

MOTION
MADISON
— INTO —
MOTION



JMU

University
Recreation

ACTIVITIES BY THE NUMBERS

UREC is here to **MOTIVATE** and **SUPPORT** you to live an **ACTIVE** and **WELL-BALANCED** lifestyle.

There are so many activities to try...



26
intramural sports
leagues and
tournaments



135+
group exercise classes
offered each week



130
unique cooking and wellness
classes offered each year



106 aquatics program
offerings, including
Dive-In Movies,
Logrolling and
Channel Your Fitness



50
student-led
adventure trips per year



355
pieces of cardio and
fitness equipment
available



50+
sport clubs to join



7
annual events including:
UREC Fest, Pack the Park,
Nightmare at UREC,
Warm a Winter Wish,
Reach Out Climb,
Battleship and World Cup

95%

of JMU students have
participated in at least one
UREC program or service.

FINDING THE **BALANCE**

JOINING THE TEAM

5,000

Every year, over 5,000 students participate in Intramural Sports and over 2,000 students participate in Sport Clubs.



INTRAMURAL SPORTS

Intramural Sports allow you to socialize, play the sports you love and workout at the same time! Intramural Sports are sport competitions played between teams or individuals within JMU. There are three seasons that include sports such as:

- Badminton
- Basketball
- Dodgeball
- Flag Football
- Floor Hockey
- Indoor Soccer
- Kickball
- Outdoor Soccer
- Pickleball
- Pool Volleyball
- Racquetball
- Sand Volleyball
- Softball
- Street Hockey
- Team Handball
- Ultimate Frisbee
- Volleyball
- Wheelchair Basketball

SPORT CLUBS

Sport Clubs are a great way to get involved at JMU. There are over 50 sport clubs to try! Sport Clubs are led by students and often compete with sports clubs from other universities. Clubs have dedicated practice times, longer seasons, and dues.

- Archery
- Baseball
- Basketball (M/W)
- Bass Fishing
- Bhangra
- Boarderline
- Brazilian Jiu-Jitsu
- Caving
- Climbing
- Club Paintball
- Cheerleading
- Cross Country & Track
- Cycling
- Disc Golf
- Dodgeball
- Equestrian
- Eventing
- Fencing
- Field Hockey
- Golf
- Gymnastics
- Handball
- Ice Hockey
- Lacrosse (M/W)
- Madison Dance
- Quidditch
- Racquetball
- Roller Hockey
- Rowing
- Rugby (M/W)
- Ski & Snowboard Racing
- Soccer (M/W)
- Softball
- Squash
- Swimming
- Swing Dance
- Table Tennis
- Tae Kwon Do
- Tennis
- Triathlon
- Ultimate Frisbee (M/W)
- Volleyball (M/W)
- Water Polo (M/W)
- Wrestling

OPEN RECREATION

Play anything you want at UREC or UPARK on your own time! Equipment is available for check out to play:

- Badminton
- Basketball
- Bocce Ball
- Cornhole
- Flag Football
- Pickleball
- Racquetball
- Soccer
- Spikeball
- Squash
- Table Tennis
- Tennis
- Teqball
- Volleyball
- Wallyball



#1

UREC received the 2017
Leaders in Collegiate Recreation
Outstanding Sports Facility Award.

6,500

On a busy Fall or Spring day,
UREC welcomes over 6,500 visitors.

99%

UREC has a 99% JMU
student satisfaction rating.

UREC is **MORE** than
a place to **SWEAT**...
It's where you can develop
lifelong healthy habits.

MOTIVATING
MADISON
— INTO —
MOTION

DUKES IN **MOTION**

FACILITY FEATURES

UNIVERSITY RECREATION

- 278,515 sq ft, JMU's largest building
- Adventure Center
- Aquatics Center
- 25,000 sq ft Fitness Center
- Wellness Center
- Demonstration Kitchen
- Athletic Training Room
- Meditation Studio
- 8 basketball and volleyball courts
- 7 racquetball/wallyball courts, 1 squash court
- 6 group exercise studios
- 2 indoor walking/running tracks
- 2 outdoor courtyards
- 2 massage therapy studios

UNIVERSITY PARK

- TEAM Challenge Course
- Event Lawn
- Pavilion
- Gatehouse
- 18 hole disc golf course
- 4 flag football fields
- 4 tennis courts
- 3 soccer fields
- 2 softball fields
- 2 sand volleyball courts
- 2 basketball courts

ADDITIONAL FACILITIES

- East Campus
 - Archery Range
 - Field Hockey and Track Complex
 - Tennis Courts
 - Turf
- Godwin Hall
 - Archery Room
 - Combatives Room
 - Gymnastics Room
 - Sinclair Gym
 - Swimming Pool
- Hillside Roller Hockey Courts
- Long Mauck Baseball Stadium
- Memorial Hall
 - Auxiliary Gym
 - Field House
 - Softball Field
- UREC Turf



UREC and UPark each received the
Leadership in Energy and Environmental
Design silver certification from the
Green Building Certification Institute.

SERVICES

UREC offers most activities and programs at little or no extra cost to participants. However, if you are looking to upgrade your UREC experience, there are a wide range of specialized services for you:

FOR YOUR UREC VISIT

- Daily-use lockers (free)
- Locker rentals
- Daily-use hand towels (free)
- Full-size towel service
- Open recreation equipment (free)

FOR YOUR WELLNESS

- Personal training
- Small group training
- Fitness orientation (free)
- Athletic training for students (free)
- Massage therapy
- Cooking classes (free)
- Nutrition analysis
- Safety certifications

FOR YOUR ADVENTURE

- Adventure equipment rentals
- Cycle Central bike repair

FOR YOUR GROUP

- TEAM Challenge Course
- Rentals and reservations

FOR YOUR FAMILY

- Youth birthday parties
- Youth summer camps
- Swim lessons

UREC
JAMES MADISON®
UNIVERSITY RECREATION

@jmuUREC
#DukesInMotion



PLAN YOUR VISIT

LEARN ABOUT YOUR MEMBERSHIP STATUS

Visit UREC's "Memberships" webpage to learn about the UREC facility access, activity registration and services available to you. Our Welcome Center staff can also answer any questions you have about access!

CHECK FACILITY OPERATING HOURS

UREC is open over 17 hours a day Monday through Thursday during the Fall and Spring semesters. It's always best to check jmu.edu/urec to ensure the facility or center you are planning to visit is open, especially on weekends and during break periods.

BRING A FRIEND OR FAMILY MEMBER

You can host up to two guests per visit for a fee at UREC. Make sure your guests bring their photo ID. You are responsible for their actions and must stay with them in the facility. You can bring your immediate family with you for free to UREC or UPARK on the weekends (Fridays at 6 p.m. to Sundays at 6 p.m.) and during break periods. Family hours are the only time that guests can be under 16 years old.

DON'T FORGET YOUR JAC CARD

You'll need it to enter and exit UREC and UPARK.

RESERVE YOUR SPOT IN AN ACTIVITY

You won't regret participating or trying something new at UREC, because you'll gain more confidence, energy and focus to help you succeed throughout your college experience and beyond. Check out the wide range of activities we offer and sign up at URECRegister.jmu.edu.

JAMES MADISON
UNIVERSITY®

University
Recreation Center

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