University Recreation Outline:

**Services available to Faculty:**

Non-Student Membership

* Faculty (Please bring your Wolfpack One Card to the Member Services Suite for membership registration).

MEMBERSHIP OPTIONS:

|  |  |  |  |
| --- | --- | --- | --- |
| Membership Type | Annual | Month to Month | Payroll Deduction |
| Faculty and Staff | $240 | $25 | $20/month |

Household Membership

* You may sponsor up to three household members, 18-years or older at an additional cost for each membership. We will ask for proof of same address at the time of membership registration and renewal.

Payment Options

ANNUAL

Annual membership is based on a one-year contract from the date of joining. Membership must be paid in full by cash, check, Visa or Mastercard..

MONTH-TO-MONTH

Fees must be paid in full by cash, check, Visa or Mastercard. Multiple months may be purchased at one time.

PAYROLL DEDUCTION

(FACULTY/STAFF, FACULTY/STAFF HOUSEHOLD ONLY)

This membership is based on an initial one-year contract and fees must be payroll deducted monthly. After the initial first year, membership fees will continue to be payroll deducted on a month-to-month basis.

Facilities:

Carmichael Gymnasium

Facility features:

* Five cardio and weight training rooms
* 11 Indoor Basketball/Multi-purpose Courts
* Indoor Track
* 18 Racquetball Courts
* Two Fitness Studios
* Squash Courts
* Steam and Sauna Room
* Table Tennis Tables
* Indoor Climbing Wall
* Gymnastics Training Area
* Four Outdoor Basketball Courts
* 12 Outdoor Tennis Courts

**Aquatic Center**

The Aquatic Center encompasses both a 25-yard and 50-meter Olympic sized pool, as well as a diving well, sun deck, full wet classroom and outdoor patio. A chair lift for assisting non-ambulatory patients is located on the deck of both the pools.

Carmichael Recreation Center

Facility features:

* 10,000 sq. ft. Fitness Center
* Outdoor Adventures Equipment Rental Center
* Fitness Suite
* Four Fitness Studios
* Fitness Assessment Room
* Stretching Area

Miller Field

Miller Fields spans more than eight acres and accommodates Sports Programs, Health and Exercise Studies and other University Groups.

Meeting Spaces

MEETING ROOMS:

* Carmichael Recreation Center
* AV Equipment, Whiteboard, Wi-Fi
* Capacity
  + Auditorium Style – 41
  + Conference Style – 13
  + Classroom Style – 25
  + Hollow Square – 11

Playzone

* Carmichael Recreation Center
* AV Equipment, Whiteboard, Wi-Fi
* Capacity
  + Auditorium Style – 100
  + Banquet Style – 80
  + Classroom Style – 40
  + Conference Style – 30

CARMICHAEL RECREATION CENTER

|  |  |  |
| --- | --- | --- |
| NC State Student | NC State Department | External User |
| $0 | $0 | $25 Half-Day/ $50 Full-Day |

PLAYZONE

|  |  |  |
| --- | --- | --- |
| NC State Student | NC State Department | External User |
| $0 | $50 Half-Day/ $100 Full-Day | $75 Half-Day/ $150 Full-Day |

Active work space:

Located in the lobby of Carmichael Recreation Center and is available to all members of the NC State community.

Includes:

* four treadmill desks
* two bikes desks,
* two standing desks with tablets
* one conference table to seat up to six on active sitting balls.

**Wellness programs:**

The goal of these programs is to promote positive lifestyle changes through coaching and social support to help participants achieve their health and wellness-related goals.

* Registration for the Wellness Programs is available at the Member Services Center in Carmichael Complex.

.W.L #COMMIT Program The Happiness Project

**Wolfpack H.O.W.L (Healthy Opportunities for Weight Loss)**

Wolfpack H.O.W.L. is dedicated to helping students achieve weight loss by providing healthy opportunities and lifestyle management solutions. This 8-week program is available for students who have a Body Mass Index (BMI) of 30 or above. Participants will engage with Fitness Instructors, certified Wellness Coaches, and Registered Dietitians in a small group atmosphere, to provide professional guidance, interactive educational sessions, accountability, and social support.

The program cost of $150 includes the following:

* Two Comprehensive Fitness Appraisals
* Sixteen 45-minute training sessions with Fitness Instructors and Personal Trainers
* Sessions will be offered based on participant availability
* Nutritional guidance from Registered Dietitians
* Weekly interactive educational opportunities with a certified Wellness Coach on a variety of topics related to weight management and individual well-being

#COMMIT Program

COMMIT to be fit by joining this innovative program designed to give you the motivation you need to achieve your fitness goals.

#COMMIT Program details:

* 8-Week program designed to fit your personal fitness-related goals.
* Participants will complete two (2) Comprehensive Fitness Appraisals with their Wellness Coach.
* Individualized goal setting, exercise program design, and tracking.
* Regular communication\* with a Wellness Coach, an ACE® Certified Health Coach who specializes in health coaching and behavior

Rates

|  |  |
| --- | --- |
| Student | Member |
| $60 | $75 |

The Happiness Project

Join the movement to become happier!

The Happiness Project offers three weekly sessions with personalized activities to help individuals learn proven methods to increase their happiness. Each small group session is fun, interactive and led by a Certified Wellness Coach that empowers participants to incorporate happiness strategies into their everyday lives.

**Wellness Outreach:**

Outreach programming on a variety of fitness and wellness topics is available to student groups, NC State departments, and Centennial Campus Affiliates.

Wellness Workshops

A wellness workshop is a convenient educational opportunity offered in prime campus locations that provide easy access to health screenings and information about the latest trends in wellness and fitness. Whether it’s a body composition screening, or a presentation on how to avoid the freshman 15, these sessions aim to give you the knowledge you need to live a healthy lifestyle.

Upcoming Wellness Workshops

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Time | Topic | Location |
| Tuesday, January 24 | 5:30 – 7:00 P.M. | Body Composition Screening | Carmichael Recreation Center Third Floor |
| Thursday, February 16 | 5:30 – 7:00 P.M. | Body Composition Screening | Carmichael Gym Room 1201 |
| Wednesday, March 22 | 5:30 – 7:00 P.M. | Body Composition Screening | Carmichael Recreation Center Third Floor |
| Monday, April 10 | 5:30 – 7:00 P.M. | Body Composition Screening | Carmichael Gym Room 1201 |

Fee Structure for Education Sessions

|  |  |
| --- | --- |
| Group | Cost |
| Student Groups | FREE |
| NC State Departments | FREE |
| Centennial Affiliates | $30 |

* 1. A Wise, Well Wolfpack

**Wellness Appraisals:**

* Wellness appraisals will include the following: Wellness Lifestyle Assessment, Blood Pressure, Height, Weight, and Body Mass Index, Body Fat Percentage, and waist-to-hip ratio.
* Group must have a private space (i.e. office, conference room, etc.) available for testing and consultation to take place. Plan to reserve space for one-hour for every five appraisals.
* All personalized wellness reports will be compiled using the MicroFit software and e-mailed to individuals following the session.
* For best results, individuals are encouraged to be well-hydrated, wear comfortable clothing, and not have exercised prior to testing. Most accurate results occur within 2-hours after breakfast or lunch time.

Fee Structure for Wellness Appraisals

|  |  |
| --- | --- |
| Group | Cost |
| Student Groups | $50 minimum for 5 participants  $5 per person thereafter |
| NC State Departments | $75 minimum for 5 participants  $5 per person thereafter |

**Services available to NCSU students:**

Active study space:

Located in the lobby of Carmichael Recreation Center. Contains : four treadmill desks, two bikes desks, two standing desks complete with tablets and one conference table to seat up to six on active sitting balls. This space is available to all member of the NC State community. There is a goal for this space to be expanded as part of the master renovation project.

**Wellness programs:**

The goal of these programs is to promote positive lifestyle changes through coaching and social support to help participants achieve their health and wellness-related goals.

* Registration for the Wellness Programs is available at the Member Services Center in Carmichael Complex.

.W.L #COMMIT Program The Happiness Project

**Wolfpack H.O.W.L (Healthy Opportunities for Weight Loss)**

Wolfpack H.O.W.L. is dedicated to helping students achieve weight loss by providing healthy opportunities and lifestyle management solutions. This 8-week program is available for students who have a Body Mass Index (BMI) of 30 or above. Participants will engage with Fitness Instructors, certified Wellness Coaches, and Registered Dietitians in a small group atmosphere, to provide professional guidance, interactive educational sessions, accountability, and social support.

Students must be ready to make positive lifestyle changes, have access to utilize both the Carmichael Complex and Student Health Services (fees paid), and be willing to commit to attending exercise and interactive educational sessions each week.

The program cost of $150 includes the following:

* Two Comprehensive Fitness Appraisals
* Sixteen 45-minute training sessions with Fitness Instructors and Personal Trainers
  1. Sessions will be offered based on participant availability
* Nutritional guidance from Registered Dietitians
* Weekly interactive educational opportunities with a certified Wellness Coach on a variety of topics related to weight management and individual well-being

#COMMIT Program

COMMIT to be fit by joining this innovative program designed to give you the motivation you need to achieve your fitness goals.

It’s easy to get distracted and lose inspiration to get into shape, or stay physically active. With #COMMIT, your personal Wellness Coach will provide

guidance, motivation, and hold you accountable to achieve your fitness-related goals.

ABOUT THE #COMMIT PROGRAM

* 8-Week program designed to fit your personal fitness-related goals.
* Participants will complete two (2) Comprehensive Fitness Appraisals with their Wellness Coach.
* Individualized goal setting, exercise program design, and tracking.
* Regular communication\* with a Wellness Coach, an ACE® Certified Health Coach who specializes in health coaching and behavior

Rates

|  |  |
| --- | --- |
| Student | Member |
| $60 | $75 |

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**Wellness Outreach:**

Outreach programming on a variety of fitness and wellness topics is available to student groups, NC State departments, and Centennial Campus Affiliates.

Wellness Workshops

A wellness workshop is a convenient educational opportunity offered in prime campus locations that provide easy access to health screenings and information about the latest trends in wellness and fitness. Whether it’s a body composition screening, or a presentation on how to avoid the freshman 15, these sessions aim to give you the knowledge you need to live a healthy lifestyle.

Upcoming Wellness Workshops

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Time | Topic | Location |
| Thursday, September 8 | 5:30 – 7:00 P.M. | Body Composition Screening | Carmichael Gym Room 1201 |
| Monday, September 12 | 4:00 P.M. | The Art of Being a Goal-Getter | Talley Student Union Room 4270 |
| Tuesday, September 27 | 4:00 P.M. | The Art of Being a Goal-Getter | Talley Student Union Room 3223 |
| Tuesday, October 11 | 11:30 A.M. – 1:00 P.M. | Body Composition Screening | Carmichael Gym Room 1201 |
| Thursday, October 13 | 4:00 P.M. | The Art of Being a Goal Getter | Talley Student Union Room 4270 |
| Wednesday, October 19 | 5:30 – 7:00 P.M. | Body Composition Screening | Carmichael Recreation Center Third Floor |
| Monday, November 7 | 5:30 -7:00 P.M. | Body Composition Screening | Carmichael Gym Room 1201 |

Fee Structure for Education Sessions

|  |  |
| --- | --- |
| Group | Cost |
| Student Groups | FREE |
| NC State Departments | FREE |
| Centennial Affiliates | $30 |

* 1. A Wise, Well Wolfpack

**Wellness Appraisals:**

* Wellness appraisals will include the following: Wellness Lifestyle Assessment, Blood Pressure, Height, Weight, and Body Mass Index, Body Fat Percentage, and waist-to-hip ratio.
* Group must have a private space (i.e. office, conference room, etc.) available for testing and consultation to take place. Plan to reserve space for one-hour for every five appraisals.
* All personalized wellness reports will be compiled using the MicroFit software and e-mailed to individuals following the session.
* For best results, individuals are encouraged to be well-hydrated, wear comfortable clothing, and not have exercised prior to testing. Most accurate results occur within 2-hours after breakfast or lunch time.

Fee Structure for Wellness Appraisals

|  |  |
| --- | --- |
| Group | Cost |
| Student Groups | $50 minimum for 5 participants  $5 per person thereafter |
| NC State Departments | $75 minimum for 5 participants  $5 per person thereafter |

Wood Wellness Village:

The Wood Wellness Village, located within Wood Hall, is an exciting residential Living and Learning Village open to all students committed to living a balanced life. This includes quality sleep, healthy relationships, service learning, balanced diet, regular exercise, awareness of environmental impacts and much more. We are centrally located for easy access to Talley Student Union, University Recreation, Student Health Center, Student Cinema, on-campus dining and multiple athletic venues.

As a member of the Village you will enhance your knowledge and self-awareness of personal wellness, the foundation to achieve success at NC State and beyond. The community is developed and nurtured through interactive programming, personal engagement and interaction with students, faculty and staff members. Engaging, fun team building programs, such as whitewater rafting, volunteering and meditation, coupled with exclusive Village events and the support of a Village mentor will help you discover your balance.

Village Benefits:

* + Live in a community that supports a healthy, balanced life.
  + Develop friendships in a positive environment.
  + Participate in high impact programming created exclusively for Wellness Village residents.
  + Give back to the community.
  + Build leadership skills to help you grow and advance.
  + Exploring personal growth for success.
  + Live in Wood Hall on East Campus.

What is Wellness?

“The interdependent and interactive combination of love for what is done each day, the quality of relationships, the security of finances, the vibrancy of physical health, the self-awareness and emotional resiliency and the pride taken in what is contributed to our communities.”

6 Elements of Wellness:

* Career – The opportunity to regularly engage in personally meaningful and satisfying work that aligns with values and goals.
* Social – The ability to develop supportive networks through nourishing new or existing relationships and having love in life.
* Financial – The awareness of current financial position and budgets and having resources to meet basic needs by saving and spending wisely.
* Physical – The dynamic state of managing health by engaging in regular exercise, eating a balanced, nutritious diet, and maintaining adequate sleep.
* Emotional – The ability to be self-aware and cope with challenges and emotional needs while developing overall resiliency.

Community – The opportunity to contribute and connect individual passions and strengths that foster a safe and supportive enviroment.

**Courses/Certifications Available:**

**1. Ace Health Coaching Course**

Goal: Learn how to coach healthy lifestyle habits including: eating right, moving more, and managing their stress.

ACE is a trusted name in the fitness industry, and this certification will give you the skills you need to truly help people change the way they live. Completion of this course and certification may qualify you to apply for future Wellness Coach positions with University Recreation.

Program cost is $400, which includes:

* + ACE Health Coach Certification Exam Voucher (must register within 6-months from the start of the course) ($400 Value).
  + ACE Health Coach Manual ($70 Value)
  + Study Guide and Practice Test ($30 Value)
  + 8-Week Guided Review Course

To enroll in this course and sit for the exam you must:

* Be a current NC State University student
* Be at least 18 years old and hold a current CPR/AED certification (training can be provided if not already certified)
* Be a sophomore or higher with course credit in fitness, exercise science, health care, biology, nutrition, food science, psychology, health and exercise studies, wellness, human resources or a related field
* OR
* Comparable work experience in any of the fields previously listed
  + - Current NCCA-accredited certification or license in fitness, nutrition, health care, wellness, human resources or a related field.

**ACE Group Fitness Instructor**

The American Council on Exercise (ACE ®) Group Fitness Instructor Training Course prepares you with the skill of developing and leading a safe and effective group exercise class. Learn the fundamentals of the exercising human body through various fitness formats.

To be considered for employment with us, please attend a [student-employment recruitment session](https://recreation.dasa.ncsu.edu/about-us/student-employment/).

Register at the Member Services Suite. Space is for this course limited.

The cost includes:

* ACE Group Fitness Instructor Certification Exam
* ACE Group Fitness Instructor Handbook
* ACE Digital Classroom (Chapter Reviews, Quizzes, Videos, Webinars, Exam Review)
* 1 ACE Practice Exam
* Full Access to the ACE Resource Center
* 15 Hours of Classroom Instruction and Practical Learning
* Weekend Intensive Training with 4 Master Classes
* Your choice of 3 of the following workshops:
  1. Cycling
  2. Strength/H.I.I.T.
  3. TRX®
  4. Yoga and Functional Movement.

For questions about the Group Fitness Instructor Training Course or if you are interested in becoming a Group Fitness Instructor please contact:

Leigha Krick

Coordinator, Group Fitness

[lmkrick@ncsu.edu](mailto:lmkrick@ncsu.edu)

P: (919) 513-8135

Spring 2017 Course Information

|  |  |
| --- | --- |
| Registration Open | Registration Closes |
| Monday, January 9 | Thursday, February 2 |
| Class Dates | Time |
| Friday, February 3 | 3:00 P.M. – 7:00 P.M. |
| Saturday, February 4 | 8:00 A.M. – 1:00 P.M. |
| Sunday, February 5 | 8:00 A.M. – 1:00 P.M. |
| Sundays\* (February 12 – April 2) | 6-8 P.M. |

Rates:

|  |  |
| --- | --- |
| Students | Members |
| $345 | $375 |

**NASM 8-Week Personal Trainer Course**

Become a National Academy of Sports Medicine Certified Personal Trainer (NASM-CPT) and become one of the most respected and sought-after personal trainers in the fitness industry. NASM Certified Personal Trainers will learn how to maximize client results, create-goal specific training programs.

The Personal Training course is an eight-week hybrid course that consists of online lectures and in-person labs, where you are provided an opportunity to receive hands-on personal training experience. This course is great for anyone interested in starting or advancing their career in the health or fitness industry, or wanting to learn more about exercise programming.

Course Information

Labs meet once a week for two hours and focus on teaching practical skills of Personal Training. A course syllabus with detailed information will be provided.

The course will meet at 5:15 – 7:15 P.M. every Tuesday from January 24 to March 21 (excluding March 7).

**Materials include:**

* Access to online resources
* Textbook
* Practice exam
* CPT examination enrollment

Registration Information:

* For questions regarding the Personal Training Certification Course, please contact:

Will Craig

Coordinator, Strength & Conditioning

P: (919) 513-3474

[whcraig@ncsu.edu](mailto:whcraig@ncsu.edu)

* Please visit the Member Services Suite to register for the course.
* Space for the personal Trainer Certification Course is limited.

Registration Dates

|  |  |
| --- | --- |
| Registration Opens | Registration Closes |
| Monday, October 17, 2016 | Thursday, January 12, 2017 |

Rates

|  |  |
| --- | --- |
| Students | Members |
| $575 | $650 |

**Outdoor Adventures Programs:**

**Climbing Wall**

* Please :
* If you are a first-time climber with us, please sign the Acknowledgement of Risk and Policies form (anyone under 18 years of age must have a parent’s signature) during your visit
* Bring your Wolfpack One Card for each visit.
* wear climbing or athletic shoes.
* We require helmets to be worn while climbing and recommend them for belaying and bouldering.
* If you are climbing above shoulder-height, a top rop belay is required.
* We provide equipment for you use:
  + Ropes
  + Harnesses
  + Helmets
  + Belay Devices
  + Anchors
  + Shoes
* You may use your own Eco-ball, harness, shoes, helmet and hardware.
* We do not allow climbing chalk or personal ropes.

Belay Clinics

Take one of our Belay clinics to learn the basics of rock climbing and belaying. The cost of these clinics is $10.

BELAY CLINIC REGISTRATION:

* + You must register at the Outdoor Adventures Equipment Rental Center.
  + Payment can be made in Cash, Checks made out to NC State University, or Credit/Debit Card. We accept Visa & MasterCard.
  + No refunds will be issued.
  + If you need to cancel we will do our best to reschedule you in another clinic.

Fall 2016 Belay Clinic Schedule

|  |  |
| --- | --- |
| Date | Time |
| Wednesday, October 12 | 7:30 – 9:30 P.M. |
| Thursday, October 20 | 7:30 – 9:30 P.M. |
| Tuesday, October 25 | 7:30 – 9:30 P.M. |
| Wednesday, November 2 | 7:30 – 9:30 P.M. |
| Thursday, November 10 | 7:30 – 9:30 P.M. |
| Tuesday, November 15 | 7:30 – 9:30 P.M. |

Belay Test

If you have previous experience belaying, or have completed our belay clinic, you must pass our Safety Skills Assessment to belay at our climbing wall. Safety Skills are preformed daily.

**Equipment Rental Center**

How To Make A Reservation:

* Visit the Equipment Rental Center to reserve equipment.
* We encourage reservations to ensure availability of equipment.
* Reservations may be made up to a maximum of 14 days in advance and can be rented for a maximum of two weeks.
* You may rent up to four of each type of item (ex: four tents, four sleeping bags, etc.) Canoes and Kayaks are limited to two per person.
* You must pick up your reserved equipment 30-minutes before close or your reservation will be voided.
* Payment can be made in Cash, Checks (made out to NC State University), or Credit/Debit Card. We accept Visa & MasterCard only.
* Refunds will not be issued.
* Cancellations must be made 24 hours in advance.

Equipment Available:

* Boats (Kayaks and Canoes)
* “Wolf Wheels” bike rentals

**Custom Programs:**

* + Challenge Course Programs
  + Trips and Outdoor Workshops
  + Climbing Wall Programs
  + Equipment Rentals
  + Facilitation and trainings for your staff
  + Programs to meet your needs

(Designed primarily to serve the NC State campus community, but also work with local nonprofits and business groups.)

Wolfpack Bound

Wolfpack Bound is an outdoor adventures program for incoming freshman and is complementary to NC State New Student Orientation. Offering a unique opportunity to develop long lasting relationships, you will develop leadership skills, goal setting, time management and outdoor skills.

You will be challenged both physically and mentally as you hit the trail backpacking and climbing or sea kayaking on the coast. Trips do not require previous experience.

**Miscellaneous:**

Additional Complexes:

Centennial Campus

DISC GOLF COURSE

Nestled just off Lake Raleigh is the 9-hole disc golf course. Completed in 2010, this challenging, rustic course is available free of charge for NC State students, faculty and staff.

CENTENNIAL RECREATION FIELDS

The Centennial Fields are located on the beautiful Centennial Campus just off Achievement and Varsity Drives. The two-2.5 acre playing fields are home to club sports practices and special events.

GREENWAY PAR COURSE

Want to challenge yourself on your next run along the Greenway on Centennial? Five par-course stations offer upper and lower body exercise stations throughout the 2.5 mile run across Centennial Campus.

[Par Station Locations](https://recreation.dasa.ncsu.edu/wp-content/uploads/sites/28/2014/06/ParCourse.pdf)

METHOD ROAD COMPLEX

Spanning more than four acres, Method Road accommodates Sports Programs, Health and Exercise Studies and other University Groups.

Available Spaces And Rates:

Aquatics

25 YARD POOL

* Up to 11 Lanes configured for lap swimming
* Includes Dive Well
* ADA Compliant Pool Chair Lift

50 METER POOL

* Up to 18 short-course lanes
* Up to 8 long-course lanes
* ADA Compliant Pool Chair Lift

25-YARD POOL RATES

|  |  |  |
| --- | --- | --- |
| NC State Student | NC State Department | External User |
| $0 | $140/Hour | $190/Hour |

DIVE WELL RATES

|  |  |  |
| --- | --- | --- |
| NC State Student | NC State Department | External User |
| $0 | $30/Hour | $40/Hour |

50-METER POOL RATES

|  |  |  |
| --- | --- | --- |
| NC State Student | NC State Department | External User |
| $0 | $150/Hour | $225/Hour |

Carmichael Gymnasium

INDOOR BASKETBALL COURTS

* Up to 11 Courts
* Can be configured for multi-purpose activities
* Badminton, Basketball, and Volleyball court lines

MULTIPURPOSE STUDIOS

* Up to 2 Studios
* Carmichael Gym Rooms 2016/1240
* Fitness Classes and Multipurpose activities
* Handicap Accessible

TENNIS COURTS

* Up to 12 Courts
* Gated
* Hard Surface Court

RAQUETBALL COURTS

* Up to 17 Courts
* Second Floor Viewing
* Protective Netting above walls

INDOOR BASKETBALL COURTS

|  |  |  |
| --- | --- | --- |
| NC State Student | NC State Department | External User |
| $0 | $50/Hour/Court | $75/Hour/Court |

MULTIPURPOSE STUDIOS

|  |  |  |
| --- | --- | --- |
| NC State Student | NC State Department | External User |
| $0 | $25/Hour | $75/Hour |

TENNIS COURTS

|  |  |  |
| --- | --- | --- |
| NC State Student | NC State Department | External User |
| $0 | $10/Hour/Court | $15/Hour/Court |

RAQUETBALL COURTS

|  |  |  |
| --- | --- | --- |
| NC State Student | NC State Department | External User |
| $0 | $10/Hour/Court | $15/Hour/Courts |

Field Space

CENTENNIAL RECREATION FIELDS

* Up to 2 Multipurpose Fields
* Located near 9-Hole Disc Golf Course
* Field Dimensions
  + Lower Field: 200 ft. by 270 ft.
  + Upper Field: 200 ft. by 255 ft.

MILLER FIELD

* Up to 3 Multipurpose Fields
* Stadium Lighting, Gated
* Field Dimensions
  + 650 ft. by 240 ft.
  + 490 ft. by 240 ft.
  + 295 ft. by 230 ft.

METHOD FIELD

* Up to 2 Multipurpose Fields
* On-Site Restrooms, Stadium Lighting, Gated
* Field Dimensions
  + 260 ft. by 330 ft
  + 235 ft. by 380 ft.

CENTENNIAL RECREATION FIELDS

|  |  |  |
| --- | --- | --- |
| NC State Student | NC State Department | External User |
| $0 | $25/Hour/Field | $35/Hour/Field |

MILLER FIELD

|  |  |  |
| --- | --- | --- |
| NC State Student | NC State Department | External User |
| $0 | $30/Hour/Field | $40/Hour/Field |

METHOD FIELD

|  |  |  |
| --- | --- | --- |
| NC State Student | NC State Department | External User |
| $0 | $35/Hour/Field | $45/Hour/Field |

NC State University Support Staff Available with Rental:

|  |  |
| --- | --- |
| Staff | Cost (Per Hour) |
| Police (NC State Supervisor) | $45 |
| Police (NC State) | $40 |
| Security (Event 1) | $28 |
| Fire Protection | $40 |
| Parking Attendant | $40 |
| Housekeeping | $20 |
| Maintenance | $30 |