

Hours of operation

FOSTER RECREATION CENTER

Mon - Thu | 6:00am - 10:00pm

Fri | 6:00am to 7:00pm

Sat - Sun | 11:00am to 7:00pm

AQUATICS CENTER

Mon - Thu | 7:00am to 9:00am | 11:00am to 9:30pm

Fri | 7:00am 9:00am | 11:00am to 6:30pm

Sat - Sun | 11:00am to 6:30pm

OA RESOURCE DESK

CLIMBING WALL

Mon - Thu | 3:00pm to 8:30pm

Mon - Thu | 3:00pm to 8:30pm

Fri - Sat | 3:00pm to 6:30pm

Fri - Sat | 3:00pm to 6:30pm

**Summer hours differ.

Contact Information

417.836.5334 | campusrecreation@missouristate.edu

<https://www.missouristate.edu/recreation>

Who We Are

Campus Recreation is a **COMMUNITY** dedicated to providing **OPPORTUNITIES** for recreation and wellness that develop **HEALTHY** and **ENGAGED** citizens.



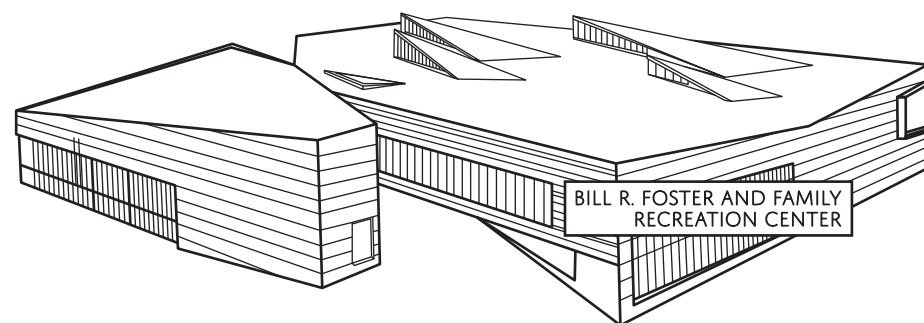
Facebook: MSU Campus Recreation
Twitter: @_MSUCampusRec
Youtube: Missouri State University Campus Recreation
Instagram: MSUCampusRecreation

STUDENT GUIDE

Missouri State
UNIVERSITY



CAMPUS
RECREATION



BILL R. FOSTER AND FAMILY
RECREATION CENTER

FITNESS: Facility features include cardio and free weight floors, drop-in group fitness classes known as BearFit, and personal training.

AQUATICS: Opportunities for lap swimming, informal exercise, American Red Cross CPR/First Aid and Lifeguard Certifications.

RECREATIONAL SPORTS: Students are eligible to participate in Rec Sports with a \$20 semester membership.

OUTDOOR ADVENTURES: Rent outdoor equipment, go on an adventure trip, or utilize our climbing wall.

Memberships and Services

Current students assessed the full student service fee are members of the FRC. Current students not assessed the full Springfield campus student service fee will owe additional fees toward the membership on their first visit. Fees are based on seated and online credit hours taken in the semester.

You may purchase memberships, locker rentals, personal training sessions, BearFit passes, American Red Cross certifications, and register for Rec Sports at the Welcome Desk or go to <https://recportal.missouristate.edu>

To learn more about Campus Recreation, visit our website.

Locker Rental and Towel Service

Lockers may be rented with an active membership at the Welcome Desk and Towel Service is included.

FALL, SPRING, & SUMMER: Full - \$30 | Half - \$24

ACADEMIC YEAR (FALL & SPRING): Full \$54 | Half - \$42

ANNUAL: Full - \$72 | Half - \$60

Renting the FRC

Students may reserve a studio or the multi-activity court up to 1 day in advance for free. Visit <https://recportal.missouristate.edu/booking> to reserve a space.

Student organizations may rent areas of the FRC for events and gatherings. If interested, please contact us at campusrecreation@missouristate.edu or by calling 417.836.5334. Reservation forms are available online.

Special Events

REC AFTER DARK: (August) A full night at the rec center to close out Welcome Week with glow climbing, mini golf, glow BearFit, and more!

INSPIRE THE ROAR 5K: (September) Open to the Springfield community and MSU affiliates to run our beautiful campus.

Features

RECREATIONAL POOL with warm water, lap lanes, underwater seating with hydrotherapy jets, and **WATER-CURRENT CHANNEL**

SPA in the aquatic center: seats 12 to 14

SAUNA

OUTDOOR PATIO open seasonally

INDOOR JOGGING TRACK (6.5 laps = 1 mile)

FITNESS CENTER with cardiovascular and strength training equipment

Top-rope and **BOULDER CLIMBING**

BASKETBALL/VOLLEYBALL courts

MULTI-ACTIVITY COURT to play sports such as badminton, indoor soccer, and dodgeball

STUDIOS for dancing and fitness classes

Men's, women's, and universal **LOCKER ROOMS**

Several "green" features: **PURSUING SILVER LEED** (Leadership in Energy and Environmental Design) certification for building

Download the App!



APPLE



ANDROID