



CAMPUS RECREATION
2018-2019 CALENDAR

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UML.EDU/CAMPUSREC



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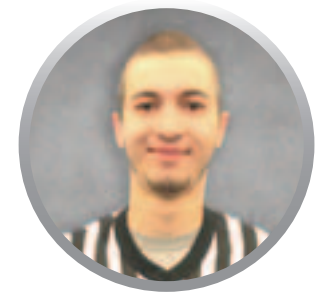
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**CAMPUS
REC CENTER**

(978) 934-5080



**RIVERVIEW
FITNESS CENTER**

(978) 934-6476



**OUTDOOR CENTER
AND BIKE SHOP**

(978) 934-6797



**KAYAK CENTER
AND BOATHOUSE**

(978) 995-2362

CAMPUS RECREATION

PROSTAFF





SEPTEMBER

INTRAMURAL SPORTS



35
PROGRAMS

ALL ABILITIES WELCOME!

- Sign up for the division that is most appropriate: A, B, C, or new this year a “just for fun” division!

MEET NEW FRIENDS

- Sign up as a free agent to be placed on a team or create a team with your own friends!

SUN

MON

TUE

WED

THU

FRI

SAT

Res Halls Open
(Returning Students)

2

LABOR DAY
University Closed
Campus Rec
Holiday Hours
(9am-11pm)

3

Free Wheelers Bike
Semester Rentals Begin
Kayak Center Open
(3-7pm) @ Boathouse
Engagement Fair
(12-2pm)
@ Tsongas Center

4

Fall Semester Begins
Campus Rec
Opening Night
(3-8pm) @ CRC
GFIT Fall
Schedule Begins
uml.edu/gfit

5

6

Club Sports
Welcome BBQ
(2-4pm)
@ Campus Rec
Complex

7

Campus Rec
Fall Hours Begin
(Sept. 1 - Dec. 14)
Mon-Th: 6:30am-11pm
Fri: 6:30am-10pm
Sat-Sun: 10am-10pm
Res Halls Open
(New Students)

1

OAP Sea Kayaking
(8am) @ Essex Bay, MA
uml.edu/oap

9

10

Intramural 3v3 Outdoor
Basketball Tournament
(6pm)
@ South Campus Courts
OAP Mountain Biking
(4-8pm) @ Dracut
State Forest

11

Fall Beginner Ballroom
Program Begins
(Sept. 13 - Nov. 1)
uml.edu/learn2o

12

OAP Sunset Paddle
(6-8pm) @ Boathouse
uml.edu/oap

13

OAP Day Hike (8am)
@ Mt. Monadnock
Intramural Triathlon
(9am) @ Boathouse
W/M Rugby Matches
(10:15am/2:30pm)
@ East Campus

14

OAP Day Hike (8am)
@ Mt. Monadnock
Intramural Triathlon
(9am) @ Boathouse
W/M Rugby Matches
(10:15am/2:30pm)
@ East Campus

15

OAP Outdoor
Rock Climbing
(8am) @ Crow Hill, MA
uml.edu/oap

16

17

Learn to Ride
a Bike Clinic
(5-7pm) @ Bike Shop
uml.edu/bike

18

Yoga 101 Class Begins
(Sept. 19 - Oct. 3)
uml.edu/fitness

19

OAP Women's Sunset
Paddle (6-8pm)
@ Boathouse

20

Intramural Wiffleball
4v4 Tournament
(3pm) @ CRC
OAP River Cleanup
(3-7pm) @ Boathouse

21

W. Rugby vs.
Saint Anselm
(1pm)
@ Campus
Rec Complex
OAP Sea Kayaking
Skills (8am) @
Gloucester, MA

22

OAP Mtn. Biking
@ Concord, MA
(10am)
OAP Whitewater Rafting
@ Deerfield River
(8am) @ Deerfield River
Textile River Rafting
@ Boathouse

30

24

Start Strong Fitness
Program Begins @ CRC
(Sept. 25 - Oct. 23)
Bike Maint. Basics Clinic
(6-8pm) @ Bike Shop
OAP Surfing (3:30pm)
@ Hampton, NH

25

26

NFL Combine
(4:30-6:30pm)
@ CRC Mini Turf
uml.edu/fitness

27

Intramural \$1,000 6v6
Dodgeball Tournament
(3-7pm) @ Rec Complex
OAP Sunset Paddle
(6-8pm) @ Boathouse
Outdoor Leadership
Class Starts
uml.edu/oap

28

29

UML.EDU/INTRAMURALS





OCTOBER

FITNESS & WELLNESS




10K
PARTICIPANTS

FIND YOUR COMMUNITY

- Over 25 GFIT classes
- Sign up with a personal trainer
- Incentive programs and competitions

IMPROVE YOURSELF

- Increase fitness levels
- Improve mental health
- Studies show GPA will 

SUN	MON	TUE	WED	THU	FRI	SAT
		OAP Mountain Biking (4-8pm) @ Dracut State Forest uml.edu/oap	Yoga 101 Class Ends uml.edu/gfit	Intramural Soccer Tennis (6pm) @ Campus Rec Complex	OAP Hiking & Sea Kayaking (Oct. 5-8) @ Acadia National Park, ME uml.edu/oap	Campus Rec Holiday Hours (10am-4pm) M. Rugby vs. Norwich (1pm) @ East Campus CPR Class (10am-2pm) @ CRC uml.edu/learnit
	1	2	3	4	5	6
Campus Rec Holiday Hours (10am-4pm) 7	COLUMBUS DAY University Closed Campus Rec Holiday Hours (12-11pm) No Group Fitness 8	9	Women Crush Weights @ Riverview Fitness Center (Oct. 10 - Nov. 7) uml.edu/fitness 10	Monday Academic Class Schedule 11	12	OAP Women's Day Hike (8am) @ Orange, MA uml.edu/oap 13
OAP Rock Climbing and Cleanup Day (8am) @ Lawrence, MA uml.edu/oap 14	15	16	Learn to Ride a Bike Clinic (5-7pm) @ Bike Shop uml.edu/bike 17	18	OAP Backpacking Skills Weekend (Oct. 19-21) @ Long Trail, VT Intramural Kickball 10v10 Tournament (3pm) @ Campus Rec Complex 19	M. Rugby vs. Providence College (1pm) @ East Campus uml.edu/clubsports 20
21	22	Start Strong Fitness Program Ends uml.edu/fitness 23	Bike Maintenance Basics Clinic (6-8pm) @ Bike Shop uml.edu/bike 24	25	26	OAP Mountain Biking (10am) @ Mine Falls Park W. Rugby vs. Bryant (1pm) @ East Campus UMass Lowell Rowing Halloween Regatta @ Boathouse 27
OAP Day Hike (7am) @ Mt. Moosilauke Lincoln, NH uml.edu/oap 28	29	30	HALLOWEEN 31			



NOVEMBER

OUTDOOR ADVENTURE



OVER
50
TRIPS

EXPERIENTIAL LEARNING

- Safety skills
- Environmental care
- Find lifelong activities to enjoy

GAIN CONFIDENCE

- Become self-sufficient
- Outdoor preparedness
- Small group dynamics

SUN

MON

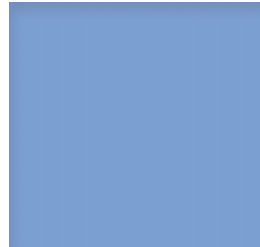
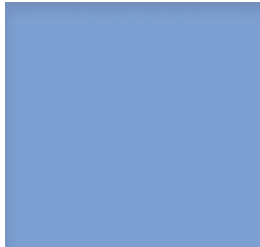
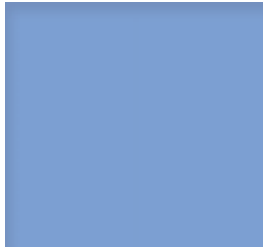
TUE

WED

THU

FRI

SAT



OAP Night Ride
(8-10pm)
Starts @ Bike Shop
Free Light Giveaway
All Day @ Bike Shop!
Fall Beginner Ballroom
Program Ends **1**

OAP Outdoor
Rock Climbing Skills
Weekend (Nov. 2-4)
@ Pawtuckaway, NH
uml.edu/oap **2**

CPR Class
(10am-2pm) @ CRC
uml.edu/learnit **3**

DAYLIGHT SAVINGS
Turn Clocks Back
1 Hour
4



Women Crush Weights
Program Ends
uml.edu/fitness **7**



S.O.L.O. Wilderness
First Aid Course
(Nov. 10-11) @ CRC
uml.edu/oap **10**



VETERAN'S DAY
University Closed
Campus Rec Open
Holiday Hours
(12pm-11pm) **12**

OAP Indoor Rock
Climbing
(5-9pm)
@ Boston Rock Gym
Woburn, MA
uml.edu/oap **13**



Campus Rec
Holiday Hours
(6:30am-6pm)
No Group Fitness **21**

THANKSGIVING DAY
University Closed
Campus Rec Closed **22**

CRC Holiday Hours
(10am-4pm)
Riverview Fitness
Center Closed
No Group Fitness **23**

CRC Holiday Hours
(10am-4pm)
Riverview Fitness
Center Closed **24**

Campus Rec
Fall Hours Resume **25**



OAP Indoor Rock
Climbing
(5-9pm)
@ Boston Rock Gym
Woburn, MA
uml.edu/oap **27**

Intramural Wallyball
4v4 Tournament
(6pm) @ CRC
uml.edu/intramurals **28**





DECEMBER

LEARN TO PROGRAMS



BUILD
CONFIDENCE

GET CERTIFIED

- CPR, AED, and First Aid
- Group fitness
- Personal training

GAIN LIFE SAVING SKILLS

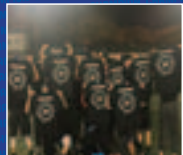
- Wilderness medicine classes
- Learn how to swim

SUN	MON	TUE	WED	THU	FRI	SAT
						Used Bike Donation Drive Begins (Dec. 1 - Feb. 28) @ Bike Shop OAP Day Hike (8am) @ Mt. Wachusett Princeton, MA 1
OAP Mountain Biking (10am) @ Groton, MA uml.edu/oap 2	3	4	5	6	Club Sports Spirit Night (7pm) @ Tsongas Center uml.edu/clubsports 7	8
9	10	OAP Indoor Rock Climbing (5-9pm) @ Boston Rock Gym Woburn, MA uml.edu/oap 11	12	Stress Relief Fair (3-6pm) @ U-Crossing uml.edu/fitness 13	READING DAY Fall Group Fitness Schedule Ends uml.edu/gfit 14	Campus Rec Winter Break Hours Begin (Dec. 15 - Jan. 19) Mon-Fri: 6:30am-9pm Sat-Sun: 10am-4pm Final Exams Begin 15
16	Group Fitness Finals Week Schedule Begins uml.edu/gfit 17	18	19	20	Final Exams End Res Halls Close @6pm Riverview Fitness Center Closes @6pm 21	Riverview Fitness Center Closed for Winter Break (Dec. 22 - Jan. 19) 22
23	24 CRC Closed CRC Holiday Hours (6:30am-6pm) 31	CHRISTMAS DAY CRC Closed 25	CRC Holiday Hours (6:30am-9pm) 26	27	28	OAP Winter Break Florida Sea Kayaking (Dec. 29 - Jan. 9) @ 10,000 Islands and Everglades, FL uml.edu/oap 29
30						

2017-2018

INTRAMURAL CHAMPS

FLAG FOOTBALL A



BOHICA

FLAG FOOTBALL B



TUNA TOWN

FLAG FOOTBALL C



TUNE SQUAD

WOMENS FLAG FOOTBALL



UML LADIES

TRIATHLON



JORDAN DOFF

TRIATHLON



BACON BROS

ULTIMATE FRISBEE A



HAMMERS ONLY

ULTIMATE FRISBEE B



DISC FEEL\$

3V3 BASKETBALL TOURNEY



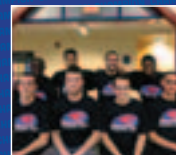
TEAM NEXT

6V6 \$1,000 DODGEBALL



RYAN BROWN 2.0

FALL BASKETBALL B



THE TOFFS

FALL BASKETBALL C



TOON SQUAD

FLOOR HOCKEY TOURNEY



MICHAEL SECRET STUFF

ICE HOCKEY A



RENDEVOUZ RASCALS

ICE HOCKEY B



CLARE STREET CATS

INDOOR SOCCER A



SUPAH HOT FIYA

INDOOR SOCCER B



PURP SQUAD

INDOOR SOCCER C



IRREGARDLESSLY

KICKBALL TOURNAMENT



MENS CLUB SOCCER

POOL TOURNAMENT



ANH NGUYEN

FALL VOLLEYBALL A



F4Z3L3S5

FALL VOLLEYBALL B



MCC VOLLEYBALL

FALL VOLLEYBALL C



DON'T BUMP US UP

3-POINT CONTEST



CHANNATRA KUM

3-POINT KNOCKOUT



RYAN BROWN

3V3 BASKETBALL



ROCKETS

5K ROAD RACE - MEN'S



SHEA CRUIKSHANK - 18:08

5K ROAD RACE - WOMEN'S



ALLISON DALY - 24:51

2V2 BADMINTON TOURNEY



BADMINTON

FALL & SPRING BASKETBALL - A



EAT YOUR VEGETABLES

BASKETBALL C



DOCKSIDE

BROOMBALL



THE RAGING FUNTS

PING PONG TOURNAMENT



SHYAMAL UPADHYAY

SLAM DUNK CONTEST



JAKE BONVIE

VOLLEYBALL B



SCHLIGHT WORK BABY

VOLLEYBALL C



IRREGARDLESSLY

WOMEN'S BASKETBALL



DUNKIN' DONUTS

4V4 FLAG FOOTBALL B



TUNA TOWN

4V4 FLAG FOOTBALL C



#1 VICTORY ROYALE

5K ROAD RACE



1ST PLACE - ALLISON DALY

5K ROAD RACE



1ST PLACE - SHEA CRUIKSHANK

OUTDOOR SOCCER A



DREAM TEAM

OUTDOOR SOCCER C



TREEFIDDY

SOFTBALL B



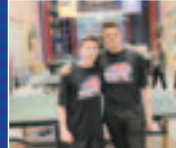
JOE DRIVES THE BUS

SOFTBALL C



THE BAD NEWS BEARS

TENNIS DOUBLES



SMASH BROS

TENNIS SINGLES



ALEX DIBONA

ULTIMATE FRISBEE



IRREGARDLESSLY

WIFFLEBALL



IRREGARDLESSLY

INTRAMURAL CUP CHAMPS



IRREGARDLESSLY



JANUARY

BIKE SHOP



**NEW
LOCATION!**

5 LAWRENCE DRIVE

- Our Outdoor Center/Bike Shop is located across from U-Suites and behind River Hawk Village.
- We provide rentals for outdoor gear, custom trip planning, bike assessments, repairs, sales, and workshops.

BIKE SHOP BENEFITS

- Save money with UML discounts
- Workshops & open stand repair time improve self-sufficiency

SUN

MON

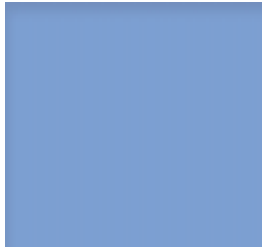
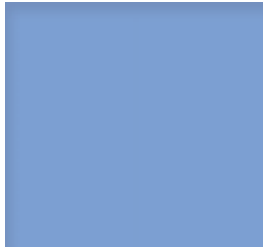
TUE

WED

THU

FRI

SAT



NEW YEAR'S DAY
University Closed
CRC Closed
1



Group Fitness Winter
Break Schedule Begins
(Jan. 7 - 18)
uml.edu/gfit
7



S.O.L.O. Wilderness
First Responder Course
(Jan. 12 - 19) @ CRC
uml.edu/oap
12



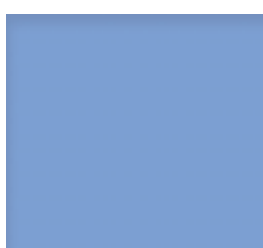
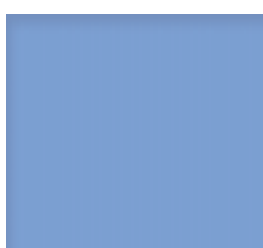
Group Fitness Winter
Break Schedule Ends
uml.edu/gfit
18



Campus Rec
Spring Hours Begin
(Jan. 20 - May 3)
Mon-Th: 6:30am-11pm
Fri: 6:30am-10pm
Sat-Sun: 10am-10pm
Res Halls
Open @12pm
20

MLK DAY
University Closed
No Group Fitness
Campus Rec
Holiday Hours
(12-11pm)
21

Spring Semester
Begins
Spring Group Fitness
Schedule Begins
(Jan. 22 - May 3)
22



UML.EDU/BIKE





FEBRUARY

CLUB SPORTS



37
CLUBS

FIND YOUR COMMUNITY

- Competitive, performance, and recreational clubs
- It only takes 10 undergraduate students to start a new club!

GAIN LEADERSHIP SKILLS

- Improve communication
- Build team unity
- Serve your community
- Develop budgets & fundraise
- Join Club Sports e-board

SUN

MON

TUE

WED

THU

FRI

SAT

						1	2
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3	4	Start Strong Fitness Program Begins @ CRC (Feb. 5 - Mar. 5) uml.edu/fitness	Women Crush Weights Program Begins @ CRC (Feb. 6 - Mar. 6) uml.edu/fitness			8	OAP Winter Hiking Skills (8am) @ Belknap Range Alton, NH uml.edu/oap
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OAP Ice Climbing (5:30am) @ North Conway, NH uml.edu/oap	11	OAP Indoor Rock Climbing (5-9pm) @ Central Rock Gym Stoneham, MA uml.edu/oap	13	VALENTINE'S DAY	15	16	Campus Rec Holiday Hours (10am-4pm)
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Campus Rec Holiday Hours (10am-4pm)	PRESIDENT'S DAY University Closed No Group Fitness Campus Rec Holiday Hours (12-11pm)	Monday Academic Class Schedule	20	21	Intramural Badminton 2v2 Tournament (3pm) @ CRC uml.edu/intramurals	23	OAP Winter Hiking Skills (8am) @ Mt. Monadnock Jaffrey, NH uml.edu/oap
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OAP Cross Country Skiing (7am) @ Jackson, NH uml.edu/oap	25	OAP Women's Indoor Rock Climbing (5-9pm) @ Central Rock Gym Stoneham, MA uml.edu/oap	27	Used Bike Donation Drive Ends uml.edu/bike			
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MARCH

FREE WHEELERS



6

CHECK OUT LOCATIONS

FAST AND EASY

- Register once
- Lock, helmet, & light provided
- Bike stations on each campus

SUSTAINABLE

- Help lower carbon emissions
- Get exercise
- Save money, it's FREE!

SUN	MON	TUE	WED	THU	FRI	SAT
					Free Wheelers Bike Semester Rentals Begin uml.edu/bike	CPR Class (10am-2pm) @ CRC uml.edu/learn10
					1	2
		Start Strong Fitness Program Ends uml.edu/fitness	Women Crush Weights Program Ends uml.edu/fitness		OAP Southwest Spring Break Trip (Mar. 8 - 16) @ Utah/Arizona uml.edu/oap	Campus Rec Spring Break Hours (Mar. 9 - 16) Mon-Fri: 6:30am-9pm Sat-Sun: 10am-4pm Riverview Fitness Center Closed for Spring Break
3	4	5	6	7	8	9
DAYLIGHT SAVINGS Turn Clocks Ahead 1 Hour	Spring Break Begins Spring Break Group Fitness Schedule Begins					Spring Break Ends
10	11	12	13	14	15	16
Campus Rec Spring Hours Resume	Spring Semester Academic Classes Resume Spring Group Fitness Schedule Resumes					OAP Cross Country Ski (7am) @ Jackson, NH uml.edu/oap
17	18	19	20	21	22	23
24 OAP Women's Day Hike (8am) @ Mt. Wachusett		OAP Indoor Rock Climbing (5-9pm) @ Central Rock Gym Stoneham, MA uml.edu/oap	Bike Maintenance Basics Clinic (6-8pm) @ Bike Shop uml.edu/bike	Intramural March Madness Basketball Tournament (6pm) @ CRC Watch NCAA Quarterfinals on Big Screen @ CRC!		OAP Day Hike (5:30am) @ Mt. Flume, NH uml.edu/oap
31	25	26	27	28	29	30



APRIL

STUDENT EMPLOYMENT



OVER
20
POSITIONS

WHY CAMPUS REC?

- Fun
- Inclusive
- Help others

EXPERIENTIAL LEARNING

- Hands on experience
- Real life and job skills
- Leadership opportunities
- Internships available

SUN	MON	TUE	WED	THU	FRI	SAT
	1	Learn to Ride a Bike Clinic (5-7pm) @ Bike Shop uml.edu/bike	3	4	5	OAP Bike Ride (10am) @ Bruce Freeman Rail Trail, MA CPR Class (10am-2pm) @ CRC uml.edu/learn2o
7	8	9	Intramural Pickleball 2v2 Tournament (6pm) @ Campus Rec Complex uml.edu/intramurals	11	12	Campus Rec Holiday Hours (10am-4pm) OAP Rock Climbing (8am) @ Gloucester, MA UML Rowing vs. Colby & Coast Guard @ Boathouse
OAP Whitewater Rafting @ Lowell, MA OAP Midnight Marathon Bike Ride (9pm) @ Boston, MA Campus Rec Holiday Hours (10am-4pm)	PATRIOT'S DAY University Closed No Group Fitness Campus Rec Holiday Hours (12-11pm)	16	Intramural Street Hockey 4v4 Tournament (6pm) @ Campus Rec Complex	18	Monday Academic Class Schedule Smart Cycling Clinic (1-4:30pm) @ Bike Shop uml.edu/bike	UMass Lowell Rowing River Hawk Challenge @ Boathouse OAP Day Hike (5:30am) @ Mt. Adams Gorham, NH
EASTER Campus Rec Closed	22	Bike Maintenance Basics Clinic (6-8pm) @ Bike Shop uml.edu/bike	Intramural Ultimate 6v6 Tournament (6pm) @ Campus Rec Complex uml.edu/intramurals	Sunset Zumba (5:30-7pm) @ CRC Mini Turf uml.edu/fitness	OAP Women's Sunset Paddle (6-8pm) @ Boathouse	Intramural 5k Road Race (11am) Starts @ CRC OAP Skydiving (8am) @ Orange, MA
OAP Surfing (8am) @ Narragansett, RI uml.edu/oap	29	30				
28						



MAY INTRAMURAL CUP CHAMPS



— 2017-2018 —
IRREGARDLESSLY
— CHAMPS —

'06

**INTRAMURAL CUP
ESTABLISHED**

HOW IT WORKS

- Keep same team name
- Get points for participation
- Top finishers get extra points

CHAMPION PERKS

- Bragging rights!
- Team name etched on IM cup
- Custom jackets
- Return for homecoming to compete vs. previous champs

SUN	MON	TUE	WED	THU	FRI	SAT
				Stress Relief Fair (3-6pm) @ U-Crossing uml.edu/fitness	Spring Semester Ends Spring Group Fitness Schedule Ends Intramural Lawn Games Tournament (11am) @ CRC	READING DAY Campus Rec Summer Hours Begin (May 4 - Aug. 31) Mon-Fri: 6:30am-9pm Sat-Sun: 10am-4pm
5	Final Exams Begin Group Fitness Finals Week Schedule Begins (May 6 - 10) uml.edu/gfit	7	8	9	Riverview Fitness Center Closes @6pm	Final Exams End Residence Halls Close @6pm
12	Group Fitness Summer Schedule Begins uml.edu/gfit	14	15	16	17	University Commencement @ Tsongas Center
19	20	21	22	23	24	25
26	MEMORIAL DAY CRC Closed	28	29	30	31	



HAPPIER AND HEALTHIER LIFESTYLES



@UMLCAMPUSREC