

RECREATION, WELLNESS AND CLUB SPORTS

Niagara's intramural and recreation program provides opportunities for students to constructively use their leisure time and improve both physically and emotionally. Approximately 50 intramural, fitness and instructional programs are offered by the Kiernan Recreation Center which is based on student interest.

Club Sports

The university's club sports program offers students an alternative to intercollegiate athletics and intramural sports. All clubs are self-administered by elected student officers and are supported by membership dues, fundraising activities, donor contributions, student government and sponsorships. The following club sports have been available at Niagara:

- men's and women's ice hockey
- men's and women's rugby
- men's and women's soccer
- men's and women's basketball
- men's and women's volleyball
- men's baseball
- lacrosse
- roller hockey
- wrestling
- field hockey
- women's softball

Students interested in establishing a club sport are encouraged to contact the director of recreation, intramural and club sports in the Kiernan Recreation Center.