CRC & RIVERVIEW FITNESS CENTER SPRING SEMESTER HOURS

(1/17 - 5/1)
Mon - Thu 6:30am-11pm
Fri: 6:30am-10pm
Sat & Sun: 10am-10pm

CRC & RIVERVIEW FITNESS CENTER SPRING HOLIDAY & BREAK HOURS

MARTIN LUTHER KING DAY
Mon, 1/18: 12pm-11pm

PRESIDENT’S DAY WEEKEND
Sat, 2/13: 10am-4pm
Sun, 2/14: 10am-4pm
Mon, 2/15: 12pm-11pm

SPRING BREAK (3/12-3/19)
Mon - Fri: 6:30am-9pm
Sat & Sun: 10am-4pm
Riverview FC: Closed for break

PATRIOT’S DAY WEEKEND
Sat, 4/16: 10am-4pm
Sun, 4/17: 10am-4pm
Mon, 4/18: 12pm-11pm

EASTER
Sun, 3/27: Closed

FOR MORE INFO ON OUR HOURS INCLUDING OPEN SWIM HOURS AT COSTELLO POOL, VISIT: WWW.UML.EDU/CRCHOURS

Spring 2016 Newsletter

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

This issue includes information in the following areas:

- Learn To Programs
- UMass Lowell Bike Shop
- Group Fitness
- Fitness & Wellness
- Summer Programs Preview
- Outdoor Adventure
- Intramural Sports
- Club Sports
- Freewheelers Bike Share
- Campus Rec Updates

Campus Recreation Center
322 Aiken Street
Lowell, MA 01854
978-934-5080
Open to students, faculty/staff & paid CRC members

Riverview Fitness Center
1291 Middlesex Street
Lowell, MA 01851
978-934-6476
Open to students/faculty/staff
UMASS LOWELL NAMED BICYCLE FRIENDLY UNIVERSITY

UMass Lowell has been named a “Bicycle Friendly University” by the League of American Bicyclists (LAB), joining Harvard University and MIT as the only schools in the state to earn the distinction. After receiving an honorable mention last year in our first-ever application, we were elevated to bronze status in 2015, becoming 1 of only 127 Bicycle Friendly Universities in 42 states across the country.

COMING SOON - NEW BIKE WEBSITE!

Due to the growth in our bicycle programs, bike shop and the emphasis on sustainable transportation at UMass Lowell, we are excited to announce that we will be unveiling a new bike website @uml.edu/bike later this semester. This will be a one-stop-shop for anything and everything bicycle related including: Free Wheelers bike rentals, UMass Lowell Bike Shop, bike workshops and clinics, maps, safety and education information, and even a way register your bike(s) online.

OPEN RECREATION TIME

Students now have the ability to utilize open rec time on the North Campus green turf and South Campus Mahoney Gym indoor turf facility. Our CPR/AED/First Aid certified student staff will supervise these activities and provide sports equipment. Simply show up with a valid Student ID to participate!

Open gym is currently scheduled at Mahoney Gym Friday’s 9-11pm and Saturdays 5-10pm, January 29 through March 12. Note: Please check our online calendar for current hours.

We also have times reserved at the CRC each semester for open badminton on our far basketball court. There are several Mondays from 3-5pm and Fridays from 3-7pm that have been reserved. View the entire open rec calendar online @uml.edu/campusrec.

FMI on Campus Recreation visit:
uml.edu/campusrec or contact:
Peter_Murray@uml.edu | 978.934.2327

UMASS LOWELL KAYAK CENTER

CHECK WEBSITE @UML.EDU/KAYAKCENTER FOR UPDATED INFO & HOURS!

Kayak Center Hours: June 1 - August 31
Weekdays: 3-8pm  Weekends: 9am-6pm

Kayak Rentals & Shuttle Service
• Hourly rentals available - $15 per single and $25 per tandem
• $5 discounts for UML students/faculty/staff/alumni; monthly & season pass discounts
• We accept reservations. Groups of 10 or more receive a discount!
• Shuttle service will transport you upstream to enjoy a 2 hour float back to the Boathouse!

Kayak Center Specials
• Two-for-Tuesdays: rent a tandem kayak for the price of a single every Tuesday
• Free-Friend Fridays: rent a tandem kayak for the price of a single every Friday

Kayak Instructional Clinics
• Quick Start to Flatwater Kayaking - (2 hour clinic)
• Intro to Kayaking - 6 hour ACA Level 1 kayaking skills course
• Kayaking Kids and Kayaking Teens Day Camps - (5 days/week)

Kayak Tours
• Sunrise Tours: 5-7am • Sunset Tours 7-9pm • Moonlight Tours: 9-11pm

Stand Up Paddleboard & Canoe Rentals - check website for prices!

Custom Programs & Reservations
This is a great option for a variety of groups. Schedule a tour or clinic with your friends, family, co-workers, etc. Submit your custom kayak program request online today!

FMI on our Kayak Center, visit:
uml.edu/kayakcenter or contact:
Kevin_Soleil@uml.edu | 978.934.1932

Register for clinics or tours online @uml.edu/kayakcenter or register in person at the CRC Welcome Desk. To contact the Kayak Center waterfront station directly, please call 978-995-2362. To contact the manager of the Kayak Center or to make an appointment, please contact 978-934-1932.

FMI on our Kayak Center, visit:
uml.edu/kayakcenter or contact:
Kevin_Soleil@uml.edu | 978.934.1932

SUMMER PROGRAMS PREVIEW
RECKIDS SUMMER CAMP 2016

ReckKids is a recreational day camp designed for children between the ages of 6 - 12 years old. We are committed to providing a safe, supportive and fun environment for our campers. There are discounts available for UMass Lowell members. Parent Orientation will be held on Wednesday, June 15th at 6pm in the CRC and includes an info session, facility tour, and staff meet and greet. Register by May 31.

REGISTRATION FEES
CRC Members: $225/week
Non-Members: $275/week
Lunch: $32.50/week/child
After Care: $50/week/child

CAMP HOURS
Monday - Friday: 8am - 4pm
Camper drop-off: 7:30 - 8am
Camper pick-up: 4:30 - 4:30pm
After care: 4 - 5:30pm

Note: Receive $50 discount for each additional sibling registered for same session.

GROUP FITNESS / SPRING 2016 SCHEDULE
JANUARY 19 - APRIL 29° CHECK WEBSITE FOR UP-TO-DATE SCHEDULES

STUDIO 1: CAMPUS REC CENTER (EAST CAMPUS)

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barre Camp w/Jess LeBlanc 5:30-5:55pm</td>
<td>Kickbox w/Kassandra 5:30-6:25pm</td>
<td>Tabata &amp; Abs w/Jess LeBlanc 5:30-6:25pm</td>
<td>Insanity w/Diana 5:30-6:25pm</td>
<td>Vinyasa Yoga w/Matt/Andrew 10:30-11:25am</td>
</tr>
<tr>
<td>Vinyasa Yoga w/Matt 6:30-6:55pm</td>
<td>Power Yoga w/Andrew 6:30-7:25pm</td>
<td>Zumba w/Mitch 6:30-7:25pm</td>
<td>Zumba w/Diana 6:30-7:25pm</td>
<td></td>
</tr>
</tbody>
</table>

STUDIO 2: CAMPUS REC CENTER (EAST CAMPUS)

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tabata w/Jess Dion 12-12:30pm</td>
<td>Zumba w/Diana/Mitch 12-12:45pm</td>
<td>Mindful Yoga w/Diana 4:45-5:25pm</td>
<td>Spin w/Julianne 5:30-6:25pm</td>
</tr>
<tr>
<td>Ignite Strength w/Kassandra 5:30-6:25pm</td>
<td>Spin w/Jess Dion 5:30-6:25pm</td>
<td>Spin w/Matt 5:30-6:25pm</td>
<td>Beginner Yoga w/Kreg 6:30-7:25pm</td>
</tr>
<tr>
<td>Piloxing w/Riley 6:30-7:15pm</td>
<td>POUND w/Jess Dion 6:30-6:55pm</td>
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</tbody>
</table>

RIVERVIEW SUITES: (SOUTH CAMPUS)

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
</tr>
</thead>
<tbody>
<tr>
<td>INSANITY w/Diana 5:30-5:45pm Rm. 158</td>
<td>Abs, Butt, Core w/Krystal 5:30-6:25pm Rm. 158</td>
<td>POUND w/Emmeline 5:30-6:15pm Rm. 158</td>
<td>Piloxing w/Eddie 6:30-7:25pm Rm. 158</td>
</tr>
<tr>
<td>Yoga w/Eddie 6:30-7:25pm Rm. 158</td>
<td>Power Yoga w/Eddie 6:15-7:10pm Rm. 158</td>
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<td></td>
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</table>

NEW LOCATION!

U-CROSSING

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
</tr>
</thead>
<tbody>
<tr>
<td>INSANITY w/Diana 5-5:45pm Rm. 158</td>
<td>Abs, Butt, Core w/Krystal 5:30-6:25pm Rm. 158</td>
<td>POUND w/Emmeline 5:30-6:15pm Rm. 158</td>
<td>Piloxing w/Eddie 6:30-7:25pm Rm. 158</td>
</tr>
<tr>
<td>Yoga w/Diana 8:15-8:45pm Rm. 480</td>
<td></td>
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</tbody>
</table>

*SPECIAL PROGRAMS: Sunset Zumba - Thu. April 21, 5:30-7pm @ CRC Turf / Outdoor Yoga - Tue. April 26, 5:30-7pm @ CRC Turf.

FMI on Reckids visit:
uml.edu/reckids or contact:
Meghan_Flynn@uml.edu | 978.934.2393

FMI on Group Fitness visit:
uml.edu/gfit or contact:
Diana_Davis@uml.edu | 978.934.6475

SUMMER PROGRAMS PREVIEW

GROUP FITNESS SCHEDULES
WOMEN CRUSH WEIGHTS
REGISTRATION FEES: $20/STUDENT; $40/FACULTY/STAFF/CRC MEMBERS

Program Dates: February 3 - March 9

This program is designed to help women gain confidence and knowledge with resistance based weight training. Program includes a 6-week lifting program, weekly wellness workshops, access to our Women Crush Weights Facebook group for motivation & support, and a chance to workout with our female personal trainers. All levels of fitness are encouraged to register. Register by January 27.

COMMIT-TO-BE FIT
REGISTRATION FEES: $25/STUDENT; $35/FACULTY/STAFF/CRC MEMBERS

Check-In Dates (4:30-6:30pm @ CRC)
Tuesday, January 26 | Tuesday, February 23 | Tuesday, March 29

The goal of this program is to help participants start developing healthier habits. We will educate participants on the importance of good exercise, nutrition and staying balanced. Choose from one of 3 competitions that work best for you: weight loss, personalized fitness performance, or strength gain.

This program includes monthly check-ins where we will assess your body composition and participants will have the opportunity to sit down with our student personal trainers to work on setting attainable fitness goals. If you are not available during the scheduled check-in dates, you can schedule alternate dates to meet up. Register by January 22.

REGISTRATION INFO
Register at www.uml.edu/fitness or register in person at the CRC Welcome Desk or Riverview Fitness Center by appropriate registration deadlines listed above.

FITNESS AND WELLNESS PROGRAMS

INTRAMURAL SPORTS

Leagues Sports | Tournaments
---|---
5v5 Basketball | Squash & Racquetball: 2/10, 6pm @CRC
5v5 Women’s Basketball | Ping Pong: 2/17, 6pm @CRC
6v6 Co-Rec Indoor Volleyball | 2v2 Badminton: 2/26, 3pm @CRC
6v6 Broomball | 9-Ball Pool: 3/2, 6pm @CRC

FMI on Intramural Sports visit:
uml.edu/intramurals
or contact:
Meghan_Flynn@uml.edu | 978.934.2393

INTRAMURAL 3RD QUARTER PROGRAMS
REGISTER BY JANUARY, 26TH

Leagues Sports | Tournaments
---|---
10v10 Softball | March Madness Basketball
3/22: 4:30-6:30pm @ CRC | 3/23: 6pm @ CRC - NBA Combine
6v6 Broomball | 3/24: 6pm @ CRC - Slam Dunk & 3-Point Contest

7v7 Outdoor Soccer | 4v4 Wiffleball: 4/6, 5pm @CRC
7v7 Women’s Outdoor Soccer | 5K Road Race: 4/9, 11am @CRC
5v5 Floor Hockey | Spring Carnival Lawn Games: 4/20, 4pm @CRC
Includes 4v4 Outdoor Volleyball, 2v2 Corn Toss, 2v2 Ladder Golf & 2v2 Can Jam

REGISTRATION INFO
Register @imleagues.com by registration deadlines listed above.
Note: For all tournaments, register on-site the date of each tournament.

FMI on Fitness & Wellness visit:
uml.edu/fitness or contact:
Diana_Davis@uml.edu | 978.934.6475

FMI on Intramural Sports visit:
uml.edu/intramurals or contact:
Meghan_Flynn@uml.edu | 978.934.2393
2ND QUARTER INTRAMURAL CHAMPIONS

CHAMPIONS SHOWN
Above: $1,000 Dodgeball Tournament - Joanie Loves Chachi
Right: 5v5 Basketball, A Division - TFB 508 Edition

CHAMPIONS NOT PICTURED
7v7 Indoor Soccer, A Division - MCC Soccer
7v7 Indoor Soccer B Division - Supernaturals15
7v7 Indoor Soccer, C Division - Dirty T
5v5 Basketball, B Division - Rocket Power
5v5 Basketball, C Division - Elite Extra
4v4 Street Hockey - Sheila Strong
10v10 Kickball - Balls to the Walls
8-Ball Pool - Joe Vanaman

THE WELLNESS WALL
UML.EDU/WELLNESS-WALL
The Wellness Wall is a new online resource for students, faculty and staff that highlights all of the wellness programs and services at UMass Lowell. This site stresses the concept that wellness is multi-dimensional and each area of wellness is important in building a better you!

The Wellness Wall is split up into 8 different dimensions of wellness which include: Physical, Financial, Intellectual, Social, Spiritual, Career, Environmental and Mental Health. Simply select one of the “blocks” on the wall to view more info about the various programs and services. Each dimension is broken up into student services as well as faculty/staff services.

The Wellness Wall also features upcoming “Healthy Happenings” which are current wellness events on our campus with a link to view all of the wellness events. Check out our Wellness Wall and start building a healthier and more balanced version of you today!

STRESS RELIEF DAY - SPRING 2016
FRIDAY, APRIL 29TH 3-6PM @ CRC
Our fall 2015 event saw over 600 students participate! This program is free for students with a UMass Lowell ID and includes a fun and relaxing environment before finals. Activities typically include: Pet and play with therapy dogs, free chair massages, arts and crafts, snacks and hot drinks, live acoustic music, resource tables on fitness, nutrition, wellness, and much more! For more info on the spring 2016 event visit: uml.edu/stressreliefday.

FMI on the Wellness Wall visit:
uml.edu/wellness-wall or contact:
Justin_Lawler@uml.edu | 978.934.2332
Club Sport Food Drive Competition
Six of our club teams participated in the Club Sport Food Drive Competition amongst six other colleges and universities nationally. After all of the food was collected, the clubs volunteered at the Residence Life Thanksgiving Food Drive at the UMass Lowell ICC to help less fortunate community members. Cheer, Women’s Rugby, Track and Field, Urban Choreography, Cricket and Women’s Soccer participated.

Caite’s Closet
Dance volunteered at Caite’s Closet for a service project where they helped collect donations and organize clothes for women in the Greater Lowell Community.

Boys & Girls Club of Greater Lowell
Racquetball went to the Boys and Girls Club of Greater Lowell and assisted with clean-up, painting, building, and restoring old materials for the club.

Massachusetts State Youth Cheer Competition
The Cheerleaders volunteered at the Massachusetts State Youth Cheer Competition by assisting with spotting on the mats, check-in, set-up, and break-down of the event.

OUTDOOR ADVENTURE SPRING TRIP SCHEDULE
*CHECK WEBSITE @ UML.EDU/OAP FOR MOST CURRENT TRIP INFO

<table>
<thead>
<tr>
<th>Trip Description</th>
<th>Date(s)</th>
<th>Location</th>
<th>Student/Non-Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ski/Snowboard</td>
<td>1/23, 3/4 - 3/6</td>
<td>Crotched Mountain, NH</td>
<td>$44 / $64</td>
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<tr>
<td></td>
<td></td>
<td>Killington, VT</td>
<td>$240 / $320</td>
</tr>
<tr>
<td>Tuesday Night Indoor Rock Climbing</td>
<td>1/26, 2/27, 2/23 &amp; 3/1</td>
<td>Woburn, MA</td>
<td>$10 / $15</td>
</tr>
<tr>
<td>Winter Day Hikes</td>
<td>2/6, 2/7</td>
<td>Mt. Monadnock, NH</td>
<td>$15 / $25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Woburn Pond, MA</td>
<td>$10 / $20</td>
</tr>
<tr>
<td>Ice Climbing</td>
<td>2/13</td>
<td>Auburn, MA</td>
<td>$40 / $100</td>
</tr>
<tr>
<td>Cross Country Ski &amp; Snowshoe</td>
<td>2/14, 2/20 - 2/21</td>
<td>Windblown, NH</td>
<td>$40 / $85</td>
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<tr>
<td></td>
<td></td>
<td>White Mountains, NH</td>
<td>$65 / $100</td>
</tr>
<tr>
<td>Spring Break Trip Southeast Climbing &amp; Hiking</td>
<td>3/12 - 3/18</td>
<td>Tennessee &amp; Kentucky</td>
<td>$375 / NA</td>
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<tr>
<td>Tuesday Night Hikes</td>
<td>3/22, 4/5, 4/12 &amp; 4/26</td>
<td>TBD (Various MA/NH)</td>
<td>$5 / $10</td>
</tr>
<tr>
<td>Backpacking</td>
<td>4/2 - 4/3</td>
<td>Pemigewasset Wilderness, NH</td>
<td>$55 / $85</td>
</tr>
<tr>
<td>Sea Kayaking</td>
<td>4/9</td>
<td>Great Bay, NH</td>
<td>$15 / $35</td>
</tr>
<tr>
<td>Outdoor Rock Climbing</td>
<td>4/10</td>
<td>Quincy Quarries, MA</td>
<td>$15 / $35</td>
</tr>
<tr>
<td>New England Country Bike &amp; Camping</td>
<td>4/16 - 4/17</td>
<td>Cape Cod, MA</td>
<td>$40 / $45</td>
</tr>
<tr>
<td>Sky diving</td>
<td>4/23</td>
<td>Jumptown, Orange, MA</td>
<td>$195 / $275</td>
</tr>
<tr>
<td>Surfing</td>
<td>4/24</td>
<td>Narragansett, RI</td>
<td>$30 / $60</td>
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<tr>
<td>End of Year Trip Sea Kayaking</td>
<td>5/16 - 5/20</td>
<td>Casco Bay, ME</td>
<td>$125 / NA</td>
</tr>
</tbody>
</table>

REGISTRATION INFO
Register at uml.edu/oap or in person at the CRC or Riverview Fitness Center by deadline date.

OUTDOOR ADVENTURE
FMI on Outdoor Adventure visit: uml.edu/oap or contact:
Kevin_Soleil@uml.edu | 978.934.1932

CLUB SPORTS
FMI on Club Sports visit:
uml.edu/clubsports or contact:
Nicholas_Lowery@uml.edu | 978.934.2308

Last Year’s Winter Fact: MA & NH experienced shivering sub-zero temperatures.
This Year’s Winter Fact: “Your donation means I get a new winter coat.”

Donate now! You can help us: #Winter2023

Girls Club of Greater Lowell

BOYS & GIRLS CLUB
OF GREATER LOWELL

FMI on Club Sports visit:
uml.edu/clubsports or contact:
Nicholas_Lowery@uml.edu | 978.934.2308

END OF YEAR TRIP
Sea Kayaking
Safe Trick or Treat
Five clubs participated in Residence Life’s 8th annual Safe Trick or Treat. Our clubs teams helped set-up, break-down, act as characters throughout the night and help with the overall logistics of the event. Women’s Soccer, Men’s/Women’s Rugby, Rowing and Brazilian Jiu Jitsu volunteered their time.

Homecoming
Six clubs participated in Hawkeye Way at Homecoming this year. The clubs were tasked to come up with interactive activities for people of all ages that would be stopping by their tables during the event. Dance, Cheer, Women’s Soccer, Women’s Lacrosse, Ballroom Dance and Rowing participated.

Cheer had kids dress up like a UMass Lowell Cheerleader and put them in small stunts and emailed them photos. Dance had Minute to Win It games, Women’s Soccer had a bake sale and soccer net set-up for kids to play with, Women’s Lacrosse had a donut eating competition, Rowing held Ergometer Power tests and Rowing Homecoming Selfies, and Ballroom offered two activities - make a paper boat then race them and pick a winning lollipop from a cut out pumpkin.

Ballroom Dance Lessons
REGISTRATION FEES: $25/STUDENT; $40/FACULTY/STAFF/CRC MEMBER; $55/PUBLIC

Beginner Class
Thursday evenings 7:30-8:30pm in CRC Studio 1 for 8-weeks, 2/4 - 3/31, with no class on 3/17. Register @uml.edu/learnto. Classes are taught by the UML Ballroom Dance Club.

CPR/AED & First Aid Classes
REGISTRATION FEES: $85/PERSON (LAY RESPONDER NOT HEALTHCARE PROVIDER)

Dates
Saturday, February 13: 10:30am - 2:30pm @ CRC
Sunday, April 3: 10:30am - 2:30pm @ CRC

AFAA Personal Fitness Trainer Workshop
REGISTRATION FEES LISTED @AFAA.COM

This supplemental in-person workshop focuses on practical application of fitness assessments & weight-room coaching skills. A complement to the Personal Fitness Training Certification Program, this workshop will help you refine your knowledge and practice your skills in a one-day event that balances informative presentations with hands-on training.

Date
March 12, 8am-5pm @ CRC. Register @ AFAA.com

AFAA Group Ex Instructor Workshop
REGISTRATION FEES LISTED @AFAA.COM

This supplemental in-person workshop focuses on the practical application of group fitness leadership techniques. A complement to the Group Ex Instructor Certification, this one-day event will help you practice your skills and develop confidence leading freestyle or pre-designed classes.

Date
March 13, 8am-5pm @ CRC. Register @ AFAA.com

Neta Personal Training Certification Class
REGISTRATION FEES: $399/PERSON (EARLY); $449/PERSON (STANDARD)

Dates
April 9, 8am-5pm & April 10, 8am-3pm @ CRC. Register @ netafit.org

FMI on “learn to” programs visit: uml.edu/learnto or contact: Justin_Lawler@uml.edu | 978.934.2332
**FREE WHEELERS BIKE SHARE**
THE FASTEST WAY AROUND CAMPUS

Free Wheelers are free bicycle rentals for students, faculty and staff. Checkout a Free Wheeler, helmet and lock for the day from any of our 5 stations across campus. Visit: uml.edu/getafreewheeler to find out which stations have bikes that are available.

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**5 CHECK-OUT LOCATIONS**

**EAST CAMPUS**
Campus Recreation Center

**SOUTH CAMPUS**
O’Leary Library
Riverview Fitness Center

**NORTH CAMPUS**
Lydon Library

**UNIVERSITY CROSSING**
Info Desk

**HOURS & AVAILABILITY**

**WINTER:** Closed 1st snow in December - March 20

**SPRING:** March 21 - April 29

**WEEDKDAY HOURS**
All 5 Check-Out Stations: Mon-Fri: 8am-7pm
(Library locations close @ 5pm on Fridays)

**WEEKEND HOURS**
CRC & Riverview Fitness Center Only: 10am-7pm

* CHECK WEBSITE FOR LONG-TERM BIKE RENTAL OPTIONS

**UMASS LOWELL BIKE SHOP**

LOCATED 2ND FLOOR @ CRC | 978.934.6797

We are a full-service bicycle repair center that offers services to meet all of your bicycle needs. Our mission is to offer a low-cost bicycle repair/maintenance service and encourage bicycling on campus.

**BIKE SHOP MEMBERSHIPS - NEW!**

- Get access to bike shop clinics, bike shop discounts, open stand time and more! Check website for membership options and prices.

**ONE-STOP SHOP**

**BIKE SHOP SPRING SEMESTER HOURS**

- Repairs & Tune Ups
- Bike & Parts Sales
- Instruction & Clinics
- We take donated bikes!
- Open Stand Time - Fix your own bike!

**SOUTH CAMPUS**
O’Leary Library
Riverview Fitness Center

**NORTH CAMPUS**
Lydon Library

**UNIVERSITY CROSSING**
Info Desk

**FREE BIKE PROGRAMS**

CHECK WEBSITE @ UML.EDU/BIKESHOP FOR UPDATED INFO

- Weekly bike clinics starting in spring
- Free Wheelers Free Bicycle Rentals - Spring hours start March 21.

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- Free Wheelers Free Bicycle Rentals - Spring hours start March 21.

**CHECK WEBSITE FOR UPDATED INFO**

**FMI on Free Wheelers visit:**
uml.edu/getafreewheeler or contact:
Kevin_Soleil@uml.edu | 978.934.1932

**FMI on the UMass Lowell Bike Shop, visit:**
uml.edu/bikeshop or contact:
Brock_Pfaff@uml.edu | 978.934.6797