



KEENE STATE COLLEGE RECREATIONAL SPORTS

www.keene.edu/life/recsports/

The Recreational Sports program provides fitness and wellness activities for the development of healthy lifestyles for the entire Keene State College community. We support students by offering a broad range of fitness, wellness and sports activities that allow them to develop and maintain a healthy balance in their college lives.

The Recreational Sports program and Recreation Center offer positive alternative activities for KSC students to engage in during the academic year. Whether students prefer individual workouts, group fitness classes, intramural sports with competitive and non-competitive individual and team sports, or open recreation in the gym and pool, there is something for everyone!

The 46,000-square-foot Recreation Center includes:

Three courts in the recreation gymnasium for basketball, volleyball, indoor soccer, and other indoor sports; a three-lane walking/jogging track elevated around the recreation gymnasium; the two-level BodyWorks fitness center, with separate weight training & cardiovascular fitness areas; an aerobics fitness studio and two multipurpose rooms for additional exercise activity.

INTRAMURAL SPORTS - www.keene.edu/life/recsports/intramural-sports/

The Intramural Sports Program is one of the most popular programs on campus, with close to 1,000 participants each year. All events are open to full-time and part-time matriculated students. Students can visit the Intramural Sports webpage to find out how to register an account with IMLeagues.com in order to sign-up for intramural sports.

Fall

Flag Football League
Soccer League
Floor Hockey League
3-on-3 Basketball League
Pickleball League
Softball Tournament

Tennis Tournament
4 vs. 4 Indoor Volleyball League
Table Tennis Tournament
Dodgeball League
Billiards Tournament
Owl 5K Fun Run/Walk (special event)

Spring

Basketball League
Billiards Tournament
Table Tennis Tournament
Badminton League
Softball Tournament

Indoor Soccer League
Basketball Shooting Challenge
Volleyball League
Dodge Ball League
Tennis Tournament

GROUP FITNESS CLASSES - www.keene.edu/life/recsports/group-fitness-classes/

For a great fitness and cardio workout, try one of our many group fitness classes available at different times throughout the week. Classes are available early morning, at noon, early afternoon and evening to fit everyone's schedule and help you stay in shape! **Classes offered may include Cardio Sport, Cycling, Pound, Weight Training, Yoga, Zumba, and Hydrorobics (water aerobics).**

BODYWORKS FITNESS CENTER - www.keene.edu/life/recsports/bodyworks/

The mission of the fitness center, BodyWorks, is to help motivate everyone in the campus community to achieve and maintain a lifestyle of wellness – defined as a high level of physical, emotional, and intellectual health. The goals of BodyWorks are to help KSC students and facility members embrace the concept that regular physical activity improves physical health and vitality and enhances academic and workplace productivity. The fitness center includes the weight training area on the first level and the cardio fitness area on the third level. Equipment orientation & personal training services are available.

Personal trainers are Exercise Science students who will work with students and members on their fitness & exercise plans for \$50 per semester.

CLUB SPORTS - www.keene.edu/life/recsports/club-sports/

Students, who like a more organized team sport atmosphere, might want to join a club sport. Recreational Sports works closely with each sport club to ensure they abide by the policies involving travel, budgets, and responsible leadership and behavior. Approved clubs use the facilities of KSC and have College advisors and, in some cases, volunteer or paid coaches. Students organize and run all aspects of the sport clubs. Elected officers manage the clubs, handle finances, schedule games, make travel arrangements, and ensure that the clubs adhere to all of the Student Involvement Office's policies as well as those of Recreational Sports to make sure the clubs stay in good standing. Sport clubs currently receiving administrative support from Recreational Sports are ***Brazilian Jiu jitsu, Dance Team, Environmental Outing Club, Men's & Women's Ice Hockey, Men's & Women's Rugby, Men's Soccer, Ski/Snowboarding, Ultimate Frisbee & Yoga Club.***

OPEN RECREATION

Pool Hours – hours are available for lap & recreational swim for students and facility members.

Pick-up Basketball (recreation courts) – flexible times during the day, evenings & weekends.

Racquetball Court – equipment is available to check out for racquetball.

Tennis Courts – four lit courts are available to students on a first come, first serve basis.

Sand Volleyball Court – one court available behind the gym

Outdoor Basketball Courts – two, half-court basketball courts are located directly behind the gym.