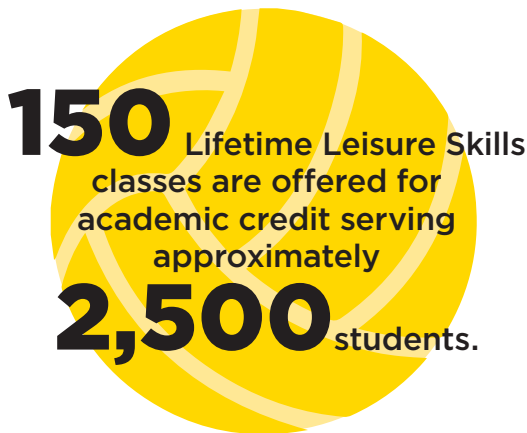
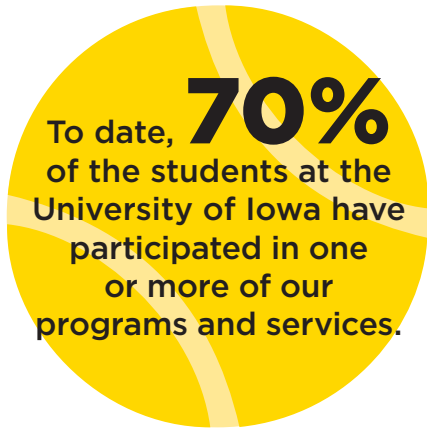




Recreational Services works to provide a diverse recreational experience that encourages active lifestyles for the University of Iowa community. The department's goal is to support the academic mission of the University while contributing to the holistic development of each individual.

Data gathered over the 2017-2018 academic year.



OPPORTUNITIES TO PARTICIPATE INCLUDE	
<b>46</b>	Intramural Sport Leagues
<b>48</b>	Sports Clubs
<b>91</b>	Group Fitness Classes Weekly
<b>10</b>	Adventure Trips Annually
<b>&gt;6000</b>	Hours of Open Access to Four Facilities

Participation in our programs and services contribute to growth and development of University of Iowa students. Based on a survey conducted by Sport Programs,

**87%** of students indicated that their involvement increased their ability to manage time effectively. In addition,

**88%** of students say participating increased their ability to identify individual strengths and the role they play in a group.