

CAMPUS RECREATION



Plan a *student organization retreat* at the SRC

Team Challenge is a program that follows its name. Bring in a group of people and we will challenge them! The program is designed to facilitate safe, fun activities to groups, classes, organizations or departments. The activities are tailored to fit your group's specific needs. The activities promote teamwork, communication, leadership, trust, sensitivity, diversity, conflict management and just plain fun!

Outreach:

- Recognize concepts from activities that can be used at home, school and/or community environment
- Identify what their role is within the group during the activity
- Identify the value of strengths and differences within the group

Team Challenge Facilitators will:

- Create an environment for "learnable moments"
- Help shape how people respond in an environment that challenges them
- Identify opportunities for participants to engage their senses in learning by utilizing activities that combine sensory and motor skills.

What will I learn?

Critical thinking, problem solving, public speaking, listening, observing, collaboration, networking, physical development, taking appropriate risks, challenging oneself and having fun!!!

Facilitators are...

- Facilitators trained in the challenge masters portable low ropes kit.
- CPR for the Professional Rescuer/AED/First Aid trained through the American Red Cross.
- Always encourage participation. We offer "challenge by choice" for all activities

www.asu.edu/studentaffairs/src/team_challenge/retreat_packaging.htm

FREE to organizations!

Contact Stefani Plummer 965-8909 or Stefi@asu.edu

GET INVOLVED: Intramurals

Get registered at www.asu.edu/studentaffairs/src/intramurals.htm

Or visit the SRC admin desk between 8am-5pm

**All ASU students have unlimited access to the newly-renovated Lincoln Family
YMCA at the ASU Downtown Phoenix Campus.**

Just a 5-minute walk from University Center, the YMCA offers all new state-of-the-art exercise equipment and amenities, including more than 50 cardio machines, two weight rooms, indoor/outdoor pool, gym, fitness center, free-weight room, aerobics/dance studio, handball/racquetball courts, an outdoor running track, sauna/steam room, whirlpool/Jacuzzi, Teen/Youth Center, general purpose room, child care/preschool room and a computer room.

More than 34 fitness classes are offered weekly, including *Yoga, Boot Camp, Health and Fitness and Aquatics*. Family, teen and childcare resources are also available, along with community development, arts and sports.

After a productive work out treat yourself with a relaxing visit to the YMCA's Sahara Bistro & Coffee, a wireless café offering specialty coffees, smoothies and lunch-to-go.

Note: this YMCA also participates in the [AWAY Program](#).

Hours of Operation:

Sunday: 11:00 a.m. – 5:00 p.m.

Mon. - Fri.: 5:00 a.m. – 10:00 p.m.

Saturday: 6:30 a.m. – 7:00 p.m.

Address and Phone:

350 N. 1st Ave.

Phoenix, AZ 85003

(602) 257-5138

Parking and 24-hour security provided.