Mason Recreation
ABOUT OUR PROGRAMS,
FACILITIES & SERVICES!
Mason Recreation *inspires* an inclusive atmosphere that fosters *lifelong well-being* for the University’s diverse students and community through active experiences, education, and engagement.

We are proud to offer quality Programs, Facilities, & Services to our Mason Community!
Recreation Highlight Reel!
Safe Return to Recreation

What to expect when coming to our facilities in the Spring!

For a full list of information, visit Recreation.gmu.edu/ReturnPlan
Membership & Facility Use

Mason students are members! Stop by with your Mason ID and enter to have a great workout, play some games, or find a nice place to study.

**Full-Time student:** If you're a full-time student you're a full-time member!

**Part-Time student:** If you're a part time student (taking less than 12 hours as an undergrad) $55

**Day Pass:** $10 Bring a friend, parent, and more for the day!
About our Facilities!

**Fitness Gallery**
Each facility is fully equipped with everything you might need to have a great work out.

**Each Facility is Different**
From basketball courts to pools, a Tread wall & more – no two are the same.

**Equipment Rental & Use!**
Ask us about renting equipment to use while you’re here *(for free!)*

**Space Usage:**
We rent out spaces & equipment for student groups and more!
The Aquatic & Fitness Center

"The AFC"

- 2 Pools: Recreation & Competition
- Hot Tub
- Sauna
- Cycling Room
- Group Exercise Room
Recreation Athletic Complex

"The RAC"

2 Basketball courts where we can set up Volleyball, Badminton, & more.

2 Racquetball & 2 Squash Courts (Ask us to set up Wallyball)

Yoga Room, Martial Arts & Self Defense Room

Freshens Smoothies & Snacks Store

The RAC is also the closest facility to our outdoor fields & courts
The EDGE Challenge Course

The EDGE challenge course sits on 10 acres of wooded wetland at Mason’s Science & Technology campus in Manassas. The challenge course includes:

- the Piedmont Trail, a 1mi loop through the woods that is open to the public;
- more than 30 ground-based problem-solving team activities that vary from group puzzles to more physical challenges and are adaptable to fit group needs;
- 4 aerial elements that present thrilling challenges to teams and individuals:
  - Alpine Tower, a 50-foot climbing tower;
  - Giant Swing, a swooping, adrenaline-rush pendulum drop;
  - Power Pole, which involves a climb and leap from height; and
  - Total Team Challenge, a series of challenges over two stories high that requires— you guessed it—the total team to get it done.

Groups interested in the challenge course should book ahead via edge.gmu.edu. We occasionally provide open climbs on the aerial challenges to the Mason community.
Outdoor Venues:
Courts, Fields & More!

- Basketball Court (1)
- Turf Fields (2)
- Tennis Courts (8)
- Grass Fields (2)
- Pavillion

**Play:** Ultimate Frisbee, Soccer, Lacrosse, Field Hockey, Rugby, Baseball, Softball, Quidditch, Cricket, etc. (field do not have lines for all sports.)
Programs | The Big 6!

- Aquatics
- Club Sports
- The EDGE
- Fitness
- Intramural Sports
- Outdoor Adventures
Aquatics

- Drop-in Swimming!
- Drop in Key Log Rolling
- Masters Swim Program

**Services:**
- Swim lessons, safety certification courses, & more!
Fitness

- Enjoy a great workout at any of our three main facilities!

- **Group Fitness Classes:**
  - Yoga, HIIT, Boot Camp, Zumba®, Pilates, Krav Maga, Tai Chi, Cycling, Tae Kwan Do, & more!

- **Services:**
  - Personal Training, Fitness Assessments, Equipment Orientations

- **Events:**
  - Triathlon, Power Meet, Health & Fitness Expo & more
Friends Spotting friends & Personal Training!
Club Sports

32 club teams – all of which are Student led organizations

Practices: teams typically practice 2-3 times per week & compete on weekends

Travel: Regularly throughout the region

Engage in community service and fundraising activities

Experience: All levels of experience welcome - many club teams specifically recruit members who are completely new to the sport
Clubs: Key Log Rolling & Field Hockey
The EDGE
Team Building & Experiential Learning

We help groups and individuals energize, develop, grow, and excel, providing:

- Programs at our challenge course at Mason’s SciTech campus as well as through our EDGE on Wheels traveling engagements;

- A variety of options, from 2 to 6 hours, that help groups have fun and bond while learning teamwork and leadership skills crucial to today’s academic and professional world; and

- Experiences to a broad range of clients, from elementary school students to adult professionals, from local community groups to international nonprofits, serving and including a diverse community with varying abilities and skills.
We offer programs for student groups/ clubs, sports teams, and office groups, and we hire Mason students every year to train on and lead our adventures.

Interested in booking a program? Head to edge.gmu.edu & let us know!
Intramural Sports

Participation is FREE for full-time students & all activities take place on the Fairfax campus.

League Sports: Recreation & Competitive Options

Men’s, Women’s, & Co-rec leagues are offered for all sports!!

7v7 Soccer, Basketball, Flag Football, Futsal, Volleyball, 11v11 Soccer, E-gaming

Commitment: Teams typically play a 3-4-week regular season, followed by playoffs

Teams vs Free Agent: Form a team with your friends, classmates, as a student organization and more! OR register as a free agent and we’ll help you find a team!

Special Events: E-gaming tournaments, Table Tennis, Billiards, 3v3 Basketball, NYC Bus Trip, Golf tournament, 3pt
An little Soccer & one of our student staff officiating basketball!
Outdoor Adventures

Go on A Trip With Us!

We have trips scheduled almost every weekend of each semester!

◦ Hiking, Camping, Rock Climbing, Paddling, Packrafting, Skiing, Snow shoeing & more!

◦ We provide: all transportation, equipment, food (on overnight trips) and experienced trip leaders.

◦ Services: Gear Rental, Skills Workshops, and Certification Course for Wilderness First Responder

◦ Offers a comprehensive equipment rental program. We rent camping gear, climbing gear, cycling gear, and outdoor clothing.
Cross Country Skiing & a peek into our Gear Room!
Employment Opportunities

Fun Fact:
We are the 2nd largest student employer on campus!

Aquatics
- Lifeguard
- Swim instructor

Facilities
- Customer Service Attendant
- Facility Manager
- Outdoor Venues

Fitness
- Fitness Attendant (pictured right)
- Personal Trainer
More Employment Opportunities

Marketing
- Photographer/ Videographer
- Graphic Designer
- Writer

Competitive Sports
- Referee
  - Work on campus & stay involved in sports!
  - Develop important transferrable skills & meet new friends

The EDGE
- Program Facilitator

Outdoor Adventures
- Trip Leader
Stay Connected!

Email: MasonRec@gmu.edu
Social Media: @GeorgeMasonRec
Website: Recreation.gmu.edu
Questions?

Thanks for stopping by!

If you have more questions, direct message us on social media or email us at masonrec@gmu.edu!