

University of the Incarnate Word

# Parent & Family Association

Welcome to the Nest, Families!



# Cardinal Health & Well-being

## Sports & Wellness



# Sports & Wellness

## Facilities:

Wellness Center

Natatorium

Fencing Center

Outdoor Fitness Complex

Disc Golf Course

Headwaters Field

## Programs:

Student Wellness

Intramural Sports

Club Sports

Employee Wellness



# Wellness Center

- Free with UIW ID\*
  - Must have ID to enter
- Exercise Classes
- Weight Room
- Cycling Room
- Cardio Room
- Basketball Court
- 3 Racquetball Courts
- Home to Club Sports
- Home to Intramurals
- Lockerrooms





# Natatorium

- Free with UIW ID\*
  - Must have ID to enter
- Water Aerobic Exercise Classes
- Lap Swimming
- Heated pool
- Sun Deck
- Locker rooms





# Intramural Sports

- Free with UIW ID\*
  - Open to current students, faculty and staff
- Compete against other UIW Students
- This semester:
  - Tennis Rec Nights
  - Weekly volleyball tournaments
  - Basketball (3v3 & 5v5)
  - 3-PT/Dunk Contest
  - Human Foosball
  - Dodgeball Tournament
  - Softball Tournament
  - Kickball Tournament
  - Archery Tag Tournament
  - Disc Golf Tournament



## ABOUT US

INTRAMURAL SPORTS ARE OFFERED AS INDIVIDUAL AND TEAM COMPETITIONS IN THE FORM OF REC NIGHTS, LEAGUES, TOURNAMENTS AND SPECIAL EVENTS. OPEN TO CURRENT UIW STUDENTS, FACULTY AND STAFF. ALWAYS FREE, ALWAYS FUN!

## SPORTS

DODGEBALL, BASKETBALL, VOLLEYBALL, SOCCER, FOOTBALL, LASERTAG, SOFTBALL, TABLE TENNIS, PICKLEBALL, BADMINTON, WALLYBALL, KICKBALL, DISC GOLF, ULTIMATE FRISBEE, FLOOR HOCKEY, SKILLS CHALLENGE, CLOCK WORK 3-POINT SHOOTOUT, OBSTACLE RACE, FIELD DAY, SLACKLINING, SPIKE BALL, SHOOT-RUN

Phone : 210-805-3001  
Email: [intramurals@uiwtx.edu](mailto:intramurals@uiwtx.edu)  
Website : [www.uiw.edu/intramurals](http://www.uiw.edu/intramurals)



## REC NIGHTS

Walk-up participation, no commitment, join as an individual or with friends!

## TOURNAMENTS

Sign up as a team or an individual, usually one night!

## LEAGUES

Sign up as a team or as an individual, leagues run for multiple weeks.



# Club Sports

- Compete against other University Club Sport teams
- Pay Dues
- Can join teams now!
- Attend practices
- Student driven, always willing to add more teams!

**IT'S MORE THAN A GAME, IT'S CLUB SPORTS.  
REPRESENT UIW YOUR WAY!**

UIW Club Sports allows students to continue their passion for sports and competition on their terms. Compete against other Universities and stay apart of a team and represent UIW!



**@UIWCLUBSPORTS**

**WWW.UIW.EDU/CLUBSPORTS**

**ESPORTS  
IS NOW A  
CLUB SPORT**



**CLUB SPORTS**

**JOIN ONE OF OUR CURRENT CLUB SPORTS OR START A NEW ONE!**



**WOMEN'S & MEN'S BASKETBALL**



**WOMEN'S & MEN'S VOLLEYBALL**



**WOMEN'S & MEN'S SOCCER**



**TRAP & SKEET**



**LACROSSE**



**TRIATHLON**



# Work Study & Student Employment

- Now hiring:
  - **Student Technician**
    - No previous job experience required; previous customer service experience preferred
    - This position requires the ability to lift to 50 pounds of equipment.
  - **Lifeguard**
    - Must be able to pass the swim test requirement, previous lifeguard experience preferred
  - **Sports Operation Associate**
    - No previous job experience required; previous customer service experience preferred
  - **Aerobics Instructor**
    - Certification required
- Will hire again in March:
  - **Front Desk Associate**
    - No previous job experience required; previous customer service experience preferred

