get to know university recreation

NC State University Recreation has rapidly evolved since its inception in 1923, when the Department of Physical Education and Athletics was established. As the fitness and recreational needs of the Wolfpack community grew, so did the department. In 2002, the department of Campus Recreation was established and operated alongside Physical Education and Carmichael Complex. By 2010, Campus Recreation and Carmichael Complex merged and created University Recreation to better serve the NC State community.

Today, University Recreation continues to follow its storied history and aspires to be the center of fitness and well-being on the NC State University campus. More than 1 million annually visit the Carmichael Complex and engage in an environment that creates and inspires healthy, active lifestyles.

Mission
To provide quality, innovative and inclusive collegiate recreation programs, services and facilities that inspire healthy, active lifestyles with a commitment to excellence, learning and student success.

Vision
We aspire to be premier collegiate recreation leaders, connecting, engaging and transforming the Wolfpack community.

Values
- Discovery
- Excellence
- Competence
- Inclusivity
- Innovation
- Equality
- Communication
- Respect

Standing tall since 1961, the Carmichael Complex has served the recreational and fitness needs of the NC State community. Consisting of more than 350,000 square feet, the complex features three main facilities: Carmichael Gymnasium, Carmichael Recreation Center, and Carmichael Aquatic Center. This historic facility serves as an integral part of the NC State Campus and consists of:

- 30,000 square feet of Fitness Centers
- 50-meter pool
- 25-yard pool
- 18 racquetball courts
- 11 indoor courts
- Six multipurpose studios
- Three outdoor recreation fields
- Equipment checkout
- Indoor climbing wall
- Indoor Track
- Outdoor basketball & tennis courts
- Steam room/sauna
FIND OUT WHAT EVERYONE IS HOWLING ABOUT.
Push yourself and break records through **Fitness Challenges**. Interact with other fitness enthusiasts and put your work to the test. Reach legendary status in the weight room and set a personal best through timed and repetition challenges using battle ropes and other nontraditional equipment.

Go the extra mile and accomplish distance goals through **Aquatic Challenges**. Use any form of water movement and track the number of laps completed. Set your sights on destinations in North Carolina or to rival universities in the Atlantic Coast Conference.

Climb to new heights with the Summit Challenge. Scale the **Indoor Climbing Wall** and challenge yourself on more than 40 unique routes, guaranteed to improve your climbing technique.

Elevate your passion for competition. Compete against other universities across the United States in more than 40 **Club Sports** ranging from rugby, lacrosse, bass fishing, rowing and triathlon. These student-led organizations brought together by a common interest in sports are a great way to experience service and engagement.

Build camaraderie and set group goals in one of the six-week **Small Group Training** sessions. Stay accountable while exploring a new dimension of fitness. Guided by certified personal trainers and group fitness instructors, groups of 4-10 take their fitness to the next level in formats like Barre Burn, Les Mills GRIT® and IndoBoard® Yoga.

*It’s really good for stress management. Going to the gym regularly keeps me focused and using my time wisely instead of wasting time stressing.*

Develop habits that create balance and a healthy, holistic lifestyle. Track goals and stay accountable with a certified health coach using the **#Commit** program.

Starting out or need a check-up? Find your baseline using comprehensive **fitness assessments**. Track progression and reach goals faster by providing a baseline of health and wellness. Identify areas for improvement and develop a plan with assessments such as body composition, functional movement screening and general health testing.

The increase in my daily recreation activities have increased my overall health as well as desire to sustain and practice a healthy lifestyle.
Socialize with the Wolfpack and work up a sweat. University Recreation offers more than 125 energetic Group Fitness classes every week designed for every fitness level. Exercise with straps in TRX®, dance your way to less stress with ZUMBA®, challenge your fitness levels with H.I.I.T. and BODYPUMP® or find your zen in yoga.

Whether you are looking to learn how to work out properly, improve performance or lose weight, take advantage of one-on-one attention from nationally-certified Personal Trainers. Build a foundation to well-being in a just few sessions.

Develop new skills or prepare for the next meet. Private Swim Lessons are an excellent way to add lap swimming to your routine. Work individually or in a group with a certified swim instructor and learn techniques for basic water survival or stroke refinement.

Travel around campus using a healthy and environmentally conscious option. The WolfWheels Bike Program is designed for the NC State community to rent bicycles daily, for a weekend or on a weekly or semester-long basis. Leave less of a footprint on NC State’s campus while improving your own health through this sustainable and innovative transportation option.

As you prepare for your next adventure, visit the Outdoor Adventures Equipment Rental Center and get outfitted with the right gear for any outdoor trip. Rent kayaks, tents and backpacks for the day, weekend and full-week excursions or find the best locations based on your current skill level.

Set out to breathtaking locations across North Carolina and the United States on an Outdoor Adventures trip. From sea kayaking in the Outer Banks to exploring intricate cave systems in Tennessee, expert adventure seekers and novices alike experience exciting trips that ignite a passion for the outdoors.

Solve problems 30-feet in the air. The Challenge Course program offers customized and highly dynamic teambuilding and leadership development opportunities. Work as a team to expand comfort zones, build community and grow your self-confidence while in Schenck Forest, six-miles from NC State’s campus.

Discover a holistic path to being a Wellness champion. Learn stress management techniques and lifestyle modification tips. Find out how physical activity affects everyday health through interactive and engaging outreach educational sessions.

Improve or develop skills needed for any outdoor excursion. Outdoor Clinics prepare you with the knowledge you’ll need to explore the outdoors safely. Learn how to properly belay a climber, roll a kayak or create backcountry culinary creations.

It’s helped me get involved with other students and form relationships with them. Knowing other people on campus makes it feel not quite so big and intimidating.

Combining leadership with the thrill of the adventure. The Wilderness Leadership Program is designed to enhance technical skills in backpacking and rock climbing, while building interpersonal communication and risk management skills.

Get involved and learn valuable professional skills. University Recreation employs more than 700 students, making it the largest student employer on-campus. Start your path to success and attend a student employment recruitment session.

Turn a passion for health and wellness into a career. Backed by national certifying bodies like NASM® and ACE®, Personal Training, Group Fitness and Health Coach courses enable you to receive premier instruction and training to kickstart a career in the health and wellness field.
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