RECREATION

Campus Recreation
Quinnipiac University campus recreation encompasses a variety of activity programs—intramurals, fitness center/weight room, aerobic/activity classes, “open rec,” and special events on all three campuses.

Club Sports
The 2019-20 Quinnipiac University calendar year will be the inaugural year of club sports. The university will recognize 10 club sport teams beginning in the fall. Club sport teams compete against other universities without the time commitment of an NCAA Division I team. Club sport teams also are student-run and allow for leadership opportunities. Elected positions include: president, vice president and treasurer.

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

For more information on sports offered and contact info, please visit the Club Sports MyQ page (https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmyq.quinnipiac.edu%2FAthletics%2FClubSports%2FPages%2Fdefault.aspx&data=02%7C01%7CMegan.Buda%40quinnipiac.edu%7C83eb7c2c57fe4a3d07ca08d6dd2f611e%7C0940985869fb4de997990db22b52eaf%7C0%7C0%7C636f939592891997569&sdata=Z6WfZNkzCidcm6rVszkkPyxfG9V3ZricMGFM%2BRAU%3D&reserved=0).

Intramural Program
The Quinnipiac intramural program offers a variety of competitive sports activities in a recreational setting. Participants have freedom of choice, equality of opportunity and responsibility for sharing in the planning, supervision and administration of their sports programs. 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 http://www.imleagues.com/quinnipiac to review the programs offered, review league/season deadline and details, create a team or join a team. The intramural program has work-study positions available for referees and statisticians.

Intramural offerings include:

- Basketball (5-on-5 and 3-on-3)
- Dodgeball
- Flag football
- Ice hockey
- Kickball
- Open skate
- Soccer (indoor and outdoor)
- Tennis (singles and mixed doubles)
- Ultimate Frisbee
- Volleyball (4-on-4 and 6-on-6)
- Wiffle ball

Visit go.qu.edu/myintramurals (https://myq.quinnipiac.edu/Athletics/Intramurals/Pages/default.aspx) for more information about intramural sports.

Fitness Classes and Programs
Campus Recreation offers a full schedule of free fitness classes taught by certified student instructors. Activities include a variety of the latest trends, including: Spinning®, Ugfit®, Bootcamp, Zumba®, yoga and pilates.

Classes begin the second week of each semester and there is limited class availability during the summer and winter breaks. The classes are scheduled throughout the week and have limited spots, which can be reserved 24 hours in advance. On the Mount Carmel Campus, most classes are open to 40 participants. Class size on the York Hill Campus is typically 15-25 people due to equipment and space.

Open Recreation
“Open Rec” hours are available in both the Recreation Center and the dance studios on Mount Carmel and York Hill campuses. Quinnipiac community members are encouraged to walk or jog on the track; and to play basketball or volleyball in the Recreation Center or use the mirrored dance studios to rehearse. Hours are posted beside the entrance doors of each facility. To see the schedule and reserve your space in a class 24 hours in advance, please go to http://www.imleagues.com/quinnipiac and go to the “fitness” tab.

Open Skate and Puck Time
Once a week from October until Finals Week, and the start of the Spring Semester through March, the People's United Center ice is open for students, faculty and staff to “lace up the skates.” Open skate time is a great way to gather with friends and get a workout on the ice. Open puck time is for hockey players of all skill levels, as it is a non-check scrimmage time. Times change based on availability.

Tennis Court Reservation Procedure on the Mount Carmel Campus
The outdoor tennis courts are available for the Quinnipiac community when the varsity teams are not using them. The varsity tennis team practices daily on the outdoor courts.

Indoor tennis court reservations are available on occasion between the hours of 7 a.m. and 1 p.m. To make a reservation, call the Fitness Center front desk reception area (ext. 8280) or John Somers, fitness coordinator (ext. 6441). Be sure to leave your name and phone number in case they need to change or cancel the reservation. Reservations are on a first-come, first-served basis and subject to prior event reservations.