

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.

SCAN FOR MORE!

dominicanathletics.com/recsports



QUESTIONS? CONTACT:

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DUCRECSPORTS.COM

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REC SPORTS SCHEDULE

SPRING 2025



DOMINICAN
UNIVERSITY
of CALIFORNIA



OFF CAMPUS ACTIVITIES

*Indoor Rock Climbing

7-8:30pm At Gravity Vault Marin

2/9, 2/23, 3/16, 3/30, 4/13, 4/27

STARTS: 2/9

*Golf Range STARTS: 2/6

Fridays - 7pm-9pm At McInnis



ON CAMPUS ACTIVITIES

MONDAYS STARTS: 2/2

Basketball

9-10:45 PM - Main Gym

Strength Training 2/1 - 4/30

8-9:30 PM - Conlan Gym

WEDNESDAYS STARTS: 2/4

Volleyball + Spikeball

9 -10:45 PM- Main Gym

Strength Training 2/1 - 4/30

3-4:30 PM - Conlan Gym

* Effortless Tennis

4-5:30 PM - Tennis Courts

SCAN TO
SEE REC RENTALS!

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



REC ACTIVITIES START 2/2



REC PROMOS



SOULCYCLE



Sports
Basement

MIKE'S
BIKES

