Campus Recreation Facilities and Services

Campus Recreation Center (East Campus)

- Two-Floor Fitness Center
- Three Multipurpose Courts and Two Studios
- One Squash and Two Racquetball Courts
- Indoor Track (1/10 mile)
- Locker Rooms, Showers and Saunas
- Free Equipment Checkout
- Free Wheelers, Free On-Campus Bicycle Rentals
- Pool and Ping Pong Tables

Riverview Fitness Center (South Campus)

- Over 25 Cardio Machines
- Full Selectorized Circuit
- Free Weights
- Stretching Area
- Locker Rooms and Showers
- Free Wheelers
- Free Equipment Checkout
- Sign up for Personal Training
- Open to Students, Faculty and Staff

Bicycle Programs (visit uml.edu/bike)

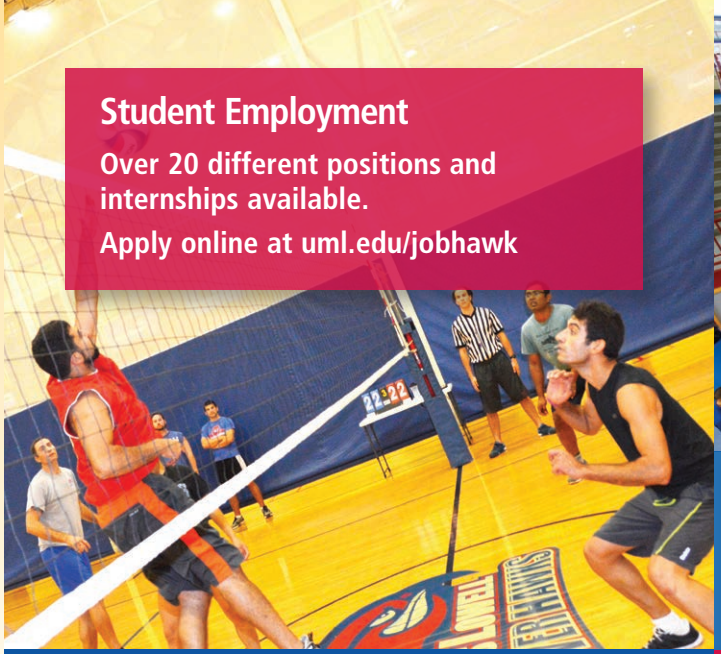
- **UMass Lowell Bike Shop:** Bicycle repairs and tuneups, new and used bike sales, instructional bike workshops and DIY stand time.
- **Free Wheelers Bike Share**: Five checkout locations across campus; bikes, helmets and locks are provided. The Free Wheeler app allows you to register, view available bikes and reserve a bike in advance. Mountain bike and semester Free Wheeler bicycle rental options are also available!

UMass Lowell Bellegarde Boathouse

- Men's and Women's Rowing Programs
- Summer Kayak Center (rentals and instruction)

Campus Recreation Sports Complex at Aiken St.

- Four turf fields for intramural and club sports participants
- Open recreation times available for students, faculty, and staff
- Two tennis courts that convert into street hockey rinks
- Free equipment checkout located inside Campus Recreation Center



Student Employment

Over 20 different positions and internships available.

Apply online at uml.edu/jobhawk

CAMPUS RECREATION

Campus Recreation Center
East Campus
322 Aiken Street, Lowell, MA 01854
978-934-5080

Riverview Fitness Center
South Campus
1291 Middlesex Street, Lowell, MA 01851
978-934-6476

UMass Lowell Bellegarde Boathouse &
UMass Lowell Kayak Center
500 Pawtucket Blvd. Lowell, MA 01854
Boathouse: 978-934-1549
Kayak Center: 978-934-1932

Campus Recreation at UMass Lowell

Helping the university community live healthier, happier lives.

Campus Recreation at UMass Lowell

Campus Recreation is committed to excellence in supporting the development of healthier and happier lifestyles. Through experiential education, we strive to teach students the importance of exercise and recreational activities in preparation for a productive, balanced and rewarding life. We offer diverse and dynamic recreational programming and facilities to meet the needs of our students and create a fun and connected university community.

The Campus Recreation Center is a hub of campus life, welcoming nearly a thousand visitors daily. Campus Recreation offers a wealth of opportunities to students: instructional programs, student-run club sports, intramural competitions, workout space and equipment, group fitness classes, outdoor adventures and, possibly, a job. It's the place to find a pickup game of basketball, ping pong, pool, or just to hang out.

Campus Recreation manages several facilities including the Campus Recreation Center, UMass Lowell Bike Shop, and Campus Recreation Sports Complex on East Campus, the Riverview Fitness Center on South Campus, and the Boathouse/Kayak Center along the Merrimack River. We are confident these facilities will meet the needs of our patrons, providing our UMass Lowell community with an exceptional recreational experience.

Club Sports (please check uml.edu/clubsports for list of current clubs)

- Badminton
- Ballroom Dance
- Baseball
- Basketball
- Billiards
- Brazilian Jiu Jitsu
- Breakers
- Cheerleading
- Cricket
- Dance
- Field Hockey
- Golf
- Ice Hockey
- Lacrosse
- Quidditch
- Racquetball
- Rowing
- Rugby
- Soccer
- Softball
- Steppin' in Unity
- Swim
- Table Tennis
- Tennis
- Track & Field
- Ultimate
- Underwater Hockey
- Urban Choreography
- Volleyball

Intramural Sports (A, B and C divisions for different ability levels!)

- Badminton
- Basketball
- Broomball
- Corn Toss
- $1,000 Dodgeball
- Flag Football & Powder Puff
- Floor Hockey
- Ice Hockey
- Indoor and Outdoor Soccer
- Kan Jam
- Kickball
- Ladder Golf
- 9-Ball and 8-Ball Pool
- Racquetball
- Softball
- Sprint Triathlon
- Squash
- Table Tennis
- Ultimate Frisbee
- Volleyball
- Wallyball
- Wiffleball
- 5K Road Race

Fitness and Wellness Programs

- Personal Training Packages (individual or partner)
- Learn to Lift
- NFL & NBA Combine
- Women Crush Weights
- Group 5K Runs
- Fitness Incentive Programs

Group Fitness (check uml.edu/gfit for current class schedules)

- Abs, Butt & Core
- Ignite Strength
- Insanity
- Kickbox
- Piloxing
- Spin
- Tabata & Abs
- Yoga (Beginner, Vinyasa & Power)
- Zumba

Outdoor Adventure Program

Our experienced trip leaders take student groups on wilderness adventures to locations across the U.S. and beyond! Previous expeditions include the Grand Canyon, the Everglades and Mojave Desert National Preserve. Trips are open enrollment; sign up for the activity that interests you.

Trips Offered

- Spring Break Expedition
- Winter Break Expedition
- Custom Adventure Trips
- Canoeing and Kayaking
- Hiking and Backpacking
- Ice Climbing
- Indoor and Outdoor Rock Climbing
- Skiing and Snowshoeing
- Sky Diving
- Surfing
- White-Water Rafting

Instructional Workshops

- Bicycle Repair
- Basic Bike Maintenance
- Outdoor Leadership
- ACA Kayak Instructor Certification
- Wilderness First Aid and First Responder

Learn To Programs

- Ballroom Dance
- Group Swim Lessons
- Kayak Instructional Classes
- Personal Training Certification Classes
- Group Fitness Instructor Certification Classes
- Lifeguard Recertification Classes
- CPR/AED and First Aid Certification Classes

Get the latest information at uml.edu/campusrec