Physical Education and Recreation

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21G Student Recreation Center
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The Department of Physical Education and Recreation—one of five units in the Division of Student Life—educates and inspires the campus community to live active, balanced lives.

Recreational Facilities

The Student Recreation Center provides state-of-the-art equipment and spaces for all sport and fitness needs of the UO campus community. The recreation complex is located primarily on 42 acres at the southeast corner of the campus. Membership to the center is included in fees for most currently enrolled students, and faculty and staff members, alumni, and community members are eligible to purchase memberships on an annual or term-by-term basis.

The newly expanded and renovated Student Recreation Center has a climbing wall, bouldering wall, a suspended running track, a 12-lane lap pool, warm water leisure pool, hot tub, eight basketball and volleyball courts, fitness and weight rooms, locker rooms, six racquetball courts, a squash court, multipurpose rooms, and mat rooms. A wide variety of spaces are available for open recreation during open hours, and additional spaces are made available outside of scheduled classes and programs. Equipment and towels are also available for the use of members.

Physical education and recreational programming may take place at the center or one of the other facilities or fields managed by the department. Two multipurpose rooms are located in Gerlinger Hall; Gerlinger Annex has two gymnasiums primarily used for physical education classes and intramural sports. The Student Tennis Center is located behind McArthur Court and features six courts. In addition, six outdoor courts are located near the corner of East 18th Avenue and Onyx Street. Four lighted artificial turf fields are located east and south of the Student Recreation Center. For more information about facilities and court reservations, call 541-346-4183.

Inclusive Recreation

The department is committed to providing a welcoming and inclusive environment that promotes the right of every person to lead a healthy, balanced life. Inclusion is one of the department’s core values, and when designing the center renovation, developing programming, and purchasing exercise equipment, accessibility was a guiding principle. A variety of accommodations are provided to ensure that people of all abilities are encouraged to participate in programs and activities.

Intramural Sports

The intramural sports program provides opportunities for members of the university community to participate in a variety of sports and recreational activities. All ability levels are welcome, from beginning athletes trying a sport for the first time to seasoned competitors. Multiple leagues, tournaments, and special events are offered each term. Some of the most popular activities are flag football, basketball, soccer, volleyball, softball, and ultimate Frisbee. For more information, call 541-346-4113 or visit the website.

Recreational Fitness

Recreational fitness programs provide high-quality, inexpensive opportunities to exercise in drop-in or scheduled formats. Offerings include Webfoot CrossFit, "Group X" training (cycling, body sculpting, boot camp, yoga, and kick boxing), personal training, and small group training.

An official affiliate, Webfoot CrossFit is a strength and conditioning program incorporating weightlifting, gymnastics, and body-weight and high-intensity training. Coaches work to increase flexibility, strength, and power; workouts include modifications for all fitness levels. Students may purchase a Webfoot CrossFit workout pass to join any scheduled workout of the day.

The Group X program offers a variety of workout sessions led by student instructors for drop-in participation. Workouts include modifications for every fitness level to ensure that all may participate and work toward meeting their fitness goals. Students may purchase a Group X workout pass and drop in at their convenience.

Nationally certified personal trainers perform fitness assessments and create individualized training programs for students. Each session includes a risk assessment and goal-setting consultation, personalized workout program, and physical training to refine the participant’s technique and form.

Small group training offers varied workout sessions that focus on individual progression and skill development. Groups range from four to 16 people and are based on various fitness goals depending on the group. Workouts are scheduled twice a week for 60 minutes over eight weeks.

For more information, call 541-346-4113 or visit the website.

Youth and Family Programs

The department strives to support inclusive, active lifestyles for every student's entire family. Children are welcome in the Student Recreation Center for Duck Trails youth camps, a variety of youth and family lessons, and family recreation time.