



**BERRY  
COLLEGE**



# CAMPUS RECREATION



## OUR MISSION

The Department of Recreation — within the Division of Student Affairs — serves the mission of Berry College by providing opportunities that promote student development and meet the recreational needs of the Berry Community.

Through recreational programs, we strive for participants to experience an increased sense of community, facilitate opportunities to prioritize leisure pursuits, provide opportunities to meet others with similar interest, and provide avenues to maintain or improve one's personal health and wellbeing.



[berry.edu/berryrecreation](http://berry.edu/berryrecreation)



## FITNESS

Operating out of the Steven J. Cage Athletic and Recreation Center, students have access to a well-equipped fitness facility with a variety of weekly group fitness classes (e.g. yoga, Zumba, Barre, cycling). Our certified personal trainers are available for equipment orientations, fitness assessments, periodized programs and personalized training. Want to train with a few of your friends? We also offer small group training throughout the academic year. For hours of operation, visit [berry.edu/cage](http://berry.edu/cage)



## NUTRITION

We have a nutrition specialist available to provide individual coaching to educate and help students make positive dietary changes for improved health and performance. The coaching sessions include personalized goal setting, evidence-based education and sample dietary plans approved by a registered dietitian.





## INTRAMURAL SPORTS

The Intramural Sports Program offers recreational sports organized within the institution, competed only within the Berry Community. This program provides students, faculty and staff the opportunity for competition and fun in a variety of 15+ team and individual sports activities throughout the year. Divisions are offered for women, men and co-recreational play for participants of different interests and skill levels.



▶ Want to plan your own adventure? We have the gear you need through our **gear checkout program**. Our outdoor trip leaders can also help you plan your next trip.



## OUTDOOR RECREATION

From hiking to hammocking to camping to disc golf, the campus is a vast space for exploration. The Outdoor Recreation Program offers on-campus programs and off-campus trips such as paddling, climbing and backpacking to encourage students to find adventure, to appreciate nature, to learn a new skills and to recharge.



## B.O.L.D.

The Berry Outdoor Leadership Development Program (BOLD) provides experiential learning, team building and adventure-based programming for college and community groups. The BOLD program uses a high and low ropes challenge course and Berry's expansive campus to facilitate dynamic group development experiences. In addition, BOLD hosts open programs where anyone in the Berry community can come to climb, swing or zip around the course.





## AQUATICS

The Berry College Natatorium, located within the Steven J. Cage Athletic and Recreation Center, is an eight-lane, 25-yard facility ranging from a 4-foot depth at the shallow end to 12 feet, 6 inches of water. The pool is utilized as a competitive and recreational facility that also has two 1-meter duraflex springboards as well as stair and handicap lift access. As a recreational facility, the pool is open to students, faculty and staff and their families. For hours of operation, visit [berry.edu/cage](http://berry.edu/cage).



## STUDENT EMPLOYMENT

The Department of Recreation is one of the largest student employers on campus offering a variety of positions that emphasize student development, transferrable skills and serving the campus community. The position areas include health and fitness, recreation, leadership, and administration, all with opportunities for progressive growth and credentials pathways.

▶ The Department of Recreation employs **more than 100 students** per semester.





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Department of Recreation

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