

# Student Commons—NY

The CIA's Student Commons offers students state-of-the-art dining, athletic, and recreational facilities. Students can muscle inside for a layup on one of two official-size basketball courts which are easily converted for volleyball, dodgeball, and other sports activities. Enjoy a run on our indoor (1/12-mile) jogging track that encircles the courts from above. Or, take in a game on either of our two racquetball courts. Students will also find various aerobic and fitness programs, a six-lane swimming pool, and cardio and strength machines in the fitness room. The Student Commons also has a game room, student/faculty/staff locker rooms, Student Government Association/club meeting areas, and a multi-purpose room. A variety of fitness and recreational programs and wellness services are scheduled throughout the year and are open to all students. Students may bring one guest (must be 18 years of age or older) with them per visit to use the recreation center area of the Student Commons. All guests must produce photo identification and register with the Student Recreation Center front desk. Students are responsible for their guests' behavior.

## The Egg

Located in the Student Commons, The Egg is an extraordinary area that serves all student dining needs, and is also a great place to hang out, relax, and have some fun. Students have a wide variety of dining choices at The Line, The Café, and a foodservice concept designed and operated by bachelor's degree students. Other features include a microbrewery which serves as a classroom and production facility for the campus, a stage for entertainment events, and a marketplace featuring a variety of fresh, seasonal foods and beverages for purchase.

## Rec Center Staff

Four professional staff members oversee and supervise the sports and activities at the Student Commons with the help of a student staff. They gladly assist students in achieving their fitness and recreational goals.

## Intercollegiate Athletics

There are currently four intercollegiate sports programs offered in soccer, basketball, tennis, and volleyball. The CIA competes in the Hudson Valley Intercollegiate Athletic Conference (HVIAC), which includes teams from similar-sized colleges in the Northeast, from Pottersville (north) to Long Island (south) to Syracuse (west). If students are interested in an intercollegiate sport, contact any professional member of the Student Recreation Center or Campus Life staff.

## Intramural Sports

CIA students have an array of intramural sports to choose from. Among the listings are: flag football, basketball, softball, floor hockey, volleyball, and dodgeball. Tournaments are also held throughout the year in tennis, billiards, table tennis, weight lifting, and Kan Jam. Inquire at the front desk for information on sports schedules and seasonal offerings.

## Outdoor Facilities

Our outdoor athletic and recreational facilities include softball and soccer fields as well as two tennis courts.