



**GCU**

**CAMPUS RECREATION**

**2020-21**



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GCU'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](mailto:CAMPUSRECREATION@GCU.EDU)**  
**REGISTER AT [MYREC.GCU.EDU](http://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 you love!



## 2020-21 INTRAMURAL SPORT OFFERINGS:

### Spring A

- Cornhole
- Human Foosball
- Indoor Volleyball (4 v. 4)
- KanJam
- Ladder Golf
- Spikeball
- Washers
- Wheel of Sportune

### SPRING B

- Pickleball
- Sand Volleyball
- Softball
- Table Tennis







# OUTDOOR RECREATION

**GCU's Outdoor Recreation program is comprised of three unique areas: adventure programs, climbing wall and basecamp.** 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](https://myrec.gcu.edu)**

## YOGA SCHEDULE

Outdoor Landscape Painting and Yoga	Jan. 26	SUP Yoga	March 9
Craft Making and Yoga	Jan. 28	SUP Yoga	March 10
Sunset Yoga	Feb. 16	SUP Yoga	March 15
SUP Yoga	Feb. 17	SUP Yoga	March 17
SUP Yoga	Feb. 25	SUP Yoga	March 23
SUP Yoga	March 1	SUP Yoga	March 25
SUP Yoga	March 3	SUP Yoga	March 30

## ON-CAMPUS ADVENTURE EXPERIENCES

7 Summits Virtual Challenge	All Semester	Disc Golf Round 2	Feb. 15
Outdoor Leadership Conference	Jan. 15 and Jan. 16	Gardening Class — Basics of Plant Care	Feb. 16
Canal Clean Up	Jan. 16	Sustainable Gardening Class — Permaculture	Feb. 18
Ski and Snowboard Workshop	Jan. 19	Bob Ross Adventure Painting	Feb. 18
Slackline Clinic	Jan. 21	Disc Golf Round 3	Feb. 22
Intro to Gardening	Jan. 21	Intro to Scuba	Feb. 22
Intro to Scuba	Jan. 25	Crate Stacking	Feb. 25
Outdoor Landscape Painting and Yoga	Jan. 26	Sustainable Gardening Class — Lehr Gardening	Feb. 25
Intro to Disc Golf	Jan. 27	Disc Golf Championship	March 1
Gardening Class — Growing in Small Spaces	Jan. 28	Hammock Bingo	March 2
Craft Making and Yoga	Jan. 28	Gardening Class — Various Ways to Grow	March 2
Disc Golf Skills Clinic	Feb. 1	Sustainable Gardening Class — Composting	March 4
Garden Class — Growing in the Desert	Feb. 2	Slackline Clinic	March 8
Ski and Snowboard Workshop	Feb. 3	Gardening Class — Intro to Gardening	March 9
Sustainable Gardening Class Part 1	Feb. 4	Conquer the Campus Round 2	March 13
Disc Golf Tournament Round 1	Feb. 8	Gardening Class — First Harvest	March 16
Secrets of AZ Adventure Planning Workshop	Feb. 8	Adventure Movie	March 18
Hammock Bingo	Feb. 10	Intro to Scuba	March 22
Sustainable Gardening Class Part 2	Feb. 11	Log Rolling	March 24
Slackline Clinic	Feb. 11		

## DISC GOLF

Join us as we customize our own disc golf course on Colter Field. It will be a chance to have some fun and try something new!



## 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

Fall or Spring Semester with Personal Gear	\$30
Fall or Spring Semester without Personal Gear	\$45
Day Pass without Personal Gear	\$12
Day Pass with Personal Gear	\$8

CLIMBING WALL CLASSES

ClimbFit	Every Monday and Thursday
Ladies Night	Every other Thursday
Lead Climbing Clinic	Jan. 19 Feb. 3 March 2 March 24
Intro to Climbing	Jan. 20 Feb. 8 March 10
Climbing Movement Clinic	Jan. 26 Feb. 17 March 16
Gym to Crag — Course 1	Feb. 2 Feb. 9 Feb. 16 Feb. 23
Gym to Crag — Course 2	March 1 March 8 March 15 March 22



FOR MEMBERSHIPS AND DAILY  
PASSES, VISIT [MYREC.GCU.EDU](https://myrec.gcu.edu)

GCU ODR  
BASE CAMP  
OUTDOOR RENTALS & RESOURCE CENTER

BASE CAMP

TO RESERVE RENTALS, VISIT BASE CAMP, WHICH IS LOCATED  
ON THE 1<sup>ST</sup> FLOOR OF AGAVE APARTMENTS BUILDING 41.





# STUDENT FITNESS

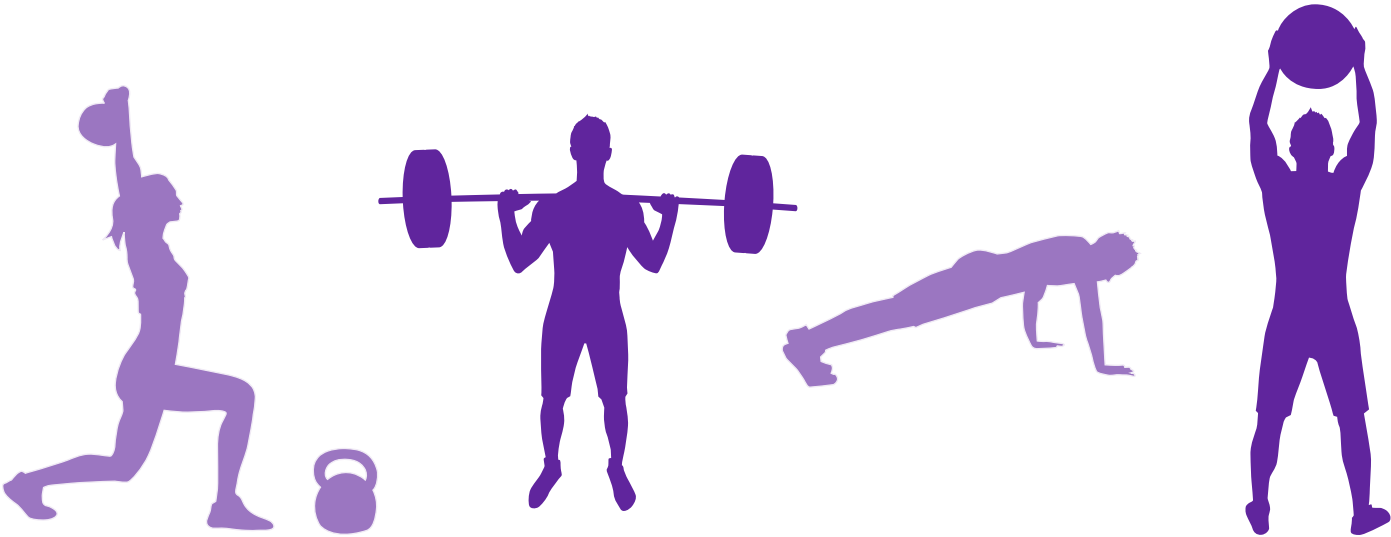
COME JOIN US AT ANY ONE OF OUR STUDENT FITNESS CENTERS PROVIDED THROUGHOUT MAIN CAMPUS. WE HAVE FIVE FULLY-EQUIPPED STATE-OF-THE-ART LOCATIONS FOR YOUR CONVENIENCE.

## 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, cardio and weight 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 2<sup>nd</sup> floor
  - **FITNESS CENTERS**
    - Juniper Hall Building 84 (602-639-7823)
    - Papago Apartments South Building 48, 2<sup>nd</sup> Floor (602-639-8413)
    - Chaparral Hall Building 45 (602-639-7451)
    - Antelope Apartments Building 52 (602-639-7976)



## FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pilates 8 – 9 am	Barre Burn 7 – 8 am	Yoga 7 – 8 am	Barre Burn 7 – 8 am	Yoga 7 – 8 am
	Spin 9 – 9:30 am	HIIT 8 – 9 am	Spin 9 – 9:30 am	
Yoga 10 – 11 am	Yoga 10 – 11 am		Yoga 10 – 11 am	
Yoga Sculpt 1 – 2 pm		Spin 11 – 11:30 am		Pilates 1 – 2 pm
HIIT 2 – 3 pm	Spin 2:30 – 3 pm	Weight Training 3 – 4 pm	Spin 2:30 – 3 pm	Weight Training 3 – 4 pm
HIIT 5:30 – 6:30 pm	HIIT 5:30 – 6:30 pm	Yoga Sculpt 3:30 – 4:30 pm	HIIT 3 – 4 pm	
Spin 5 – 5:45 pm	Yoga Sculpt 3:30 – 4:30 pm	Private Triathlon Team 5 – 6 pm	Yoga Sculpt 3:30 – 4:30 pm	Private Triathlon Team 5 – 6 pm
		Spin 6:30 – 7 pm		
Functional Fitness 7 – 8 pm	HIIT 7 – 8 pm	Functional Fitness 7 – 8 pm	HIIT 7 – 8 pm	Functional Fitness 7 – 8 pm



- RECREATION FACILITY HOURS OF OPERATIONS:\***
- Monday – Friday: 6 am – 11 pm
  - 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:
- Current GCU/GCE faculty and staff
  - Full-time, undergraduate students taking classes on GCU ground campus
  - 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:

 @GCU.SFC

 @GCUOUTDOORREC

 @GCUINTRAMURALS





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