STUDENT PROGRAMS AND SERVICES

Academic Advising
All students at LaGuardia Community College benefit from a comprehensive college-wide system of developmental academic advising. Through academic advising, students connect their educational and career goals. While the ultimate responsibility for decision-making rests with the students, academic advising is a valuable part of the College's support network dedicated to helping students achieve their educational and career goals. Students are advised within their major by a cross-campus team that includes faculty and administrators who support them from admissions to graduation. There are seven teams; Business, Education and Language Acquisition, Health Sciences, Humanities, Liberal Arts & English, Social Science, and STEM. Students work with academic advisors to discuss their current academic progress, review their degree requirements, and develop their Graduation Plan.

Students in special programs – ASAP and College Discovery are encouraged to meet with an advisor prior to the beginning of the registration period.

ADVISEMENT TOOLS
Students can prepare for advisement with a variety of tools available on the Student Portal, “My LaGuardia.” A review of the Student Advisement Degree Audit can help students understand degree requirements they have completed and those remaining. CUNYfirst will indicate when students are eligible to register. This catalog, academic major website, and the College website offer additional information about major curricula, Pathways requirements, and academic policies.

STUDENT ADVISING SERVICES
Hours: Monday-Thursday 9:00 a.m. to 7:00 p.m. Friday 9:00 a.m. to 3:00 p.m.
Located in B102, Student Advising Services offers academic advising designed to enhance students’ personal, academic and career development by professional advisors who are members of the major-based advisement teams. Students may walk in or schedule an appointment.

Student Services
The Wellness Center: Hours: Monday-Thursday 9:00 a.m. to 8:00 p.m.; Friday 9:00 a.m. to 5:00 p.m.
As a part of LaGuardia Community College’s Health and Wellness Services, the Wellness Center is available for students in need of mental health and/or crisis services. We provide personal guidance and counseling services to help students achieve educational and career goals, learn the process of complex problem solving, and enhance their capacity to develop satisfying interpersonal relationships. Specifically, we provide short-term individual counseling, group counseling, crisis intervention, and workshops on many topics that impact students’ lives (i.e., depression, stress management, anxiety, etc.). Through this work, the Wellness Center assists students in their journey towards overall wellness. Please stop by C249 or call (718) 482-5471 for an appointment. For counseling-related emergencies, please contact ext:4444.
The Graduate Internship Program:
The Graduate Internship Program is comprised of graduate students working towards their master’s or doctorate in social work, mental health counseling, and/or psychology. Under the supervision of a trained and licensed counselor, interns provide short-term counseling personal services to help students achieve educational and career goals, learn the process of complex problem solving, and enhance their capacity to develop satisfying interpersonal relationships. Specifically, the interns provide individual counseling, group counseling and workshops on many topics that impact students’ lives (i.e., depression, stress management, anxiety, etc.). Through this work, our graduate interns are assisting students in their journey towards overall wellness. To help meet students’ needs, interns are located in a number of offices across campus. Please call (718) 482-5471 for an appointment.

Early Alert Program
The Early Alert Program is designed to identify, help and engage students at risk of failing their course(s). As part of the Early Alert Program, faculty are asked to submit information regarding students’ performance in their course(s). Students, who are at risk of failing a course, will be contacted and asked to come in and meet with an advisor. The advisor will identify strategies and options to address and improve student course performance.

Early Childhood Learning Center Programs: MB09
The Early Childhood Learning Center Programs Inc. (ECLC) is accredited by the National Association for the Education of Young Children. ECLC programs provide child care for children ages 12 months to 12 years, preparing them for the next level of development. ECLC programs are located on campus. The ECLC is a licensed child care facility. We provide a variety of quality educational programs to meet the needs of both the child and student parent. We offer infant care, toddler, preschool, free universal pre-K, extended day, weekend programs, school age program, summer camp, and holiday camp for the children of LaGuardia students. ECLC is also a training site for intern teachers to develop hands on knowledge of working in a childcare setting. Our team of professional educators provides a warm and nurturing environment that supports the academic, social, emotional needs of children, families, and teachers.
For more specific information, contact the Early Childhood Learning Center Programs, in room MB09, or call (718) 482-5295.

**Center for Career & Professional Development: B112**

The Center for Career & Professional Development (CCPD) offers a variety of career-related and job readiness services designed to prepare students and alumni to set career goals and become competitive and successful job seekers. The office helps students and alumni with employment opportunities in the field in which they have studied.

CCPD offers a variety of professional development services such as assistance with resumes, interviewing techniques, and professional branding. In addition, students can use resources to secure part-time and full-time employment such as the CCPD online job board. CCPD also sponsors on-campus recruitment efforts and targeted job fairs.

Students can access the College’s career and professional development online tools at [www.lagcc.cuny.edu/careerservices](http://www.lagcc.cuny.edu/careerservices).

**REGISTRAR AND STUDENT FINANCIAL SERVICES: C107**

The dedicated, skilled staff of the Registrar and Student Financial Services answer questions and give students the information they need from the time they are admitted to the college until the day they graduate to ensure their stay at LaGuardia is a successful one. Inside C107, students will find Student Financial Services and the Office of the Registrar. Generalists who have been trained in each of these areas are available at the Generalists Desk to assist students in the following areas:

- **Student Financial Services**
  Assistance is given to students to secure federal, state, and institutional financial aid to help finance their educational costs. Once students have applied for financial aid, a Student Financial Services representative assists students in obtaining book advances for educational expenses and on-campus employment through the Federal Work Study Program. The Veterans Coordinator is also available to assist student veterans in obtaining their educational benefits.

- **Single Stop USA**
  Single Stop USA provide students, alumni and their families with access and application assistance to public benefits such as SNAP, Cash Assistance, Housing Subsidies, Transportation, Child Care, Scholarships, HEAP, Food Pantry and much more. In addition Single Stop provides FREE services to include: Legal, Tax Preparation, and Financial Consultation. A free benefit screening is conducted to determine all eligibilities. Please visit us Monday - Friday. Walk-ins are welcome. For more information call 718.482.5135/29 or visit our website [http://laguardia.edu/singletop/](http://laguardia.edu/singletop/). Single Stop is located in C107.

The **Office of the Registrar**

Support is given to students as they navigate through the following processes: class registration and change of program, prerequisite adjustments, degree and attendance verification, readmission, reinstatement (dismissal) review, degree (graduation) audit, academic appeals, change of grade, medical leave of absence, independent study request, city and state residency updates and transcript requests.

The Process and Pick Up Station assist students with a variety of services including the following: self-help terminal assistance, transcript requests, student data changes, enrollment verification letters, readmission/reinstatement to the college, diploma pick up and residency applications.

**Student Financial Services Resource Center: C109**

The Enrollment Services Resource Center was established to encourage students to file their FAFSA electronically and also to help them access other financial aid information. Staff is available to answer their questions. Filing a FAFSA online is immediate and prevents careless errors. Students may walk in and log on at [www.fafsa.ed.gov](http://www.fafsa.ed.gov) to apply for financial aid or schedule an appointment for a “FAFSA on the Web Workshop” by calling (718) 482-7218 during office hours.

New York State residents can also link to the online TAP application form after completing their FAFSA. Students’ FAFSA data will already be pre-filled on their TAP application. Students must be sure to request a PIN# at [www.pin.ed.gov](http://www.pin.ed.gov). With their PIN number, they will also be able to check the status of their federal financial aid application; renew their FAFSA; complete Pre-Loan Entrance Counseling for Direct Loan; complete Pre-Loan and Exit Counseling for Perkins Loans; check their loan account information; and access Financial Aid history (transcript) via the National Student Loan Database System (NSLDS).

**Health Services: MB40, (718) 482-5280**

**Hours: Monday - Friday 9:00 a.m. - 8:00 p.m.**

As a part of LaGuardia Community College’s Health and Wellness Services, the Health Services Center assists students in matters pertaining to health prevention and the early recognition of illnesses and diseases. The Center also provides emergency care for accidents and makes appropriate referrals, when necessary, for follow-up care.

The Health Services Center is staffed by a Center Director, Nurse Practitioner (NP), an Administrative Coordinator, two Emergency Medical Technicians, a Health Care Assistant and a part time College Assistant. In addition, college and graduate interns, work-study students, and volunteers assist with the delivery of services to the College community.

The Center’s services are available free of charge to the entire College community. The Health Education Learning Project Services (HELPS) Program provides educational outreach activities, free counseling and testing for HIV, Chlamydia and Gonorrhea (sexually transmitted infections). The medical team responds to all med-
ical emergencies on campus. The Nurse Practitioner can diagnose and treat acute and/or chronic health care problems, order and interpret diagnostic lab tests, and prescribe both pharmacologic agents and non-pharmacologic therapies. The Health Services Center also facilitates medical leaves of absence for students, provides over-the-counter medication, blood pressure, glucose and cholesterol monitoring, and record keeping for students, faculty and staff.

The Health Services Center coordinates immunization compliance according to Public Health Law 2163 and 2167. The center provides clinics to administer the necessary measles, mumps and rubella vaccines to ensure compliance and also provides information for students to obtain the vaccinations free of charge at the Department of Health Clinic. Information about the NYS Public Health Law 2167 regarding meningococcal disease is available. It is mandatory for all students enrolled in class to complete and sign the Meningitis Response Form. The Center also provides Hepatitis B, Human Papilloma Virus and Influenza vaccines.

The Health Services Center coordinates health education outreach initiatives/events throughout the academic year to promote and educate the college community on issues pertaining to health and wellness including, but not limited to, the Wellness Festival and the commemoration of World Aids Day. We also collaborate with Child Health Plus and Family Health Plus health insurance enrollees to ensure that all eligible students have the opportunity to enroll for free or low cost health care insurance.

At the center, educational pamphlets, brochures and videos on health-related issues are available for the College population.

Laboratory Facilities

The Business and Technology Resource Center serves as an accounting tutorial lab, and also a center for the completion of the computerized components of accounting and managerial courses.

Adult Learning Center Lab helps students to improve their basic literacy and computer skills, or to prepare for GED exams.

Human Services Laboratory is used for supplemental activities for classes of the Human Services Program.

The Computer Information Systems Department has three labs: the Microcomputer Lab, providing the laboratory component for several introductory courses, the Computer Lab, focusing on computer use and programming beyond the introductory courses, and the New Media lab.

The English as a Second Language Lab provides large and small group tutoring for matriculated students taking ESL classes in the credit program. Large group tutoring is conducted on the assigned schedule. Individual or small group tutoring is conducted based on teachers’ referral or by special appointment.

The Humanities Department contains the following labs: Modern Language, Music, Piano, Music Center, Speech Center, Photography, Art, Painting and Drawing, Sculpture and Design.

The Mathematics Department houses a Mathematics Tutorial Lab and a Microcomputer Center. Basic skills students are scheduled to attend a lab tutorial for one hour per week. In addition, any student may drop in for tutorial assistance in the Microcomputer Center. Waiver exams, make-up exams and retests of the CUNY mathematics assessment test are administered by staff in the Mathematics Tutorial Lab.

Instructional Services (formerly Academic Computing) oversees the administration of microcomputing laboratories located throughout the College. Twenty-four computer laboratories are available to students during the College’s normal operating hours on weekdays and Saturdays.

The Natural and Applied Sciences Department administers fourteen laboratory facilities located throughout the College.

The Reading Lab of the Communication Skills Department is required for all developmental reading courses; in addition, the lab is a resource center to help students in reading and study skills on their request.

The Veterans Center Lab is required for the program’s non-credit courses in reading, writing and mathematics. This lab assists veterans to prepare for the GED exams and exemption from basic skills courses upon entry into college.

The Writing Center provides personalized tutoring for all post-ESL students in the College to work on grammar, paper revision, paper development and research papers for any course they are taking.

Library Media Resources Center: E101, (718) 482-5426

In the complex world of ever-increasing information and new technology, every student at LaGuardia needs access to a dynamic, up-to-date collection of information resources and materials. LaGuardia’s library provides quick, easy and efficient access to books, media, and periodicals via an online catalog, CUNY+Web, a web-based library system. In addition, the library offers access to electronic databases, which include encyclopedias, full text articles from magazines, journals, newspapers, documents and primary source materials in areas of education, humanities, literature, law, allied health, business and careers. All of these electronic resources can be accessed off campus but will require a login procedure, using student and faculty email account information.

The library offers a book collection of over 120,000 volumes, 10 percent of which constitute a rich core collection of reference works on a variety of subjects. The library also maintains a large collection of magazines and newspapers with information on current events, new social issues, and people in the news. Currently, the library subscribes to almost 800 magazines, journals and newspapers.

The non-print media collection of 5,400 items includes audiovisual programs in a variety of formats. Viewing and listening stations in the Media Lab are available for group or individual access to audiovisual programs in the collection. Special workstations are available for students with disabilities.
The library's holdings also include textbooks, assigned course readings, career information, study aids, research material, pamphlet files and government documents. LaGuardia is a partial Federal Depository Library for selected documents published by various Federal agencies and departments. The Library's College Archives houses important documents related to the governance of the College and its history, for example, Board of Trustee materials, union agreements, the College budget, the student newspaper and yearbooks.

To encourage the widest possible use by students, the library uses the open-stack system, which permits users direct access to the collection.

A team of fourteen faculty, four college laboratory technicians, and several support staff members link the user with the library's vast resources for research and educational development.

Library faculty provide one-on-one instruction at the Reference Desk and teach information-gathering skills through the library's various user-education programs. These include tours, small group orientation, course-related/course-integrated library instruction, and two liberal arts courses on methods of research. The Library’s three credit course (LRC 102) is an in-depth exploration of research methods and information sources enabling students not only to find information, but more importantly, to critically evaluate and select what they need from the vast array of materials at their disposal. The Library’s one credit course (LRC103) addresses web searching and the critical evaluation of web resources.

All members of the LaGuardia community are encouraged to use the Library’s services. The validated, bar-coded LaGuardia ID serves as a library card for LaGuardia’s Library and other CUNY libraries. The library is open each day of the week except designated holidays during the academic year. Library hours are posted each month at the entrance door and on its website. For additional information, please call the circulation desk at (718) 482-5426 or visit the Library's website: www.lagcc.cuny.edu/library.

**Office for Students with Disabilities: M102**

The Office for Students with Disabilities provides specialized services for disabled students. Under Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, LaGuardia Community College has an implicit responsibility to ensure that students with disabilities have equal access to its programs and services, and that the rights of students with disabilities are not denied. OSD provides advocacy to ensure access to all college programs and facilities and facilitates the transition to college life for students with disabilities. All students are required to register with supporting documentation.

Appropriate accommodations and services are determined and may include academic, career and personal counseling, academic advisement and registration and other support services such as readers, note takers, tutors and proctoring of exams for students. Students with a disability should self-identify subsequently with our office in order to take advantage of these services.

If you are a student with a disability requiring an accommodation to gain access to a program or service or feel that your rights as a student with a disability are being denied, please call (718) 482-5279. Counselors are available to assist all students with their needs. The Office is open Mondays - Thursdays until 8:00 p.m. and Fridays until 5:00 p.m.

**Office of International Student Services: B117**

The Office of International Student Services is located in room B117. The office provides cross-cultural and immigration counseling to more than 700 F-1 Visa students. The office is required by federal law to keep extensive records on F-1 students and to adhere to federally mandated regulations in assisting and advising students.

All F-1 students are required to report to the International Student Services Office in order to maintain such records. The office has general responsibility for the adjustment to college life of students from outside the U.S. Services include news of special social and educational opportunities, orientation to the U.S., F-1 visa advisement, full-time student status verifications, and housing and health insurance information. Please call (718) 482-5145 or visit room B117 for more information.

**The Office for Transfer Services**

The Office for Transfer Services (OTS) provides students with the tools, resources and support they need to plan their transfer to senior colleges, including those in the City University of New York (CUNY), the State University of New York (SUNY), and any other institutions, whether public or private.

Our staff provides assistance with all parts of the transfer process, from initial searches and research to choose programs and colleges, through the application stages, decision-making, and transitioning to the senior college. We can help students with college or scholarship applications, personal essays, appeals, understanding transfer credit processes and evaluations, and understanding financial aid packages from potential transfer institutions. OTS welcomes walk-in questions, appointments, and hosts numerous workshops throughout the year that address transfer planning issues.

OTS hosts multiple events every year, including Transfer Fairs in both fall and spring, numerous college information sessions, and campus visits, which provide students with many opportunities to talk to admissions officers at potential senior colleges. LaGuardia graduates successfully transfer to CUNY, SUNY, private, and other public institutions throughout the U.S., including some of the most prestigious colleges and universities in the world, such as New York University, Columbia University, Smith College, Vassar College and Georgetown University.

OTS has a library of resources available to assist students in their decision-making process. Students are welcome to stop by the office at B215 during our office hours, or to make an appointment to meet with an advisor. For additional information or to make an appointment, please call (718) 482-5185, or email us at transf@lagcc.cuny.edu.
Office of Veterans Affairs: C107
The Office of Veterans Affairs provides a full range of counseling services for the veteran population. The Veterans Coordinator provides information regarding all of the benefits available to students and assists with any other problems encountered while attending the College.

The Program for Deaf Adults (PDA): C203
Under the Program for Deaf Adults, students who are deaf or hard of hearing are provided with support services. These services include academic advisement, registration assistance, interpreters, testing, accommodation, tutoring and note-taking. Please contact the Program for Deaf Adults, C203, or call (718) 482-5325 (TTY) or (718) 482-5324 (voice).

Student Ombuds Office: C317, (718) 482-5180
The Students Ombuds Officer is charged with the responsibility of helping students with issues that the usual process and procedures seem unable to solve. The Student Advocate/Ombuds Officer gives advice and guidance, and investigates issues as needed by those who request assistance.

The Student Advocate/Ombuds Officer has the responsibility to document students’ issues for appropriate referral and recommendation. Not all issues may be resolved to the satisfaction of the student, but where it is justified, the College will respond.

All issues are discussed in confidence. If at all possible, a student’s name will be revealed only with permission in order to gain information in the efforts to assist. The officer can be reached via email at mariarig@lagcc.cuny.edu.

Office of Campus Life

M115, (718) 482-5190
The Office of Campus Life, part of the Division of Student Affairs, is located in room M115. Almost every College-wide event that occurs at LaGuardia has the involvement of the Campus Life Office. From Orientation to LaGuardia, to Honors Night and the Commencement ceremony, Campus Life is your partner throughout your college experience. From entertaining social activities to engaging intellectual, social, and emotional development, Campus Life can offer you opportunities that will improve your skills, increase your enjoyment of college life, and help you discover the joy in your most important asset—you. Information concerning activities can be obtained at the Campus Life Office, Monday-Friday in M115. Here are a just a few of the programs and services offered:

Multi-cultural and Social Events
LaGuardia prides itself on being a pluralistic family. The LaGuardia community comes from over 150 countries and regions of the world and speaks over 100 languages. We not only respect each other’s differences, but we learn from our diversity. Campus Life celebrates this vision of rich international diversity through various social gatherings such as concerts, theatrical productions, cultural seminars, dances, and talent and fashion shows, to name just a few. Students experience the wide diversity of cultures and customs that enrich LaGuardia and make it unique.

Clubs and Organizations
The formation of clubs depends upon the interests of students involved. Club members plan and implement social, cultural, educational and creative ventures outside the classroom. New clubs are organized through the Student Advisory Council. An average of 35 clubs and organizations are chartered within the College. The organizations stem from the social, academic and cultural interests of our students. In addition, if you want to start your own club, you will be provided with the necessary assistance for its development. Here is a listing of some of the clubs that have been active in the past: Actors’ Guild, The Bridge, Bangladesh, Black Student Union, Breaking Through the Barriers, Chinese Christian Fellowship, Circle K, College Discovery, Desi, Engineering, Exposure, Japanese, Math, Muslim Student Association, Nursing, Occupational Therapy Assistant, Phi Theta Kappa, Philosophy, Physical Therapy Assistants, Practical Nursing, Psychology, SGA, Straight and Gay Alliance, Urban Truth, Vet Tech, and Web Radio. LaGuardia also has Cheerleading and Step teams.

For more information on how to become involved in any of the organizations, contact the Office of Campus Life, (718) 482-5190.

The LaGuardia DVD Yearbook
The Yearbook, published annually by the Office of Campus Life, contains pictures and chronicles services, achievements and events involving the entire college community.

Leadership Program
Open to all students, this program shapes our future leaders through community service activities, organizational leadership sessions and skills development workshops. Students develop leadership skills and participate in situational challenges, while embracing and capitalizing on the cultural diversity of our community.

Student Government Association: M160
(718) 482-5297
Student Government is an organization elected by students to represent the student body to the administration of the College, faculty, student organizations and the general college community. Elections are held annually. Student Government consists of 12 elected student members (Governors) selected through a democratic voting process open to the entire student body, which is coordinated by the Office of Campus Life. Student Government also sponsors a variety of institutional functions and activities in order to create services that will benefit the student body and enhance the entire College community.

Student Government Study Hall: M159
The Student Government Association (SGA) Tutoring Center at LaGuardia Community College is committed to assisting students achieve academic excellence by offering multidisciplinary academic support. Our philosophy is based on the principle that each
student has an unique style of learning. Students can receive tutoring in multiple subject areas via appointment, walk-in requests and group tutoring sessions during the day and evening hours. The SGA study hall provides a supportive space for students to not only excel, but enjoy learning. For more information about tutoring services, contact Jenny Mayorga, Academic Resource Center Coordinator, (718) 482-6064.

**Phi Theta Kappa International Honor Society**

**Room M222, Office A,**
Tel: (718) 482-5220
e-mail: ptk@lagcc.cuny.edu, pdoctor@lagcc.cuny.edu
Website: http://www.lagcc.cuny.edu/ptk/ or www.ptk.org

Phi Theta Kappa is the international honor society for community colleges. Founded in 1918 to recognize academically high-achieving and motivated community college students, Phi Theta Kappa offers members the opportunity to develop in areas that its founders designated as the Society’s four Hallmarks: Scholarship, Leadership, Service and Fellowship. Members are also eligible for special Phi Theta Kappa transfer scholarships offered by four-year colleges across the country. The Phi Theta Kappa Chapter at LaGuardia Community College is named Alpha Theta Phi and it was chartered in 1983. The Chapter, which converted from “club” to “organization” status in 2000, has been a dynamic presence on the College campus, and has been involved in a range of service and scholarly activities. Students who have earned 12 credits with a GPA of 3.50 or higher are eligible to become Phi Theta Kappa members. Qualified students are automatically invited at the end of each semester. There is a one-time membership fee of $70.

**The Women’s Center: MB10,**
(718) 482-5188

The Women’s Center enhances and encourages the intellectual, social, and emotional development of women and embraces all of the holistic personal wellness attributes of the Physical, Social/Environmental, Emotional, Spiritual, Intellectual and Academic aspects of the student’s life.
Webpage: www.laguardia.edu/Student-Services/Women-s-Center/
e-mail: womencenter@lagcc.cuny.edu

**The Black Male Empowerment Cooperative (BMEC) Program**
The BMEC program assists students in navigating the College experience. The program focuses on, but is not limited to, men of color and offers opportunities for leadership, career and personal growth through guided conversations, interactive workshops, as well as group and one-on-one mentoring. It is a comprehensive retention program with a strong emphasis on academic success and student engagement.

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Student Communication Resources

**The Student Information Center: (718) 482-5935**
The Student Information Center provides important college news to support the educational goals of prospective, new and current students. We remain in touch with students throughout the academic year via telephone, email, Student News and personally at our Welcome Center in the M Building Lobby. We offer critical information about admissions, testing, registration, financial aid, change of program, tuition payment as well as other academic enrichment programs. We are available to answer student questions Monday-Thursday, 9:00 am - 7:00 pm. Email: callcenter@lagcc.cuny.edu.

**Student Email, LIVE@LaGuardia**
All students are given a LaGuardia email account upon their first registration. Student email is the preferred method to contact students to share College-related news and information about advisement, registration, academic calendar, payment options and weekly updates about campus events. Email: LaGuardiaNews@lagcc.cuny.edu

**My LaGuardia**
My LaGuardia is the “one-stop shop” online tool for students. It is a secured site that introduces single sign-on access to LaGuardia applications, e.g. student email, Blackboard, Student Advisement Degree Audit, and ePortfolio. It also offers a variety of customized information and resources to help students track their academic progress and get the most out of their college experience at LaGuardia. My LaGuardia can be accessed from the College website or by visiting http://my.laguardia.edu.

The College regularly sends announcements and reminders that are essential to success at LaGuardia, including:

- Academic status
- Financial aid updates
- Scholarship info
- Registration deadlines
- Class scheduling changes
- Overdue notices
- Tuition info
- Campus discounts
ATHLETICS AND RECREATION DEPARTMENT: AQUATICS, SPORTS, & FITNESS

Room: MB42  Tel: (718) 482-5044  
E-mail: briang@lagcc.cuny.edu  
Website: http://www.lagcc.cuny.edu/recreation/

As a part of LaGuardia Community College’s Health and Wellness Center, the Athletics and Recreation Department offers a wide variety of sports and fitness activities for the entire College population, throughout the day, evening, and on weekends. The facility includes a multi-purpose Sports Gymnasium, Fitness Center, a six-lane, regulation-size swimming pool and a Movement Studio. We are health and fitness educators, promoting the benefits of physical activity, with a focus on the average athlete/participant.

Intramural Sports
We provide a competitive intramural sports experience in such sports as basketball, handball, flag football, volleyball, indoor soccer and table tennis. We utilize a “Captain” System for our team sports, where individual students can develop their leadership skills. Team Captains are responsible for developing an event’s rules and procedures, certifying rosters, making policy decisions, and serving as the team’s spokesperson. Awards are presented to intramural champions at the conclusion of an event. The following is a sample of our activities.

Leagues
5-on-5 Basketball, Indoor Soccer, Flag Football

Tournaments
3-on-3 Basketball, Volleyball, Handball

Fitness Center
The Fitness Center is equipped with Cybex, Flex, and Universal machines, Free Weights, treadmills, stair climbers, stationary bikes, and elliptical cross-trainers. Group Fitness Classes are offered 6 days per week and include a variety of strength, wellness, dance, and aerobic conditioning workshops.

Spinning and TRX Center
Spinning and TRX classes are held in our Movement Studio. They combine high energy cycling with a motivating atmosphere. TRX is also known as a “Suspension Trainer,” a highly portable performance training tool that leverages gravity and the user’s body weight to complete 100s of exercises.

Swimming Pool
Enjoy our 25-yard, six-lane indoor swimming pool seven days a week, year round. Staffed by certified aquatic specialists and qualified instructors, we offer swimming classes for all levels of ability, from beginner to advanced.

Swim on your own during lap swim and open swim times, or take advantage of one of our classes to improve your swimming stroke and increase your stamina. Whatever your goal, you’ll leave relaxed and refreshed.

Community Age Group Swim Team
Our age group swim team (5-16 years), the Twisters, is a metropolitan area swimming powerhouse. The team practices 6-days per week and many of our swim program graduates go on to compete in area competitions. We regularly send swimmers to junior Olympic swim meets and have even sent one swimmer to the Olympic trials. With over 140 swim team members, children and teenagers build friendships as well as a physical and mental discipline that serves them for their entire lives.

Athletics Program
The Athletics Program offers intercollegiate competition through Men’s and Women’s Basketball. Our teams compete under the NJCAA Division III and CUNY Athletic Conference guidelines competing against CUNY and SUNY Region XV colleges.

All students taking a minimum of 12 credits during the Fall I and Spring I session are eligible to tryout and join one of the teams as a student-athlete. There are many other opportunities to support the Athletics Program, such as:

- Team Managers
- DJ’s
- Event Team
- Videographers
- Practice Team(s)
- And More!

The LaGuardia Red Hawks Basketball teams for men and women compete as members of the National Junior College Athletic Association (NJCAA) Division III and the CUNY Athletic Conference. If you are interested in becoming part of the team, “Tryouts” take place during Fall Session 1 (October 1st). Team members will be announced in October. Due to the comprehensive requirements for NJCAA eligibility, we require you to complete and submit an online application for tryouts. Check the Intercollegiate Athletics web page for more information http://www.lagcc.cuny.edu/recreation/
Eligibility for Intercollegiate Athletics:
This is not an all-inclusive list, but it does list the basics of NJCAA student-athlete eligibility. If these criteria are met, then you will be initially qualified to participate in the intercollegiate Basketball Team activities.

- Enrolled and successfully complete a full-time course load at LaGuardia during the Fall session 1 with 12 credit hours (Basic Skills courses count!). This is how the NJCAA defines a full-time student status, which is different than LaGuardia Community College.
- Actively participate in all assigned pre-semester and semester workshops, seminars, tutoring, and study hall sessions.
- Meet a minimum of once-per-week with the Student-Athlete Ambassador to stay on-track academically.
- Be available to practice and perform in all home and away games.
- Maintain a minimum GPA of 2.00.
- Provide medical doctor’s clearance of your physical readiness to participate in intercollegiate sports.

Basketball Skills Academy
LaGuardia’s Basketball Skills Academy gives players ages 6-18 the opportunity to learn the concepts and fundamentals of basketball and develop their overall game. The skills academy focuses on helping athletes improve their skills and develop their talent by learning beginner level and experienced level practice drills, and preparing high school student-athletes for the upcoming basketball season in an air conditioned gymnasium.

Contact Information
- Recreation Office (718) 482-5044
- Gymnasium (718) 482-5043
- Fitness Center (718) 482-5963
- Swimming Pool (718) 482-5038

LaGuardia Performing Arts Center
Room E241 (718) 482-5151

The LaGuardia Performing Arts Center (LPAC) is an internationally recognized producer and presenter of new live dance, theater, music, and multidisciplinary programming that reflects the dynamic community of Queens and the surrounding New York City. LPAC is located within LaGuardia Community College, a cultural crossroads that provides an educational and artistic home to New York City’s most diverse community. Each year, nearly 20,000 individuals attend LPAC performances by some of today’s most exciting international artists. Easily accessible by public transportation and just 10 minutes from Manhattan, LPAC is located in the center of Long Island City, Queens.

LPAC boasts a 740-seat state-of-the-art proscenium theatre (Main Stage), a 200-seat multipurpose theatre (Little Theatre), and a 75-seat Black Box, along with ample site-specific performance and rehearsal space, dance studio, an in-house recording capabilities, and professional costume and scene shops.

LPAC’s innovative LAB Program provides crucial professional support for New York City’s emerging dance and theater artists and companies to develop and perform ambitious new work. Through space, technical resources, and funding, artists are able to bring their visions to fruition on LPAC’s stage.

The LPAC Writers Lab is staffed with professional playwrights and authors who guide writers in bringing their imagination to the page. LAGCC professors work with writers in multiple languages to develop and translate new work for stages all over the world.

To further its artistic mission, LPAC has achieved artistic partnerships with some of the primary international cultural venues that are located in the NYC community including: Carnegie Hall, Brooklyn Academy of Music (BAM), The Public Theater, The Chocolate Factory, Ballet Hispanico, Flux Factory, NYC Opera, Queens Theatre in the Park, and Queens Council on the Arts among many others.

For more information about upcoming performances, programs, and space rentals and to be included on LPAC’s mailing list, please visit www.laguardiaperformingarts.org or call (718) 482-5151. Be sure to “Like” us on Facebook.

Public Safety
Emergency Awareness Card
The college has prepared a pocket-size Emergency Awareness Card to help you deal with emergency situations on campus. The information on the card will tell you what to do and who to call in the event of a fire, medical emergency or crime on campus. The Emergency Awareness Cards are distributed upon entering the College, and can also be obtained at the Public Safety Office in E100.

Please become familiar with the card and keep it handy as a quick reference in the event of an emergency. Safety and security on our campus is everyone’s responsibility. We ask your help in keeping LaGuardia Community College a safe place to learn and work.

CUNY Alert System
A new CUNY college-wide emergency notification system enables LaGuardia Community College to immediately advise students, faculty and staff of an emergency via text message, email and more.

CUNY Alert is an opt-in system which means you choose to participate. You select the way you want to be notified. Messages can be received via cell phone (text and/or voice), land line telephone and email. To sign up, visit: www.cuny.edu/alert and follow the simple, step-by-step instructions.