

Lifetime Leisure Skills

Director

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Website: <https://recserv.uiowa.edu/lifetime-leisure-skills>

Lifetime leisure skills courses (prefix LLS) 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 kickboxing, Brazilian jiu-jitsu, and yoga. The majority of lifetime leisure skills courses are appropriate for students at all skill levels. A small number of courses are offered at the intermediate to advanced level and are clearly identified as such.

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 travel to locations such as Grand Canyon National Park, Canyonlands National Park, Arches National Park, Zion National Park, Big Bend National Park, Grand Staircase-Escalante National Monument, Glen Canyon National Recreation Area, Effigy Mounds National Monument, Yellow River State Forest, Backbone State Park, Maquoketa Caves State Park, Devil's Lake State Park, Pictured Rocks County Park, and the Upper Iowa River.