

# RETREAT SERVICES

## AT THE SRC



Book your next retreat at the Student Recreation Center! Use one of our conference rooms to meet with your team. Talk strategy or show your presentation on the screen.



MEETING ROOMS

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Take breaks from your meeting with group cooking lessons, sport activities, general recreation access, indoor rock climbing, and/or fitness classes.



FUN ACTIVITIES

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The SRC staff will assist you in planning the perfect getaway for your team, while never having to leave campus!



THE SRC!



# **WORKOUT PASS MENU OPTIONS**

Workout Passes allow your group to explore all that the SRC has to offer at your own pace. This is a self-guided option.

UCR Affiliated (alumni, departments, and qualifying guests) | \$2 per person

- Workout Passes allow event participants access to all open recreation areas, equipment rentals, rock climbing, pool & pool deck area, and fitness & workout areas

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# **COOKING WELL MENU OPTIONS**

Learn the 'joy of cooking' with your team in the Cooking Well kitchen!

UCR Student orgs | \$150 an hour chef fee  
+ Cost of groceries

Challenge Style | 6 - 12 participants

- 1-2 people per station
- Each station will be given the same "mystery" ingredients to complete the dish.
- Teams will have access to basic ingredients to enhance the dish
  - I.e. pastas, sugar, flour, seasonings
- Teams will have 30 minutes
- At the end, Chef Val and her staff will rate the dishes and declare a winner
- Teams will gather and share their dishes

Simple Hands-on | 4 - 15 participants

- These classes can take place outside of the Cooking Well kitchen
- Each participant will be given a set of ingredients to mix/build into a snack
- Participants will eat or take their own food

UCR Departments | \$150 an hour chef fee  
+ Cost of groceries

Family Style | 6 - 20 participants

- Break into groups
- Each group makes a different portion of the meal
  - I.e. Starter, main dish, side dish, etc
- The entire group comes together at the end to eat "Family Style"

Hands-on Cooking class | 6 - 12 participants

- 1-2 people per station
- Each station will follow along while the chef demonstrates 1-3 recipes
- At the end, the entire team can gather together to eat the meals they've prepared

# **COMP SPORTS MENU OPTIONS**

Get your competitive juices flowing on the field or on the court.  
Comp Sports will have your team cheering each other on!

Competitive Sport events are \$100 per hour with a one hour minimum. Events require two SRC staff members

Team Building Activity | 6 - 20 people  
(Minimum of 3 activities must be selected)

- Teams meet at Glenmor Field
- Teams compete in a group activity
  - i.e. Archery, cricket swing, football distance throw, relay race, penalty kicks
- A winner is declared

Group Activity | 6 - 12 participants  
(One group game must be selected)

- The group will meet at Glenmor field or SRC Gymnasium
- The group will compete in one of the following games: Dodgeball, kickball, or Ultimate Frisbee
- A winner is declared

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# **THE ROCK MENU OPTIONS**

Calling all adventure enthusiasts! Join us for a day of camaraderie & challenges as we scale the indoor climbing wall & reach new heights together.

UCR Student orgs | \$15 Per Person

UCR Departments| \$20 Per person + Service fee

- **Inclusive Experience:** The Rock is open to climbers of all skill levels, from beginners to experienced climbers. Everyone is welcome!
- **Guided Climbing Session:** Our staff will provide personalized guidance to ensure a safe and enjoyable experience.
- **Community Building:** Strengthen the bonds with your colleagues as you work together to overcome climbing challenges. This is a fantastic opportunity to enhance teamwork and communication skills in a unique and exciting environment.
- **Fitness & Fun:** Climbing is not just a physical activity; it's a full-body workout that promotes strength, flexibility, and mental resilience.

# **TEAM BUILDING MENU OPTIONS**

We offer several types of team building programs in order to maximize your group's experience. From outdoor activities to more low impact indoor offerings, we can customize a program to meet the goals and objectives of your team.

**Team building activities focus on communication, cooperation, trust, and teamwork.**

## **Outdoor Activities | 5 - 100 people**

Outdoor activities balance between physical and mental challenges and encourage full participation.

## **Indoor Activities | 5 - 100 people**

Indoor activities are less physical but still require full group participation.

All activities are designed to maximize inclusion and participation for each of your group members.

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# **GROUP FITNESS MENU OPTIONS**

FitWell offers over twenty group fitness classes to keep your team active. There's something for everyone with FitWell!

UCR Student orgs | \$40 per session

UCR Departments | \$50 per session + Service fee

- Cardio Classes: Get your heart pumping with Cardio Kickboxing, Cycle Burn, or Zumba.
- Strength Classes: Get pumped with Abs & Glutes, Barre Sculpt, Kickbox Conditioning, TRX Fusion, or Total Body Strength.
- Fusion Classes: Get the best of both worlds with Cardio Circuit, Dancilates, HIIT Strength, or Pilates.
- Mind & Body Classes: Relax and find inner-peace with Barre Fusion or Yoga. We offer six types of yoga classes; Hatha Yoga, Power Yoga, Restorative Yoga, Sunrise Yoga, Vinyasa Yoga, or Yoga Sculpt.

# **VIDEOGRAPHY & PHOTOGRAPHY**

Whether you're posting pictures & videos to your Instagram or taking home a souvenir photograph, the SRC can help you make your memories last a lifetime! We have photographers, videographers, and editors available to capture the magic of your event and preserve your memories for years to come.

Looking for headshots of your team, a group photo, or pictures with Scotty? We can help with that too. The SRC really is your one-stop-shop for all of your retreat needs.

**Photography | \$150 for two hours  
\$75 for each additional hour**

Photos will be edited and delivered via Google Drive

**Videography | \$300 for two hours  
\$125 for each additional hour**

Video will be edited and delivered via mp4 format

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For questions regarding events, please contact us via email:  
**[srcevents@ucr.edu](mailto:srcevents@ucr.edu)**

For photos and videos of our program offerings, please follow us on Instagram **@UCRSRC** and visit our website **recreation.ucr.edu**

