

# Recreational Sports

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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/>).