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.**

<table>
<thead>
<tr>
<th>UREC Welcome Center</th>
<th>540-568-8737</th>
</tr>
</thead>
<tbody>
<tr>
<td>University Park Gatehouse</td>
<td>540-568-8793</td>
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<tr>
<td>Program Registration</td>
<td>540-568-8734</td>
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</tbody>
</table>

**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**

**TWITTER.COM/JMU UREC**

**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**

URC  
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**

URC  
Friday, November 22: 6:30am-5pm  
Saturday, 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!
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