

Campus Recreation

Enjoy a healthy active lifestyle

Balance your educational experience with the numerous recreational and fitness opportunities the University of New Brunswick has to offer.

Improving the quality of life for students, faculty, staff and the community at large through physical activity is the entire focus of the campus recreation programs in [Fredericton](#) and [Saint John](#).

Whether it's swimming, dancing, rock climbing, volleyball, hockey, skating, rugby or a variety of other physical activities - UNB's campus recreation programs have something to offer for everyone.

Fredericton campus recreation

Fredericton's Campus Recreation offers a variety of programs for members ranging from intramural sport leagues and tournaments to fitness and wellness classes and open gym time for casual recreation.

All are intended to develop the individual through physical activity, healthy competition, and fair play.

Saint John campus recreation

Open to all students, faculty and staff Saint John's Athletics, Recreation and Wellness promotes healthy lifestyle behaviours through sport, recreation and wellness programs in a safe environment.

With facilities open year round why not take advantage of everything UNB has to offer by exercising not just your mind but also body and spirit.