

Informal Recreation Schedule (subject to change):

Badminton: 6am-12:50pm (Court 01 7:45-12:50pm) & 2:15-11pm Gym East

Basketball: 6am-11pm (Court 01-03 5-7pm) Gym Central **and** 11am-7pm Wheeler Gym

Bouldering and Climbing: Climbing Wall is closed due to construction. Bouldering Wall is closed through Fall 2026.

Fields: 8am-5pm Field 08 (weather and field condition permitting)

Indoor Soccer: 6-8:35am & 9:40am-11pm Gym West

Pickleball: 6am-5pm Rec Sports Complex Pickleball Court 01-18 (weather and court condition permitting) and 8am-12pm Gym East Court 02

Racquetball: Not available due to construction.

Strength and Conditioning: 6am-11pm Strength and Conditioning 1 & 2 **and** 11am-7pm Pound Hall

Swim: 6-9am & 4-7pm Rec Pool and 11am-2pm & 5:30-10pm 50 Meter Pool - Please visit <https://recsports.uga.edu/swim-schedule-policies/> for updates.

Table Tennis: Not available due to construction.

Tennis: 6am-5pm Tennis Court 01-09 (weather and court condition permitting)

Volleyball: 6am-10:45pm Volleyball Arena

Walking/Jogging/Running: 6am-11pm Track

Climbing Wall Courtyard: Closed through Fall 2026.

Membership Services: 8:30am-4:30pm & shop.recports.uga.edu

Equipment Checkout & Pro Shop: 6am-11pm

Outdoor Rec Center: Closed

Facility Manager Set Ups (initial on line upon completion):

_____ **5:45am** make sure Studio A-F Doors are shut **and** locked and lights are off, Gym West basketball goals are raised for IR Soccer, **and** track arrows are in counter-clockwise direction

_____ **6:15am** unlock doors to Climbing Wall Courtyard for S&C 3 renovation work

_____ **7:45am** clear Gym East Court 02 and move those badminton nets to pickleball set up

_____ **11:55am** meet KINS 3210 Instructor at Studio A to unlock doors for 12pm class

_____ **12pm** clear Gym East Court 02 and return those badminton nets to badminton set up

_____ **1pm** clear Studio A after KINS 3210, turn off lights **and** shut & lock doors

_____ **2:45pm** make sure Classroom 205-206 is unlocked for Comp Sports Staff

_____ **3:55pm** meet F&W Certification Training Group (~6 people) at Studio B to unlock door & turn on lights

_____ **5pm** clear Gym Central Court 04, raise basketball goals, lower curtain between Court 03 & 04, and open Red Room roll up door for equipment access for F&W SGT Kickboxing

_____ **5:25pm** meet Pamoja Dance Company outside Studio A to unlock doors & turn on lights for 5:30pm reservation

_____ **6pm** clear Climbing Wall Courtyard - make sure all outdoor doors and the gate and door 199J are closed and shut & lock doors from Climbing Wall area into Courtyard

_____ **6:05pm** clear Studio B, turn off lights and shut & lock doors

_____ **6:15-6:30pm when F&W SGT Kickboxing 101 clean up done on Gym Central Court 04**, lower basketball goals, raise curtain between Court 03 & 04, and make sure Red Room roll up door is shut after equipment return

_____ **7:55pm** meet Budokai Club at Studio F to unlock doors & turn on lights

_____ **9pm** clear Studio F after Budokai Club, turn off lights **and** shut & lock doors

_____ **9:30pm** clear Studio A after Pamoja Dance Company, turn off lights and shut & lock doors

_____ **10:45pm** make sure all Volleyball Arena nets are at women's height

_____ **11pm** make sure all interior and exterior Climbing Wall Courtyard doors and gates and door 199J are closed; make sure doors to E09 Parking Lot and Joe Frank Harris Commons are locked and closed

SPECIAL EVENTS

Entire Rec Sports Complex is closed from 5pm today (Fri 9/11) until 1pm Sun 9/13 due to home football game.

Ramsey Student Center will be closed on Sat 9/12 due to home football game.

Fitness & Wellness Between the Poses 12-1pm on Myers Quad - Show off your UGA spirit while grounding yourself with this gameday-inspired yoga flow! This class offers a playful mix of grounding poses & energizing sequences. Whether you're gearing up for kickoff or simply love the red and black, join us as we celebrate the joy of being a Dawg in Between the Poses!

Registration for AFAA Group Fitness Instructor and NASM Certified Personal Trainer Prep Courses is open through 9/11. Visit recsports.uga.edu/become-a-trainer-or-instructor for info.

Wed 9/16 7-7:45am Fitness & Wellness Fall Into Flow Sunrise Yoga - Time to get cozy as the fall season arrives! With our sunrise yoga, move through fluid sequences and restorative stretches that invite the warmth and softness of the fall.

<u>Location</u>	<u>Start</u>	<u>End</u>	<u>Event</u>
Gym West	8:40 AM	9:35 AM	KINS 3105 Teaching Methods for Fitness
Conference Room 226	1:30 PM	2:30 PM	Construction Update Meeting
Classroom 205-206	3:00 PM	4:00 PM	Competitive Sports Staff Meeting
Studio B	4:00 PM	6:00 PM	F&W Certification Training
Studio A	5:30 PM	9:30 PM	Pamoja Dance Company

RAMSEY STUDENT CENTER - ACADEMIC WING

<u>Location</u>	<u>Start</u>	<u>End</u>	<u>Event</u>
Classroom 205-206	3:00 PM	4:00 PM	Competitive Sports Staff Meeting
Conference Room 226	1:30 PM	2:30 PM	Construction Update Meeting

RAMSEY STUDENT CENTER - ACTIVITY AREA

<u>Location</u>	<u>Start</u>	<u>End</u>	<u>Event</u>
50 Meter Pool	6:30 AM	8:00 AM	UGA Women's Swimming
50 Meter Pool	7:15 AM	9:15 AM	UGA Men's Swimming
50 Meter Pool	11:00 AM	2:00 PM	Swim
50 Meter Pool	3:15 PM	5:15 PM	UGA Women's Swimming
50 Meter Pool	4:00 PM	5:30 PM	UGA Men's Swimming
50 Meter Pool	5:30 PM	10:00 PM	Swim
Diving Well	6:30 AM	8:00 AM	UGA Women's Swimming
Diving Well	7:15 AM	9:15 AM	UGA Men's Swimming
Diving Well	2:00 PM	5:00 PM	UGA Diving
Diving Well	3:15 PM	5:15 PM	UGA Women's Swimming
Gym Central Court 01-03	6:00 AM	11:00 PM	Basketball
Gym Central Court 04	6:00 AM	5:00 PM	Basketball
Gym Central Court 04	5:00 PM	7:00 PM	Fitness & Wellness Small Group Training Kickboxing 101 (5:30-6:30pm)
Gym Central Court 04	7:00 PM	11:00 PM	Basketball
Gym East Court 01	6:00 AM	12:50 PM	Badminton
Gym East Court 02	6:00 AM	7:45 AM	Badminton
Gym East Court 02	8:00 AM	12:00 PM	Pickleball
Gym East	12:55 PM	2:10 PM	KINS 3110 Teaching of Net/Wall Activities
Gym East	2:15 PM	11:00 PM	Badminton
Gym West	6:00 AM	8:35 AM	Indoor Soccer
Gym West	8:40 AM	9:35 AM	KINS 3105 Teaching Methods for Fitness
Gym West	9:40 AM	11:00 PM	Indoor Soccer
Rec Pool	6:00 AM	9:00 AM	Swim
Rec Pool	4:00 PM	7:00 PM	Swim
Strength and Conditioning 1 & 2	6:00 AM	11:00 PM	Strength and Conditioning
Studio A	12:00 PM	12:55 PM	KINS 3210 Teaching of Individual Activities
Studio A	5:30 PM	9:30 PM	Pamoja Dance Company
Studio B	1:15 PM	1:45 PM	Fitness & Wellness Group Fitness Strength and Stretch
Studio B	4:00 PM	6:00 PM	F&W Certification Training
Studio C	6:30 AM	7:00 AM	Fitness & Wellness Group Fitness QuickFit
Studio C	12:30 PM	1:00 PM	Fitness & Wellness Group Fitness QuickFit
Studio E	6:30 AM	7:00 AM	Fitness & Wellness Group Fitness Cycle Express
Studio E	4:45 PM	5:15 PM	Fitness & Wellness Group Fitness Cycle Express



<u>Location</u>	<u>Start</u>	<u>End</u>	<u>Event</u>
Studio F	6:30 AM	7:15 AM	Fitness & Wellness Group Fitness Yoga
Studio F	8:00 AM	8:45 AM	Fitness & Wellness Group Fitness Yoga
Studio F	12:15 PM	1:15 PM	Fitness & Wellness Group Fitness Yoga & Meditation
Studio F	4:15 PM	5:15 PM	Fitness & Wellness Group Fitness Yoga & Meditation
Studio F	8:00 PM	9:00 PM	Competitive Sports Budokai Club

Track	6:00 AM	11:00 PM	Walking/Jogging/Running
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Volleyball Arena	6:00 AM	10:45 PM	Volleyball
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REC SPORTS COMPLEX - Activities are weather and court/field condition permitting.

<u>Location</u>	<u>Start</u>	<u>End</u>	<u>Event</u>
Field 08	8:00 AM	5:00 PM	Field
Field 09	5:45 PM	7:45 PM	MUSI 4835 Redcoat Marching Band
Pickleball Court 01-18	6:00 AM	5:00 PM	Pickleball
Tennis Court 01-09	6:00 AM	5:00 PM	Tennis

HEALTH SCIENCES CAMPUS

<u>Location</u>	<u>Start</u>	<u>End</u>	<u>Event</u>
Pound Hall	11:00 AM	7:00 PM	Strength and Conditioning
Wheeler Gym	11:00 AM	7:00 PM	Basketball