

CSI's IM & REC Sports: Week 8 Programming available on 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, OPEN REC FRIDAY'S PLANNED TO START THIS FRIDAY, MARCH 20. OPEN REC FLAG FOOTBALL RUNS OFFICIALLY 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: Coming up next is our **1v1 Basketball AND 3-Point Contest on Tuesday, March 24, 2:30 PM START 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: This week is **WELLNESS WEEK!** Please see the flyer attached for some H&W Events happening this week! **Including Flow & Go YOGA TODAY AND WELLNESS BINGO DURING LUNCH ON WEDNESDAY!**

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 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!)** I appreciate 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)

Best,

CSI Intramurals & Recreation

Sal Caruso

718-982-3276

Building 1R - 204C