



connect with us

A line-art illustration of an apple, a plate, a backpack, and a water bottle, positioned below the word "us" in the main heading.

Scan code for our website
gvsu.edu/rec/blog
gvsu.edu/rec/newsletter
gvsu.edu/rec/stories



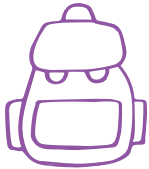
@gvsurecwell
@gvsuclubsports



OUTDOOR ADVENTURES

gvsu.edu/rec/outdoors

- Bike maintenance area
- Climbing Center
- Educational workshops
- Outdoor equipment rentals
- Wilderness medicine
- Trips



STUDENT DEVELOPMENT

gvsu.edu/rec/employment

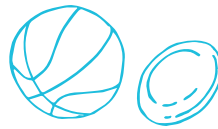
- 130+ student staff
- Conferences, workshops, and training
- Employment and internships
- Leadership and teamwork
- Mentorships and fieldwork
- Professional and career development
- Training and certifications

EVENTS & PARTNERSHIPS

gvsu.edu/rec/events

gvsu.edu/rec/sponsor

- Climbing Competitions
- Exam Cram
- Exercise is Medicine Walk
- Family Weekend 5K
- Glow Events
- Love Your Body Week
- Outreach Education
- RecFest
- Wellness Fair
- Sex Ed Week



INTRAMURAL SPORTS

gvsu.edu/rec/imports

- 3,000+ participants annually
- Year-round league offerings and sports var by semester
- Corec, men's, women's, or opencompetition
- Virtual offerings

ESPORTS

gvsu.edu/rec/esports

- 25 Gaming stations with everything provided
- Pre-downloaded games such as: Hearthstone, League of Legends, Minecraft, Overwatch
- Rocket League, and more
- Connect & compete with other passionate students

CLUB SPORTS

gvsu.edu/clubsports

[@gvsuclubsports](https://twitter.com/gvsuclubsports)

- 1,700+ athletes annually
- 50+ competitive and recreational club sports
- One of the largest programs in the country
- University-recognized student organizations
- Compete regionally and nationally
- Cost and time commitment varies by sport

ADAPTIVE & INCLUSIVE REC

gvsu.edu/rec/inclusive

- Special Olympic athletes and GVSU students, faculty, and staff playing
- Unified Sports
- Day events and leagues offered
- Builds friendship and social inclusion



FITNESS

gvsu.edu/rec/fitness

- Adult Swim Lessons
- CPR & First Aid
- Group Exercise
- Personal Training
- Small Group Training
- UFit
- Virtual Offerings

STUDENT WELLNESS

gvsu.edu/studentwellness

- Health Promotion
- Injury Care Clinic
- Nutrition and general wellness education
- WIT Peer Education presentations, Ask WIT mobile cart and online form
- Sexual health services including blog series, free condoms, and STI testing
- Free Wellness Coaching for students
- Virtual offerings

ATHLETIC & REC FACILITIES

gvsu.edu/recfacilities

- Fieldhouse Arena
- Kelly Family Sports Center
- Outdoor Courts & Fields
- Pool
- Recreation Center