



RECREATION

MEMBERSHIP

WHO WE ARE

We are passionate about providing first-class recreation for the University community. Membership is available to anyone affiliated with UVA and their families who want to maintain a healthy, active lifestyle. We offer state-of-the-art facilities and recreational sports teams, exercise instruction and wellness services. Members have access to all recreation centers and enjoy discount program registration fees.

Students, your membership is already covered by student fees.



BENEFITS

The benefits of exercise and recreation are well documented from increasing energy and improving heart health to sleeping better and focusing your mind. Your UVA Rec membership gets you access to all recreation centers including the Climbing Center. Join UVA's fitness community today!

RECREATION CENTERS

Here are just some of what our facilities have to offer:

4 FACILITIES • **11** multipurpose rooms

ARRAY OF CARDIO/STRENGTH EQUIPMENT



10 INDOOR BASKETBALL COURTS

1 INDOOR SOCCER COURT

2 INDOOR TRACKS

9 RACQUETBALL COURTS

2 SQUASH COURTS

1 COMBAT ROOM

1 CLIMBING CENTER

4 SAUNAS

2 WHIRLPOOLS

2 POOLS

Flip to page 8 for more information about our indoor and outdoor facilities.



FAQ

Q: Can I do payroll deduction?

A: Yes! Email us at recreation@virginia.edu to find out how.

Q: Do you offer lockers for member's use?

A: Yes. Each facility has free day use lockers and rental lockers available.

Q: How will I know when operating hours change?

A: Sign up to receive emails here: rec.virginia.edu/connect

Q: Can my spouse get a gym membership?

A: Students and employees can sponsor family memberships as well as roommates.

PROGRAMS

INTRAMURAL SPORTS

UVA Rec offers a multitude of IM Sports for you to get involved with. From basketball to flag football, soccer to pickleball, and so much more! It's our goal for you to make friends and enjoy some friendly competition!



TRAINER-LEAD SPORTS & ACTIVITIES

Do you miss playing your favorite sport or learning a new dance? There is something special about sharing an experience with friends. Find your people in sports and activities you love in our trainer-lead sports and activities. Each semester, we offer a wide variety of activities from swim and tennis to climbing, dance, martial arts and more.



PERSONAL HEALTH, FITNESS AND WELLNESS are an important part of the University of Virginia. Even back to its founding, recreation was held in the highest regard. Our bodies are designed to move and function best with regular recreation.

GROUP FITNESS

Group Fitness makes it easy to stay healthy and perform your best. With convenient locations, a wide variety of classes, different formats and lengths, Group Fitness classes take the guesswork out of your fitness journey. Our instructors make it fun and easy. Just show up and sweat!



SMALL GROUP TRAINING

Nobody is born knowing proper exercise techniques. Learning how to do it right will empower you to get the most out of your workouts and avoid injury. Our Fitness Workshops help you master exercise moves developing your knowledge while you get a great workout in a fun environment. You'll progress with the same small group of people each week so you'll build relationships as well as your ability.

PERSONAL TRAINING

Personal training is one-on-one instruction with a nationally certified personal trainer that incorporates exercise screening, goal-setting and health education. Following a fitness consultation, the trainer will design a challenging workout routine specifically designed for your individual needs. Your personal trainer is there to instruct you on proper lifting techniques, introduce you to exercises that target your specific goals and motivate you towards your full potential.



PROGRAMS *(cont.)*



OUTDOOR ADVENTURE

We offer instructional programs focusing on technique and equipment to help enthusiasts of all skills levels enjoy the outdoors. With our outdoor adventure trips, you don't have to worry about a thing. We provide the equipment and all the logistics so you just show up and enjoy yourself.

CLIMBING CENTER

Welcome to a vibrant community of climbers and outdoor enthusiasts! The Climbing Center is the starting point for adventurous Wahoos. Join the community, take a climbing lesson or rent some gear, we've got it all right here for you to enjoy Virginia's natural beauty.



CHALLENGE COURSE

Trust is an essential human need. You have to trust your partner, your team and yourself. Test your limits and build a stronger team at Outdoor Adventure Challenge Course.

STUDENT EMPLOYMENT

There is a lot more to UVA Rec than gyms and sports. Join a team of professionals who are passionate about enriching the student experience. As a UVA Rec employee, you can serve in many different ways while gaining career experience and professional development. We have regular workshops like resume building, personal finance and others to help you develop life skills. Not to mention, we're arguably the most fun place to work on Grounds!



**Business Services • Rec Center Attendants • Marketing
Fitness Instructors & Trainers • Sports Officials • Outdoor Adventure
Sport Instructors • Lifeguards & MORE!**

INDOOR RECREATION

AQUATIC & FITNESS CENTER (AFC)

434.924.3793, 450 Whitehead Rd, Charlottesville, VA

NORTH GROUNDS RECREATION CENTER (NGRC)

434.924.7380, 510 Massie Rd, Charlottesville, VA

MEMORIAL GYMNASIUM (MEM)

434.924.6204, 210 Emmet St South, Charlottesville, VA

SLAUGHTER RECREATION CENTER (SRC)

434.982.5105, 505 Edgemont Rd, Charlottesville, VA



OUTDOOR RECREATION

SNYDER TENNIS CENTER • CARR'S HILL FIELD • THE PARK

COPELEY FIELD • LAMBETH FIELD • MADISON BOWL • O'HILL FIELD

PERRY-FISHBURNE TENNIS COURTS • NAMELESS FIELD & MORE!

5



ARTIFICIAL TURF FIELDS



SAND VOLLEYBALL COURTS

2



18

PICKLEBALL COURTS



NATURAL GRASS FIELDS

4



SOFTBALL FIELDS

3

40+



ACRES OF OUTDOOR RECREATION SPACE



2

OUTDOOR WALKING TRACKS

17



TENNIS COURTS

2

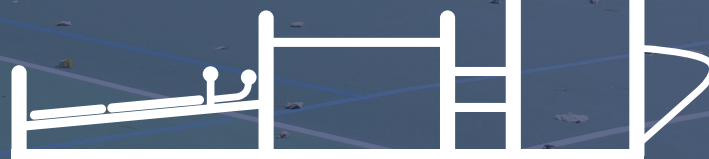


PICNIC GROUNDS

6



OUTDOOR BASKETBALL COURTS



OUTDOOR FITNESS EQUIPMENT



RECREATION

GET STARTED TODAY



rec.virginia.edu

434 924 3791

recreation@virginia.edu





RECREATION

SAFETY COMPLIANCE QUALITY
INCLUSIVITY COLLABORATION

SAFETY COMPLIANCE
INCLUSIVITY CREATIVITY