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).