



NORTH DAKOTA STATE UNIVERSITY

INFORMATION AND PROGRAM GUIDE

NDSU

WELLNESS CENTER

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MISSION STATEMENT

We promote a culture of lifelong wellness by developing innovative programs and services for the NDSU community.

VISION STATEMENT

A destination that inspires healthy lifestyles

POLICY

NDSU Wellness Center policies are located at wellnessportal.ndsu.edu/Home/Terms. All members and guests are expected to follow all policies and procedures, as well as the direction of Wellness Center staff.

HOURS

Wellness Center academic hours

Monday – Friday 5:30 a.m. – 11 p.m.
Saturday 8 a.m. – 9 p.m.
Sunday 11 a.m. – 11 p.m.

Wellness Center summer hours

Monday – Friday 5:30 a.m. – 8 p.m.
Saturday 8 a.m. – 2 p.m.
Sunday 2 p.m. – 8 p.m.

Aquatics, Climbing and Outdoor Adventures and facility holiday/break hours are available at ndsu.edu/wellness/about_us/hours_of_operation.

CONTACT:

Phone: 701.231.5200
Email: ndsu.wellness@ndsu.edu



WELLNESS CENTER APP

The Wellness Center App is your one-stop location for all information regarding intramurals, program registration and safety education. The app allows members to view equipment checkout history, transactions and up-to-date schedules of activity space. Members also can track visits, use the digital ID in the app for facility access and view current program information. Download the Wellness Center App in the App Store or Google Play.





MORE THAN 40 PROGRAMS
EVERY SEMESTER

FACILITY

MEMBERSHIP AND PROGRAMS

The NDSU Wellness Center is a student-supported and student-run facility, focused on providing innovative programs and services that inspire healthy lifestyles in the NDSU community. The Wellness Center is a state-of-the-art fitness facility, providing a wide variety of programs.

Aquatics	Intramurals
Child Care	Open Recreation
Climbing Wall	Outdoor Adventures
Fitness Programs	Safety Education

MEMBERSHIPS

Student memberships are funded by a wellness fee paid with tuition each semester. To be eligible for a student membership, you must be enrolled in at least one credit at NDSU and paying the wellness fee. In addition to maintaining enrollment, you also are required to complete the appropriate waiver and present your NDSU ID or Wellness Center App digital ID for every visit to gain access to the facility.

NDSU faculty, staff, alumni and affiliates are eligible for paid memberships at the Wellness Center. Rates and membership commitments vary. For specific details, visit ndsuh.edu/wellness/membership.

Sponsored memberships are an option for community members who would like to use the facility. A current Wellness Center member must accompany a sponsored member to complete the membership process. All active members (excluding sponsored members) can serve as sponsors.

Single visit **guest passes** are available to anyone who is eligible for a membership or can be purchased by someone accompanied by a Wellness Center member.

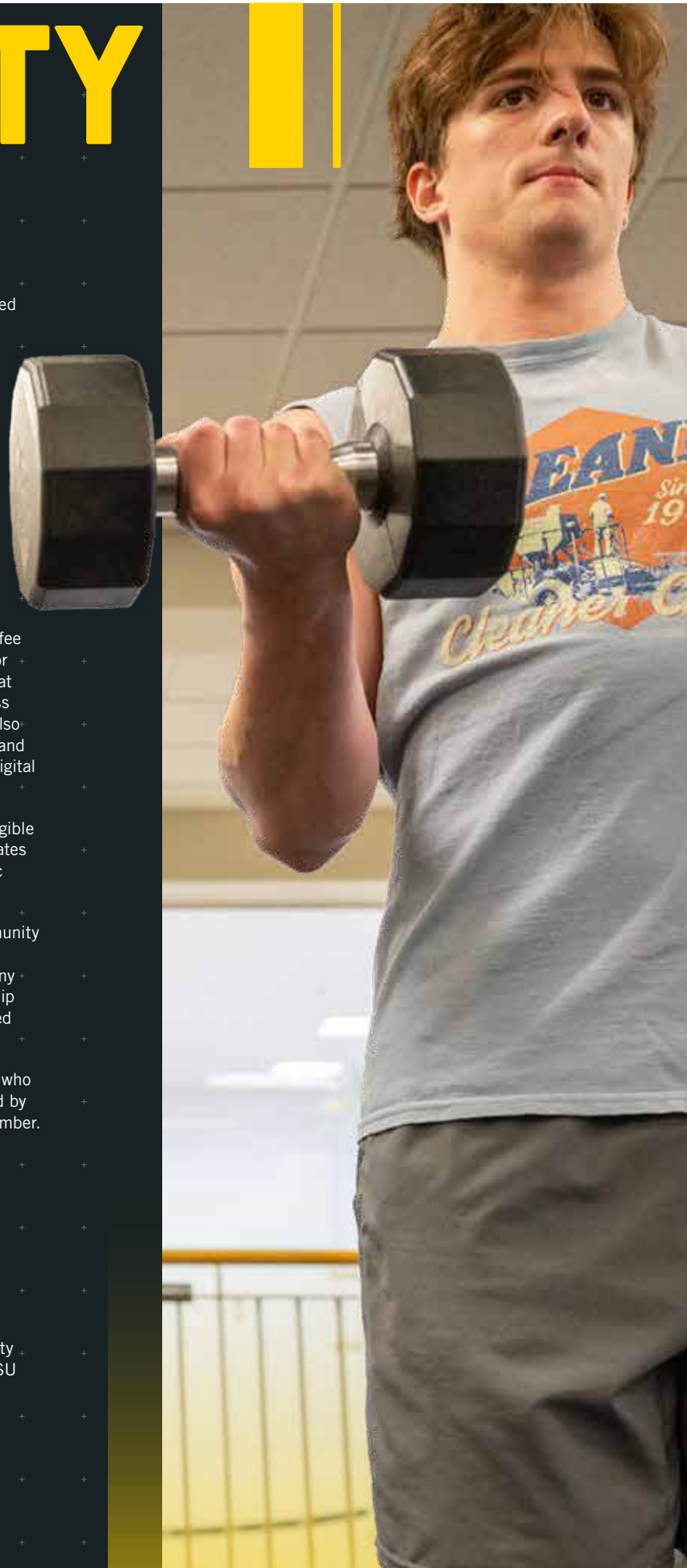
CONTACT:

701.231.5213
ndsuh.wc.membcomm@ndsuh.edu
ndsuh.edu/wellness/membership

ACCESS

The Wellness Center is a controlled-access facility and is solely intended for the use of current NDSU students, along with other authorized members.

NDSU-issued ID cards or digital ID in the Wellness Center App are required for entry, are non-transferable and for the exclusive use of the person named on the card.





FACILITY

FACILITY RENTALS AND RESERVATIONS

The Wellness Center is supported by student fees and is primarily intended for student use. Recognized student organizations and club sports in good standing with the Congress of Student Organizations are permitted to reserve up to three hours of space per week within the facility for activities related to their organization or sport depending on space availability. Additional time is charged at the student reservation rate. Other student groups also may be permitted to reserve space depending on the planned activity and the time requested. University groups and departments may rent space in the facility only during off-peak student use times. Facility rental policies and rate categories maintain a balance between serving student needs and NDSU departments. Individuals may not reserve or rent any part of the facility. Non-NDSU groups will be considered on a case-by-case basis during the summer semester only.

All facility rentals and reservations must be requested and approved through wellnessportal.ndsu.edu/facility. Priority is given to general student use and Wellness Center programming before reservations are allowed.

Racquetball court reservations are free of charge to all members. To request use of one of the four courts, go to wellnessportal.ndsu.edu/CourtReservation. Members are allowed to reserve up to two hours at a time.

CONTACT:

wellnessportal.ndsu.edu/facility
701.231.5216





EQUIPMENT

Treadmills

Ellipticals

Cycle bikes

Rowing machines

Cable machines

Free weights and benches

Squat racks

Platforms

Stairmill

TRX

Stretch trainers

Pin-select strength machines: leg curl, leg extension, leg press, seated row, lat pull down

Plate-loaded strength machines: hammer curl, bench press, landmine, calf raise

STUDENT EMPLOYMENT

The Wellness Center employs more than 175 students who work as a team to deliver programs and services to the NDSU community. We hire motivated team members who strive to serve others in a fun learning environment. If you are a passionate and positive person who would like to be part of the Wellness Center team, you are encouraged to complete an application.

Positions Include:

- Customer Service Desk
- Child Care
- Facility
- Exercise equipment tech
- Climbing and Outdoor Adventures
- Officials
- Lifeguards
- Personal trainer
- Group fitness instructors
- Swim lesson instructors

Submit your application:

Submit an application for employment at ndsuhumanities.edu/wellness/employment. Applications are accepted year-round.

CONTACT:

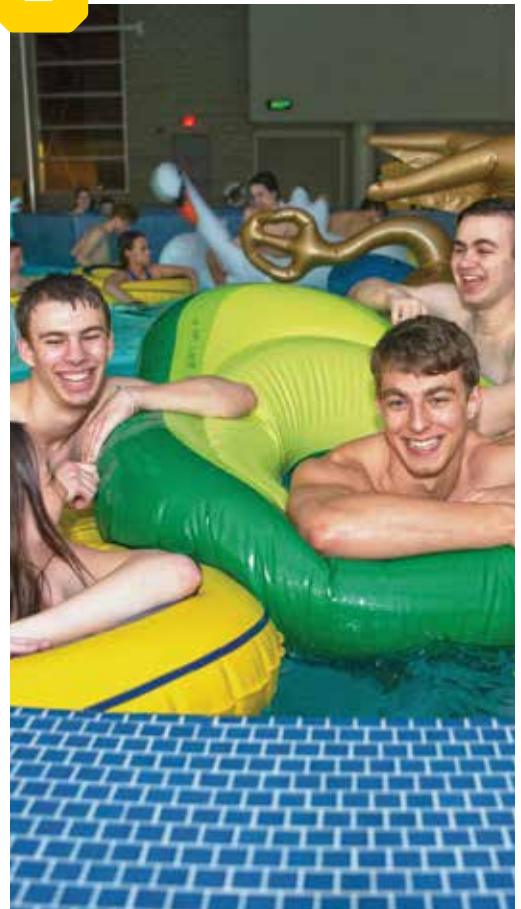
701.231.6511
ndsuhumanities.edu/wellness/employment







AQUATICS



PROGRAMS

- Lap pool
- Leisure pool/hot tub
- Wet classroom
- Gender-neutral locker rooms
- Men's and women's locker rooms
- Sauna
- Fire pit

SwimTrain: Do you want to learn to swim, swim faster or know how to obtain a great swim-based workout? SwimTrain is your personal trainer in Aquatics, designed to teach and coach individuals at all swim levels from beginner to advanced.

Aquatics: Programs and facilities in Aquatics at the Wellness Center meet the interests of both casual and competitive swimmers. Pools and facilities can be used for recreation, exercise or lessons.

Intramurals and GroupFIT: A variety of pool-based programs are offered each semester through Intramurals and our GroupFIT classes. Check out canoe battleship, key log rolling or floating yoga.

Scuba Course: You can begin working on your scuba certification by taking a course at the Wellness Center. Working with a local partner, we offer this non-credit class to students each year, combining classroom and pool-based instruction. Check the Wellness Center portal for more details.

Sunrise/Night Swim: At sunrise, enjoy your morning workout in Aquatics without all the bright lights. Overhead lighting is reduced and the underwater lighting is turned on creating a calming start to the day. Night swim helps you relax at the end of the day. The overhead lighting is turned down and the underwater lighting and fire pit are turned on.

Floaty Night: Have a fun night with friends floating on giant rubber ducks, unicorns and swans. One of the most popular events in Aquatics, this event is free to NDSU students and members.

CONTACT:

701.231.5216
ndsuhq.wellness.ndsu.edu/aquatics

wellnessportal.ndsu.edu



SAFETY EDUCATION

The Wellness Center offers several safety education courses to students, members and the NDSU community. NDSU Swim Academy offers American Red Cross Learn-to-Swim courses designed to provide children and young teens with a developmentally appropriate aquatic learning experience.

American Red Cross Adult and Pediatric CPR/AED/First Aid: The course incorporates the latest science and instruction to recognize and care for a variety of first aid emergencies such as burns, cuts, sudden illnesses, head/neck and back injuries, and heat/cold emergencies. Individuals who successfully complete this course receive a certificate valid for two years.

American Red Cross Lifeguard full course: The course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies.

American Red Cross Lifeguard Recertification: The purpose of the course is to renew certification of currently certified lifeguards.

American Red Cross CPR for the Professional Rescuer and Health Care Provider (CPRO): The course trains professional-level rescuers to respond to breathing and cardiac emergencies in adults, children and infants.

Water Safety Instructors: This American Red Cross course is designed to train swim lesson instructors. Participants must be 16 years of age by the last day of class and be able to complete level 4 exit skills (American Red Cross Learn-To-Swim Level 4).

Swim Academy: The program is designed to provide children and young teens with a developmentally appropriate aquatic learning experience. Each class is filled with fun, engaging and challenging activities that motivate participants to want to perform and learn how to swim.

To find out more about NDSU Swim Academy, go to ndsuh.edu/wellness/aquatics/ndsuh_swim_academy.

CONTACT:

701.231.5216
ndsuh.edu/wellness/aquatics

FITNESS



TRAINING

Our nationally certified personal trainers have extensive knowledge and experience that will help customize an exercise program to shape your mind and body into a healthier you. What to expect from our trainers:

- Sessions offered individually, with a partner or as a group
- Learn proper progression, form, focus and how to incorporate full-body movement as you establish an individualized functional training program
- Optimal results through an exercise plan based on your needs and goals
- Proper instruction for exercise technique and progression
- Specific training and hands-on learning of innovative, specialized exercises
- Motivation, encouragement and support in every 45-minute session

COMPREHENSIVE FITNESS ASSESSMENT

How fit are you? A comprehensive fitness assessment using the Bod Pod® and anthropometric measurements (flexibility, strength, endurance) can help provide a baseline of your current fitness level and/or determine health and fitness improvements over time. The fitness evaluation includes tests to determine resting heart rate, blood pressure, aerobic capacity, muscular strength and endurance, flexibility, power and body composition.

Register at wellnessportal.ndsu.edu.

CONTACT:
701.231.7360
ndsu.edu/wellness/fitness

GROUPFIT

All members are encouraged to take advantage of free group classes. A new schedule is available during the fall, spring and summer semesters. Up to 40 classes are scheduled during the academic year throughout the day to accommodate your schedule and interests. Enjoy the support and encouragement of others in one of our free group classes.

PROGRAMS

- Yoga
- BogaFit
- HIIT
- Cycle
- Zumba
- Strength training

About GroupFIT

- Drop-in style; no registration needed
- Available for all members and guests
- Taught by certified instructors
- Wide variety of classes to fit your needs
- FREE

CONTACT:
701.231.7360
ndsu.edu/wellness/fitness




INTRAMURALS

Intramurals provide students and members the opportunity to participate in a variety of activities throughout the academic year. Intramurals are structured recreational and competitive activities hosted at the Wellness Center or nearby green space.

- Basketball
- Wallyball
- Canoe battleship
- Volleyball
- Soccer
- Spikeball
- Softball
- Kickball
- Beanbag toss
- Flag football
- Badminton
- Pickleball
- Dodgeball
- Racquetball
- Hockey

Students must be enrolled in at least one credit. Participants must present a valid NDSU ID or government-issued ID at each event. Games will be played one night a week for an allotted number of weeks.

The Wellness Center also offers one-day tournaments and fantasy games for selected sports.

Follow Wellness Center Intramurals on  Twitter | @NDSUIMSports

Register and pay at wellnessportal.ndsu.edu.

CONTACT:

701.231.7384 • ndsu.wc.intrarec@ndsu.edu
ndsu.edu/wellness/intramural_sports



OPEN RECREATION

EQUIPMENT CHECKOUT

You can check out a variety of equipment at the Wellness Center to enhance your workout or to use with a group. Try something new and let us provide the equipment!

Equipment:

- Basketballs
- Volleyballs
- Wallyballs
- Soccer balls (Futsal)
- Footballs
- Rugby balls
- Pickleball equipment
- Lifting equipment (belts, gloves, etc.)
- Handball
- Dodgeball
- Spikeball
- Bean bag toss
- Table tennis
- Boxing equipment
- Towels
- Racquetball
- Badminton
- Squash
- Tennis

OPEN RECREATION

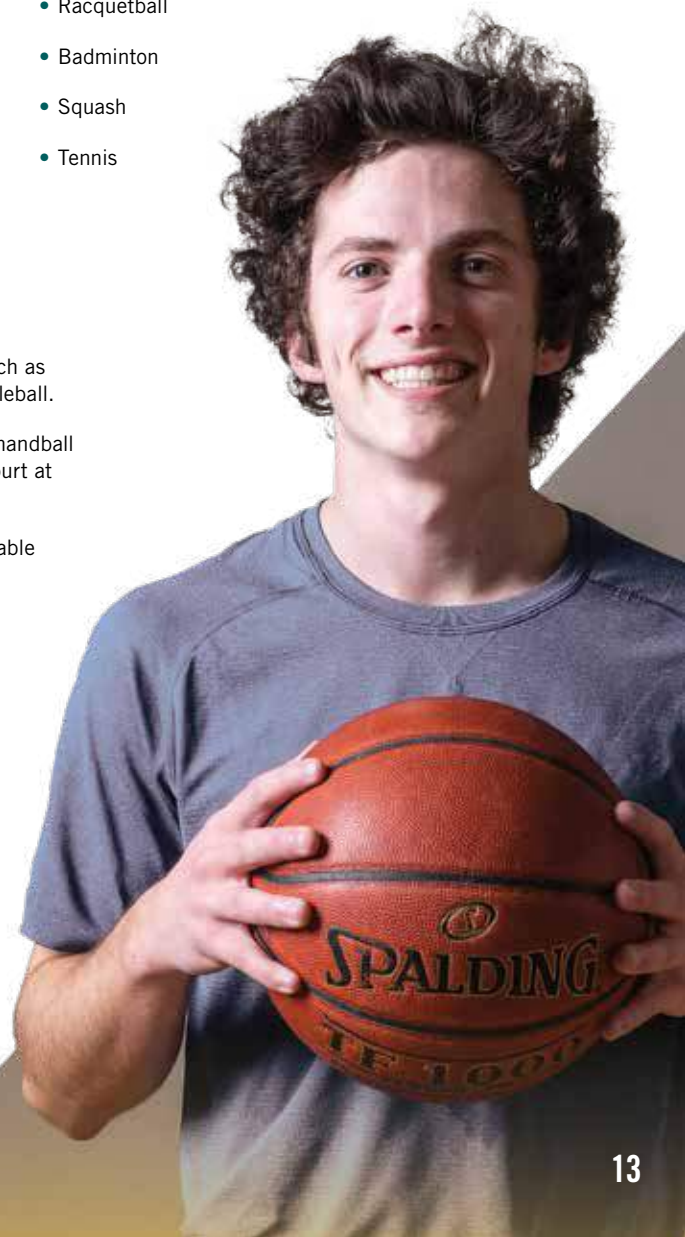
Three courts are available for open recreation, such as pickup basketball, badminton, volleyball and pickleball.

Four racquetball courts are available for squash, handball and wallyball. Make a reservation to guarantee a court at wellnessportal.ndsu.edu/courtreservation

A Multipurpose Activity Court (MAC Gym) is available for tennis, indoor soccer and other sports.

CONTACT:

701.231.7360 • ndsu.wc.intrarec@ndsu.edu
ndsu.edu/wellness/open_recreation



CLIMBING WALL

The climbing wall is open to all students and members, regardless of skill level. The climbing wall offers free belay and lead qualification classes, semester competitions and open climbing each day.

- 33-foot pinnacle, 14 top ropes and separate bouldering wall
- A variety of terrain from moderate to advanced routes for beginner and expert climbers
- Belay certification offered daily
- Lead belay classes for the advanced climber

SLACKLINE

One day per week, climbing wall staff members set up a slackline for a unique experience. This is the sport of balancing on a wide, flat rope that is fixed above the ground between two anchor points. Experience is not necessary and staff will be available to assist you.

CLIMBING COMPETITIONS

The Wellness Center offers an annual climbing competition in the fall open to anyone and all skill levels. Test your knowledge and technical skills of top-rope climbing and bouldering. Routes are set by current Wellness Center staff and divisions are split between beginner, intermediate and advanced.

CONTACT:

701.231.7384 • nds.wc.intrarec@nds.edu
nds.edu/wellness/open_recreation/climbing_wall





OUTDOOR ADVENTURES

Find your outdoor adventure here. The Wellness Center offers equipment available for rent to take your wellness outside. The Fargo-Moorhead area has many opportunities in both warm and cold weather to enjoy a variety of activities. Equipment can be rented for one day or up to one week at a time and includes:

- Camping equipment
- Outdoor games
- Canoes
- Rollerblades
- Cross country skis
- Snowshoes
- Ice skates
- Tents
- Kayaks

Outdoor Adventures also organizes outdoor experiences for students to enjoy. The various activities are coordinated through the Wellness Center.

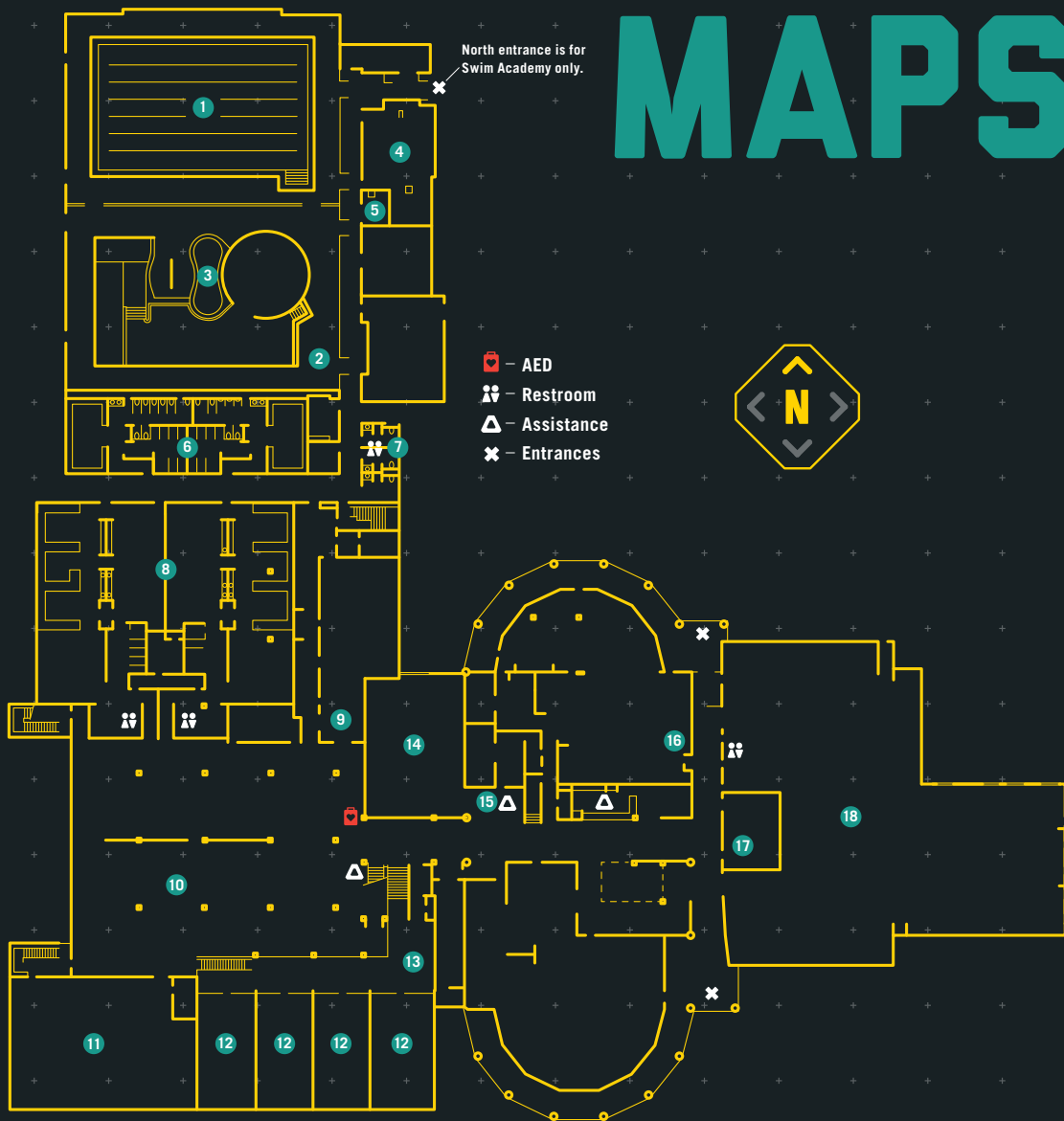
CONTACT:

701.231.7390 • ndsu.wc.intrarec@ndsu.edu
ndsu.edu/wellness/open_recreation/outdoor_adventures





MAPS+



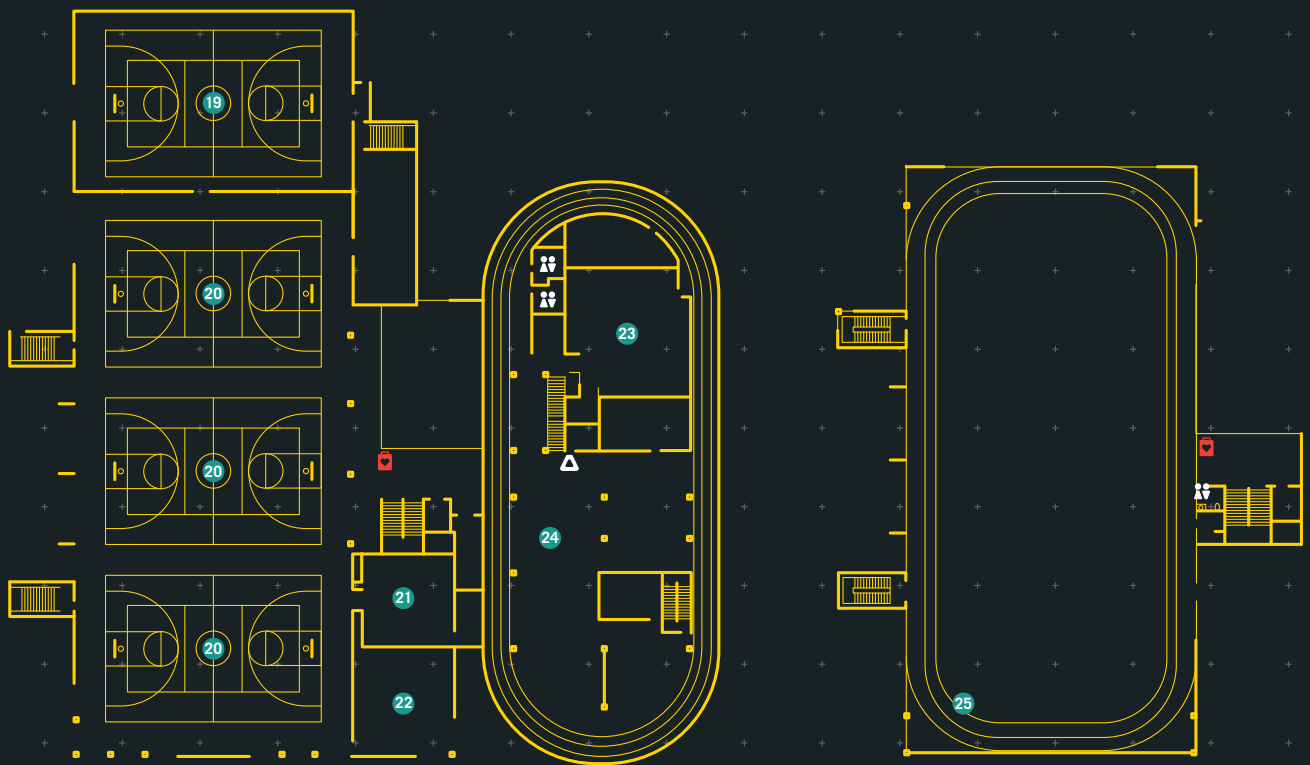
FIRST FLOOR

- | | | |
|-------------------------|--------------------------------|----------------------------|
| 1. Lap Pool | 7. Gender-neutral Locker Rooms | 13. Table Tennis |
| 2. Leisure Pool | 8. Locker Rooms | 14. Climbing Wall |
| 3. Hot Tub | 9. Equipment Checkout | 15. Outdoor Adventures |
| 4. Wet Classroom | 10. Strength | 16. Child Care |
| 5. Sauna | 11. Studio B (Group Fitness) | 17. Classroom |
| 6. Aquatic Locker Rooms | 12. Racquetball Courts | 18. Student Health Service |





DIRECTIONS



SECOND FLOOR

- 19. MAC Gym
- 20. Basketball Courts
- 21. Martial Arts Studio

- 22. Cycling Studio
- 23. Studio A (Personal Training)
- 24. Cardio

THIRD FLOOR

- 25. Walking/Running Track



CONTACT:

Phone: 701-231-5200

Email: ndsu.wellness@ndsu.edu

MAILING ADDRESS:

NDSU Wellness Center
PO Box 6050 Dept 3450
Fargo, ND 58108-6050

PHYSICAL ADDRESS:

NDSU Wellness Center
1707 Centennial Blvd.
Fargo, ND 58102

Membership: 701-231-5213

Fitness: 701-231-7360

Intramurals: 701-231-7384

Aquatics: 701-231-5216

Outdoor Adventures: 701-231-7390

Student Employment: 701-231-6511

Facility Reservations: 701-231-5216

Childcare: 701-231-5219