MEET THE STAFF

Peter Murray
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Peter_Murray@uml.edu
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Justin Lawler
Associate Director
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(978) 934-2332

Meg Flynn
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(978) 934-2393

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(978) 934-6797

Trace Stenz
Intramural & Club Sports Intern
Trace_Stenz@uml.edu
(978) 934-2314
All ability levels are welcome! Register for A/B/C division based on your skill level.

Create a team or sign up as a free agent to be placed on a team!

Register by each deadline & attend captain’s meeting in CRC @ 5pm for all league sports. Arrive on-site to participate in all tournaments.

View rules, policies or upcoming schedules @ uml.edu/intramurals

**CONTACT INFO**

Meg Flynn  
Assistant Director of Intramural Sports & Youth Programs  
Meghan_Flynn@uml.edu  
(978) 934-2393  
uml.edu/intramurals
### September

#### Important August Dates

**SAT. AUG 29**
- CRC & Riverview FC Fall Hours Begin (B/29 - 11/10)
- M-Th: 6:30am-11pm
- Fri: 6:30am-10pm

**MON. AUG 31**
- Club Fair 12-2pm @ Tsongas
- Club Sports Leader Training 2:30pm @ U-Suites 106
- Boathouse Open House

**LABOR DAY**
- University Closed

**IM Registration Deadline**
- Fall 1st Quarter
- imleagues.com

**CRC & Riverview FC Holiday Hours**
- 12pm-11pm

**OAP Whitewater Rafting at The Dryway**
- Deerfield River, MA
- M. Club Soccer vs. Merrimack 5pm @ UML

**OAP Tuesday Night Paddle (6-9pm)**
- Meet @ Boathouse 6pm

**Fitness Machine Demos**
- 3-5pm @ CRC

**Intramural Sports**
- 3v3 Basketball Tournament
- South B-Ball Courts, 5pm
- OAP Leadership Class Begins (9/16 - 11/4)
- 6-8pm @ CRC uml.edu/oap

**OAP Leadership Class**
- 6-8pm @ CRC

**Club Baseball vs. Franklin Pierce @ 1pm**
- Ryan Field, Lowell, MA

**W. Club Soccer vs. Merrimack 5pm @ UML**

**W. Club Soccer vs. Tufts**
- Holy Cross 8pm @ UML

**CRC & Riverview FC Holiday Hours**
- 10am-4pm

**OAP Swimming Hole Day Hike**
- Fitness Machine Demos 10am @ CRC (9/5 & 9/12)

**CRC & Riverview FC Holiday Hours**
- 12pm-11pm

**OAP Tuesday Night Paddle (6-9pm)**
- Meet @ Boathouse 6pm

### Fall 1st Quarter IM Programs - Register by 9/8 @ IMLEAGUES.COM

**FALL 1ST QUARTER IM PROGRAMS**
- 3v3 Ultimate Frisbee
- 7v7 Flag Football
- 7v7 Powderpuff Flag Football
- 6v6 Co-Rec Indoor Volleyball

**TOURNAMENTS**
- Intramural Sprint Triathlon
- 3v3 Outdoor Basketball
- 4v4 Wallyball

**LEAGUES**
- Intramural Sports 4v4 Wallyball Tournament
- 6pm @ CRC
- OAP Leadership Class
- 6-8pm @ CRC
WHAT ARE CLUB SPORTS?
Club Sports are 100% student managed and include competitive, performance-based or martial arts type clubs; focus is on student development and leadership.

IT ONLY TAKES 10
You only need 10 undergraduate students to start a new club sport!

CLUB SPORT COUNCIL
The CSC is made up of student leaders from all club sports & governed by e-board members. Volunteer or express interest through your team’s e-board!

CONTACT INFO
Nick Lowery
Coordinator of Club Sports & Business Operations
Nicholas_Lowery@uml.edu
(978) 934-2308
uml.edu/clubsports

@umlclubsports

CURRENT CLUBS
Badminton  Breakers  Women’s Ice Hockey  Men’s Rugby  Track & Field
Ballroom Dance  Cheerleading  Ice Skating  Women’s Rugby  Men’s Ultimate
Baseball  Cricket  Men’s Lacrosse  Men’s Soccer  Women’s Ultimate
Men’s Basketball  Dance  Women’s Lacrosse  Women’s Soccer  Underwater Hockey
Women’s Basketball  Field Hockey  Quidditch  Steppin’ in Unity  Urban Choreography
Billiards  Golf  Racquetball  Swim  Men’s Volleyball
Brazilian Jiu Jitsu  Men’s Ice Hockey  Rowing  Tennis

W HAT A R E C L U B S P O R TS?
**OCTOBER**

**FALL 2ND QUARTER IM PROGRAMS - REGISTER BY 10/13 @ IMLEAGUES.COM**

- **LEAGUES**
  - 5v5 Basketball
  - 5v5 Women's Basketball
  - 5v5 Indoor Soccer
  - 5v5 Women's Indoor Soccer
  - 6v6 Ice Hockey

- **TOURNAMENTS**
  - 4v4 Street Hockey
  - 6v6 Dodgeball
  - 8-Ball Pool
  - 10v10 Kickball

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**OCTOBER Calendar**

**SUN**

- **4**
  - NETA Personal Training Class (10/3-10/4) @ CRC
  - OAP Stand-Up-Paddle Board Trip, Location, TBD

- **11**
  - CRC & Riverview FC Holiday Hours 10am-4pm
  - M. Club Ice Hockey vs. Merrimack College 5:30pm @ UML

**MON**

- **5**
  - Club Sports Council Mtg. 4:30pm @ U-Suites 106

- **12**
  - CRC & Riverview FC Holiday Hours 10am-4pm
  - M. Club Ice Hockey vs. Providence College 1:30pm @ Tsongas

- **18**
  - CPR Class 10:30am @CRC
  - M. Club Ice Hockey vs. Rhode Island College 3pm @ Tsongas
  - W. Ice Hockey vs. B.C. 5:50pm @ Tsongas

**TUE**

- **6**
  - "Ladies Night" 5-6pm @ Riverview Fitness Center
  - Men can use CRC FC
  - OAP Tuesday Night Paddle (6-9pm)
  - Group 5K Run 4:45pm Starts @ CRC

- **13**
  - Monday Academic Class Schedule
  - IM Registration Deadline Fall 2nd Quarter imleagues.com
  - Group 5K Run 4:45pm Starts @ CRC

- **19**
  - GFIT Breast Cancer Awareness Zumba Class 5:30pm @ U-Crossing
  - OAP Tuesday Night Climb @ Boston Rock Gym
  - Group 5K Run 4:45pm Starts @ CRC

**WED**

- **7**
  - Wellness Wednesday
  - "Snack the Rainbow" 4-7pm @ CRC
  - OAP Leadership Class 6-8pm @ CRC

- **14**
  - Intramural Sports
  - 10v10 Kickball Tourney 6pm @ CRC
  - OAP Leadership Class 6-8pm @ CRC

- **20**
  - OAP Leadership Class 6-8pm @ CRC

**THU**

- **1**
  - M. Club Ice Hockey vs Trinity College 7:30pm @ Tsongas

- **15**
  - Intro to Weightlifting Fitness Program Ends 5:30-7pm @ CRC (9/17 - 10/15)

- **21**
  - OAP Leadership Class 6-8pm @ CRC

**FRI**

- **2**
  - OAP Outdoor Climbing @ Pawtuckaway, NH
  - Club Baseball vs Southern NH @ 12pm
  - Ryan Field, Lowell, MA
  - W. Rugby vs. Holy Cross 7pm @ UML

- **8**
  - M. Club Ice Hockey vs Trinity College 7:30pm @ Tsongas

- **16**
  - Club Baseball vs Maine @ 12pm
  - Ryan Field, Lowell, MA
  - W. Ice Hockey at Union College @ 1:30pm

- **22**
  - OAP Leadership Class 6-8pm @ CRC

**SAT**

- **3**
  - OAP Leadership Class 6-8pm @ CRC
  - WAP Tuesday Night Paddle (6-9pm)

- **10**
  - CRC & Riverview FC Holiday Hrs: 10am-4pm
  - OAP Columbus Day Exploration Camping, Hiking & Kayaking @ Acadia, ME (10/10-10/12)
  - Leaves CRC 10/9 @ 5pm

- **17**
  - Club Baseball vs Maine @ 12pm
  - Ryan Field, Lowell, MA
  - W. Ice Hockey at Union College @ 1:30pm

- **23**
  - OAP Leadership Class Backpaking Trip @ Long Trail (10/24 - 10/25)
  - Leaves CRC 10/23 @ 5pm
  - M. Rugby vs. Bryant 2pm @ UML

- **24**
  - OAP Backpacking 101 @ Long Trail, VT (10/24 - 10/25)
  - Leaves CRC 10/23 @ 5pm
  - M. Rugby vs. Bryant 2pm @ UML

**HALLOWEEN**

- **31**
  - GFIT Breast Cancer Awareness Zumba Class 5:30pm @ U-Crossing
  - OAP Tuesday Night Climb @ Boston Rock Gym
  - Group 5K Run 4:45pm Starts @ CRC

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STUDENT EMPLOYMENT

JOB OPPORTUNITIES
Welcome Desk Attendant
Fitness Center Attendant
Intramural Official
Club Sport Supervisor
Marketing Street Team
Graphic Designer
Photographer
Videographer
Social Media Manager
Bike Shop Mechanic
Free Wheelers Bike Staff
Group Fitness Instructor
Personal Trainer
Lifeguard
Swim Instructor
Outdoor Adventure Trip Leader
RecKids Summer Camp Counselor

INTERNSHIPS
Fitness & Recreation
Club Sports
Kayak Center
Graphic Design
RecKids Summer Camp

APPLY ONLINE
uml.edu/jobhawk
# November Calendar

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<td><em>Daylight Savings</em></td>
<td><strong>IM 4v4 Street Hockey Tournament 11am @ CRC</strong>&lt;br&gt;W. Ice Hockey @ St. A’s&lt;br&gt;M. Rugby vs. S. Conn.&lt;br&gt;M. Club Ice Hockey vs. E. Connecticut State</td>
<td>&quot;Ladies Night&quot; 5-6pm @ Riverview Fitness Center&lt;br&gt;*Men can use CRC FC while RFC is closed&lt;br&gt;OAP Tuesday Night Climb @ Boston Rock Gym Woburn, MA</td>
<td>Wellness Wednesdays 4-7pm @ CRC&lt;br&gt;OAP Leadership Class Ends, 6-8pm @ CRC uml.edu/oap</td>
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<td>W. Rugby vs. Southern Connecticut 1pm @ UML&lt;br&gt;M. Rugby vs. TBD 4pm @ UML&lt;br&gt;Group Swim Lessons End uml.edu/learnto</td>
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<td>M. Club Ice Hockey vs. Bates 1:30pm @ Tsongas</td>
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<td><strong>Veteran’s Day</strong>&lt;br&gt;University Closed</td>
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<td>S.O.L.O. Wilderness First Aid Certification Class @ CRC (11/14 - 11/15)&lt;br&gt;W. Ice Hockey @ Northeastern, Time TBD</td>
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<td>CPR Class 12pm @ CRC&lt;br&gt;M. Ice Hockey Club vs. Harvard 1:30pm @ Tsongas&lt;br&gt;W. Ice Hockey vs. St. A’s 4:20pm @ Tsongas</td>
<td>OAP Tuesday Night Climb @ Boston Rock Gym Woburn, MA</td>
<td>Intramural Sports $1,000 Dodgeball Tournament 6pm @ CRC imleagues.com</td>
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<td>W. Ice Hockey @ Westfield, Time TBD</td>
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<td><strong>Thanksgiving</strong>&lt;br&gt;Thanksgiving Recess Begins</td>
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<td>CRC &amp; Riverview FC Fall Hours Resume&lt;br&gt;Open 10am-10pm</td>
<td>GFIT Fall Schedule Resumes uml.edu/gfit</td>
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LEARN A NEW SKILL!

GET CERTIFIED
CPR/AED & First Aid
Lifeguarding Recertification
Personal Trainer
Group Fitness Instructor
Wilderness First Aid
Wilderness First Responder

DANCE CLASSES
Ballroom Dance

GROUP SWIM LESSONS
For adults and children
8-week fall & spring sessions

CONTACT INFO
Justin Lawler
Associate Director
Justin_Lawler@uml.edu
(978) 934-2332
uml.edu/learnto
# Club Sports Council Mtg.
4:30pm @ U-Suites 106

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**Final Exams Begin**

**CRC Winter Hours**
(12/11 - 1/16)
M-F: 6:30am-9pm
Sat & Sun 10am-4pm

**Riverview FC: Closed**

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**Reading Day**
3-6pm @ CRC

**Fall Semester Ends**

**Fall GFIT Class Schedule Ends**

---

**Final Exams End**
Res Halls Close @ 6pm

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**“Ladies Night” 5-6pm @ Riverview Fitness Center**
*Men can use CRC FC while RFC is closed

**OAP Tuesday Night Climb @ Boston Rock Gym Woburn, MA**

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**IM Sports 8-Ball Pool Tournament 6pm @ CRC**
Wellness Wednesdays 4-7pm @ CRC

**S.O.L.O. Wilderness First Responder Class (1/2-1/9) @ CRC**

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**M. Club Ice Hockey vs. Westfield State**
7:30pm @ Tsongas

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**ZUMBA Instructor Certification Class @ CRC**
uml.edu/learnto

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**OAP Freedom Trail Historic Day Hike @ Boston, MA**

**CRC Winter Hours Resume**

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**CHRISTMAS**

**CHRISTMAS EVE**

**NEW YEAR’S EVE**

---

**CRC Closed**

---

**CRC Holiday Hours**
6:30am-6pm
1 - Football C - 13un Warrior
2 - Kickball - Balls to the Walls
3 - Football A - BOHICA
4 - Volleyball A - Dig Nation
5 - Frisbee A - Floppy Discs
6 - Frisbee B - Good not Great
7 - Volleyball C - MCC Net Results
8 - Powerpuff - ‘Rec’ing Crew
9 - Volleyball B - ‘Rec’ing Crew
10 - Flag Football B - Terror Squad
11 - 4v4 Volleyball - Smack That
12 - Outdoor Basketball - Twice as Nice
13 - World Cup Soccer - Wales
14 - 8-Ball Pool - Mitash Gupta
15 - Basketball A - TFB
16 - Basketball B - Terror Squad
17 - Basketball C - AbdulmaTIMS
18 - Dodgeball - Gym Class Hero
19 - Floor Hockey - Chucky
20 - Ice Hockey - Iron Men
21 - Soccer A - Supa Troopas
22 - Soccer B - UML FC
23 - Soccer C - Just Put One In
24 - Volleyball A - Dig Nation
25 - 2v2 Badminton - The Dream Team
26 - Volleyball C - Generation of Miracles
27 - Squash - Jonathan Burgin
28 - 9-ball Pool - Junjie Lin
29 - Ping Pong - Moses Muchiri
30 - Racquetball - Tristan Dale
31 - Volleyball B - Wavie Crocke
32 - Broomball B - Terror Squad
33 - Basketball A - Hey Baby Gurl
34 - Broomball A - Good Not Great
35 - Basketball B - Frisbros
36 - Basketball C - Disqualified
37 - Outdoor Soccer A - Black Stars
38 - Outdoor Soccer B - Flip Cup Champs
39 - Wiffleball - Good Not Great
40 - 3v3 Basketball - Hey Baby Gurl
41 - Softball C - Jeters Never Prosper
42 - Slam Dunk - Juozapas Bilvaisas
43 - Floor Hockey C - Knucklepucks
44 - Ladder Golf & Kan Jam - Team Name
45 - Outdoor Soccer C - LaLigaCr7ElClassico’s
46 - Corn toss - Not in the Face
47 - Softball A - Not in the Face
48 - 3 Point Contest - Paul Calabrisi
49 - 3 Point Knockout - Stephan Jackson
50 - Floor Hockey A - Terror Squad
51 - Softball B - Terror Squad
52 - Floor Hockey B - The Sadistic Sloths
53 - Triathalon Champions (left to right)
   Zachary Taylor, Conor Miller & Peter Murray
   Holly Butler, Anna Baturin & Julia Quattrucci
54 - 5K Male (left to right)
   Hunter Shultz, Jon De Leon & Zachary Taylor
55 - 5K Female (left to right)
   Lyra Clark, Alexandria DeBerardinis & Lily Salgat
56 - 2014-15 Intramural Cup Champions - Good Not Great
NO EXPERIENCE REQUIRED

We offer a variety of safe and fun trips for all skill levels that challenge participants to develop personal and technical skills. Transportation, instruction and equipment are provided!

CUSTOMIZED TRIPS

Create a custom trip for you and your friends or on-campus group. Perfect for clubs and organizations!

INSTRUCTIONAL WORKSHOPS

Outdoor Leadership Class - $50
Wed. 6-8pm @ CRC (9/16-11/4) & Backpacking Trip 10/24-10/25, VT
Wilderness First Aid - $150
11/14 - 11/15, 2015 @ CRC
Wilderness First Responder - $500
1/2 - 1/9, 2016 @ CRC

View upcoming trips, register or create a custom trip @ uml.edu/oap

CONTACT INFO

Assistant Director of Outdoor & Bicycle Programs
Kevin_Soleil@uml.edu
(978) 934-1932
uml.edu/oap
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<td>CRC Winter Hours &amp; GFIT Schedule Resume</td>
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<td>OAP Winter Break Trip Sea Kayaking Everglades @ 10,000 Islands, FL (1/9 - 1/15) Register @ uml.edu/oap</td>
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<td>CRC Open 10am-4pm Riverview FC Closed</td>
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<tr>
<td>MARTIN LUTHER KING DAY</td>
<td>CRC &amp; Riverview FC Spring Semester Hours (1/17 - 4/29) M-Th: 6:30am-11pm Fri: 6:30am-10pm Sat &amp; Sun: 10am-10pm</td>
<td>Spring Semester Begins Spring GFIT Schedule Begins (1/19 - 4/29) uml.edu/gfit</td>
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<td>M. Ice Hockey Club vs. Roger Williams 7:30pm @ Tsongas</td>
<td>OAP Ski &amp; Snowboard @ Crotched Mt. NH</td>
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<td>IM Registration Deadline Spring 3rd Quarter Captain’s Meeting 5pm @ CRC</td>
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**SPRING 3RD QUARTER IM PROGRAMS - REGISTER BY 1/26 @ IMLEAGUES.COM**

- **LEAGUES**
  - 5v5 Basketball
  - 5v5 Women's Basketball
  - 6v6 Co-Rec Indoor Volleyball
  - 6v6 Broomball

- **TOURNAMENTS**
  - 2v2 Badminton
  - Racquetball & Squash
  - 9-Ball Pool
  - Ping Pong

**OAP Tuesday Night Climb**

- @ Boston Rock Gym Woburn, MA
  - Starts on 1/26 @ CRC 4:30-6:30pm

**CRC Open 10am-4pm Riverview FC Closed**

- CRC Closed

**CRC Winter Hours & GFIT Schedule Resume**

- OAP Winter Break Trip Sea Kayaking Everglades @ 10,000 Islands, FL (1/9 - 1/15) Register @ uml.edu/oap
FASTEST WAY AROUND!
Free daily & weekly bicycle rentals for students, faculty, and staff. Register once and checkout from any of our 5 locations on campus!

AVAILABILITY
September through December & March through Reading Day. Summer only available at CRC.

FREE WHEELERS APP
Visit uml.edu/getafreewheeler to see which locations have bikes available and even reserve your bike up to 10 minutes in advance!

REPAIR STANDS
A quick and easy way to fix your bike on each campus! Repair stands include all the tools you will need and an air pump. (See picture on right)

CONTACT INFO
Kevin Soleil
Assistant Director of Outdoor & Bicycle Programs
Kevin_Soleil@uml.edu
(978) 934-1932
uml.edu/freewheelers
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<th>SUN</th>
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<td>Club Sports Council Mtg. 4:30pm @ U-Suites 106</td>
<td>“Ladies Night” 5-6pm @ Riverview Fitness Center *Men can use CRC FC while RFC is closed</td>
<td>Campus Rec Fitness Program Women Crush Weights Starts 5:30pm @ CRC (2/3 - 3/9) Wellness Wednesdays 4-7pm @ CRC</td>
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<td>OAP Winter Hike @ Mt. Monadnock</td>
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<tr>
<td>M. Ice Hockey Club vs. Holy Cross 1:30pm @ Tsongas</td>
<td>OAP Tuesday Night Climb @ Boston Rock Gym Woburn, MA</td>
<td>Intramural Sports Racquetball &amp; Squash Tournaments 6pm @ CRC imleagues.com</td>
<td>M. Ice Hockey Club vs. Southern NH 7:30pm @ Tsongas</td>
<td>CRC &amp; Riverview FC Holiday Hours 10am-4pm</td>
<td>OAP Ice Climbing @ Auburn Ice Canyon, MA CPR Class 10:30am @ CRC</td>
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<tr>
<td>VALENTINE’S DAY</td>
<td>PRESIDENT’S DAY</td>
<td>Monday Academic Class Schedule</td>
<td>Intramural Sports Ping Pong Tournament 6pm @ CRC M. Ice Hockey Club Possible Playoff Game 7:30pm @ Tsongas</td>
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<td>OAP Cross Country Ski Overnight Trip @ White Mountains, NH (2/20-2/21)</td>
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<td>Commit to be Fit Wellness Program 2nd Check-In 4:30-6:30pm @ CRC OAP Tuesday Night Climb @ Boston Rock Gym Woburn, MA</td>
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<td>Intramural Sports 2v2 Badminton Tourney 3pm @ CRC</td>
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</table>
GROUP FITNESS CLASSES

Kickboxing, Spin, Zumba, Yoga, Piloxing, Insanity, & much more!

Email Diana_Davis@uml.edu to join GFIT email list & get class updates! View schedules @ uml.edu/fit

PERSONAL TRAINING

Individual & Partner Packages
Fitness Assessments

FITNESS PROGRAMS

- Intro to Weightlifting
- UMass Lowell NFL Combine
- Women Crush Weights
- Weekly Workout
- Ladies Night @ Riverview FC
- Group 5k Runs

WELLNESS PROGRAMS

- Wellness Wednesdays
- Commit to be Fit
- Stress Relief Day

CONTACT INFO

Diana Davis
Coordinator of Fitness & Wellness
Diana_Davis@uml.edu
(978) 934-6475
uml.edu/fitness

Be on the lookout for our “Ignite” Group Fitness classes this year. Classes are set up to follow a consistent structure so you know what to expect no matter which instructor teaches your class!
# March Calendar

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<th>SUN</th>
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<td>9-Ball Pool Tournament</td>
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<td>OAP Ski &amp; Snowboard @ Killington Mt. VT</td>
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<td>CRC &amp; Riverview FC Spring Hours Resume Open 10am-10pm</td>
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<td>Intramural Sports March Madness Tournament 6pm @ CRC</td>
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<td>Slam Dunk, 3v3 B-Ball, 3-Point Knockout &amp; 3-Point Contest imleagues.com</td>
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<td>Slam Dunk Contest</td>
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**Daylight Savings**
- **TURN CLOCKS AHEAD 1HR**
- CRC Open 10am-4pm Riverview FC Closed
- CRC Spring Break Hours (3/14 - 3/20)
- M-F: 6:30am-9pm Sat & Sun: 10am-4pm Riverview FC: Closed
- Spring hours resume open 10am-10pm
- Spring Academic Classes Resume
- Spring G FIT Schedule Resumes
- CRC & Riverview FC Closed
- CRC Open 10am-4pm Riverview FC Closed
- Spring hours resume open 10am-10pm
- CRC & Riverview FC

**Easter**
- CRC & Riverview FC Closed
- CRC Open 10am-4pm Riverview FC Closed
- Spring hours resume open 10am-10pm
- CRC & Riverview FC

**DST**
- **TURN CLOCKS AHEAD 1HR**
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**Spring Hours Resume**
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**Easter**
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**Spring Hours Resume**
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- CRC & Riverview FC
ONE-STOP SHOP
Located on 2nd floor of the CRC, the UML Bike Shop provides repairs, tune-ups, and free assessments to cover all your bicycling needs! We also sell new and used bikes.

SERVICES
- Mechanic Repairs
- Stand Time w/ Assistance
- DIY Stand Time

BIKE WORKSHOPS
- How to Change a Tire
- Basic Bike Repair
- Women’s Only Workshop
- Learn to Ride a Bike
- Basic Bike Maintenance

CONTACT INFO
Brock Pfaff
Outdoor & Bicycle Intern
Brock_Pfaff@uml.edu
(978) 934-6797
uml.edu/bikeshop

OPERATING HOURS
Semesters*
Monday - Thursday: 3-7pm
Friday: 1-5pm
Weekends: Closed

Semester Breaks*
By appointment only
Call (978) 934-6797

*Check website for current hours uml.edu/bikeshop
<table>
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<td><strong>3</strong></td>
<td>CPR Class 10:30am-2:30pm @ CRC uml.edu/learnto</td>
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<td>Club Sports Council Meeting 4:30pm @ U-Suites 106</td>
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<td>“Ladies Night” 5-6pm @ Riverview Fitness Center *Men can use CRC FC while RFC is closed</td>
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<td>OAP Tuesday Night Hike (6-9pm) Meet @ CRC 6pm</td>
<td><strong>8</strong></td>
<td>Intramural Sports 5v5 Road Race Starts 11am @ CRC</td>
<td><strong>9</strong></td>
<td>OAP New England Country Bike &amp; Camping (4/9 - 4/10)</td>
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<td><strong>10</strong></td>
<td>OAP Tuesday Night Hike (6-9pm) Meet @ CRC 6pm</td>
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<td>OAP Sea Kayaking @ Great Bay, NH</td>
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<td>OAP Backpacking The Pemigewasset Wilderness @ White Mountains, NH (4/2 - 4/3) Leaves CRC 4/1 @ 5pm</td>
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<td><em>Patriot's Day</em></td>
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<td><strong>17</strong></td>
<td>CRC &amp; Riverview FC Holiday Hours 10am-4pm OAP Outdoor Rock Climbing Trip @ Quincy Quarries, MA</td>
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<td>University Closed</td>
<td><strong>19</strong></td>
<td>IM Sports Spring Carnival Tournaments 5pm @ CRC Turf 4v4 Outdoor Volleyball, 2v2 Kan Jam, 2v2 Ladder Golf &amp; 2v2 Cornhose imleagues.com</td>
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<td>OAP Surfing Trip @ Narragansett, RI</td>
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<td>GFit Outdoor Yoga on CRC Turf uml.edu/gfit</td>
<td><strong>26</strong></td>
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INTRAMURAL CUP

A tradition that started back in 2006, the Intramural Cup encourages teams to participate in as many intramural activities as possible.

POINT SYSTEM

Teams accumulate points each time they register for an intramural activity under the same team name. Extra points are awarded to top finishers.

At the conclusion of each academic year, the team with the most points will have their names engraved onto the Intramural Cup Trophy (below). Players also receive custom jackets. FMI visit: uml.edu/intramurals
### MAY

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<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
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<td></td>
<td>CRC &amp; Riverview FC Open 10am-10pm</td>
<td>CRC &amp; Riberview FC Finals Week Hours (5/2 - 5/6) Mon-Fri: 6:30am-9pm</td>
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<td>MOTHER'S DAY</td>
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<td>COMMENCEMENT 14</td>
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<td>CRC Open 10am-10pm</td>
<td>OAP Summer Trip Maine Island Trail Sea Kayaking @ Casco Bay, ME Register @ uml.edu/oap</td>
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<td>CRC Summer Hours Resume</td>
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<td>CRC Open 10am-4pm</td>
<td>CRC Summer Hours Resume</td>
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<td>CRC Open 10am-4pm</td>
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CAMPUS
HAPPIER & HEALTHIER LIFESTYLES.
RECREATION

Designed by: Derek Kunze, Haley Regal & Christopher Jean Gilles

KEEP IN TOUCH
UML.EDU/CAMPUSREC