

CAMPUS RECREATION

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The Department of Campus Recreation's purpose is to enhance campus and community life by providing excellent service, experiences, and education that encourages holistic well-being. We do this by providing a variety of facilities, events, and programs that appeal to diverse interests and abilities. We offer group and individual fitness programs, competitive sports leagues and events, social and competitive sport clubs, adventure trips and experiences, wellness education, and more.

Campus Recreation oversees the operation of the Student Recreation Center, Challenge Course, Alumni Pool, and Intramural Field Complex. The Student Recreation Center includes:

- Full line of weight and fitness equipment
- Locker Rooms with Saunas
- Climbing / Bouldering Wall
- Esports Lounge with Full Swing Golf Simulator
- 4 Group Exercise Rooms
- 4 Multipurpose gymnasiums
- Indoor Track
- Indoor Aquatic Center
- Hydro Massage

Fitness Program

The Fitness Program offers a variety of group fitness classes each week and are taught by trained, motivated and friendly instructors. All fitness levels are welcome. Examples of group fitness classes are yoga, Pilates, cycling, Zumba, and much more. For those who need a more personal touch, we offer very affordable personal training by certified personal trainers. Personal training is a great way to attain one-on-one instruction incorporating exercise plans, goal-setting and health education.

Adventure Programs

Adventure Programs offers a wide variety of trips and workshops each semester. Previous trips have included: hiking and camping, backpacking, kayaking/canoeing, spelunking, white water rafting, climbing, canyoneering. The climbing and bouldering walls are an exciting and engaging alternative to traditional exercise. In addition, Adventure Programs provides an extensive amount of outdoor equipment so you may embark on your own adventures. Examples of outdoor rental equipment are tents, mountain bikes, kayaks, cook stoves, canoes and much more.

Competitive Sports

Competitive Sports have been a campus tradition at ECU for over 50 years. Students play with their friends or organizations and compete against fellow Eastern students. Examples of activities offered are flag-football, soccer, volleyball, corn hole, dodge ball, golf, basketball, and much, much more. There are also numerous individual and dual events. For the more competitive athlete, we also supervise student lead Sport

Clubs. Clubs compete on a regional and national level against other universities and colleges.

Health Promotion

Health Promotion is a peer education program geared towards empowering students with knowledge and facts concerning health issues. Health Promotion presents information on alcohol, obesity, sex, drug abuse, eating disorders, tobacco, and much more. The aim is not to enforce ideas but to assist students in making better informed decisions by providing students with the proper tools, knowledge, and self-worth.

Employment

EKU Campus Recreation is one of the largest student employers on campus. We have a variety of opportunities to join our dedicated and friendly staff! All open positions will be posted on careers.eku.edu (<https://careers.eku.edu>). Here are some entry level positions we employ, and most have opportunities for advancement:

- Facility Attendant
- eSports Attendant
- Climbing Wall Attendant
- Customer Service Desk
- Marketing Assistant
- Intramural Official
- Peer Educator
- Youth Program Assistant / Camp Counselor
- Lifeguard
- Fitness Instructor