Title

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Figure 1: CSU Challenge Course
COMMON TRAINING

JANUARY 27TH
9:00AM-11:30AM
SIGN UP FOR TRAINING SESSIONS IN THE BREAK ROOM
OPTIONAL BREAKFAST 8:15-9:00

Figure 2: Common Training
Figure 3: Drop-In Recreation - Student Rec Center
If you have a locker and want to renew it for the spring semester, you may do so between December 10 and January 17.

Renew your locker for the spring semester by January 17.

**Winter Break Hours**
- **Friday Dec 14**: 6:00 AM - 8:00 PM
- **Saturday Dec 15-16**: Noon - 8:00 PM
- **Monday-Dec 22**: 6:00 AM - 8:00 PM
- **Tuesday Jan 1**: Closed

**Spring 2013**
- **Spring Locker Rates**
  - Full Size Locker: $50
  - Half Size Locker: $30
  - F Size Locker: $18

**Intramural Sports Event**
- **Basketball (Coed, Women's, Men's)**
  - Sign-up Dates: Jan. 22-28
  - Event Type: 4-week league
  - Entry Fee: $45 / team

- **Tube Water Polo (Women's, Men's)**
  - Sign-up Dates: Jan. 22-28
  - Event Type: 4-week league
  - Entry Fee: $45 / team

- **Kickball (Open)**
  - Sign-up Dates: Jan. 22-28
  - Event Type: 4-week league
  - Entry Fee: $45 / team

New Locker Rentals begin January 22 at 6 a.m.

www.campusrec.colostate.edu  970-491-6359
DECEMBER 14 - DECEMBER 22
SEA KAYAKING
Florida Everglades

This introductory trip is a multi-day sea kayaking exploration of the breathtaking Florida Everglades. This trip is designed for those eager to explore this incredible natural place while learning important paddling, Leave No Trace, outdoor cooking and general outdoor safety skills. No previous paddling experience necessary.

The group will travel by van to Everglades National Park and 10,000 Islands. We will then paddle and camp for 5 days and nights on pristine beaches and in the forests of the parks. The distance paddled each day will be determined by the group’s experience and interest level.

Students only: $395 Price includes transportation, food, instruction, gear, permits, etc…

For more information, visit our website

www.campusrec.colostate.edu/outdoorprogram/index.cfm

Figure 5: Sea Kayaking - Florida Everglades
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00-8:15 AM</td>
<td>Zen Ride (meets in CS)</td>
<td>Yoga Flow</td>
<td>Vinyasa</td>
<td>10:00-11:15 AM</td>
<td>Yoga Flow</td>
<td>Yoga Flow</td>
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<tr>
<td>8:00-9:00 AM</td>
<td>Pilates</td>
<td>Hatha Yoga</td>
<td>Pilates</td>
<td>11:00-12:00 PM</td>
<td>Yoga Sculpt</td>
<td>Yoga Grab Bag</td>
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<tr>
<td>9:30-10:30 AM</td>
<td>Beginner Yoga</td>
<td>Beginner Yoga</td>
<td>Hatha Yoga</td>
<td></td>
<td></td>
<td>(Rotating)</td>
</tr>
<tr>
<td>11:00-12:00 PM</td>
<td>Power Yoga</td>
<td>Yoga Sculpt</td>
<td>All Levels Integral Yoga</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>12:00-1:15 PM</td>
<td>Power Yoga</td>
<td>Vinyasa</td>
<td>Beginner Yoga</td>
<td>11:00-12:00 PM</td>
<td>Yoga Sculpt</td>
<td></td>
</tr>
<tr>
<td>1:15-2:15 PM</td>
<td>Power Yoga</td>
<td>Yoga &amp; Meditation</td>
<td>Vinyasa</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:15-3:15 PM</td>
<td>Power Yoga</td>
<td>Yoga &amp; Meditation</td>
<td>Yoga Sculpt</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>3:30-4:45 PM</td>
<td>Power Yoga</td>
<td>Yoga &amp; Meditation</td>
<td>Yoga &amp; Meditation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30-6:45 PM</td>
<td>Power Yoga</td>
<td>Yoga &amp; Meditation</td>
<td>Yoga &amp; Meditation</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>6:15-7:15 PM</td>
<td>Power Yoga</td>
<td>Yoga &amp; Meditation</td>
<td>Yoga &amp; Meditation</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>7:00-8:00 PM</td>
<td>Yoga &amp; Meditation</td>
<td>Yoga &amp; Meditation</td>
<td>Yoga &amp; Meditation</td>
<td></td>
<td>Power Vinyasa Flow</td>
<td>Power Vinyasa Flow</td>
</tr>
</tbody>
</table>

Free your mind and the rest will follow.
OUTDOOR PROGRAM

OUTDOOR WEEK

Brought to you by the CSU Outdoor Program

INTRO TO ROCK CLIMBING
@ Castlewood Canyon
Sunday, October 14th
$35

MEDALLION HUNT
(AROUND CSU)
Prizes For The Winners
October 15th – 19th
FREE

OUTDOOR PHOTO CONTEST
(ANYWHERE OUTSIDE)
Prizes For The Winners
October 15th – 19th
FREE

INTRO TO CROSS-COUNTRY MOUNTAIN BIKEING
@ Soapstone Prairie
Saturday, October 20th
$30

INTRO TO DOWNHILL MOUNTAIN BIKEING
@ Lory State Park
Sunday, October 21st
$30

REEL ROCK FILM FESTIVAL
@ the Lincoln Center
Wednesday, October 17th
$12

FOR DETAILED INFORMATION ABOUT THESE TRIPS AND HOW TO REGISTER, PLEASE VISIT OUR WEBSITE:
CAMPUSREC.COLOSTATE.EDU/OUTDOORPROGRAM/INDEX.CFM

Figure 7: Outdoor Program 1
3rd Annual CSU Bouldering Comp
DOOMSDAY
— Tuesday November 13th —
1st Session: 4-6pm  2nd Session: 6-8pm
Dyno Comp: 8-9pm  Finals: 9-10pm

- Sign up for the 1st Session OR the 2nd Session (not both)
- Cost is $8 and is limited to Students and Rec Center Members only
- You will register for your Division on the night of the comp: Rec, Int, Adv, or Open.
- The top 5 climbers (male and female) will be entered into Finals.
- All skill levels are welcome and there will be a prize raffle for everyone who competes, not just the winners.

Questions? Speak with one of the Climbing Wall Assistants to find out more.

Figure 8: Outdoor Program 2
OUTDOOR PROGRAMS
TRIPS AND EVENTS

Trips
Intro to Ice Climbing 3/9 ($40)
Intro to Rock Climbing 4/21 ($18)
Intro to Single Pitch Anchors 4/28 ($24)

Classes
Bike Maintenance “Brakes” 4/2 (FREE)
Bike Maintenance “Derailleurs” 4/9 (FREE)
Traffic Skills 101 3/2 & 3/30 (FREE)
Wilderness First Responder 5/20 - 5/29 (FREE)

Events
Winter Photo Contest 2/18 - 3/10 (FREE)
BANFF Mountain Film Festival 2/22-2/23
Bouldering Competition 4/16

TRIP REGISTRATION AT THE SERVICE CENTER
CHECK OUT OUR WEBSITE FOR UPDATES AND ADDITIONS

Colorado State University
CAMPUS RECREATION

Figure 9: Outdoor Program 3
Figure 11: Raise the Dead Yoga - Rec-O-Ween
COME TAKE A SPOOKY THEMED CYCLE RIDE WITH YOUR FRIENDS AND A CSU REC CYCLING INSTRUCTOR. EACH RIDE LASTS 20 MIN'S. REMEMBER TO WEAR YOUR COSTUME!

OCTOBER 31
Steve Jobs

Influencing music more then you would have ever imagined.