

**CSI's IM & REC Sports: Week 7 Programming** available on [www.csidolphins.com](http://www.csidolphins.com) for viewing and registration.

**\*\*Please note ALL events are subject to change at any time\*\***

**Open Rec Sports Continues...** This includes Open REC Hours for Basketball, Volleyball, and Swim. **(PLEASE NOTE, unfortunately, due to gym maintenance, THIS FRIDAY'S OPEN REC EVENTS (BBALL & VBALL) IS NOW CANCELED!) OPEN REC FRIDAYS NOW PLANNED TO START NEXT FRIDAY, MARCH 20. OPEN REC FLAG FOOTBALL RUNS STARTS THIS THURSDAY! 2:30 PM on the Turf Field (middle of track) (Please note if it is raining, this event will not happen)**

**Open LAP SWIM is on Wed, Thur & Fri. From 10 am-2 pm.**

Check out our **IM & REC Monthly Calendar HERE** for everything happening and offered in the Sports & REC Center for MARCH 2026 (Building 1R - HOME OF THE DOLPHINS!)

**Upcoming Sports Tournaments:** Our first tournament includes a **3v3 Basketball Tournament scheduled for TOMORROW! Tuesday, March 10, 2:30 PM START TIME in the Aux Gym (1R).**

**Pre-registration is preferred AND encouraged for ALL of our SPRING 2026 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:** Tomorrow **IM & REC will be table-side in 1C at 12:30 PM, part of the Wellness Fair! Be sure to stop by 1C from 12:30-3:30 pm** and visit MANY Students & Staff Promoting Health & Wellness with fun activities happening at each table! Please visit our **Special Events** page for details and information.

**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](mailto:salvatore.caruso@csi.cuny.edu) for more.

**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](http://www.csidolphins.com) (Under the RECREATION TAB)**