Young Harris College’s two-level, LEED-certified Recreation and Fitness Center boasts more than 59,000 square feet of energizing and action-packed space.

The ARENA features three full-court floors for basketball, volleyball, badminton and dodgeball. It’s also used for intramural sports, fitness and instructional programs, and special events. The space features two maple wood floors, one mondo-floor multi-activity court, retractable basketball baskets, wireless scoreboards and divider curtains.

The ELEVATED TRACK surrounding the arena floor offers three lanes for walking, jogging and running that stretch one-tenth of a mile around the center.

The CLIMBING WALL is visible from both the first and second floors. This impressive 37-foot, three-story wall features five climbing lanes with numerous routes per lane while on belay. It’s available for individual, group and class-setting climbs.

BASKETBALL TICKETS
The Recreation and Fitness Center’s arena, known as the “Valley of Doom” to Mountain Lions fans, is where YHC’s men and women’s basketball teams take on competitors in the NCAA Division II Peach Belt Conference. There are several season tickets packages available as well as single-game tickets for home matches.

Find out more: yhcathletics.com/tickets

CAMPS
YHC is proud to partner with Chick-fil-A’s WinShape Foundation to host a One-Week Overnight Camp for Girls geared toward female campers who have completed grades 1-8. Campers stay in the College’s LEED Silver-certified Enotah Hall and enjoy many campus facilities including the Recreation and Fitness Center.

Find out more: winshapecamps.org/camps

YHC also regularly offers summer camps in the Recreation and Fitness Center for men’s and women’s basketball and cheerleading.

Find out more: yhcathletics.com/summercamps

Recreation & Fitness Center
MEMBERSHIP INFORMATION

Get healthy! Stay fit! Have fun!

(706) 479-4472
yhc.edu/rec
YHC Alumni $35/month $420/year
Individuals who have been enrolled at YHC as a full-time student for at least one semester/quarter are eligible for a limited membership at the alumni rate. Proof of attendance is required upon registration.

Community $40/month $480/year
All community members from the surrounding area are eligible for a limited membership.

Spouse/Significant Other $25/month $300/year
Spouses/significant others or dependents (16-22 years of age) of paid alumni or community members are eligible for a discount membership rate. To qualify, members must provide one of the following: proof of joint financial responsibility, identification showing same last name, proof of marriage license or proof of same residence.

Guest Passes $10/day
Members are limited to two guests per day and must be 18 years or older to host a guest. Guests must enter and exit the facility with their host, provide photo identification, and follow established behavioral guidelines. The host shares the responsibility for guest behavior. Guests must have insurance to cover any injuries that may occur while using the Recreation and Fitness Center.

LOCKERS
Men’s and women’s locker rooms are available for use on the lower floor, and family changing areas are available on both floors. Full Locker: $10/month | Half Locker: $5/month

PARKING
Members may park in the lot behind the athletics training room/locker rooms building located across from the center. Overflow parking space is available in the large parking lot on Maple Street.

PERSONAL TRAINING
Enjoy a challenging, time-efficient workout tailored to your individual fitness goals. Your personal trainer will motivate you and make your workouts more fun while creating a fitness program that will improve your health and produce the results you want.

Hour Session: $40 | Half-Hour Session: $20
For more information or to make an appointment with a certified personal trainer, call (706) 379-4472.

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