

RESOURCE LIST – December 6, 2007 – Business & Finance Forum

Uniquely Michigan Gateway - Everything Michigan	http://www.hr.umich.edu/um/index.html
Work/Life Resource Center	http://www.hr.umich.edu/worklife/
Children's Programs Gateway	http://www.hr.umich.edu/childcare/
Kids Kare at Home	http://www.hr.umich.edu/worklife/kidskare/index.html
Students with Children	http://www.studentswithchildren.umich.edu/
Michigan Healthy Community	http://www.hr.umich.edu/mhealthy/
Mcard	http://www.mcard.umich.edu/
MFIT Fitness Center at the Cube	http://www.med.umich.edu/mfit/fitness/icecube.htm
Recreational Sports	http://www.recsports.umich.edu/

CHALLENGE PROGRAM - The Challenge Program is an experiential, team-building program. Through the use of group problem-solving initiatives, low and high ropes course elements, and a climbing tower, we provide opportunities for University and non-University groups to improve their team dynamics, leadership styles and communication skills.

CLUB SPORTS - Each Club Sport is a student organization that can be composed of students, faculty, and staff. Membership is set by the Club and the Department of Recreational Sports.

DROP-IN - The Drop-In Program features a variety of self-directed recreational activities. Facility space and time are made available for use on a drop-in basis. Participation in activities requires neither team affiliation nor the commitments resulting from structured play. With increased emphasis on total wellness, fitness and the pursuit of healthy lifestyles, the Drop-In Program appeals to the busy lifestyle of the University community.

HEALTH AND FITNESS - The Department of Recreational Sports partners with other units on campus to help offer health and fitness services to the University Community.

INTRAMURAL SPORTS - The Intramural Sports Program offers a broad spectrum of activities for those individuals and teams interested in structured competition at varied skill levels; in personal challenges; and, in fitness as well as enjoyment and satisfaction. The Intramural Sports Program provides to all campus individuals, the opportunity to participate in team, individual and dual activities.

MICHIGAN CLASSICS - Michigan Classics is our summer softball league. Open to the community, the Michigan Classics program provides structured leagues for teams at many levels of play.

OUTDOOR ADVENTURES - Outdoor Adventures is an outdoor recreation program open to all students, staff, faculty, guests and the general public.

RENTAL CENTER - Our rental center has all of the equipment that you will need to explore the outdoors during the spring and summer months. Call today to find out about our tents, backpacks, canoes and backyard games.