

(805) 437-8902 or csuci.edu/recreation

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Intramural & Extramural Sports

Event	Day/Date/Time	Location
Channel Islands Basketball Skills Challenge	Monday, January 30 from 5:00 p.m 6:00 p.m.	Rec Center (Arroyo Hall)
Kick Off to the New Year Kickball Game	Tuesday, January 31 from 3:00 p.m 4:00 p.m.	South Quad
Monthly Dolphin Flag Football League	Fridays: February -April between 11:00 a.m3:00 p.m.	Potrero Field
6-on-6 Soccer Tournament (Free Agent/Self Officiated)	Wednesday, February I from I:00 p.m 5:00 p.m.	Potrero Field
21 Point Basketball Challenge	Wednesday, February I from 5:00 p.m 6:00 p.m.	Rec Center (Arroyo Hall)
Co-Rec Flag Football Game	Thursday, February 2 from 2:00 p.m 5:00 p.m.	Potrero Field
Ultimate Frisbee	Friday, February 3 from 3:00 p.m 5:00 p.m.	South Quad
Channel Islands Basketball League	Monday, February 6 from 6:30 p.m 10:30 p.m.	Rec Center (Arroyo Hall)
Late-Night Shamrockin' Dodgeball	Friday, March 2 from 7:00 p.m 10:30 p.m.	Rec Center (Arroyo Hall)
Student vs. Faculty & Staff Volleyball Game	Tuesday, April 10 from 6:00 p.m 8:00 p.m.	Rec Center (Arroyo Hall)
Family Softball BBQ	Sunday, April 29 from 1:00 p.m 4:00 p.m.	Potrero Field



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Sports Clubs

Sports Clubs Meeting-Budgeting & Purchasing for Sports Clubs Rec Sports Coordinator (805-437-3266) Rec Center (Arroyo Hall)			
Sports Clubs Workshop— How to Start a Sport Club Sports Clubs Meeting- How to Start a Sport Club Rec Sports Cordinator (805-437-3266) Rec Center (Arroyo Hall) Rec Sports Clubs Meeting- Traveling for Sports Clubs Sports Clubs Meeting- Budgeting & Purchasing for Sports Clubs Sports Clubs Meeting- Budgeting & Purchasing for Sports Clubs Sports Clubs Meeting- Budgeting & Purchasing for Sports Clubs Sports Clubs Meeting- Budgeting & Purchasing for Sports Clubs Sports Clubs Meeting- Budgeting & Purchasing for Sports Clubs Sports Clubs Meeting- Budget Reports & Requests Sports Clubs Meeting- Budgeting & Purchasing for Sports Clubs Sports Clubs Meeting- Budgeting & Purchasing for Sports Clubs Sports Clubs Meeting- Budgeting & Purchasing for Sports Clubs Sports Clubs Meeting- Budgeting & Purchasing for Sports Clubs Sports Clubs Meeting- Sports Clubs Meeting- Wednesday, March 6, Confirm time with Rec Sports Cordinator (805-437-3266) Rec Center (Arroyo Hall) Sports Clubs Meeting- Sports Clubs Meeting- Wednesday, March 7 from 5:00 p.m. – 6:00 p.m. Sports Clubs Meeting- Spor	Sports Clubs Meeting-	Wednesday, January 25 Confirm time with	
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Sports Clubs Presentation- Budget Presentations Wednesday, April 25 from 2:00 p.m 4:00 p.m. Bell Tower West (BTW) 1188 Sports Clubs Deadline-			
Budget Presentations Wednesday, April 25 from 2:00 p.m 4:00 p.m. Bell Tower West (BTW) 1188 Sports Clubs Deadline-		Monday, April 16 at 5:00 p.m.	Rec Center (Arroyo Hall)
Sports Clubs Deadline-			
	<u> </u>	Wednesday, April 25 from 2:00 p.m 4:00 p.m.	Bell Tower West (BTW) 1188
2012 Purchase and Travel Reimbursements Friday, May 11 at 5:00 p.m. Rec Center (Arroyo Hall)			
	2012 Purchase and Travel Reimbursements	Friday, May 11 at 5:00 p.m.	Rec Center (Arroyo Hall)

Waterfront

) A/F C ::: / I/	Wednesdays, February I through May 2/ 10:00 a.m.,	
WF- Sailing/ Kayaking Classes	12:00 p.m., 2:00 p.m.	Cl Harbor
	Thursdays, February 2 through Thursday, May 3/	
WF- Sailing/ Kayaking Classes	10:00 a.m., 12:00 p.m., 2:00 p.m.	CI Harbor
	Fridays, February 3 through May 4/ 10:00 a.m.,	
WF- Sailing/ Kayaking Classes	12:00 p.m., 2:00 p.m.	CI Harbor
	Saturdays, February 4 through May 5/ 10:00 a.m.,	
WF- Sailing/ Kayaking Classes	12:00 p.m., 2:00 p.m.	CI Harbor



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Outdoor Adventures

OA- Equipment Rental Shop	Monday, January 23 - Friday, May 4	Rec Center (Arroyo Hall)
OA- Knot Tying	Wednesday, January 25 from 12:00 p.m 1:00 p.m.	SUB 2023 B
OA- How to pack light	Wednesday, February I from I2:00 p.m I:00 p.m.	SUB 2023 B
OA- Sycamore Canyon Day Hike	Sunday, February 5 from 10:00 a.m 4:00 p.m.	Rec Center (Arroyo Hall)
OA- Sunset Kayaking	Sunday, February 26 from 3:30 p.m 8:00 p.m.	CI Harbor
OA- Pine Mountain Camping Trip	Friday, March 2 - Sunday, March 4 Leaving at 10:00 a.m. on Friday	Rec Center (Arroyo Hall)
OA- Food and Staying Happy	Wednesday, March 7 from 12:00 p.m 1:00 p.m.	SUB 2023 B
OA- Knot Tying	Wednesday, April 4 from 12:00 p.m 12:30 p.m.	SUB 2023 B
OA- Sunset Kayaking	Sunday, April 15 from 3:30 p.m 8:00 p.m.	CI Harbor
OA- Santa Cruz Island Camping Trip	Friday, April 20 - Sunday, April 22 Leaving at 9:00 a.m.	Ventura Harbor

Health & Wellness

Yoga (January 23 through April 29)		
Restorative Yoga	Sundays, 7-8:00 p.m.	Santa Cruz Dance Room
Meditation Yoga	Mondays, 8-8:30 p.m.	Santa Cruz Dance Room
Vinyassa	Mondays & Fridays 11:30-12:45 p.m., Tuesdays, 6:30-7:45 p.m.	Santa Cruz Dance Room
Dance (January 31 through May 3)		
Jazz Fusion	Tuesdays 8-9:00 p.m.	Santa Cruz Dance Room
Zumba	Mondays 6-7:00 p.m., Tuesdays 9-10:00 p.m.	Santa Cruz Dance Room
Workout (January 31 through May 3)		
Cardio	Mondays, 7-8:00 p.m.	Santa Cruz Dance Room
Strength	Wednesdays, 8:45-9:45 p.m.	Santa Cruz Dance Room
Stretch	Thursdays, 8-9:00 p.m.	Santa Cruz Dance Room



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Open(Informal) Recreation

Basketball			
Women's Basketball Night	Mondays, 5:00 p.m6:00 p.m.	Recreation Center (Main Court)	
Open-Basketball	See Court Schedule	Recreation Center	
Volleyball			
Open-Volleyball	Tuesdays and Thursdays 5:00 p.m6:00 p.m.	Recreation Center	
Flag Football			
Pick-Up Flag Football	Friday, March 9, 11:00 a.m12:00 p.m.	Potrero Field (Field B)	
Pick-Up Flag Football	Friday, April 6, 11:00 a.m12:00 p.m.	Potrero Field (Field B)	
Soccer			
Open-Indoor Soccer	Fridays, 4:00 p.m5:00 p.m.	Recreation Center	
Open-Soccer	See Court Schedule	Recreation Center	

Pick-Up- Game set up with officials/referees/umpires Open- Court/field open for participation