

CAMPUS RECREATION

The Office of Student Leadership and Development offers a wide range of recreational activities to enhance student engagement and well-being. These activities include programs such as basketball, ping pong, pickleball, spike ball, and weightlifting, all of which contribute to personal growth, physical fitness, overall health, and stress management. For those interested in weightlifting and body conditioning, the Strength and Conditioning Center (https://www.lakehawkssports.com/facilities/strength_and_conditioning) at the Leesburg Campus provides a variety of exercise equipment to support these goals. For more information on campus recreation, visit our Student Life page (<https://www.lssc.edu/future-students/student-life/>).