

CAMPUS RECREATION

Wellness Center
(308) 865-8849
www.unk.edu/campusrec (<http://www.unk.edu/campusrec/>)

University of Nebraska at Kearney Campus Recreation is here to ensure that all students have an opportunity to maintain physical fitness, socialize, de-stress and have fun. There are informal recreational opportunities to workout at the Wellness Center on our wide selection of cardio machines, lift weights or play basketball/volleyball/racquetball/ etc. individually or with friends. The climbing wall is another great option for a unique and fun form of exercise. All patrons must present their UNK ID card to verify eligibility.

Additionally, the popular intramural program allows students to play a wide variety of competitive organized events. Some of the many events that are offered include: flag football, volleyball, basketball, soccer, softball, broomball and many others. Check the annual schedule for a full list of events. The health and social benefits of participating in intramural programs will enhance the university experience of all participants.