

OFF CAMPUS ACTIVITIES

*Indoor Rock Climbing

7-8:30pm At Gravity Vault Marin

9/14, 9/28, 10/19, 11/2, 11/16, 11/30

STARTS: 9/14

*Golf Range STARTS: 9/4

At McInnis

*Padel/Pickelball

Dates - TBD

At FlyteRacquet Club



SCAN TO SEE REC RENTALS!

Sports equipment,
camping gear, gaming
consoles, and more!



REC ACTIVITIES START 8/31



REC PROMOS



SOULCYCLE



Sports
Basement

mikes
bikes





REC FALL 2026 SPORTS SCHEDULE



**DOMINICAN
UNIVERSITY**
of CALIFORNIA

ducresports.com



ABOUT

Dominican University of California is committed to increasing students' knowledge about fitness, exercise and personal well-being.

Rec Sports provides students with the opportunity to meet and form new friendships, laugh and bond, and show their competitive side. All students at all sporting levels are welcome to participate.

QUESTIONS? CONTACT:

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➔ **DUCRECSPORTS.COM**

• Instagram: @DUC_RECsports

ON CAMPUS ACTIVITIES

MONDAYS

STARTS: 8/31

ZUMBA

5:30-6:30 PM - MPR

DATES TBD

BASKETBALL

9-10:45 PM - MAIN GYM

TUESDAYS

STARTS: 9/1

KICKBOXING

6-7 PM - MPR

WEDNESDAY

STARTS: 9/2

VOLLEYBALL

9-10:45 PM - MPR

WEDNESDAYS/THURSDAYS

STARTS: 9/2

YOGA

WED 4:30-5:30 PM | THURS 10-11 AM - MPR

THURSDAYS

STARTS: 9/3

PILATES

5:30-6:30 PM - MPR

WEDNESDAYS/THURSDAYS

STARTS: 10/7

EFFORTLESS TENNIS

WED 2-3:30PM | THURS 4-5:30 PM - TENNIS COURTS