THE HOME OF CAMPUS RECREATION
Why is recreation important?
Rec participants report higher levels of physical health and quality of life compared to non-participants.

Participation in mindfulness and exercise programs improves psychological outcomes.

This is the Value of Campus Recreation
Campus rec participants are more likely to report higher GPAs

Recreation participation enhances students’ sense of belonging

www.nirs.org/rec
Recreation participation provides an opportunity for students to develop relationships with individuals from different cultures.

Recreation participants are more likely to report improved feelings of wellbeing.
Mission
Campus Recreation provides opportunities for personal growth through play, wellness, and adventure.

Vision
We are committed to:
Play: Spaces where recreation augments the learning of the classroom
Wellness: Encouraging balanced life and healthy choices
Adventure: Experiential opportunities in a safe & supportive environment
Community: All are welcomed and affirmed; celebration of diversity
Development: Learn new skills to maintain a healthy & active life

Commitment to Inclusion
Campus Recreation is dedicated to inclusive programs, services, and facilities through our commitment to education, outreach, and collaboration. We seek opportunities to create space where all people are welcome and gain a sense of belonging.
FIELDHOUSE

Originally Opened in 1937
Currently a shared facility with Athletics & Academics

Features:
- 8,500 Sq. Ft. for weight and cardio equipment
- 2 indoor Basketball Courts
- Indoor Track (1/8 mile)
- Multi-Activity Court for Fitness Classes & Futsal
- Cycling Studio
- Squash Court
- Locker Rooms
- Strength & Conditioning Room
- Billiards Room

HPER

Originally Opened in the 1970s
Shared Facility with Academics

Features:
- Aquatics Facility:
  - 6-lane, 299,440-gallon pool with high & low diving boards
  - 6-lane 102,660-gallon pool for swim lessons & open rec
- 2 Multi-Purpose Exercise Studios
- 2 Multi-Activity Gyms
- 6 Racquetball Courts
- Lockers Rooms

Aggie Legacy Fields

Originally Opened in 2012
Primarily used for Intramurals, Club Sports & Open Recreation

Features:
- Rugby Standards & Field Markings
- Soccer Standards & Field Markings
- Lacrosse Standards & Field Markings
- Field Markings for:
  - Intramural Flag Football
  - Intramural Soccer
  - Intramural Softball
- Sand Volleyball nearby
- Anchors for slacklines

Aggie Rec Center

Originally Opened in 2015
Funded by students for Students!

Features:
- 3 Hardwood courts for volleyball/basketball
- 3 Lane Indoor Track
- Multi-Activity Court for open rec
- 4,600 Sq. Ft. Fitness Center
- Cycling Studio
- Outdoor Programs Rental Shop
- 3-Story Climbing Wall
- Bouldering Wall
- 4 Group Fitness Studios
- Student Locker Rooms
- 2 Outdoor Basketball Courts
Learn To Swim
We offer swim lessons to all ages and all abilities; group and private lessons available

Health & Safety Courses
Certifications for Lifeguard, Lifeguard Instructor, Water Safety Instructor, CPR/AED/First Aid, Mental Health First Aid & Babysitter Training

Special Events
Halloween @ the Hyper
Lazy man Triathlon
Dunk ‘n Dive (a March Madness Event)

Pool Hours
Open Swim Hours:
M/W: 7:15-9:15am, Fri: 5-9pm, Sat: 12 – 3 pm
Lap Swim Hours:
M-F: 5:30-8am, 11am – 2pm, & 5-7pm; Sat: 9am – 12pm
Free access for Students!
FITNESS PROGRAMS

Providing students a fun yet rigorous exercise program that is social and dynamic.
**Fitness Programs**

- **Group Fitness**
  Fun classes taught by nationally certified instructors! 40+ classes offered per semester!

- **Strength & Conditioning**
  High-intensity strength training and aerobic conditioning classes! Designed to help you get stronger, learn proper technique and avoid injury!

- **Personal Training**
  Work with nationally certified Personal Trainers to reach your personal goals! One-on-one coaching or partner training available!

- **Wellness Program**
  Wellness is more than fitness; Campus Rec works with offices across campus to provide programs for your overall wellness

- **Nutrition Coaching**
  Meet with a Registered Dietitian for a one-on-one consultation to assess your dietary needs, answer your questions and create goals.

- **Special Events**
  Ride for Red, Fitness & Wellness Expo, Aggie Obstacle Race, Fitness Certifications and more!
INTRAMURAL SPORTS

“Play like a team, Win like a champion!”

Fall Sports: Flag Football, Soccer Sand Volleyball, 6v6 Volleyball, 3v3 Basketball, Futsal, FIFA (Xbox)

Spring Sports: 5v5 Basketball, Pickleball, Madden (Xbox), Futsal, Softball, Sand Volleyball

One Day Tournaments: Battleship, Bracket Challenge, Rocket League, Hot Shot Competition, Spike ball Super Smash Brothers (Nintendo Switch)
COMPETITIVE SPORTS

“One team, One goal, one mission to win!”

Club sports are supported by professional Campus Rec Staff, governed by national bodies but really find success through Student Leadership, interest and participation! Join us!

Baseball, Cycling, Esports, Figure Skating, Golf, Hockey, Jump Rope, Lacrosse, Powerlifting, Quidditch, Racquetball, Rodeo, Rugby, Soccer, Swim & Dive, Ultimate Frisbee, Water Polo and more …
OUTDOOR PROGRAMS
Helping students adventure and discover on public lands

Climbing Wall
Learn or sharpen your skills!
50ft tall roped wall
14ft tall bouldering wall
Open climbing hours
Climbing courses offered

Rental Shop
Rent everything you need to get outside
Camping gear, winter gear, climbing gear, water gear, watercraft and bikes
Students receive 35% discount on rentals

Challenge Course
Learning through group challenge!
Low ropes and high ropes challenges; you’ll learn new communication, leadership and team work skills
OUTDOOR PROGRAMS
Helping students adventure and discover on public lands

Trips
Explore Outside, learn new skills, make new friends!
Trips range from a few hours to a few days; mountains, deserts, rivers, snow and rock – there is something for everyone!

Courses
Stay Safe, get certified!
From assessing avalanche risk to swiftwater rescue to wilderness medicine find the course that meets your needs!
STUDENT EMPLOYMENT OPPORTUNITIES

Student staff (300+ undergraduate positions) includes training and supervising in facility and game management, teaching and educational sessions, program execution and evaluation, and risk management administration.

Facilities
Opportunities include: Facility Attendant, Service Desk Attendant, Student PR/Marketing, and Student Custodian.

Fitness & Wellness
Opportunities include: Group Fitness Instructor, Personal Trainer, Lifeguard, and Wellness Ambassador

Outdoor Programs
Opportunities include: Climbing Wall Attendant, Rental Shop Attendant, Challenge Course Facilitators and Trip Leaders

Competitive Sports
Opportunities include: Competitive Sports Supervisor, Intramural officials, Scorekeepers, Athletic Training Aids and Aggie Rec Camp Student Counselors

Some jobs may require specialized certifications and trainings!
Find all our jobs on Aggie Handshake