

# Activities

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## FIT ATHLETICS AND RECREATION

**fittigers.com**

FIT has a strong and successful athletic tradition. The FIT Tigers are members of the National Junior College Athletic Association (NJCAA), Division III level. Numerous FIT teams and student athletes have garnered national and regional accolades for athletic and academic achievements, including national championships, regional championships, NJCAA Academic Teams, SUNY Chancellor's Award for Student Excellence Award Winners, and all-region, all-American, and academic all-American honors.

### FIT Teams

- Women's and Men's Cross-Country
- Co-ed Dance Company
- Women's Soccer
- Women's and Men's Swimming and Diving
- Women's and Men's Table Tennis
- Women's and Men's Tennis
- Women's and Men's Track and Field
- Women's Volleyball

### Recreation Programs

The College's recreation and intramural program is designed for the participation and enjoyment of the entire college community. Programs provide the opportunity for physical activity and promote wellness and productive use of leisure time. Participants at all skill levels are encouraged to participate.

- **Fitness classes:** The Athletics and Recreation Department sponsors a variety of free, drop-in fitness classes taught by certified instructors. Classes include Spin, Pilates, Yoga, Meditation, Boot Camp, Cardio Kick Boxing, and more. Classes are available to all FIT students.

- **The Lari and Barbara Stanton Fitness Center** is located on the sub-basement level of the Dubinsky Student Center and is equipped with cardiovascular machines, various weight machines, Smith machine, and free weights.
- **The Kaufman Fitness Center** is located on the basement level of the Kaufman Residence Hall and is equipped with cardiovascular machines, weight machines, yoga balls, exercise bands, and free weights. The Kaufman Fitness Center is open to FIT residents only.

## FIT STUDENT CLUBS AND ORGANIZATIONS

### Student Engagement

**fitnyc.campuslabs.com/engage**

Participation in activities on campus prove to be a valuable learning experience; it's also a great way to meet people. FIT has over 60 **clubs and organizations** open to current degree-seeking students; some may have additional requirements for membership. All clubs and organizations must adhere to **FIT's Nondiscrimination Policy**.

Students are encouraged to use **FIT Link**, FIT's social network for students, which provides the tools to navigate **FIT clubs, organizations, resources, and activities**. Students use **FIT Link** to get involved on campus, engage with the **FIT Student Government Association**, and view a calendar of programs and activities both on campus and off.

### FIT Tiger LEADers

**fitnyc.edu/emss/peermentors**

**FIT Peer Mentor Tiger LEADer training program** is especially designed to provide FIT students with experience that develops, challenges, and supports them as socially responsible leaders in the world. These positions are a unique leadership experience for students to learn more about themselves as leaders, and simultaneously have a

profound impact on our campus. Tiger LEADer positions are Resident Assistants, Orientation Leaders, and Cultural Fellows. Tiger LEADers are paid leadership positions.

### **FIT Honor Associations**

- **Chi Alpha Epsilon:** Chi Alpha Epsilon National Honor Society is dedicated to acknowledging the success of students in the **Educational Opportunity Program (EOP)**.
- **Delta Alpha Pi:** Delta Alpha Pi Honor Society participates in activities designed to educate the community and society regarding disability issues and the principles of universal design.
- **Phi Theta Kappa:** Phi Theta Kappa (PTK) is the international honor society for students in their associate degree program.

