The mission of the Swinney Recreation Center is to encourage personal growth by providing diverse recreational opportunities through quality facilities and services in an environment that promotes respect, lifelong learning, leisure-time activities, and sportsmanship.

Swinney Recreation Center includes the following:

- Stanley E. Durwood Soccer Stadium and Recreation Field
- 1/4-mile outdoor track
- 1/8-mile indoor track
- 25-meter indoor/outdoor pool
- Handball, racquetball and squash courts
- Fitness training center
- Wellness center
- Five multipurpose courts

Swinney offers classes and activities, including aerobics, spinning, yoga, Kinesis, swimming lessons (group or private), SCUBA, and more. Activities and equipment at Swinney on the Hill include: free weight equipment and Life Fitness Synergy.

In conjunction with the Swinney Recreation Center, the UMKC Campus Recreation/Intramural Department offers a variety of individual and team sports and programs. Student Intramural Leagues consist of Flag Football, Volleyball, Basketball, Kickball, Softball, and Ultimate Frisbee. Individual tournaments include Table Tennis, Golf Chipping, Three Point Shot, and many others.

All students who have paid the multipurpose fee are eligible to use the center. Student membership in the center runs from the first day of class of the current semester to the first day of class of the following semester. Memberships are also available for other university affiliates and household members.