



INTRAMURAL SPORT LEAGUES AND TOURNAMENTS

Round up your classmates and colleagues and join in on some organized fun! League champions will be awarded a sport towel for their hard work, a team photo and of course, bragging rights. All leagues available on first-come basis as space is limited. Register early so you don't miss out. NAIT student or staff ID are required to participate.

Each team will designate a Team Captain who will be responsible for:

- Being the main point of contact for their team
- Registering the team & getting waivers signed by all team members prior to the first league game
- Attend Captains meeting if required

Need a team? No problem. Register as an individual and we'll find a team for you - it's the best way to make new friends.

SPORT LEAGUES	PROGRAM DESCRIPTION	DAY OF THE WEEK	START DATE	END DATE	TIMES & LOCATION	REGISTRATION DEADLINE
Indoor Soccer	Soccer is the world's most popular sport and our program offers a recreation environment where players from all levels can compete against each other. Join us in this fun filled 5 vs 5 sport to earn bragging rights at the school.	Monday and Tuesday	March 25	April 16	4:00-5:30pm Gymnasium	March 21
Coed Volleyball	This 6 vs 6 league offers a chance to play against all levels and see how you match up. A minimum of one person of each gender on the court at all times.	Monday and Tuesday	January 14	February 26	4:00-5:30pm Gymnasium	January 10
Basketball - 5 on 5	Challenge your friends to a game on the hardwood in the NAIT gymnasium. This high energy sport is the most popular and fastest filling league and is open to all skill levels.	Monday and Tuesday	March 4	March 26	4:00-5:30pm Gymnasium	February 28
Ice Hockey	This non-contact league is open to everyone who wants to get on the ice and test their skills. Games are meant to be fun and meet new friends as you get a challenging workout in. Regular hockey rules apply.	Monday, Tuesday, Wednesday	January 21	February 13	6:30-7:30am Ice Rink	January 16
TOURNAMENTS	PROGRAM DESCRIPTION	DAY OF THE WEEK	START DATE	END DATE	TIMES & LOCATION	REGISTRATION DEADLINE
St. Patty's Day Dodgeball	Dress Up this one-day tournament to get your heart pumping while you throw, jump, dodge and dive. Participants are encouraged to dress up for this exciting event with prizes awarded for best dressed.	Thursday	March 14	March 14	12:00pm-1:00pm Gymnasium	March 7



Campus Recreation
Services

REGISTER NOW

Main Campus - O117 | 780.471.7713 | nait.ca/recreation