Vanderbilt Recreation and Wellness Center

Marilyn Holmes
Associate Director
Vanderbilt Recreation and Wellness Center (300,000 Sq Ft)

- Formerly Campus Recreation Center
- Serving faculty/staff, students, community, spouses/same-sex domestic partners, dependents 14 and older
Hours

- Monday – Thursday
  5AM – 11PM
- Friday - 5AM – 12AM
- Saturday 9AM – 10PM
- Sunday – 12PM – 11PM
Supporting Health and Productivity

- Fitness staff available to customize fitness programs
- Personal trainers
Offering a Variety of Exercise Options

- Cross training
- Variety to support interest in continuing to exercise
- Special needs
- Variety of fitness levels
Bowling Alley
Opens today at 5:00PM
$4/Individual for 1 hour
Group $20/hour
Can rent or bring your own ball and shoes

Field House, 2 Indoor Tracks, Outdoor Track
Options cont.

Basketball, Volleyball, Table Tennis, More (Only Squash Courts in the City)
Swim, Vanderbilt Swim School, Family Swim Nights
Exercise and Other Wellness Programming

Nutrition Minute, Vandy Cooks, Nutrition Displays, Nutrition on the Website

Vandy Walks, Walking Wednesdays, Walks and Talks

Wellness Resource Library
CAMPVANDY 2014

- 4 – 12 year olds
- 7AM to 6PM
- Learning
  - Games
  - Swimming
  - Presentations
  - Lunch/Snacks
  - And more
- Conveniently located on campus
Parking Available

- Lot 75 A for all with Vanderbilt decals (corner of Natchez Trace and Blakemore)
- Along Children’s Way
- 25th Avenue Garage
- South Garage
- Zone Lots for Crossover Parking after 2:30PM and prior to 7AM
- Metered parking
- Shuttles
Vanderbilt Recreation and Wellness Center Leadership

Associate Vice Chancellor Brock Williams
Interim Director
Send Questions and/or Comments

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