



University Life  
**MASON**  
**RECREATION**  
George Mason University®

ABOUT OUR PROGRAMS,  
FACILITIES AND SERVICES

# Our Mission

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.

# Recreation in 60 Seconds





# 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 Unique**

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.
- 1 Racquetball & 2 Squash Courts (Ask us to set up Wallyball)
- Yoga Room, Martial Arts & Self Defense Room

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





# Skyline Fitness Center

- Full Fitness Gallery
- 1 Multi-Purpose court for Futsal & Basketball
- Tread wall
- It's basically a rock-wall treadmill!
- Outdoor Adventures Headquarters





# 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
- 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 the total team to get it done.

Groups interested in the challenge course should book ahead via [edge.gmu.edu](http://edge.gmu.edu). We occasionally provide open climbs on the aerial challenges to the Mason community.



# Outdoor Venues



Basketball Court



Turf Fields (2) & Grass Fields (2)



Tennis Courts (8)



Pickleball Courts (6)



Pavillion with Restroom



Play: Ultimate Frisbee, Soccer, Lacrosse, Field Hockey, Rugby, Baseball, Softball, Quidditch, Cricket, etc. (field do not have lines for all sports.)



# Our Program Areas



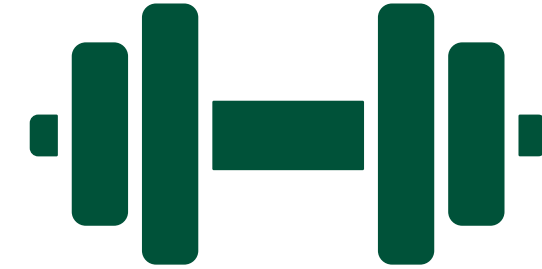
Aquatics



Club Sports



The EDGE



Fitness



Outdoor  
Adventures



Well-being



Intramural  
Sports

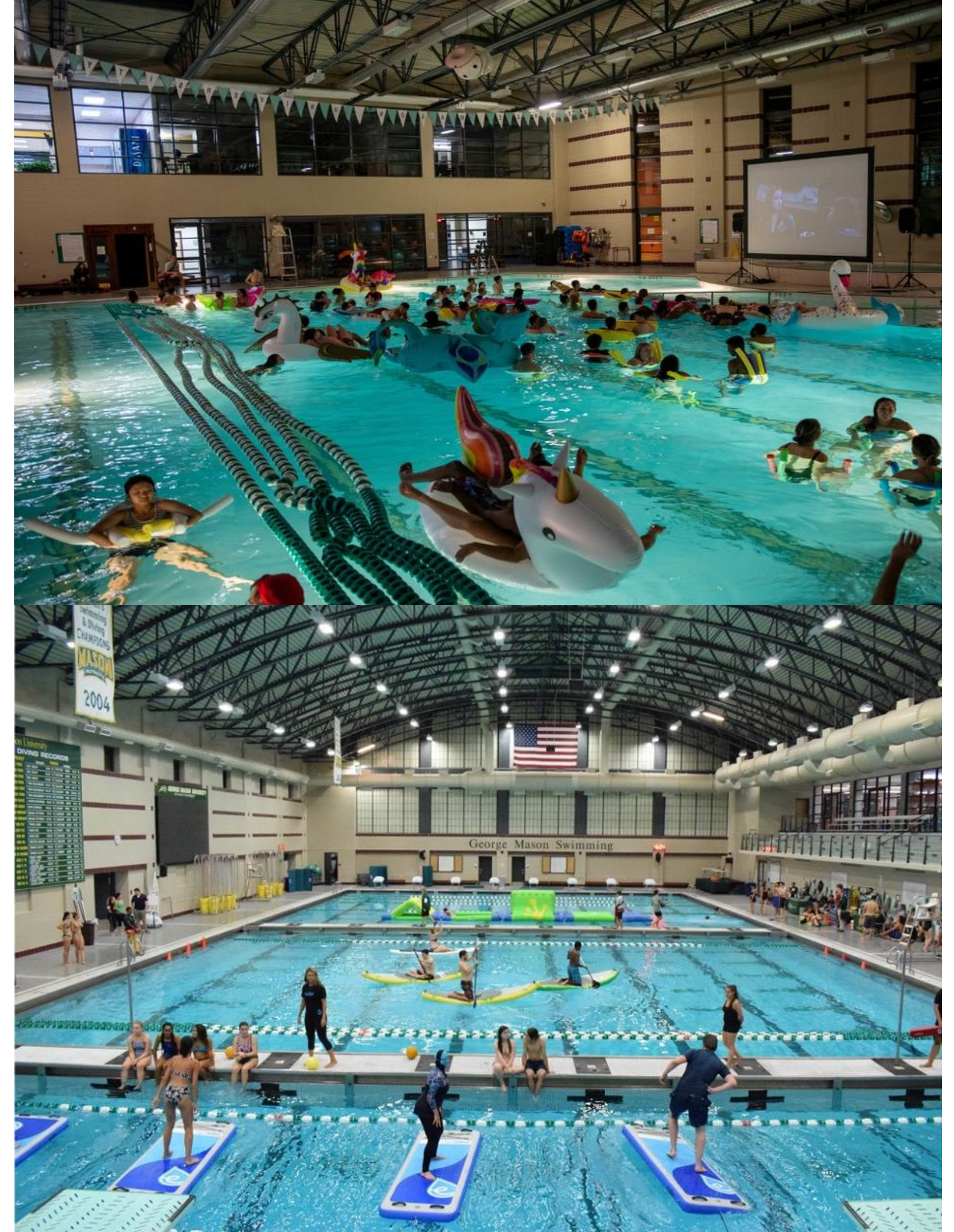


# Aquatics

- 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





# Club Sports

30+ 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





# The EDGE

**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.





# Intramural Sports

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

## League Sports: Recreational & 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





# 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 in the trip fee.

**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.





# Well-being

There is no time like the present to check in and develop a greater understanding of your well-being!

## How do we define Well-being?

“An optimal and dynamic state that allows people to achieve their full potential” (NIRSA, 2020).

Here at Mason Recreation, we strive for this to be done as an individual and within a community.





# Well-being Programs

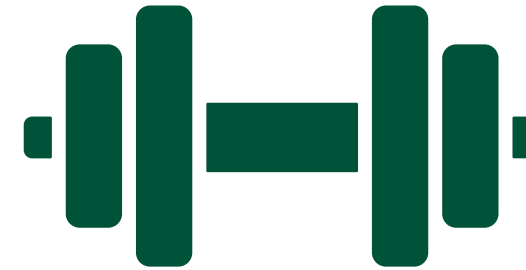


# Employment Opportunities



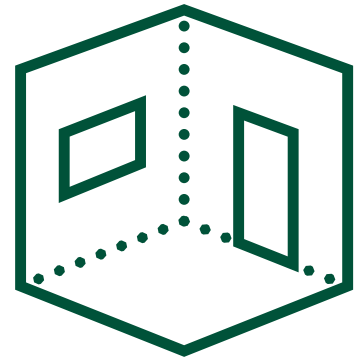
- Lifeguard
- Swim Instructor

## Aquatics



- Fitness Attendant
- Personal Trainer

## Fitness



- Customer Service Attendant
- Facility Manager
- Outdoor Venue Supervisor

## Facilities

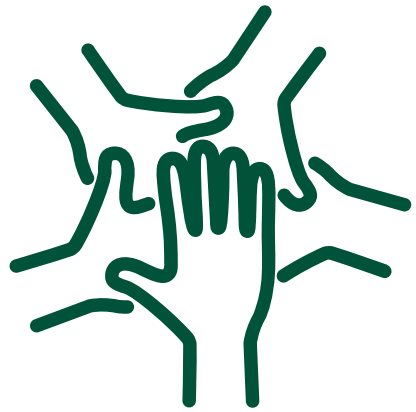


- Referee

## Intramural Sports



# Employment Opportunities



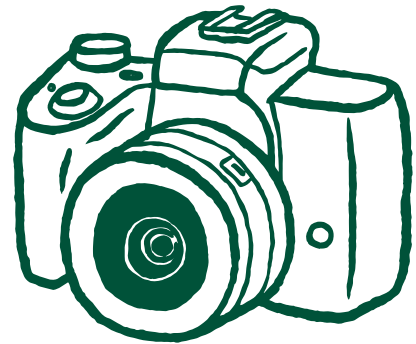
- Program Facilitator

The EDGE



- Trip Leader

Outdoor  
Adventures



- Photographer / Videographer
- Graphic Designer
- Writer

Marketing



# Stay Connected!

Social Media:

[@GeorgeMasonRec](#)

Email:

[MasonRec@gmu.edu](mailto:MasonRec@gmu.edu)

Website:

[Recreation.gmu.edu](http://Recreation.gmu.edu)





# Questions?

Email us at [MasonRec@gmu.edu](mailto:MasonRec@gmu.edu)