

# Campus Recreation

The [Campus Recreation Department](#) offers a wide variety of recreational opportunities for the entire University community. Campus Recreation accommodates many styles of participation, including intramural team and individual competition in a variety of sports and activities. Open recreational opportunities, fitness programs, outdoor recreation activities, aquatics, and sports clubs are also offered. Student groups may use recreational facilities and equipment for social activities approved by the Campus Recreation Department. The continuing goal of the recreation program is to provide activities that offer optimum benefits of enjoyment, health, social interaction, and sportsmanship to participants.

- Our state-of-the art [Student Recreation Center](#) is an impressive facility that contributes greatly to student life on campus. Within the Student Recreation Center, one will find a wide array of recreational and fitness facilities. The 116,000 square foot complex contains a cardio exercise room and a weight room with selectorized machines, plate loaded machines, and free weights. Also, within the Center are three basketball courts, an indoor soccer court, four racquetball courts, two multipurpose rooms for activities such as fitness classes, and a track. A 35' high rock climbing wall offers challenges and excitement to climbing enthusiasts. An outdoor heated swimming pool and an indoor heated swimming pool are included as part of the complex. There is also an outdoor heated spa. In addition, saunas are located in both the men's and women's locker rooms. After a good workout, patrons can enjoy refreshments from the smoothie bar and sit on the deck overlooking the courtyard containing beautiful heritage oak trees. For members of the Student Recreation Center who have children, there is a children's play zone.
- Located next to the Student Recreation Center is the [Outdoor Adventures](#) cabin. The Outdoor Adventures program offers a variety of activities including canoeing, kayaking and hiking. Also housed in our Outdoor Adventures cabin is our Jag Bike rental program. Students can rent a bike to use on campus on a semester basis. We offer minor repairs of personally owned bikes free of charge. Owners must provide the needed parts for repairs.
- The [Intramural Sports Complex](#) consists of six multipurpose playing fields. These lighted fields are used throughout the year for intramural games and practices. One of the fields is designated for use by sports clubs.
- The SGA Sports Complex, supervised and maintained by the [Department of Campus Recreation](#), is available for use by university members throughout the year. A pavilion, sand volleyball courts, horseshoe pits, and barbecue grills make this area a great spot for fun and entertainment.
- The Glenn Sebastian Nature Trail is available for those who like to walk or jog through the woods. This is both beautiful and educational.
- Our newest addition is the Jag Fitness Trail. It was created to help promote a culture of fitness and wellbeing for our entire university community. The three fitness zones spaced around the mile and a half trail will allow for each person to incorporate the strength, balance, and flexibility training with the cardio workout of the trail itself. The Department of Campus Recreation and the President's Wellness Initiative Committee will also partner together to program events along the trail such as weekly group walks with the students, staff, and faculty including regular walks with the President, runs, fitness stage training, and circuit training with a cardio component. Research shows a strong correlation between enhanced mental wellbeing and participation in activities based in an outdoor and relaxed environment
- Other services offered at the Student Recreation Center include chair massage therapy, body fat and blood pressure readings.

All members of our university community are encouraged to take advantage of the wonderful opportunities for fun and fitness offered through the [Department of Campus Recreation](#). For further information, please visit our web page or call (251) 460-6065.