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.

Club Sports

The 2020-21 Quinnipiac University calendar year will be the second year of club sports. The university recognizes 10 club sport teams, which may compete against other universities without the time commitment of an NCAA Division I team.

Current offerings: dance, figure skating, men’s ice hockey, men’s lacrosse, women’s lacrosse, men’s rugby, women’s soccer, softball, tennis and women’s volleyball.

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 and on their Instagram accounts.

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%3D&reserved=0)

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Intramural Program

The 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 imleagues.com/quinnipiac (https://nam04.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.imleagues.com&%7C0%7C0%7C637214366390964718&sdata=n1IxglYVaEqE6Mx7vhH2FJu6q3z%3D&reserved=0).

Intramural offerings include:

- Basketball (5-on-5 and 3-on-3)
- Dodgeball
- E-Sports
- Flag football
- Ice hockey
- Kickball
- Soccer
- Steps Challenge
- Tennis (singles)
- Ultimate Frisbee
- Volleyball (4-on-4 and 6-on-6)

Fitness Classes and Programs

The Department of Health & Wellness 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 barre.

Classes begin the second week of each semester and there is limited class availability during the summer and winter break. The classes are scheduled throughout the week and you can reserve your spot 24 hours in advance using imleagues.com. Class size on the North Haven Campus is small due to space. We advise you to utilize the online sign up to ensure your space in the class.

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; 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 imleagues.com/quinnipiac (https://nam04.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.imleagues.com&%7C0%7C0%7C637214366390974713&sdata=cflrxsmhnOUi701QI2R%2B7OtSUKsZWBSCQw%2F7nDBeL%2Fk%3D&reserved=0) and go to the "fitness" tab. Registered student organizations may reserve time in the dance studios via EMS.

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 the best 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 or email John Somers, coordinator of campus life for recreation (ext. 6441; john.somers@qu.edu). 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.