

STUDENT EMPLOYMENT

The Department of Recreation offers a variety of employment opportunities for students:

SHIPREC DESK STAFF
LIFEGUARD
GROUP FITNESS INSTRUCTOR
INTRAMURAL STAFF

All student employment applications are posted at www.ship.edu/career.

STAY CONNECTED!



Join our email list to receive info about Department of Recreation programming, special events, & schedules!

SCAN ME



#1 - HOURS OF OPERATION FOR SHIPREC & HEIGES FIELD HOUSE POOL

#2 - OUTDOOR LIGHTING SCHEDULE FOR STUDENT REC COMPLEX & TENNIS COURTS

#3 - INTRAMURAL SPORTS

#4 - CLUB SPORTS

#5 - GROUP FITNESS

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



@shiprecreation

RECREATION

INTRAMURALS • CLUB SPORTS



www.ship.edu/recreation

RECREATION

The Department of Recreation is committed to inspiring active and healthy lifestyles through quality recreational programming, services, and facilities. By providing diverse opportunities outside of the classroom, the department promotes student success and engagement, leadership development, teamwork and sportsmanship, and lifelong wellness.

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
Open rec swim available for the SU community upon presentation of SU 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 fitness classes designed to



provide a variety of instructional activities for all fitness levels. All equipment is provided. ShipRec access policies apply.

INTRAMURALS



SOFTBALL
SOCCER
SPIKEBALL
DODGEBALL
BASKETBALL
VOLLEYBALL
KICKBALL

Intramural leagues and events are held on-campus and are open to the University community (students, faculty, & staff).

An informational meeting is held prior to the start of each league and meeting information is shared through all available campus media outlets.

Eligible individuals may form a team or request to be a free agent and the department will attempt to find a team for the individual.

All intramural programs are managed at www.imleagues.com/ship (requires SU Login). A summary of policies and procedures is found in the *Intramural Participant Handbook* located at www.ship.edu/recreation.

CLUB SPORTS

BASS FISHING
BOXING
CYCLING
EQUESTRIAN
FENCING
IN-MOTION DANCE TROUPE
LACROSSE - MEN'S
RUGBY - MEN'S
RUGBY - WOMEN'S
SOCCER - MEN'S
STRENGTH CLUB
ULTIMATE FRISBEE - MEN'S
ULTIMATE FRISBEE - WOMEN'S
VOLLEYBALL - MEN'S

The Shippensburg University Club Sports Program provides opportunities for students to participate in competitive sports. Club sports programs compete against outside institutions and each club is formed and governed by students within guidelines established by the SU Student Government Assoc. 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.

BIKE SHARE



A free bike share program is available to students, staff, and faculty. Venture downtown or enjoy nearby routes/trails. Visit ShipRec with SU ID and check-out a bike for 3 hours!