University of Missouri - St. Louis

Campus Recreation

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Campus Recreation Has a Mission

The mission of Campus Recreation is to contribute to and enrich the academic mission of the University by supporting the total development and well-being of all members of our diverse UMSL community. We enhance the quality of campus life by providing broad recreational, physical, social, and educational enrichment opportunities and experiences that promote and develop wellness and a sense of community at the University.

Intramurals

Intramurals provide the opportunity for enjoyable social, recreational, and competitive experiences in a wide variety of team and individual sports and special events. Men's, women's, and coed divisions are offered in both traditional and non-traditional sports. Special events include such fun activities as superstars competitions, Friday fun nights, team sports challenges, fun runs, skill contests, and our semesterly coed softball tournament and barbeque.

RecTreks

RecTreks are off-campus student outings sponsored by the Recreational Sports Department in partnership with the University Program Board and Office of Student Life. Our goal is to reach out to students and provide low-cost, fun, and relaxing off-campus adventures. We hope to enhance student life by providing rewarding opportunities to try new things, see new places, and meet new people.

Wellness Classes

We pride ourselves in knowing that we've done our best to provide you with every service you've come to expect of a facility like ours. Wellness is a state of mind, but also a state of body. Check out our Wellness Classes and Personalized Services to learn more!

University of Missouri - St. Louis
CAMPUS RECREATION
Something for Everyone!

Campus Recreation • 203 Mark Twain Bldg • One University Boulevard • St. Louis, MO 63121-4400 USA • (314) 516-5326