GCU’s intramural sports strive to build and operate a program that promotes community on campus and brings glory to God. We offer various divisions for most sports and different levels of competition within those divisions. Students may join an intramural sports team at any point during the season and are welcome to participate in one single-gender team and one coed team at a time.

2022-23 INTRAMURAL SPORTS OFFERINGS:

- 3v3 Basketball
- 4v4 Flag Football
- Basketball
- Battleship
- Cornhole
- Dodgeball
- Flag Football
- Futsal
- Golf
- Indoor Volleyball
- Kickball
- Outdoor Soccer
- Pickleball
- Sand Volleyball
- Softball
- Spikeball
- Tennis
- Ultimate Frisbee
GCU's Outdoor Recreation program covers four unique areas: outdoor adventure programs, the indoor climbing wall, the campus garden and BaseCamp, GCU's outdoor equipment rental space.

We exist to serve GCU students by providing outlets of outdoor recreation that engage GCU students in adventure, fellowship, environmental stewardship, leadership development and outdoor education.

Through these outlets, we will advance relationships and challenge students physically, spiritually and mentally. We will also strive to provide a positive experience for students while fueling off the endless adventures in God's creation.

ADVENTURE PROGRAMS

This program serves GCU students through wilderness-based experiences outside of the classroom. Students will learn valuable skills that will be transferable to everyday life! Our trips are open to all students with no experience required. Prior to each trip, students will attend a pre-trip meeting to go over expectations and safety measures while giving students a chance to meet the guides and other participants.

We provide transportation, food and the expertise needed to create a positive wilderness experience. We believe life begins at the end of your comfort zone. Sign up for a trip today and make memories and relationships that will last a lifetime!

ADVENTURE ON, LOPES!
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location/Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ultimate Lope Venture Race</td>
<td>Sept. 3</td>
<td>Night Kayaking in Lake Pleasant</td>
</tr>
<tr>
<td>Ice Lake Basin Backpacking</td>
<td>Sept. 2 – 5</td>
<td>Aravaipa Backpacking</td>
</tr>
<tr>
<td>Horseshoe Bend Overnight Kayaking</td>
<td>Sept. 2 – 5</td>
<td>Peppersauce Caving</td>
</tr>
<tr>
<td>Kings Canyon Car Camping</td>
<td>Sept. 2 – 5</td>
<td>Bear Jaw Abineua Hike</td>
</tr>
<tr>
<td>Night Stand Up Paddleboarding (SUP) at Canyon Lake</td>
<td>Sept. 5</td>
<td>On Campus Hammock Bingo</td>
</tr>
<tr>
<td>Explore Arizona Road Trip to Payson, Flagstaff, Sedona</td>
<td>Sept. 9 – 11</td>
<td>Sedona Mountain Bike and Hike</td>
</tr>
<tr>
<td>Piestewa Peak Sept. 11 Night Hike</td>
<td>Sept. 11</td>
<td>Grand Canyon South Rim Camping</td>
</tr>
<tr>
<td>Blue Ridge Reservoir Overnight Kayaking</td>
<td>Sept. 10 – 11</td>
<td>Prescott Climbing and Camping in Watson Lake and Groom Creek Bouldering</td>
</tr>
<tr>
<td>On Campus: Outdoor Rec Social</td>
<td>Sept. 12</td>
<td>On Campus Intro to Scuba Workshop</td>
</tr>
<tr>
<td>Horseshoe Bend Overnight Stand Up Paddleboard</td>
<td>Sept. 16 – 18</td>
<td>Sedona Experience</td>
</tr>
<tr>
<td>Grand Canyon North Rim Camping Trip</td>
<td>Sept. 16 – 18</td>
<td>Horton Creek Beginner Backpacking</td>
</tr>
<tr>
<td>Yoga Trip to Mogollon Rim</td>
<td>Sept. 17</td>
<td>On Campus Intro to Slackline Workshop</td>
</tr>
<tr>
<td>Intro to Stand Up Paddleboarding Yoga on Campus</td>
<td>Sept. 21</td>
<td>Black Canyon Canoeing Mental Health Weekend</td>
</tr>
<tr>
<td>Disc Golf League</td>
<td>3-Week League</td>
<td>Picacho Peak Mental Health Weekend</td>
</tr>
<tr>
<td>Conocido Park</td>
<td>Sept. 19</td>
<td>Stand Up Paddleboard Yoga at Saguaro Lake Mental Health Weekend</td>
</tr>
<tr>
<td>Buffalo Ridge Park</td>
<td>Sept. 26</td>
<td>Zion Expedition</td>
</tr>
<tr>
<td>Scottsdale and Fountain Hills</td>
<td>Oct. 3</td>
<td>Surf Trip to DOHO</td>
</tr>
<tr>
<td>Salt River Cleanup</td>
<td>Sept. 24</td>
<td>Grand Canyon Backpacking</td>
</tr>
<tr>
<td>Antelope Canyon, Horseshoe Bend, Lake Powell Adventure</td>
<td>Sept. 23 – 25</td>
<td>Catalina Bike Packing</td>
</tr>
<tr>
<td>Spiritual Retreat in Payson</td>
<td>Sept. 23 – 25</td>
<td>On Campus: Camp Cooking Workshop</td>
</tr>
<tr>
<td>On Campus Log Rolling Tournament</td>
<td>Sept. 29</td>
<td>Women’s Backpacking Supes</td>
</tr>
<tr>
<td>Black Canyon Canoeing</td>
<td>Sept. 30 – Oct. 2</td>
<td>Intro to MTB at Brown’s Ranch</td>
</tr>
<tr>
<td>Flagstaff Backcountry via Kachina Trail</td>
<td>Oct. 1 – 2</td>
<td>Antelope Canyon, Horseshoe Bend, Lake Powell Adventure</td>
</tr>
<tr>
<td>Winslow Paddle</td>
<td>Oct. 1</td>
<td>On Campus: End of Semester Social</td>
</tr>
<tr>
<td>Sunrise Hike Piestewa</td>
<td>Oct. 4</td>
<td>Queen Creek Climbing</td>
</tr>
<tr>
<td>West Baldy Backpacking</td>
<td>Oct. 7 – 9</td>
<td>Superstitions Backpacking</td>
</tr>
<tr>
<td>Full Moon Stand Up Paddleboarding in Saguaro Lake</td>
<td>Oct. 8</td>
<td>Kartchner Caverns Spiritual Retreat Refuel for Finals</td>
</tr>
<tr>
<td>Mt. Humphreys Summit Hike</td>
<td>Oct. 8</td>
<td></td>
</tr>
<tr>
<td>Event</td>
<td>Start Date</td>
<td>Location</td>
</tr>
<tr>
<td>----------------------------------------------------</td>
<td>--------------</td>
<td>---------------------------</td>
</tr>
<tr>
<td>On Campus Tune Skis and Snowboards Workshop</td>
<td>Jan. 12</td>
<td>Channel Islands Camping</td>
</tr>
<tr>
<td>Reavis Ranch Backpacking and Supes Through Hike</td>
<td>Jan. 14 – 16</td>
<td>On Campus Slackline Workshop</td>
</tr>
<tr>
<td>Catalina Backpack</td>
<td>Jan. 13 – 16</td>
<td>Goat Yoga and Hike</td>
</tr>
<tr>
<td>Horseback Riding in Wickenburg</td>
<td>Jan. 16</td>
<td>Peppersauce Cave</td>
</tr>
<tr>
<td>Sunset Desert Yoga</td>
<td>Jan. 19</td>
<td>Snowbowl</td>
</tr>
<tr>
<td>Intro to Rappelling</td>
<td>Jan. 21</td>
<td>Piestewa Peak Spiritual Hike</td>
</tr>
<tr>
<td>Snowbowl</td>
<td>Jan. 21</td>
<td>Intro to Scuba</td>
</tr>
<tr>
<td>Trail Maintenance and Clean Up Day</td>
<td>Jan. 22</td>
<td>Black Canyon Canoe</td>
</tr>
<tr>
<td>Camelback Morning Mindfulness Hike</td>
<td>Jan. 23</td>
<td>Cochise Climbing</td>
</tr>
<tr>
<td>Social: Hammock Bingo</td>
<td>Jan. 24</td>
<td>Superstition Backpacking</td>
</tr>
<tr>
<td>Aravaipa Backpacking</td>
<td>Jan. 28 – 29</td>
<td>International Mission Trip</td>
</tr>
<tr>
<td>Picacho Peak</td>
<td>Jan. 28</td>
<td>Utah Expedition (Zion, Bryce, Escalante)</td>
</tr>
<tr>
<td>Piestewa Peak Spiritual Hike</td>
<td>Jan. 30</td>
<td>Channel Islands</td>
</tr>
<tr>
<td>Sunrise Desert Yoga</td>
<td>Feb. 2</td>
<td>Buckskin Gulch Backpacking</td>
</tr>
<tr>
<td>Flat Iron</td>
<td>Feb. 4</td>
<td>Aravaipa Backpacking</td>
</tr>
<tr>
<td>Yurt Expedition Women’s Only</td>
<td>Feb. 4 – 5</td>
<td>Big Sur Expedition</td>
</tr>
<tr>
<td>Kartchner Caverns Camping and Caving Spiritual Retreat</td>
<td>Feb. 4 – 5</td>
<td>Catalina Island Backpacking</td>
</tr>
<tr>
<td>Disc Golf League</td>
<td>3-Week League</td>
<td>Grand Canyon Rim to Rim or River</td>
</tr>
<tr>
<td>Conocido Park</td>
<td>Feb. 13</td>
<td>Black Canyon Canoe</td>
</tr>
<tr>
<td>Buffalo Ridge Park</td>
<td>Feb. 20</td>
<td>Salt River White Water Rafting</td>
</tr>
<tr>
<td>Scottsdale and Fountain Hills</td>
<td>March 27</td>
<td>Salome Jug Canyoneering</td>
</tr>
<tr>
<td>South Mountain Spiritual Hike</td>
<td>Feb. 6</td>
<td>South Mountain Spiritual Hike</td>
</tr>
<tr>
<td>Painting in Sedona and Slide Rock</td>
<td>Feb. 11</td>
<td>Prescott Spiritual Retreat Camping Trip</td>
</tr>
<tr>
<td>Wilderness First Aid Course (WFA Certification)</td>
<td>Feb. 11 – 12</td>
<td>Verde River Kayaking Senior Only</td>
</tr>
<tr>
<td>Overnight Kayaking at Apache Lake</td>
<td>Feb. 11 – 12</td>
<td>Prescott Spiritual Retreat Camping Trip</td>
</tr>
<tr>
<td>Shaw Butte Spiritual Hike</td>
<td>Feb. 13</td>
<td>On Campus: End of the Year Social</td>
</tr>
<tr>
<td>On Campus Tune Skis and Snowboards Workshop</td>
<td>Feb. 15</td>
<td></td>
</tr>
</tbody>
</table>
CLIMBING WALL AT THE CANYON ACTIVITY CENTER (CAC)

GCU is equipped with a 30-foot, 10-lane climbing wall with routes strategically placed for climbers of all levels. You can enjoy this facility through memberships or daily passes. Take part in climbing classes to enhance your technical skills and learn more about the sport or attend social events to meet people and compete in games.

PASSES

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semester Membership</td>
<td>$25</td>
</tr>
<tr>
<td>Day Pass</td>
<td>$5</td>
</tr>
</tbody>
</table>

CLASSES

<table>
<thead>
<tr>
<th>Class Type</th>
<th>Special Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro to Climbing</td>
<td>Wall-o-Ween</td>
</tr>
<tr>
<td>Ladies Night</td>
<td>Crate Stacking</td>
</tr>
<tr>
<td>Lead Climbing Clinic</td>
<td>Competitions</td>
</tr>
<tr>
<td>Climbing Movement Clinic</td>
<td>Private Groups</td>
</tr>
<tr>
<td>Gym to Crag</td>
<td></td>
</tr>
</tbody>
</table>

COME CLIMB WITH US!
MONDAY – FRIDAY: NOON – 10 PM

FOR MEMBERSHIPS AND DAILY PASSES, VISIT MYREC.GCU.EDU
OUTDOOR RECREATION: BASE CAMP

BASE CAMP

Base Camp is an outdoor adventurer’s dream! Students can rent the gear they need for any exploration or camp out. During the academic year fall and spring semester, Base Camp is a lively environment as GCU Outdoor Recreation prepares to take students out on trips across the country!

RENTAL ITEMS:

- Tents
- Sleeping Bags
- Sleeping Pads
- Camp Cooking Gear
- Inflatable Paddleboards
- Backpacks
- Trekking Poles
- Head Lamps

ITEMS FOR PURCHASE:

- Fuel
- Dehydrated Meals

SHOW YOUR OUTDOORSY SIDE WITH GCU ODR MERCH:

- T-Shirts
- Coffee Mugs
- Nalgene Water Bottles
- Hats

Base Camp is located on the first floor of Agave Apartments Building 41, at the Campus Recreation Office. Visit us Monday – Friday, 10 am – 6:30 pm.
The GCU campus garden exists to create and nurture student-run organic gardens. We want to create a community where all participants can garden, enjoy their produce, find a sense of belonging and even provide food for Phoenix families in need.

GET INVOLVED

- Adopt-A-Plot
  - Students can rent their own plot through our Adopt-A-Plot program. Staff will help educate and empower each student to maximize their gardening efforts. Pricing per plot varies with the size of the plot.
  - Prices range from $15-$40.
- Workshops
  - Urban Composting
  - Organic Gardening Fundamentals
  - Vegetable Gardening How-To
  - The Many Uses of Herbs
  - Gardening in Containers
  - Wildflower Gardening

GROW WITH US!
North of Agave Apartments Building 41
GCU Fitness is an on-campus program that creates an inclusive and enjoyable community for GCU students, staff and guests by providing creative and educational fitness opportunities. Students can participate in weekly fitness classes and events led by student fitness instructors. No prior fitness experience is required to attend! Follow GCU Fitness on Instagram at @GCU.SFC for updates and how to get involved. Sign up for classes and events at MyRec.gcu.edu

FITNESS CLASSES

- **Barre**: Barre is a combination of Pilates, dance and functional fitness training. This class incorporates small, isolated movements to fatigue the muscles and combines upper and lower body movements for a total body workout.

- **HIIT**: High-Intensity Interval Training consists of 100% effort through quick intense bursts of exercise followed by short recovery periods. Keep your heart rate high and get an intense workout in a short amount of time.

- **Intro to Strength**: These classes are designed to help perfect exercise technique and build strong muscles. Whether you are new to the gym or an experienced lifter, this class is for you. Come learn how to properly squat, deadlift, chest press and more!

- **Total Body Conditioning**: This class delivers the perfect balance of both strength and cardio-based movements, targeting all major muscle groups in the body.

- **Yoga**: Join us for a relaxing yoga flow that focuses on breathing techniques, flexibility and core strength to reduce stress and improve mobility.

- **Zumba**: Zumba is a Latin-inspired, dance-fitness class that uses an aerobic fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits.

RECREATION FACILITIES ON CAMPUS

1. Juniper Hall Fitness Center
   Building 84
2. Lopes Performance Center
   Building 12
3. Chaparral Hall Fitness Center
   Building 45
4. Papago Apartments Fitness Center
   Building 48
5. Canyon Activity Center
   Building 58
6. Outdoor Basketball and Tennis Courts
7. Outdoor Skate Park
8. Colter Turf Field
9. Antelope Apartments Fitness Center
   Building 52
10. Verde River Apartments Fitness Center
    Building 78
RECREATION FACILITIES

Our recreation and fitness centers give you the opportunity to play, work out or just relax with your friends. Whether you want to use the courts, scale our 30-foot climbing wall or work out on a variety of free weights, weight machines, cardio and core equipment, we have it all!

The best part is that current students already have a membership to the facilities. Just make sure you have your GCU ID!

CANYON ACTIVITY COMPLEX
• Outdoor Skate Park
• Outdoor Roller Hockey Rink
• Colter Turf Field
• Tennis Courts
• Outdoor Basketball Courts

CANYON ACTIVITY CENTER BUILDING 58
602-639-8569
• 10 Full-Size Basketball and Volleyball Courts
• 30-Foot Indoor Climbing Wall

LOPES PERFORMANCE CENTER BUILDING 12
602-639-7400
• 3 Basketball Courts
• Fitness and Weight Room on 2nd Floor

FITNESS CENTERS
Towels are available at all locations.
• Juniper Hall Building 84
  602-639-7823
  ◦ Spin and Core Room
  ◦ Rack Room
  ◦ Cardio Area
• Papago Apartments South Building 48, 2nd Floor
  602-639-8413
  ◦ Sanctuary and Fitness Room
  ◦ Rack Area
  ◦ Cardio Area
  ◦ Core Area
• Chaparral Hall Building 45
  602-639-7451
  ◦ Rack Area
  ◦ Core Area
• Antelope Apartments Building 52
  602-639-7976
  ◦ Rack Area
  ◦ Cardio Area
  ◦ Core Area
• Verde River Apartments Building 78
  602-639-8584
  ◦ Rack Area
  ◦ Cardio Area
  ◦ Core Area

HOURS OF OPERATION
Subject to change during special events

LOPES PERFORMANCE CENTER AND ALL FITNESS CENTERS
• Monday – Friday: 6 am – 11:30 pm
• Saturday and Sunday: 8 am – 9:30 pm

CANYON ACTIVITY CENTER
• Monday – Friday: 8 am – 11:30 pm
• Saturday and Sunday: 8 am – 9:30 pm
Our campus has five resort-style pools; at every pool you can enjoy deck chairs and gathering space. All pools are heated in the winter for year-round use.

**LAP POOLS**

Looking for a more athletic experience? The pools next to Papago and Agua Fria apartment buildings have lanes to use for lap swimming.

---

**GCU POOLS AND SPAS POLICIES**

- Please obey all safety procedures posted at each pool area.
- No lifeguards will be on duty – swim at your own risk.
- Please practice good hygiene before using the pools.
- Appropriate swimwear only should be worn in the pool.
- No diving off the pool deck.
- No children using the pools without adult supervision.
- No running on the pool deck.
- No animals are allowed in the pool area except service animals.
- Smoking, alcohol and drugs are not allowed in the pool areas.
- Unauthorized guests may be removed from the pool area.
- Anyone accessing pools outside of approved operating hours will be removed.
- Glass containers are prohibited in pool areas.
- Food and drink must stay at least 4 – 6 feet away from the edge of the pools.
- Anyone with recent or current health issues that could be contagious should refrain from using the pools until symptoms have receded. If you have symptoms including discharge from the eyes, nose or wounds anywhere from illness or injury, you are not permitted to enter campus pools. If you’ve experienced vomiting or diarrhea from illness in the last two weeks, you are not permitted to enter campus pools.
- Spitting, urinating or blowing your nose is strictly prohibited in campus pools.
- Be respectful of others while using the pool area.
- Do not litter; please clean up your belongings after use.
- Amplified music is prohibited in the pool areas unless approved for special events.
- GCU reserves the right to refuse admittance or eject from the pool premises any person failing to comply with any pool or health and safety policy.

---

**FIND THE LOCATIONS ON THE CAMPUS MAP**

1. Grove Pool
2. Chaparral Pool
3. Papago Pool
4. Antelope Pool
5. Rivers Pool

---

**POOL HOURS: DAILY 10 AM – 10 PM**

Operating hours are subject to change around events.
Q: Who has access to recreation facilities?
A. The groups below all have valid membership to any of our facilities:
   • GCU campus resident students.
   • GCU full-time undergraduate students taking classes on campus.
   • Current faculty and staff of GCU or Grand Canyon Education.
   • Additional GCU affiliate membership options available for purchase at the Lopes Performance Center or Canyon Activity Center.

Q: How do I access the fitness and recreation centers?
A. Scan your current GCU ID, GCU mobile app, GCU Campus Recreation app or bring a government-issued photo ID.

Q: Where do I sign up for Campus Recreation programs like intramural sports, Outdoor Recreation or fitness classes?
A. You can access registration and other information on our new member website MyRec.gcu.edu. Log in with your GCU credentials and you are good to go.
For the most up-to-date information on Campus Recreation, log into MyRec.gcu.edu or scan the QR code below to download the GCU Campus Rec mobile app.

Visit the Campus Recreation Offices
Agave Apartments Building 41, 1st Floor
Monday – Friday: 9 am – 5 pm

Phone: 602-639-7559
Email: CampusRecreation@gcu.edu

FOLLOW CAMPUS RECREATION PROGRAMS ON SOCIAL MEDIA:

Instagram: @GCU.SFC
Instagram: @GCUOUTDOORREC
Instagram: @GCUINTRAMURALS