Recreational Sports at Sam Houston State University. Our mission is to provide a community of recreation programs and facilities which promote educational experiences and quality of life. To ensure that we have a strong, Recreational Sports consists of seven program areas: Aquatics, Recreation, Intramural sports, Outdoor Recreation, Special Events, and 8 recreational facilities. There's always something going on.

**Rec. Center Break Hours**
- Monday - Friday: 11AM - 6PM
- Saturday: CLOSED
- Sunday: CLOSED

**Pool Hours**
- Monday - Friday: 12PM - 6PM
- Saturday: 1PM - 6PM
- Sunday: 1PM - 6PM

**Climbing Wall Hours**
- Monday - Friday: 12PM - 6PM
- Saturday: CLOSED
- Sunday: CLOSED

**Facilities**
- Aquatic Facilities
- Health & Kinesiology Center (HKC)
- Intramural Fields
- McAdams Tennis Courts
- Outdoor Recreational Rental Building
- Pryor Field Complex
- Sand Volleyball Courts
- Student Recreation Center
- University Camp Floor Plans

**Events**
- **Beach Bash / RavenFest**
  - Sunday, August 24
  - HKCC Pool from 6:00pm - 11:00pm

- **Vertical Happy Hour at the Climbing Center**
  - Climb for FREE every Thursday from 6-8 pm.

- **Fight the Freshman 15**
  - Learn how to “kick butt” nutritionally on foods you love to eat! Presenter Tom Ryan is a member of Reebok Alliance Team and is a veteran triathlete who has competed in the Hawaiian Ironman.

**Departmental Focus**
The Informal Recreation is a self-directed program designed to provide the SHSU community with a wide range of recreational pursuits. It is the ideal alternative for those looking for a non-structured program.

[Image of NIRSA logo]