

FACILITIES

The Athletics-Recreation Center, fondly referred to as the ARC by Valpo students, is a combination of facilities covering more than 142,000 square feet of space devoted to athletics, physical education and recreation. Features include the swimming pool, seven additional playing floors, a nine-lap-per-mile running track, an area with a variety of equipment for cardio-vascular workout, and four racquetball/handball courts as well as the 5,100-seat arena that is home of the Crusader basketball and volleyball teams.

The Fitness Center, located next to the ARC, has a vast array of cardio equipment and strength machines to keep VU students strong and fit. The home for Recreational Sports, you can find the Recreational Sports offices in the north side of the building.

The outdoor tennis courts are located near Scheele Hall, and other residence hall complexes. The East Gate Athletic Complex is home of our Soccer & Intramural Fields and Emory Bauer Field. It is located east of Sturdy Road across from the east entrance to campus.

Other recreational activities are offered through the Union. Here you can test your skills in a variety of video games, play billiards and table tennis, and rent outdoor equipment such as backpacks, tents, skis and snow shoes. The student-run Union Board also plans recreational activities such as bus trips, concerts and variety of mini-courses on things as diverse as salsa dancing and Ukrainian egg decorating.

In addition to facilities provided by the University, you can benefit from a variety of excellent facilities in Valparaiso and other Northwest Indiana communities just a few minutes from campus.

The Office of Recreational Sports is located in the Fitness Center. Office hours are 9 a.m. to 5 p.m., Monday through Friday except during University holidays.

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