

Recreational Sports

The University's Department of Recreational Sports provides students with unique recreation programs, services, and facilities that support and encourage the development of a healthy lifestyle. The programs and services include the following:

- Aquatics (<http://www.recsports.msstate.edu/programs-and-activities/aquatics>)
- Fitness & Group Exercise (<http://www.recsports.msstate.edu/programs-and-activities/fitness>)
- Golf (<http://www.golf.msstate.edu>)
- Intramural Sports (<http://www.recsports.msstate.edu/programs-and-activities/intramurals>)
- Outdoor Adventures (<http://www.recsports.msstate.edu/programs-and-activities/outdoor-adventures>)
- Spirit Groups (<http://www.spiritgroups.msstate.edu>)
- Sports Clubs (<http://www.recsports.msstate.edu/programs-and-activities/sportsclubs>)

The University's major student recreational facilities include the following:

- Sanderson Center (<http://www.recsports.msstate.edu/facilities/sanderson-center>)
- RecPlex (<http://www.recsports.msstate.edu/facilities/recplex>)
- Chadwick Lake (<http://www.recsports.msstate.edu/facilities/chadwick-lake>)
- Sawyer Tennis Courts (<http://www.recsports.msstate.edu/facilities/sawyer-tennis-courts>)
- Disc Golf Course (<http://www.recsports.msstate.edu/facilities/disc-golf-course>)
- MSU Golf Course (<http://golf.msstate.edu>)

For more information, go to the University's website for Recreational Sports (<http://www.recsports.msstate.edu>).