

CAMPUS RECREATION

Campus Recreation

Quinnipiac University Campus Recreation encompasses a variety of activities: club sports, intramural sports, three fitness centers, aerobic classes, open recreation and special events on all three campuses. Campus Recreation also serves as one of the larger employers of students on campus. Positions are available as intramural staff members and fitness center attendants.

Club Sports

The university recognizes 21 club sport teams. They compete against other universities without the time commitment of an NCAA Division I team.

Teams are student-run and allow for leadership opportunities. Elected positions include: president, vice president and treasurer.

Each team will announce its tryout process before or at the Quinnipiac Involvement Fair.

For more information on sports offered and contact info, please visit Campus Recreation MyQ page. (<https://nam04.safelinks.protection.outlook.com?url=https%3A%2F%2Fmyq.quinnipiac.edu%2FStudent%2520Life%2FCampusRecreation%2FPages%2Fdefault.aspx&data=02%7C01%7CStephen.Sweet%40quinnipiac.edu%7C87c0d4d2fe00407fb6b208d80265f928%7C0940985869fb4de9987990db2ab52e1%7C0%7C0%7C637261984282660743&sdata=WKdMHqzAeDO8Y5anBzDn4leu172e%2F5GN%2FzxnRwVvY%3D&reserved=0>)

Intramural Sports Program

The Quinnipiac intramural sports program offers a variety of sports activities in both competitive and recreational settings. Participants create their own teams, select their level of competition and vie for coveted championship T-shirts. Nearly 75 percent of the student body participates in one or more intramural activities.

Create an account on IM Leagues (<http://www.imleagues.com/quinnipiac/>) to:

- View the sport leagues and tournaments offered
- Review league rules, deadlines and details
- Create a team or join a team

Intramural offerings include:

- Basketball (5-on-5 and 3-on-3)
- Dodgeball
- Football
- Ice Hockey
- Soccer
- Tennis (singles & doubles)
- Ultimate Frisbee
- Volleyball
- Open skate
- Badminton

- Pickleball
- Lawn Games
- Virtual Challenges
- Dodgeball

For more information about intramural sports, visit the Campus Recreation MyQ page (<https://myq.quinnipiac.edu/Student%20Life/CampusRecreation/Pages/default.aspx>).

Fitness Classes and Programs

Campus Recreation offers a full schedule of free lunchtime and evening activities taught by certified student instructors. Activities include a variety of the latest trends including: Spinning®, Barre, Ugifit®, Boot Camp, Zumba(R), Yoga and Pilates.

Classes usually begin during the second week of the fall and spring semesters. Classes are not scheduled during summer. The schedule is available to the Quinnipiac community via MyQ, on IMLeagues.com (<http://www.imleagues.com/>) as well as at the Fitness Centers.

For more information about fitness and aerobics classes, visit the Quinnipiac Recreation Website (<https://www.qu.edu/student-life/athletics-and-recreation/fitness-and-recreation/>).

Open Recreation

“Open Rec” hours are scheduled in both the Recreation Center and the dance studios on Mount Carmel Campus. Quinnipiac community members are encouraged to play basketball, volleyball, tennis and other activities in the Recreation Center or use the mirrored dance studios to learn a new skill. Hours for these spaces are the same as for the fitness centers with daily schedules of previously reserved times posted at the doors.

People’s United Center

The People’s United Center is a state-of-the-art, 185,000-square-foot facility featuring separate arenas for Quinnipiac University’s NCAA Division I men’s and women’s basketball and ice hockey teams. The two arenas at the sports center are connected by a three-story structure featuring a common lobby and ticket box office, the University Club, administrative and team offices, professional-style locker rooms with student athlete lounges, conference and meeting rooms, athletic training and equipment rooms, and a strength and conditioning center. The People’s United Center is located on Quinnipiac’s 250-acre York Hill Campus on Sherman Avenue, less than a mile from the Mount Carmel Campus.

Burt Kahn Court/Gymnasium

This hardwood floor facility located in the Athletic and Recreation Center on Mount Carmel Campus serves as the competitive site for Quinnipiac home volleyball games. The gymnasium also is occasionally used for intramurals and “open recreation.”

Recreation Center

The Recreation Center on Mount Carmel Campus has four multipurpose courts used for tennis, basketball, volleyball and other recreation activities. Dividers between each court allow for a variety of activities to take place simultaneously.

Fitness Centers

There are three fitness centers at Quinnipiac University. One is located in the Athletic and Recreation Center on the Mount Carmel Campus and includes:

- A full line of free weights
- A full circuit of strength equipment
- Abdominal equipment and stretching areas
- A full line of cardio equipment complete with treadmills, steppers, ellipticals, bikes, and adaptive motion trainers (AMTs) on the corners of our suspended track;

The next is located in the Rocky Top Student Center on our York Hill Campus and is outfitted with:

- A complete line of cardio equipment with network capabilities (installed January 2020)
- A new strength line including free weights, a full circuit, and abdominal workout equipment (installed Summer 2021);

Our final fitness center is a satellite space on the North Haven Campus, with some cardio equipment, free weights, and multi-functional strength equipment.

The fitness centers are open to all members of the Quinnipiac community. Prospective users must complete an online waiver on WebAdvisor. #Please review the online waiver rules and regulations located in your WebAdvisor account to initiate usage of the facilities. A valid Quinnipiac ID must be presented for entrance to the facility at all times.

The Mt. Carmel and York Hill Fitness Centers are open Monday-Friday from 6AM-10PM and Saturday/Sunday 9AM-10PM.

The North Haven Fitness Center is open Monday-Friday 10AM-4PM.

Indoor Track

The suspended indoor track encircles our four Recreation Center courts on the Mount Carmel Campus. Students and staff may walk and jog upstairs while games and practices are being conducted downstairs. Nine laps of the track equal one full mile.

Cardio Corners

All four corners of the indoor track on the Mount Carmel Campus have been outfitted with various pieces of cardiovascular equipment. Each corner (approx. 2,800 square feet) has treadmills, elliptical, steppers and bikes. Additionally, one corner is outfitted with multipurpose mats, stability balls, and light weights.

Spinning® Room

There is a Spinning® room located in the fitness center on the York Hill Campus. There is an online bike reservations process. Use of this room is available during classes *only*.

Outdoor Venues and Fields

Quinnipiac's outdoor athletic facilities consist of athletic fields for softball, baseball and women's intercollegiate rugby, six lighted tennis courts and two state-of-the-art artificial turf stadiums. One is dedicated to field hockey and the other to both men's and women's soccer and lacrosse.

A hitting wall and basketball court are adjacent to the Recreation Center.

Sports Equipment

Quinnipiac supplies most recreation equipment, such as volleyballs, basketballs and tennis rackets. Equipment may be signed out at the fitness center reception desk with a Quinnipiac ID.