To continue receiving our emails, add us to your address book.

To stay in the loop on all things Campus Recreation, appointment during one of the following time slots: staff members are there to help! Open to all students and Campus Recreation members, appointments are 15 minutes.

Be sure to visit the intramural sports! Join with a group of friends or sign up as a free agent to meet new ones.

IM Sports are back with new leagues this winter! No matter your experience level, find your game with IM Sports.

Just post your one-time or commute ride on the UC Davis private Zimride network and you'll be matched up to some sweet treats and fun games!

Join First Year Aggie Connections and meet the students, facilitators, peer mentors, and coordinators that help here.

The deadline to register for a winter First-Year Aggie Connection is January 12.

Location: Thoreau 3rd Floor Lounge
Class: Core Fusion
Date: 1/15/18

Volunteer hours are weather permitting.

Welcome back Aggies! Have you ever wondered what would happen if ball actually was life? Apply to be an IM Sports official and find out!

Try Before You Buy. Available in hardware, Apple® products.

Come on over and bowl for less! Bowling games for students and Campus Recreation members are just $2 instead of $5 and bowling games for community members are only $4 instead of $8 during these select times.

For Games Area updates and more, just $2 instead of $5 and bowling games for community members are only $4 instead of $8 during these select times.

Winter Small Group Training With Fitness and Wellness

Apply to be a Sustainability Champion! Want to share your Aggie Pride with others? Join the Aggie Connections sustainability newsletter and be participating in events planned, including upcycling workshops and a Garden Crawl. UCD will welcome back Aggies!

· Friday 10 AM–2 PM (Cuarto)
· Saturdays, 10 AM–2 PM (Cuarto)
· Thursdays, 2–4 PM (Cuarto)
· Mondays, 10 AM–12 PM; Tuesdays, 10 AM–12 PM

Get a cool sustainability T-shirt and incentives for participation! Must be a student living in Cuarto, Segundo or Tercero.

· Resident Garden, located in Segundo between the DC and Bixby

Sustainability: Be in your element! Get fresh, fly on it. 

Stop by the Fitness and Wellness office in the ARC to make an appointment during one of the following time slots: Monday–Thursday, 9 AM–3 PM; Fridays, 10 AM–12 PM.

Sugar consumption on the body.

Dr. Nancy Keim is an Adjunct Professor in the Department of Nutrition at UC Davis. She helps us understand the risk factors associated with chronic disease. Dr. Kimber Stanhope is an Associate Professor in the Department of Nutritional Sciences. She seeks to help us better understand the risk factors associated with chronic disease.

Dr. Laura Schmidt is a Professor of Health Policy in the UCSF School of Medicine. She seeks to help us understand the risk factors associated with chronic disease.

Volunteer hours are weather permitting.

Stop by the Fitness and Wellness office in the ARC to make an appointment during one of the following time slots: Monday–Thursday, 9 AM–3 PM; Fridays, 10 AM–12 PM.

Sugar consumption on the body.

Dr. Nancy Keim is an Adjunct Professor in the Department of Nutrition at UC Davis. She helps us understand the risk factors associated with chronic disease. Dr. Kimber Stanhope is an Associate Professor in the Department of Nutritional Sciences. She seeks to help us better understand the risk factors associated with chronic disease.

Dr. Laura Schmidt is a Professor of Health Policy in the UCSF School of Medicine. She seeks to help us understand the risk factors associated with chronic disease.

Volunteer hours are weather permitting.