

CSI's IM & REC Sports Programming: Week 4! First off, for those celebrating, Happy Rosh Hashanah!

For the latest updates, registration, and more, visit www.csidolphins.com.

Open Rec Sports Continues! This includes Open REC Hours for Basketball and Volleyball, and now features Open REC Flag Football Runs! (On the Turf Field (Middle of Track) on Thursdays & Fridays! Until October 3rd! From 2:30-4 PM! In addition, **Open Lap Swim for this week ONLY will be on THURSDAY from 10 AM - 2 PM, NO OPEN LAP SWIM THIS TUE & WED due to the holiday.** Normally, Open Lap Swim is on Tue, Wed, & Thur, from 10am-2pm.

Check out our [IM & REC Monthly Calendar HERE](#) for everything happening and offered in the Sports & REC Center (1R) for September! (Building 1R - HOME OF THE DOLPHINS!).

Upcoming Sports Tournaments: Day 2 of our **3v3 Basketball** tournament, set for Tue, Sep. 23. A Champion will be crowned! Our **5v5 Basketball** tournament Day 1 is scheduled for Friday, Sep 26, 5:30 PM START in the Aux Gym (1R)

Pre-registration is preferred for ALL of our Fall 2025 [Sports Tournaments](#).

Click [HERE](#) to view dates and to start registering yourself or a team.

(NOTE: ALL TEAM MEMBERS MUST be current CSI Students or Staff).

Upcoming Special Events: TBA...

Please visit our [Special Events](#) web page for more information about upcoming events and details.

Lastly, IM & REC currently offers the following competing Sports Clubs: [Cheerleading](#), [Women's Bowling](#), [Women's Flag Football](#), [Esports](#), and a [Dance Team](#)! Interested in joining?
Please email salvatore.caruso@csi.cuny.edu.

Faculty/Staff - *If your department/office would like a poster for IM & REC to be placed in your area, please reach out privately, and I will be happy to visit your office and personally hand you a poster (If you have one from last semester, the QR codes still work!) Thank you for your support, and as always, if you want to collaborate on an event, please reach out!*

Students - *Please reach out or visit me in the office, 1R-204C, during the semester for additional information on ALL IM & REC Events!*

The most up-to-date information can always be found at www.csidolphins.com (Under the RECREATION TAB)