Towson University offers countless ways to get involved and have fun. TU 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 and Safety, Fitness, Intramural Sports, 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 swim 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 and safety (https://www.towson.edu/studentlife/activities/recreation/campusrec/safety) at TU.

**Competitive Sports**

TU 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 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 provides many services that support TU's pursuit of a healthy, active lifestyle. Campus Rec offers group fitness classes, equipment orientations, 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.