



GCU

CAMPUS RECREATION

2020-21

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Grand Canyon University's Office of Campus Recreation is here to empower students in creating a community that encourages a healthy lifestyle by staying active in a variety of program offerings with intramural sports, outdoor recreation and student fitness.

LOCATION: AGAVE APARTMENTS BUILDING 41

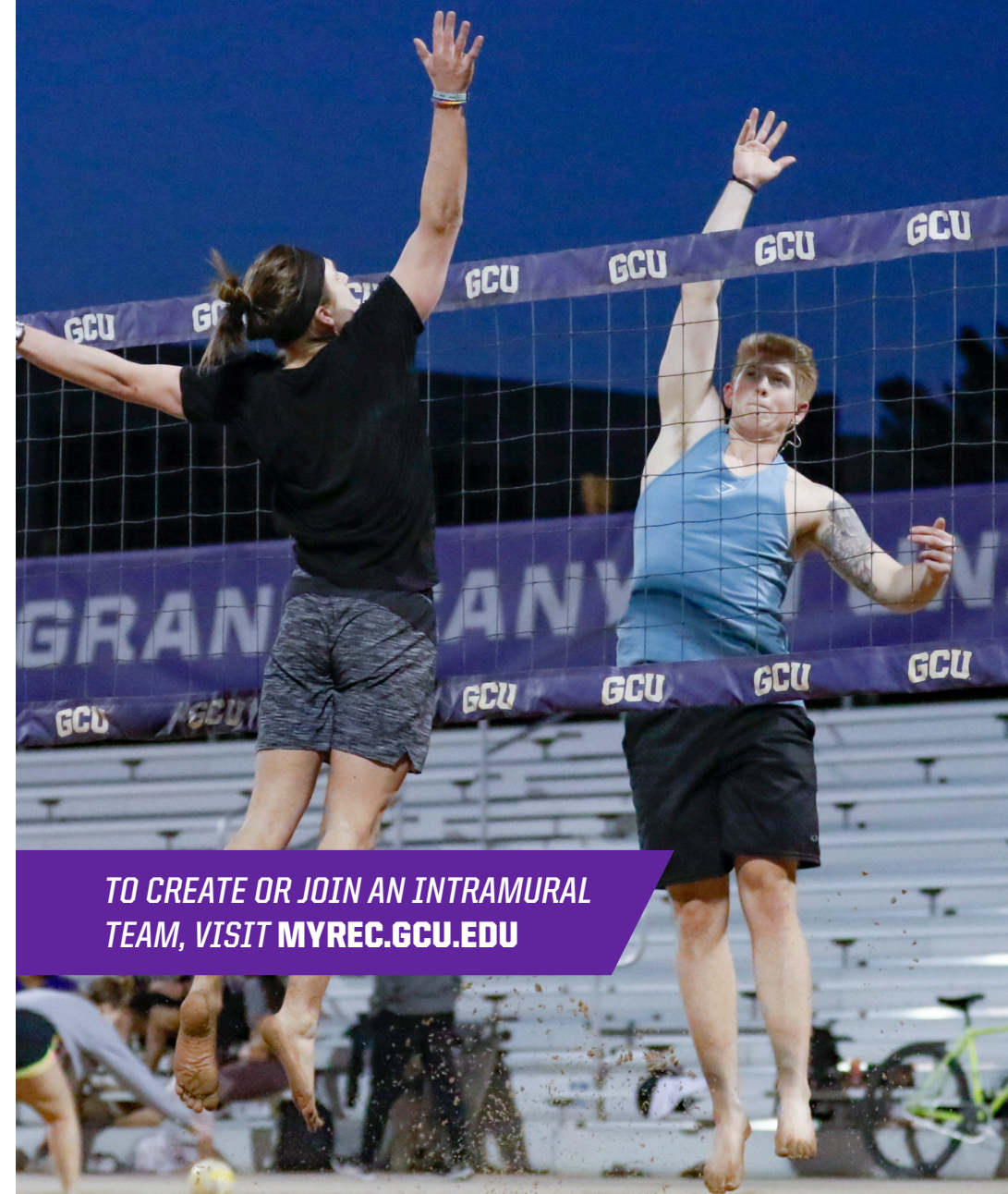
PHONE: 602-639-7559

EMAIL: CAMPUSRECREATION@GCU.EDU

REGISTER AT MYREC.GCU.EDU

INTRAMURAL SPORTS

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 two different levels of competition within those divisions. Students may join an intramural sport team at any point during the season and are welcome to participate in one single-gender team as well as one coed team at a time. Build great relationships, make memories outside of the classroom and play the sport that you love!



TO CREATE OR JOIN AN INTRAMURAL TEAM, VISIT MYREC.GCU.EDU



2020-21 INTRAMURAL SPORT OFFERINGS:

FALL 2020

- Sand Volleyball
- Softball
- Cornhole
- Tennis

SPRING 2021*

- Badminton
- Pickleball
- Golf
- Tennis
- Esport Leagues
 - FIFA20
 - NBA 2K
 - Madden20
 - MLB The Show
 - NHL20
- Human Foosball
- Basketball
- Flag Football
- Soccer
- Indoor Volleyball
- Ultimate Frisbee

*Pending COVID-19 guidelines



OUTDOOR RECREATION

GCU's Outdoor Recreation (ODR) program is comprised of three unique areas: adventure programs, climbing wall and base camp.

We exist to serve GCU students by providing outlets of outdoor recreation that engage both individuals and groups 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 that occur in God's creation.

ADVENTURE PROGRAMS

Adventure programs are established to serve the students of GCU 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 will 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!

TO SIGN UP FOR TRIPS, VISIT MYREC.GCU.EDU

YOGA PROGRAMMING

| | | |
|---------------------------|----------|----------------|
| Stand Up Paddleboard Yoga | Sept. 17 | Antelope Pool |
| Stand Up Paddleboard Yoga | Oct. 5 | Antelope Pool |
| Stand Up Paddleboard Yoga | Oct. 8 | Antelope Pool |
| Stand Up Paddleboard Yoga | Oct. 13 | Antelope Pool |
| Stand Up Paddleboard Yoga | Oct. 21 | Antelope Pool |
| Stand Up Paddleboard Yoga | Oct. 28 | Antelope Pool |
| Sunset Yoga | Nov. 2 | North Rim Lawn |
| Stand Up Paddleboard Yoga | Nov. 12 | Antelope Pool |
| Yoga on the Lawn | Nov. 17 | North Rim Lawn |
| Stand Up Paddleboard Yoga | Nov. 19 | Antelope Pool |

ODR GAMES

The 2020 Olympics have been postponed but fear not! The ODR Games are here and are calling your name. Each team must be made up of four competitors and must have at least one member of each gender. The ODR Games will take place over the span of a month and will include log rolling, speed climbing, crate stacking and more fun adventures. Do you have what it takes to stand on the podium?

| | | |
|-----------------------------------|---------|-------------------|
| Log Rolling and Opening Ceremony | Oct. 14 | Antelope Pool |
| Speed Climbing | Oct. 21 | Agave Lawn |
| Crate Stacking | Oct. 29 | Colter Field |
| Amazing Race and Closing Ceremony | Nov. 7 | CAC Climbing Wall |

ON-CAMPUS ADVENTURE EXPERIENCES

| | | |
|-----------------------------|---------|------------------------|
| Log Rolling Tournament | Oct. 1 | Papago Pool |
| Camp and Climb | Oct. 9 | CAC Climbing Wall |
| Slackline Party | Oct. 15 | Cypress Lawn |
| Camp Cooking Class | Oct. 19 | CAC Concrete Area |
| Adventure Movie on the Lawn | Oct. 21 | Quad by Arena |
| On-Campus Campout | Oct. 26 | Turf by CAC |
| Slackline Party | Oct. 27 | Cypress Lawn |
| Fire Starting and S'mores | Oct. 29 | CAC Concrete Area |
| Hammock Hangout | Nov. 5 | Colter Lawn with Trees |
| Adventure Movie on the Lawn | Nov. 9 | Quad by Arena |
| Camp and Climb | Nov. 10 | CAC Climbing Wall |
| Camp Cooking Class | Nov. 12 | CAC Concrete Area |
| Ski and Snowboard Workshop | Nov. 16 | GCU BaseCamp |

DISC GOLF

Join us as we customize our own disc golf course on Colter Field. This will be a chance to have some fun and try something new! **ROUND 1: NOV. 3 | ROUND 2: NOV. 9 | ROUND 3: NOV. 18**



COMMUNITY GARDEN

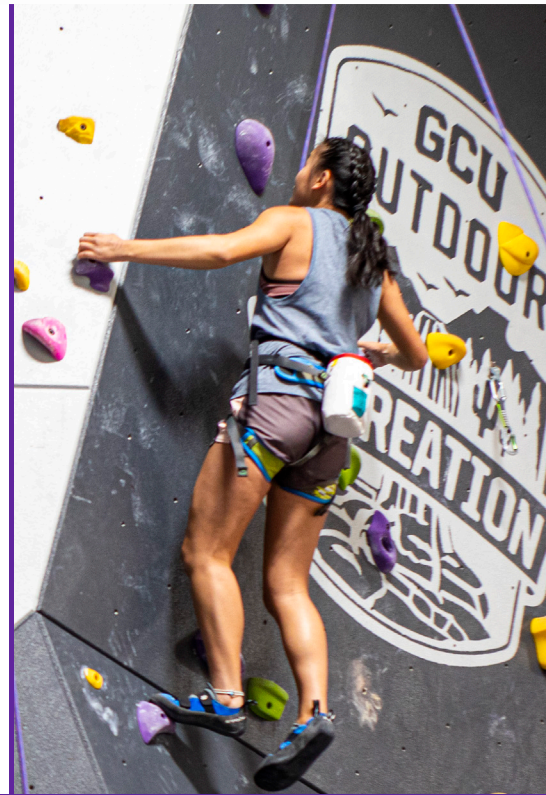
Did you know GCU is creating an urban garden on campus? We are partnering with Canyon Urban Farms to create dynamic opportunities for students to learn about gardening and sustainability.

CLIMBING WALL

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

CLIMBING WALL PASS

| | |
|-------------------------------------|------|
| Semester Pass with Personal Gear | \$35 |
| Semester Pass without Personal Gear | \$45 |
| Day Pass with Personal Gear | \$8 |
| Day Pass without Personal Gear | \$12 |



GCU  **ODR**
BASE CAMP
OUTDOOR RENTALS & RESOURCE CENTER

BASE CAMP

TO RESERVE RENTALS, VISIT BASE CAMP, WHICH IS LOCATED ON THE FIRST FLOOR OF AGAVE APARTMENTS BUILDING 41.



GCU  **ODR**
CLIMBING WALL

FOR MEMBERSHIPS AND DAILY PASSES, VISIT MYREC.GCU.EDU



STUDENT FITNESS

COME JOIN US AT ANY ONE OF OUR STUDENT FITNESS CENTERS PROVIDED THROUGHOUT MAIN CAMPUS. WE HAVE FIVE FULLY-EQUIPPED STATE-OF-THE-ART LOCATIONS FOR YOUR CONVENIENCE.



RECREATION FACILITIES ON CAMPUS

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 and cardio machines as well as core equipment, we have it all!

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

- **CANYON ACTIVITY COMPLEX**
 - Canyon Activity Center
 - Outdoor Skate Park
 - Outdoor Roller Hockey Rink
 - Colter Turf Field
 - Tennis Courts
 - Outdoor Basketball Courts
- **CANYON ACTIVITY CENTER** (602-639-8569)
 - 10 Full-Size Basketball and Volleyball Courts
 - 30-Foot Indoor Climbing Wall
 - Weight Room
 - Lopes Mart
- **LOPES PERFORMANCE CENTER** (602-639-7400)
 - 3 Basketball Courts
 - Student Fitness/Weight Rooms located on the second floor
- **FITNESS CENTERS**
 - Juniper Hall Building 84 (602-639-7823)
 - Papago Apartments South Building 48, 2nd Floor (602-639-8413)
 - Chaparral Hall Building 45 (602-639-7451)
 - Antelope Apartments Building 52 (602-639-7976)



RECREATION FACILITY HOURS OF OPERATIONS:*

- Monday – Friday: 6 am – midnight
- Saturday and Sunday: 8 am – 10 pm

*Subject to change during special events

FAQS

Q: Who has access to recreation facilities?

- A. The groups below all have valid membership to any of our facilities:
- Full-time, undergraduate students taking classes on GCU's ground campus
 - Current GCU or Grand Canyon Education faculty and staff
 - Additional membership options available for purchase at the Lopes Performance Center or Canyon Activity Center for all other GCU affiliates

Q: How do I access the fitness and recreation centers?

- A. Scan your current GCU ID, GCU mobile app or GCU Campus Rec app.

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.



CONTACT US

For the most up-to-date information on Campus Recreation, log into **MyRec.gcu.edu** or the **GCU Campus Rec** mobile app.

FOLLOW OUR DIFFERENT CAMPUS RECREATION PROGRAMS ON SOCIAL MEDIA:



Please note, not all GCU programs are available in all states and in all learning modalities. Program availability is contingent on student enrollment. Grand Canyon University is regionally accredited by the Higher Learning Commission 800-621-7440; <http://hlcommission.org/>. Important policy information is available in the University Policy Handbook at <https://www.gcu.edu/academics/academic-policies.php>. The information printed in this material is accurate as of OCTOBER 2020. For the most up-to-date information about admission requirements, tuition, scholarships and more, visit gcu.edu ©2020 Grand Canyon University. 20REC0017



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