



Staying Active

UL Rec Sports takes pride in encouraging students to stay active. It is important to us that they try to include exercise in their everyday activities. We strive to promote a healthy lifestyle for teachers, students, and other staff of the university.



Bourgeois Hall

Welcome to UL Rec Sports, we are here to support you in all of your fitness and wellness pursuits. We have five wide ranging program areas for you to explore and enjoy. You will find a number of ways to get and stay active from pick-up basketball to Group X as well as ways to relax and unwind by getting mindful through yoga or getting some "you" time by the pool.

We are Rec Sports. And we are here for You.

Intramurals

Intramurals offers over 10 different sports leagues and tournaments for students to compete in recreationally or in a more advanced, competitive environment.

Open Recreation

Open recreation allows students to participate in any number of activities and games on a drop-in basis any time that Bourgeois Hall, the Student Aquatics Center, or our fields are open.

Swimming

The Student Aquatics Center features state-of-the-art equipment that allows students to either exercise in the lap pool or lounge around the leisure pool for a relaxed evening.

Club Sports

Club sports provide a way for students to organize their own teams and compete against other universities and clubs in Louisiana and across the nation.

Group X

These weekly classes give students the opportunity to get fit together in a fun and inviting group setting with classes taught by certified instructors.

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Personal Training



Your time is now

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@Louisiana Newsletter

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