Student Recreation Center Hours
Monday–Thursday: 7 a.m.–midnight
   Friday: 7 a.m.–10 p.m.
   Saturday: 9 a.m.–10 p.m.
   Sunday: 9 a.m.–11 p.m.

Pool Hours
Monday–Thursday: 10 a.m.–1 p.m., 3–5:30 p.m., and 7:30–10 p.m.
   Friday: 10 a.m.–1 p.m. and 3–5:30 p.m.
   Saturday: noon–7 p.m.
   Sunday: noon–7 p.m.

845-451-1400
WELCOME TO THE SRC
…where there’s always something going on!

When it’s time to have fun, get fit, or just hang out with friends, the Student Recreation Center at the Student Commons is the place to go. The hub of campus life at the CIA, the SRC has a wide variety of facilities, sports, clubs, events, trips, and activities. So come, enjoy, and get involved!

GUEST POLICY
Students are permitted to have two guests, both of whom must be 18 years of age or older. Please note that you must remain with your guests at all times. For more details, see the information book at the front desk.

NEED EQUIPMENT?
The following are available to CIA students from the front desk:
- Bikes: Free to borrow, with completed waiver
- Swim goggles: $5 to purchase
- Swim caps: $10 to purchase
- Towels: $1 to borrow, with CIA student ID
- Sports equipment: Free to borrow, with CIA student ID (Includes basketballs, racquetball and tennis racquets and balls, soccer balls, volleyballs, Frisbees, and locks)

BORROW A BIKE
With our green-friendly Bike Borrow Program, you can check out a bicycle for anything from a quick shopping trip into Hyde Park to a scenic ride across the Walkway Over the Hudson. Bikes, helmets, and bike locks are available—in season—to borrow at no charge on a first-come, first-served basis. Please note that you will be required to sign a waiver to participate in this program.

WE’VE GOT TICKETS!
Come to the front desk for great deals on tickets for activities including:
- CIA club events: Prices vary
- CIA Student Recreation Center trips: Prices vary
- Movies:
  - Hyde Park or Overlook Drive-in: $7
  - Regal Cinemas: $8.50
  - Roosevelt or Lyceum Cinemas: $5
  - Route 9 bus run: $1 single-day pass, $10 multi-day pass

ROUTE 9 BUS RUN
Get off campus to do some shopping or catch a movie. Every Saturday, the SRC offers bus transportation to points south on Route 9. After departing from the SRC, the bus stops at Price Chopper and the Poughkeepsie Galleria. On the return trip, stops include Barnes & Noble and Stop & Shop. There are several runs during the day and no reservations are required. Tickets, semester passes, and schedules are available at the front desk.

TRAVEL INFORMATION
Area travel information is available from the front desk, including local taxi and train schedules as well as information about transportation between Grand Central Terminal, Penn Station, and the New York City airports.

TRIPS
Throughout the year, the SRC sponsors trips to sporting events, Broadway shows, food tours, theme parks, and other destinations in the Northeast. We also offer outdoor activities such as hiking, rock climbing, and whitewater rafting. The college picks up part of the cost of these trips, so you get a great deal! Tickets sell out quickly, so if you’re interested, stop by early to buy yours. See inside this brochure for information on upcoming trips.

SPICE EVENTS & ACTIVITIES
Choose from a variety of on-campus events held throughout the year. Winter means Ski Trips & Deep Freeze Weekend. It’s also time to perfect your recipes, because the Chowder and Burger Bash fall within this period. And you won’t want to miss Stars & Stripes Weekend in celebration of Independence Day, and Casino Night after summer break. See inside this brochure for upcoming events.
January 2017

8   Basketball vs. Word of Life Bible in SRC Gym, 2 p.m.
11  SGA Public Meeting in Multipurpose Room 9:15 p.m.
12  Table Tennis Tournament in SRC Game room 9 p.m.
23  Ski/Snowboard Trip to Catamount leave campus at 8 a.m.
25  Club Con in the Egg at 9:15 p.m.
28  Basketball vs. College of New Rochelle in SRC Gym 1 p.m.
29  Basketball vs. The Cooper Union in SRC Gym 1 p.m.

February 2017

1   SGA Public Meeting in Multipurpose Room 9:15 p.m.
6   Group Leader Assembly in SGA Conference Rm.10 a.m. & 3 p.m.
4   Basketball vs. Davis College in SRC Gym 1 p.m.
5   Basketball vs. The Kings College in SRC Gym 1 p.m.
8   How to start a club in SGA Conference Room w/ Matt Ivins
12  Basketball vs. Dutchess Community College in SRC Gym 12 p.m.
18  Bus Trip to NY City leave campus @ 9 a.m.
15  SGA Public Meeting in Multipurpose Room 9:15 p.m.
25  Bus trip Snow Tubing Hunter Mountain leaving campus 8:30 a.m.

March 2017

8   Club Con in the Egg at 9:15 p.m.
4   Steels Men’s Volleyball vs. The Cooper Union in SRC Gym 1 p.m.
5   Steels Men’s Volleyball vs. Pratt Institute in the SRC Gym 1 p.m.
12  Annual Chowder Cook-off in SRC Gym 12:20 p.m.
13  Group Leader Assembly in SGA Conference Rm 10 a.m. & 3 p.m.
15  SGA Public Meeting in Multipurpose Room 9:15 p.m.
29  SGA Public Meeting in Multipurpose Room 9:15 p.m.

April 2017

1   Steels Tennis vs. The Webb Institute at Dutchess Racquet 1 p.m.
2   Bus Trip Kinky Boots on Broadway leave campus 8 a.m.
5   How to start a club in SGA Conference Room w/ Matt Ivins
19  Club Con in the Egg at 9:15 p.m.
26  SGA Public Meeting in Multipurpose Room 9:15 p.m.

May 2017

1   Group Leader Assembly in SGA Conference Rm.10 a.m. & 3 p.m.
10  SGA Public Meeting in Multipurpose Room 9:15 p.m.
21  Six Flags Great Adventure Trip bus leaves at 8 a.m.
24  SGA Public Meeting in Multipurpose Room 9:15 p.m.

June 2017

7   SGA Public Meeting in Multipurpose Room 9:15 p.m.
10  Bus Trip to Yankee Stadium vs. Baltimore Oriels
12  Group Leader Assembly in SGA Conference Rm 10 a.m. & 3 p.m.
21  SGA Public Meeting in Multipurpose Room 9:15 p.m.
24  Stars and Strips weekend Fireworks and Dance on Anton Plaza
25  Burger Bash on athletic field

July 2017

5   SGA Public Meeting in Multipurpose Room 9:15 p.m.
8   Bus trip Whitewater Rafting - Lehigh River leaving 6 a.m.
12  Club Con in the Egg at 9:15 p.m.
16  5K Run/Walk/Stroll begins at front of SRC Building
19  SGA Public Meeting in Multipurpose Room 9:15 p.m.
Alliance
Celebrates the power of a diverse student body and promotes respect for all members of the campus community. Supports the CIA’s educational mission and core values by advocating positive LGBT awareness.
alliance@cia.culinary.edu

Anime Club
The Anime Club is an organization that invites the community to learn about the culture of Japan through modern entertainment in the anime style. This club will focus on areas such as anime, manga, vocaloid and video games.
animeclub@cia.culinary.edu

Bacchus Wine Society
Promotes the appreciation and perception of esteemed wines and spirits through tastings, special events, and wine excursions.
bacchus@cia.culinary.edu

Baking and Pastry Society
Expands students’ baking and pastry creativity outside of the classroom.
bakingandpastryclub@cia.culinary.edu

BBQ Club
The purpose of this organization shall be to enhance the awareness of barbecue on the CIA campus. The goal of the organization is to expose the club’s members to different US regional styles, as well as global interpretations such as Korean BBQ, and Argentinean Asado.
bbqclub@cia.culinary.edu

Black Culinary Society (BCS)
Promotes diversity awareness in the CIA community and the foodservice industry through enlightenment, demonstrations, and cultural history.
blackculinariansociety@cia.culinary.edu

Brew Club
Seeks to increase understanding of domestic and international beer and its production, grow awareness of quality local beer, and share the love of good beer.
brewclub@cia.culinary.edu

Catholics at The Culinary
Brings people together to promote and preserve the Catholic tradition through the expression of fellowship, service, and liturgy.
catholicsattheculinary@cia.culinary.edu

Chefs for Health and Wellness (CHEW)
Brings students together in a healthy, active environment, from healthy food demonstrations to group exercise opportunities.
healthandwellness@cia.culinary.edu

CHOP’T*
(Chefs Harnessing Outdoor Pursuits Together)
Gets students together to enjoy nature and experience outdoor activities like camping, hiking, rafting, and kayaking.
chopt@cia.culinary.edu

Culinary Christian Fellowship
Focuses on growing in Jesus Christ by studying the Bible. A non-denominational organization that reaches out to students on campus and in service to the community.
christianfellowship@cia.culinary.edu

Culinary Science Club
Provides students the opportunity to critically evaluate current journal articles and discuss topics of scientific merit and relevance to the culinary field.
culinaryscience@cia.culinary.edu

Digital Media Club
The Digital Media Club is an organization aimed at the digital humanities as it relates to the food industry. This encompasses, but is not limited to, the recording of oral histories, panel discussions and interviews with industry professionals. We produce a weekly podcast and look to collaborate with other organizations in new and creative ways. All are welcome to join, no experience necessary.
digitalmediaclub@cia.culinary.edu

Eta Sigma Delta
Serves as a network, career development resource, and research outlet for members. The CIA chapter of the international hospitality management honor society also sponsors student activities and community service.
etasigmadelta@cia.culinary.edu

Fromage Friends
Immerses members in a social and educational environment that celebrates the culture, history, and creative process behind a much-loved food. Tastes, pairs, and enjoys cheeses of all kinds.
fromagefriends@cia.culinary.edu

Global Cultures Club
The goal of this club is to share different cultural experiences with all members of the CIA community. The club is meant to be a place to introduce and highlight different international cultures to domestic students and expose international students to American culture as well. We aim to bring all cultures together to create a better connected campus community.
globalcultures@cia.culinary.edu

Jewish Culture & Community Club
Provides both Jewish and non-Jewish students with the opportunity to experience Jewish culture, food, and traditions together on campus.
jcc@cia.culinary.edu


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Student Clubs and Advisory Committees

Student clubs and organizations play a prominent role in CIA campus life, so consider joining one or more for your professional and personal growth and enjoyment. Clubs are initiated, envisioned, and run by CIA students. The list that follows is subject to change; for the most current information, including meeting times and locations, please visit CIA Main Menu.
How to Start a Club 101
Interested in starting a new club on campus, but not sure how? Join Matt Ivins for an info session on February 8 or April 5 and get all your questions answered. Starts at 9:15 p.m. in the SGA Conference Room.
m_ivins@culinary.edu

KACIA (Korean Association at CIA)
Promotes diversity on campus by spreading knowledge of the Korean culture through discussions and tastings. Strives to help Korean students adjust to the culture and climate of the CIA so they can become more productive members of the campus community.
kacia@cia.culinary.edu

La Papillote
Examines contemporary issues of the foodservice industry and reports on news of the college. The newspaper of the CIA reflects the diverse views of the campus community and provides a forum for civil discussion. La Papillote seeks reliable writers, editors, and layout editors.
lapapillote@cia.culinary.edu

Masala Club
The Masala Club aims to attract students interested in joining an organization focused on celebrating, and sharing the colorful and festive cuisine and cultures of India and the Asian subcontinent.
masala@cia.culinary.edu

Mixology Club
Dedicated to provide a better understanding and appreciation for spirits and mixed drinks, wheather alcoholic or non-alcoholic, and aim to foster an enviorment of creativity and learning through tasting, educational lectures, demonstrations and field experience.
mixology@cia.culinary.edu

Photography Club
Explores the artistic side of styling and shooting food while allowing students interested in photography to learn and practice skills. Collaborates with other clubs to provide photo coverage of their events.
PhotographyClub@cia.culinary.edu

Pool Club
Offers an organized, fun, and welcoming environment for students of all skill levels interested in playing the game of pool.
PoolClub@cia.culinary.edu

Preservation Club
The Preservation Club aims to research and execute the preservation techniques used in many different countries and cuisines across the world. Our goal is to not only practice these methods, but also to educate others on the history and science behind food preservation.
preservationclub@cia.culinary.edu

Slow Food Club
Discusses issues of ecology, political economies, and culture through the lens of sustainability and fairness, and promotes an understanding and redefinition of the role of the chef in the evolution of gastronomy.
SlowFood@cia.culinary.edu

SPICE*
(Student Programming Igniting Campus Entertainment)
Works with the Office of Student Activities, Recreation, and Athletics to deliver great student events and bring comedians, hypnotists, and other entertainers to campus.
SPICE@cia.culinary.edu

Student Government Association*
Represents the CIA student community democratically. Acts as the official student voice in decisions affecting campus life, including recognizing and funding student organizations. Bi-weekly meetings are open to all students.
SGA@cia.culinary.edu

Tea Cuisine Club
The Tea Cuisine Club gathers people together who are passionate about the art of tea. We want to spread the knowledge of the culture of tea to the CIA community. We want to investigate and utilize tea in both culinary and baking projects as well as create unique blends of tea.
teacuisine@cia.culinary.edu

Veterans Association & Auxiliary
Assists current, incoming, and alumni veteran students with issues pertaining to their education and medical care, as well as providing support when working with the U.S. Department of Veterans Affairs.
CIAVets@cia.culinary.edu

Table Tennis Club
The Table Tennis Club is an organization made to have fun through the playing of ping pong. Members of the club will be able to play against new opponents, learn how to better themselves in the sport and most importantly, have fun.
tabletennisclub@cia.culinary.edu

Table Top Gaming Club
Provides a place for students to come together and enjoy recreational activities like board games, role-playing games, card games, and other table top games.
TableTop@cia.culinary.edu

Slow Food Club
Discusses issues of ecology, political economies, and culture through the lens of sustainability and fairness, and promotes an understanding and redefinition of the role of the chef in the evolution of gastronomy.
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CIAVets@cia.culinary.edu

Campus organizations, including those affiliated with an extramural organization, must be open to all students without respect to actual or perceived age, gender, sexual orientation, religion, race, color, national or ethnic origin, economic status, disability, veteran status, marital status, or any other group as protected by law.

In order to maintain public order and the safety of all, both within and outside of the campus community, The Culinary Institute of America prohibits hazing of any type on its campuses or in any CIA-sponsored program. Hazing constitutes the activities of soliciting, directing, aiding, or otherwise participating actively or passively by any student, staff, faculty, visitor, contactor, or third party in premeditated acts of power and control over others that lead to victimization.

*Student Advisory Committees
Upcoming Events and Trips

**Ski Trip**
*January 23*
Catamount in the Bershires. 3 packages available:
- Transportation & Lift $30; Transportation, Lift and Rental $60; Transportation, Lift, Rental & 1.5 hour lesson $75

**Chowder Cookoff**
*March 12*
In this CIA classic, 14 teams compete to win your vote and more than $2,000 in prize money. You don’t have to be in the cook-off to get in on the action—you can sample lots of chili, have fun with activities and competitions, and listen to live music, from one of our CIA chef bands. 12:30 p.m. in the SRC.

**Snow Tubing**
*February 25*
Hunter Mountain is home to the largest Snow Tubing Park in NYS! With 20+ chutes nearly 1,000 feet long, a Mini Tubing Park for children, a snack bar and fire pit, Hunter Mountain’s snow tubing park is an adventure for all ages! Cost is $20 for CIA students $35 for guests. Bus departs SRC at 8:30 a.m. Leaving mountain approx. 1:30 p.m. Back on campus approx. 3:30 p.m.

**Shopping Trip to New York City**
*February 18*
Take the bus down to Manhattan to sightsee with friends or go shopping for the day. Tickets are $10 for CIA students and $20 for guests. Bus departs St. Andrew’s Circle at 9 a.m. Leaving city at 6 p.m.

**NY Yankees vs Baltimore Orioles**
*June 10*
Ticket prices $45 for students $60 for guests. This ticket price includes transportation, admission to the stadium and an “all you can eat option” through the 5th inning.

**Whitewater Rafting Trip**
*July 8*
Experience the awesome wilderness scenery and exciting, fun-filled rapids of the Lehigh River Gorge in Pennsylvania. Cost is $50 for CIA students and $65 for guests. Bus departs St. Andrew’s Circle at 6:00 a.m. Leaving rafting center approx. 6 p.m. (after dinner). Back on campus approx. 10 p.m. Lunch and dinner included.

**Bus Trip Kinky Boots on Broadway**
*April 2*
Kinky Boots = “THE HOTTEST MUSICAL ON BROADWAY! an emotional button-pusher about finding your passion, overcoming prejudice and transcending stereotypes. CYNDI LAUPER has created a score with audience-hugging charisma. Tickets $50 for CIA students and $65 for guests. Bus departs St. Andrews Circle at 8:15 a.m. Return directly after show.

**Ski Trip**
*Catamount in the Bershires. 3 packages available: Transportation & Lift $30; Transportation, Lift and Rental $60; Transportation, Lift, Rental & 1.5 hour lesson $75*

**Minnewaska Day Hike**
*May 21*
Situated in Ulster County on the dramatic Shawangunk Mountain ridge that rises more than 2,000 feet above sea level. The terrain is rugged and rocky, blanketed by dense hardwood forest encircling two lakes. Clear streams cut into valleys, incising sheer cliffs and ledges and emerging in waterfalls. Cost is $10 for CIA students and $25 for guests. Bag lunch and water included. Bus departs from SRC at 8:00 a.m. Leaving mountain approx. 3:00 p.m. Back on campus approx. 4:00 p.m.

**Six Flags, Great Adventure**
*May 21*
Trip includes bus transportation, admission to amusement park and meal voucher. Tickets are $35 for CIA students and $50 for guests. Bus departs St. Andrew’s Circle at 8 a.m. Leaving Park at 6 p.m.

**Stars & Stripes Weekend & 2nd Annual Burger Bash**
*June 24 Fireworks & Dance on Anton Plaza
June 25 2nd annual Burger Bash & block party*
Home Games in BOLD
Hudson Valley Intercollegiate Athletic Conference games noted with HVIAC logo.

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<th>2017 Basketball</th>
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<td>Jan. 8 Sun.</td>
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<td>Jan. 14 Sat.</td>
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<td>Jan. 23 Mon.</td>
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<td>Feb. 19 Sun.</td>
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Coach: Tim McEnroe

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<th>2017 Men’s Volleyball</th>
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<td>Feb. 11 Sat.</td>
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<td>Mar. 4 Sun.</td>
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<td>Mar. 11 Sat.</td>
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Coach: Jamie Floryan

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<th>2017 Tennis</th>
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<td>Mar. 19 Sun.</td>
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<td>Apr. 9 Sun.</td>
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<td>Apr. 29 Sat.</td>
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Coach: Serge Nalwayko
If you’re looking for a fun way to get—or stay—in shape, then give our free group fitness classes a try!

Aqua Boot Camp A medium intensity workout in the pool that is for all fitness levels. Constant movement with minimal rest is key to help with cardiovascular endurance and also help with muscle toning and conditioning.

Boot Camp A high-intensity, total-body workout in 30 to 60 minutes.

Butt ’n Gut (Women Only) A 30-minute workout that targets the abdominals, glutes, and leg muscles. This class incorporates medicine balls, kettlebells, and body weight as resistance. Suitable for all fitness levels.

High-Intensity Interval Training A 60-minute class that focuses on cardiovascular fitness as well as muscular conditioning and toning. The first 40 minutes is interval training and the last 20 minutes includes core stability training and a cool down. Designed for experienced exercisers.

Spinning The ultimate rock concert on wheels, where the music determines the terrain! Burn approximately 600 calories per class. Water bottles are necessary. Suitable for all fitness levels.

Yoga A unique system of stretching and strengthening combined with core stability work. Suitable for all fitness levels.

Zumba A high-intensity workout with Latin flavor, incorporating salsa, merengue, and flamenco. A real calorie-burner.

Meet the Fitness Instructors

Meet Bryn, one of our Zumba instructors. Zumba is his one way ticket to a consistent and entertaining way to get a great work out in while laughing and having fun with everybody else. Bryn’s goals are to bring people together for a great work out, have fun dancing, and make it enjoyable for everybody!

Meet Christina, one of our Zumba instructors. A Qualified Nutritionist by day, fitness is a strong passion of hers after losing 50 lbs. from eating right and being active. Christina combines her love and passion for health, fitness, and dance and became a certified Zumba instructor. Christina loves seeing everybody sweating and smiling. Come check out her classes!

Meet Gaby, one of our yoga instructors. While practicing yoga, she noticed drastic physical and emotional changes in her body and mind. As a yoga instructor, Gaby hopes to create a space for students to find comfort outside of their comfort zones and hopes to serve as a guide to students on their own personal experiences on and off the mat.

Meet Juliana, one of our yoga instructors. From Brazil, Juliana moved to New York where she continued her studies of yoga. Juliana has been teaching yoga for 15 years and has led many different classes and retreats. Juliana believes yoga is the “house of no judgment” where one of the best things a student can do is to practice often.

Meet Frank, our Coordinator of Student Health and Wellness and one of our fitness instructors. Frank is a certified personal trainer as well as certified spin/cycle instructor. Frank’s enjoys teaching high intensity classes like boot camps and HIIT’s.

David Whalen
Associate Dean—Student Activities, Recreation, and Athletics
d_whalen@culinary.edu, ext. 1406

Sue Haug
Office Manager
s_haug@culinary.edu, ext. 1412

Matthew Ivins
Coordinator—Student Organizations and Government
m_ivins@culinary.edu, ext. 1414

Frank Risole
Coordinator—Student Health and Wellness
Head Coach—Cross Country
f_risole@culinary.edu, ext. 1405

Serge Nalywayko
Senior Coordinator—Athletics, Aquatics, and Outdoor Recreation
Head Coach—Tennis
s_nalywa@culinary.edu, ext. 1409

Coaching Staff
Jamie Floryan—Men’s & Women’s Volleyball Head Coach
Tim McEnroe—Basketball Head Coach
Jim Sanborn—Soccer Head Coach
Dennis Anderson—Tennis Assistant Coach

THE SRC TEAM

SRC FRONT DESK: 845-451-1400