

# CAMPUS RECREATION

## SPRING PROGRAMS 2020

### JANUARY

#### Open Recreation Basketball

**Program Dates:** January 27 - May 15  
**Location:** Daily, Lee and Swetman Gyms  
Check online for schedule

#### 7 v 7 Broomball Tournament - Full Ice

**Online Registration Deadline:** Tuesday, January 28  
**Captain's Meeting:** Wednesday, January 29, 7 p.m., MCC Room 201  
**Play Begins:** Tuesday, February 4  
**Location:** Marano Campus Center Arena

#### Basketball Tournament

**Online Registration Deadline:** Tuesday, January 28  
**Captain's Meeting:** Wednesday, January 29, 7 p.m., MCC Room 201  
**Play Begins:** Monday, February 3  
**Location:** Lee Gym

#### Open Recreation Soccer

**Program Dates:** January 28 to April 25  
**Days and Times:**  
Tuesdays 4 p.m. - 5:30 p.m.  
Saturdays 3 p.m. - 4 p.m.  
**Location:** Swetman Gym  
Equipment provided, bring SUNY ID

#### Open Recreation Volleyball

**Program Dates:** January 28 - April 28  
**Day and Time:** Tuesdays, 9 p.m. - 10:30 p.m.  
**Location:** Lee Gym  
Equipment provided, bring SUNY ID

#### Mindful Yoga with Steven

*Rejuvenate your body and mind*  
**Program Date:** January 31 - May 1  
**Day and Time:** Fridays 4 p.m.  
**Location:** Lee Hall Karate Studio  
Open to the campus community, sponsored by the Fitness Center  
No class during breaks and holidays

### FEBRUARY

#### Indoor Soccer League

**Online Registration Deadline:** Tuesday, February 4  
**Captain's Meeting:** Wednesday, February 5, 7 p.m., MCC Room 201  
**Play Begins:** Sunday, February 9  
**Location:** Swetman Gym

#### Volleyball League

**Online Registration Deadline:** Tuesday, February 4  
**Captain's Meeting:** Wednesday, February 5, 7 p.m., MCC Room 201  
**Play Begins:** Sunday, February 23  
**Location:** Lee Hall Gym

#### No-Limit Texas Hold'em

**Online Registration Deadline:** Friday, February 7, 4 p.m.  
**Onsite Registration:** Saturday, February 8, 12:30 p.m. - 1 p.m.  
**Program Date:** Saturday, February 8, 1 p.m.  
**Location:** Marano Campus Center Food Court  
Food and beverages provided by Auxiliary Services

#### Swim Lessons

Free swim lessons for College Students, beginners to advance  
**Online Registration Deadline:** Friday, February 7  
**Program Date:** Saturday, February 8 - Sunday, February 16  
**Location:** Lee Hall Pool

#### Splash in Movie

Movie night in the pool  
**Program Date:** Friday, February 14  
**Time:** 7 p.m. - 10 p.m.  
**Location:** Lee Hall Pool, Free  
Refreshments Provided by Auxiliary Services

#### Warm up with Campus Recreation

Reusable travel mugs and hot chocolate Free  
**Program Date:** Friday, February 21, 11 a.m. - 1 p.m.  
**Location:** Marano Campus Center 133  
Cosponsored by Campus Recreation, Auxiliary Services, Office of Sustainability

#### National Recreational Sports & Fitness Day

*Free fitness days, basketball hot shot contest, snowshoeing, yoga*  
**Program Date:** Friday, February 21 and Saturday, February 22  
**Location:** Lee Hall, Fitness Centers, Rice Creek  
**Information:** [oswego.edu/campusrec](http://oswego.edu/campusrec)  
Cosponsored by Campus Recreation, Fitness Centers, Office of Sustainability

#### Bench Press Competition

**Onsite Registration:** Friday, February 28, 3:30 p.m.  
**Program Date:** Friday, February 28, 4 p.m.  
**Location:** Hewitt Ballroom  
Sponsored by Fitness Center

### MARCH

#### Walking to Wellness Challenge

**Online Registration Begins:** Monday, March 2  
**Registration Deadline:** Friday, March 27  
**Program Dates:** April 1 - May 1  
**Location:** Lee Hall & on campus  
Free water bottle with registration  
Cosponsored by Campus Recreation and EAP

#### Crafty No Sew Fleece Blankets

*Create your own fleece blanket, Free*  
**Online Registration Deadline:** Wednesday, March 4  
**Program Date:** Thursday, March 5, 7 p.m. - 9 p.m.  
**Location:** Marano Campus Center Food Court  
Supplies, food, and beverages provided by Auxiliary Services

#### Healthy Cooking Class

*Free healthy nutritional cooking instruction*  
**Online Registration Deadline:** Tuesday, March 3  
**Program Date:** Friday, March 6, 3 p.m. - 5 p.m.  
**Location:** Mackin Kitchen  
**Instructor:** Kathryn Szklany, Registered Dietitian  
Cosponsored by Campus Recreation and Auxiliary Services

#### 6 v 6 Dodgeball League

**Online Registration Deadline:** Tuesday, March 10  
**Captain's Meeting:** Wednesday, March 11, 7 p.m., MCC Room 201  
**Play Begins:** Monday, March 23  
**Location:** Swetman Gym

#### Badminton League

**Online Registration Deadline:** Tuesday, March 10  
**Captain's Meeting:** Wednesday, March 11, 7 p.m., MCC Room 201  
**Play Begins:** Thursday, March 26  
**Location:** Swetman Gym

#### Couch to Color Run

*6-Week training program to run the 1.5 mile Color Run*  
*No running experience necessary, weekly training*  
**Information Meeting:** Wednesday, March 11, 4 p.m., Lee Hall  
**Online Registration Deadline:** Friday, March 13  
**Begins:** March 23 - May 1  
**Equipment needed:** Running sneakers

#### NCAA Final Four Bracket Challenge

**Online Registration Begins:** Sunday, March 15  
**Deadline:** Thursday, March 19, 10 a.m.  
**Location:** [online@oswego.edu/campusrec](mailto:online@oswego.edu/campusrec)

### APRIL

#### 3-Point and Free Throw Shooting Contest

**Online Registration Deadline:** Wednesday, April 1  
**Onsite Registration:** Thursday, April 2, 6:45 p.m. - 7 p.m.  
**Program Date:** Thursday, April 2, 7 p.m.  
**Location:** Swetman Gym  
Food and beverages provided by Auxiliary Services

#### 3 on 3 Basketball Tournament

**Online Registration Deadline:** Wednesday, April 1  
**Onsite Registration:** Thursday, April 2, 6:45 p.m. - 7:30 p.m.  
**Program Date:** Thursday, April 2, 8 p.m.  
**Location:** Swetman Gym  
Food and beverages provided by Auxiliary Services

#### Softball Tournament

**Online Registration Deadline:** Tuesday, April 7  
**Captain's Meeting:** Wednesday, April 8, 7 p.m., MCC Room 201  
**Play Begins:** Monday, April 13  
**Location:** Lee Softball Fields

#### 7 v 7 Flag Football Tournament

**Online Registration Deadline:** Tuesday, April 7  
**Captain's Meeting:** Wednesday, April 8, 7 p.m., MCC Room 201  
**Play Begins:** Friday, April 17  
**Location:** Lee and Swetman Fields

#### Super Smash Bros & NBA 2K Video Game Tournament

**Online Registration Deadline:** Wednesday, April 15  
**Program Date:** Friday, April 17, 7 p.m. - 10 p.m.  
**Location:** Marano Campus Center Food Court  
Food and beverages provided by Auxiliary Services

#### Spring Golf Tournament

*4 person, 18 Hole Scramble/Captain & Crew*  
**Online Registration Deadline:** Friday, May 1, 4 p.m.  
**Program Dates:** Friday, April 17 to Sunday, May 3  
**Location:** Stone Creek Golf Club, Oswego  
**Fee:** Participants are responsible for their own greens fees

### MAY

#### Color Oswego

*Fun run and walk.*  
**Online Registration Deadline:** Wednesday, April 29  
**Program Date:** Friday, May 1, 4 p.m.  
**Onsite Check-in:** 3 p.m. - 3:45 p.m.  
**Location:** Glimmerglass Fitness Center  
**Fee:** \$5 payable online  
**Cosponsored by:** Campus Recreation, Fitness Center, Dean of Students Office  
Snacks and beverages provided by Auxiliary Services

#### Beach Volleyball Tournament

**Program Date:** Saturday, May 2 at 11 a.m.  
**Registration:** Fitness Centers starting Monday, April 13  
**Location:** Onondaga Beach Volleyball Courts  
Sponsored by the Fitness Center

### LEE HALL HOURS

#### Lee Gym

Mon. - Fri.: 9 a.m. - 11 p.m.  
Sat. - Sun.: Noon - 11 p.m.  
\*Building hours are subject to change

#### Lee Pool

**Open Recreation Swim**  
Mon. - Fri.: 4:30 p.m. - 10 p.m.  
Sat. - Sun.: Noon - 2 p.m. and 4:30 p.m. - 10 p.m.

#### Lap Swim

Mon., Wed., Fri.: 11:30 a.m. - 1:30 p.m.  
Tues., Thurs.: Noon - 2 p.m.

### SWETMAN GYM HOURS

Mon. - Thurs.: 4 p.m. - 10 p.m.

Fri.: 3 p.m. - 8 p.m.

Sat.: Noon - 4 p.m.

Sun.: Closed

\*Check online for schedule, building hours are subject to change

### CAMPUS RECREATION

101 Lee Hall, SUNY Oswego • (315) 312-3114

Visit the website for program registration and the open recreation gym schedules.  
[www.oswego.edu/campusrec](http://www.oswego.edu/campusrec)

Follow us on social media @oswegocampusrec

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.