

ATHLETICS AND RECREATION

Keating Sports Center
312.567.3242
illinoistechathletics.com

Intercollegiate Athletics

Illinois Institute of Technology is a full member of NCAA Division III for all varsity sports. The university offers the following intercollegiate sports: men's and women's soccer, men's and women's cross country, men's and women's basketball, men's and women's volleyball, men's and women's swimming and diving, men's and women's tennis, men's and women's indoor track and field, men's and women's outdoor track and field, men's and women's lacrosse, and baseball.

As a member of NCAA Division III, Scarlet Hawk student-athletes have the opportunity to face strong competition from other DIII Midwest members. Illinois Tech is a member of the Northern Athletics Collegiate Conference (NACC) in all sponsored sports except men's and women's lacrosse and men's and women's swimming and diving.

The Illinois Institute of Technology's women's lacrosse team is a member of the Midwest Women's Lacrosse Conference and the men's lacrosse team is a member of the Midwest Lacrosse Conference. Men's and women's swimming and diving programs compete in the Liberal Arts Conference.

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.