

CAMPUS RECREATION

Campus Recreation & RecWell

Quinnipiac opened a state-of-the-art Recreation and Wellness Center in January 2023. This 60,000 square foot expansion includes Student Health Services, Counseling, a demonstration kitchen, a new Fitness Center with locker rooms, a Shake Smart protein shake bar, Functional Training wing, Athletic Training and Recreation offices, student meeting spaces, a climbing wall and Outdoor Equipment checkout.

Recreation

Quinnipiac University Recreation encompasses a variety of activities and locations, including club sports, intramural sports, an esports lab, three fitness centers, outdoor recreation, open recreation and special events on all three campuses. Recreation also serves as one of the largest employers of undergraduate students on campus. Positions are available as intramural staff members, fitness center attendants, climbing wall staff and outdoor trip leaders.

“Open Rec” hours are scheduled in the Recreation and Wellness Center on the Mount Carmel Campus, where Quinnipiac community members are encouraged to play basketball, volleyball and other games.

Club Sports

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

Teams are student-led and allow for leadership opportunities through elected positions including president, vice president and treasurer.

Each team typically announces its tryout process before or at RecFest during welcome weekend of each fall semester.

For more information on sports offered and contact info, please visit the Club Sports page on qu.edu or register for club sports tryouts starting July 1 of each year on Fusion Club using your Quinnipiac login credentials.

Esports

Quinnipiac is home to a Division I esports team which competes in the MAAC and various other conferences. Our team primarily competes in five titles including Valorant, Super Smash Brothers Ultimate, Overwatch, League of Legends and Rocket League. The Super Smash Brothers Ultimate team are four-time MAAC champions as of Spring 2025, and our other titles also have competed in and won multiple championships and competitions. The program also won MAAC Program of the Year in 2024–25.

Quinnipiac also hosts the CT High School Esports Championships in December and May of each year, hosting high schools from around the state to compete for state titles.

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.

Download the FusionPLAY app on iOS (<https://apps.apple.com/us/app/fusion-play/id1590163866>) or Android (https://play.google.com/store/apps/details?id=com.innosoftfusion.play&hl=en_US&gl=US&pli=1) and sign on with Quinnipiac credentials 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
- Softball (Slow-Pitch)

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

Outdoor Recreation Programs

Several outdoor recreation trips are now offered to students each semester. Trip lengths range from single day up to ten-day break trips. Activities can include backpacking, canoeing, climbing, skiing or any other outdoor activity. The trips program travels all across the country including Hawaii, the Grand Canyon, Shenandoah National Park, and many more locations.

All necessary gear is provided as part of the registration (outdoor equipment, transportation, lodging, permits and guides). Students are responsible for personal items and food.

Students can sign up for the trips on the recwell.qu.edu website. Prices can vary depending on the trip and how early registration is completed.

Fitness Classes and Programs

Our Office of Wellness offers a full schedule of free fitness classes taught by certified student instructors. Classes are offered 7 days a week and on all three of our campuses in our beautiful studios. Activities include a variety of the latest trends including Spinning®, Barre, Strength Training, Zumba®, Yoga and Pilates.

The regular class schedule begins during the second week of the fall and spring semesters. A modified schedule of classes is offered during the summer as well. The schedule is available to the Quinnipiac community via MyQ, on the Fusion RecWell app as well as on our Instagram @quwellness (<https://www.instagram.com/quwellness/>).

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/>).

Burt Kahn Court/Gymnasium

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

Recreation Center

The Recreation and Wellness Center on the 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.

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.

Fitness Centers

There are three fitness centers at Quinnipiac University. One is in the Recreation and Wellness 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
- A climbing wall
- Three fitness studios
- A SPIN® studio

Another is 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 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 and multi-functional strength equipment.

The fitness centers are open to all members of the Quinnipiac community. A valid Quinnipiac ID must be presented for entrance to the facility at all times. Operating hours for each are:

- Mount Carmel Fitness Center Hours: Monday–Thursday 6:30 a.m.–10 p.m., Friday 6:30 a.m.–8 p.m., Saturday 9 a.m.–8 p.m., and Sunday 9 a.m.–10 p.m.

- York Hill Fitness Center Hours: Monday–Thursday 7 a.m.–9 p.m., Friday 7 a.m.–7 p.m., and Saturday–Sunday 9 a.m.–7 p.m.
- North Haven Fitness Center Hours: Monday–Friday 8 a.m.–8 p.m.

Climbing Wall

The climbing wall is 27 feet high and offers four lanes of top-rope specific with mock lead climbing. All necessary equipment is provided free of charge. Students and staff can also participate in a variety of events and clinics throughout each semester including Mile High Climb, HighPoint Heist and top-rope belay clinics.

Weekly Open Climb hours are:

- Monday–Thursday 4 p.m.–8 p.m.
- Friday 4 p.m.–7 p.m.
- Saturday 3 p.m.–6 p.m.
- Sunday CLOSED

Open Recreation

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