



R E C R E A T I O N RAP-UP

SUMMER 2024

RECREATIONAL SERVICES PROGRAM GUIDE



Special Events

Don't miss out on the special events happening this summer!

page 13

Recreational Services



Staff



Madeline Ahles
Assistant Director,
Fitness



Micah Brown
Coordinator,
Memberships



Anthony Clarke-Williams, Business
Affairs Coordinator



Anthony Edwards
Coordinator, Clarkston



Nick Elliot
Business Manager II,
Health & Wellness



Taylor Eltz
Indian Creek
Coordinator



Jon Fey
Operations
Coordinator



Katherine Geter
Assistant Director,
Competitive Sports



Hailey Hester, Ed. D.
Assistant Director,
Outdoors



Timber Hines
AVP, Wellness
Director,
Recreational Services



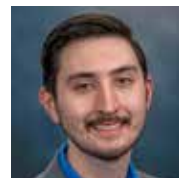
Jennifer Ibeanusi
Coordinator Instructional
Programs/Group Fitness



Jennifer Johnson, Ph. D.
Coordinator, Aquatics, Safety
and Student Development



Kamren Mack
Coordinator, Facilities



Matt Mendoza
Coordinator,
Competitive Sports



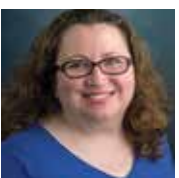
Rodney Pegues
Assistant Director,
Perimeter
Dunwoody/Alpharetta



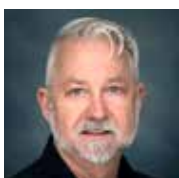
Aja Pijaux
Coordinator,
Newton/Decatur



Talyn Sands
Associate Director,
Programs



Kacy Toberg
Assistant Director,
Operations



Leonard Wieczorek
Business Manager
Supervisor,
Health & Wellness

Important numbers

Administrative Offices	404-413-1750
Equipment Issue Desk	404-413-1770
Game Room	404-413-1777
Indian Creek Reservations	404-413-1794
Membership	404-413-1753
Outdoor Equipment Rental	404-413-1772
Service Counter	404-413-1780

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Student Recreation Center (SRC) hours

SEMESTER BREAK/MAY SESSION 2024 • MAY 1-JUNE 2

Monday-Friday	7 a.m.-6 p.m.
Saturday	10 a.m.-4 p.m.
Sunday	closed

SUMMER SEMESTER 2024 • JUNE 3-JULY 23

Monday-Friday	6:30 a.m.-9 p.m.
Saturday	9 a.m.-7 p.m.
Sunday	closed

SUMMER FINALS/SEMESTER BREAK • JULY 24-AUGUST 18

Monday-Friday	7 a.m.-6 p.m.
Saturday	10 a.m.-4 p.m.
Sunday	closed

SRC CLOSURES DURING SUMMER SEMESTER

Memorial Day Weekend	May 25-27
Juneteenth	June 19
Independence Day	July 4
Maintenance Week	August 11-18

SEMESTER BREAK HOURS • AUGUST 19-25

Monday-Thursday	6:30 a.m.-10 p.m.
Friday	6:30 a.m.-9 p.m.
Saturday	9 a.m.-7 p.m.
Sunday	12-7 p.m.

GAME ROOM HOURS

June 3-July 23

Monday-Friday	1-9 p.m.
Saturday & Sunday	closed

Closures: May 1-June 2; July 24-August 18; June 19; July 4

EXCEPTIONS TO STANDARD HOURS

For university closings for inclement weather visit gsu.edu or call 404-413-2100. Fall hours begin on August 26.



Student Recreation Center

Membership information

Membership is limited to faculty, staff, retirees, students and degree holding alumni of Georgia State University. Current students are members through their student fees.

ACCESS

All members will sign a waiver with initial membership. PantherCards are required to enter and exit. To request accommodations, please contact the Access and Accommodations Center at access.gsu.edu. During the Summer Semester, the Student Recreation Center will have PantherCard Controlled Access during our operating hours Monday-Friday before 7:30 a.m. and after 8 p.m. and all-day Saturday and Sunday. During Semester Breaks, May Session and Finals Week, the Student Recreation Center will have PantherCard Controlled Access during our operating hours all day Monday-Sunday. During these times an active PantherCard will be required to access the facility.

MEMBER FEES

Faculty, staff, retirees	\$252 per year or \$84 per semester
Degree holding alumni	\$306 per year or \$102 per semester
Spouse	\$306 per year or \$102 per semester
Children of members	
8-18 years of age	\$25.50 per semester
7 years of age and younger	free
Adult children of members	
19-26 years of age	\$51 per semester
Faculty, staff, retirees, degree holding alumni day pass	\$5

Membership sales and renewals are available online. Please visit recreation.gsu.edu for more information.

GUEST FEES

Members may bring one guest per visit. Guest fees are \$7 per visit. Guest aged 7 and under are free. Each guest 18 and older will be required to sign a waiver and present a form of government issued photo identification. Photos of government-issued photo identification will not be accepted. The guest must be accompanied by the member throughout the visit. The guest will not have access to program registration or programs. During PantherCard Controlled Access hours the following passes will not be available: guest passes, day passes for Retirees, and Degree Holding Alumni.

AGE REQUIREMENTS

All children must be with parent or guardian at all times. Children are not allowed to participate in programs.

Areas available for access

0-7 years	leisure pool
8-15 years	all areas except exercise room and free weight area
16-18 years.....	all areas

LOCKER RENTAL

A limited number of lockers will be available starting at 6:30 a.m. on Monday, June 3. One locker per member, per semester.

Full locker	\$25 per semester or \$75 annually
Half locker	\$12 per semester or \$36 annually
Third locker	\$8 per semester or \$24 annually

Daily use lockers: Men's and Women's locker rooms: Free – bring your own lock; Exercise Room/Main Gym/Game Room: Free – keyless lock provided. All items must be removed at the end of the day.



FALL LOCKER RENEWAL

July 8-July 29. If you do not renew, you must remove your items by July 29. Items not retrieved 14 days after July 29 will be donated to charity.

Locker renewal will be available online. Please visit recreation.gsu.edu for more information.

PAYMENTS

We accept American Express, Discover, Mastercard, Visa, PantherCash, cash and check. Faculty & Staff may use payroll deduction for memberships, full and half size lockers.

POLICIES AND PROCEDURES

Visit recreation.gsu.edu

Program information

REGISTRATION

Bring PantherCard and payment to the location that corresponds to the program that you are registering for. We now offer the ability to register online at recreation.gsu.edu.

Aquatics, Instructional Clinics and Safety	lobby
Fitness Center	lobby
Touch the Earth	SRC parking deck entrance
Intramurals, Sport Clubs	online

FEE BREAKDOWN

- Students
- Recreation members

PROGRAM HOLIDAYS

No programs June 19, July 1-5



LOOKING FOR A JOB?

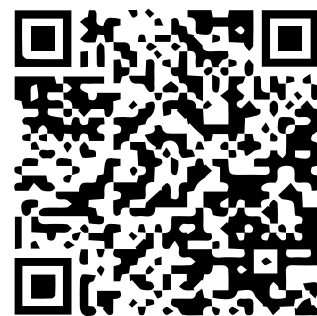
WHY WORK WITH US?

Develop professionally through flexible schedules, networking opportunities, and a focus on career readiness!

Enjoy great employee benefits such as discounts on Touch The Earth trips as well as free equipment rental, free daily locker rentals, and discounts on Instructional Clinics, Personal Training, and Aquatic/Safety classes!

SCAN ME

APPLY NOW





Safety

MAYMESTER

Date	Day	Course	Location	Cost
May 17-18	Fri.-Sat.	Lifeguarding Certification	Aquatic Center	\$100, \$175
May 24	Fri.	Adult First Aid/CPR/AED with Epipen	Aquatic Training Room	\$50, \$75

SUMMER

Date	Day	Course	Location	Cost
June 14	Fri.	Adult First Aid/CPR/AED with Epipen	Aquatic Training Room	\$50, \$75
June 28-29	Fri.-Sat.	Lifeguarding Certification	Aquatic Center	\$100, \$175
July 12	Fri.	Adult First Aid/CPR/AED with Epipen	Aquatic Training Room	\$50, \$75
July 19-20	Fri.-Sat.	Lifeguarding Certification	Aquatic Center	\$100, \$175

COURSE TIMES:

Lifeguarding: Friday AND Saturday, 10 a.m.-6 p.

Adult First Aid/CPR/AED with Epipen:

Maymester: 11:30 a.m.-5:30 p.m. Summer: 12:30-6:30 p.m.

CERTIFICATIONS:

All certifications are given through the American Red Cross.

Coordinator, Aquatics, Safety,
and Student Development:
Jennifer A. Johnson, PhD (she/they)
404-413-1775
aquatics@gsu.edu

REGISTRATION

MAYMESTER: BEGINS MAY 6

SUMMER: BEGINS JUNE 3

BEGINNING & END DATES

Maymester:

May 6-24

Summer semester:

June 10-July 19

No classes June 19, July 1-5

REGISTRATION

Scan the QR code or visit
recreation.gsu.edu to register and
for more information.



COURSE COMPLETION

Participants are required to attend all hours of the course, actively engage in all activities, and successfully pass both a written examination and a skills assessment to receive certification or credit for their participation. Non-compliance with these requirements may result in disqualification from the course.

REFUNDS

Courses that have not met the minimum enrollment requirements will be cancelled, and refunds will be issued. Participants will be notified via email regarding any course notifications.



Aquatics

Coordinator, Aquatics, Safety,
and Student Development:
Jennifer A. Johnson, PhD (she/they)
404-413-1775
aquatics@gsu.edu

REGISTRATION

MAYMESTER: BEGINS MAY 6

SUMMER: BEGINS JUNE 3

BEGINNING & END DATES

Maymester:

May 6-24

Summer semester:

June 10-July 19

No classes June 19, July 1-5

REGISTRATION

Scan the QR code or visit
recreation.gsu.edu to register.



REFUNDS

Courses that have not met
the minimum enrollment
requirements will be cancelled,
and refunds will be issued.
Participants will be notified
via email regarding any course
notifications.



PRIVATE SWIM LESSONS

BEGINNER & INTERMEDIATE

Interested in private lessons? Begin by purchasing a swim assessment package and add on your desired number of 45-minute lessons. Lessons are scheduled at the mutual meeting time of instructors and participants. Packages must be used in their entirety by the end of the semester in which they were purchased. Unused lessons do not roll over to consecutive semesters.

Package	Cost
Initial Swim Assessment	\$35/\$40
1 Lesson	\$15/\$20
4 Lessons	\$50/\$70
8 Lessons	\$80/\$120

ADULT GROUP SWIM LESSONS

Join us for our group instruction courses. Course descriptions and pre-requisites are available at recreation.gsu.edu.

SUMMER

Course	Day(s)	Time	Cost
Beginner 1	Mon./Wed.	4-5 p.m.	\$20/\$40
Beginner 2	Mon./Wed.	5-6 p.m.	\$20/\$40
Intermediate 1	Mon./Wed.	6-7 p.m.	\$20/\$40
Beginner 1	Tue./Thu.	5-6 p.m.	\$20/\$40
Beginner 2	Tue./Thu.	6-7 p.m.	\$20/\$40
Leisure to Lifeguard	Tue.	4-5 p.m.	FREE
Beginner 1	Sat.	1-2:30 p.m.	\$20/\$40

STROKE DEVELOPMENT CLINICS

Are you a recreational swimmer looking to advance your lap swimming skills? Join our stroke development clinics to fine-tune your intermediate swimming skills.

MAYMESTER

Date	Day	Course	Time
May 23	Thurs.	Freestyle	4:30-5:30 p.m.

SUMMER

Date	Day	Course	Time
June 13	Thurs.	Freestyle	4-5 p.m.
July 11	Thurs.	Backstroke	4-5 p.m.
July 18	Thurs.	Breaststroke	4-5 p.m.



SPECIAL PROGRAMMING

At the heart of our aquatic programs we believe that swimming should be fun! Special programs are free to all recreation members. Have a suggestion for a future program? Share with us at aquatics@gsu.edu

MAYMESTER

Date	Day	Course	Time
May 15	Wed.	Buoyancy Basics	11 a.m.-12 p.m.

SUMMER

Date	Day	Course	Time
June 12	Wed.	Buoyancy Basics	3-4 p.m.
July 27	Thurs.	PRIDE POOL-OOZA Pool Party	3-6 p.m.
July 17	Wed.	Buoyancy Basics	3-4 p.m.

All Gender Locker Room



The Aquatic Center is a place for students and campus community members of all gender identities to recreate. The all gender locker room is accessible from both the lower-level (LL) hallway and the Aquatic Center deck. The all gender facility additionally includes an infant changing station and extra ADA-accessible features.

Sauna

Indulge in relaxation at our Aquatic Center's sauna! Available throughout our operating hours, the sauna invites you to unwind and rejuvenate whenever you desire. Enjoy the soothing steam in 10-minute increments, allowing you to tailor your experience to fit your schedule.



Seeking Employment?

Join our Aquatics and Safety team. Benefits include paid training and certification. Interested?
Email aquatics@gsu.edu.

Fitness Center

Assistant Director, Fitness
Madeline Ahles
404-413-1774
fitnesscenter@gsu.edu

LOCATION

Fitness Center
Room 150
Located behind the
Exercise Room Desk

REGISTRATION

Ready to Get Started? Scan the QR code or visit recreation.gsu.edu to register and for more information.



SERVICES

PERSONAL TRAINING

Get Ready to Elevate Your Fitness Journey with Personal Training!

The ultimate destination for achieving your fitness goals is right on campus! Our team of fitness professionals are dedicated to providing you with exceptional personalized training services to help you reach your goals.

WHAT WE OFFER:

One-on-One Training (fee based)

Experience personalized attention and tailored workouts with one-on-one training sessions that focus solely on your needs and goals.

PACKAGE	COST
Fitness Assessment*	\$35/\$40
Add-on Training Sessions	
1 session	\$15/\$20
4 sessions	\$50/\$70
8 sessions (<i>most popular</i>)	\$80/\$120

**Get insights into your current fitness level with basic fitness tests and set achievable goals.
Purchase of a Fitness Assessment is required before purchasing Personal Training session.*

NUTRITION COUNSELING WITH PAWSITIVE NUTRITION

Elevate your well-being with personalized nutrition counseling. Our nutrition team will guide you through offering practical advice and customized strategies to help you achieve and maintain a balanced and nourishing lifestyle.

In-person (Thursdays) and Virtual Nutrition Consultations are available. Services include individualized goal setting such as increasing muscle mass, mindful eating, portion control, improving food choices, and more.

Contact Molly Paulson, MS, FD, LD at mpaulson@gsu.edu to set an appointment.

DATES

June 3-June 27 and July 11-August 1

BODY COMPOSITION ASSESSMENT

Achieve an inside understanding of your body composition through our comprehensive assessment methods. Utilizing advanced Tanita scales, calipers, and tape measurements, we provide detailed insights into your muscle mass, body fat percentage, and overall health. **Registration Required.**



EQUIPMENT ORIENTATION – FREE

Embark on a journey of equipment discovery with our “Meet the Machines” orientation session. Led by our knowledgeable trainers, this session introduces you to the gym’s wide array of equipment, ensuring you feel confident and comfortable navigating strength and cardio machines. Learn proper usage techniques, safety precautions, and how to maximize the benefits of every piece of equipment. **Registration Required.**

BARBELL LIFTING DEVELOPMENT – FREE

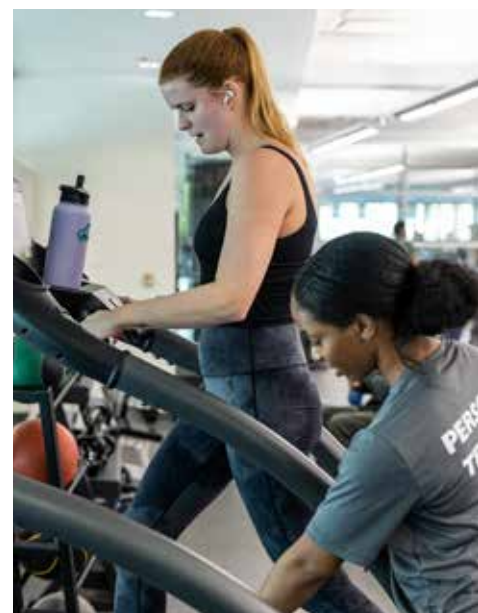
Are you an exerciser looking to advance your form and lifting? Join our Personal Trainers in these lifting development clinics to fine-tune your form and skills. **Registration required.**

MAYMESTER

Date	Day	Course	Location	Time
May 13	Mon.	Squat	Lower Level	4-5 p.m.
May 15	Wed.	Bench Press	Lower Level	12-1 p.m.
May 21	Tues.	Deadlift	Lower Level	12-1 p.m.
May 23	Thurs.	Rows	Lower Level	4-5 p.m.

SUMMER

Date	Day	Course	Location	Time
June 17	Mon.	Squat	Lower Level	12-1 p.m.
June 26	Wed.	Bench Press	Lower Level	5-6 p.m.
July 11	Thurs.	Deadlift	Lower Level	5-6 p.m.
July 16	Tues.	Rows	Lower Level	12-1 p.m.



Maymester Classes

FREE



Coordinator, Instructional Programs
and Group Fitness
Jennifer Ibeanusi
404-413-1793
fitnessprograms@gsu.edu

CLASS DATES
MAY 6-24

Classes are **free** for all members.
Registration is **not** required. We
encourage members to arrive at
least 5 minutes before class starts,
for check-in and setting up any
class equipment.

Scan the QR code or visit
recreation.gsu.edu for more
information.



Class	Time	Location
MONDAY		
Build & Burn 30	3:30-4 p.m.	Aerobic/Dance Studio
Yoga	3:45-4:45 p.m.	Studio B
TUESDAY		
Flow Yoga	11 a.m.-12 p.m.	Studio B
Spin	4-4:45 p.m.	Studio B
WEDNESDAY		
Build & Burn 30	12-12:30 p.m.	Aerobic/Dance Studio
Yoga	3:45-4:45 p.m.	Studio B
THURSDAY		
Restorative Yoga	11 a.m.-12 p.m.	Studio B
Build & Burn 45	11-11:45 a.m.	Aerobic/Dance Studio
Zumba®	12-12:45 p.m.	Aerobic/Dance Studio
FRIDAY		
Mat Pilates	11 a.m.-12 p.m.	Aerobic/Dance Studio





FREE

Fitness Classes

Class	Time	Location
MONDAY		
Zumba®	12-12:45 p.m.	Aerobic/Dance Studio
Yoga	3:45-4:45 p.m.	Studio B
Dance Fusion	4-4:45 p.m.	Aerobic/Dance Studio
Build & Burn 45	5:30-6:15 p.m.	Aerobic/Dance Studio
TUESDAY		
Flow Yoga	11 a.m.-12 p.m.	Studio B
Spin	4-4:45 p.m.	Studio B
WEDNESDAY		
Build & Burn 30	12-12:30 p.m.	Aerobic/Dance Studio
Yoga	3:45-4:45 p.m.	Studio B
THURSDAY		
Restorative Yoga	11 a.m.-12 p.m.	Studio B
Build & Burn 45	11-11:45 a.m.	Aerobic/Dance Studio
Zumba®	12-12:45 p.m.	Aerobic/Dance Studio
FRIDAY		
Mat Pilates	11 a.m.-12 p.m.	Aerobic/Dance Studio

Coordinator, Instructional Programs
and Group Fitness

Jennifer Ibeanusi

404-413-1793

fitnessprograms@gsu.edu

CLASS DATES

JUNE 10-JULY 19

No classes: June 19, July 1-5

Classes are **free** for all members. Registration is **not** required. We encourage members to arrive at least 5 minutes before class starts, for check-in and setting up any class equipment.

Scan the QR code or visit recreation.gsu.edu for more information.



Instructional Clinics



Coordinator, Instructional Programs
and Group Fitness
Jennifer Ibeanusi
404-413-1793
fitnessprograms@gsu.edu

CLINIC DATES
JUNE 10-JULY 19
No clinics: June 19, July 1-5

REGISTRATION

June 3-23

Registration and payment are **required** to attend clinics. Registration is completed on our website. Scan the QR code or visit recreation.gsu.edu. Clinics that do not meet the 3-person minimum enrollment by June 23 will be canceled and refunds will be issued. Participants will be notified by email of cancellations or any changes.



PRICING

\$20 – Students
\$40 – Recreation Members

Class	Time	Location
THURSDAY		
Belly Dance	6-7 p.m.	Aerobic/Dance Studio
Participants will learn this traditional dance of North Africa and the Middle East which is known for its graceful hip drops, rolls, and pivots..		
Salsa	4-5 p.m.	Aerobic/Dance Studio
A lively style Salsa, couples dance with fluid combinations, turns, and arm work.		

PANTHER F.I.T. CLINICS (FITNESS INSTRUCTOR TRAINING)

From program design, to music selection, and proper cueing, you'll learn what it takes to be a group fitness instructor here at the Student Recreation Center in our Panther FIT Programs. After participation, you will have the opportunity to audition to join our Fitness Instructor Team.

Class	Dates	Time	Location
Panther FIT Strength Clinic	Tuesday, June 18	10 a.m.-3 p.m.	Aerobic/Dance Studio
Panther FIT Spin Clinic	Friday, June 21	10 a.m.-3 p.m.	Studio B

SPECIAL FITNESS PROGRAMMING – FREE

In this class we will build show stopping combos suitable for solo or group choreographies.

Class	Dates	Time	Location
Shimmy Session	Thursday, June 13	4:45-5:45 p.m.	Studio B
Belly Dance Choreo	Thursday, July 11	4:45-5:45 p.m.	Studio B





FREE

Special Events

MAYMESTER

GRILL & GLOW – UV AWARENESS COOKOUT

Wednesday, May 22

1-3 p.m.

Student Recreation Center Pool Patio

Join us for a sizzling summer cookout to celebrate UV Awareness! Come enjoy delicious grilled food and fun activities focused on sun safety. Don't miss out on this glowing event!

Scan the QR code or visit recreation.gsu.edu for more information..



SUMMER

RECFEST

Wednesday, June 5

11:30 a.m.-1:30 p.m.

Hurt Park

Looking for a fun way to spend your day? RecFest is the place to be! We've got a DJ, food, games, giveaways, and plenty of activities to keep you entertained. See you there!

JUNETEENTH WELLNESS WALK *(In collaboration with Cultures, Communities, and Inclusion [CCI])*

Monday, June 17

12-2 p.m.

Unity Plaza

The Juneteenth Wellness Walk will happen as a part of the Juneteenth Cookout in Unity Plaza! Take a leisurely one-mile stroll while listening to an audio guide that educates you on the history and significance of Juneteenth. The walk will commence at 1:45 pm. from the greenway. Don't miss out on this opportunity to celebrate Juneteenth in a meaningful way!

JUNETEENTH SWIM CELEBRATION

Thursday, June 20

3-6 p.m.

Student Recreation Center
Aquatic Center

Join us poolside for a day of empowerment and education, featuring haircare demonstrations and Aqua Dance. Together, we'll honor the significance of Juneteenth, while celebrating the resilience and achievements of the African American community.

SUNDAE FUNDAY

Monday, July 15

12-2 p.m.

Student Recreation Center Pool Patio

Join us for SUNDAE FUNDAY with free ice cream sundaes! Learn how to enjoy a delicious ice cream treat with a variety of healthy toppings and flavors. Participants will also have the opportunity to Rappel the Rec and partake in other recreation activities.



Intramurals

Assistant Director, Competitive Sports
Katherine Geter
404-413-1765
Coordinator, Competitive Sports:
Matt Mendoza
404-413-1764
compsports@gsu.edu

REGISTRATION

Scan the QR code or go to
recreation.gsu.edu for more
information.



FREE AGENTS

Don't have enough to form your
own team? Sign up as a free
agent, and teams can ask you to
join their team!

COST

Free to currently enrolled students
and Recreation members.
(Exception: Non-students who are
members are required to pay a fee
for any sport where there is a cost
per person, e.g. golf, bowling, etc.)

FORFEIT FEE POLICY

For league sports, teams will be
required to pay a \$30 fee if/when
a team forfeits a game. If the
team forfeits a game, the captain
will be sent a notification through
IMLeagues informing them that
the team must make the \$30
online payment in order to remain
eligible to participate. If no forfeits
occur, no payment is required.

MAYMESTER

	Start Date	Divisions	Location	Registration ends
Registration Open May 6				
Sport Theme – Yard Games Skill Challenge				
Cornhole Skill Challenge	May 7	Open	SRC Pool Patio	May 7
Ladder Golf Skill Challenge	May 9	Open	SRC Pool Patio	May 9
Putt Putt Golf Skill Challenge	May 14	Open	SRC Pool Patio	May 14

SUMMER

	Start Date	Divisions	Location	End Date
NOON BASKETBALL – Registration Open June 3				
Sport League				
Noon Basketball	June 10	Open	Main Gym	July 17
This league will be played Mondays and Wednesdays throughout the summer. We welcome all members to come engage in an organized pick-up style of basketball for the summer.**				

**Faculty/Staff can purchase a summer membership and gain full access to the Student Recreation Center.

Please see the SRC membership website for more information.

For specific rules, times, and more information, visit us at recreation.gsu.edu/intramurals.





SUMMER

	Start Date	Divisions	Location	Registration ends
Session 1 - Registration Open June 3				
Sport Theme – Game Room Challenge				
Billiards Skill Challenge	June 11	Open	Game Room	June 11
Table Tennis Skill Challenge	June 13	Open	Game Room	June 13
Mario Kart Skill Challenge	June 25	Open	Game Room	June 25
Session 2 – Registration Open June 3				
Sport Theme – Sport Skills Challenge				
Basketball Hot Shot Challenge	July 9	Open	Main Gym	July 9
Soccer/Teqball Skills Challenge	July 11	Open	Main Gym	July 11
Football Skills Challenge	July 16	Open	Main Gym	July 16



Sport Clubs

Assistant Director, Competitive Sports

Katherine Geter

404-413-1765

Coordinator, Competitive Sports:

Matt Mendoza

404-413-1764

compsports@gsu.edu



INFORMATION

Scan the QR code that corresponds to the club sport that interests you.

CURRENT SPORT CLUBS

BADMINTON **BARBELL** **BASKETBALL** **BRAZILIAN JIU-JITSU**
CAPOEIRA **GOLF** **ROCK CLIMBING** **SOCCER (MEN'S)**
SOCCER (WOMEN'S) **SWIM** **TENNIS** **ULTIMATE**
VOLLEYBALL (MEN'S) **VOLLEYBALL (WOMEN'S)** **WRESTLING**





BADMINTON



BARBELL



BASKETBALL



**BRAZILIAN
JIU-JITSU**



CAPOEIRA



GOLF



**ROCK
CLIMBING**



**SOCCER
(MEN'S)**



**SOCCER
(WOMEN'S)**



SWIM



TENNIS



ULTIMATE



**VOLLEYBALL
(MEN'S)**



**VOLLEYBALL
(WOMEN'S)**



WRESTLING



Touch the Earth

Assistant Director, Outdoors
Hailey Hester, Ed. D.
touchtheearth@gsu.edu

INQUIRIES:
404-413-1772
touchtheearth@gsu.edu

Scan the QR code or visit
recreation.gsu.edu to register and
for more information.



REGISTRATION

Participants should register no
later than the Tuesday before the
trip.

COST

Categories are as follows:
student, member

Costs include gear instruction,
permits, and transportation.
Overnight trips include food while
in the field.

REFUNDS

To receive a refund, you must
cancel more than 10 days before
the trip date. Participants who
do not show up for a trip will not
receive a refund. Refunds may
differ for break trips.

PRE-TRIP MEETING

All overnight trips will have a
mandatory pre-trip meeting the
Tuesday prior to the departure
of the trip. Meetings will be
held virtually.

TRIPS

MAYMESTER

Date	Day	Trip	Cost
May 17	Fri.	Waterfall Rappel	\$18, \$22
May 19	Sun.	Stephen's Gap & Little River Canyon	\$15, \$18
May 23-27	Thurs.-Mon.	The Red, Mammoth and Climbing	\$180, \$200

SUMMER

Date	Day	Trip	Cost
June 14	Fri.	Intro to Wakeboarding: Terminus Wake Park	\$55, \$60
June 16	Sun.	Panther Creek Falls	\$12, \$15
June 27	Thurs.	ATL Art Bike Tour & Ice Cream	\$10, \$12
July 7	Sun.	Tubing Helen	\$25, \$30
July 13	Sat.	Intro to Caving: Blowing Cave	Free*
July 14	Sun.	Whitewater Rafting the Middle Ocoee	\$65, \$75

**This trip will require a \$15 rental of TTE caving gear to join.



**Touch the Earth trips are made possible by
our awesome **VOLUNTEER** trip leaders!
Inquire about becoming a trip leader today!**



CLINICS & SPECIAL EVENTS

MAYMESTER				
Date	Time	Course	Location	Cost
May 15	10 a.m.-12 p.m.	Top Rope Belay Clinic	SRC	\$5, \$8
May 16	12-2 p.m.	Art in The Park	Hurt Park	\$12, \$15
SUMMER				
Date	Time	Course	Location	Cost
June 7	11:30 a.m.-2 p.m.	Challenge Course \$5 Friday	SRC	\$5, \$5
June 13	2-4 p.m.	Rappel the Rec	ICRA	Free
June 24	11:30 a.m.-2 p.m.	Zipline and Tie Dye	ICRA	\$20, \$25
June 25	4-6 p.m.	Campsite Management 101	SRC	\$12, \$15
June 26	12-2 p.m.	Kayaking Skills and Roll Clinic	SRC	\$18, \$20
July 2	4-6 p.m.	Rock Climbing: Intro to Knots and Climbing Anchors	SRC	\$11, \$13
July 16	12-2 p.m.	Top Rope Belay Clinic	SRC	\$5, \$8
July 19	11:30 a.m.-2 p.m.	Challenge Course \$5 Friday	ICRA	\$5, \$5



BIKE SERVICES

At the TTE Rental center, we offer commuter bike rentals for a maximum rental of three days. Helmets, locks and lights are provided. We also offer tube sales and referrals to local bike shops for bike repairs you may need. Check out GSU bikes at <https://pin.gsu.edu/organization/panther-bikes>.

Commuter Style Bike Rental: \$2, \$3, \$5 per day

Tube sale: \$7

Touch the Earth

Assistant Director,
Hailey Hester, Ed. D.
touchtheearth@gsu.edu

INQUIRIES:
404-413-1772
touchtheearth@gsu.edu

REGISTRATION

Participants should register no later than the Tuesday before the trip. Registration available online and in person.

COST

Categories are as follows:
student, member

Cost includes gear, instruction, and permits.

REFUNDS

To receive a refund, you must cancel more than 10 days before the trip date. Participants who do not show up for a trip will not receive a refund.

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TRIP LEADER TRAINING & LEADERSHIP DEVELOPMENT*

Trip Leader Training (TLT) is open to anyone wanting to expand their knowledge in outdoor education, leading trips outside, leadership development or would like to become a Trip Leader for Touch the Earth. For more details regarding times or descriptions please view our webpage. Please pre-register to attend. .

Date	Location/Time	EVENT	Cost
May 8-10	8:30 a.m.-5:30 p.m.	High Ropes Challenge Course Facilitator Training	Free*
May 24	9:30 a.m.-4:30 p.m.	Backpacker Basics & Orienteering Bamboo Forest Hike	\$8, \$10
June 29-30	8:30 a.m.-7 p.m.	Cave Guide Training	\$30, \$35

*Free for those interested in becoming hired to work at the ICRA Challenge Course Program.





CHALLENGE PROGRAM



Assistant Director,
Hailey Hester, Ed. D.
touchtheearth@gsu.edu

INQUIRIES:
404-413-1772
touchtheearth@gsu.edu

ABOUT THE PROGRAM

This program offers groups, teams and individuals innovative ways to improve their abilities to work with others through creative problem solving. Programs are tailored to meet the needs of the group. Programs are available for in-person programs on all campuses. Reservations can be made online.

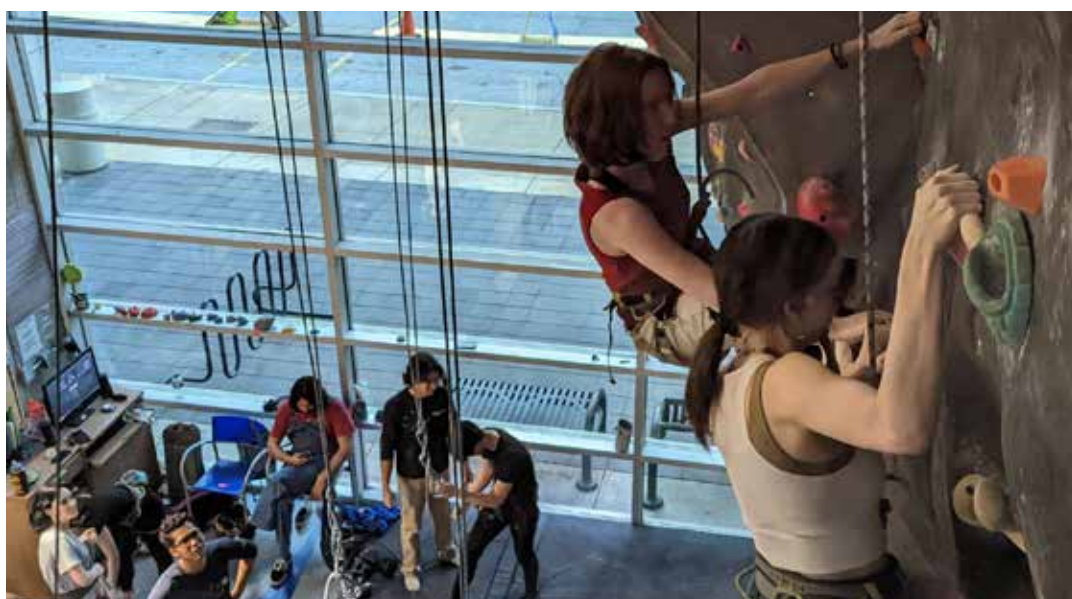
PRICING

Rates are available for students and faculty/staff.

Want to request a challenge program? Scan the QR Code or visit recreation.gsu.edu for more



CLIMBING WALL



Climbing Wall Hours

May 8-August 16:
Monday/Wednesday/Friday –
1-6:30 p.m.

Closures:

- May 27
- June 19
- July 4
- August 11-18 (Maintenance Week)



OUTDOOR EQUIPMENT RENTAL

Lower level | Student Recreation Center
(outside entrance adjacent to parking deck driveway)
404-413-1772

HOURS OF OPERATION

May 6-August 16: Monday-Friday, 12:30-6:30 p.m.
Closed May 27; June 19; July 4 – Free Days
Closed August 11-18 (Maintenance Week)
Closed August 19-23 (Training)

Equipment must be picked up or returned during the above hours only.

Item	Price per night	Limit per person
BIKE RENTAL		
Commuter style bike****	\$2, \$3, \$5	1
Bike rack	\$2, \$3, \$5	1
Bike U-lock	\$1, \$1.50, \$2	1
BACKPACKING/CAMPING		
Backpack (65 liter)	\$3, \$4, \$6	4
Backpack stove**	\$3, \$4, \$5	3
Backpacker camp chair	\$2, \$3, \$4	4
Bear Canister	\$1, \$2, \$3	2
2-Burner stove**	\$4, \$6, \$7	4
Battery lantern	\$3, \$4, \$5	2
Cooler	\$3, \$4, \$5	2
Cook kit (backpack or family)	\$2, \$3, \$5	3
Camping hammock bundle (rainfly and bug-net)	\$6, \$7, \$8	2
Day Pack (30 liter)	\$1.50, \$2, \$2.50	4
Dromedary (5-10) liter	\$.50, \$.75, \$1	4
Hammock: single person	\$2, \$3, \$4	2
Hammock: double person	\$3, \$4, \$5	2
Quickdry towel	\$1, \$2, \$3	2
Tarp (10'x10' or larger)	\$2, \$3, \$4	3
Tent (6-person)***	\$5, \$6, \$12	2
Tent (3-4 person)***	\$4, \$5, \$10	2
Tent (1-2 person)***	\$3, \$4, \$8	2
Sleeping bag	\$4, \$5, \$7	5
Sleeping bag fleece liner	\$.50, \$.75, \$1	5
Sleeping pad	\$2, \$3, \$4	5
BOULDERING		
Crash pad	\$5, \$7, \$10	2

Item	Price per night	Limit per person
BOATING*****		
Canoe: flatwater	\$10, \$12, \$20	2
Canoe: whitewater*	\$20, \$25, \$30	1
Car kit	\$2, \$3, \$5	4
Dry bag (20 Liter)	\$2, \$3, \$4	2
Dry bag (60 Liter backpack)	\$4, \$6, \$8	2
Inflatable standup paddleboard	\$10, \$12, \$20	2
Kayak: recreational (sit on top or sit in)	\$12, \$15, \$20	2
Kayak: tandem recreational	\$15, \$18, \$30	1
Kayak: whitewater*	\$12, \$15, \$20	1
PFD	\$1, \$1.50, \$2	6
Splash jacket	\$2, \$3, \$5	4
Wetsuit - Farmer John/Jane	\$4, \$5, \$6	4
RENTABLE PARK PASS		
Georgia State Parks Pass	\$1, \$1.50, \$2	1
Sandrock Climbing Pass	\$1, \$1.50, \$2	1
National Park Pass	\$1, \$1.50, \$2	1

* Requires completion of Touch the Earth clinic/school & permission of Outdoor Recreation Coordinator. Call 404-413-1773 a week in advance.

**Customer will receive a stove with the equivalent of one full canister of fuel.

***A maximum of two tents per customer can be rented at one time regardless of tent size.

**** Rental period up to three consecutive days maximum. Helmet, lock and lights provided. Late fee \$20/day.

*****All watercraft rentals come with paddles and PFDs.

***** Prices are for Student, member, Non-member faculty staff

PARKING FOR EQUIPMENT LOADING AND UNLOADING

Customers may park temporarily for free behind the Student Recreation Center in the space marked "Touch the Earth." To gain access from parking gate attendant, inform the attendant you are a Touch the Earth customer. You will be able to park in the provided spaces and given a voucher that must be validated by TTE personnel in order to exit. Do not park on the curb.

RENTAL POLICIES

- Reservations can be made up to five days in advance. Payment will be due upon pick up. Bikes are the only exception.
- All rentals priced on per night charge, no modifications to this rate will be made.
- A \$1 per item per night late fee is charged in addition to the daily rental fee. Exception: Bikes are charged \$20 per day.
- Upon return, all items will receive a full inspection. Pending the number of returns, inspection could take place within a week of return.
- For equipment that needs to be repaired or cleaned, you will be charged \$15/hour, up to original cost of the equipment. Fees associated to these costs will be assessed within a week of equipment return.
- Failure to pay late fees or damages may result in a hold on your account or suspended rental privileges.



Off Campus Facilities

INDIAN CREEK RECREATION AREA

Location: 900 South Indian Creek Drive, Stone Mountain, Ga 30083

Lodge and Event Lawn

Coordinator, Indian Creek
Taylor Eltz
404-413-1794 | icra@gsu.edu

DISCONNECT TO RECONNECT

Indian Creek Lodge is a great way to disconnect from the bustle of the main campus and reconnect with your team in a rustic lodge atmosphere. The 4,700 square foot lodge is the perfect place to program your next off campus event, meeting or retreat. The lodge offers a large capacity room, two quaint conference rooms, and a full catering kitchen. If you would like to host your event outside you can enjoy our large porch with rocking chairs, picnic tables or reserve our half acre event lawn.

Want to reserve the Indian Creek Lodge?
Scan the QR code or visit recreation.gsu.edu for more information.



ELIGIBLE USERS

Registered student organizations, faculty or staff departments



Thank you,
Building Services Team!

Your dedication to safety and
cleanliness makes a huge difference.



Congratulations on retirement, Donna Adams. Thank you for 28 years of service!

Supported by your
**Student
Fees**

