

# CALIFORNIA STATE UNIVERSITY LONG BEACH

## CO-CURRICULAR ACTIVITIES

### RECREATION PROGRAMS

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

### FACILITIES

[www.csulb.edu/recsports](http://www.csulb.edu/recsports)

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

### INTRAMURALS & WELLNESS\*

[www.asirecreation.org](http://www.asirecreation.org)

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 at the Student Recreation & Wellness Center:

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

### CLUB SPORTS & RECREATION\*

[www.csulb.edu/recsports](http://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 available. These clubs are partially funded by the Associated Students, Inc. and administered through Student Affairs.

### Competitive Club Sports

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

Archery	Rowing	Tennis
Baseball	Rugby	Triathlon
Cycling	Sailing	Ultimate Frisbee
Dragon Boat	Salsa	Volleyball
Esports	Ski &	Water Polo
Fishing	Snowboard	
Ice Hockey	Soccer	
Lacrosse	Surfing	

### Dance & Recreation Clubs

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

Badminton	Grupo Folklorico	Table Tennis
Boxing	Kung Fu	Tennis
Brazilian Jiu-Jitsu	Rollerskating	
Breakdancing	Sailing	
Cheer	Salsa Club	
Cinematic Martial Arts	Shotokan Karate	
Esports	Swing Dance	

### CLUBS & ORGANIZATIONS\*

[www.csulb.edu/studentlife](http://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](http://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, Big West Conference, Golden Coast 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	Soccer
Beach Volleyball	Softball
Cross Country	Tennis
Golf	Track & Field (Indoor/Outdoor)
Volleyball	Water Polo

*\*Note that complete listings of activities are available online.*

# CALIFORNIA STATE UNIVERSITY LONG BEACH

## **STUDENT LIFE & DEVELOPMENT** **(562) 985-4181**

[www.csulb.edu/sld](http://www.csulb.edu/sld)

Student Life & 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 is by joining a student organization. There are more than 350 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 is designed to boost membership among new students. Visit the SLD office, located in the University Student Union (USU), Room 215, to learn more about connecting 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 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 Black Student Union, American Indian Student Council, Cambodian Student Society, La Raza Student Association, Pacific Islanders Association, Pilipino American Coalition and the Vietnamese Student Association.

#### **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.

## **Political & Social Action**

The political and social action organizations at CSULB focus on political and social issues at the local and national level. They include but are not limited to: Cease Animal Torture, Feminist Organization Reclaiming Consciousness and Equality, Long Beach State Democrats, Long Beach College Republicans, Queers and Allies and the National Association for the Advancement of Colored People (NAACP). These groups sponsor speakers and events specific to their interests.

## **Religious**

Campus religious organizations represent a variety of faiths and beliefs to include but are not limited to: Asian American Christian Fellowship, Cru, Catholic Newman Club, Beach Hillel and the Muslim Student Association. In addition to the religious student organizations, the Interfaith Center offers counseling and informal conversations to various religious faiths on campus. For additional information, contact the Interfaith Center at (562) 985-7595.

## **Special Interest**

The special interest organizations provide activities and programs tailored to the interests and hobbies of their members. Special interest organizations include: Anime Club, Future Underrepresented Educated Leaders, Got Chess?, Invisible Children and Model United Nations.

## **LEADERSHIP RESOURCE CENTER** **(562) 985-1936**

[www.csulb.edu/lrc](http://www.csulb.edu/lrc)

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**

[www.csulb.edu/asi](http://www.csulb.edu/asi)

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](http://www.csulb.edu)



University Outreach & School Relations  
Division of Student Affairs

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(562) 985-5358 | [www.csulb.edu/outreach](http://www.csulb.edu/outreach)