



Sam Houston
State University

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Register Here
Go to RSConnect

Your online connection to Rec Sports programs, and services.

[Fall '17 Program Guide](#)

[Today's Hours](#)



[Try Handball!](#)

This combination of ultimate Frisbee, basketball, and hockey is a sport for anybody! Test your abilities in this single elimination tournament at the end of the semester. Register online or on-site for this one-night tournament.

A graphic of a barbell with weights, used as a background for the challenge text.

**#ACTIVE
BEARKAT
CHALLENGE**

Are you an #ActiveBearkat?


Any time you swipe your BearkatOne Card in to a Rec Sports Activity, you are eligible to win! The most Active Bearkats will be recognized weekly, and all entered to win prizes throughout the semester.

The logo features the word "lead" in a white script font, followed by a white stick figure climbing a dashed line. Below this, the word "CLIMBING" is written in large, bold, green block letters. At the bottom, "OUTDOOR RECREATION CLINIC" is written in white block letters on a blue background.

lead
CLIMBING
OUTDOOR RECREATION CLINIC

Advance your climbing skills to the next level with sport climbing.

Learn proper techniques, safety, as well as equipment care and maintenance. Must be Top Rope Belay Certified and be able to climb a 5.9 cleanly. Join us on Tues., Nov. 14 from 5-8 p.m.

A group of people are performing a yoga pose (Urdhva Dhanurasana or Upward Bow) outdoors in a wooded area. They are all wearing light blue t-shirts and have their arms raised towards the trees. The text "PINEY WOODS YOGA" is overlaid in large white letters.

PINEY
WOODS
YOGA

Relax in our new Courtyard...

Bring a mat or towel and join Rec Sports in the courtyard of the new Piney Woods Hall for an evening of

yoga and relaxation. Held the first Tuesday of every month, classes are free for everyone. In case of rain, check back for an alternate location.

Top Rope BELAY

OUTDOOR RECREATION CLINIC

Get your Belay On!

Learn the basics of top rope belaying and climbing wall safety. Held every Wednesday.

ATTENTION

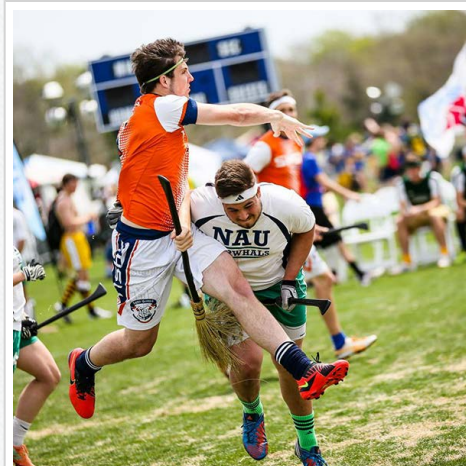
The pool heaters are on! The pool is now being kept at a toasty 80 degrees. Stop by the pool for a quick swim!



[Fitness](#)



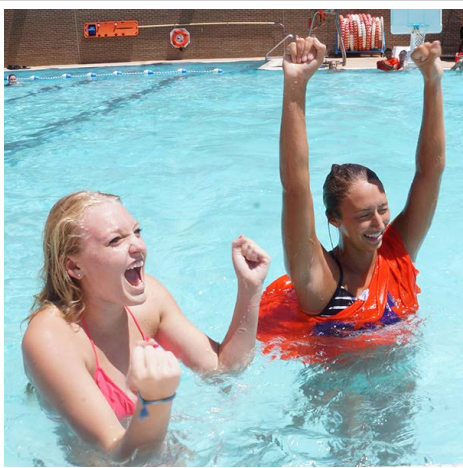
[Intramural Sports](#)



[Club Sports](#)



[Facilities](#)



[Aquatics and Safety](#)



[Outdoor Recreation](#)

Upcoming Events



Contact Rec Sports

936.294.1985 | recsports@shsu.edu

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[Download a map of the Rec Sports Facility](#)

[Fitness Classes](#) | [Intramural Sports](#) | [Facility Availability Calendar](#) | [Reservation Form](#)

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