



GCU

CAMPUS RECREATION

2021-22

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GCU's Department 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 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!



2021-22 INTRAMURAL SPORTS OFFERINGS:

FALL A

- Flag Football
- Indoor Volleyball
- Cornhole

FALL B

- Outdoor Soccer
- 3v3 Basketball
- Sand Volleyball

SPRING A

- Basketball
- 4v4 Flag Football
- Ultimate

SPRING B

- Softball
- Futsal
- Sand Volleyball

OTHER ACTIVITIES TO BE OFFERED IN VARIOUS FORMATS¹:

- Pickleball
- Badminton
- Spikeball
- Golf
- Tennis
- Dodgeball
- Trivia

TO CREATE OR JOIN AN INTRAMURAL TEAM, VISIT [MYREC.GCU.EDU](https://myrec.gcu.edu)



OUTDOOR RECREATION

GCU's Outdoor Recreation 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](https://myrec.gcu.edu)

OUTDOOR RECREATION: FALL 2021

Ultimate Lope Venture	Sept. 4	Wilderness First Aid Class	Oct. 12
Colorado Backpacking Trip (Highland Mary Lake Trip)	Sept. 3 – 6	Sycamore Falls Backpack	Oct. 16 – 17
Fossil Creek	Sept. 6	Deep Sea Fishing off California Coast	Oct. 15 – 17
Overnight Kayaking (Lake Powell)	Sept. 3 – 6	Sedona Mountain Bike and Hike	Oct. 16
Explore Arizona Road Trip (Payson, Flagstaff and Sedona)	Sept. 10 – 12	Full Moon Kayak at Lake Pleasant	Oct. 19
Piestewa Peak 9/11 Night Hike	Sept. 11	Bear Jaw Abinueva Hike	Oct. 23
Blue Ridge Reservoir Overnight Kayak	Sept. 11 – 12	Grand Canyon Camping Trip (South Rim)	Oct. 22 – 24
ODR Trips are Back! Social and Gear Sale	Sept. 15	Full Moon Kayak at Lake Pleasant	Oct. 19
Horseshoe Bend Paddleboarding	Sept. 17 – 19	Slackline Clinic	Oct. 27
Tonto Natural Bridge and Water Wheel	Sept. 18	Grand Canyon Camping Trip (North Rim)	Oct. 29–31
The Pit Climb and Camp Flag	Sept. 18 – 19	Lynx Lake Camping and Paddleboarding	Oct. 30–31
Full Moon SUP at Saguaro Lake	Sept. 21	Horton Creek Beginner Backpacking	Oct. 30 – 31
Disc Golf League (Conocido Park)	Sept. 22	Hammock Bingo	Nov. 3
Salt River Cleanup	Sept. 25	Black Canyon Canoe	Nov. 5 – 7
Antelope Canyon, Horseshoe Bend and Lake Powell Adventure	Sept. 24 – 26	Outdoor Yoga and Hike in Tuscon	Nov. 6
Patagonia Lake Overnight Kayak	Sept. 25 – 26	Intro to Mountain Biking at Brown's Ranch	Nov. 11
Log Rolling Tournament	Sept. 30	Paddleboard Yoga at Saguaro Lake	Nov. 13
Flagstaff Backpacking (Kachina Trail)	Oct. 2 – 3	Canyon Lake Overnight Kayak (The Point Campground)	Nov. 13 – 14
Mt. Humphreys Summit	Oct. 2	The Sedona Experience and Camp at Manzanita Campground	Nov. 13 – 14
Sunrise Hike Piestewa	Oct. 5	Kartchner Caverns and Saguaro National Park	Nov. 20 – 21
Scottsdale and Fountain Hills	Oct. 6	San Clemente Surf Trip	Nov. 19 – 20
Bizmark Lake Backpacking (Arizona Trail)	Oct. 9 – 10	Adventure Movie/End of Semester Social	Dec. 2
Grasshopper Point Swimming and Day Hike Huckabee trail	Oct. 9	Queen Creek Climbing	Dec. 4
Black Canyon Canoe	Oct. 8 – 9	Superstitions Backpacking	Dec. 4 – 5

OUTDOOR RECREATION: SPRING 2022

ODR Kick off Social	Jan. 6	Channel Islands Backpacking	Feb. 18 – 21
Learn to how to Tune Skis and Snowboards	Jan. 11	Red Rocks Climbing	Feb. 18 – 21
J-Tree Climbing and Camping Trip	Jan. 14 – 17	Slackline Party	Feb. 24
Reavis Ranch Backpacking	Jan. 15 – 17	Goat Yoga and Hike	Feb. 26
Horseback Riding Wickenburg	Jan. 15	Peppersauce Caving	Feb. 26
Sunset Desert Yoga	Jan. 20	Snowbowl Skiing and Snowboarding	Feb. 26
Intro to Rappelling	Jan. 22	Adventure Movie Outside	March 2
Snowbowl Skiing and Snowboarding	Jan. 22	Black Canyon Canoe	March 4 – 6
Trail Maintenance/Clean Up Day	Jan. 23	Salt River White Water Rafting	March 5
Hammock Bingo	Jan. 27	Buckskin Gulch Backpacking	March 11 – 14
White Tanks Beginner Backpacking	Jan. 29 – 30	Utah Expedition (Zion, Bryce Canyon and Escalante)	March 11 – 15
Picacho Peak	Jan. 30	Moab Multiday Kayak	March 11 – 15
Disc Golf League (technically one trip)	3-Week League	Big Sur Expedition	March 16 – 20
<i>Conocido Park</i>	Feb. 1	Catalina Island Backpacking	March 16 – 20
<i>Buffalo Ridge Park</i>	Feb. 8	Grand Canyon Rim to Rim or River	March 16 – 20
<i>Scottsdale/Fountain Hills</i>	Feb. 15	Lower Salt River Fishing	March 26
Sunrise Desert Yoga	Feb. 2	Salome Jug Canyoneering	March 26
Yurt Expedition	Feb. 4 – 6	Gila River Multiday Kayak	March 26 – 27
Flat Iron	Feb. 5	Prescott Unplug Camping Trip	April 1 – 3
The Sedona Experience (MTB and Hike)	Feb. 5	Verde River Kayak (senior only trip)	April 2
Painting in Sedona	Feb. 12	Overnight Kayak at Blue Ridge Reservoir	April 2 – 3
Overnight Paddle Boarding at Canyon Lake	Feb. 12 – 13	End of The Year Social	April 5
Learn to how to Tune Skis and Snowboards	Feb. 16	Post-Graduation Yosemite Trip	April 27 – May 2
Grand Canyon Backpacking	Feb. 18 – 21		

OUTDOOR RECREATION: CLIMBING WALL



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 PASSES

Semester Membership	\$25
Day Pass	\$5

CLIMBING WALL CLASSES OFFERED

ClimbFit	Every Monday
Ladies Night	Every Other Thursday
Lead Climbing Clinic	Twice Monthly
Intro to Climbing	Once Monthly
Climbing Movement Clinic	Once Monthly
Gym to Crag	Every Monday in October and February

CLIMBING WALL HOURS

Monday – Friday: Noon – 10 pm

The logo for GCU Outdoor Recreation Climbing Wall. It features the text "GCU" in large black letters, "ODR" in large orange letters, and "CLIMBING WALL" in smaller black letters below. A stylized figure of a person climbing is integrated into the "O" of "ODR".

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

OUTDOOR RECREATION: BASE CAMP

GCU ODR BASE CAMP

OUTDOOR RENTALS & RESOURCE CENTER

BASE CAMP

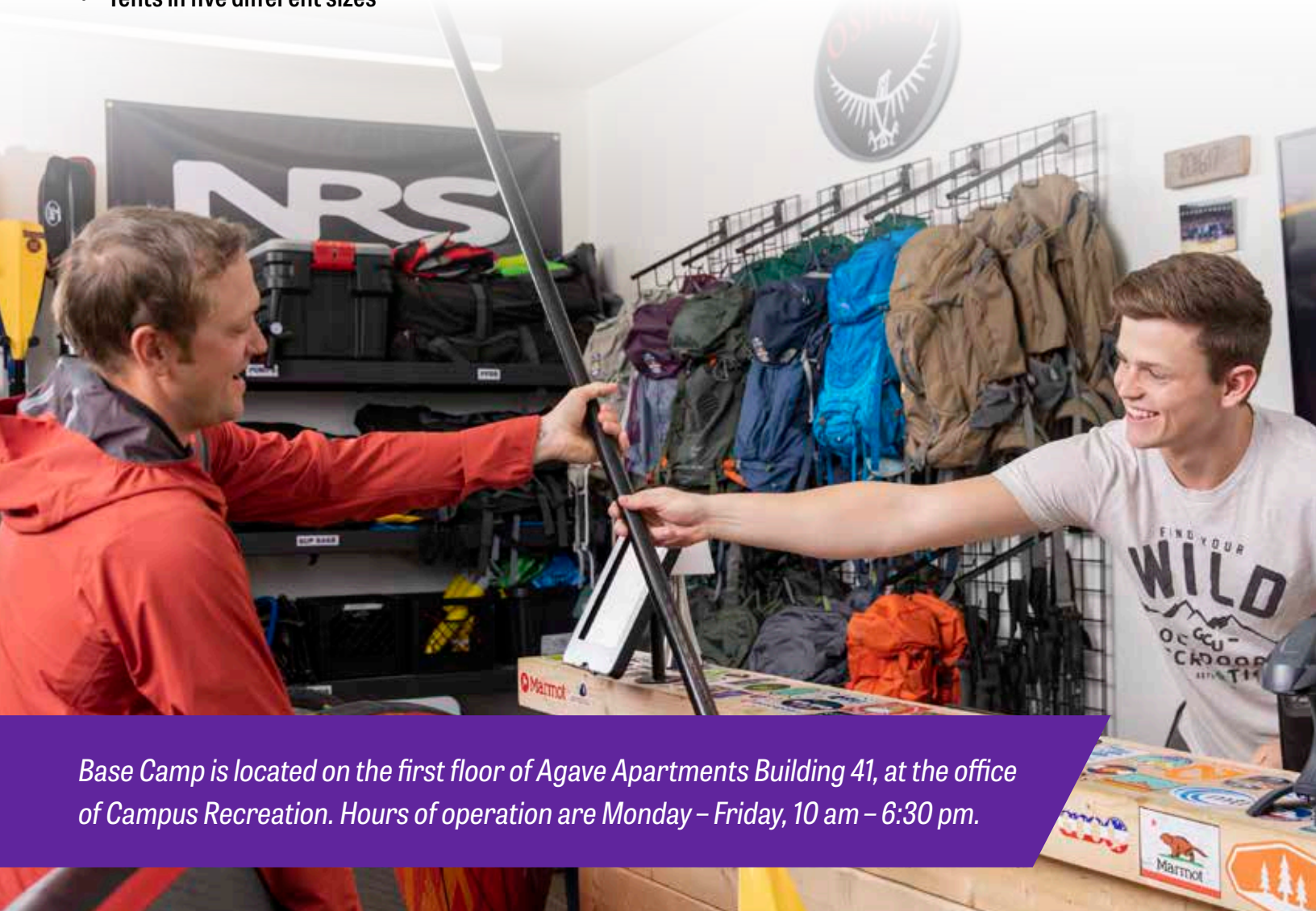
Base Camp is an outdoor adventurer's dream! Gear can be rented to outfit any exploration or camp out. During the academic year fall and spring semester, Base Camp is a lively environment as GCU Outdoor Recreation prepares to take students out on trips across the country!

AVAILABLE EQUIPMENT:

- Sleeping bags
- Paddleboards
- Life jackets
- Sleeping pads
- Tents in five different sizes
- Backpacks
- Trekking poles
- Cooking equipment
- Headlamps

GCU ODR BRANDED MERCHANDISE IS ALSO FOR SALE. ITEMS INCLUDE:

- Creative t-shirts designed by students
- Coffee mugs
- Nalgene water bottles
- Hats



Base Camp is located on the first floor of Agave Apartments Building 41, at the office of Campus Recreation. Hours of operation are Monday – Friday, 10 am – 6:30 pm.

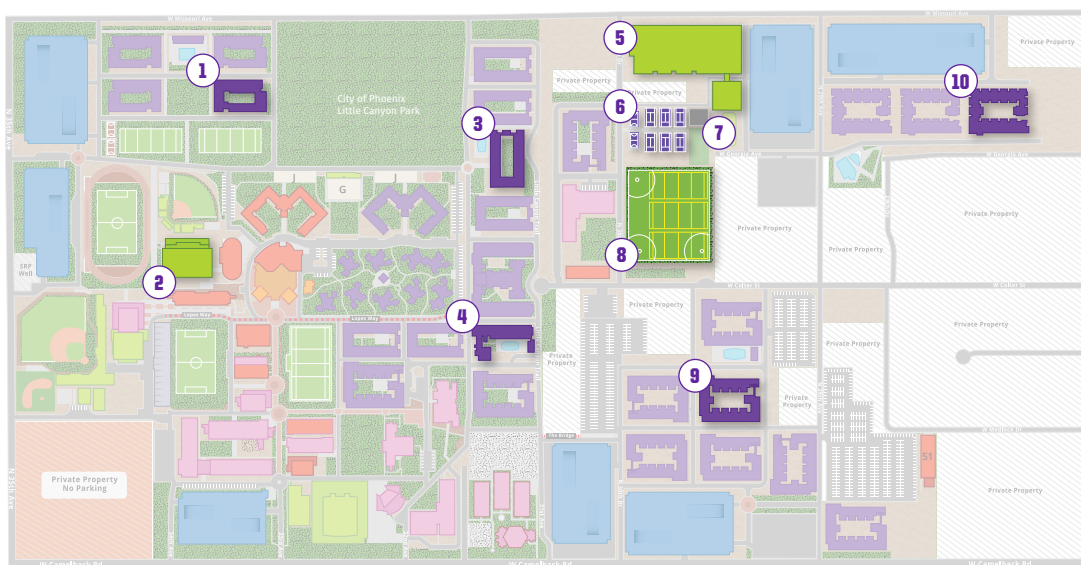
GCU FITNESS

GCU Fitness offers a variety of weekly fitness classes and events to help students stay active and get connected on campus! Our high energy classes are led by talented student fitness instructors and no prior fitness experience is required to attend. Log into MyRec.gcu.edu or the GCU Campus Recreation mobile app for the latest information on class times and registration.

FITNESS CLASSES

- **HIIT** – High Intensity Interval Training is a training technique in which you give all-out 100% effort through quick intense bursts of exercise followed by short recovery periods. HIIT keeps your heart rate high and burns more fat in less time.
- **Intro to Strength** – A class meant for students who are new to the gym or who want to work on their strength training technique. Come learn how to properly squat, deadlift, chest press and more! Our instructors are here to answer your strength training questions.
- **Strength Training** – A class aimed toward students who have experience exercising with weights. This class incorporates dumbbells, kettlebells, body weight and more in a total body workout to help you build strong, lean muscles!
- **Spin** – An intense workout that incorporates 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!
- **Barre** – A combination of Pilates and functional fitness training, barre incorporates small, isolated movement to fatigue the muscles and sequencing that incorporates upper and lower body to make every minute count.
- **Yoga** – Both Yoga Flow and Yoga Sculpt classes are offered weekly. Flow incorporates a traditional, relaxing yoga practice. Sculpt uses the foundation of traditional yoga, but incorporates hand weights and cardio bursts.

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 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 Building 58

- 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
- Fitness/weight rooms located on the second floor

FITNESS CENTERS **Towels are available at all locations*

- Juniper Hall Building 84 (602-639-7823)
 - Spin room and core room
 - Rack room with three racks and one smith machine
 - Cardio area
- Papago Apartments South Building 48, 2nd Floor (602-639-8413)
 - Sanctuary/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
- Coming Soon: Verde River Apartments Building 78



HOURS OF OPERATION¹

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

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 or GCU Campus Recreation 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 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:**

📷 @GCU.SFC

📷 @GCUOUTDOORREC

📷 @GCUINTRAMURALS

