



Take a Tour

[Virtual Nanook Recreation Tour](#)

Getting Started Nanook Recreation playlist: Learn how to make the most of your student membership! [Get Started Nanook Recreation](#)

NSO virtual grab bag

[virtual swag bag](#)

NANOOK™ RECREATION

INTRAMURALS

How to create an intramural account

[Getting started intramurals create account](#)

How to signing up for an intramural league

[Intramurals: how to sign up for a league](#)

How to start climbing at the SRC

[getting started climbing](#)

NANOOK™ RECREATION

OUTDOOR ADVENTURES

NANOOK™ RECREATION

PATTY POOL AND ICE

Find the pool schedule and locker room hours

[Pool Schedule](#)

Find schedule for rec skate and stick and puck skates

[Schedules](#)

Find fitness programs and resources

[Fitness | Nanook Recreation](#)

Grab bag link

NANOOK™ RECREATION

FITNESS AND WELLNESS

https://drive.google.com/drive/folders/1I9IheQbJp-hQeBkvh_YUZsGSbBpXAtQ3?usp=sharing

YouTube HIIT workout

<https://youtu.be/QgQzNZLXngY>

