

# Recreation and Intramurals

Students may participate in a wide range of fitness and recreation programs and intramural sports. Intramural and recreation programs range from highly competitive play to recreational enjoyment and learning.

## Intramural Programs

A variety of intramural programs are offered that have proven to be most popular and successful with the student population. Any interest in developing a new intramural sport should be brought to the director of intramurals. Unless otherwise specified, all leagues are coed. All programs run on a season schedule that average four-to-eight weeks in length with the exception of tournaments. For more information about intramural programs, please contact the JWU Athletics department.

The following intramural programs have been offered during previous academic years (subject to change):

### Fall Semester

Volleyball  
Outdoor Soccer  
Flag Football  
Floor Hockey  
Dodgeball

### Spring Semester

Basketball  
Volleyball  
Futsal  
Outdoor Soccer  
Flag Football  
Capture the Flag

### Intramural Eligibility

- All day-program, graduate or extension students may participate in intramurals. Faculty and staff may also participate.
- Each team or "free agent" must register through the intramural registration website, IM Leagues. The JWU Athletics webpage will have the link to the site for captains and free agents to register.
- Each team must submit an official roster through IM Leagues prior to the published deadline.
- A team must send a representative to attend a mandatory captains' meeting prior to the beginning of each season/tournament.

## Club Sports

Club sports at the Providence Campus of Johnson & Wales University are student-run organizations that are funded through student fees, dues and club fundraising. The programs allow students to participate in sports activities that go beyond the scope of intramural programs. Some of the club sports programs compete with other colleges and universities throughout the region. Some also travel and play for national championships. Current club sports include esports, cheer/mascot, dance, football, rugby and MMA.

## Fitness

Fitness classes may include spin, yoga, Zumba®, boot camp and cardio kick-boxing. Pilates and self-defense classes are offered throughout the year at the Wildcat Center. Classes are held in the mornings, at noontime and early evenings. For further information, contact the Wales Hall fitness center or the Wildcat Center fitness center.

## Recreation and Athletic Facilities

Fitness center use is free to all students, faculty and staff who possess a valid Johnson & Wales ID card. Please visit the JWU Athletics webpage or the JWU app to see the hours of operation.

### Wales Hall Fitness Center

Located on the lower level of Wales Hall on the Downcity Campus, this fitness center provides cardiovascular equipment including True treadmills, Cybex stationary bikes and Cybex ACR Trainers. Also offered are a variety of free weights and selectorized equipment including Hammer Strength and Life Fitness Equipment.

### Wildcat Fitness Center

Located on the second floor of the Wildcat Center, this fitness center is a state-of-the-art facility with more than 6,000 square feet of fitness equipment.

StairMasters, treadmills, stationary bikes, a Cybex circuit, power racks, free weights, a Gravitron machine, plyometric equipment and Body Trek machines are all offered at this facility.

### Wildcat Center

Located on the Harborside Campus, the Wildcat Center services the entire university community. It offers four basketball courts, three volleyball courts, a 6,000-square-foot fitness center, a student life center and a bookstore. The center is home to the Wildcats intercollegiate sports teams, the Student Engagement Harborside Campus office, the Athletics department and Intramural and Recreational Activities.

### Harborside Practice Facility

The practice facility is a multipurpose facility that is used by many varsity teams for practice.

### Health and Wellness Programs

The fitness centers sponsor multiple recreation programs offered each semester. Programming is aimed to promote a holistic approach to wellness, while being fun, engaging and educational.

For more information about any of these programs, please consult the JWU Directory and contact the appropriate office or department.