

CAMPUS RECREATION SERVICES

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Towson University offers countless ways to stay in shape and have fun. Towson University students have free access to all Campus Recreation facilities, including the newly renovated fitness center, gymnasiums, pool, Outdoor Adventure Center and turf fields. Campus Rec programs (Aquatics, Fitness, Intramurals, Outdoor Adventures and Sport Clubs) offer a great way to stay active, learn new skills and meet new people.

Aquatics and Safety

Campus Recreation is home to a 25-yard, eight-lane pool. Students can take a few laps during open swim hours or learn how to swim during private or group swim lessons. Campus Rec also offers a variety of American Red Cross safety courses, including CPR/AED with First Aid and lifeguarding certification courses. Learn more about aquatics (<https://www.towson.edu/studentlife/activities/recreation/campusrec/aquatics>) and safety (<https://www.towson.edu/studentlife/activities/recreation/campusrec/safety>) at Towson University.

Competitive Sports

Towson University students participate in a variety of sport activities offered through Campus Recreation's Sport Clubs and Intramural Sports (<http://www.towson.edu/studentlife/activities/recreation/campusrec/sports>) programs. With many sport teams available at varying levels of competition, there's something for all sports-loving students and for those who just want to have some fun being active with friends.

Fitness

In addition to a facility full of state-of-the-art exercise equipment, the Campus Recreation Fitness (<https://www.towson.edu/studentlife/activities/recreation/campusrec/fitness>) program offers many services that support the university's pursuit of a healthy, active lifestyle. Campus Rec provides group fitness classes, equipment orientations, fitness testing and personal training services.

Outdoor Adventures

Outdoor Adventures provides educational, inspiring and exciting opportunities for students to enjoy the great outdoors. Students can venture outdoors on a backpacking, climbing or kayaking trip or stay indoors and take advantage of the 33-foot climbing wall located in the new Outdoor Adventure Trip and Education Center.