

UREC SPRING 2014

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

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



FACILITY HOURS

Subject to change, visit www.jmu.edu/recreation.

UREC (Main Building)

Monday-Thursday: 6:30am-11:30pm
Friday: 6:30am-10pm
Saturday: 9am-10pm
Sunday: Noon-11:30pm

University Park (Pre Spring Break)

Monday-Friday: 2-9pm
Saturday-Sunday: Noon-5pm

University Park (Post Spring Break)

Sunday-Thursday: 11am-11:30pm
Friday & Saturday: 11am-10pm

Martin Luther King, Jr. Day Changes

Monday, January 20
UREC: 9am-11:30pm
University Park: 2-9pm

Spring Break Changes

UREC
Friday, March 7: 6:30am-5pm
Saturday - Sunday, March 8-9: CLOSED
Monday - Thursday, March 10-13:
11:30am-1:30pm & 5-7pm
Friday, March 14: 11:30am-1:30pm
Saturday, March 15: CLOSED
Sunday, March 16: 4-11:30pm
University Park
Friday, March 7: 2-5pm
Saturday - Saturday, March 8-15: CLOSED
Sunday, March 16: 4-11:30pm

Spring Weekend Changes

UREC
Friday, April 18: 6:30am-7pm
Saturday, April 19: 9am-7pm
Sunday, April 20: Noon-11:30pm
University Park
Friday, April 18: 11am-7pm
Saturday, April 19: 11am-7pm
Sunday, April 20: 11am-11:30pm

For commencement and May hours visit www.jmu.edu/recreation.

NEW ONLINE REGISTRATION WEBSITE!

UREC is excited to introduce **URECregister.jmu.edu**.

Program registration will still be available at UREC as it has been in the past.

To pay for fee programs, the new online registration system will now accept credit cards and the UREC program registration desk (in-person) will accept FLEX.

IMPORTANT CHANGES:

- ★ Use your JMU e-ID and password to login. This will log you into IMleagues.com as well.
- ★ To cancel a registration, you must call or visit the UREC Program Registration Desk at 540-568-8734 by the cancellation deadline (one hour in advance for Group Fitness classes and for most non-fee educational programs).
- ★ Group Fitness classes will open for registration 6:30am the day before the class.
- ★ Courses with fees will incur a non-refundable \$2.50 convenience fee for credit card payment. To avoid this fee, register in-person at UREC with FLEX.
- ★ Refunds for courses with fees must be approved by the appropriate UREC professional staff member by the refund deadline listed with the course.
- ★ Check out equipment and keep your JAC with you during your workout. Remember to return equipment before leaving the building.
- ★ View Racquetball Court availability prior to calling the UREC Equipment Center to make a reservation.

If you need assistance, our member services staff is available to help you with any questions. Please call 540-568-8734 or visit UREC for help with online registration.

CONNECT:

[facebook.com/jmu.urec](https://www.facebook.com/jmu.urec) ★ twitter.com/jmuurec ★ [instagram.com/jmuurec](https://www.instagram.com/jmuurec)

UREC SPRING 2014

Visit jmu.edu/recreation/more-events for a chronological list. Programs and prices subject to change.
Register with your JMU e-ID and password at URECregister.jmu.edu.

ADVENTURE

- "Into the Mind" Film
- 2 Wheels and 2 Scoops \$5
- Backpacking Weekend Trip \$55
 - Belay and Climb
- Bikes: Commute Safely and Maintain Them!
 - Bouldering \$12
 - Canoe and Camp \$55
 - Canoe the Shenandoah \$30
 - Climbing Technique
 - Expedition Denali Presentation
 - Farmer For a Day \$40
 - Full Moon Canoe Trip \$15
 - Hiking and Hotcakes \$25
 - Horseback Riding \$45
 - Hot Chocolate on High Knob \$12
 - Intermediate Whitewater Kayaking \$40
 - Introduction to Rock Climbing \$30
 - Introduction to White Water Kayaking \$40
 - Joshua Tree Climbing & Service - Deposit \$200
 - Learn to Climb
 - Learn to Lead Climb
 - Moonlight Movie
 - Old Rag Hike \$15
 - Reach Out Climb \$20-25
 - Ski Spree
 - Snowshoe Ski Trip \$10
 - Trail Running
 - Try a Kayak \$5
 - Whitegrass Cross-Country Ski Trip
 - Wilderness First Aid \$150

AQUATICS & SAFETY

- Adult Swim Lessons \$20
- CPR \$65
- Dive-In Movie
- First Aid Certification \$25
- Lifeguard Pre-Requisite \$20
- Lifeguarding Certification \$100
- Moonlight Movie
- Parent-Child Swim Lessons \$35
- Preschool Swim Lessons \$40
- Private Swim Lesson - 10 Half Hour Lessons
- Private Swim Lessons - 5 Half Hour Lessons
 - Swim Spring Break
 - Youth Swim Lessons

MASSAGE

- 30 Minute \$35
- 45 Minute \$43
- 60 Minute \$50
- 90 Minute \$75

GROUP FITNESS & WELLNESS

- 20/20/20
- Advanced Step
- Athletic Conditioning
- Body Sculpt
- BOSU Strength
- Boxing Fitness
- Cardio Craze
- Cardio Dance Party
- Core Training
- Cycle Fit
- Dance & Sculpt
- Dancer's Delight
- Endurance Cycle
- Express Sculpt
- First Step
- Hip Hop
- Kickboxing
- Meditation
- Namaste Cycle
- On the Ball
- Pilates
- Power Yoga
- Step
- Stress Relief
- TRX
- Vinyasa Yoga
- Worldbeat Dance
- Yoga Fitness
- Yoga for Men
- Yogalates
- Zumba
- Boot Camp
- Box Out Cancer
- Cycle Happy Hour
- Cycle POWER!
- Dance Walk to UPark for Cardio Dance Party
- Faculty/Staff Fitness (FAST Fitness) \$28
- Faculty/Staff Fitness (FAST) One Class Pass \$5
 - Happy Hour
 - Happy Yoga
- How to Become a Group Fitness Instructor
- How to Become a Mind/Body Instructor
 - Laughing Yoga
 - Mind/Body Happy Hour
 - National Yoga Day
 - Pink Gloves Boxing \$60
 - Pink Gloves Boxing Demo Class
 - Restorative Yoga
 - Sunset Yoga
 - Yoga 2
 - Yoga for Cyclists
 - Yoga For Runners
 - Yoga Hike

FITNESS

- Duke Dog Challenge
- Female Fitness
- Fitness Assessment \$20
- Free Weight Orientation
- Go Hard or Go Home!
- Personal Training 5 Single Session Package \$110
- Personal Training Single Session \$25
- Personal Training Total Package \$50
- TRX Orientation
- U-WRECK Outdoor Boot Camp

INFORMAL RECREATION

- Pick Up & Play: Disc Golf
- Pick Up & Play: Indoor Basketball
- Pick Up & Play: Indoor Cornhole
- Pick Up & Play: Indoor Soccer
- Pick Up & Play: Outdoor Tennis
- Pick Up & Play: UPark Circuit

INTRAMURAL SPORTS

- Register for Flag Football, Indoor Soccer, Kickball, Softball, Sand Volleyball, Outdoor Basketball, Street Hockey, Ultimate Frisbee
- Conflict Management: Tips to Control Your Team
- How to Plan a Special Event
- Intramural Sports...Leading to a Healthy Lifestyle
 - Sportsmanship 101
 - The Hidden Secrets of the Sport Official
 - Tips on How to Manage Your Intramural Team

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)
- TEAM Challenge Course Open Climb Event

NUTRITION

- Antioxidants 101
- Fad Diets and Trends
- Healthy Cooking 101
- Healthy Eating Off Campus
- Nutrition Analysis \$30
- Snacking in the Dorms

SPORT CLUBS

- 45 Student Organizations

YOUTH PROGRAMS

- Kids' Night Out