



GET YOUR GAME ON

A well-rounded college experience calls for exercising your body as well as your mind. Whether you're looking for a personalized workout plan to stay in shape, the friendly competition of intramurals, or joining a varsity team, Marist College puts your goals well within reach.

If you're more about school spirit, you can join the many members of Red Fox Nation, our student booster club, and cheer all Marist's teams on to victory.

The campus has a number of fantastic spaces to work out, go for a swim, play an intramural sport, or basketball game. Our fitness centers feature the amenities of a top health club, from group classes to state-of-the-art cardio rooms featuring elliptical machines, stationary bikes, treadmills, and dance studios.



"In addition to the campus facilities, the school's location provides parks and venues where I can run, bike, and more. The variety available to Marist students makes staying fit easy and fun!"

-Dani Villa, Marist Student

MARIST


Marist College
Office of Admission
3399 North Road
Poughkeepsie, New York 12601


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#MYMARIST

GET OUTSIDE

 **Julia McCarthy** @julia_mccarthy1
No one brightens my day like Suzanne at the @Marist Starbucks in the morning #MyMarist

 **Tyler Lonergan** @tylerlonergan
The Walkway Over the Hudson is such a fun option for students to get some fresh air and relax on the weekend! #MyMarist

 **Madison Gabor** @madisongabor
Nothing beats \$25 Broadway tickets. Thanks @Marist student activities! #MyMarist

 **Isabella Duenas** @Isalovesfood
I'd like to declare the first Taco Tuesday at the @Marist Dining Hall a national holiday. #MyMarist

 **Frank Caponegro** @frankfootercap
The #HudsonValley is beautiful year round! I wouldn't want to go to school anywhere else. #MyMarist

The campus offers one of the most scenic settings in the heart of the Hudson River Valley, an area renowned for over 400 years of American history. The campus is bordered by the Hudson River on the western side and a lush 15-acre arboretum and hiking area on the northern end of campus. Located in Poughkeepsie, N.Y., minutes away from the beautiful Catskill Mountains and 75 miles north of metropolitan New York City, students enjoy a region rich not only in opportunity but also in culture and entertainment.



MEN'S VARSITY

- Baseball
- Basketball
- Crew
- Cross-Country
- Diving
- Football
- Lacrosse
- Soccer
- Swimming
- Tennis
- Track

WOMEN'S VARSITY

- Basketball
- Crew
- Cross-Country
- Diving
- Lacrosse
- Soccer
- Softball
- Swimming
- Tennis
- Track
- Water Polo
- Volleyball

CLUB SPORTS

- Cheerleading
- Dance Team
- Equestrian Team
- Fencing
- Ice Hockey
- Men's Golf
- Men's Rugby
- Men's Soccer
- Men's Volleyball
- Ski Team
- Ultimate Frisbee
- Women's Rugby





“The sense of community in my residence hall was essential in my transition to college; living and learning at Marist allowed me to make great friends and has given me a sense of independence.” —Maasai Ephriam, Marist Student

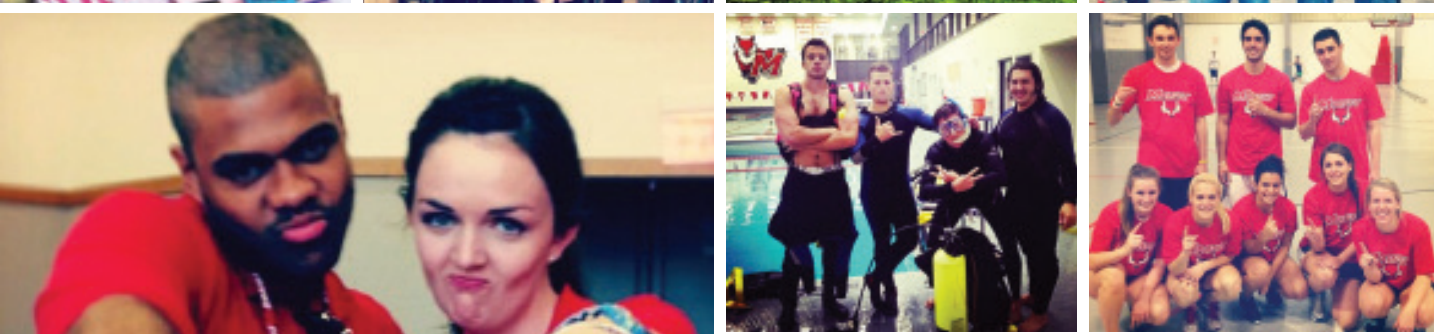
YOUR HOME AWAY FROM HOME

Marist students revel in campus life! The College’s 37 housing options include residence halls, apartments, and suites designed to promote social interaction, safety, and varying levels of independence. Some residences are organized around themes, while others have a particular focus; still others are student-managed, with cooperative meal preparation. With housing available for all four years—and with residence and dining options for every taste—undergraduates at Marist enjoy a strong sense of community, and connection to the campus.



95

95 percent of freshmen live on campus. No need to go home on the weekends!



BE OUR GUEST

There’s only one way to find out if Marist is right for you, and that’s to come for a visit.

Your Visit

The Undergraduate Admission Office offers campus visits which include a group information session followed by a student-guided tour of campus. The Group Information Session, which is given by a member of the

admission committee, is a multimedia presentation that includes a thorough overview of the College, its major fields of study, campus activities, scholarship and financial aid information, and guidelines for admission. The student-guided tour provides a firsthand look at the library, dining hall, student center, classrooms, residence halls, and the Hancock Technology Center.

Shadow Days

Marist’s Shadow Day program allows prospective students to sit in on a class, eat lunch in the dining hall, and experience everyday campus life. The Shadow Day Program is the second visit program, for High School seniors who have already attended a general information session and tour.

Get all the details about our campus visits and virtual tour at www.marist.edu/visit or call us at (845) 575-3226.

GET INVOLVED

No matter what your major is, you can choose any of the 100+ clubs and activities that you’re passionate about. Just ask the chemistry student in the band or the business major that started the running club!



LET’S GET SOCIAL

