

Recreation

The entire Lehigh community is invited to participate in fitness and recreational activities such as getting a workout in at the Welch Fitness Center, lap swimming in our pool, playing pickup basketball, playing squash, racquetball and ping pong or use the Lane Challenge Climbing Wall. You can also refine your dance moves in the dance studios which are all located in Taylor Gym. The annual Turkey Trot campus run which is held during our "rivalry week" is another opportunity to engage with the community. The Goodman Campus provides a vast green space, to throw a Frisbee, kick a soccer ball or play other pick up activities. You can run on our nationally known cross-country course, hit a tennis ball at the Lewis Tennis Center or drive a bucket of golf balls at the Mulvihill Golf Learning Center. The opportunities are endless! Please visit the fitness and recreation webpage (https://lehighsports.com/sports/recreation/#_ga=21992927794774211221651668858-2513734111643052024) for more information.