

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%7C0940985869fb4de9987990db2b52e1%7C0%7C0%7C637261984282660743&sdata=WKdMHqzAeDO8Y5anBzDn4leu79e%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 games in the Recreation Center or use the mirrored dance studios to exercise. Hours for these spaces are the same as for the fitness centers with daily schedules of previously reserved times posted at the doors.