

Hike, Paddle, or Dodge -- Wide Menu of Recreational Activities

Last academic year, 243 Dominican students participated in six intramural sports on campus. This year Dominican Recreational Sports -- which is committed to increasing students' knowledge about fitness, exercise and personal well-being -- has grown to 16 sports and activities.

There will be intramural leagues in flag football, dodgeball and soccer and outdoor rec sports include golf range, miniature golf, batting cages, cornhole, hiking and paddleboard.

In addition, there will be special one-day tournaments on campus from September 9-19 for pool volleyball, grass volleyball, wiffle ball, badminton, cornhole and 3-on-3 basketball. There also will be drop-in classes offered in zumba, yoga and kickboxing.

Open registration began August 25 and ends September 15. To register with IM Leagues to participate in Dominican Rec Sports or for more information or schedules, contact Matthew Gaulding, Recreational Sports Manager, at 415.497.3308, email matthew.gaulding@dominican.edu or visit the Dominican Recreational Sports website at www.ducrcsports.com.

[CLICK HERE TO REGISTER OR FOR MORE INFORMATION ABOUT DOMINICAN RECREATIONAL SPORTS](#)

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