


Mason Recreation

Learn Big, Play Hard, Live Well



Our Mission

Mason Recreation promotes well-being through dynamic, inclusive experiences. We provide space for the Mason community to move, play, connect, and thrive in a culture of active living and lifelong growth.



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

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



Recreation Athletic Complex

- 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
- Outdoor Adventures
Headquarters



Outdoor Facilities

- Basketball Court
- Turf & Grass Fields
- Tennis Courts
- Pickleball Courts
- Pavillion w/ restrooms

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



The EDGE

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

Programs at our challenge course at **Mason's SciTech campus & EDGE on Wheels**

2 to 6 hours programs, that help groups have fun and bond while learning teamwork and leadership skills crucial to today's academic and professional world; &

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

- Free for all full-time students
- Men's, Women's and Co-recreational leagues
- Commitment: 3-4 week regular season + playoffs
- Join as a Team or a Free Agent!



Outdoor Adventures

- *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



Well-being

- Fun Fridays
- Now What (a practical well-being workshop series)
- What the Health? Podcast



Employment Opportunities

Most of our areas are hiring at some point during the year!

Positions include:

- Lifeguards
- Swim Instructors
- Customer Service Attendants
- Facility Manager
- Outdoor Venue Supervisor
- Fitness Attendant
- Personal Trainer
- Group Exercise Instructor
- Intramural Official
- The EDGE Program Facilitator
- Marketing Assistant
- Outdoor Adventure Trip Leader

Stay Connected!

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Questions?

**Please complete this quick feedback
survey for this presentation!**

