

Lesson 4: PRIVATE AND NON-PROFIT LEISURE AND RECREATION

CAMPUS BASED RECREATION

The goal of campus recreation is to provide students, instructors, and staff with a diverse range of recreational activities and opportunities. The most popular activities offered by the campus recreation centers directed by Dr. Ray Wiley are (1) intramurals; (2) fitness programs (weight room, fitness classes); (3) club / student organization. The major purpose of campus recreation is to assist students, so many of the activities and events are centered on student interests. Students, faculty, and staff participate in campus recreation activities to have fun, maintain healthy lifestyles, and socialize. Leisure activities assist with life stress, enhancing both mental and physical health (Iwasaki & Mannell, 2000). Campus leisure is now a key marketing and recruiting strategy for many universities, as well as an important component for students, faculty, and staff.

The advantages of participating in campus recreation programs are numerous, ranging from stress reduction to social involvement.

Recreational sports, fitness and aquatics, outdoor experiences, and student program options are all areas that many campus recreation facilities address.

A. Recreational Sport

The term recreational sport was coined because of the popularity of informal sports programs: It is an umbrella term that refers to intramurals, extramural, club sports, informal sports and instructional sports. Recreational sports participation has a number of advantages including reduced stress, enhanced social integration, increased self-esteem, improved grades, and students development. Intramural sports are the most popular of all recreational sports. Intramural sports are organized sports programs on campus. Intramurals are structured sports programs within the campus. They provide a diverse selection of sports with varying levels of competition (beginner, intermediate, advanced). Softball, basketball, rugby, disc golf, hockey, badminton, volleyball, and flag football are all examples of intramural sports.

B. Fitness

Despite the fact that athletics are a big component of campus recreation, there are other things to do. Most institutions provide exercise programs, which are generally held in state-of-the-art gyms. Universities began implementing fitness programs in the 1970s, although at the time such programs were considered a passing fad. Fitness programs are one of the most popular recreational activities on college campuses today, and they are expected to become much more important as our country's obesity problem worsens. Group fitness classes, such as tai chi, swim classes, water aerobics, Spinning classes, yoga, kick boxing, Pilates, and zumba (a type of dance fitness), are popular. Fitness activities also provide a stress-free way to meet people who share a common interest in fitness. The benefits of fitness opportunities, such as regular exercise and stress management, are important components of a healthy life.

C. Student Programs

Recreational opportunities also exist outside of campus recreation facilities. Some are referred to as student programs or student activities, while others are sponsored by the student affairs office. Most outside activities are conceived, programmed, and delivered by students, which makes them stand apart from campus recreation. There are just a few examples of a variety of performances, and fine arts. Student fees normally pay most of the costs associated with these events, therefore they are delivered to students for free or at a low cost.

D. Clubs and Student Organizations

Clubs and student organizations are a major part of campus recreation. Clubs and student organizations are derived from common leisure interests and frequently include philanthropic pursuits. However, some clubs are purely for casual leisure experiences.

SPIRITUAL BASED RECREATION

Many of us have preconceived notions about the role of churches in society. Churches provide social activities for members in addition to places of worship, such as youth clubs, community services for those in need such as food banks, religious instruction, and a support system for members, among other things. The function of

entertainment in the church is something that many people overlook. Spiritually focused entertainment is appropriate for congregations of all sizes, just big churches. Recreation and Sports programs have been used by churches for outreach, not discipleship, and personal improvement. Churches provide a wide range of services and facilities.

SOCIAL CLUBS

A social club is a group founded for the aim of socializing or sharing a common interest, activity, or other trait among its members. According to the Internal Revenue Service which classifies social clubs as tax-exempt organizations, such clubs are defined by “personal contact, mixing, and face-to-face fellowship” and members must share a “shared goal directed toward pleasure, relaxation, and other non-profitable purposes. The following are some of the principles around which social clubs are organized:

A. Fraternities and Sororities

Fraternities and sororities are clubs made up of men and women who offer mutual friendship and support to one another. Most members join these clubs during their undergraduate years, when fraternities and sororities are most active. Many people will stay members for the rest of their lives, whether active or passive, and will continue to associate with their peers long after they have graduated from college.

B. Ethnic Clubs

Ethnic clubs are groups of people who have a common cultural or ethnic heritage. Ethnic social clubs provide a platform for the preservation of cultural traditions as well as networking with peers who share one's ancestry. Ethnic clubs are frequently found in areas that are now or historically linked with a specific ethnicity.

C. Regional Club

Certain social clubs are formed around a particular geographic region. The club may be located within that region. For example, the Ilocos Riders Club in Northern Luzon.

D. Clubs Based on a Common Interest

The most prevalent sort of social club is one that revolves on a similar interest. Academic artistic, romantic, cultural, or political interests are all possibilities. The organization will frequently host conversations or demonstrations around the topic of interest.

E. Clubs Based on a Common Activity

Members of activity clubs get together to perform a specific activity as a group. Participating in various sports, eating, cultural consumption, and crafting are all examples of common club activities.

F. Career Clubs

There are a variety of clubs that allow people who work in a specific field to interact and network with their peers. Many are centered on a specific industry or profession, and they may host events relating to it.

SPORTS CLUB

The Sports Club, commonly known as Atletico, is a sporting club that houses a variety of sports equipment and facilities for the practice of the aforementioned. However the term can be applied to any club that is solely focused on a single sport. Typically, sports clubs are known for one of the sports they offer, rather than a combination of all of them.

In each sport, there are usually professional and amateur teams who compete in the same leagues or competitions and wear the same name, emblem, and t-shirt design.

Sports Clubs in the Philippines

1. Rizal Memorial Sports Complex
2. The Zone
3. Club United
4. Celebrity Sports Plaza
5. Manila Polo Club
6. Nomads Sports Club
7. Parkour Intramuros

8. Focus Athletics
9. Quezon City Sports Club
10. Merville Sports and Tennis Club

Theme Parks

Definition

A **theme park** is a recreational facility designed around a central theme, offering **rides, attractions, shows, and entertainment experiences**. They usually combine thrill rides, family-friendly attractions, and immersive environments to entertain visitors of all ages.

A **water park** is a recreational facility with **water-based attractions** like slides, wave pools, lazy rivers, and splash zones. They are designed for fun, relaxation, and cooling off in hot weather.

Ten Best Private Recreational Attraction

1. **Enchanted Kingdom** in Santa Rosa, Laguna, is the country's most iconic theme park, famous for its roller coasters, water rides, kiddie rides, and themed zones. Opened in 1995, it was the first world-class theme park in the Philippines and now attracts over 1.5 million visitors annually. Its signature attractions include the Space Shuttle roller coaster, Flying Fiesta, and Rio Grande Rapids.
2. **Ocean Adventure** in Subic Bay, Zambales, is Southeast Asia's first open-water marine park, combining entertainment with education and conservation. Visitors can watch dolphin and sea lion shows, swim with dolphins, explore aquariums, and learn about marine life through guided tours. This attraction sparks discussions on ethical considerations in marine animal encounters and how parks can educate the public about conservation while still being entertaining.
3. **Aqua Planet** in Clark, Pampanga, is the largest water park in the Philippines, spanning roughly 10 hectares. It features wave pools, a lazy river, a Flow Rider surfing simulator, and intense slides such as the Aqua Loop and Tornado. There is also a kiddie zone for families.
4. **SandBox Pampanga**, located in Porac, Pampanga, is an outdoor adventure park best known for Avatar One, the first roller-coaster-style zipline in the country. Visitors can enjoy giant swings, aerial obstacle courses, ATV rides, and nature activities.
5. **Anjo World Theme Park** in Cebu is the largest theme park in the Visayas region and features thrill rides such as the Pharaoh spinning coaster, the Anjo Eye Ferris Wheel, and Snow World, a winter-themed attraction in a tropical country.
6. **Star City** in Pasay, Metro Manila, is a large indoor and outdoor amusement park offering rides, carnival games, and a snow zone. As one of the few indoor theme parks in the country, it operates year-round regardless of weather, making it an excellent example of accessibility and continuous entertainment for urban populations..
7. **Cebu Safari and Adventure Park** in Carmen, Cebu, is the largest wildlife safari and adventure park in the Philippines, occupying about 170 hectares and hosting over 1,000 animals from more than 120 species. Visitors can explore themed zones like the African Savanna and Gardens of the World while enjoying adventure trails.
8. **Waterworld Cebu** in Mandaue City offers over 10 water slides, a giant wave pool, and a lazy river, catering to thrill-seekers and families alike.
9. **Seven Seas Waterpark** in Opol, Misamis Oriental, is a pirate-themed water park featuring twin wave pools, a lazy river, vertical aqua loop slides, and cabanas. Its thematic design illustrates how imaginative play and thematic branding can attract diverse age groups, while also promoting regional tourism outside major urban centers.
10. **Sky Ranch** in Tagaytay, Cavite, combines amusement with scenic views of Taal Lake and Volcano. Its Sky Eye Ferris wheel offers panoramic views, and the park includes family rides, food kiosks, and arcade games.