

RECREATION AND WELLNESS

The Kiewit Fitness Center (KFC) is located at the heart of campus between residence halls, Kiewit and Swanson, and connected to the Skutt Student Center. The building features five separate multi-use courts designed for basketball, volleyball, tennis and badminton. These courts are surrounded by a running track and may be reserved by student organizations and university departments. Other areas in the KFC include a Fitness and Weight Training room, three racquetball courts which will be renovated into golf simulator rooms over the summer, a mat room, and a multipurpose room.

The Rasmussen Fitness and Sports Center can be found to the east of the Ryan Center and to the north of Morrison Soccer Stadium. It houses an artificial turf field with open recreation access offered on Monday, Wednesday and Friday evenings.

Recreation & Wellness has many fitness and wellness opportunities available including Personal Training for the University community. Several types of group fitness classes are offered, including Barre, WERQ, HIIT, Spin, Yoga. We also offer a variety of fitness workshops that include weightlifting.

Creighton's Intramural Sports include, but is not limited to flag football, soccer, volleyball, softball and basketball which are offered for both competitive and recreational teams in men's, women's and co-rec leagues. Intramural sports are played in the KFC and Rasmussen Center.

Sport Clubs allow students to become involved in competition with other colleges in non-varsity activities like basketball, quadball, ice hockey, lacrosse, soccer, rugby, volleyball, ultimate frisbee, and swimming. If you are interested in participating in a sport club that is not currently offered, please let us know.

There are many opportunities for student employment positions within Recreation & Wellness that include intramural sports officials, Facility Supervisors, Group Fitness Instructors, Student Wellness Coordinators, Office Assistants, Desk Attendants and more.

To learn more about Recreation & Wellness, please visit the main office in the Kiewit Fitness Center, Room 211, or call 402-280-2848, or visit our website.