hours:**

Academic Year

Monday - Thursday: 6:00am-11:00pm

Friday: 6:00am-10:00pm

Saturday: 10:00am-6:00pm

Sunday: 12:00noon-10:00pm