



**GCU**

**CAMPUS RECREATION**

**2022-23**

# 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!***

## **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***





# OUTDOOR RECREATION

**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!*





# OUTDOOR RECREATION: FALL 2022



Ultimate Lope Venture Race	Sept. 3	Night Kayaking in Lake Pleasant	Oct. 10
Ice Lake Basin Backpacking	Sept. 2 – 5	Aravaipa Backpacking	Oct. 15 – 16
Horseshoe Bend Overnight Kayaking	Sept. 2 – 5	Peppersauce Caving	Oct. 15
Kings Canyon Car Camping	Sept. 2 – 5	Bear Jaw Abinuea Hike	Oct. 15
Night Stand Up Paddleboarding (SUP) at Canyon Lake	Sept. 5	On Campus Hammock Bingo	Oct. 20
Explore Arizona Road Trip to Payson, Flagstaff, Sedona	Sept. 9 – 11	Sedona Mountain Bike and Hike	Oct. 22
Piestewa Peak Sept. 11 Night Hike	Sept. 11	Grand Canyon South Rim Camping	Oct. 21 – 23
Blue Ridge Reservoir Overnight Kayaking	Sept. 10 – 11	Prescott Climbing and Camping in Watson Lake and Groom Creek Bouldering	Oct. 22 – 23
On Campus: Outdoor Rec Social	Sept. 12	On Campus Intro to Scuba Workshop	Oct. 25
Horseshoe Bend Overnight Stand Up Paddleboard	Sept. 16 – 18	Sedona Experience	Oct. 28 – 30
Grand Canyon North Rim Camping Trip	Sept. 16 – 18	Horton Creek Beginner Backpacking	Oct. 29 – 30
Yoga Trip to Mogollon Rim	Sept. 17	On Campus Intro to Slackline Workshop	Nov. 1
Intro to Stand Up Paddleboarding Yoga on Campus	Sept. 21	Black Canyon Canoeing Mental Health Weekend	Nov. 4 – 6
Disc Golf League	3-Week League	Picacho Peak Mental Health Weekend	Nov. 5
<i>Conocido Park</i>	Sept. 19	Stand Up Paddleboard Yoga at Saguaro Lake Mental Health Weekend	Nov. 5
<i>Buffalo Ridge Park</i>	Sept. 26	Zion Expedition	Nov. 10 – 13
<i>Scottsdale and Fountain Hills</i>	Oct. 3	Surf Trip to DOHO	Nov. 10 – 13
Salt River Cleanup	Sept. 24	Grand Canyon Backpacking	Nov. 10 – 13
Antelope Canyon, Horseshoe Bend, Lake Powell Adventure	Sept. 23 – 25	Catalina Bike Packing	Nov. 10 – 13
Spiritual Retreat in Payson	Sept. 23 – 25	On Campus: Camp Cooking Workshop	Nov. 17
On Campus Log Rolling Tournament	Sept. 29	Women's Backpacking Supes	Nov. 19 – 20
Black Canyon Canoeing	Sept. 30 – Oct. 2	Intro to MTB at Brown's Ranch	Nov. 19
Flagstaff Backpacking via Kachina Trail	Oct. 1 – 2	Antelope Canyon, Horseshoe Bend, Lake Powell Adventure	Nov. 18 – 20
Winslow Paddle	Oct. 1	On Campus: End of Semester Social	Nov. 30
Sunrise Hike Piastewa	Oct. 4	Queen Creek Climbing	Dec. 3
West Baldy Backpacking	Oct. 7 – 9	Superstitions Backpacking	Dec. 3 – 4
Full Moon Stand Up Paddleboarding in Saguaro Lake	Oct. 8	Kartchner Caverns Spiritual Retreat Refuel for Finals	Dec. 2 – 4
Mt. Humphreys Summit Hike	Oct. 8		



# OUTDOOR RECREATION: SPRING 2023



On Campus ODR Kick-Off Social	Jan. 11	Grand Canyon Backpacking	Feb. 17 – 20
On Campus Tune Skis and Snowboards Workshop	Jan. 12	Channel Islands Camping	Feb. 17 – 20
J-Tree Climbing and Camping Trip	Jan. 13 – 16	Red Rocks Climbing	Feb. 17 – 20
Reavis Ranch Backpacking and Supes Through Hike	Jan. 14 – 16	On Campus Slackline Workshop	Feb. 22
Catalina Backpack	Jan. 13 – 16	Goat Yoga and Hike	Feb. 25
Horseback Riding in Wickenburg	Jan. 16	Peppersauce Cave	Feb. 25
Sunset Desert Yoga	Jan. 19	Snowbowl	Feb. 26
Intro to Rappelling	Jan. 21	Piestewa Peak Spiritual Hike	Feb. 27
Snowbowl	Jan. 21	Intro to Scuba	March 1
Trail Maintenance and Clean Up Day	Jan. 22	Black Canyon Canoe	March 3 – 5
Camelback Morning Mindfulness Hike	Jan. 23	Cochise Climbing	March 3 – 5
Social: Hammock Bingo	Jan. 24	Superstition Backpacking	March 4 – 5
Aravaipa Backpacking	Jan. 28 – 29	International Mission Trip	March 10
Picacho Peak	Jan. 28	Utah Expedition (Zion, Bryce, Escalante)	March 10 – 14
Piestewa Peak Spiritual Hike	Jan. 30	Channel Islands	March 10 – 14
Sunrise Desert Yoga	Feb. 2	Buckskin Gulch Backpacking	March 10 – 14
Flat Iron	Feb. 4	Aravaipa Backpacking	March 15 – 17
Yurt Expedition Women's Only	Feb. 4 – 5	Big Sur Expedition	March 15 – 19
Kartchner Caverns Camping and Caving Spiritual Retreat	Feb. 4 – 5	Catalina Island Backpacking	March 15 – 19
Disc Golf League	3-Week League	Grand Canyon Rim to Rim or River	March 15 – 19
Conocido Park	Feb. 13	Black Canyon Canoe	March 24 – 26
Buffalo Ridge Park	Feb. 20	Salt River White Water Rafting	March 25 – 26
Scottsdale and Fountain Hills	March 27	Salome Jug Canyoneering	March 26
South Mountain Spiritual Hike	Feb. 6	South Mountain Spiritual Hike	March 27
Painting in Sedona and Slide Rock	Feb. 11	Prescott Spiritual Retreat Camping Trip	March 31 – April 4
Wilderness First Aid Course (WFA Certification)	Feb. 11 – 12	Verde River Kayaking Senior Only	April 1
Overnight Kayaking at Apache Lake	Feb. 11 – 12	Prescott Spiritual Retreat Camping Trip	April 1 – 2
Shaw Butte Spiritual Hike	Feb. 13	On Campus: End of the Year Social	April 5
On Campus Tune Skis and Snowboards Workshop	Feb. 15		



# OUTDOOR RECREATION: CLIMBING WALL



## 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

Semester Membership	\$25
Day Pass	\$5

### CLASSES

Intro to Climbing	Wall-o-Ween
Ladies Night	Crate Stacking
Lead Climbing Clinic	Competitions
Climbing Movement Clinic	Private Groups
Gym to Crag	

### SPECIAL EVENTS

**COME CLIMB WITH US!**  
**MONDAY - FRIDAY: NOON - 10 PM**



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

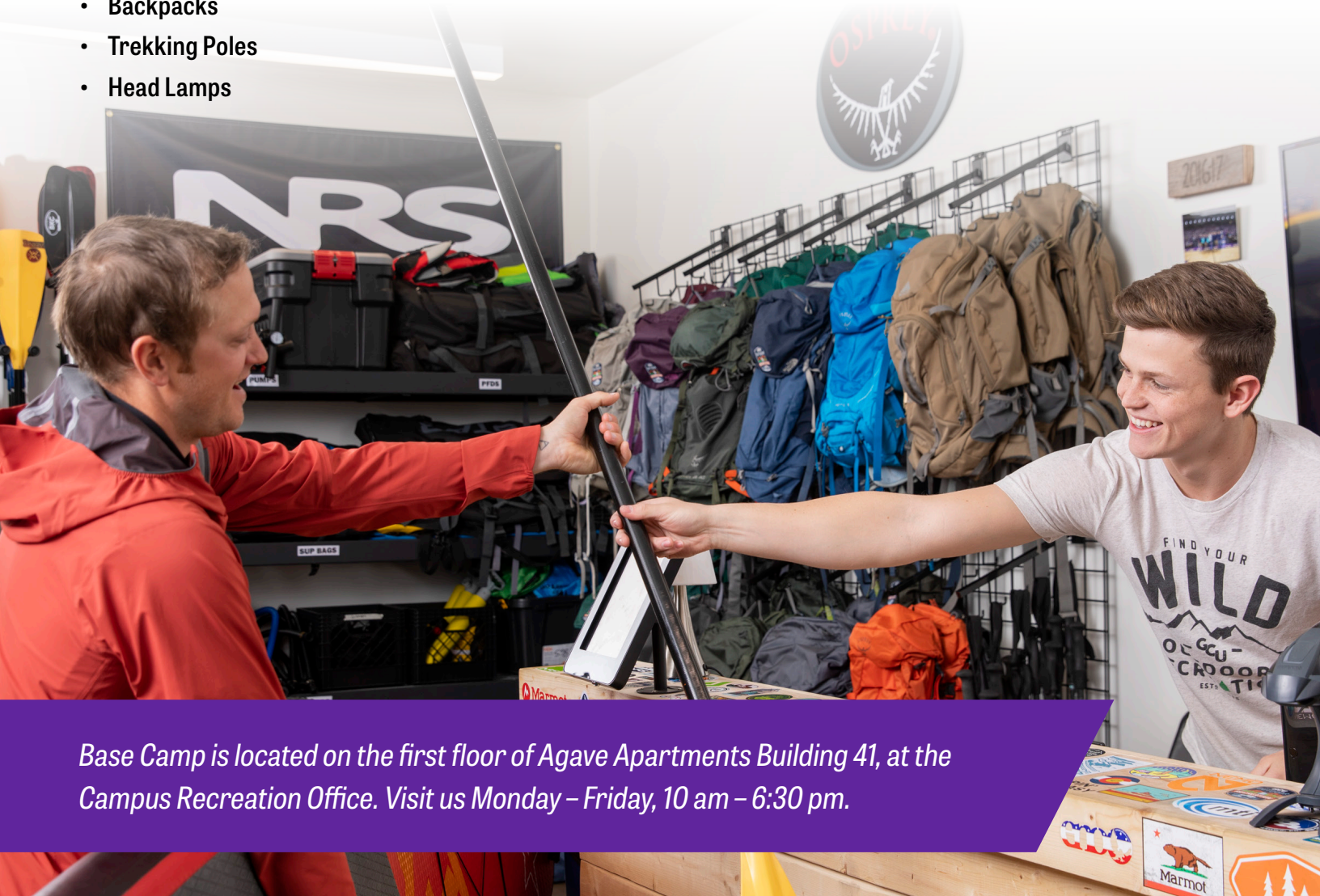
- Tents
- Sleeping Bags
- Sleeping Pads
- Camp Cooking Gear
- Inflatable Paddleboards
- Backpacks
- Trekking Poles
- Head Lamps

### 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.*



# CAMPUS GARDEN



## GROW WITH US!

*North of Agave  
Apartments Building 41*

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



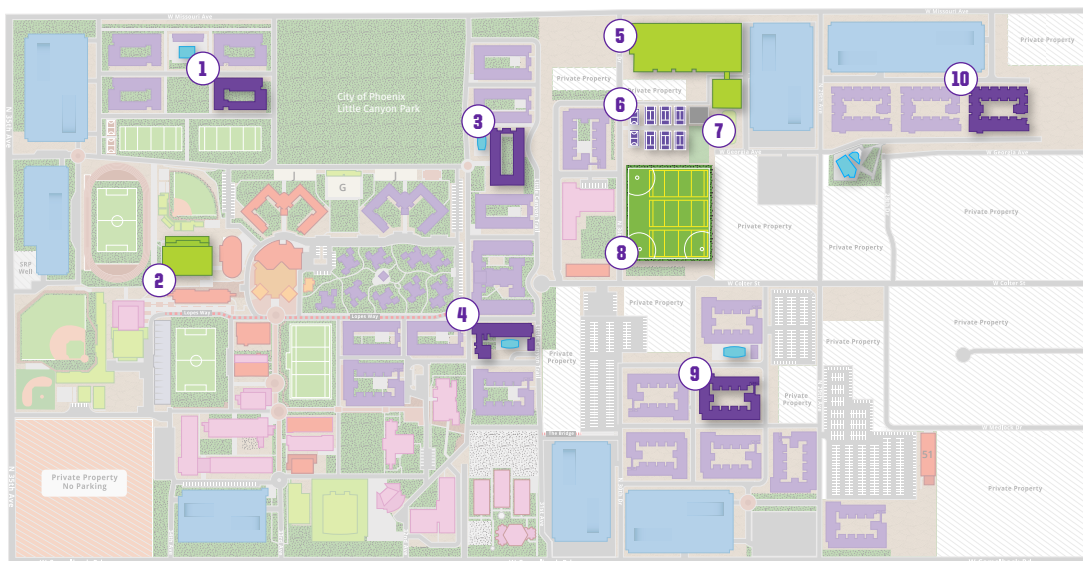
# GCU FITNESS

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](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:** 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



# 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.

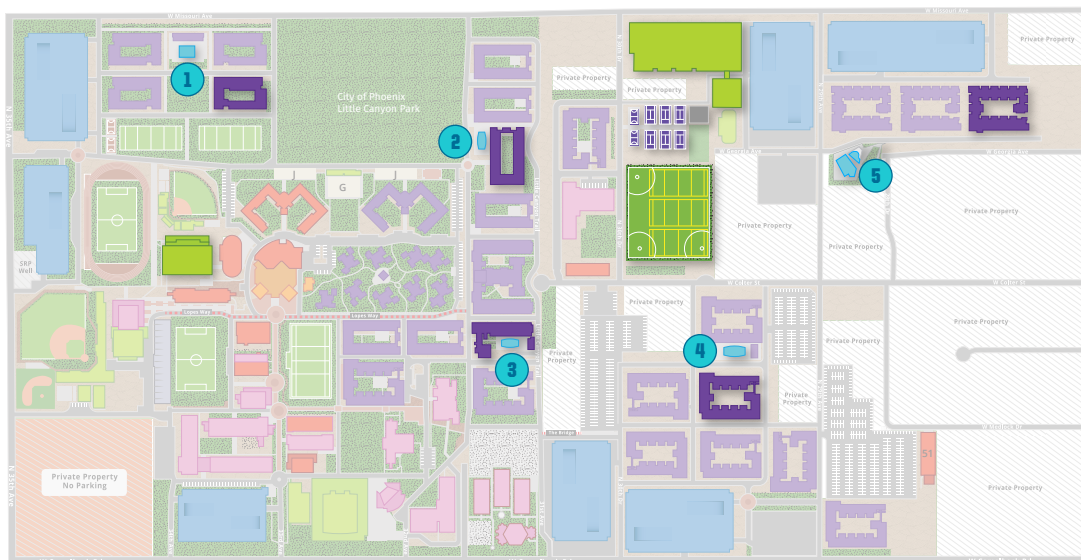
## POOL HOURS: DAILY 10 AM – 10 PM

*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** 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



