

Student Activities, Recreation, and Athletics

New York Campus

At the CIA, there is plenty to do outside of the classroom. Students can enjoy nearby Catskill and Berkshire ski areas, local golf courses, parks, and New York City museums and theaters. The Office of Student Activities and the Student Recreation Center sponsor a variety of entertainment and leisure activities. These include dances, comedy nights, films, special seasonal events, cooking competitions, and outdoor excursions such as hiking, ziplining, and whitewater rafting.

Located behind Rosenthal Hall overlooking the Hudson River, the Student Recreation Center (SRC), located in the Student Commons, includes a gymnasium with two official-size basketball or volleyball courts, a 1/11-mile running track, two racquetball courts, a group exercise room, a free-weight room, a fitness center, a new cardio fitness room, student and faculty/staff locker rooms, saunas, Student Government Association and campus newspaper offices, a six-lane swimming pool, a banquet kitchen, and lounges. CIA students can join intramural leagues or competitions in basketball, tennis, softball, flag football, racquetball, dodgeball, floor hockey, and volleyball.

To help students stay in shape throughout the year, the SRC sponsors free fitness classes such as yoga, Pilates, spinning, and Zumba®. A variety of Student Activities programs, fitness classes, and recreational and competitive sports activities are available to students seven days a week. Please consult our Student Activities/Recreation brochures and CIA Main Menu for program dates and registration deadlines.

The CIA currently sponsors coed intercollegiate athletic teams in soccer, cross-country, tennis, basketball, and volleyball. All CIA intercollegiate teams compete within the Hudson Valley Intercollegiate Athletic Conference, which is comprised of colleges between and including New York City and Albany, NY.

For more information, see the [Student Handbook](#).

California Campus

The CIA at Greystone is located in the heart of the Napa Valley and is convenient to cities, mountains, and the ocean. Students are close to the greater San Francisco Bay Area, which is alive with culinary explorations, museums, concert venues, and professional sports teams. The California campus is also within driving distance to both the Sonoma Coast beaches of the Pacific and the outdoor playground of the Sierras, host to world-class skiing and any number of outdoor activities. More locally, the Napa Valley has world-class restaurants, artisan producers, seasonal farmers' markets, and festivals to enjoy. There is also plenty of opportunity for hiking, biking, and enjoying Northern California wine country after school hours. For more information, see the [Student Handbook](#).

SPICE

The Student Programming Board (SPICE) sponsors several activities each year on campus for students who want to unwind outside of class. Residence Life hosts a variety of programs for all enrolled students to participate in, and numerous activities are available to students year round to support our community of wellness. Student activities are developed by and for students. For more information, please check the calendar on CIA Main Menu.