CO-CURRICULAR ACTIVITIES

REQUEST INFORMATION

Stay connected to The Beach! Log on today to receive a free newsletter with information on admission preparation, next steps, academics, special events and campus resources.

RECREATION PROGRAMS

CSULB provides an extensive recreation and fitness program and encourages men and women of all skill and fitness levels to participate. A nominal fee is charged for some activities. Open recreation, intramurals, club sports and fitness classes provide opportunities for students to participate at all levels.

FACILITIES

Various athletic and kinesiology facilities are available to students for open workouts. There are two gymnasiums for basketball, volleyball and badminton, 12 tennis courts, a running track, two swimming pools, three sand volleyball courts and numerous fields. Check the website for availability.

INTRAMURALS & WELLNESS*

More than 30 activities are offered throughout the year. Men’s, women’s and co-ed leagues and tournaments are offered in the following activities:

Basketball  Soccer
Dodgeball  Softball
Flag Football  Volleyball
Racquetball

Students can also take the opportunity to participate in a variety of fitness classes:

Ab Classes  Cardio Kickboxing  Spin
Body Sculpt  Pilates Mat  Yoga
Butts & Guts  Rowing  Zumba

FITNESS CLASSES*

There are numerous fitness and non-impact exercise classes open to students:

Cross Training  Shallow Water Aerobics
Dryland Rowing  Stretch & Tone
Deep Water Exercise  Tennis
Golf  Yoga & Meditation
Pilates

CLUBSPORTS & RECREATION*  www.csulb.edu/recsports

(562) 985-2570

Students who would like to participate in a club team may join one of the many competitive or recreation club teams. These clubs are partially funded by the Associated Students, Inc. and administered through Student Services.

COMPETITIVE CLUB SPORTS

The following club teams compete in collegiate leagues against other colleges and universities:

Archery  Rowing  Surfing
Baseball  Rugby  Tennis
Bowling  Running  Triathlon
Cycling  Sailing  Ultimate Frisbee
Dragon Boat  Salsa  Volleyball
Hockey  Ski & Snowboard  Wakeboard & Water Ski
Lacrosse  Soccer  Water Polo
Paintball

DANCE AND RECREATION CLUBS

The following club teams provide basic instruction as well as skill development:

Aikido  Fishing  Salsa Club
Bollywood  Grupo Folklorico  Shotokan Karate
Boxing  Juggling  Social Dance
Brazilian Jiu-Jitsu  Kung Fu  Wheelchair Sports
Breakdancing  Long Board  Wrestling
Cinematic Martial Arts  Sailing  Yoga & Wellness

CLUBS & ORGANIZATIONS*

www.csulb.edu/studentlife

CSULB offers a wide variety of co-curricular activities that provide opportunities for students to get involved and enhance his or her college experience.

ATHLETICS*  www.longbeachstate.com

(562) 985-8569

Long Beach State sponsors a comprehensive athletic program. The Department of Athletics is responsible for intercollegiate athletics, which offers diverse programs for all students. The program maintains memberships in and competes under the rules of the NCAA, the Big West Conference and the Mountain Pacific Sports Federation.

MEN’S VARSITY SPORTS

Baseball  Track & Field (Indoor/Outdoor)
Basketball  Volleyball
Cross Country  Water Polo
Golf

WOMEN’S VARSITY SPORTS

Basketball  Softball
Cross country  Tennis
Golf  Track & Field (Indoor/Outdoor)
Sand Volleyball  Volleyball
Soccer  Water Polo

*Note that complete listings of activities are available online.
Student Life and Development (SLD) provides opportunities for students to develop their leadership skills, make social connections, offer a positive difference on campus and in the community, and interact with faculty, alumni, business and community leaders. One of the best ways to further your educational and extracurricular interests can be realized by joining a student organization. There are more than 300 student organizations at CSULB and many of them participate in the “Week of Welcome” fair, which is held during the second week of each semester and designed to boost membership among new students. Visit the SLD office, located in the University Student Union (USU), Room 215, to learn more about how you can get connected to The Beach.

Types of Student Organizations

There are several categories of on-campus student organizations available, including:

Academic Student Associations & College Councils

Academic organizations and College Councils help students meet and network with other students of similar majors, alumni, and professionals from the fields in which they are interested. Activities sponsored by these organizations include: professional guest speakers, career-related seminars and workshops and student-faculty events.

Cultural

The cultural student organizations sponsor and coordinate some of the most visible and popular campus programs while fostering multiculturalism and diversity. They include, but are not limited to: the African Student Union, American Indian Student Council, Cambodian Student Society, La Raza Student Association, Pacific Islanders Association and the Pilipino American Coalition.

Fraternities & Sororities

Fraternities and sororities are socially-based groups that enroll members based on a mutual selection process called “recruitment.” There are more than 30 fraternities and sororities and one co-ed fraternity on campus. The goal of each fraternity and sorority varies widely, but most value a commitment to community service, academic scholarship and friendship among members. There are also several professional fraternities and sororities based in specific academic departments.

Honor & Recognition Societies

The honor and recognition societies at CSULB include: the Eta Sigma Gamma, Golden Key International National Honor Society, and National Society of Collegiate Scholars. Determination of membership is usually based on academic scholarship and accomplishments.

LEADERSHIP RESOURCE CENTER

An extension of SLD, the Lois J. Swanson Leadership Resource Center (LRC) in the USU, Room 314, houses a leadership resource library and offers students leadership skills through personal development workshops held in conjunction with the Leadership Academy. The Leadership Academy is a curriculum of workshops and experiences designed to cultivate leadership excellence. The workshops help students to enhance their leadership competencies as well as develop their leadership potential.

ASSOCIATED STUDENTS, INCORPORATED

Associated Students, Inc. (ASI) is the representative government for the student body of CSULB. They seek to facilitate the achievement of students’ educational objectives and life goals through programs, services, and facilities, advocate student needs and interests, compel student representation in campus decision making, and provide students with resources that they identify as necessary for their intellectual, social, and physical development. For more information, visit the ASI Government Office in the USU, Room 311.

QUESTIONS

General Campus Information

www.csulb.edu