

### CRC Spring Semester Hours:

January 22<sup>nd</sup> - May 8<sup>th</sup>

Mondays-Thursdays: 6:30am - 11pm

Fridays: 6:30am - 9pm

Sundays: 12pm - 10pm

### CRC Holiday & Spring Break Hours:

#### President's Day

Saturday, 2/18: 9am - 6pm

Sunday, 2/19: 12pm - 6pm

Monday, 2/20: 12pm - 11pm

#### Spring Break (3/9 - 3/17)

Mon-Fri: 6:30am - 9pm

Sat: 9am - 3pm

Sun: Closed

#### Easter

4/8: Closed

#### Patriot's Day

Saturday, 4/14: 9am - 6pm

Sunday, 4/15: 12pm - 6pm

Monday, 4/16: 12pm - 11pm

### Costello Pool Spring Semester Hours:

Monday-Friday: 7:30am - 9am, 12:00pm - 1:30pm, & 4:30pm - 6pm

Saturdays: 1:30 - 4:30pm

FMI on Campus Facility hours including summer hours,  
please visit our website at: [www.uml.edu/CRChours](http://www.uml.edu/CRChours)



100 Pawtucket Street  
Lowell, MA 01854  
978-934-2348



## Spring 2012 Newsletter

Campus Recreation's quarterly publication designed for the students, faculty, staff, & alumni of UMass Lowell

This issue includes information in the following areas:

- Sport Clubs
- Intramural Sports
- Instructional Programs
- Group Fitness Schedules
- RecKids Summer Camp 2012
- UMass Lowell Bike Shop & RecCycles Program
- Outdoor Adventure Trips & Instructional Programs
- Personal Training & 2012 Biggest Loser Program
- CRC & Costello Pool Spring Semester Hours



### **Spring 2012 1st Half Intramural Programs - Register by 2/2, Captain's Mtg. 5pm @ CRC**

- 5v5 Open Basketball League
- 5v5 Women's Basketball League
- 6v6 Co-Rec Indoor Volleyball League
- Racquetball League
- Squash League
- 9-Ball Pool Tournament: Thu, 2/9 @ 6pm
- Ping Pong Tournament: Wed, 2/15 @ 6pm
- March Madness Basketball Tournament: Thu 3/22 & Sun 3/25pm @ 6pm  
(3v3 basketball, 3 point contest, slam dunk contest, 3 point knockout)



### **Spring 2012 2nd Half Intramural Programs - Register by 3/8, Captain's Mtg. 5pm @ CRC**

- 10v10 Softball League
- 7v7 Outdoor Soccer League
- 6v6 Floor Hockey League
- 2v2 Badminton Tournament: Mon, 3/26 @ 5pm
- 4v4 Wiffleball Tournament: Wed, 4/4 @ 6pm
- 9v9 Kickball Tournament: Wed, 4/11 @ 6pm
- 5K Road Race: Sun, 4/22 @ 11am
- 5v5 Family Feud Tournament: Wed, 4/25 @ 6pm
- Spring Carnival Tournament: Fri, 4/27 @ 3pm  
(4v4 Outdoor Volleyball, 2v2 CornToss, 2v2 Ladder Golf)



### **New Intramural Registration Process**

Intramural participants must now use IM Leagues software to register their team or as a free agent **for all Intramural Leagues**. There is a separate registration form for Intramural Tournaments on the Intramural Website. To find out directions on how to register through IM Leagues, just go to [www.uml.edu/Intramurals](http://www.uml.edu/Intramurals).

**FMI on the Intramural Sports Program please contact Meg Flynn,  
Coordinator of Intramural Sports at 978.934.2393 / [Meghan\\_Flynn@uml.edu](mailto:Meghan_Flynn@uml.edu)**

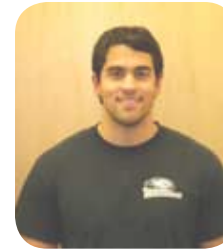
Whether you are new to exercise or you want to take your workouts to the next level, our Personal Training Program can assist you in reaching your goals! Our fitness staff can provide you with both education and instruction to enhance your overall health and fitness.

Students can sign up for the initial package for \$45 (2 sessions including workout program) with each additional hour session costing \$ 15/session. Faculty/Staff & CRC members can sign up for the initial package for \$60 and each additional hour session costs \$30/session.

You may register for all personal training packages at the Campus Recreation Welcome Desk. FMI go to [www.uml.edu/PersonalTraining](http://www.uml.edu/PersonalTraining).

### **Meet the Personal Trainers @ Campus Rec**

**Michael Dellogono**



Michael graduated from UML in 2011 with a major in Exercise Physiology & minor in Human Nutrition. He is also an ACSM Certified Personal Trainer. Michael is currently enrolled in the Biomedical Engineering Ph.D program and teaches Exercise Physiology labs @ UML. He is passionate about improving body composition and his career goals involve researching supplement & exercise interventions.

**Diana Davis**



Diana is a NETA Certified Personal Trainer, Group Fitness & Group Cycle Instructor. She will be graduating from UML this spring with a degree in English & plans to continue in graduate school for Education. Diana aspires to teach high school English, coach, & continue working in the fitness industry.

**Michelle Manley**



Michelle is a senior in the Exercise Physiology program at UML and is also a NETA Certified Personal Trainer. She also works in the fitness center at Campus Recreation. After graduation Michelle plans to attend graduate school in the medical field.

**Jessica Lynch**



Jessica is a Junior in the Exercise Physiology program here at UMass Lowell. She is also a NETA Certified Personal Trainer. After graduation, Jessica aspires to become a successful physical therapist.



**Parking Update**

The IPI lot on Aiken Street across from the Recreation Center has been closed to make way for a new Residence Hall for students. The new East Campus Residence Hall is slated to be finished in the fall of 2013. CRC Members may still park in the Campus Recreation lot behind the facility or in the Perkins Street dirt lot.



**New Addition to Campus Recreation Staff**

Meghan Flynn will be coordinating the Intramural Sports & Summer Camp programs this spring and summer. Meg is a recent graduate of Springfield College where she received her M.Ed. in Sports and Recreation Management. She also received a Bachelor of Arts from Franklin Pierce University where she played D-II soccer.

Meg has been involved in intramural sports in both her undergraduate and graduate career and was the Intramural Participant of the year at Franklin Pierce University in 2010. She is excited to begin her experience at UMass Lowell's Recreation Center this upcoming semester. You can reach Meg regarding Intramural Sports or RecKids Summer Camp at [Meghan\\_Flynn@uml.edu](mailto:Meghan_Flynn@uml.edu) or 978.934.2393.

**Winter/Spring 2012 Outdoor Adventure Trip Schedule**

Trip Description	Date(s)	Location	Cost
			Student/Non-Student
Everglades & Florida Keys	1/15 - 1/21	Southern, FL	\$650
Beginner Ice Climbing	2/4	Auburn, MA	\$50 / \$55
Winter Hike	2/11	White Mountains	\$10 / \$15
Crotched Ski Trip	2/17	Bennington, NH	\$40 / \$45
Cross Country Ski	2/18	New Ipswich, NH	\$25 / \$30
Killington 3-Day Ski Trip	2/24 - 2/26	Killington, VT	\$230 / \$250
Indoor Rock Climbing	3/1, 3/22, 4/5	Boston Rock Gym	\$6 / \$10
Grand Canyon	3/10 - 3/17	Grand Canyon, AZ	\$650
Mt. Monadnock Hike	4/7	Jaffrey, NH	\$10 / \$15
Backpacking	4/14 - 4/15	TBD	\$20 / \$25
Outdoor Rock Climbing	4/21, 5/8	Quincy, MA	\$10 / \$15
Sky Diving	4/28	Orange, MA	\$175 / \$185
Kayaking Plum Island	5/5	Plum Island, MA	\$20 / \$25
Surfing	5/6	Narragansett, RI	\$25 / \$30
East Coast Bike Tour	5/21 - 5/25	Cape Cod or Maine	\$45 / \$55

**Spring 2012 Outdoor Adventure Instructional Programs**

Program Information	Date(s)	Location	Cost
			Student / Non-Student
Wilderness First Responder	1/7 - 1/15	CRC	\$500 / \$550
Back Country Skills Workshop	Late Spring	TBD	\$30 / \$35

FMI on the OAP Program or to register online, please visit our website at: [www.uml.edu/OAP](http://www.uml.edu/OAP) or contact Lance Jackson at 978.934.2314 / [Outdoor\\_Adventure@uml.edu](mailto:Outdoor_Adventure@uml.edu)

## Spring 2012 Group Fitness Schedule

(January 23<sup>rd</sup> – May 4<sup>th</sup>)

Monday	Tuesday	Wednesday	Thursday
<b>Kickbox</b> w/Diana 5:30 - 6:25pm Studio 1	<b>Zumba</b> w/Natasha 5:30 - 6:25pm Studio 1	<b>Pilates</b> w/Danielle 5:30 - 6:25pm Studio 1	<b>Gentle Yoga</b> w/Diana 5:30 - 6:25pm Studio 1
<b>Vinyasa Yoga</b> w/Diana 6:30 - 7:25pm Studio 1	<b>Spin &amp; Abs</b> w/Diana 6:00 - 6:55pm Studio 2	<b>Abs, Butt, &amp; Core</b> w/Diana 6:30 - 7:25pm Studio 1	<b>Spin &amp; Abs</b> w/Matt 6:00 - 6:55pm Studio 2

**Note:** We plan on adding additional classes to this schedule. Please check website for current class schedule or send an email to [Justin\\_Lawler@uml.edu](mailto:Justin_Lawler@uml.edu) requesting to join the GFIT email list!



**NOTE:** There will be no class on Monday, 2/20 for President's Day, Monday, 3/9 - 3/16 for Spring Break, 4/16 for Patriot's Day, or Friday, 4/27 for University Day.

All UMass Lowell Students, Faculty, Staff, and CRC members are welcome to participate in the Group Fitness Program. No registration is necessary. There is no fee to participate; just show up a few minutes before a class starts - It's that easy!

For more information on the Campus Recreation GFIT program visit our website at [www.uml.edu/GroupFitness](http://www.uml.edu/GroupFitness) or to be added to the GFIT email list for new schedules, class cancellations, or other important program info please contact Justin Lawler at 978.934.2332 / [Justin\\_Lawler@uml.edu](mailto:Justin_Lawler@uml.edu).

## ReckKids Summer Camp 2012

ReckKids is a recreational day camp for children between the ages of 6 and 11 years old and is in its third year of existence. We aim to provide a safe, supportive and fun environment for our campers. There are discounts available for UMass Lowell community members.



### Summer 2012 Camp Sessions:

- Session 1: June 25<sup>th</sup> - June 29<sup>th</sup>
- Session 2: July 9<sup>th</sup> - July 13<sup>th</sup>
- Session 3: July 16<sup>th</sup> - July 20<sup>th</sup>



### Camp Activities:

- Fitness
- Arts & Crafts
- Outdoor Adventures
- Sports
- Swimming
- Field Trips

**Camp Hours:** Camp sessions are scheduled Monday - Friday with structured activities from 8am to 4pm. Camper drop-off is between 7:30am - 8:00am & pick up is between 4:00pm - 4:30pm. There is after care available until 5:30pm if needed.

**Fees:** For active CRC members and UMass Lowell faculty/staff the cost is \$200/week for the first child and an \$150 per additional child/week. The cost for non-members is \$250/week for the first child and \$200/week for every additional child. The fee for after care (4:00pm - 5:30pm) is \$50/camper.

For more information on the ReckKids Summer Camp 2012 including Camp FAQ's, Camp Forms, or to register online, please visit our website at [www.uml.edu/ReckKids](http://www.uml.edu/ReckKids) or contact ReckKids Summer Camp Coordinator, Meg Flynn: 978.934.2393 / [Meghan\\_Flynn@uml.edu](mailto:Meghan_Flynn@uml.edu).



# Biggest Loser Program

## Biggest Loser Program Spring 2012

The goal of this program is not just to help people lose weight, but to encourage participants to start to develop lifelong habits that will lead to healthier and happier lives. We will educate each individual on the importance of good exercise, nutrition and leading a balanced lifestyle.

This 12-week program includes monthly weigh-ins where we record your weight, body fat percentage, waist and hip measurements, and also have participants complete muscular and cardiovascular endurance fitness tests.

Participants receive points not only for weight loss, but also for improvements in their fitness levels, working out at the CRC, attending group fitness or instructional classes, attending wellness workshops on exercise and nutrition topics, playing Intramural Sports, completing a diet record, or even attending an Outdoor Adventure trip!

There are three separate competitions: student, faculty/staff/CRC member, and a partner competition. All participants who finish the entire 12-week program and show up for every weigh-in will receive 2 free personal training sessions at the CRC! Cash prizes for top finishers in each competition TBD. *Note: This program is not for community members!!!*

### Spring 2012 Biggest Loser Weigh-Ins

- Thursday, February 9<sup>th</sup>, 3 - 6pm
- Thurssday, March 1<sup>st</sup>, 3 - 6pm
- Thursday, April 5<sup>th</sup>, 3 - 6pm
- Thursday, May 3<sup>rd</sup>, 3 - 6pm

### Registration Fees:

- Students-\$25,
  - Non-Student Members-\$35
- Register at the CRC Welcome Desk by 2/8.

For more information on this program, visit: [www.uml.edu/PersonalTraining](http://www.uml.edu/PersonalTraining) or contact [Justin\\_Lawler@uml.edu](mailto:Justin_Lawler@uml.edu) / 978-934-2332.



# UMass Lowell Bike Shop



**Bikes Available for Checkout  
Mid March – Mid November**

• • •

Free for Full-time Students/Faculty/Staff

Bring UML ID & Sign Bike Waiver  
Checkout Locks/Helmets/Panniers  
Return Bikes to CRC Before Closing



**Bike Shop Semester Hours  
Monday-Friday: 1-5pm**

• • •

Located 2<sup>nd</sup> floor of Campus Rec Center

Repairs · Tune-ups · Used Bike Sales  
Part Sales · Free Bike Assessments

**Want to Donate a Bike?  
Drop it off at the bike shop!**

# Club Sports

## Current Sport Clubs @ UMass Lowell

- |                   |                     |                  |                    |
|-------------------|---------------------|------------------|--------------------|
| •Ballroom Dance   | •Billiards          | •Breakers        | •Capoeira          |
| •Cheerleading     | •Men's Crew         | •Dance           | •Fencing           |
| •Kung Fu          | •Raquetball         | •Shotokan Karate | •Steppin 'in Unity |
| •Swim             | •Ultimate Frisbee   | •Volleyball      | •Underwater Hockey |
| •Men's Ice Hockey | •Women's Ice Hockey | •Men's Lacrosse  | •Women's Lacrosse  |
| •Men's Rugby      | •Women's Rugby      |                  |                    |

For information including how to join a current sport club or start a new sport club, please contact Liz Carr at [Club\\_Sports@uml.edu](mailto:Club_Sports@uml.edu) / 978.934.2308.

# Instructional Programs

## **Ballroom Dance Beginner & Intermediate Classes**

These classes are designed to introduce you to some popular dance styles. A different style will be covered each week. No partner is necessary!

The Beginner class will meet 6:30-7:45pm and the Intermediate class will meet 7:45-9:00pm. Both classes will meet on Thursday evenings in Studio 1, 2/9 - 4/5 with no class on 3/15. *Register by 2/9.*

## **Salsa Dance**

In this 8-week class you will be taught basic steps, rhythm and timing. No partner is necessary! The spring 2012 Salsa class will be held on Friday evenings, 6:30-7:30pm in Studio 1, 2/10 - 4/6 with no class on 3/16. *Register by 2/10.*

## **Hip Hop, Jazz Dance & More!!!**

Get your groove on in this hip hop & Jazz class. You will learn basic dance technique, the newest hip hop moves, and fun choreography in this 8-week program. Each class will include dance technique drills, choreographed routines and basic conditioning exercises as well as the introduction of some other dance styles like musical theatre & contemporary dance. Hip Hop, Jazz Dance & More will meet on Tuesday evenings 7:30 - 8:30pm in Studio 1, 2/7 - 4/3 with no class on 3/13. *Register by 2/7.*

## **Intro to Athletic Training**

This 8-week course will take you through a pre-season workout schedule that is great for the active population to help prevent plateau, but is also perfect for a novice trainee! Classes will be run circuit-style to maximize the amount of work done in each 1-hour session. Functional exercises will utilize your body weight, kettlebells, and other functional equipment. This class will meet on Monday evenings 7:30 - 8:30pm in Studio 2 for 8 weeks, 2/6 - 4/2 with no class on 3/12. *Register by 2/6.*

## **Registration fees for all instructional classes listed above:**

*Students-\$25, Non-Student/CRC Members-\$40, Non-CRC Member-\$55*



For more information or to register online,  
go to [www.uml.edu/Instructional](http://www.uml.edu/Instructional) or contact:  
Justin Lawler at 978.934.2332 / [Justin\\_Lawler@uml.edu](mailto:Justin_Lawler@uml.edu)

# Instructional Programs

## **Lifeguard Training & Review (Re-Certification)**

Upon completion of course requirements, participants would receive a 2 year CPR/AED & Lifeguard certification from the American Red Cross.

### **Prerequisites:**

To be eligible to participate in this 3-day class, participants must be at least 15 years old, have successfully completed an American Red Cross Lifeguarding course within the last four years and CPR/AED for the Professional Rescuer within the last two years. Cards must be presented at start of course.

### **Spring 2012 Course Dates:**

Monday, March 19<sup>th</sup>: 5:00pm - 10:00pm

Wednesday, March 21<sup>st</sup>: 5:00pm - 10:00pm

Friday, March 23<sup>rd</sup>: 5:00pm - 10:00pm

**Note:** Classes will be held at Costello Pool,  
261 Riverside St. Lowell, MA 01854.

### **Registration Info:**

\$175/person (includes cost of lifeguard manual and CPR mask).  
Register online at [www.uml.edu/Instructional](http://www.uml.edu/Instructional) or register at the CRC!



**American Red Cross**

## **American Red Cross CPR/AED & First Aid for the Lay Responder**

Training will combine lecture and interactive video demonstrations featuring emergency scenarios that are likely to occur in a variety of environments, as well as hands-on training to teach participants lifesaving skills.

### **Spring 2012 CPR/AED & First Aid Lay Responder Classes**

March 31<sup>st</sup>, 2012: 9:00am - 5:00pm

April 22<sup>nd</sup>, 2012: 9:00am - 5:00pm

**Note:** Classes will be held at the CRC, 100 Pawtucket Street, Lowell, MA 01854.

### **Registration Info:**

\$85/person

Register online at [www.uml.edu/Instructional](http://www.uml.edu/Instructional) or register at the Campus Recreation Center!

For more information certification classes at Campus Recreation, please contact Justin Lawler at 978.934.2332 or [Justin\\_Lawler@uml.edu](mailto:Justin_Lawler@uml.edu).