Stay connected with Ship Recreation!

Email rec@ship.edu to register for the Rec Distribution List and receive information throughout the year about programming, special events, and facility schedules.

#1 - Hours of Operation for ShipRec & Heiges Field House Pool
#2 - Lighting Schedule for Student Recreation Complex & Tennis Courts
#3 - Intramural Schedules
#4 - Club Sport List
#5 - Group Fitness Class Schedules

ShipRec
Shippensburg University
1871 Old Main Drive
Shippensburg, PA 17257
717-477-1755
rec@ship.edu
www.ship.edu/recreation
www.imleagues.com/ship

RECREATION AND WELLNESS

2019 - 2020
www.ship.edu/recreation
The Department of Recreation and Wellness is committed to providing a variety of structured opportunities to the Shippensburg University community which encourage healthy and active lifestyles, social interaction outside of the classroom, and student development through open recreation activities, and involvement with intramural and club sport programming.

**SHIPREC:**
- 64,000 sq ft Rec Center
- 4 Multi-Purpose Courts
- 200m Elevated Track
- 2 Racquetball Courts
- 1,800 sq ft Studio
- Cardio/Strength Area
- Locker Rooms

Undergraduate students enrolled in on-campus classes are members of ShipRec. Additional membership information is available at www.ship.edu/recreation.

**HEIGES FIELD HOUSE POOL:**
- 25 Yard/6 Lane Facility
- Recreation hours available for the SU community upon presentation of SU issued ID.

**STUDENT REC COMPLEX:**
- A fully lighted, 12-acre multi-purpose facility:
  - 1/2 Mile Walking Path
  - 2 Basketball Courts
  - 2 Sand Volleyball Courts
  - 2 Softball Fields
  - 2 Pavilions
  - Street Hockey Rink
  - Disc Golf Course

**GROUP FITNESS**
Join us for group fitness classes offered throughout the fall and spring semesters! Stay motivated and have fun in classes designed to provide a variety of instructional activities for all fitness levels. All equipment is provided. ShipRec access policies apply.

Class schedules and descriptions are posted at www.ship.edu/recreation.

**INTRAMURALSPORTS**
Intramural leagues and tournaments are held on the Shippensburg University campus and are open to the University community (students, faculty, and staff).

An informational meeting is held prior to the start of each league and meeting information is shared through all available campus media outlets. Intramural meeting representation is a prerequisite for roster submittal. If an individual does not have a team, he/she may contact the Department of Recreation and request to be listed as a free agent. An attempt will be made by the department to find a team for the individual.

All intramural programs are managed at www.imleagues.com/ship (requires SU Login). A summary of intramural policies and procedures, and information on creating an IMleagues Player Card, is found in the Intramural Participant Handbook located at www.ship.edu/recreation.

The Shippensburg University Club Sports Program provides opportunities for students to participate in competitive sports activities. Club sports programs compete against outside institutions and each club is formed and governed by students within guidelines established by the Shippensburg University Student Government Association and the Department of Recreation. Within this framework, the focus and programming of each club will vary with the dynamics of student leadership.

A summary of club sport policies and procedures is found in the Club Sports Handbook located at www.ship.edu/recreation. Individuals with questions are encouraged to contact club leadership. Club contact information is located on the department website and club leadership may be identified on the ShipLink portal (requires SU Login).

**CLUB SPORTS**
- BASS FISHING
- BOXING
- CYCLING
- EQUESTRIAN
- FENCING
- ICE HOCKEY
- IN-MOTION DANCE TROUPE
- KRONUM
- LACROSSE - MEN’S
- QUIDDITCH
- RUGBY - MEN’S
- RUGBY - WOMEN’S
- STRENGTH CLUB
- SOCCER - MEN’S
- ULTIMATE FRISBEE - MEN’S
- ULTIMATE FRISBEE - WOMEN’S
- VOLLEYBALL - MEN’S