

**GCU**<sup>TM</sup>

***CAMPUS RECREATION***

**2023-24**

# 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 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.



*BUILD RELATIONSHIPS, MAKE MEMORIES  
AND PLAY THE SPORT YOU LOVE!*

## 2023-24 INTRAMURAL SPORTS OFFERINGS:

*Basketball (3v3 and 5v5)*

*Cornhole*

*Dodgeball*

*Flag Football (4v4 and 7v7)*

*Futsal*

*Golf Scramble*

*Innertube Water Polo*

*Kickball*

*Soccer*

*Pickleball*

*Softball*

*Spikeball*

*Tennis*

*Volleyball (Indoor and Sand)*

*Ultimate Frisbee*

## FREQUENTLY ASKED QUESTIONS

**HOW DO I SIGN UP FOR INTRAMURALS?  
CAN I PLAY TONIGHT?**

Visit [MyRec.gcu.edu](https://myrec.gcu.edu) and click on the intramural tab. This will redirect you to [IMLeagues.com](https://IMLeagues.com), where all intramural schedules are posted and where you can join a team. Create an account using your [@my.gcu.edu](mailto:@my.gcu.edu) email address. You can play on the same day you register as long as there is room on the team roster you are trying to join.

**WHEN DOES REGISTRATION OPEN?**

Intramurals at GCU have four distinct seasons: Fall A, Fall B, Spring A and Spring B. Registration opens for each season two weeks prior to that season's first games.

**WHEN ARE MY INTRAMURAL GAMES?**

Schedules can be found on [IMLeagues.com](https://IMLeagues.com). Schedules are released every Friday for the next week as Intramurals uses progressive scheduling to give the most balanced schedule possible. Teams can enter their time preference on IMLeagues to avoid being scheduled for times their team cannot play.



# GET IN THE GAME!



**SCAN HERE TO SIGN UP**



# OUTDOOR RECREATION

**GCU's Outdoor Recreation program covers four unique areas:** outdoor adventure programs, the indoor climbing wall, the campus garden and Base Camp, 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 can 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 can learn valuable skills that can 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 can last a lifetime!

*ADVENTURE ON, LOPES!*



# OUTDOOR RECREATION: FALL 2023



Ultimate Lope Venture	<b>Sept. 2</b>	Kayaking   Horseshoe Bend   Multi-Day	<b>Oct. 13 - 15</b>
Backpacking   Ice Lake Basin (CO)   Multi-Day	<b>Sept. 1 - 4</b>	Caving   Peppersauce   Day	<b>Oct. 14</b>
Multi-Adventure   Southwest CO (Kayaking, Via-Ferrata, Camp, Hike) Multi-Day	<b>Sept. 1 - 4</b>	Hiking   Bear Jaw Abineau   Day	<b>Oct. 15</b>
Camping   Kings Canyon (CA)   Multi-Day	<b>Sept. 1 - 4</b>	On Campus   Hammock Bingo	<b>Oct. 18</b>
Kayaking   Verde River   Day	<b>Sept. 2</b>	Mountain Biking   Sedona   Day	<b>Oct. 21</b>
Paddleboarding   Canyon Lake   Night	<b>Sept. 4</b>	Multi-Adventure   Antelope Canyon @ Lake Powell   Multi-Day (Kayaking, Camping)	<b>Oct. 20 - 22</b>
Camping   North Rim Grand Canyon   Multi-Day	<b>Sept. 8 - 10</b>	Climbing   Mt. Lemmon   Multi-Day	<b>Oct. 21 - 22</b>
Hiking   Piestewa Peak   Sept. 11 Remembrance   Night	<b>Sept. 11</b>	Workshop   Intro to Scuba Diving   On Campus	<b>Oct. 25</b>
Kayaking   Blue Ridge Reservoir   Overnight	<b>Sept. 9 - 10</b>	Disc Golf Tournament   Watson Lake   Day	<b>Oct. 28</b>
On Campus   Social   Day	<b>Sept. 13</b>	Backpacking   Horton Creek   Overnight	<b>Oct. 28 - 29</b>
Paddleboarding   Horseshoe Bend   Multi-Day	<b>Sept. 15 - 17</b>	Kayaking   Apache Lake   Overnight	<b>Oct. 28 - 29</b>
Multi-Adventure   Antelope Canyon, Horseshoe Bend, Lake Powell   Multi-Day	<b>Sept. 15 - 17</b>	Workshop   Intro to Slackline   On Campus	<b>Nov. 1</b>
Yoga   Mogollon Rim   Day	<b>Sept. 16</b>	Canoeing   Black Canyon   Multi-Day (Mental Health Focus)	<b>Nov. 3 - 5</b>
Workshop   Camp Cooking   On Campus	<b>Sept. 21</b>	Hiking   Picacho Peak   Multi-Day (Mental Health Focus)	<b>Nov. 4</b>
Environmental Stewardship   Salt River Cleanup   Day	<b>Sept. 23</b>	Climbing   Mt. Lemmon   Multi-Day (Mental Health Focus)	<b>Nov. 4 - 5</b>
Multi-Adventure   Mogollon Rim   Multi-Day (Hiking, Camping, SUP)	<b>Sept. 22 - 24</b>	Expedition   Zion National Park (UT)   Multi-Day	<b>Nov. 9 - 12</b>
Spiritual   Grand Canyon South Rim   Multi-Day	<b>Sept. 22 - 24</b>	Surfing   Doheny State Beach (CA)   Overnight	<b>Nov. 9 - 12</b>
Workshop   Intro to Scuba Diving   On Campus	<b>Sept. 25</b>	Backpacking   Grand Canyon   Multi-Day	<b>Nov. 9 - 12</b>
On Campus   Log Rolling Tournament	<b>Sept. 27</b>	Bikepacking   Catalina Island (CA)   Multi-Day	<b>Nov. 9 - 12</b>
Kayaking   Saguaro Lake   Night	<b>Sept. 30</b>	On Campus   Adventure Career Fair   Day	<b>Nov. 15</b>
Multi-Adventure   Antelope Canyon, Horseshoe Bend, Lake Powell   Multi-Day	<b>Sept. 29 - Oct. 1</b>	Backpacking   Superstition Mountains   Women Only   Overnight	<b>Nov. 18 - 19</b>
Hiking & Camp   Mt. Humphreys   Overnight	<b>Sept. 29 - 30</b>	Surfing   Doheny State Beach (CA)   Overnight	<b>Nov. 17 - 20</b>
SUP Yoga   Saguaro Lake   Day	<b>Oct. 2</b>	Backpacking   Aravaipa Canyon   Multi-Day	<b>Nov. 17 - 20</b>
Hiking   Piestewa Peak   Sunrise	<b>Oct. 3</b>	Workshop   Intro to SUP Yoga   Day	<b>Nov. 30</b>
Canoeing   Black Canyon   Multi-Day	<b>Oct. 6 - 8</b>	Climbing   Queen Creek   Day	<b>Dec. 2</b>
Backpacking   West Baldy   Multi-Day	<b>Oct. 6 - 8</b>	Hiking   Flat Iron   Day	<b>Dec. 2 - 3</b>
Paddleboarding   Winslow   Day	<b>Oct. 7</b>	Backcountry Culinary Experience   Kartchner Caverns   Overnight	<b>Dec. 1 - 3</b>
Kayaking   Lake Pleasant   Night	<b>Oct. 11</b>		

# OUTDOOR RECREATION: SPRING 2024



Guide Retreat	Jan. 5 – 7	Workshop   Intro to Slackline   On Campus	Feb. 21
Workshop   Tune Skis and Snowboards   On Campus	Jan. 11	Goat Yoga & Hike   AZ   Day	Feb. 24
Multi-Adventure   Southern CA   Multi-Day (Outrigger Canoe, Kayak, Snorkel)	Jan. 12 – 15	Caving   Peppersauce   Day	Feb. 24
Backpacking   Reavis Ranch or Supes Through Hike   Multi-Day	Jan. 12 – 15	Snowsports   Snowbowl   Day	Feb. 25
Backpacking   Catalina Island (CA)   Multi-Day	Jan. 12 – 15	Spiritual Hike   Piestewa Peak   Day	Feb. 26
Horseback Riding   Superstition Mountains   Day	Jan. 15	Workshop   Camp Cooking   On Campus	Feb. 28
Yoga   Sonoran Desert   Sunrise	Jan. 18	Canoe   Black Canyon   Multi-Day	March 1 – 3
Rappelling   Papago Park   Day   Intro	Jan. 20	Climbing   Cochise   Day   Women Only	March 1 – 3
Snowsports   Snowbowl   Day	Jan. 20	Backpacking   Superstition Mountains   Overnight	March 2 – 3
Environmental Stewardship   Trail Maintenance/Cleanup   Day	Jan. 21	Yoga   Desert   Sunrise	March 5
Hiking   Camelback Mountain   Morning Mindfulness	Jan. 22	Mission Trip   Costa Rica   Multi-Day	March 8 – 17
On Campus   Hammock Bingo	Jan. 24	Expedition   Zion/Bryce/Escalante (UT)   Multi-Day	March 8 – 12
Backpacking   Aravaipa Canyon   Multi-Day	Jan. 27 – 28	Camping   Channel Islands (CA)   Multi-Day	March 8 – 12
Adventure Golfing   Sedona/Prescott   Overnight	Jan. 27 – 28	Backpacking   Coyote Gulch or Buckskin   Multi-Day	March 8 – 12
Hiking   Picacho Peak   Day	Jan. 27	Climbing   Red Rocks (NV)   Multi-Day	March 8 – 12
Spiritual   Piestewa Peak   Sunrise	Jan. 29	Pack Rafting   Black Canyon   Multi-Day	March 13 – 17
Adventure Career Fair	Feb. 1	Expedition   Big Sur (CA)   Multi-Day	March 13 – 17
Hiking   Flat Iron   Day	Feb. 3	Backpacking   Catalina Island (CA)   Multi-Day	March 13 – 17
Intro to Dragon Boating   Tempe   Day	Feb. 3	Backpacking   Grand Canyon   Multi-Day	March 13 – 17
Yurt & Cross-Country Skiing   AZ Nordic Center Overnight Womens Retreat	Feb. 3 – 4	Mountain Biking   Brown's Ranch   Day   Intro	March 23
Spiritual   Kartchner Caverns   Overnight	Feb. 2 – 4	White Water Rafting   Upper Salt River   Overnight	March 22 – 23
Spiritual Hike   South Mountain   Day	Feb. 5	Backpacking   Superstition Mountains or Fossil Springs Overnight	March 23 – 24
Outdoor Painting   Sedona   Day	Feb. 10	South Mountain Spiritual Hike	March 25
Wilderness Medicine   Wilderness First Aid Course   On Campus	Feb. 10 – 11	Kayaking   Verde River   Day	March 30
Kayaking   Apache Lake   Overnight	Feb. 10 – 11	Fishing   AZ   Day	March 30
Cross Country Skiing   AZ Nordic Center   Day	Feb. 10	Workshop   Intro to Scuba Diving   On Campus	April 3
Spiritual Hike   Shaw Butte   Day	Feb. 12	Kayaking   Antelope Canyon at Lake Powell   Overnight	April 5 – 7
Disc Golf Tournament	Feb. 12	Canyoneering   Salome Jug   Day	April 6
Workshop   Tune Skis and Snowboards   On Campus	Feb. 14	Canoeing   Black Canyon   Multi-Day	April 5 – 7
Backpacking   Grand Canyon   Multi-Day	Feb. 16 – 19	On Campus: End of The Year Social	April 10
Camping   Channel Islands (CA)   Multi-Day	Feb. 16 – 19		
Climbing   Joshua Tree (CA)   Multi-Day	Feb. 16 – 19		

# OUTDOOR RECREATION: CLIMBING WALL



## CLIMBING WALL AT THE CANYON ACTIVITY CENTER (CAC)

GCU's climbing facility is equipped with a 30-by-40-foot climbing wall with top ropes and auto belays as well as a small bouldering wall with routes for climbers of all levels. You can enjoy this facility through a membership or daily passes.

We offer climbing classes from beginner lessons to advanced courses that transition into outdoor climbing, as well as various events such as our annual climbing competition. Join our classes and events to meet new friends who enjoy climbing.

### PASSES

Semester Membership **\$25**

Day Pass **\$5**

### CLASSES

Intro to Climbing

Ladies Night

Lead Climbing Clinic

Climbing Movement Clinic

Gym to Crag

### SPECIAL EVENTS

Wall-O-Ween

Crate Stacking

Annual Spring Competition

Private Groups

**COME CLIMB WITH US!**

**MONDAY - FRIDAY: NOON - 10 PM**

**GCU ODR**  
CLIMBING WALL

FOR MEMBERSHIPS AND DAILY  
PASSES, VISIT [MYREC.GCU.EDU](http://MYREC.GCU.EDU)

# OUTDOOR RECREATION: BASE CAMP

## GCU ODR BASE CAMP OUTDOOR RENTALS & RESOURCE CENTER

### RENTAL ITEMS:

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

### 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 semesters, Base Camp is a lively environment as GCU Outdoor Recreation prepares to take students out on trips across the country!

The center also operates as an educational resource for those planning their own excursions. Base Camp invites first-time campers and experienced explorers alike to visit and let our staff help you "Build Your Own Adventure."

### ITEMS FOR PURCHASE:

- Fuel
- Dehydrated Meals
- Camping Cookbooks
- Camp Chairs

### SHOW YOUR OUTDOORSY SIDE WITH GCU ODR MERCH:

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



*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.*

# CAMPUS GARDEN



## GROW WITH US!

*North of Agave  
Apartments Building 41*

The GCU campus garden is a wonderful organic oasis on the bustling GCU campus. This completely green space on campus is a place where you can immerse yourself in nature and learn the art of growing your own food. Regardless of your gardening experience, the garden welcomes students of all levels to participate. It provides a unique opportunity to connect with the natural world, while building community with one another. By tending to the garden, students can harvest fresh produce and incorporate it into their meals. It's an educational and practical way for students to embrace self-sufficiency while fostering a deeper appreciation for their environment and community.

### GET INVOLVED

- Adopt-A-Plot
  - \$30 per year, up to three plots
  - Grow your own vegetables, herbs, fruits and flowers
  - Water, seeds, tools provided
  - 5' x 4' raised garden bed
  - Staff available to answer questions
- Events and Workshops
  - Farmers Markets (every last Friday of the month)
  - Organic gardening classes
  - From Plot to Plate: Learn How To Cook With the Food You Grow
  - Steep and Sow: Growing Your Own Tea Garden
  - The Many Uses of Herbs
  - And many more!

Join our community that celebrates the beauty of nature and nourishment. Embrace the journey of sustainable living and cultivate your own organic oasis!

# GCU FITNESS

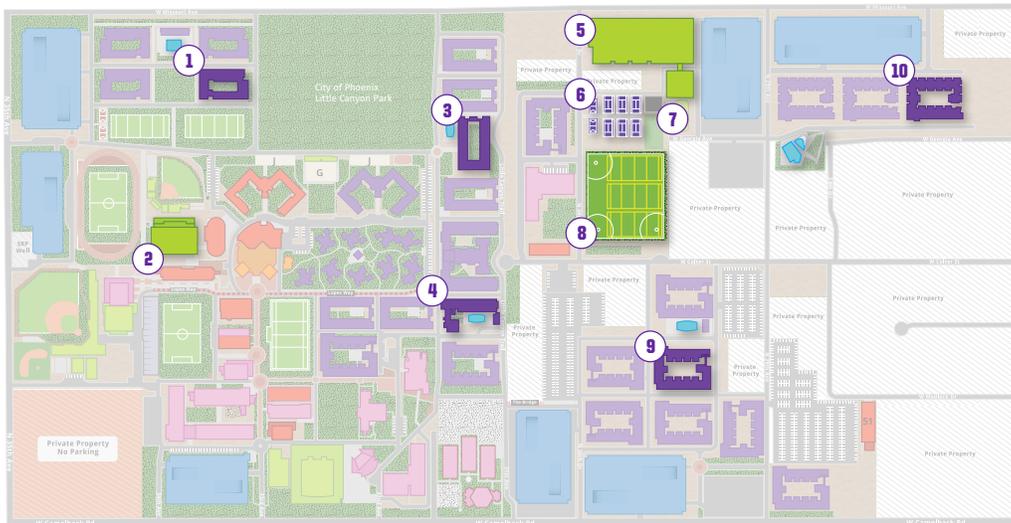
GCU Fitness is an on-campus program that strives to create an inclusive and enjoyable community for GCU students, staff and guests by providing creative and educational fitness opportunities. Students can participate in weekly fitness classes and events led by student fitness instructors. *No prior fitness experience is required to attend!* Follow GCU Fitness on Instagram at [@GCU.SFC](https://www.instagram.com/GCU.SFC) for updates and how to get involved. Sign up for classes and events at [MyRec.gcu.edu](https://myrec.gcu.edu).

## FITNESS CLASSES

- **Barre:** A combination of Pilates, dance and functional fitness training. Barre incorporates small, isolated movements to fatigue the muscles and combines upper and lower body movements for a total body workout.
- **Boxing:** Join us for this brand new class to learn and practice boxing techniques that are incorporated into a high-energy, intense workout. All levels are welcome.
- **Functional Training:** This class delivers the perfect balance of both strength and cardio-based movements, targeting all major muscle groups in the body.
- **Learn to Lift:** These classes are designed to help perfect exercise techniques 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.
- **Pilates:** Come tone, lengthen and strengthen your entire body. This class incorporates high-rep movements, long holds and core strength to challenge you in a new way.
- **Spin:** Join us for an intense workout on our indoor spin bikes incorporating great music, sprints, hills and occasionally dumbbells for upper body work. Come to class to get your heart rate up and leave feeling more motivated and energized than ever before.
- **Yoga:** Join us for a relaxing yoga flow that focuses on breathing techniques and core strength to reduce stress and improve mobility.



## 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

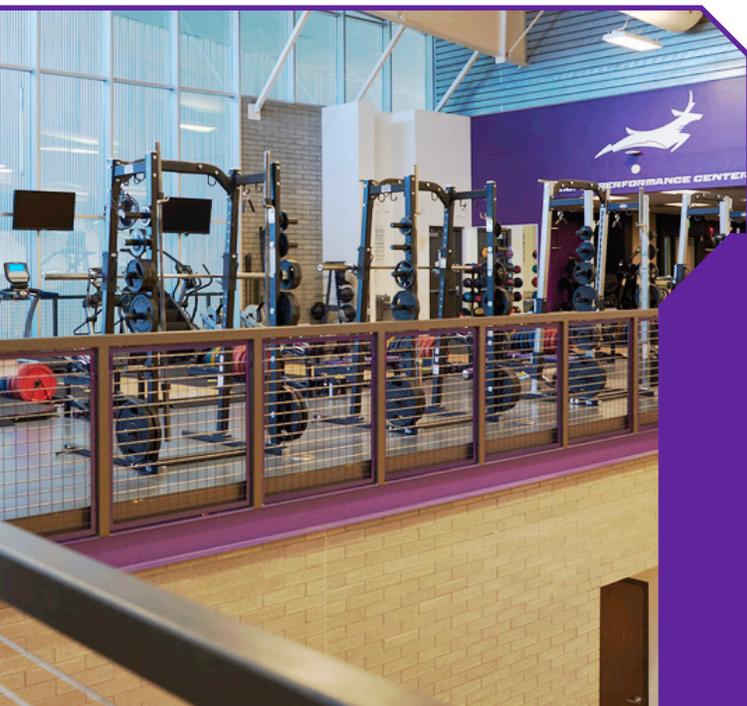
- Outdoor Skate Park
- Outdoor Roller Hockey Rink
- Colter Turf Field
- Tennis Courts
- Outdoor Basketball Courts

## 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

- Three Basketball Courts
- Fitness and Weight Room on 2nd Floor



## FITNESS CENTERS

- Juniper Hall Building 84  
602-639-7823
  - Core Area
  - Rack Room
  - Cardio Area
- Papago Apartments South Building 48, 2nd Floor  
602-639-8413
  - Sanctuary and Fitness Room
  - Rack Area
  - Cardio Area
- Chaparral Hall Building 45  
602-639-7451
  - Rack Area
  - Cardio Area
- Antelope Apartments Building 52  
602-639-7976
  - Rack Area
  - Cardio Area
  - Core Area
- Verde River Apartments Building 78  
602-639-8584
  - Spin Room
  - Rack Area
  - Cardio Area
  - Core Area

## HOURS OF OPERATION

*Subject to change during special events*

### Lopes Performance Center and Antelope, Juniper, Papago, Verde Fitness Centers

- Monday - Friday: 6 am – 11:30 pm
- Saturday: 8 am – 9:30 pm
- Sunday: Noon – 9:30 pm

### Chaparral Fitness Center

- Monday - Friday: 6 – 11:30 pm

### Canyon Activity Center

- Monday - Friday: 8 am – 11:30 pm
- Saturday: 8 am – 9:30 pm
- Sunday: Noon – 9:30 pm

# CAMPUS POOLS

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.

**POOL HOURS: DAILY 10 AM - 10 PM**

*Operating hours are subject to change around events.*

## 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

**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](https://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](https://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](mailto:CampusRecreation@gcu.edu)

**FOLLOW CAMPUS RECREATION  
PROGRAMS ON SOCIAL MEDIA:**

📷 [@GCU.SFC](https://www.instagram.com/gcu.sfc)

📷 [@GCUOUTDOORREC](https://www.instagram.com/gcuoutdoorrec)

📷 [@GCUINTRAMURALS](https://www.instagram.com/gcuintramurals)



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