

# ATHLETICS AND RECREATION

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Keating Sports Center  
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## Intercollegiate Athletics

Illinois Institute of Technology is an NCAA Division III member of the Northern Athletics Collegiate Conference (NACC), and Liberal Arts Conference (Men's and Women's Swimming and Diving). Scarlet Hawks student-athletes come from 19 varsity athletic programs that include men's soccer, women's soccer, men's cross country, women's cross country, men's tennis, women's tennis, men's basketball, women's basketball, men's swimming and diving, women's swimming and diving, men's lacrosse, women's lacrosse, men's indoor and outdoor track and field, women's indoor and outdoor track and field, men's volleyball, women's volleyball, and baseball.

## Recreational Sports and Fitness

The department is committed to the well-being of the campus community through fitness activities and healthy competition. Programs are designed to make a positive contribution impacting personal, physical, ethical, and social development of the general student population.

Healthy and active lifestyles are also promoted through a varied menu of fitness classes, which are suggested by students. These range from high intensity interval training and hip hop dance classes to other popular activities. New classes are introduced each semester in order to provide maximum choice and variety for the student body.

Informal recreation and fitness activities on campus are also encouraged. Open swimming, the fitness center, and open gym in Keating provide students with drop-in options for activity. Illinois Institute of Technology has the only disc golf course in the city of Chicago, making the campus a popular destination for local disc golf enthusiasts.