Recreational Sports and Fitness

Welcome to American University!

Recreational Sports and Fitness, a unit within the Department of Athletics and Recreation, provides facilities and programs designed to make it easy for the AU Community to be active. Recreational Sports and Fitness serves the AU Community with health, fitness, and recreational programs to meet a variety of needs and interests. Through our facilities and programs, we strive to provide an innovative Recreational Sports and Fitness experience for a diverse population, while helping to encourage broad participation and active lifestyles. Recreational Sports and Fitness is the AU students’ outlet for a healthy release from academic rigor and helps educate and develop lifelong habits of activity.

Jacobs Fitness Center

The Jacobs Fitness Center is located off of the Sports Center lobby by Bender Arena. Semester Hours are: Monday - Thursday, 6:00am - midnight, Friday, 6:00am - 10:30pm, Saturday, 8:30am – 8:30 pm, Sunday, 10:30am - 10:30pm. Please check our website (http://cf.american.edu/Jfc/calendar/www/calendar.cfm) for any adjustments to this schedule.

Jacobs Fitness Center provides a variety of the latest fitness equipment. The cardio mezzanine includes stationary bicycles, treadmills, elliptical trainers, step machines, and rowers. The strength training area provides free weights, as well as plate-loaded and selectorized equipment. Locker rooms are available for use on the lower level. Jacobs Fitness Center also offers three satellite dorm fitness facilities for residents across campus. Your student ID provides access to the fitness center. Prior to your first visit, stop by the facility to fill out the required registration forms.

Jacobs Fitness Center is a full-service fitness facility. For an additional fee, we offer a wide range of programs and services such as: Group Exercise Classes, Instructional Programs, Personal Training, Fitness Assessments, and Locker Rentals.

The fitness center is also host to several competitions and special events throughout the year, including: Biathlon, Strength Contests, Turkey Trot, Fitness Competitions and Fitness Programs.

During certain hours, students also have access to our swimming pools and basketball gymnasium, as well as the Jacobs Recreational Complex, which includes sand volleyball courts, a softball diamond, and turf field. Outdoor basketball courts, tennis courts and the Greenberg track are also available for use to all students. For further information, a monthly calendar, and facility hours, please visit our website: www.american.edu/recfit.

Club Sports

The American University Club Sports Program consists of numerous competitive, collegiate club teams. Each club is formed, developed, governed, and administered by the student membership of that particular club working in conjunction with the Club Sports Office. American University Club Sports teams participate in a number of leagues and associations that operate under the direction of each respective sports national governing body. They compete against recognized intercollegiate club programs. Several of American University Club teams are nationally and/or regionally ranked.

Club Sports List:

- Baseball
- Basketball
- Crew
- Cycling
- Equestrian
- Field Hockey
- Golf
- Gymnastics
- Men’s/Women’s Ice Hockey
- Men’s/Women’s Lacrosse
- Men’s/Women’s Rugby
- Sailing
- Men’s/Women’s Soccer
- Softball
- Taekwondo
- Tennis
- Men’s/Women’s Ultimate Frisbee
- Men’s/Women’s Volleyball
- Water Polo

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- Water Polo
Intramural Sports are a fun and exciting way to stay physically active in a competitive environment. Our program offers over twenty different events each year. Leagues are available for men’s, women’s and co-recreational teams. Two levels of play are offered for the major team sports; competitive and recreational. Major team sports include flag football, indoor soccer, outdoor soccer, softball, basketball and volleyball. Other activities throughout the year include a 3 point contest, hot shot contest, wiffle ball, dodgeball, kickball, chess, checkers and many more.

Frequently Asked Intramural Questions

How Do I Register?
In order to register for Intramurals, a registration form must be downloaded from the Registration page of our website, http://www.american.edu/recfit. All of the information must be filled out legibly. Once you have completed the registration form, take the form and your payment to the Intramural Office in the Sports Center, Room G-03, Monday through Friday from 10am-4pm. Pay close attention to registration dates because late registration is not accepted.

What if I don't have a team?
Free agent registration is taken for the major team sports. Intramurals will try to place all free agents either on a free agent team or with already formed teams. Please note that intramurals cannot guarantee that participants will be placed on a team.

How can I pay for my intramural registration?
Intramural entry fees may be paid for with Cash, Check or Eaglebucks. Checks need to be made out to American University.

What does M/W/C mean next to a sport?
M/W/C denotes the type of divisions offered for that sport. M stands for Men’s, W stands for Women’s, and C stands for Co-Rec.

What does Open mean next to a sport?
This classification is offered in certain tournaments and events. An open classification means that all teams will be grouped together and have the chance to play each other. Example: Men’s teams could play Co-Rec teams, or Women’s teams. There will be no difference in rules for this type of activity.

What is the difference between Eagle and Clawed?
Eagle is a more competitive division than Clawed. Teams playing in Clawed should be looking for a more recreational experience. Both groups have their own playoffs and are awarded championship t-shirts at the completion of the season. Clawed teams may be moved up to the Eagle division for the playoffs if they are deemed to be too competitive for the Clawed division. Clawed teams will never play Eagle teams.

How many games do we get to play?
In general, most teams will be scheduled 4 games in the regular season. In certain weekend tournaments, teams will be scheduled in 4 teams pools and have 3 pools play games.

Where are the games played?
All indoor sports are played in Bender Arena. The outdoor events are split between Jacobs Recreational Complex or Tenley Field. Tenley Field is located on the Tenley Campus.

When are intramural games played?
Intramural games are generally scheduled Sunday through Thursday. Outdoor sports will play in the afternoons. Indoor sports will play in the evenings.

How does my team make the playoffs?
In most cases, teams need to finish in 1st or 2nd place in their league or have a 3-1 record. Teams must also have a B sportsmanship average or higher to qualify for the playoffs.

What do I need to play?
In order to participate in any Intramural contest, a participant must first complete a waiver form found online on the registration page and present their American University ID to an Intramural employee prior to participating in a match. Participants will not be allowed to participate without an AU ID.

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Student Employment

Student positions are available throughout the school year and summer including: JFC Fitness Leaders, Residence Hall Fitness Leaders, Member Services Specialists, Certified Group Exercise Instructors, Certified Personal Trainers, Certified Lifeguards, and Intramural Officials. Stop by the Jacobs Fitness Center front desk today to pick up an application! Federal Work Study welcomed!
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Intramurals

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Fitness Programs

Group Exercise Program

Looking for a way to exercise and have fun at the same time?! Our group exercise program offers something for everyone! Our instructors provide a safe, fun and effective environment and welcome participants regardless of age or fitness level. We are dedicated to providing diverse exercise opportunities to the AU community and class formats range from yoga and spinning to cardio pump and belly dancing. [www.american.edu/recfit/jfcgroupex.cfm](http://www.american.edu/recfit/jfcgroupex.cfm)

Instructional Programs

Different from our Group Exercise classes, our Instructional Programs focus on a progression of postures, exercises and techniques over a series of weeks. Classes are appropriate for all fitness levels and previous experience is not needed. Popular programs include Vinyasa and Anusara-Inspired Yoga, Tai-Chi, and Karate. Classes are offered each semester, including summer, and range from 6 - 12 weeks in length. [www.american.edu/recfit/jfcinstructional.cfm](http://www.american.edu/recfit/jfcinstructional.cfm)

Residence Halls

In addition to the Jacobs Fitness Center, we offer 3 satellite facilities to students with an assortment of cardio and strength equipment. Locations include McDowell, Letts and Capital (Tenley) Residence Halls. These facilities are open daily throughout the academic year. For more information visit [www.american.edu/recfit/jfcreshalls.cfm](http://www.american.edu/recfit/jfcreshalls.cfm)

Personal Training

Our personal trainers will provide you with the information and instruction you need to reach your health and fitness goals. We offer a range of training packages from basic fitness assessments to 15-session multi-packs. We will help you set goals, develop programs, learn new exercises and motivate you towards your goals. Trainers are on staff throughout the fall and spring semesters as well as the summer term. Whether you prefer mornings, evenings or weekends, we work hard to accommodate your schedule! [www.american.edu/recfit/jfcpersonaltraining.cfm](http://www.american.edu/recfit/jfcpersonaltraining.cfm)

Special Events

Each semester, members of the Recreational Sports and Fitness staff plan and organize special events for the campus community. Past programs have included a Physical Therapy screening session, Zumbathon® Charity Event, “Burn the Bird” holiday event, Biathlon, Turkey Trot, Blood Drive and more! All events are posted on our website and advertised at the Jacobs Fitness Center. [www.american.edu/recfit/jfcevents.cfm](http://www.american.edu/recfit/jfcevents.cfm)

CONTACT US WITH ANY QUESTIONS!
Phone: 202-885-6267 (x3)
E-mail us: recfitness@american.edu