ALLWell Center
(Active Living, Learning and Wellness Center)
ALLWell Mission

…to create a state-of-the art complex that renovates and expands the existing Physical Education Center

…integrates, on one site, academics, athletics, and recreation to better achieve the educational purposes of Plymouth State University.

…strengthen the established educational link between the Health and Human Performance Department and the Athletic Department.

…serve as a living laboratory increasing opportunities to provide educational, athletic, wellness, and recreational activities for the campus, local communities, the region and the state.
Phase I – Ice Arena & Welcome Center

Gateway
Academics
Athletics
Recreation
Outreach
ALLWell South – Ice Arena/Welcome Center
ALLWell South – Ice Arena/Welcome Center
Phase I – Ice Arena

Welcome Center
Recreational Sports

Curling

Broomball
Academics

- Adventure Education
- Athletic Training
- Health Education
  - Wellness Management
  - School Health (teacher certification)
- Physical Education
  - PE and Health Education
  - Applied Health Fitness
  - Sport Physiology
  - Coaching
Academics

Practical Experience
  • Facilities Management
  • Event Management
  • Retail/Sales
  • Advertising and Promotion
Living Learning Lab

- Athletic Training
Research and Physiological Testing
HEIGHT

WEIGHT

BODY FAT %
RESTING BLOOD LACTATE
Physiological Testing

Wingate Anaerobic Power Test

30 Sec Post Lactate
Research and Physiological Testing
A Coaching Laboratory

Coaching students work alongside coaching staff
A Coaching Laboratory
A Coaching Laboratory
A Teaching Laboratory

- Youth Clinics
- Organized Youth Activities
A Teaching Laboratory

“Outdoor Adventure Day” for Plymouth community children
Learn-to-Skate classes are held on Tuesdays and Thursdays in 6 week, and occasional 4 week sessions.

**Current Session:** Apr. 8, 10, 12 - May 13, 15, 17 (6 weeks)

**Next Session:** May 27, 29 - Jun. 17, 19 (4 weeks)

*(NO SATURDAY CLASSES DURING 4-WEEK SUMMER SESSIONS)*

Sign up for one of the following half-hour classes:

<table>
<thead>
<tr>
<th>Times</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>4:45 or 5:15 p.m.</td>
</tr>
<tr>
<td>Thursdays</td>
<td>4:00, 4:30 or 5:00 p.m.</td>
</tr>
<tr>
<td>Saturdays</td>
<td>3:45 or 4:15 p.m.</td>
</tr>
</tbody>
</table>

**Cost:** $45 per 6 week session; $35 per 4 week session
A Teaching Laboratory

School Outreach

Our school outreach program is a supplemental, hands-on learning tool, designed to benefit Cache Valley students, and teachers, in grades K-12.

This program is funded by the Emma Eccles Jones Foundation and Pacificorp Foundation for Learning. Its instruction is based on Utah Educational Core Curriculum, and it’s FREE for the schools and students who participate.

Curriculum includes three areas of instruction from which to choose:

1. Skating for your health
2. The science and physics of skating
3. Creative movement on ice

When: Tuesdays and Thursdays at 9:15-10:15 a.m. or 10:15-11:15 a.m.
…. a vision for the future

Center for Active Aging and Health Communities
Outreach

• High School Tournaments
• High School All-Star Contests
  – Shrine Maple Sugar Bowl
  – Twin State Baseball
  – Twin State Softball
  – Twin State Field Hockey
  – Alhambra Basketball
  – Lions Cup Soccer
• Summer Camps

More than 50,000 New Hampshire attendees each year
ALLWell Center
(Active Living, Learning and Wellness Center)