

# TITAN RECREATION

FREQUENTLY  
ASKED  
QUESTIONS



## AMERICAN RED CROSS

### Can anyone take American Red Cross courses?

Yes, you do not have to be a member to take our American Red Cross courses. Prices vary per course.

### What courses do you offer through American Red Cross?

We offer Adult & Pediatric CPR/AED, Adult & Pediatric CPR/AED with First Aid, and Wilderness First Aid.

### How long is my CPR/First aid certification good for?

Your CPR and First Aid certifications are good for 2 years.

### Will my Red Cross certification cross over to American Heart Association?

No, unfortunately, it is a slightly different course. Be sure to check with your employer to see if they will accept the Red Cross Certification.

### How long does it take to get my certificate after I complete a Red Cross class?

Usually less than 2 business days

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## AQUATICS

### How many lengths of the pool is a mile?

70 lengths or 35 laps = 1760 yards

### Can I bring guests to use the pool?

Yes, you can bring guests by purchasing our \$10 guest pass at the Student Recreation Center.

### What if I do not know how to swim?

Our lifeguards love assisting our members and providing pointers if you are beginning to learn how to swim. We also offer a paid Learn to Swim program for adults during the summer.

### What can be worn when using the pool?

Members cannot wear cotton material such as t-shirts, shorts, etc. when using the pool. Proper pool attire such as swimsuits must be worn.

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## FACILITY

### When did the Student Recreation Center first open?

The Student Recreation Center opened in 2008.

### How much did the Student Recreation Center cost to build?

The total cost to build the Student Recreation Center was \$45 million.

### How large is the Student Recreation Center?

The total size of the Student Recreation Center is 90,000 square feet.

### Are facility rentals available at the Student Recreation Center?

Yes, we do offer facility rentals. If you are off-campus community, please email [titanrecreation@fullerton.edu](mailto:titanrecreation@fullerton.edu).

Student clubs can reserve the Student Recreation Center through TitanLink and must have an active Associated Students Inc., Agency account. Groups are allowed one (1) two-hour meeting reservation per week for the following spaces: Dance Studio, Harvey McKee Studio, and Conference Room. The reservation may be requested on a space available basis not more than one (1) week before the meeting date.

Student clubs and organizations can reserve the following spaces for special events: Pool Deck, and any combination of the 3-court gymnasium. Affiliated student organizations may schedule up to two (2) single-date reservations each semester. In addition to the above spaces, the rock wall is available for recognized student organizations for one (1) event per semester. Rock wall attendant fees will be waived for up to three (3) hours, with a maximum of twenty-four (24) participants. Student organizations may choose to pay for additional time when the reservation is made.

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## **FITNESS**

### **Are Group Exercise classes free?**

Yes! We offer free Group Exercise classes per week at the Student Recreation Center.

### **What other fitness classes do you offer?**

We offer Dance and Martial Arts classes for an additional fee. Classes can be purchased via the Titan Rec app or in-person at the Student Recreation Center.

### **How do I participate in a Group Exercise classes?**

You can register for class in advance on the Titan Recreation app! When you arrive at your class location, an instructor or Recreation Attendant will check you in.

### **Do you offer Personal Training?**

Yes! We offer one on one personal training or buddy personal training sessions. Sessions come in packages of one, five, or ten. If purchasing a buddy session, the "buddy" must be a member of the Student Recreation Center.

### **I am intimidated by the weight room. What do I do?**

We offer weight room orientations for free to give you a tour of the facility and ask our Personal Trainer questions about the equipment we provide. In addition, we provide women only weightlifting programs for registration. All our Precor equipment has QR codes on the machine that you can scan with your phone to view a demonstration video as well.



## INTRAMURALS

### **Is it free to play in Intramurals?**

The fee is now \$20 for every participant (students, faculty/staff, all other members).

### **Can I play multiple sports?**

Yes, you can sign up for multiple leagues each semester.

### **How do I register for Intramurals?**

You must register online via the Titan Rec app or in-person at the Student Recreation Center to pay for your Intramural Participation fee. Once paid, visit IMLeagues to join the league(s) of your choice as part of a team or free agent.

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## MEMBERSHIPS

### **Is my student membership free to the Student Recreation Center?**

We provide you with a complimentary membership for currently enrolled CSUF Students that is paid through your Campus Union fee. Your membership is always complimentary if you are a currently enrolled in classes which also includes summer classes.

### **Can I come to the Student Recreation Center after I graduate?**

Yes! You must purchase an Alumni Association Membership first. Once purchased, you can sign up for an Alumni Membership with the Student Recreation Center.

### **What other membership options are available?**

We offer memberships for Faculty/Staff, Alumni, International Students, and Community. To view more information regarding pricing for these memberships visit the Member Service section on our website.

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## ROCK WALL

### **How much does it cost to use the Rock wall?**

The Rockwall is free to use with your student membership! We have all the gear and staff you need to have a good time. Just show up and we will get you outfitted and climbing in minutes at no cost!

### **Can you teach me how to climb?**

Of course! If you want to learn how to climb casually then just come in and climb! Our staff will help coach you and get you to the top! If you prefer a more structured learning path, we encourage you to sign up for our paid Climbing Fundamentals course where we go over climbing movement, technique, and more. If you are looking to dive deeper into climbing, we also offer the following paid classes Top Rope Belaying and Lead Climbing.

### **Is climbing hard? It looks scary and there is no way I could ever do that!**

Sure, climbing can be intimidating but it's not as hard as you think! If you can go up a ladder you can go up a wall. Our wonderful staff will be able to coach you up the wall and get you off the ground as much as you are comfortable with.

## SERVICES

### **Are there lockers available to store my personal belongings while I work out?**

We have free day-use lockers available in the men's and women's locker room as well as specific locations throughout the first floor of the facility. You can also purchase a semester locker for \$25 or a year locker for \$75. At the end of each semester, or each year, you can renew your locker online through the Titan Recreation portal.

### **Are towels provided at the Student Recreation Center?**

Yes, we provide workout towels available during your workout free of charge. If you'd like to purchase a shower or pool towel, you can do that through our towel service. It is \$10 per semester, \$20 per year. Towel service can be purchased via the Titan Recreation app or in-person at the Student Recreation Center.

### **Do you offer equipment such as basketballs, badminton rackets, etc. that we can use for free?**

Yes, with your membership you have access to our Equipment Checkout which includes basketballs, soccer balls, footballs, volleyballs, badminton rackets, tennis rackets, racquetball equipment, and jump ropes.

### **Can I bring a guest to the Student Recreation Center?**

Yes, you can bring a guest to the Student Recreation Center who is over the age of 18. Our guest pass costs \$10 per visit and can be purchased at the Student Recreation Center.

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## TITAN OUTDOORS

### **What is included in each trip?\***

We set our trips up to make it easy for you to participate in fun outdoor activities! All our day trips include transportation to and from campus, all gear needed for the specific activity, all entry fees and permits required, and trained and awesome student trip leaders that can help keep everyone safe! Our overnight trips also include food for the entire trip as well.

### **I've never gone camping, how much experience do I need?**

None! We all start somewhere, and we are happy to have you start here! Most of our trips are designed for newer recreation users. We love showing people a good time in the wilderness!

### **What if I don't have any outdoor gear?**

If you don't have any gear that is okay! All you need to participate in our trips is your clothes and to be excited. We handle the rest of it for you!

### **My friends are going camping this week and I would love to go with them. Can I use your gear?**

Of course! We offer a lot of gear for rent at an incredibly low price for 4-day or 9-day rentals. Prices start as low as \$5 for the whole weekend for some gear. For more information, view our Gear Rental Reservation Form.