**Lifetime Leisure Skills**

**Director**
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**Website:** [https://recserv.uiowa.edu/lifetime-leisure-skills](https://recserv.uiowa.edu/lifetime-leisure-skills)

Lifetime Leisure Skills (LLS) courses are designed to engage students in fun and healthy recreational activities that can be continued beyond college and throughout their lives. Courses range from outdoor recreation activities such as rock climbing, canoeing, kayaking, backpacking, biking, and camping to indoor activities that include tae kwon do, kickboxing, brazilian jiu-jitsu, salsa dancing, and ballroom dancing. LLS courses are appropriate for students at all skill levels.

Lifetime Leisure Skills courses are open to University of Iowa undergraduate and graduate students. Undergraduate students in the College of Liberal Arts and Sciences may count credit earned in Lifetime Leisure Skills courses toward the total number of semester hours required for their degree. Students should consult their academic advisor.

While the majority of courses are on campus or in the Iowa City area, several off-campus courses are held in locations that include Grand Canyon National Park, Canyonlands National Park, Arches National Park, Zion National Park, Big Bend National Park, Voyageurs National Park, Grand Staircase-Escalante National Monument, Glen Canyon National Recreation Area, Effigy Mounds National Monument, Loess Hills State Forest, Yellow River State Forest, Maquoketa Caves State Park, Devil’s Lake State Park, Pictured Rocks County Park, and the Upper Iowa River.