Welcome to Seahawk Country! It’s going to be another amazing year at UNCW. As the fall semester begins to take shape, we can’t wait to help you create your place within our campus community, or, if you’re a returning student, strengthen your connections and expand your horizons!

The UNCWelcome programs offer you a wide variety of engagement opportunities designed to familiarize you with the UNCW community. This is your opportunity to participate in meaningful and exciting activities, as well as to make some new friends as we start the academic year. We encourage you to check out the list of events to fully immerse yourself in the UNCW community.

Through the wide range of programs offered, we encourage the full participation of all students, faculty and staff, including those with disabilities, and have worked to make events and programs accessible to all. Should you have questions or concerns about disability access, contact the sponsoring department of that event for additional information. Many events are specifically targeted to military, off-campus, non-traditional and transfer students, so look for those terms in the event titles and descriptions.

The Campus Activities & Involvement Center in the Fisher Student Center, room 2029, is your gateway to entertainment, involvement and leadership on campus. Stop by, or visit our webpage, uncw.edu/activities, and we will help you get connected to life on campus. We also encourage you to check out some of our more than 250 student organizations. We have found that getting involved is critical to your success as a student. Visit uncw.edu/wavelink to see the full list of our clubs and organizations.

We hope you’ll use this guide to launch a fantastic year of experiences and opportunities at UNCW. Go Seahawks!

Jon Kapell, Ed.D. - Director for Campus Activities & Involvement
As members of the UNCW student body, staff, faculty and administration, we aspire to the following:

**Seahawk Respect Compact**

In the pursuit of excellence, UNC Wilmington actively fosters, encourages, and promotes inclusiveness, mutual respect, acceptance, and open-mindedness among students, faculty, staff and the broader community.

We affirm the dignity of all persons.

We promote the right of every person to participate in the free exchange of thoughts and opinions within a climate of civility and mutual respect.

We strive for openness and mutual understanding to learn from differences in people, ideas and opinions.

We foster an environment of respect for each individual, even where differences exist, by eliminating prejudice and discrimination through education and interaction with others.

Therefore, we expect members of the campus community to honor these principles as fundamental to our ongoing efforts to increase access to and inclusion in a community that nurtures learning and growth for all.
A new feature this year is the Healthy Hawks program. This wellness initiative focuses on a holistic approach to daily life with an emphasis on the eight dimensions of well-being listed below. Throughout UNCWelcome and your time at UNCW, many programs, events and resources will be available to learn about and engage with all eight of these dimensions. Programs listed here are identified with a special icon, and are also listed on WaveLink. Visit our webpage uncw.edu/healthyhawks for more information and resources.

**EMOTIONAL** well-being refers to the ability to express your thoughts, reactions and feelings in a healthy and appropriate manner.

**ENGAGEMENT** (social) well-being encompasses advocacy and service to others as well as maintaining healthy friendships, which allow us to surround ourselves with a positive support network.

**FINANCIAL** well-being involves learning budget management in order to maintain a sustainable lifestyle while also learning to plan for the future through savings and investments.

**INTELLECTUAL** well-being refers learning new skills and knowledge through academic classes and activities such as learning a new language or how to cook.

**OCCUPATIONAL** well-being allows us to engage in aspects of our work to develop satisfaction such as learning transferable skills, participate in professional development and embrace a work/life balance.

**PHYSICAL** well-being is living a balanced life through healthy nutrition, regular movement and a consistent sleep schedule.

**SPIRITUAL** well-being reflects finding connection and meaning in our daily lives; it may refer to religion but also focuses on finding time for self-reflection and meditation.

**SUSTAINABLE** well-being encourages a lifestyle of ecological balance with the land, rivers and the sea including protecting nature and our personal environment.
Recurring Events

UNCW Parking and Transportation Bike Registration
Online at uncw.edu/transportation/bikes.html#registration and at multiple in-person locations

**Saturday, Aug. 17 • 8 a.m. – 3 p.m.**
All first-year residential areas

**Sunday, Aug. 18 • Noon – 4 p.m.**
Auxiliary Services in the Warwick Center

**Monday, Aug. 26 – Friday, Aug. 30 • 11 a.m. – 4 p.m.**
Warwick Center near Auxiliary Services

Students can find the bike shop hours at uncw.edu/transportation/bikes.html

**Why should you register your bike:**

1. **Deter theft.** Bike theft is the most common crime at UNCW. A registered bike is less likely to be stolen.

2. **Prove it’s yours!** In the event that your bicycle goes missing, a registration is the only real way to prove that it belongs to you.

3. **Stay connected.** Should your unregistered bicycle be recovered by campus police or need to be moved, registration provides a way to contact you.

**Why should you sign up for Hawk Wheels Bike Share:**

1. **All the convenience** of riding a bike without the responsibly of owning one.

2. **Cheaper** than purchasing your own bicycle.

3. **Easy and convenient.** Hawk Wheels rides can start and end at 13 different stations on campus.
Saturday, Aug. 17

8 a.m. – 1 p.m.  Move-In

8 a.m. – 5 p.m.  The UNCW Bookstore is open!
Fisher Student Center

Stop by the bookstore to pick up the textbooks you need for the first day of class! If you haven’t placed an order online, simply bring a copy of your schedule and we can help you locate the textbooks you need. Many of your textbooks are available in rental or digital format to help you save money. Check your booklist on our webpage, uncw.edu/bookstore or through SeaNet to see if your books qualify. Stock up on your teal as you shop our wide selection of UNCW merchandise while enjoying an iced coffee in our café at Dub City Brew.

10 a.m. – 5 p.m.  Seahawk Mail is open!
Fisher University Union, 1st floor

Seahawk Mail is open for box assignments and package pickup services. Seahawk Mail is a full-service postal contract station. Incoming freshmen and residents are automatically assigned a post-office mailbox. All student packages are received and delivered at the Seahawk Mail location. Seahawk Mail also offers a variety of services including stamps for purchase, mailing letters and packages, express mail, faxes (sending and receiving), money orders (cash only), and free notary services. Visit our webpage for more information about operating hours and forms of payment accepted: uncw.edu/mail.

Noon – 4 p.m.  Tech Nest is open!
Fisher University Union

Tech Nest is an innovative and interactive technology space that can be used for a multitude of purposes including lecture capture, software training, group collaboration and virtual reality. Come by for info on how to reserve the space, find out about our walk-in hours and review our Adobe and Microsoft training schedule. FREE T-SHIRTS to FIRST 500 STUDENTS!!!
Phone: 910.962.0101  uncw.edu/technest
TAC Repairs is open!
Randall Library, rear of 1st floor
TAC Repairs is your place to go for laptop repairs and iPhone screen repairs. We also sell cables, chargers, headphones and other tech accessories that you may need while studying in the library. We are next door to the Technology Assistance Center (TAC).
uncw.edu/TACrepairs

Technology Assistance Center
Randall Library, rear of 1st floor
TAC will be available via phone and for walk-in visitors to assist with Wifi connections, password resets, iPrint drivers and other technical questions.
Phone: 910.962.HELP  Self-Help: uncw.edu/TAC
Walk-in hours: Noon – 6 p.m.  Call Center Hours: 8 a.m. – midnight

Move-In Day Resource Fair
Warwick Center
We know there will be a few last-minute issues to address on this very busy day, so we will gather staff from many of the offices that can help you resolve them. You’ll find staff from Student Accounts, Financial Aid, Auxiliary Services and many other offices at the Warwick Center. A detailed list of participating offices will be available the morning of Move-In at the residence halls. You will also find the Hawk’s Nest at the Fisher University Union open for lunch, along with the Seahawk Mail and the UNCW Bookstore.

Mandatory Residence-Hall Floor Meetings
On the halls
Meet the rest of your floor, suite or apartment during your first meeting with your resident assistant (RA). You will be introduced to your new community and receive important information about living in your specific area. Your RA will announce the start time and location of your meeting during Move-In. Please see postings in your residential area.
8 p.m. **Hilarious Hypnotist Brian Imbus**  
Trask Coliseum

Hypnotist Brian Imbus joins us for the sixth year in a row due to student demand! Our annual kickoff event will amaze you as Imbus entertains, delights and makes your sides split with laughter as you watch your friends on stage under the spell of hypnosis.

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**Sunday, Aug. 18**

10 a.m. – 5 p.m. **The UNCW Bookstore is open!**  
Fisher Student Center

Noon – 5 p.m. **Student Shopping Trip and Shuttle to Mayfaire Town Center**

Pickup locations: Graham-Hewlett, Galloway/Belk, Lot FF/Wagoner Hall (across from Cornerstone, Honors and Innovation House)

Mayfaire Town Center is rolling out the teal carpet for UNCW students Aug. 18 and 19! Participating Mayfaire stores and restaurants will offer special discounts for UNCW students with valid UNCW One Cards. Don’t have a car and need to do some shopping? Don’t worry. Auxiliary Services and Mayfaire will provide FREE shuttle service with the UNCW Trolley just for you as part of this special shopping weekend. Students and their families may catch the trolley every 30 minutes at the pickup locations above. Visit mayfaire.com/content/uncw or uncw.edu/auxiliary/index.html#mayfaire for more information. Sponsored by UNCW Auxiliary Services.

Noon – 11 p.m. **Technology Assistance Center**  
Randall Library, rear of 1st floor

TAC will be available via phone and for walk-in visitors to assist with Wifi connections, password resets, iPrint drivers and other technical questions.

Phone: 910.962.HELP  
Self-Help: uncw.edu/TAC

Walk-in hours: Noon – 6 p.m.  
Call Center Hours: 8 a.m. – midnight
Student Recreation Center Fall Semester Opening

1 – 11 p.m. • Student Recreation Center
1 – 9 p.m. • Indoor Pool
1 – 8 p.m. • Leisure Pool and Patio Deck

Check out our state-of-the-art Student Recreation Center featuring 114 pieces of cardio equipment, two weight-training areas with free weights, plate-loaded and selectorized equipment, or the functional training area in the nearly 23,000 sq. ft. fitness center. There are also six multipurpose courts, three racquetball courts, a climbing wall and an indoor and outdoor pool. Please visit us on Instagram and Facebook or our webpage for additional news, updates and information! uncw.edu/campusrec

4 – 6 p.m. Transfer Welcome and Campus Tour
Clock Tower Lounge
Fisher Student Center, 2nd floor

All new transfer students are invited to the Transfer Welcome and Campus Tour! Come meet other transfers, eat pizza, play games, and get help finding your classroom buildings. Afterward, walk to the Open Mic Night together!

6 p.m. The Road to Sankofa
Madeline Suite

The Road to Sankofa is a program to welcome you and your family to the UNCW family. This program introduces you to the Upperman African American Cultural Center and the great legacy of the African American presence at UNCW. Join members of the UNCW faculty and administration, student leaders and other distinguished guests for this important UNCW tradition.

7:30 – 10 p.m. Seahawk Soul Concert and Open-Mic Night
Campus Commons Amphitheater
Rain location: Warwick Center Ballroom

Join us for a night of fun, food and music as we celebrate the first Sunday of the fall semester. You’ll meet members of our multicultural student organizations as well as departments serving multiple populations across campus. Have a talent you want to showcase? Then sign up to be a performer in the open mic by stopping by the ACE table in the lawn area, or email ace@uncw.edu. Come join us and meet fellow Seahawks at this one-of-a-kind event!
7 – 10 p.m. **Late Night Teal Deals at the UNCW Bookstore**
Fisher Student Center, 1st floor

The bookstore will be open exclusively for new UNCW students. Take a photo in our photo booth and enjoy exclusive “Teal Deals” discounts which include sale items as low as $4.99! We will raffle off prizes throughout the night, and you could win even more discounts and prizes by playing the different games we’ll have throughout the store. Light refreshments will be provided. Come join us as we celebrate YOU as you begin your adventure here at UNCW!

10 p.m. – 1 a.m. **Late Night Shuttle for Seahawks to Target**

Pickup locations: Graham-Hewlett, Galloway/Belk, Lot FF/Wagoner Hall (across from Cornerstone, Honors and Innovation House)

Forgot to pack something? Climb aboard a free shuttle, running on a 20-minute loop from UNCW to Target. Target will be open exclusively for UNCW students and will feature vendors with free samples, coupons and giveaways. Target will showcase a DJ and games, and students can enter their names in a grand-prize drawing for an exclusive item. You don’t want to miss this. Last year, more than 2,000 students participated. Experience Target on a night when Seahawks are the only people in the store. [uncw.edu/auxiliary/index.html#Target](http://uncw.edu/auxiliary/index.html#Target)

Sponsored by UNCW Auxiliary Services.
Convocation is UNCW’s official academic welcome for all new students – first-year and transfer. Students will receive small-group assignments by email from the Office of Transition Programs to let them know where to report by 10 a.m. **Convocation is mandatory for first-year students; it is optional for transfer students.** During the Convocation small-group meetings, faculty members will welcome students and offer their perspectives on academic success. After the small-group meetings, first-year students will proceed to the clock tower for the unveiling of the Class of 2023 flag and class photo, then embark on their first Trask Trek. The Convocation ceremony begins at 11:45 a.m. Adam Jones, regional economist with the Cameron School of Business, is the featured speaker. Immediately following the ceremony, enjoy a campus-wide picnic on historic Hoggard Lawn.

**10 – 11:30 a.m. Transfer Convocation Lumina Theater, Fisher Student Center**

All new transfer students are invited to join a Transfer Convocation group to hear about faculty expectations, advisor information and involvement opportunities. We will also have a transfer-student panel with current students to answer questions about classes, involvement and campus life.

**Immediately Following Convocation All-Campus Lunch Hoggard Lawn**

Rain location: Wagoner Hall

Come one, come all. Following Convocation, UNCW students, faculty and staff will gather on the lawn between Hoggard, James and Alderman halls for a free campus picnic to celebrate the start of the new academic year. Don’t miss this special occasion.
2 – 4 p.m.  UNCW Ensembles Fair  
Cultural Arts Building Lobby

The Department of Music invites you to participate in our award-winning student music ensembles. Our wide variety of ensembles provides you with an opportunity to participate in campus life outside your academic curriculum, connect with a large community of students who share your love of music, and enjoy numerous performance opportunities with internationally recognized faculty artists. Membership in ensembles is open to any UNCW student who has had instrumental or vocal experience. Get to know our ensemble directors and students and learn how to use your musical talents in college to earn University Studies credit. For information, please visit uncw.edu/music or call 910.962.3415.

5 p.m.  Community Standards Meetings  
In your residence hall

This is your floor’s or building’s opportunity to define mutual expectations for how the community will function during the year. In these discussions facilitated by your RA, you will share your vision for the living environment. Community standards will be developed to serve as a guide for living expectations and a means to hold one another accountable. These meetings are required for all students who live on campus. See your RA or postings for further details.

6:30 – 8:30 p.m.  Rock the Rec  
Student Recreation Center

Join the Department of Campus Recreation and your fellow Seahawks for a night of fun, great music and inflatable games as we “Rock the Rec”! Events include group fitness classes, climbing-wall access, and so much more! Campus Recreation staff will be available to answer your recreational questions and give facility tours of the SRC. Make sure you bring your UNCW One Card, and wear your workout clothes and shoes so you can try out the equipment.

9 p.m.  Dive-in Movie: Aquaman (PG-13)  
Student Recreation Center

Campus Recreation invites you to the SRC pools for a special showing of Aquaman. Young Aquaman discovers he possesses superhuman powers, leading him to become the defender of Earth’s oceans. Bring your bathing suit and towel and let the fun begin! Inner tubes are provided on a first-come, first-served basis to keep the fun afloat while you relax and enjoy the show in either the indoor pool or leisure pool, or on the patio deck. Visit uncw.edu/campusrec to view the lap and recreational swim times and additional programming opportunities.
Tuesday, Aug. 20

Teal Tuesday! Put on your teal and show your school spirit as we continue with the tradition of Teal Tuesdays!

Student Recreation Center Fall Semester Opening
8 a.m. – 11 p.m. • Student Recreation Center
11 a.m. – 10 p.m. • Indoor Pool
11 a.m. – 8 p.m. • Leisure Pool and Patio Deck

Come join us to play basketball, racquetball, pickleball, or volleyball, lift weights, ride a virtual-reality bike, run on a treadmill, boulder, swim laps or relax on the outdoor pool deck!

Check out UNCW’s state-of-the-art Student Recreation Center featuring 114 pieces of cardio equipment, two weight-training areas with free weights, plate-loaded and selectorized equipment, or the functional training area in the nearly 23,000 sq. ft. fitness center. There are also six multipurpose courts, three racquetball courts, a climbing wall and an indoor and outdoor pool. Please visit us on Instagram and Facebook or our webpage for additional news, updates and information! uncw.edu/campusrec

10 a.m. – 2 p.m. The Otaku Games Warwick Center Ballroom
Join other students in playing a variety of tabletop games and learning about anime and tabletop clubs! We will have Sharky’s giveaways and free snacks while you game-play the day away!

10:30 a.m. Transfer Student Beach Blast Meet-Up Wagoner Dining Hall parking lot
Meet up with other transfers to ride the shuttles down to Wrightsville Beach for Beach Blast! We recommend parking in the parking deck at the corner of Reynolds and Cahill then walking to Wagoner. Look for the Teal Bridge sign!
11 a.m. – 3 p.m.  Beach Blast  Wrightsville Beach Crystal Pier (at the Oceanic restaurant)

It’s that time of the year again for one of UNCW’s more remarkable traditions. The Seahawks are heading to the beach, and you are welcome to join us! Grab your bathing suit, towel, some snacks, and bottles of water. There will be music and opportunities to meet local Wilmington vendors.

Beach Blast Info:

- Shuttles leave from Lot FF (beside Wagoner Hall) from 11 a.m. until 1:30 p.m. As of 1:30 p.m. no further shuttles will take students from campus to the beach.
- The last shuttle leaves the beach at 3:30 p.m. *SHARP* to return students to campus, so don’t miss it!
- All WAVE shuttles are wheelchair and ADA accessible.
- You must bring your UNCW One Card to ride the shuttles, to participate in any of the activities, or to get free food or drinks at the beach.
- Bring bottles of water, food and sunscreen.
- STRICTLY NO ALCOHOL!
- Three beach wheelchairs will be available during the event at the Oceanic beach access.
- If you need additional accommodations please notify activities@uncw.edu *at least three days in advance of the event.*

4 – 6 p.m.  Official Beach Sweep  Wrightsville Beach Crystal Pier, near the Oceanic restaurant

UNCW Surfrider Foundation and the Plastic Ocean Project are hosting a beach sweep right after Beach Blast to preserve and protect Wrightsville Beach. This is a great way to get involved with service, learn about sustainability, and leave the beach better than we found it so we can offer the enjoyment of Beach Blast to future UNCW students.
4 – 9 p.m.  Wagoner Grand Opening Luau  
Wagoner Hall

The beach fun continues as we kick off the year with a luau in Wagoner Hall! Wag will be transformed into an island paradise featuring menu items with a tropical flair, beach music, giveaways and much more. You don’t want to miss this special dining event!

6 p.m.  Men’s Soccer vs. Duke  
UNCW Soccer Stadium

Come watch UNCW’s Men’s Soccer team take on Duke. Support the Seahawks and sign up for Team Teal, UNCW’s fan rewards program. Team Teal is FREE to join and rewards you with great giveaways for attending home Seahawk athletic events. Students admitted free with valid UNCW One Card.

5 – 7 p.m.  Teal Tuesday After Dark  
Campus Commons Amphitheater  
Fisher Student Center and  
Fisher University Union

Get excited to celebrate the first Teal Tuesday of the 2019-20 school year with ACE spirit! Come by to get free Teal Tuesday T-shirts, make your own personalized pop sockets and meet fellow spirited Seahawks. Seahawk Links will also be there to help with making your own tie-dyed and will help you find your classes. This is a FREE event sponsored by the Association for Campus Entertainment (ACE) and Transition Programs.

Wednesday, Aug. 21

First Day of Classes (FDOC)

All Day  Military Resource Lounge Open House  
Warwick Center

Come check out the Military Resource Lounge! Military-affiliated students can get connected and browse through the books on our Textbook Trade shelf. Lunch will be provided at noon for military-affiliated students.
8 a.m. – 2 p.m.  Student Ambassadors’ Donuts and Directions! Outside Leutze Hall

Happy FDOC, Seahawks! New to campus? Need help finding your classes? Just love donuts? The UNCW Student Ambassadors will be at the top of Chancellor’s Walk, right outside Leutze Hall, to help fellow Seahawks find their classes. Feel free to stop by, ask questions, grab a campus map and eat some free donuts while supplies last!

9 – 10:30 a.m.  Coffee with a Cop
Randall Library Port City Java

Interested in FREE coffee, while meeting the men and women of the UNCW Police Department? Officers will be there to answer questions, share information about their department and tell you about the programs and services they offer.

9:30 a.m. – Noon  Part-Time Jobs and Seahawk Services Fair
Burney Center Ballroom

Explore UNCW offices, resources and jobs on campus. Need a little extra cash? Talk with campus staff and community business reps about part-time jobs! Look for the “We’re Hiring” signs! Co-sponsored by the Office of the Dean of Students and the Career Center.

10 a.m. – 2 p.m.  Make It @ Randall Library
Randall Library entrance and throughout the 1st floor

What will you make of this semester and of your time at UNCW? Show us by making something unique to take with you into the start of the fall semester. Randall Library will have all the tools and supplies you need to relax, flex your creative muscles and make some one-of-a-kind souvenirs from UNCWWelcome. While at the library, stop by the Digital MakerSpace for giveaways and a short introduction to the space and the things you’ll be able to make in it throughout the year.
Noon – 4 p.m.  Facility Tours, Equipment Orientation

Stop in for a tour of the Student Recreation Center, an equipment instructional tour in the fitness center, or both! Learn about all of the recreational opportunities available to you, as well as where to find all of the cardio and strength equipment throughout the fitness center.

2 – 4 p.m.  What’s Up, Doc?
Abrons Student Health Center
DePaolo Hall, 2nd floor

Stop by for a healthy treat! While you’re there, grab information and learn more about the services offered at the Abrons Student Health Center.

5:30 – 8 p.m.  Group Fitness Extravaganza

Campus Recreation invites you to the Student Recreation Center for our Fall Group Fitness Extravaganza. Join us on Court 4 for an evening full of fun and a great workout! Seahawk Fitness certified group fitness instructors will be leading segments of all formats offered on our group fitness schedule, including mind-body, strength, cardio, dance-based formats, and more. Stop in for a class or two, or stay for the whole extravaganza! For more information, see our schedule online [uncw.edu/campusrec/fitness/group.html](http://uncw.edu/campusrec/fitness/group.html).

7 p.m.  Transfer Student Ice Cream Social
Clock Tower Lounge
Fisher Student Center, Room 2000

Celebrate your first day of class with ice cream and new friends! Afterward, walk to the Club Dub together!

8:30 – 10:30 p.m.  Club Dub
Student Affairs Courtyard
Rain location: Burney Center Ballroom

Come on out for Club Dub! Put on some headphones, pick your own music and show off your best moves or hang out and listen to some tunes in your hammock or one of our teal Adirondack chairs...while watching a laser light show! Food, beverages and swag are all here for the taking during the event. There is no better way to start off the academic year than music and meeting
new friends! Sponsored by the Association for Campus Entertainment and Campus Life. In the event of rain, we will move into the Burney Center Ballroom.

Thursday, Aug. 22

Look for the year’s first issue of TheSeahawk.org, UNCW’s online student newspaper, for the latest news, views, and campus happenings. Subscribe to the Seahawk’s e-newsletter to receive news headlines directly to your inbox—registration is FREE!

8 a.m. – 2 p.m. Student Ambassadors’ Donuts and Directions!
Outside Randall Library

New to campus? Need help finding your classes? Just love donuts? The UNCW Student Ambassadors will be outside Randall Library to help fellow Seahawks find their classes. Feel free to stop by, ask questions, grab a campus map and eat some free donuts while supplies last!

10 a.m. – 2 p.m. Campus Dining Seahawk Welcome Chancellor’s Walk

Join Campus Dining on Chancellor’s Walk for free food, drinks and campus swag giveaways! Swing by on your way to class, lunch or the gym, and join the party!

11 a.m. – 2 p.m. Meet the Greeks Chancellor’s Walk between Leutze and Cameron Halls

Come to meet the fraternity and sorority community! All of our chapters will be there and they cannot wait to meet you.
11 a.m. – 2 p.m. **Faith Fest**  
Campus Commons Amphitheater

Explore the various opportunities to practice your faith on campus by meeting representatives from UNCW’s religious student organizations. Through your interactions with representatives from the groups, we hope you will find your fit for practicing your own walk of faith.

11 a.m. – 1 p.m. **Off-Campus and Non-Traditional Student Lunch**  
Sharky’s Box Office and Game Room  
Fisher Student Center

PERCH supports off-campus, non-traditional, and graduate students on campus. Come enjoy a FREE lunch, ping-pong, and pool.

Noon – 4 p.m. **Facility Tours, Equipment Orientation**

Stop in for a tour of the Student Recreation Center, an equipment instructional tour in the fitness center, or both! Learn about all of the recreational opportunities available to you, as well as where to find all of the cardio and strength equipment throughout the fitness center.

4:30 – 6:30 p.m. **Happy Hour**  
Student Recreation Center, Room 104

Enjoy free games and free food every Thursday at our Happy Hours! Find out what’s happening on campus this weekend! Sponsored by Crossroads.

4:30 – 7:30 p.m. **Meet the Trainers**

Stop by the Student Recreation Center to meet the Seahawk Fitness certified personal trainers and learn about the wide variety of equipment in the Fitness Center, personal training services offered, and to get new exercise ideas while focusing on safety, form, and fun!

4:30 – 6 p.m. **Boseman Art Gallery Reception**  
Ann Flack Boseman Gallery  
Fisher University Union, Room 2003
The Boseman Gallery offers a unique collection featuring a variety of media from photography to sculpture on display year-round. Exhibitions showcase work by UNCW students as well as local and regional artists. Experience the first opening reception of the semester with dynamic artwork and free food!

5:30 – 7:30 p.m.  
**Small Group Training Demos**  
**Student Recreation Center**

Join us for Small Group Training. These sessions pack the energy of group fitness while providing individualized attention like personal training. Every 20 minutes we’ll demonstrate a different format including kickboxing, HIIT, suspension, circuit training, and more! For more information, see our schedule online [uncw.edu/campusrec/fitness/group.html](http://uncw.edu/campusrec/fitness/group.html).

7 – 9 p.m.  
**UNCWeekends Back 2 Skool BINGO**  
**Wagoner Hall**

Join us for one of UNCW’s most fun traditions: BINGO! Swipe yourself into Wagoner Hall to join your fellow students, feel the thrill of Bingo and win fantastic prizes and T-shirts. Fill your pockets full of random swag since you never know what you might have to exchange to win a free shirt. Wag will feature a special menu for the night that is sure to please. For more information about UNCWeekends, follow us on Instagram @UNCWeekends.

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**Friday, Aug. 23**

9 – 11 a.m.  
**PERCH Coffee Break**  
**Fisher Student Center Lobby**

PERCH supports off-campus, non-traditional and graduate students on campus. Stop by for a free cup of coffee or tea and a treat before you start your day! Do you have questions? The PERCH team can help answer them for you.

10 a.m. – 8 p.m.  
**Sharky’s Open House**  
**Sharky’s Box Office and Game Room**

Enjoy free games and popcorn all day and take advantage of discounted membership prices! Join us at noon for cupcakes and information about our fall events.
11 a.m. – 2 p.m.  Ca$h Cab
Be on the lookout for the Crossroads Ca$h Cab around campus with goodies and free rides to class! Follow @UNCWCrossroads to find us!

11 a.m. – 3 p.m.  Upperman Open House
Azalea Coast Room
Fisher University Union, Room 2001
Join us for our open house and first Black Friday of the semester that invites all constituents into the center for an afternoon of fun, fellowship and culture! Sponsored by the Upperman African American Cultural Center.

Noon – 2 p.m.  Sharky’s Open House
Sharky’s Box Office and Game Room
Join us at noon to play a round of billiard mini-golf, eat a cupcake and learn more about our fall events. Enjoy free games and popcorn all day during normal Sharky’s business hours: 10 a.m. – 8 p.m.

Noon – 12:30 p.m.  Ride into the Weekend
3:30 – 4 p.m.  Student Recreation Center, Studio 223
Give Cycle30 a try for a fun workout on the bike! These sample classes will take you through many of the drills you’d do in one of our Cycle30, Cycle45 or Cycle60 classes. Certified group-fitness instructors will be available to help you set up the bikes and answer any questions you may have.

1 – 4 p.m.  Key Log Rolling
Student Recreation Center, Leisure Pool
Come check out Seahawk Aquatics’ new Key Logs! Try out this unique sport by yourself or compete against others. Two instructors will be there to teach you the basics and answer any questions. No previous experience is required to Key Log Roll.
3 – 7 p.m. **Transfer-Student Kayaking Trip**

Love kayaking or want to learn? Well, now is your chance! Come join transfer and returning students to enjoy a paddle in the Northeast Cape Fear River in Wilmington. This section of river is calm and winding and provides a great example of the best paddling coastal North Carolina has to offer. Prior kayaking experience is not required, but participants should have basic swimming ability. Cost is $22 per student and includes basic instruction, equipment and transportation. Register at our online store via the Campus Recreation webpage, [uncw.edu/campusrec](http://uncw.edu/campusrec), or visit the Seahawk Adventures suite, SRC 164, during office hours, beginning Aug. 21, 2019. Hours of operation are 4 to 7 p.m., Monday through Friday, plus 10 a.m. to 1 p.m., Monday and Friday. Let us know if you have any questions: adventure@uncw.edu or 910.962.4052.

4 – 8 p.m. **Surf Clinic**

Whether you are brand-new to surfing or just need a refresher, our surf clinic will have you catching waves and enjoying one of the coolest aspects of living in Wilmington. We have longboards that are great for beginners to learn on, and our trained instructors are ready to teach you the basics of paddling out, catching your waves and popping up on your board! Participants must be able to swim, but no prior surfing experience is required. Cost is $22 per student and you can register at our online store via the Campus Recreation webpage, [uncw.edu/campusrec](http://uncw.edu/campusrec), or visit the Seahawk Adventures suite, SRC 164, during office hours, beginning Aug. 21, 2019. Hours of operation are 4 to 7 p.m., Monday through Friday, plus 10 a.m. to 1 p.m., Monday and Friday. Let us know if you have any questions: adventure@uncw.edu or 910.962.4052.
5 – 7 p.m.  Human Foosball  
Student Recreation Center, Court 6
Grab your friends and get ready to play foosball! Campus Recreation presents this fun version of the classic table-soccer game played on our indoor soccer courts between teams consisting of eight to 10 players. Players hold onto a bar while attempting to score using an indoor soccer ball. This will be a single-elimination tournament, so gather your friends and your UNCW One Card, and stop by!

6 p.m. and 9 p.m.  ACE Friday Movie:  
Napoleon Dynamite (PG)  
Lumina Theater, Fisher Student Center
In small-town Preston, Idaho, awkward teen Napoleon Dynamite (Jon Heder) has trouble fitting in. After his grandmother is injured in an accident, his life is made even worse when his strangely nostalgic uncle, Rico (Jon Gries), shows up to keep an eye on him. With no safe haven at home or at school, Napoleon befriends the new kid, Pedro (Efren Ramirez). Together they launch a campaign to run for class president. Free tickets will be distributed at Sharky’s Box Office and Game Room on the first floor of the Fisher Student Center one hour before showtime. Sponsored by ACE.
Movie subject to change.

6:30 – 9:30 p.m.  Summer Sizzle  
Seahawk Crossing Open Space
Want to start the year with a bang? The Residence Hall Association is kicking off the school year right with a night of free food and fun at their annual Summer Sizzle event! Join us for yummy food, games, free swag and more! See you there!
Saturday, Aug. 24

9:30 a.m. – 1:30 p.m. Surf Clinic

Whether you are brand new to surfing or just need a refresher, our surf clinic will have you catching waves and enjoying one of the coolest parts about living in Wilmington. We have longboards that are great for beginners to learn on, and our trained instructors are ready to teach you the basics of paddling out, catching your waves and popping up on your board! Participants must be able to swim, but no prior surfing experience is required. Cost is $22 per student. You can register at our online store via the Campus Recreation webpage, uncw.edu/campusrec, or visit the Seahawk Adventures suite, SRC 164, during office hours, beginning Aug. 21, 2019. Hours of operation are 4 to 7 p.m., Monday through Friday, plus 10 a.m. to 1 p.m., Monday and Friday. Let us know if you have any questions: adventure@uncw.edu or 910.962.4052.

10 a.m. – 2 p.m. Sport Club Showcase

Recreational Field Complex and Student Recreation Center

Join our sport clubs as they host a fun and fast-paced introduction to their sports. Sport clubs compete across the region during the school year and are open to all students. This is your chance to meet returning players, gain insight into the clubs and get signed up to play. Clubs will be at the Recreational Field Complex and Student Recreation Center, and you will need your UNCW One Card to play. Clubs scheduled to appear at the Recreational Field Complex: Baseball, Field Hockey, Men’s Lacrosse, Women’s Lacrosse, Men’s Soccer, Women’s Soccer, Men’s Ultimate, Women’s Ultimate, Quidditch, Men’s Rugby and Women’s Rugby. Clubs scheduled to appear at the Student Recreation Center: Men’s Basketball, Women’s Basketball, Men’s Volleyball, Women’s Volleyball, Cheerleading, Water Polo, Swimming and Triathlon.
11 a.m. – 5 p.m. Zip-A-Thon  
Lot I: Look for signs leading the way

Do you want to fly free? Come soar to new heights and take a ride on a 200-ft. zipline at the Department of Campus Recreation’s Challenge Course. Access the high course via a 35-ft. cargo net and traverse two elements to reach the “Zip Zone.” One more step and you zip through the air like a true Seahawk. Flights are unlimited and first-come, first-served!

The Challenge Course is in the woods behind the Landing. Follow the signs from an access point in Lot I (corner of Randall and Reynolds) or behind the Landing (end of Walton Dr.). Be sure to bring your UNCW One Card, and you must wear closed-toed shoes. Let us know if you have any questions: adventure@uncw.edu or 910.962.4052.

2 – 6 p.m.  Stand-Up Paddle Boarding at Sturgeon Creek

After a short SUP lesson, we’ll paddle along the winding creek and enjoy the tranquility of the calm waters and cypress swamps. This trip is beginner-friendly and a great way to get to know North Carolina’s famous waterways. Prior paddle boarding experience not required, but participants should have basic swimming ability. Cost is $22 per student. You can register at our online store via the Campus Recreation webpage, uncw.edu/campusrec, or visit the Seahawk Adventures suite, SRC 164, during office hours, beginning Aug. 21, 2019. Hours of operation are 4 to 7 p.m., Monday through Friday, plus 10 a.m. to 1 p.m., Monday and Friday. Let us know if you have any questions: adventure@uncw.edu or 910.962.4052.

8:30 p.m.  ACE Outdoor Movie: How to Train Your Dragon (G)  
Campus Commons Amphitheater  
Rain location: Lumina Theater, FSC

A hapless young Viking (Jay Baruchel) who aspires to hunt dragons becomes the unlikely friend of a young dragon, and learns there may be more to the creatures than he assumed. Free tickets will be distributed in Sharky’s Box Office & Game Room on the first floor of the Fisher Student Center one hour before showtime. Come watch a movie and enjoy free Pelican’s SnoBalls, while supplies last. Sponsored by ACE. Movie title subject to change.
Masonboro Island Kayaking

9:30 a.m. – 1:30 p.m.

Masonboro Island is a 8.4-mile-long protected barrier island that’s a short drive and paddle away from campus. It is rich in wildlife – the perfect place to watch egrets fishing in the saltmarsh and pelicans diving for food. Join us for an afternoon paddle to this island paradise. We’ll start with a quick kayaking lesson. Once on the island, you’ll have time to explore a bit before we paddle back and enjoy the sunset. This is a great trip for beginners and no experience is necessary, but you should have basic swimming ability. Cost is $22 per student and includes transportation, kayak and instruction. Register at our online store via the Campus Recreation webpage, uncw.edu/campusrec, or visit the Seahawk Adventures suite, SRC 164, during office hours, beginning Aug. 21, 2019. Hours of operation are 4 to 7 p.m., Monday through Friday, plus 10 a.m. to 1 p.m., Monday and Friday. Let us know if you have any questions: adventure@uncw.edu or 910.962.4052.

Kayak at Shark’s Tooth Island

10 a.m. – 2 p.m.

Search for shark teeth on the Cape Fear River! This is a great beginner trip, and our staff will teach you kayaking basics before we take a leisurely paddle to Shark’s Tooth Island. No kayaking experience is necessary, however, you should have basic swimming ability (in case you fall in; no swimming is planned). Cost is $22 per person and includes equipment and transportation. Register at our online store via the Campus Recreation webpage, uncw.edu/campusrec, or visit the Seahawk Adventures suite, SRC 164, during office hours, beginning Aug. 21, 2019. Hours of operation are 4 to 7 p.m., Monday through Friday, plus 10 a.m. to 1 p.m., Monday and Friday. Let us know if you have any questions: adventure@uncw.edu or 910.962.4052.
1 – 4 p.m.  **IFC Recruitment**  
**Student Affairs Courtyard, between the FSC and FUU**

Interested in joining a fraternity? Stop by our recruitment event to meet all 13 of our Interfraternity Council chapters and find out how you can join.

2 p.m.  **Men’s Soccer v. South Carolina**  
**UNCW Soccer Stadium**

Come watch UNCW’s Men’s Soccer team take on South Carolina. Support the Seahawks and sign up for Team Teal, UNCW’s fan rewards program. Team Teal is FREE to join and rewards you with great giveaways for attending home Seahawk athletic events. Students are admitted free with valid UNCW One Card.

4 – 7 p.m.  **Rec Fields Day**  
**Recreational Fields Complex, behind the Burney Center**

Did you know the rec fields have lots of open hours during the week? You didn’t?! Well then, let’s get old skool for a minute! Join us for an afternoon of field games like three-legged races, water-balloon tossing and car-wash relays, to name a few. We’ll have snacks, cool treats and a chance to meet some of our student-organization members and how you can get involved with them. Come on, bae, and have some fun! For a full listing of open hours for the fields, check out this webpage: [uncw.edu/campusrec/recreationalfieldcomplex.html](http://uncw.edu/campusrec/recreationalfieldcomplex.html).

6 – 7 p.m.  **GlideFit Yoga**  
**Indoor Pool, Student Recreation Center**

Meet a few of our certified group-fitness instructors for a floating yoga flow. Challenge your core, balance and overall strength in this fun and challenging aquatics-based stability training class. We encourage people of all fitness levels to attend and recommend wearing workout gear that you won’t mind getting wet. For more information, see our schedule online at [uncw.edu/campusrec/fitness/group.html](http://uncw.edu/campusrec/fitness/group.html).
Fall Group Fitness Schedule Begins!

Our full, fall group-fitness schedule runs from now through Reading Day. Come enjoy an early morning, midday, afternoon, or evening workout with our certified group-fitness staff! Classes may be modified to fit any fitness level, and there are more than 45 classes to choose from. Class times vary daily. For formats and times, see our schedule: uncw.edu/campusrec/fitness/group.html.

9 – 11 a.m.  
**UNCW Police Corn Hole Challenge**  
Student Affairs Courtyard

Think you can beat the UNCW Police in a corn hole match? Here’s your chance! Play alongside or against members of the UNCW Police Department in the time honored game of corn hole. This is a relaxed way to get to know the officers who have sworn to protect and serve our campus.

11:30 a.m. – 1:30 p.m.  
**Meet and Greet with Panhellenic**  
Chancellor’s Walk between  
Leutze and Cameron Halls

Interested in joining a sorority? Stop by to meet all 11 of our Panhellenic chapters and find out how you can register for sorority recruitment.

11:30 a.m. – 2:30 p.m.  
**What’s a Winner in Wag?**  
Wagoner Hall

Overwhelmed with all the choices in the dining hall? Having trouble choosing or finding what is healthy? Come ask Health Promotion to show you the top choices for the foundation of your diet. If you are interested, they will also take you on a tour of Wagoner to help you navigate the best choices! Sponsored by Health Promotion.

5 – 7 p.m.  
**Transfer Student Panel**  
Bear Hall, Room 106

Learn about transfer-student leaders’ experiences and ask them questions about campus, academics or getting involved!
Panhellenic Informational Forum
Burney Center Ballroom

Want to join a sorority on campus, but don’t know where to start? The Panhellenic Council will hold an informational forum about sorority recruitment. Learn more about all 11 of our chapters, how the recruitment process works and how to put your best foot forward when meeting the chapters.

Tuesday, Aug. 27

Teal Tuesday!
Put on your teal and show your school spirit as we continue the tradition of Teal Tuesdays!

11:30 a.m. – 2:30 p.m. What’s Healthy in the Hawk’s Nest?
Hawk’s Nest, FUU
Unsure of healthy food options on campus? Confused about what to order at the Hawk’s Nest? Come by and ask the Health Promotion peer educators. They will provide the information you need to select healthy options you’ll enjoy. Sponsored by Health Promotion.

3:30 – 5:30 p.m. Early-Middle College Student Social
Sharky’s Box Office and Game Room
If you are a new or current UNCW student who attended early-college or middle-college high school, please join us to meet one another, chat about your first week of classes, and get tips for success at UNCW from current students and advisors.

4 – 5 p.m. CRC OPEN HOUSE
Student Recreation Center, Room 104
The mission of the Collegiate Recovery Community is to provide support for students at all stages of recovery, including those affected by someone else’s addiction. Join us to learn more about the CRC
programs offered throughout the year. Feel free to stay for Open Hours if you are able. For more information, call 910.962.4135, stop by our office in SRC 104, email recovery@uncw.edu or follow @UNCWCRCHawks.

5 – 7 p.m.  
**CRC Open Hours**  
Student Recreation Center, Room 104

The mission of the Collegiate Recovery Community is to provide support for students at all stages of recovery and in hope of recovery to achieve academic success while enjoying a genuine college experience, free from alcohol and other drugs. Join us each week for free snacks and good company! Everyone is welcome. For more information, call 910.962.4135, stop by our office in SRC 104, email recovery@uncw.edu, or follow @UNCWCRCHawks.

6 – 7 p.m.  
**50 First Dates**  
Galloway Hall Fishbowl

So, you’ve asked someone out, huh? Now what? Finding the perfect first-date activity (that is affordable on a student budget) can make all the difference in developing a successful relationship! Join the CARE peer educators as they highlight 50 fun and affordable activities. We will provide safe and healthy dating tips while offering helpful hints on how to make the date a success, even if the romance isn’t! Sponsored by CARE.

6 – 8 p.m.  
**Potential New Member Orientation**  
Burney Center

On this day you will be given an overview of all things Panhellenic Sorority Recruitment! You will learn all about recruitment as well as tips and tricks on how to be successful throughout the process. You will meet your recruitment counselors (Gamma Chi) and your fellow potential new members (PNMs) who will be in your recruitment group. Orientation is the perfect time to ask your Gamma Chi any questions you may have about the process.

6:30 – 9 p.m.  
**Sharky’s Rocket League Video Game Tournament** - Sharky’s Box Office Game Room

Challenge your friends in our Rocket League Tournament and kick off a great year! Sign-ups are open until the tournament starts. The winner of the tournament will receive an awesome mystery prize!
Wednesday, Aug. 28

10 a.m. Transfer Involvement Carnival Meetup Meet at Burney Center Fountain

Meet up with other transfers to explore the Involvement Carnival together! Visit booths to get free stuff and learn about student organizations, campus departments and off-campus vendors.

10 a.m. – 2 p.m. Involvement Carnival Campus Commons

The Involvement Carnival highlights student-involvement opportunities at UNCW and in the Wilmington community. This year’s carnival will include more than 350 UNCW departments and student organizations, local businesses, religious organizations and community-service agencies — all ready with information about getting involved in each of their unique endeavors. Don’t miss out on this great opportunity to get connected and involved! Sponsored by the Campus Activities & Involvement Center. The rain date for this event is Wednesday, Sept. 4, on the Campus Commons.

5 – 7 p.m. Raise Your Flag Sharky’s Box Office and Game Room Fisher Student Center

Meet the amazing staff and students of Centro Hispano, UNCW’s LatinX student-resource center! Get to know more LatinX students while enjoying food, music and raising your heritage country’s flag. Learn how to get involved with our student-led organizations and take advantage of the countless resources available through our office. Take the time to visit Centro, a favorite spot for students, and LA SALA, our study room featuring computers and printers.
5 – 7 p.m.  **Seahawk Supper**  
**Wagoner Dining Hall**

Tired of scrolling on your phone while eating? Are your friends all busy when you’re ready to eat? Form friendships in your new home as you enjoy a family-style meal with your fellow Seahawks! This event is free; those with meal plans may use a meal swipe.

5:30 – 6:15 p.m.  **Well-Being Wednesday: Workout in the Water**

Give our Hydro HIIT Group Fitness Class a try! This 45-minute deep- and shallow-water workout incorporates a variety of aquatic equipment while challenging your muscular endurance and cardiorespiratory system. For more information, see our schedule online [uncw.edu/campusrec/fitness/group.html](http://uncw.edu/campusrec/fitness/group.html)

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**Thursday, Aug. 29**

**Noon**  
**Lost and Found Concert**  
**Information Center**  
**Fisher Student Center, 1st floor**

The Information Desk is the hub for campus maps and directions, umbrellas, the lost-and-found and much more. Occasionally, this desk comes alive with pop-up concerts! Stop by today for our first Lost and Found Concert of the year. Mirroring NPR’s Tiny Desk Concerts, musicians will play short sets throughout the year behind our very own Information Desk. Follow @uncw_campuslife to find out who is coming and when!

**3:30 – 5 p.m.**  
**LGBTQIA Meet and Greet**  
**Sharky’s Box Office and Game Room**  
**Fisher Student Center**

The LGBTQIA Resource Office invites all Seahawks to join us to discover the exciting events we have planned for the academic year and opportunities for students to get involved on campus. This event is designed to empower students by creating a welcoming and inclusive environment in which our LGBTQIA students can meet, talk, and get to know their fellow students.
and supportive faculty and staff. Enjoy some refreshments and get started! (LGBTQIA stands for lesbian, gay, bisexual, transgender, questioning, intersex and ally.)

4:30 – 6:30 p.m.  Happy Hour  
Student Recreation Center, Room 104

Enjoy free games and free food every Thursday at our Happy Hour! Find out what’s happening on campus this weekend! Sponsored by Crossroads.

5 – 7 p.m.  Archery Tag  
Recreational Field Complex

Rain location: Court 6, Student Recreation Center

Get your team together and join Campus Recreation as we play Archery Tag! This version of tag combines the concepts of tag with the fun of inflatable barriers, bows and soft-tipped block arrows. Teams of two or three players compete in this fast-paced game. You will need your UNCW One Card to play. Our rain location is Court 6 in the Student Recreation Center.

6:30 – 8 p.m.  Transfer Speed Friending  
Sharky’s Box Office and Game Room  
Fisher Student Center

Come out for free food and participate in several rounds of speed friending to find your best friend on campus!

7 p.m.  Women’s Soccer v. Coastal Carolina  
UNCW Soccer Stadium

Come watch UNCW’s Men’s Soccer team take on Coastal Carolina. Support the Seahawks and sign up for Team Teal, UNCW’s fan rewards program. Team Teal is FREE to join and rewards you with great giveaways for attending home Seahawk athletic events. Students admitted free with valid UNCW One Card.
**Friday, Aug. 30**

**The Student Recreation Center is Open**

- 6 a.m. – 8 p.m. **Student Recreation Center**
- 6 a.m. – 8:30 a.m. **Indoor Pool**
- 11 a.m. – 7 p.m. **Indoor Pool**
- 11 a.m. – 6 p.m. **Leisure Pool and Patio Deck**

Spend Labor Day weekend working out in the fitness center, challenging a friend at racquetball or badminton, playing basketball or relaxing by the pool at the SRC! Please visit us on Facebook or our webpage for additional news, updates and information! [uncw.edu/campusrec](http://uncw.edu/campusrec)

**11 a.m. – 1 p.m.**

*Sun Safety and Hydration Pop-Up  
Along Chancellor’s Walk*

Join Health Promotion to learn safe tips related to hydration, sun exposure and drinking so that you can stay safe this semester! Sponsored by UNCW Health Promotion and Crossroads.

**Noon – 9 p.m.**

**Women’s Volleyball Tournament  
Hanover Gym**

Come watch UNCW’s Women’s Volleyball as they compete on campus. Support the Seahawks and sign up for Team Teal, UNCW’s fan rewards program. Team Teal is FREE to join and rewards you with great giveaways for attending home Seahawk athletic events. All students admitted free with valid UNCW One Card.

**3 – 7 p.m.**

**Surf Clinic**

Whether you are brand new to surfing or just need a refresher, our surf clinic will have you catching waves and enjoying one of the coolest parts about living in Wilmington. We have longboards that are great for beginners to learn on, and our trained instructors are ready to teach you the basics of paddling out, catching your waves and popping up on your board! Participants must be able to swim, but no prior surfing experience is required. Cost is $22 per student. You can register at our online store via the Campus Recreation webpage,
6 p.m.  **ACE Presents: Captain Marvel (PG-13)**  
Lumina Theater, Fisher Student Center

Captain Marvel is an extraterrestrial Kree warrior who finds herself caught in the middle of an intergalactic battle between her people and the Skrulls. Living on Earth in 1995, she keeps having recurring memories of another life as U.S. Air Force pilot Carol Danvers. With help from Nick Fury, Captain Marvel tries to uncover the secrets of her past while harnessing her special superpowers to end the war with the evil Skrulls. Free tickets will be distributed at Sharky’s Box Office and Game Room on the first floor of the Fisher Student Center one hour before showtime. Sponsored by ACE. Movie subject to change.

9 p.m.  **ACE Presents: Shazam (PG-13)**  
Lumina Theater, Fisher Student Center

We all have a superhero inside us–it just takes a bit of magic to bring it out. In 14-year-old Billy Batson’s case, all he needs to do is shout out one word to transform into the adult superhero Shazam. Still a kid at heart, Shazam revels in the new version of himself by doing what any other teen would do–have fun while testing out his newfound powers. But he’ll need to master them quickly before the evil Dr. Thaddeus Sivana can get his hands on Shazam’s magical abilities. Free tickets will be distributed at Sharky’s Box Office and Game Room on the first floor of the Fisher Student Center one hour before showtime. Sponsored by ACE. Movie subject to change.

9:30 p.m. – midnight  **UNCWeekends Beat the Heat Ice Skating**  
Wilmington Ice House  
7201 Ogden Business Lane

Sunburned yet? Cool down from the summer heat with UNCWeekends at the Wilmington Ice House! $3 for students, $2 with military ID. Cost includes entry and skates. For more information about UNCWeekends, follow us on Instagram @UNCWeekends
Aug. 31 – Sept. 2   Panhellenic Formal Recruitment

Want to join a Panhellenic sorority? The best way to join during the fall is by participating in Formal Recruitment. This is the only time where all 11 of our chapters will be taking members.

* Please note you must register for Panhellenic recruitment by 11:59 p.m., Aug. 27. Check out this link to register [uncw.edu/fsl/membership/Sorority-Recruitment.html](uncw.edu/fsl/membership/Sorority-Recruitment.html).

The Student Recreation Center is Open

1 – 6 p.m.  •  Student Recreation Center
1 – 5 p.m.  •  Indoor Pool
1 – 5 p.m.  •  Leisure Pool and Patio Deck

Spend Labor Day Weekend working out in the fitness center, challenging a friend at racquetball or badminton, playing basketball or relaxing by the pool at the SRC! Visit us on Facebook or our webpage for additional news, updates and information! [uncw.edu/campusrec](uncw.edu/campusrec)

6 p.m.   ACE Presents: Captain Marvel (PG-13)
Lumina Theater, Fisher Student Center

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abilities. Free tickets will be distributed at Sharky’s Box Office and Game Room on the first floor of the Fisher Student Center one hour before showtime. Sponsored by ACE. Movie subject to change.

Sunday, Sept. 1

The Student Recreation Center is Open
4 – 8 p.m. • Student Recreation Center
4 – 7 p.m. • Indoor Pool
4 – 6 p.m. • Leisure Pool and Patio Deck

Spend Labor Day Weekend working out in the fitness center, challenging a friend at racquetball or badminton, playing basketball or relaxing by the pool at the SRC! Please visit us on Facebook or our webpage for additional news, updates and information! uncw.edu/campusrec

Monday, Sept. 2

2 p.m. Women’s Soccer vs. VCU
UNCW Soccer Stadium

Come watch UNCW’s Men’s Soccer team take on VCU. Support the Seahawks and sign up for Team Teal, UNCW’s fan rewards program. Team Teal is FREE to join and rewards you with great giveaways for attending home Seahawk athletic events. Students admitted free with valid UNCW One Card.

4 - 6 p.m. Dorm Room Décor
Check uncw.edu/ace for location

Meet new friends and spruce up your door décor!

The Student Recreation Center is Open
4 – 10 p.m. • Student Recreation Center
4 – 9 p.m. • Indoor Pool
4 – 6 p.m. • Leisure Pool and Patio Deck

Spend Labor Day working out in the fitness center, challenging a friend at racquetball or badminton, playing basketball or relaxing by the pool at the SRC! Visit us on Facebook or our webpage for additional news, updates and information! uncw.edu/campusrec
Tuesday, Sept. 3

Teal Tuesday! Put on your teal and show your school spirit as we continue the tradition of Teal Tuesdays!

NPHC Week
Join us for a week full of events to learn about and celebrate our National Pan-Hellenic Council, home to the historically black fraternities and sororities on campus. Come have some fun and meet new friends! For more details about the week’s events, follow our Instagram @uncw_nphc.

5 – 7 p.m. CRC Open Hours
Student Recreation Center 104
The mission of the Collegiate Recovery Community is to provide support for students at all stages of recovery, and in hope of recovery, to achieve academic success while enjoying a genuine college experience, free from alcohol and other drugs. Join us for our annual kickoff of open hours, and learn more about what resources the CRC provides to our Seahawks! For more information, call 910.962.4135, stop by our office in SRC 104, email recovery@uncw.edu, or follow @UNCWCRCHawks.

Wednesday, Sept. 4

12:15 – 12:45 p.m. Meditation 101
Topsail Island Room
Fisher Student Center 2019
Meditation is a form of mindfulness that can increase concentration, reduce stress and conquer challenges. Join the Counseling Center to learn skills in practicing meditation while learning about the In Harmony programs.
3:30 – 5 p.m. **Women’s Studies and Resource Center Meet and Greet**
Wrightsville Beach Room
Fisher Student Center, Room 2017

All are welcome at the WSRC’s annual meet and greet. Celebrate this year’s theme, enjoy cake and refreshments, meet our fantastic community of feminist advocates, network casually with students, faculty and staff. Learn about the Women’s and Gender Studies minor and graduate certificate, internships, service opportunities, academic and extracurricular programming, and professional possibilities available here and nationally.

7 – 8 p.m. **Going the Distance:**
Long-Distance Relationship Panel
Wrightsville Beach Room
Fisher Student Center, Room 2017

Managing a long-distance relationship in college can be a real challenge. It can feel difficult and even isolating! If you’re looking for some tips on making it work and you want to meet people who understand your situation, join CARE peer educators for a discussion about pitfalls and rewards of maintaining a connection while you’re away. Sponsored by CARE.

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**Thursday, Sept. 5**

4 – 6 p.m. **Happy Hour**
Student Recreation Center, Room 104

Enjoy free games and free food every Thursday at our Happy Hours. Find out what’s happening on campus this weekend! Sponsored by Crossroads.

5 – 7 p.m. **UNCWeekends Paint ‘N’ Punch**
International Lounge, Fisher University Union

Create some artwork for your room that is sure to add a PUNCH of color! Grab some soft drinks, food and tons of room décor items to put your own creative spin in your new home at UNCW. Meet the student leaders of UNCWeekends and learn how to apply to be an event coordinator! WaveLink Applications close on Sunday, Sept. 8, at 5 p.m.
6 p.m.  
Black Greek 101  
Azalea Coast Room  
Fisher University Union, Room 2001

Join us for a night of learning about our NPHC organizations through Black Greek 101. This is a program devoted to educating the UNCW campus about the nine historically black fraternities and sororities known as “The Divine 9.” Attendance at this event is strongly encouraged for individuals interested in joining a NPHC fraternity or sorority and want to learn more about the next steps.

Friday, Sept. 6

11 a.m. – 2 p.m.  
UNCWorld’s Fair  
Wagoner Hall

Experience the sights and sounds of the world, along with sushi Friday at Wag! There will be global games, activities, prizes, and information about how you can study abroad in more than 50 countries. Join us for food and fun, and start your UNCWorld adventure today! Sponsored by the Office of International Programs and UNCW Campus Dining.

2 – 5 p.m.  
My Stand Mentor Training  
Masonboro Island Room  
Fisher Student Center, Room 2011

Do you CARE about your friends and your community? Do you want to help reduce the rates of violence on campus? As a My Stand mentor, you can help create culture change to make UNCW a better place. Join CARE for an interactive three-hour training on safe and effective bystander-intervention techniques. Become one of the hundreds of students trained as My Stand mentors and “be the change you want to see in the world.” Register for this training at uncw.edu/CARE or by calling 910.962.CARE.
4:30 – 9 p.m. **Men’s Soccer Tournament**  
**UNCW Soccer Stadium**

Come watch UNCW’s Men’s Soccer team as they compete on campus. Support the Seahawks and sign up for Team Teal, UNCW’s fan rewards program. Team Teal is FREE to join and rewards you with great giveaways for attending home Seahawk athletic events. Students admitted free with valid UNCW One Card.

6 p.m. **ACE Presents: Pet Sematary (R)**  
**Lumina Theater, Fisher Student Center**

Dr. Louis Creed and his wife Rachel relocate from Boston to rural Maine with their two young children. The couple soon discover a mysterious burial ground hidden deep in the woods near their new home. When tragedy strikes, Louis turns to his neighbor Jud Crandall, setting off a perilous chain reaction that unleashes an unspeakable evil with horrific consequences.

Tickets are $2 for students, $4 for non-students, and $1 for military and may be purchased at Sharky’s Box Office and Game Room on the first floor of the Fisher Student Center one hour before showtime. Sponsored by ACE. Movie subject to change.

**Time: STAY TUNED! UNCWeekends Takes Mayfaire:**  
**IT Chapter II**  
**Regal Mayfaire Theater**  
**900 Town Center Dr.**

Twenty-seven years later, IT returns for revenge on the now-adult Losers Club. Join UNCWeekends for the OPENING NIGHT of Stephen King’s IT Chapter II at Mayfaire! Hang out with UNCWeekends for an amazing $10 deal for students including movie ticket, popcorn, drink and candy. Float on over to Sharky’s Box Office and Game Room to purchase your tickets while they last! Follow us on Instagram @UNCWeekends for updates on ticket sales and future off-campus events.
Saturday, Sept. 7

6 and 9 p.m.  ACE Presents:  *Us (R)*
Lumina Theater, Fisher Student Center

Accompanied by her husband, son and daughter, Adelaide Wilson returns to the beachfront home where she grew up as a child. Haunted by a traumatic experience from the past, Adelaide grows increasingly concerned that something bad is going to happen. Her worst fears soon become a reality when four masked strangers descend upon the house, forcing the Wilsons into a fight for survival. Tickets are $2 for students, $4 for non-students, and $1 for military and may be purchased at Sharky’s Box Office and Game Room on the first floor of the Fisher Student Center one hour before showtime. Sponsored by ACE. Movie subject to change.

Sunday, Sept. 8

Noon – 4:30 p.m.  Men’s Soccer Tournament –
Springhill Suites Classic
UNCW Soccer Stadium

Come watch UNCW’s Men’s Soccer team as they compete on campus. Support the Seahawks and sign up for Team Teal, UNCW’s fan rewards program. Team Teal is FREE to join and rewards you with great giveaways for attending home Seahawk athletic events. Students admitted free with valid UNCW One Card.
Teal Tuesday! Put on your teal and show your school spirit as we continue the tradition of Teal Tuesdays!

11 a.m. – 1 p.m. Cookout with the Coaches
Campus Commons
Amphitheater

Come meet and greet the coaches of UNCW’s athletics programs and enjoy free lunch, courtesy of Seahawk Athletics. It’s your chance to learn about the teams, their schedules and some of the key dates this season. You can also sign up for Team Teal and take part in some fun and games for prizes.

3 - 6 p.m. Self-Improvement
Teal Tuesday
Clock Tower, Campus Commons
Rain date Sept. 17

September is National Self-Improvement Month, so come join ACE for some yoga on the lawn by the clock tower! Get free Teal Tuesday T-shirts, participate in some yoga (facilitated by qualified Campus Rec instructors) and meet fellow spirited Seahawks! This is a FREE event sponsored by the Association for Campus Entertainment.

4 – 5:30 p.m. Leadership Development Program Information Session
Topsail Island Room
Fisher Student Center, Room 2019

The Office of Student Leadership and Engagement’s LDP is designed to help you maximize growth from your involvement. This three-semester program will expand your awareness of self, others and the community, and expose you to new ideas to grow your leadership practice. Come learn about program requirements in time to join the fall 2019 cohort. Applications are due Sept. 13. Check out uncw.edu/osle/LDP for more information.
Wednesday, Sept. 11

5 - 6 p.m. Association for Campus Entertainment Interest Meeting Azalea Coast Room Fisher University Union, Room 2001

Want to have a say in the entertainment available to you and your peers? The Association for Campus Entertainment is an organization of students who coordinate events for their fellow Seahawks. We want YOU to be a part of the fun! Join us at the interest meeting to see if you would like to be involved with the Activities and Arts, Concerts, Homecoming, Spirit or Films committees. ACE is open to all students, interests, and majors and can help you build leadership skills, improve your résumé for every major and have fun while you’re doing it!

Thursday, Sept. 12

7 p.m. ACE Presents: Campus Feud Lumina Theater Fisher Student Center

Come join in a UNCW twist on the classic television game show Family Feud. This is a FREE event!