

DEPARTMENT OF RECREATIONAL SPORTS

MEMBERS



A Note from Membership Services:

Welcome to RecSports! We're so excited that you've chosen to Live in Motion with us. In this guide, you'll find resources to help you get started. Please be advised that due to the current public health crisis, some of our activities and premium services will be unavailable. We look forward to being able to offer them to you again soon. Thank you for your patience as we strive to protect the UF Community.

GO GATORS!



DEPARTMENT OF RECREATIONAL SPORTS MEMBERS



WELCOME TO THE RECSPORTS FAMILY!

YOUR UF RECSPORTS MEMBERSHIP PROVIDES ACCESS TO:

Broward Outdoor Recreation Complex (BORC)

Campus Pools

Center for Outdoor Recreation & Education (CORE)

Lake Wauburg

Student Recreation & Fitness Center

Southwest Recreation Center (SWRC)

Over 160 Group Fitness Classes Per Week

Intramural Sport Programs

Fitness Assessment Center

Special Events

PREMIUM SERVICES INCLUDE:

Massage Therapy

Nutrition Services

Personal Training

Small Group Training

CORE Trips & Workshops

Outdoor Rental Gear

GET FIT

FREE

FITNESS ASSESSMENT CENTER

The FAC offers four styles of fitness assessment to help you establish baseline measurements for your current endurance, strength, flexibility, coordination and much more! The four assessments are Health and Wellness, Strength, Athletic Performance, and now available: Adaptive! You are given two FREE fitness assessments to track your progress or test a different area each semester. Schedule an appointment in The Training Center or on RSConnect today!

GROUP FITNESS

160+ classes offered weekly!

STRENGTH AND CONDITIONING

Weight & Cardio Rooms
Southwest Recreation Center
Student Recreation & Fitness Center

PREMIUM

FITNESS GROUP SERVICES

Want a private chair massage, group fitness class, or nutrition/fitness presentation? Request form available on recsports.ufl.edu

MASSAGE THERAPY

Now accepting appointments Monday-Sunday!

NUTRITION SERVICES

Individual nutrition counseling & group presentations available!

OLYMPIC LIFTING CLINICS

Learn how to Snatch and Clean & Jerk

BEGINNER CLINICS

INTERMEDIATE CLINICS

PERSONAL TRAINING

Buddy Personal Training now available!

SMALL GROUP TRAINING

Olympic Lifting, Yoga Immersion, Learn to Dance: Contemporary, Learn to Dance: Jazz, Flying Yoga

GIFT CERTIFICATES

Looking for a gift for a fellow Gator student or making a wish list for the perfect care package? Gift certificates are available for all Premium Fitness Services, including Massage Therapy, Nutrition Services, Personal Training, and Small Group Training.

LAKE WAUBURG

Lake Wauburg offers UF students, faculty, and staff, a place to relax and enjoy the great outdoors. Many activities are available, including boating, swimming, volleyball, a climbing wall, and more. Admission is free with a Gator 1 Card.

ACTIVITIES

BOATING

CLIMBING WALL

BOULDERING GROTTO

CYPRESS LODGE*

MOUNTAIN BIKING

PICNICKING & GRILLS

SAILING

SAND VOLLEYBALL

* All requests require a reservation and may include a fee.

Note: Sailing and standup paddle boarding require a swim check.

Sailing requires a sail test.

SOUTH SHORE SPORT FIELD

STAND-UP PADDLEBOARDING

SWIMMING AREA

PAVILIONS

UF CHALLENGE COURSES*

Alpine Tower

Low Challenge Course

High Challenge Course

EQUIPMENT CHECKOUT

The following equipment is available for checkout and use at Lake Wauburg with a Gator 1 Card. See a staff member or visit the boat house for more information.

BOCCE BALLS

CANOEES (seats up to 3)

CORNHOLE

DISC GOLF DISCS

FOOTBALLS AND FLAGS

FRISBEES

HORSESHOES

JOHN BOATS (seats up to 5)

KAYAKS (single & double)

LADDER GOLF

MOUNTAIN BIKES & HELMETS

STAND UP PADDLEBOARDS

PEDAL BOATS (seats up to 4)

SAILBOATS

SOCCER BALLS

TETHER BALLS

ULTIMATE FRISBEES

VOLLEYBALLS

WASHERS

GUESTS

Lake Wauburg is open to current UF students, faculty, and staff with active Gator 1 Cards. A Gator 1 Card holder may bring up to 4 guests. Guests are to arrive in a vehicle with the Gator 1 Card holder or in the next immediate vehicle. The Gator 1 Card holder must remain with their guests.

NORTH SHORE

133 Regatta Dr.
Micanopy, FL 32667
(352) 294-7090

SOUTH SHORE

312 Whitehurst Rd.
Micanopy, FL 32667

TRiP

Nature is medicine... have you had your dose lately? Participants self-reported significantly lower stress levels after going on a TRiP. Get some fresh air, try something new, make new friends and Insta-worthy memories! All trips include transportation, group gear, and certified trip leaders. Multi-day trips also include all meals!

WEEKNIGHT ADVENTURES

Why wait for the weekend? Spice up your week with a full moon paddle or stand up paddleboard yoga!

DAY ADVENTURES

Explore Florida's natural side. You'll be surprised how much fun can be had within a 2 hour drive.

OUTDOOR LEISURE

Enjoy the outdoors without getting too dirty. From fruit picking to cabin stays... flushing toilets are always close by.

OVERNIGHT WILDERNESS

Take a weekend off and get out there! De-stress, unplug, and enjoy some breathtaking mountain views.

CORE

The Center for Outdoor Recreation and Education (CORE) is your one-stop shop for everything outdoors. Rent gear to adventure on your own, come on a trip with us, and learn new outdoor skills! All experience levels are welcome.

OUTDOOR GEAR RENTAL

TENTS

BACKPACKS

SLEEPING BAGS

HEADLAMPS

COOLERS

CAMP CHAIRS

CANOES

SOLO KAYAKS

TANDEM KAYAKS

SURFBOARDS

STAND UP PADDLEBOARDS
& MORE!

SKILLS WORKSHOPS

Gain some useful outdoor skills! You'll leave our workshops feeling more empowered and prepared to get out there on your own.

GET IN TOUCH

VISIT

1441 Bledsoe Drive
(352) 294-1040

Check go-RTS.com for bus routes!
No decal needed for parking.

HOURS

Mon, Thurs, Fri, Sat: 9 am - 7 pm
Sun: 2 pm - 7 pm

Subject to change during breaks.

FOLLOW @COREUF ON INSTAGRAM



DEPARTMENT OF RECREATIONAL SPORTS MEMBERS

MEMBER PRO-TIPS

- Check out our Virtual Services page on our website for Live Streamed Group Fitness Classes, E-Sports Leagues and more!
- To register for our classes, leagues, tournaments, trips and events visit RSConnect and login with your Gatorlink credentials. You can find specific facility hours, locations, and offerings on our website.
- Some of our Group Fitness Classes, like Zumba and Cycle, fill up fast! Registration for each class opens 25 hours in advance and closes 30 minutes prior to the class starting. Registering will get you a guaranteed spot in the class. If the class is full, you can always try the stand-by line. Most classes have at least 2-3 spots available for stand-by. Our instructors can add you to the roster on the spot if there is space available.
- Need to cancel a registration? You can cancel your registration up to 3 hours before the class. Just call us at (352) 273-2445 or login to RSConnect and navigate to your profile to cancel.
- Parking outside of SWRC is restricted to Any UF Decal between the hours of 7:30am - 3:30 pm Monday through Friday. Parking is free any time outside of those hours.
- Want to work out during the day but don't have a decal? Download the Passport Parking App to park at the Bledsoe lot on Bledsoe Drive across from the CORE building and behind SWRC. There are lots around SRFC and BORC that require a UF Decal. Parking at Lake Wauburg is free.
- SWRC and SRFC have free day-use lockers available - no locks necessary! Follow the prompts on the TV monitors and signage near the lockers to store your items while you work out.
- Here's our RecSports To Do List:
 - Download the UF RecSports app in your app store
 - Bookmark our website and RSConnect on your mobile and web browsers.
 - Sign your waiver on RSConnect.
 - Download the Rain Out Hotline App.
 - Follow us on social media for access to the latest news and special announcements!
 - Look for our monthly newsletter, coming to an inbox near you!

QUESTIONS

Please contact the Membership Services office at (352) 273-2436 for more information.

SWRC ADMINISTRATIVE OFFICE BUSINESS HOURS:

Monday - Friday: 8 am - 8 pm