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(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
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!
Studies show GPA will
Columbus Day
University Closed
Campus Rec Holiday Hours (10am-4pm)
No Group Fitness

Women Crush Weights Program Begins @ Riverview Fitness Center (Oct. 10 - Nov. 7) uml.edu/fitness

Monday Academic Class Schedule

OAP Backpacking Skills Weekend (Oct. 19 - 21) @ Long Trail, VT Intramural Kickball 10v10 Tournament (3pm) @ Campus Rec Complex

M. Rugby vs. Providence College (1pm) @ East Campus uml.edu/clubsports

OAP Mountain Biking (10am) @ Mine Falls Park W. Rugby vs. Bryant (1pm) @ East Campus uml.edu/oap

OAP Lowell Rowing Halloween Regatta @ Boathouse

OAP Day Hike (7am) @ Mt. Moosilauke Lincoln, NH uml.edu/oap

Start Strong Fitness Program Ends uml.edu/fitness

Bike Maintainence Basics Clinic (6-8pm) @ Bike Shop uml.edu/bike
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
DAYLIGHT SAVINGS
Turn Clocks Back
1 Hour

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

Campus Rec
Fall Hours Resume

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

Women Crush Weights
Program Ends
uml.edu/fitness

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

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

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

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

CPR Class
(10am-2pm) @ CRC
uml.edu/learnto

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

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

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

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

THANKSGIVING DAY
University Closed
Campus Rec Closed

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

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

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

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

UML.EDU/OAP
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
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<tr>
<td>OAP Mountain Biking (10am) @ Groton, MA</td>
<td>OAP Indoor Rock Climbing (5-9pm) @ Boston Rock Gym Woburn, MA</td>
<td>Stress Relief Fair (3-6pm) @ U-Crossing</td>
<td>Club Sports Spirit Night (7pm) @ Tsongas Center</td>
<td>Final Exams End Res Halls Close @6pm</td>
<td>CRC Closed</td>
<td>Used Bike Donation Drive Begins (Dec. 1 - Feb. 28) @ Bike Shop OAP Day Hike (8am) @ Mt. Wachusett Princeton, MA</td>
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**READING DAY**

- Fall Group Fitness Schedule Ends
- uml.edu/fitness

**CRC Closed**

- CRC Holiday Hours (6:30am-9pm)
- CRC Closed

**Riverview Fitness Center Closed for Winter Break (Dec. 22 - Jan. 19)**

**OAP Winter Break Florida Sea Kayaking (Dec. 27 - Jan. 9) @ 10,000 Islands and Everglades, FL uml.edu/oap**

**UMass Lowell**

**UML.EDU/LEARNTO**
2017–2018
INTRAMURAL
CHAMPS

Flag Football:
- Flag Football A: Bohica
- Flag Football B: Tuna Town
- Flag Football C: Tune Squad
- Women's Flag Football: UML Ladies
- Flag Football B: Tuna Town
- Flag Football B: Tuna Town

Ultimate Frisbee:
- Ultimate Frisbee A: Di$C Feels
- Ultimate Frisbee B: Di$C Feels

Basketball:
- 3v3 Basketball Tourney: Team Next
- Fall Basketball B: Ryan Brown 2.0
- Fall Basketball C: Toon Squad

Ice Hockey:
- Fall Basketball C: Toon Squad
- Indoor Soccer A: Supah Hot Fiya
- Indoor Soccer B: Purp Squad
- Indoor Soccer C: Irregardlessly

Additional Sports:
- Floor Hockey: Michael Secret Stuff
- Ice Hockey A: Rendezvous Rascals
- Ice Hockey B: Clare Street Cats
- Triathlon: Bacon Bros
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
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**NEW YEAR'S DAY**
University Closed
CRC Closed

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

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

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

**Group Fitness Winter Break Schedule Ends**
[uml.edu/gfit](http://uml.edu/gfit)

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

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

[uml.edu/bike](http://uml.edu/bike)
[uml.edu/gfit](http://uml.edu/gfit)
[uml.edu/oap](http://uml.edu/oap)
FEBRUARY CLUB SPORTS

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
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<tr>
<td>OAP Ice Climbing (5:30am) @ North Conway, NH uml.edu/oap</td>
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<td>PRESIDENT'S DAY</td>
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<td>University Closed No Group Fitness Campus Rec Holiday Hours (12-11pm)</td>
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<tr>
<td>OAP Cross Country Skiing (7am) @ Jackson, NH uml.edu/oap</td>
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<tr>
<td>OAP Women’s Indoor Rock Climbing (5-9pm) @ Central Rock Gym Stoneham, MA uml.edu/oap</td>
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<td>OAP Winter Hiking Skills (8am) @ Mt. Monadnock Jaffrey, NH uml.edu/oap</td>
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**VALENTINE’S DAY**

- **Monday Academic Class Schedule**
- **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
- **OAP Winter Hiking Skills (8am) @ Belknap Range Alton, NH uml.edu/oap**
- **Intramural Badminton 2v2 Tournament (3pm) @ CRC uml.edu/intramurals**
- **OAP Winter Hiking Skills (8am) @ Mt. Monadnock Jaffrey, NH uml.edu/oap**
- **OAP Cross Country Skiing (7am) @ Jackson, NH uml.edu/oap**
- **Used Bike Donation Drive Ends uml.edu/bike**

**UML.EDU/CLUBSPORTS**
MARCH FREE WHEELERS

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!
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<tr>
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<td>Free Wheelers Bike Semester Rentals Begin uml.edu/bike</td>
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<td>Campus Rec Spring Break Hours (Mar. 9 - 16) Mon-Fri: 6:30am-9pm Sat-Sun: 10am-4pm Riverview Fitness Center Closed for Spring Break</td>
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<td>Start Strong Fitness Program Ends uml.edu/fitness</td>
<td>Women Crush Weights Program Ends uml.edu/fitness</td>
<td>OAP Southwest Spring Break Trip (Mar. 8 - 16) @ Utah/Azona uml.edu/oap</td>
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<tr>
<td>OAP Women's Day Hike (8am) @ Mt. Wachusett!</td>
<td>OAP Indoor Rock Climbing (5-9pm) @ Central Rock Gym Stoneham, MA uml.edu/oap</td>
<td>Bike Maintainence Basics Clinic (6-8pm) @ Bike Shop uml.edu/bike</td>
<td>Intramural March Madness Basketball Tournament (6pm) @ CRC Watch NCAA Quarterfinals on Big Screen @ CRC!</td>
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**Daylight Savings**

Turn Clocks Ahead 1 Hour

**Campus Rec Spring Hours Resume**

**Spring Break Begins**

**Spring Break Group Fitness Schedule Begins**

**Spring Semester Academic Classes Resume**

**Spring Group Fitness Schedule Resumes**

**Spring Break Ends**

**OAP Cross Country Ski (7am) @ Jackson, NH uml.edu/oap**

**OAP Day Hike (5:30am) @ Mt. Flume, NH uml.edu/oap**
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

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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 (10am-4pm)

Intramural Pickleball 2v2 Tournament (6pm)
@ Campus Rec Complex
uml.edu/intramurals

Intramural Street Hockey 4v4 Tournament (6pm)
@ Campus Rec Complex

Monday Academic Class Schedule
Smart Cycling Clinic (1-4:30pm) @ Bike Shop
uml.edu/bike

EASTER
Campus Rec Closed

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 Bike Ride (10am)
@ Bruce Freeman Rail Trail, MA

CPR Class (10am-2pm) @ CRC
uml.edu/learnto

Campus Rec Holiday Hours (10am-4pm)
OAP Rock Climbing (8am) @ Gloucester, MA
UML Rowing vs. Colby & Coast Guard @ Boathouse

OAP Surfing (8am)
@ Narragansett, RI
uml.edu/oap

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

Intramural 5k Road Race (11am)
Starts @ CRC

OAP Skydiving (8am)
@ Orange, MA

uml.edu/crcemployment
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
### Sportsmanship
**Fun Teamwork**
**Motivation**
**Focus**
**Hustle**
**Perseverance**
**Teamwork**
**Championships**

### SEPTEMBER
- **15**: **Final Exams Begin**
- **17**: **Stress Relief Fair** (3-6pm) @ U-Crossing
- **19**: **Group Fitness Summer Schedule Begins** (May 6 - 10)
- **22**: **Intramural Lawn Games Tournament** (11am) @ CRC
- **15**: **Spring Semester Ends**
- **17**: **Spring Group Fitness Schedule Ends**
- **19**: **Intramural Ends**
- **21**: **Reading Day**
- **23**: **University Commencement** @ Tsongas Center

### Reading Day
- **Campus Rec Summer Hours Begin** (May 4 - Aug. 31)
- **Mon-Fri**: 6:30am-9pm
- **Sat-Sun**: 10am-4pm

### How It Works
- **Champion Perks**
- **Keep same team name**
- **Get points for participation**
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### UMass Lowell
- **UML.EDU/INTRAMURALS**