GET CENTERED
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NEW TO PSU

If you are a current student taking one or more credits at Portland State University, you are automatically a member of the Rec Center!

If you are a staff, faculty or an alumni, you have the option of purchasing a membership.

The Rec Center is located on the second, third, and fourth floors of the Academic and Student Rec Center (ASRC) building.

Throughout this guide, we hope you’ll learn about our breadth of health and fitness services and our inclusive philosophy.

Beginner-level activities are marked with this symbol in our schedule materials found online and at Member Services.

ACCESS THE REC CENTER

Fill out your facility waiver online. You only have to do this once.

Bring a photo ID to enter the facility through our friendly Member Services desk.

Ask questions! We have informed and caring staff eager to help!

HOURS

FALL / WINTER / SPRING
MON - THU : 6:00 am - 11:00 pm
FRI : 6:00 am - 10:00 pm
SAT : 8:00 am - 8:00 pm
SUN : 10:00 am - 10:00 pm

BREAK HOURS / SUMMER
MON - FRI : 6:00 am - 8:00 pm
SAT : 10:00 am - 6:00 pm
SUN : 12:00 pm - 8:00 pm

The pool closes a half-hour before the rest of the facility.
MEMBERSHIP

Student: $0
Included in tuition and fees

Faculty/Staff: $30

Alumni: $35

Plus One (Student): $30
Sponsored by student member

Plus One (Affiliate): $35
Sponsored by faculty, staff, or alumni member

Guest of Member $5
Day-pass sponsored by current member

Membership dues are based on a period of 30 days. For details on Plus One memberships or for other questions, visit the website or ask a Member Services staff member.

WHAT’S INSIDE

- 90+ pieces of cardio equipment including ReRev energy-producing ellipticals
- 100+ pieces of weight training equipment
- 32-foot climbing wall
- 6-lane lap pool and 10-person spa
- 2 exercise and activity rooms
- 2 wood floor courts for basketball, volleyball, badminton, etc.
- Enclosed multi-activity court for indoor soccer, goalball, etc.
- 1/11-mile indoor running track
- 2 locker rooms with showers, private changing areas, and over 400 lockers
- 2 gender-neutral changing rooms with showers
- 100+ short term secure lockers throughout the facility
- Equipment checkout for ball sports, exercise, climbing gear, etc.
- LEED (Leadership in Energy and Environmental Design) Gold certified construction
MISSION

We create an environment where quality recreation and wellness programs inspire, empower, and educate individuals to be positive contributors to the Portland State and global community.

VALUES

We enhance engagement within the University and City by building healthy and supportive communities.

We promote the link between recreation and sustainability.

We seek and support diversity in our programs and participants while promoting a climate of mutual respect.

We provide programs that are accessible to the PSU community.

We minimize the risk associated with operating successful programs.

We provide significant learning opportunities through participation and employment.

PRINCIPLES

We recognize, understand, and encourage celebration of the human differences that surround us.

We ask you to participate in fostering this spirit.

Any expressions of bigotry, hatred, prejudice or disrespect is inconsistent with the ideals of preserving human dignity and contradicts the values of healthful living and fair play promoted by Portland State University.
OUR CORE BELIEFS
ANYTHING POSSIBLE
ANYTHING'S POSSIBLE
Calling all humans...and service animals too!

We have a program specifically designed around inclusion and adaptation. Any and all reasonable adaptive needs are supported and all populations of the University are provided a safe and welcoming environment to stay healthy.

If you feel out of place here, regardless of any reason why, we are here to fix that. Any reasonable accommodations will happily be met in order to make you a more active part of our community.

OFFERING

Sports/Recreation

Anyone is welcome to come and play wheelchair basketball, goalball, or a variety of other fun activities. No experience is needed, and we have all of the equipment and staff to make your experience enjoyable. Check out any adaptive equipment to play on your own.

Accessible Adventure Trips

Every term we offer at least one trip that is entirely accessible, such as kayaking, cycling, and skiing. Many of our other trips can support accommodations as well.

Special Events

We offer family-friendly weekend events every term as well as community service projects and fun events such as the Amazing Race, and a team wheelchair basketball tournament.
We welcome all members of the LGBTQ community and offer a Trans* Affirming Fitness Group which provides space for trans*, genderqueer, and all body-positive people to come together and exercise in an environment that honors and supports individual identity.
Our 6-lane pool is located on the second floor and offers a range of activities that serve our diverse population.

OFFERING

Adult & Youth Swim Classes
We offer swim classes for a range of skill levels, from the first-timer to the advanced swimmer. Our swim classes are taught by Red Cross certified instructors. Each staff member participates in inclusive training each year which provides strategies and techniques to successfully instruct anyone regardless of disability or skill level.

Swim X
Swim X is a new, completely free, lap swim program centered around reaching members’ fitness goals through fun, rewarding workouts alongside other passionate swimmers. Participants will enjoy customized workouts designed by our experienced coaches. Workouts will range from easy to advanced levels, making for an inclusive atmosphere where members can work towards their goals at their own pace.

Open Rec Swim
Not interested in swimming laps? Open Rec Swim is an opportunity for everyone to come make a splash in our pool and play. Lounge on a noodle in the pool, shoot some hoops, chill in the spa, or maybe play some water polo. Check out our website or ask the Aquatics staff for other exciting games and opportunities during this time.
We have gender-neutral changing rooms with a shower, and lockers available for rent outside these areas. We offer these to people who may not affiliate themselves to a gender, may be transitioning, are otherwise uncomfortable in a gendered locker room, or for families.
AVE
EAR
HIND
The third and fourth floors house our fitness program which includes cardio machines, weight equipment, and an indoor track. Our goal is to help you find comfort and enjoyment in your experiences within our facility.

OFFERING

Cardio
We have a variety of cardio machines such as treadmills, ellipticals, cycle bikes, and more. On the same floor, we have an indoor track and stretching area.

Weight Room
Our weight room is designed to accommodate everyone from the beginner to the most advanced. Floor layout provides a progression of options, from easy-to-learn machines to free weights.

Group X Classes
Looking for a free guided workout? From yoga to bootcamp, we have exercise classes for every skill level, physical ability, and workout interest.

Health Promotion
Every term, a health promotion event is offered to support the well-being of the entire PSU community. From a multi-week wellness challenge to the largest health fair on campus, take advantage of these resources to inspire your personal wellness!

Personal Training
The Personal Training program offers members access to personal trainers at a fraction of the cost of most gyms. All trainers are certified, experienced, and equipped to help support your specific fitness goals.
DID YOU KNOW?

Campus Rec offers classes and events specifically geared towards creating a strong and supportive female community. We offer classes such as Women’s Only Strength, Women’s Only Zumba, and other opportunities such as Women on Weights and Women’s Climbing Night.
Enjoy spirited competition within the PSU community! Every term, a variety of intramural sports leagues are open to those seeking competitive and recreational play. Single day tournaments and special events are also offered. Reference our website for current intramural options.

OFFERING

Leagues
Our league sports consist of scheduled team play of 5 to 8 regular season games with a potential opportunity to participate in postseason playoff brackets. Our leagues vary term by term and most offer competitive and recreational divisions, all playing for an Intramural Championship.

Tournaments
Our single day tournaments are a great way to participate in a specialty activity or sport. In every tournament, participants get a minimum of two games in every tournament and a chance to play for an Intramural Championship.

Free Agents
Intramural “free agents” are participants who have registered to play in a particular sport or activity but are not yet affiliated with a team. Free agent openings are available in every sport and activity we offer!

Drop-in Sports
We have three multi-purpose courts offering designated play time for basketball, volleyball, badminton, table tennis, indoor soccer, wheelchair sports, and goalball.

Special Events
We host events year-round that promote health, overall wellness, and of course, fun! Put on your makeup and undead swagger for our Zombie Dodgeball Tournament in the fall, or gear up for the Amazing Race in the spring. Scale the wall at our Climbing Competition, ride an electric bull at Night at the Rec, or eat free pizza at the Dive-in Movie. Bring your friends! We’ll see you there.
NEW TO

DID YOU KNOW?

The term “Intramurals” derives from the Latin words *intra-muros*, meaning “within walls.” These are games/matches that take place among teams that are at the same institution or in the same geographic area.
GIVE
BELIEVE
ACHIEVE
Rec Clubs are a great way to connect with fellow students and take part in an activity you already love, or to try something totally new.

OFFERING

34 Rec Clubs

Portland State Rec Clubs is a student-led program representing different sports, games, and physical activities. Rec Clubs are organized by students and funded in part by student fees.

We encourage participation by providing opportunities for recreation and intercollegiate competition between students of all skill-levels. Rec Clubs strive to embody all the values of Campus Recreation by being community-oriented, safe, sustainable, diverse, accessible, and educational. Stop by the Rec Clubs office or contact club leaders to find out how you can get involved today!

- Action Sports
- Badminton
- Baseball
- Bouldering
- Brazilian Jiu Jitsu
- Crew
- Cricket
- Crossfit
- Cycling
- Dodgeball
- Dragon Boat
- Electro Dance
- Fencing
- Hip Hop Alliance
- Ice Hockey
- Kickboxing
- Lacrosse, Men's
- Latina Dance
- Rugby, Women's
- Running Around Portland
- Sailing
- Soccer, Men's
- Soccer, Women's
- Steps of Rythm
- Swing Out
- Table Tennis
- Taekwondo
- Tango
- Tennis
- Ultimate Frisbee, Men's
- Ultimate Frisbee, Women's
- Volleyball, Women's
- Water Polo, Men's
- Water Polo, Women's
DID YOU KNOW?

Many of our clubs travel all over to compete (as far as Minnesota, Virginia, Georgia and Canada). Most clubs stay closer to campus, practicing in the Rec Center or on Stott Field while others utilize the city of Portland itself, including Memorial Coliseum for Hockey, the Willamette River for Crew and Dragon Boat, or Forest Park for Running Around Portland.
SEEK OUT ADVENTURE
The Outdoor Program offers incredible adventure trips, seminars, climbing classes, workshops, and kayak pool sessions at least once per week.

The Outdoor Program office is located on the corner of SW 5th and Harrison in the Academic and Student Rec Center (ASRC) on the first floor.

OFFERING

Outdoor Adventure Trips
Hiking, kayaking, snow sports, climbing, and so much more are designed for you every term. Trips are offered at affordable prices, and the experiences are worth every penny.

Equipment Rental Center
Need gear to get outside? We’ve got it for you at prices you can afford!

Climbing Center
The climbing wall is located on the third floor, next to the weight room. It is open to people of all abilities and experience levels. Climbing classes and events are offered to help get you started.

Volunteer Program
One way to get involved with the Outdoor Program is by becoming a Volunteer Trip Leader. This position is designed to provide training so that you can become a paid trip leader with the program. As a Volunteer Trip Leader, you’ll have the opportunity to develop your leadership experience, technical outdoor skills, and teaching potential while being part of our dynamic staff.
DID YOU KNOW?

The Outdoor Program is the oldest department at Campus Rec. Since 1966, they have been helping students find ways to access and enjoy the outdoors.
Employment

Campus Rec has over 175 student employees in a variety of jobs. Student employees receive mentorship, supervision, and paid training that focuses on developing skills such as conflict resolution, leadership, customer service, cultural competency, and risk management.

The breadth of positions available provides an opportunity to gain experience in specialized areas that can be translated into future academic and professional goals.

We are looking for people who want to help create fun, healthy, diverse communities at Portland State. We operate seven days a week to make Campus Rec a place people want to be.

Visit the website for current position openings at Campus Rec.

F.L.A.S.H.

Freshman Learners Acquiring Skills in Higher Education (F.L.A.S.H.) is an employment program designed to provide resources, support, and leadership development and skills to freshman students with little to no work experience.

Internships

We provide a variety of internship opportunities for students interested in developing skills in marketing, accounting, business operations, training and development, health promotion, employment practices, sustainability, and inclusive recreation.

Certification Programs

Certifications to become a fitness or swim instructor, lifeguard, wilderness first responder, CPR/AED for the professional rescuer, and more are offered throughout the year. This is a great opportunity to learn a skill-set, get certified, and create opportunities for employment at Campus Rec and beyond.