Campus Recreation and Intramurals

Campus Recreation & Intramurals, an integral and active service of the diverse university community, supports and strengthens the mission of Georgia Southern University and the Division of Student Affairs and Enrollment Management by fostering a culture of engagement that is dedicated to nurturing the whole student through wellness. As a department, our purpose is to provide growth opportunities and educational experiences which will enhance the quality of life and maximize the learning potential of each student. Through the provision of high quality, safe, and enriching programs and facilities in Fitness, Aquatics, Southern Adventures, Intramural Sports, Club Sports, Golf, and Wellness; we strive to promote and develop healthy lifestyle choices that will contribute positively to the overall wellness of the students, faculty, and staff at Georgia Southern.

M.C. Anderson Recreational Park - 2687 Akins Boulevard

Recreation Activity Center (RAC):

• Free Weight, Machine Weight, Cardio, Group Exercise, Mind/Body, and Spinning rooms
• Wellness Center including massage therapy room and a fitness assessment lab
• 8 Multiuse courts (basketball, volleyball, indoor soccer)
• 3 Racquetball courts
• 3 Multipurpose rooms for dance and martial arts
• Southern Adventures Center
• 45-foot climbing wall and bouldering cave
• Aquatics Center complete with 25yd x 25m lap pool, whirlpool, sauna, 1m and 3m diving boards, and locker room facilities

Outdoor venues:

• Outside leisure pool and whirlpool
• Sand volleyball courts
• Band shell
• Multiplex and Club Sports fields (softball, soccer, flag football, lacrosse, and rugby)
• Pavilion that can accommodate a variety of events
• Challenge Course featuring low, high, and static elements

Georga Southern University Golf Course at University Park - 1031 Golf Club Road

• 18-hole golf course on 167 acres
• 30-station driving range
• Practice greens for chipping and putting
• 8,000 square foot clubhouse

Shooting Sports Education Center

• 30,000 square foot indoor archery center and firing range
• 20 acre outdoor archery park

CRI is comprised of nine recreational areas: Aquatics, Club Sports, Fitness, Informal Recreation, Intramural Sports, Southern Adventures, Golf, a Shooting Sports Education Center, and a University Wellness Program.

• The Aquatics Center provides the campus and surrounding community with a variety of recreational and educational programs designed to promote fun and safety on the water. We offer open swimming, diving, aqua aerobics, swim lessons, and lifesaving classes certified through the American Red Cross. Our facilities includes an indoor pool that is handicap accessible, 1m and 3m diving boards, an outdoor leisure pool with basketball goals and a volleyball net, two whirlpools, a dry sauna, and a locker room with showers.

• Club Sports are unique student organizations in which the overall functions of the organization are student operated. Club Sports offer a way of finding others who share similar recreational interests, and may be organized for instructional, recreational and/or competitive purposes. Current organized clubs include Aikido, Archery, Baseball, Bass Fishing, Bowling, Cheer, Climbing, Cycling, Equestrian, Fencing, Cross Country, Lacrosse, Mixed Martial Arts, Rugby, Scuba, Soccer, Softball, Southern Explosion (dance), Swimming, Table Tennis, Tennis, Tae-Kwon-Do, Ultimate Frisbee, Volleyball, and Wrestling.

• The Fitness Program promotes health and wellness in many ways. Group fitness includes Yoga, Pilates, resistance, and traditional aerobic classes that help participants improve their cardiorespiratory fitness while also building strength and endurance. Personal training and fitness assessments are available to assist in evaluating fitness levels and providing guidance to reach or maintain fitness and wellness goals, while lifestyle and weight management workshops provide education and support for creating a personal health strategy. Massage therapy is also available to aid in relaxation and stress relief.

• The Georgia Southern University Golf Course at University Park provides an 18-hole championship golf course and comprehensive practice facility that is open to students, faculty, staff, and the community. Programs and clinics are scheduled throughout the year to help introduce the fundamentals and build the skills necessary to enjoy a lifetime of golf. For those seeking to take their game to the next level, instruction by 2 PGA professionals is available.

• Informal Recreation allows participants to engage in a variety of unstructured recreational activities such as basketball, volleyball, racquetball, walking, or jogging. To support this mission, CRI also offers an equipment-lending program at no additional charge. Items available for checkout include: hand wraps, boxing gloves, racquetballs, racquets, basketballs, and heart rate monitors.

• Intramural Sports provide students, faculty, and staff the opportunity for competition and fun in a variety of team and individual sports activities. Divisions are available for men, women, and co-rec teams in a range of skill and competition levels. Participants can compete in flag football, dodge ball, basketball, indoor/outdoor soccer, swimming, softball, golf, tennis, ultimate frisbee, bowling, volleyball, and sand volleyball.

• Southern Adventures is the university community’s resource for adventure programming. Southern Adventures provides guided backpacking, sea kayaking, canoeing, and cycling trips that range from weekend outings around the southeast, to extended travel around the globe. Their equipment rental center also provides all the gear necessary for embarking on your own adventures. The challenge course is designed to provide exciting, experiential opportunities that focus on leadership, communication, self-awareness, and interpersonal skills. A 45-foot climbing wall and bouldering cave allow participants to experience the thrill of rock climbing indoors. Instructional clinics are offered throughout the year to learn kayaking, belaying, navigating, and other hard skills necessary to confidently and safely enjoy outdoor recreation.

• The Shooting Sports Education Center seeks to assist students, faculty, staff, and the general public in developing the knowledge, skills, and appreciation necessary to be a responsible hunter, archer, or shooting sports enthusiast. A trained and certified staff provides instruction in the classroom and on the range to promote both competency and safe archery and firearms handling. The 30,000 square foot center is composed of a firing range and indoor archery center, as well as a 20-acre outdoor archery park with covered shooting lines.
• The University Wellness Program is focused upon enhancing staff, faculty, and student wellness. It is a combination of existing, new, and collaborative programming that addresses the seven dimensions of wellness: emotional, environmental, intellectual, occupational, physical, social, and spiritual. Numerous wellness opportunities are offered throughout the year, with Wellness Week being the major event.

Participation in CRI programs is completely voluntary. It is strongly recommended that all participants consult a physician and/or have a physical exam prior to participation. Participants are also urged to secure adequate personal medical coverage. Additional CRI program information can be found on our website at http://recreation.georgiasouthern.edu.