

At **Bahra University**, a wide range of sports and recreational facilities are designed to support students' athletic and fitness goals, as well as to offer a variety of indoor games. For **cricket**, Bahra University provides large outdoor fields with pitches for practice and matches. Some indoor training areas or practice nets are also available to accommodate players year-round, regardless of the weather. For **basketball**, both indoor and outdoor courts are available, with indoor courts featuring full-size setups for games and practice, and outdoor courts offering spaces for casual play. Similarly, for **volleyball**, the university boasts indoor courts equipped with nets for competitive play, while outdoor courts might also be available, particularly for beach volleyball during warmer months.

For **badminton**, Bahra University offers indoor badminton courts, typically found in multipurpose gymnasiums, with proper court markings, nets, and sometimes spectator seating. The university provides a great space for both recreational and competitive players. In addition, for those interested in **gymnastics**, specialized gymnastics halls are available, equipped with balance beams, vaults, and mats for training and competitions. These dedicated spaces allow both beginners and advanced athletes to develop their skills in various disciplines.

To support overall fitness, the **fitness centers** at Bahra University are fully equipped with free weights, resistance machines, and a variety of cardio equipment like treadmills, bikes, and rowing machines. These gyms are open to all students and staff, providing opportunities for strength training, cardiovascular fitness, and group fitness classes. For students with an interest in adventure sports, **climbing walls** and outdoor adventure courses are also available, offering spaces for activities like rock climbing, bouldering, and kayaking.

In addition to physical sports, Bahra University also offers recreational games like **chess**, **carom board**, and **table tennis**. The **chess** rooms provide a quiet, focused environment for students to compete in strategy-based games, while **carom board** and **table tennis** offer engaging indoor activities for casual play or organized competitions. These games help develop mental acuity, coordination, and social interaction among students.

Lastly, Bahra University features comprehensive **sports medicine and recovery centers**, where students can access treatment rooms for physical therapy, sports rehabilitation, and injury management. These centers are staffed with dedicated doctors, physiotherapists, and nurses to provide care and advice. In addition, wellness facilities such as **yoga studios** offer dedicated spaces for yoga, pilates, and mindfulness classes, allowing students to recover, relax, and improve their mental well-being alongside their physical fitness.

During the academic year, Bahra University organizes various sports events for both students and staff, fostering a spirit of friendly competition and community engagement. These events provide opportunities for everyone to participate in and enjoy a wide range of sports and recreational activities, enhancing the overall university experience.







