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.
1. Lap Pool
2. Leisure Pool
3. Hot Tub
4. Wet Classroom
5. Steam
6. Aquatic Locker Rooms
7. Gender Neutral Locker Rooms
8. Locker Rooms
9. Strength
10. Studio B (Group Fitness)
11. Racquetball Courts
12. Table Tennis
13. Child Care
14. Climbing Wall
15. Equipment Checkout
16. Classroom
17. Student Health Service
18. MAC Gym
20. Martial Arts Studio
21. Cycling Studio
22. Walking Track
23. Studio A (Personal Training)
24. Cardio
25. Running Track
MEMBERSHIP

Membership for enrolled students is included in the wellness fee paid with tuition each semester. Students need to be enrolled in at least one credit and paying the wellness fee to access the facility. Enrolled students can access the facility by signing the waiver of liability during their first visit and maintaining one credit. Students must present their NDSU ID at each visit to the facility.

NDSU staff, faculty, and university affiliates are eligible for membership. All current, active members also may sponsor one individual for membership through the Sponsored Membership Program. All members are eligible to sponsor guests.

Full membership policies and details can be found at ndsu.edu/wellness/membership.

CONTACT:
701.231.5213 • ndsu.wc.membcomm@ndsu.edu

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 are required for entry, are non-transferable, and are for the exclusive use of the person named on the card.
WELLNESS PORTAL

The Wellness Center Web Portal is your one-stop location for all information regarding intramural sports, program registration, safety education and facility/court reservation requests.

The portal allows members to view equipment checkout history, transactions and up-to-date schedules of activity space. Members also can track visits and view social media feeds and current news postings.

Access the portal at wellnessportal.ndsu.edu.

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. Unrelated groups and departments may rent space in the facility only during off-peak student use times. Facility rental policies and rates are available at WellnessCenter.ndsu.edu.

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

Contact:
Facility Reservations Page
wellnessportal.ndsu.edu/reservations
701.231.5216

POLICY

NDSU Wellness Center policies are located at wellnessportal.ndsu.edu/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.

Aquatic, climbing and facility holiday/break hours are available at wellnessportal.ndsu.edu/about/contact.

CONTACT
Phone: 701.231.5200
Email: ndsu.wellness@ndsu.edu
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
- Fitness
- Lifeguards
- Recreation
- Officials
- Climbing wall
- Group fitness instructors
- Water safety instructor

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

CONTACT:
701.231.6511
ndsu.edu/wellness/employment
AQUATICS

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

PROGRAMS

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. A swim assessment is required before training can start.

Aquatic Intramurals and GroupFIT: The Wellness Center offers additional intramural sports and GroupFIT classes held in aquatics (canoe battleship, paddleboard yoga, etc.).

Scuba Course: Each semester, the Wellness Center partners with an external scuba organization to bring a scuba course to NDSU.

Sunrise/Night Swim: At sunrise, enjoy your morning workout in aquatics without all the bright lights. The overhead lighting will be reduced and the underwater lighting will be turned on. Night swim will help you relax at the end of the day. The overhead lighting is turned down and the underwater lighting and fire pit will be turned on.

Swim Masters: Use this drop-in-style program to learn advanced stroke technique in a swim-team style training.

CONTACT:
701.231.5216
ndsu.edu/wellness/aquatics
wellnessportal.ndsu.edu
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: This course incorporates the latest science and instructs individuals 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. It instructs individuals how to respond to breathing and cardiac emergencies to help victims of any age – adults (12 years and older) and pediatric (infants and children up to 12 years old). Individuals who successfully complete this course will receive a certificate valid for two years.

American Red Cross Lifeguard full course: The course prepares entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies. Participants also will be able to provide care for breathing and cardiac emergencies, injuries and sudden illnesses. *Prerequisites are required. Visit ndsu.edu/wellness/aquatics/safety_education for details.

American Red Cross Lifeguard Recertification: The purpose of the course is to renew certification of currently certified lifeguards. *Prerequisites are required. Visit ndsu.edu/wellness/aquatics/safety_education for details.

American Red Cross CPR for the Professional Rescuer and Health Care Provider (CPRD): 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). *Participiants must complete prerequisites. Visit ndsu.edu/wellness/aquatics/safety_education for details.

For more information about NDSU Swim Academy, go to ndsu.edu/wellness/aquatics/ndsu_swim_academy.

CONTACT:
701.231.5216
ndsu.edu/wellness/aquatics

SMALL-GROUP TRAINING
This program includes four weeks of small-group training with a personal trainer.

- Learn proper progression, form focus and how to incorporate full-body movement as you establish an individualized functional training program.
- Small-group training is flexible and works with you to create a plan.
- Price: $10 per person

PERSONAL 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.

- 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
The Wellness Center provides a comprehensive fitness assessment using the Bod Pod® and anthropometric measurements (flexibility, strength, endurance). The assessment will 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, body fat and body fat 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!

PROGRAMS
- Yoga
- Zumba
- Cycle
- HIT
- BagFit
- Insanity

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
9,672 STUDENTS USED THE WELLNESS CENTER LAST YEAR
The Intramural Sports program provides students, faculty, and staff the opportunity to participate in a variety of intramural activities throughout the academic year. Intramural sports are structured recreational and competitive activities hosted at the Wellness Center or nearby green space.

Sports offered (may change):
- Basketball
- Volleyball
- Softball
- Flag football
- Dodgeball
- Wallyball
- Soccer
- NFL pick’em
- Badminton
- Racquetball
- Canoe battleship
- Spikeball
- Students must be enrolled in at least one credit. Participants must present a valid NDSU 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 intramural sports on Twitter @NDSUIMSports.
Register and pay at wellnessportal.ndsu.edu.

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

A variety of equipment is available for checkout with a valid NDSU or Wellness Center ID. Failure to return equipment or damaged equipment may result in a late fee or replacement fee.

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
- Boing equipment
- Towels
- Racquetball
- Badminton
- Squash
- Tennis

Available spaces:
Open recreation is available for all students and members.
Three basketball courts are available for open recreation, such as pick-up basketball, badminton, volleyball and pickleball.
Four racquetball courts are available for squash, handball, badminton and wallyball, by reservation only. Make a reservation to guarantee a court at https://wellnessportal.ndsu.edu.
A Multipurpose Activity Court (MAC Gym) is available for tennis, indoor soccer, and other sports.

CONTACT:
701.231.7384 • ndsu.wc.intrarec@ndsu.edu
ndsu.edu/wellness/open_recreation

The Intramural Sports program provides students, faculty and staff the opportunity to participate in a variety of intramural activities throughout the academic year. Intramural sports are structured recreational and competitive activities hosted at the Wellness Center or nearby green space.

Sports offered (may change):
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- Softball
- Flag football
- Dodgeball
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- Soccer
- NFL pick’em
- Badminton
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A Multipurpose Activity Court (MAC Gym) is available for tennis, indoor soccer, and other sports.

CONTACT:
701.231.7384 • ndsu.wc.intrarec@ndsu.edu
ndsu.edu/wellness/open_recreation
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

A belay qualification course is offered at no additional charge for beginning climbers. Lead qualification classes also are available at no cost. To sign up for a course, visit the Recreation and Intramural Desk and speak to one of the recreation staff.

Slackline on Thursdays: Every Thursday night, the climbing wall sets up a slackline for a unique experience. This is the sport of balancing on a wide, flat rope that is fastened between two anchor points. Experience is not necessary and staff will be available to assist you.

CLIMBING COMPETITIONS

The Wellness Center offers two annual climbing competitions: Fall Crawl, held in November, and Off the Wall, held in April, open to anyone and all skill levels. They test 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 • ndsu.wc.intrarec@ndsu.edu
ndsu.edu/wellness/open_recreation/climbing_wall
Wellness combines seven dimensions of well-being into a quality way of living. Wellness is the ability to live life to the fullest and to maximize personal potential in a variety of ways. Wellness places responsibility on the individual; it becomes a matter of self-evaluation and self-assessment. Wellness involves continually learning and making changes to enhance your state of wellness.

SPIRITUAL
The sense that life is meaningful and has a purpose; the ethics, values and morals that guide us and give meaning and direction to life. Spiritual wellness implies a search for meaning and purpose in human existence, leading you to strive for a state of harmony while working to balance your inner needs with the rest of the world.

INTELLECTUAL
A state in which your mind is engaged in lively interaction with the world around you. Intellectual wellness involves unbridled curiosity and ongoing learning. This dimension of wellness implies you can apply the things you have learned and create opportunities to learn more. You engage your mind in lively interaction with the world around you.

EMOTIONAL
The ability to understand your own feelings, accept your limitations, achieve emotional stability and become comfortable with your emotions. Emotional wellness relates to the ability to express emotions appropriately, adjust to change, cope with stress in a healthy way and enjoy life despite occasional disappointments and frustrations.

ENVIRONMENTAL
The capability to live in a clean and safe environment that is not detrimental to health. The quality of our environment has a direct effect on personal wellness. To enjoy environmental wellness, we need clean air, pure water, quality food, adequate shelter, satisfactory work conditions, personal safety and healthy relationships.

SOCIAL
The ability to relate well to others, both within and outside the family unit. Social wellness gives us the ease and confidence to be outgoing, friendly and affectionate toward others. Social wellness involves not only a concern for the individual, but also an interest in humanity and the environment.

OCCUPATIONAL
Preparing and making use of your gifts, skills and talents to gain purpose, happiness and enrichment in your life. Occupational wellness means successfully integrating a commitment to your occupation into a satisfying and rewarding lifestyle. The development of occupational satisfaction and wellness is strongly related to your attitude about your work.

PHYSICAL
A healthy body maintained by good nutrition, regular exercise, the avoidance of harmful habits, informed and responsible decisions about health, and medical assistance when necessary. Physical wellness requires a well-balanced diet, plenty of physical activity and exercise, proper weight maintenance and sleep, avoidance of risky sexual behavior, limited exposure to environmental contaminants and restricted intake of harmful substances.