Physical Education and Recreation

Lynn Nester, Director
541-346-4113
Student Recreation Center
rec.uoregon.edu (https://uorec.uoregon.edu/)

The Department of Physical Education and Recreation—one of four 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; 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, suspended running track, 12-lane lap pool, warm water leisure pool, hot tub, eight basketball and volleyball courts, fitness and weight rooms, locker rooms, four racquetball courts, 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. Purchasing an intramural membership for a low, flat rate opens access to the multiple leagues, tournaments, and special events 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, F45 functional group training, and kick boxing), and personal 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 everyone may participate and work toward meeting their fitness goals. Students and center members may purchase an unlimited Group X workout pass for $35 per term 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.

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

Youth and Family Programs

The department strives to support inclusive, active lifestyles for members of the university community, including their families. Children are welcome in the Student Recreation Center for Duck Trails youth camps, a variety of youth and family lessons, family recreation time, and multiple special events per year.

Duck Trails provides multiple summer and school-year camps, introducing campers to a variety of fun activities designed to promote teamwork and friendship.

The Student Recreation Center is an independent, authorized provider of the Starfish Swimming Program—a nationally recognized swim instruction curriculum developed by the Starfish Aquatics Institute. Lessons are open to all children from ages 18 months to 14 years.