

UREC FALL 2013

MOTIVATING MADISON INTO MOTION

University Recreation promotes and advances healthy lifestyles through participation opportunities, educational experiences and supportive services. Our qualified staff is committed to excellence and attentive to the developmental needs of our participants.

Your valid JACard is required to enter UREC and University Park. View our facility hours on the right.

Learn about the programs listed on the back at jmu.edu/recreation. Registration dates and costs vary. UREC offers online registration for Intramural Sports, Group Fitness and all non-fee based programs. In-person registration for fee-based programs is available at UREC using FLEX.

Visit or call the UREC Welcome Center or www.jmu.edu/recreation to register, with questions, and for the most up-to-date information!

Dates and programs subject to change.

| | |
|---------------------------|--------------|
| UREC Welcome Center | 540-568-8737 |
| University Park Gatehouse | 540-568-8793 |
| Program Registration | 540-568-8734 |

WHAT'S NEW?

- TEAM Challenge Course
- Bike rentals and programs
- TRX: Suspension Training (Open hours and classes)
- Intramural Tee Shirt Design Contest
- Custom Group Adventure Trips
- American Heart Association Safety Certifications
- Heart Rate Monitor educational programs
- P90X classes begin in October
- Lindy Hop Swing Lesson Series
- Mandala Meditation
- Two sessions of Yoga for Men each week
- More!

[FACEBOOK.COM/JMU UREC](https://www.facebook.com/jmuurec)

[TWITTER.COM/JMUUREC](https://twitter.com/jmuurec)

[WWW.JMU.EDU/RECREATION](http://www.jmu.edu/recreation)

FACILITY HOURS

Subject to change - check www.jmu.edu/recreation

UREC (MAIN BUILDING)

Monday-Thursday: 6:30am-11:30pm

Friday: 6:30am-10:00pm

Saturday: 9:00am-10:00pm

Sunday: Noon-11:30pm

UNIVERSITY PARK

Sunday-Thursday: 11:00am-11:30pm

Friday & Saturday: 11:00am-10:00pm

Winter Hours begin December 2

Monday-Friday: 2-7pm

Saturday-Sunday: Noon-5pm

HOMECOMING WEEKEND

UREC

Friday, November 1: 6:30am-7pm

Saturday, November 2: 11am-7pm

Sunday, November 3: Noon-11:30pm

University Park

Friday, November 1: 11am-7pm

Saturday, November 2: 11am-7pm

Sunday, November 3: 11am-11:30pm

THANKSGIVING BREAK

UREC

Friday, November 22: 6:30am-5pm

Saturday-Sunday, November 23-24: CLOSED

Monday-Tuesday, November 25-26:

11:30am-1:30pm, 5-7pm

Wednesday, November 27: 11:30am-1:30pm

Thursday-Saturday, November 28-30: CLOSED

Sunday, December 1: Noon-11:30pm

University Park

Friday, November 22: 11am-5pm

Saturday-Sunday, November 23-December 1:

CLOSED

COMMENCEMENT & WINTER BREAK

Visit www.jmu.edu/recreation!

UREC PROGRAMS FALL 2013

ADVENTURE

- Aug 31: North River "Beat the Heat" Hiking Trip
Sep 2: Belay & Climb
Sep 4: Trail Running
Sep 7: Canoe the Shenandoah Trip
Sep 10: Belay & Climb
Sep 11: Trail Running
Sep 13: Yogis Take a Hike
Sep 14: Intro to Rock Climbing Trip
Sep 16: Learn to Climb
Sep 17: Belay & Climb
Sep 18: Trail Running
Sep 18: Top Chef at University Park
Sep 19: Full Moon Canoe Trip
Sep 20: Bouldering Trip
Sep 21: C & O Canal Bike Ride Trip
Sep 21: Intro to White Water Kayaking Trip
Sep 24: Learn to Climb
Sep 25: Trail Running
Sep 26: Belay & Climb
Sep 27: Yogis Take a Hike
Sep 28: Hiking and Hotcakes Trip
Sep 30: Learn to Climb
Oct 1: Belay & Climb
Oct 2: Trail Running
Oct 5: Family Weekend Morning High Knob Hike
Oct 5: Family Weekend Canoe Trip
Oct 5: Family Weekend Bike Ride to Farmers Market
Oct 8: Learn to Climb
Oct 9: Trail Running
Oct 9: Belay & Climb
Oct 12: Intro to Rock Climbing Trip
Oct 16: Trail Running
Oct 16: Learn to Climb
Oct 17: Belay & Climb
Oct 18: Bouldering Trip
Oct 19: Intro to White Water Kayaking Trip
Oct 19: Full Moon & Marshmallows Trip
Oct 23: Trail Running
Oct 24: Learn to Climb
Oct 26 - 27: Backpacking Weekend Trip
Oct 30: Trail Running
Nov 5: Climbing Technique
Nov 6: Try a Kayak
Nov 13: Try a Kayak
Nov 14: Indoor Lead Climbing
Nov 17: Boulder Jam
Nov 20: Try a Kayak
Nov 23 - 25: Thanksgiving Break Climbing Trip

AQUATICS & SAFETY

- Aug 31: Children's Swim Lessons Begin
Sep 9: Adult Swim Lessons
Sep 11: AHA Basic Life Support
Sep 12: Moonlight Movie at University Park
Sep 15: CPR/AED for the Professional Rescuer
Sep 15: First Aid
Sep 26: Moonlight Movie at University Park
Sep 29: CPR/AED for the Professional Rescuer
Sep 29: First Aid
Oct 1: Adult Swim Lessons
Oct 8: Lifeguarding Pre - Requisite
Oct 9: Lifeguarding Pre - Requisite
Oct 10: Dive-In Movie
Oct 12: Children's Swim Lessons Begin

- Oct 13: CPR/AED for the Professional Rescuer
Oct 13: First Aid
Oct 16: AHA Basic Life Support
Oct 16: AHA Basic Life Support
Oct 18: Lifeguard Training
Oct 24: Dive-In Movie
Oct 27: CPR/AED for the Professional Rescuer
Oct 27: First Aid
Nov 7: Dive-In Movie
Nov 10: CPR/AED for the Professional Rescuer
Nov 10: First Aid

TEAM CHALLENGE COURSE

- Custom free programs for student groups!
Break the Ice (2-4 hours)
Foundational Teambuilding (2-6 hours)
Synergy (4-8 hours)
Team Odyssey (2-6 hours)

FITNESS

- Fitness Analysis
Personal Training
Aug 26: TRX 101
Sep 2: TRX 101
Sep 10: U-WRECK Boot Camp
Sep 16: TRX 101
Sep 17: Fitness 1 Orientation
Sep 19: Monitoring Intensity with Heart Rate Monitors
Sep 21: Female Fitness
Sep 23: TRX 101
Sep 24: Monitoring Intensity with Heart Rate Monitors
Sep 26: Fitness 2 Orientation
Sep 30: Fitness 1 Orientation
Sep 30: TRX 101
Oct 2: Fitness 2 Orientation
Oct 7: TRX 101

- Oct 9: Monitoring Intensity with Heart Rate Monitors
Oct 17: Monitoring Intensity with Heart Rate Monitors
Oct 19: Female Fitness
Oct 20: Duke Dog Challenge

GROUP FITNESS

- OVER 100 WEEKLY CLASSES!
Sep 6: Dance Walk to UPark for Cardio Dance Party
Sep 9: FAST (Faculty/Staff) Fitness
Sep 10: U-WRECK Boot Camp
Sep 13: Yogis Take a Hike
Sep 13: Happy Yoga
Sep 16: TRX 101
Sep 19: Monitoring Intensity with Heart Rate Monitors
Sep 20: So You Think You CAN'T Dance
Sep 21 - 22: P90X® Certification
Sep 23: TRX 101
Sep 24: Monitoring Intensity with Heart Rate Monitors
Sep 25: How to Become a Group Fitness Instructor
Sep 27: Yogis Take a Hike
Sep 27: Cycle POWER
Sep 27: P90X
Sep 30: TRX 101
Oct 4: Yoga for Cyclists
Oct 7: TRX 101

- Oct 9: Monitoring Intensity with Heart Rate Monitors
Oct 17: Monitoring Intensity with Heart Rate Monitors
Oct 18: GROOVE® Certification
Oct 18: GROOVE® Party
Oct 20: Duke Dog Challenge
Oct 21: FAST (Faculty/Staff) Fitness

- Oct 25: So You Think You CAN'T Dance
Nov 1: Yoga for Runners
Nov 6: How to Become a Mind/Body GFW Instructor
Nov 8: Cycle for Survival
Nov 9: AFAA Primary Certification

INFORMAL RECREATION

- Sep 16: Pick Up & Play: Walleyball
Sep 25: Without a Fight Screening
Sep 30: Pick Up & Play: Racquetball
Oct 15: Pick Up & Play: Climbing Wall Challenge
Oct 29: Pick Up & Play: Table Tennis
Nov 11: Pick Up & Play: Volleyball
Nov 18: Pick Up & Play: Floor Hockey

INTRAMURAL SPORTS

- Aug 26: Fall Intramural Sports Registration
(3-on-3 Outdoor Basketball, Boccer, Field Hockey, 7-on-7 Flag Football, Floor Hockey, Outdoor Grass Soccer, Outdoor Turf Soccer, Ultimate Frisbee, Volleyball, Whiffleball)
Sep 3: How to Play Boccer
Oct 7: How to Plan a Special Event
Nov 4: Indoor Soccer Holiday Tournament Registration
Dec 2: Early Spring Intramural Sports Registration
(4-on-4 Flag Football, Indoor Soccer, Kickball, Softball, 4-on-4 Sand Volleyball, 3-on-3 Outdoor Basketball, Street Hockey, Ultimate Frisbee)

MASSAGE

30, 45, 60 & 90 min.

NUTRITION

Nutrition Analysis

- Sep 18: Top Chef at University Park
Sep 25: Healthy Cooking 101
Sep 28: Healthy in Harrisonburg
Oct 2: Healthy Cooking 101
Oct 7: Sports Supplements and Exercise
Oct 14: A Guide to Portion Sizes
Oct 23: Nutrient Timing for Athletes
Oct 28: Healthy Eating on Campus

SPECIAL EVENTS

- Oct 31: Nightmare at UREC
Nov. 2 Homecoming Dukes' 5k Run/Walk
Dec: Warm A Winter Wish

SPORT CLUBS

45 Student Organizations

WELLNESS

- Sep 9: FAST (Faculty/Staff) Fitness
Sep 12: Mandala Meditation
Sep 17: SPARK!
Sep 26: Salsa Lesson Series
Oct 1: 5 Weeks to 5K Series
Oct 3: Get Happy Through Exercise
Oct 11: Laughter Yoga
Oct 16: SPARK!
Oct 17: Mandala Meditation
Oct 18: I LOVE ME!
Oct 21: FAST (Faculty/Staff) Fitness
Oct 24: Lindy Hop Swing Lesson Series
Nov 6: How to Become a Mind/Body GFW Instructor
Nov 7: Mandala Meditation
Nov 12: Get Happy Through Exercise

YOUTH PROGRAMS

- Sep 27: Kids' Night Out
Oct 25: Kids' Night Out

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