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 by fostering a culture of engagement that is dedicated to nurturing the whole student through wellness. As a department, our purpose is to inspire self-discovery through sport, fitness, wellness and adventure. Through the provision of high-quality, safe and enriching programs and facilities in Fitness, Aquatics, Southern Adventures, Intramural Sports, Club Sports, Golf, Shooting Sports Education and Wellness, we strive to promote and develop healthy life-style choices that will contribute positively to the overall well-being of the students, faculty and staff at Georgia Southern.

Statesboro Campus

Anderson Recreational Park
2687 Bunny Akins Boulevard, Statesboro, GA 30458
Recreation Activity Center (RAC):

• Free Weight, Machine Weight, Cardio, Group Exercise, Mind/Body and Spinning rooms
• Wellness Center including 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

Georgia Southern University Golf Course at University Park
1031 Golf Club Road, Statesboro, GA 30458

• 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
3271 Old Register Road, Statesboro, GA 30458

• 30,000 square foot indoor archery center and firing range
• 16 lane, 25 meter firing range
• 16 lane, 25 meter archery center
• Storage facility for firearms and bows

• Training/seminar rooms
• 20 acre outdoor archery park

Armstrong Campus

Student Recreation Center
11935 Abercorn Street, Savannah, GA 31419

• 3,200 square foot multipurpose room for fitness classes and special events
• 2 athletic courts for basketball, volleyball and indoor soccer, as well as a cross-conditioning space
• 6,000 square foot fitness center, which includes: Woodway treadmills, elliptical machines, stationary bikes, recumbent bikes, motion trainers, rowing machines, heavy lifting power racks, a full complement of free weights and more

Recreation Fields

• 2 flag football fields
• Soccerfields

Tennis Complex

• 12 lighted tennis courts


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 include 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. We have clubs such as archery, baseball, disc golf, equestrian, firearms, fishing, lacrosse, tennis, track and field, ultimate frisbee and more. For a full listing, visit our Club Sport website (recreation.georgiasouthern.edu/club-sports)

The Fitness programs promote health and wellness in many ways. Group fitness includes Yoga, Pilates, resistance training 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.

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, personal instruction with one of our PGA professionals is available. Visit our pro
shop in the clubhouse for unique attire, golf equipment, golf club repair/ regripping, club sizing and more. To learn more or schedule a tee time, visit GSGolfCourse.com or call 912-GSU-GOLF.

**Informal Recreation** allows participants to engage in a variety of unstructured recreation 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 and basketballs.

**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, 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 climbing trips that range from day trips to week long outings around the southeast. 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. 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 facility is open to the public and equipped to serve a variety of shooting sports interests through the 16 lane, 25 meter firing range, 16 lane, 25 meter archery center and two training/seminar rooms.

**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 GeorgiaSouthern.edu/cri (http://recreation.georgiasouthern.edu).