Campus Recreation Programs

JANUARY

8 v 8 Broomball Tournament - Full Ice
Online Registration Deadline: Tuesday, January 23
Captain’s Meeting: Wednesday, January 24, 7pm, MCC Room 112
Play Begins: Sunday, January 28
Location: Marano Campus Center Arena

Basketball Tournament
Online Registration Deadline: Tuesday, January 23
Captain’s Meeting: Wednesday, January 24, 7pm, MCC Room 112
Play Begins: Monday, January 29
Location: Lee Hall Gym

Open Recreation Soccer
Program Dates: January 23 to April 21
Days & Times:
Tuesdays: 4pm-5:30pm (1/2 Gym)
Saturdays: 3pm-4:30pm
Location: Swetman Gym
All Equipment provided

Open Recreation Badminton
Program Dates: January 23 to April 20
Days & Times:
Tuesdays: 4:30pm-5:30pm
Fridays: 3pm-4:00pm
Location: Swetman Gym

Aquafit
Free water fitness class, drop in
Program Dates: January 20 to April 18
Days: Mondays and Wednesdays
Time: 7:30pm-8:30pm
Location: Lee Hall Pool
Co-sponsored by Campus Recreation & Fitness Center

Indoor Soccer League
Online Registration Deadline: Tuesday, January 30
Captain’s Meeting: Wednesday, January 31, 7pm, MCC Room 112
Play Begins: Monday, February 5
Location: Swetman Gym

Team Handball League
Online Registration Deadline: Tuesday, January 30
Captain’s Meeting: Wednesday, January 31, 7pm, MCC Room 112
Play Begins: Sunday, February 11
Location: Rommy Field House

Volleyball League
Online Registration Deadline: Tuesday, January 30
Captain’s Meeting: Wednesday, January 31, 7pm, MCC Room 132
Play Begins: Monday, February 19
Location: Lee Hall Gym

FEBRUARY

No-Limit Texas Hold’em
Online Registration Deadline: Friday, February 2, 4pm
Online Registration: Saturday, February 3, 12:30-4:30pm
Program Date: Saturday, February 3, 7pm
Location: Marano Campus Center Food Court
Food and Beverages provided by Auxiliary Services

Free Swim Lessons
For College Students: FREE
Online Registration Deadline: Sunday, February 4
Online Registration: Tuesday, February 6, 6:45pm
Program Dates: February 6 to February 27
Days and Times: Tuesdays, 6pm-7pm
Location: Lee Hall Pool

Valentine’s Open Skate
Program Date: Saturday, February 10, 10pm-12am
Location: Marano Campus Center Arena
Fees: $1 Admission and $3 Skate Rental
Food and Beverages provided by Auxiliary Services

Wellness Bingo Challenge
Win prizes by completing activities on the board
Online Registration at Lee Hall Begins:
Thursday, February 15
Registration Deadline: Thursday, February 22
Program Date: Thursday, February 22
Location: Lee Hall and Fitness Centers

Warm up with Campus Recreation
Program Date: Thursday, February 22, 12:30pm
Location: Lee Hall and Fitness Centers
Information: www.oswego.edu/campusrec
Cups and Beverages provided by Auxiliary Services

National Recreational Sports & Fitness Day
Program Date: Thursday, February 22
Location: Lee Hall and Fitness Centers
Information: www.oswego.edu/campusrec
Co-sponsored by Campus Recreation, Fitness Center, Campus Life
Beverages provided by Auxiliary Services

Crafty No Sew Fleece Blankets
Create your own fleece blanket - Free
Online Registration Deadline: Wednesday, February 28
Program Date: Thursday, March 1, 7pm-9pm
Location: Marano Campus Center Food Court
Food and Beverages provided by Auxiliary Services

MARCH

Bench Press Competition
Online Registration Deadline: Thursday, March 1, 3pm-3:30pm
Program Date: Friday, March 2, 4pm
Location: Hewitt Ballroom
Sponsored by Fitness Center

Splash In Movie
Program Date: Friday, March 2
Time: 6pm-10pm
Location: Lee Hall Pool, Free
Co-sponsored by Campus Recreation & Riggs and Johnson Halls

NCAA Final Four Bracket Challenge
Online Registration Begins: Sunday, March 11
Deadline: Thursday, March 15, 10pm
Location: www.oswego.edu/campusrec

6 v 6 Dodgeball League
Online Registration Deadline: Tuesday, March 20
Captain’s Meeting: Wednesday, March 21, 7pm, MCC Room 132
Play Begins: Sunday, March 25
Location: Swetman Gym

Softball Tournament
Online Registration Deadline: Tuesday, March 20
Captain’s Meeting: Wednesday, March 21, 7pm, MCC Room 132
Play Begins: Monday, April 9
Location: Lee Softball Fields

7 v 7 Flag Football Tournament
Online Registration Deadline: Tuesday, March 20
Captain’s Meeting: Wednesday, March 21, 7pm, MCC Room 132
Play Begins: Friday, April 13
Location: Lee and Swetman Fields

Super Smash Bros Video Game Tournament
Online Registration Deadline: Wednesday, March 21
Program Date: Friday, March 23, 7pm-10pm
Location: Marano Campus Center Food Court
Food and Beverages provided by Auxiliary Services

APRIL

Delicious Nutritious Cooking Class
Free Healthy Nutritional Cooking Instruction
Online Registration Deadline: Monday, April 3
Program Date: Friday, April 6, 3pm-5pm
Location: Madonna Kitchen
Instructor: Kathryn Szklany, Registered Dietitian
Co-sponsored by Campus Recreation & Auxiliary Services

Hot Shot and Free Throw Shooting Contest
Online Registration Deadline: Wednesday, April 4
Online Registration: Thursday, April 5, 6:45pm-7pm
Program Date: Thursday, April 5, 7pm
Location: Swetman Gym
Food and Beverages provided by Auxiliary Services

3 on 3 Basketball Tournament
Online Registration Deadline: Wednesday, April 4
Online Registration: Thursday, April 5, 6:45pm-7:30pm
Program Date: Thursday, April 5, 7pm
Location: Swetman Gym
Food and Beverages provided by Auxiliary Services

Spring Golf Tournament
4 person, 18 Hole Scramble/Captain & Crew
Online Registration Deadline: Friday, April 20, 4pm
Program Dates: Friday, April 20 to Sunday, April 29
Location: Slenove Golf Club, Oswego
Fees: Participants are responsible for their own green fees

Color Oswego
Fun run and walk
Online Registration Deadline: Wednesday, April 25
Limited to the first 300 participants
Program Date: Friday, April 27, 4:00pm
Location: Gimmighausen Fitness Center
Fee: $5 payable online at oswego.edu/campusrec
Co-sponsored by: Campus Recreation, Fitness Center, Lifestyles Center
Food and Beverages provided by Auxiliary Services

LEE HALL HOURS
LIVE GYM
Mon, Tues, Wed: 9:00 am-11:00 pm
Thurs, Fri: 9:00 am-12:00 pm
Saturday: 12:00 pm-12:00 pm
Sunday: 12:00 pm-11:00 pm

LEE POOL
Open Recreation Swim
Mon-Fri: 4:30 pm-8:00 pm
Sat & Sun: 12:00 pm-2:00 pm
Sat & Sun: 4:30 pm-10:00 pm

Lap Swim
Mon, Wed, Fri: 11:30 am-1:30 pm
Tues, Thurs: 12:00 pm-2:00 pm

SWETMAN GYM HOURS
Mon, Tues, Wed, Thurs: 4:00 pm-10:00 pm
Fri: 3:00 pm-5:00 pm
Sat: 12:00 pm-6:00 pm
Sun: Closed

CAMPUS RECREATION
101 Lee Hall, (315) 312-3114
www.oswego.edu/campusrec
Follow us on Social Media: @oswego_campusrec
Register for all Campus Recreation Intramural Sports programs online.
Persons with disabilities seeking to attend these events should contact Sandra Jeffers at (315) 312-3114.
The Campus Recreation program is sponsored by the Department of Campus Life and Student Association.