

# CAMPUS RECREATION

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Campus Recreation facilities and programs offer a great way to stay active, learn new skills and meet new people. TU students have free access to all Campus Recreation facilities, including the three-story fitness center, gymnasiums, pool, Outdoor Adventure Center and turf fields. Our mission is to create opportunities that foster engagement and wellbeing for the TU community through diverse programs, services, facilities and employment.

Campus Rec is comprised of several program areas, including Aquatics and Safety, Fitness, Intramural Sports, Outdoor Adventures and Sport Clubs.

## Aquatics and Safety

Campus Recreation is home to a 25-yard, eight-lane pool. Students can swim a few laps during open swim hours or learn how to kayak or stand up paddleboard at one of our clinics. 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 and safety at TU.

## Competitive Sports

TU students participate in a variety of sport activities offered through Campus Recreation's Sport Clubs and Intramural 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 with friends.

## Fitness

In addition to a facility full of state-of-the-art exercise equipment, the Campus Recreation Fitness program provides many services that support TU's pursuit of a healthy, active lifestyle. Campus Rec offers group fitness classes, equipment orientations, a recovery zone, fitness assessments and personal training services.

## Outdoor Adventures

Outdoor Adventures allows students to explore opportunities that are educational, inspiring and fun. Students can venture outdoors on a backpacking, climbing or kayaking trip, or stay indoors and try the 33-foot climbing wall located in the Outdoor Adventure Center.

To stay up-to-date with all things Campus Recreation, like us on Facebook, and follow us on Twitter and Instagram.