Physical Education and Recreation

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

Recreational Facilities

The Student Recreation Center (SRC) 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 SRC 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 SRC features 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, racquetball and squash courts, and multipurpose 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 Recreation programming may take place at the SRC 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 SRC 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.

Recreational Fitness

Recreational fitness programs provide high-quality, inexpensive opportunities to exercise in groups or one-on-one with a trainer.

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. Daily Group X programming includes Webfoot Strength and Conditioning, cycling, body sculpting, boot camp, yoga, F45, and more. Students and SRC members may purchase an unlimited Group X workout pass per term or annually to drop into classes at their convenience.

Personal training is also available for individuals seeking a more individualized experience. Nationally certified personal trainers perform fitness assessments and create individualized training programs. Each welcome session includes a risk assessment and goal-setting consultation, personalized workout program, and physical training to refine the participant's technique and form.

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, 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 also 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.