

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 larger employers of undergraduate students on campus. Positions are available as intramural staff members, fitness center attendants, climbing wall staff and outdoor trip leaders.

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 the Quinnipiac Involvement Fair each fall.

For more information on sports offered and contact info, please visit the Club Sports page (<https://www.qu.edu/student-life/athletics-and-recreation/club-sports/>) on qu.edu

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 three-time MAAC champions as of Spring 2024, and our other titles also have competed in and won multiple championships and competitions.

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>).