The offerings at the Oberlin College Recreation Center have become an integral part of many of the 2,800 students’ daily lives. They believe that open recreational opportunities, physical education and EXCO classes, intramural and club sport programs all provide needed exercise and stress reduction as well as the opportunity to interact with others.

Use of the Rec Center (a.k.a. Philips PE Center), open 94 hours weekly, is free to students, employees, and alumni. www.goyeo.com. Check it out!

Activities from Aerobics to Zumba are available as Physical Education classes, EXCO or OCRC classes, or general recreation. Recently sponsored EXCO courses have included: Aikido, Competitive Badminton, Break and Morris Dancing, Fencing, Tumbling, Circus Arts, and Swing Dance.

The Rec Center also offers classes taught by outside instructors in Aerobics, Deep Water Aerobics, Jazzercise, Karate, Self-Defense for Women, and Yoga.

Students have the opportunity to teach in the Children’s Gymnastics, Homeschoolers’ PE, and multiple Learn to Swim Programs.

Opened in September 2003, the 25 foot tall NICROS designed climbing wall and bouldering cave is located in the North Lobby. Student climbing wall supervisors oversee instruction and open hours. It’s definitely worth looking into!!

Varsity Sports

Oberlin College is an NCAA Division III institution. We are home to 22 varsity sports with approximately 350 student-athletes each year. In the fall, we sponsor football, men’s and women’s soccer, men’s and women’s cross country, field hockey and volleyball. During the winter, you can take in men’s and women’s basketball, men’s and women’s indoor track and field, as well as men’s and women’s swimming and diving. During the spring, you can watch baseball, softball, men’s and women’s lacrosse, men’s and women’s outdoor track and field, men’s and women’s tennis, and men’s golf.

Oberlin College participates in the North Coast Athletic Conference (NCAC). Athletic rivals include Kenyon College, The College of Wooster, Allegheny College and Denison University. Teams travel throughout the state and region for intercollegiate competition.

In recent years, Oberlin College has consistently sent individuals to Division III Nationals in cross country, track and field and women’s tennis. Every year, our teams are recognized as ‘Academic All-Americans’ based on team grade point averages.

If you would like to find out more about Oberlin College Athletics, please to www.goyeo.com and contact the head coach.

Fitness & Recreational Sport Programs

The Intramural (IM) Program offers varied seasonal activities throughout the academic year. Most sports offered are Co-ed. To facilitate participation, IM activities are not offered during class times. Most games and tournaments are held in the late afternoons or early evenings and on the weekends.

During the first half of the Fall Semester, look for: Bowling, Soccer, and Ultimate Frisbee leagues or one-day events in Softball and Outdoor Volleyball. After October break, IM action heads indoors for 4 on 4 Basketball, Indoor Soccer, and one day Billiards, Bowling, and Volleyball contests.

Win part of your Thanksgiving dinner at the 5K Turkey Trot in mid-November.

Spring Semester starts indoors with 4 on 4 Basketball, Racquetball, Squash, and Table Tennis Leagues. After
March break, Softball and Soccer seasons begin and tournaments in Racquetball, Squash, and Table Tennis occur.

Other possibilities, if interest is shown, include Badminton, Kickball, and Walleyball. Suggestions for additions are always welcome.

To sign up for leagues and tournaments, individuals may pick up entry forms outside the Intramural Office (Phillips 110). IM activities are best publicized on the IM website, fliers in the residence halls and by word of mouth.

Friends often organize teams together. However, if an individual does not have a team on which to play, s/he will be placed onto one via the free agent lists. Once sign-ups are completed, schedules and rules are determined at the captains’ meeting.

**Club Sport** teams (supported by Student Activities and the Department of Athletics and Physical Education) compete in various conferences and tournaments throughout the region. The following clubs are currently recognized at Oberlin: Aikido, Bowling, Dressage, Equestrian, Fencing, Ice Hockey, Marching Band, Men’s/Women’s Rugby, SCUBA, Table Tennis, Tumbling, and Men’s/Women’s Ultimate Frisbee.

What’s there to do at the Rec Center? Lots from A to Z for you to choose:

- Aikido
- Aqua Jogging
- Badminton
- Basketball
- Bicycling Conditioning
- Billiards
- Bowling
- Brazilian Jiu Jitsu
- Cardio-fitness machines
- Cardio Kickboxing
- Climbing Wall/Bouldering Cave
- Contra Dance
- Deep Water Aerobics
- Dodgeball
- Fencing
- Horseback Riding
- Ice Hockey
- Indoor Golf
- Jazzercise
- Jogging
- Karate for Kids
- Karate for Teens & Adults
- Kickball
- Learn to Swim for Children/Adults
- Lifeguard Training
- Mat Pilates
- Racquetball
- Rugby, Men’s & Women’s
- Running Conditioning
- SCUBA
- Self Defense for Women
- Speedbag Training
- Soccer
- Softball
- Squash
- Strength Training
- Stretching
- Swimming
- Swing Dance
- Table Tennis
- Tennis
- Tumbling
- Ultimate Frisbee
- Volleyball
- Walleyball
- Water Polo
- Water Safety Instructor
- Yoga
- Zumba

Come cheer on your favorite player(s), earn a varsity letter, or exercise in the physical activity of your choosing!