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

This issue includes information in the following areas:

- Outdoor Adventure
- Intramural Sports
- Club Sports
- Spring Facility Hours
- Freewheelers Bike Share
- “Learn To” Programs
- UMass Lowell Bike Shop
- Group Fitness
- Biggest Loser Program
- Summer Kayak Center

Spring 2013 Newsletter

For more info on Campus Recreation facility hours please visit: www.uml.edu/CRChours

100 Pawtucket Street
Lowell, MA 01854
978-934-2348

Costello Pool Spring Hours:
Mon-Fri: 7:30am-9am, 12pm-1:30pm & 4:30pm-6pm
Sat: 1:30pm-4pm
Sun: Pool Closed

CRC Spring Hours
(1/22 - 5/2)
Mon-Thu: 6:30am-11pm
Fri: 6:30am-9pm
Sat: 9am-8pm
Sun: 12pm-10pm

CRC Spring Holiday Hours
President’s Day
Sat, 2/16: 9am-6pm
Sun, 2/17: 12pm-6pm
Mon, 2/18: 12pm-11pm

Patriot’s Day
Sat, 4/13: 9am-6pm
Sun, 4/14: 12pm-6pm
Mon, 4/15: 12pm-11pm

CRC Spring Break Hours
(3/8 - 3/16)
Mon-Fri: 6:30am-9pm
Sat: 9am-3pm
Sun: Closed

CRC Spring Break Hours
President’s Day
Sat, 2/16: 9am-6pm
Sun, 2/17: 12pm-6pm
Mon, 2/18: 12pm-11pm

Patriot’s Day
Sat, 4/13: 9am-6pm
Sun, 4/14: 12pm-6pm
Mon, 4/15: 12pm-11pm

Costello Pool Spring Hours:
Mon-Fri: 7:30am-9am, 12pm-1:30pm & 4:30pm-6pm
Sat: 1:30pm-4pm
Sun: Pool Closed

For more info on Campus Recreation facility hours please visit: www.uml.edu/CRChours

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Group Fitness Spring 2013 Class Schedule
January 22 - May 2

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gentle Yoga w/Diana</td>
<td>Abs, Butt, Core w/Diana</td>
<td>Zumba w/Jess Leblanc</td>
<td>Hatha Yoga w/Jessica Lynch</td>
<td>Kickbox w/Diana</td>
<td>Gentle Yoga w/Diana</td>
</tr>
<tr>
<td>7:00am - 7:55am Studio 1</td>
<td>5:30pm - 6:25pm Studio 1</td>
<td>5:30pm - 6:25pm Studio 1</td>
<td>5:30pm - 6:25pm Studio 1</td>
<td>5:30pm - 6:25pm Studio 1</td>
<td>Noon - 1:00pm Studio 1</td>
</tr>
<tr>
<td>Kickbox w/Diana</td>
<td>Pilates w/Diana</td>
<td>Spin w/Meg</td>
<td>Spin w/Diana</td>
<td>Spin w/Diana</td>
<td>Vinyasa Yoga w/Andrew</td>
</tr>
<tr>
<td>5:30pm - 6:25pm Studio 1</td>
<td>5:30pm - 6:25pm Studio 1</td>
<td>5:30pm - 6:25pm Studio 1</td>
<td>5:30pm - 6:25pm Studio 1</td>
<td>6:30pm - 7:25pm Studio 1</td>
<td>6:30pm - 7:25pm Studio 1</td>
</tr>
<tr>
<td>Vinyasa Yoga w/Eli</td>
<td>Zumba w/Jess Leblanc</td>
<td>Vinyasa Yoga w/Eli</td>
<td>Spin w/Jess Leblanc</td>
<td>Spin w/Jess Leblanc</td>
<td></td>
</tr>
<tr>
<td>6:30pm - 7:25pm Studio 1</td>
<td>6:30pm - 7:25pm Studio 1</td>
<td>6:30pm - 7:25pm Studio 1</td>
<td>6:30pm - 7:25pm Studio 2</td>
<td>6:30pm - 7:25pm Studio 1</td>
<td></td>
</tr>
<tr>
<td>Spin w/Jessica Lynch</td>
<td></td>
<td>Spring 2013 Weigh-Ins (6:30pm inside CRC Meeting Room)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30pm - 7:25pm Studio 1</td>
<td></td>
<td>Wednesday, January 30</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Wednesday, February 27</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Wednesday, March 27</td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Wednesday, April 24</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Biggest Loser Program Spring 2013
This 12-week program includes monthly weigh-ins where we measure your weight, body fat percentage muscular and cardiovascular endurance fitness levels. Participants gain points for participating in our Campus Recreation programs that help to promote a healthier, happier lifestyle & is not just for people looking to lose weight!

How do you accumulate points?
- Attend group fitness classes
- Work out at the CRC
- Go to an educational workshop
- Attend an Outdoor Adventure Trip or much more!

Visa gift cards are given to top point getters for each competition (student, faculty/staff/crc member, or partner competitions)

Registration Fees:
Students-$25/Non-Student Members-$35. Register at CRC Welcome Desk by 1/30.

FMI please contact Justin Lawler, Assistant Director of Campus Recreation at: Justin_Lawler@uml.edu | 978.934.2332

Bike Shop Services:
- Repairs
- Tune-ups
- Free assessments
- Parts sales
- New & used bike sales
- We accept donated bikes!

For list of services & prices, visit: www.uml.edu/BikeShop

For more information on the UMass Lowell Bike Shop, please visit: www.uml.edu/BikeShop or contact Rachel Iversen at: Rachel_Iversen@uml.edu | 978.934.1932

Spring Semester Bike Shop Hours 3-7pm (January 22 - May 2)
MAKE YOUR APPOINTMENT TODAY!!! CALL 978.934.1932
The Freewheelers Bike Share program provides free bicycles for students, faculty and staff. Bicycle check out is quick and easy and you only need to register once! After you register, simply check out your bicycle, helmet and lock for the day from any of the 4 check-out stations on campus and return back by the close of business hours. Bicycles are available for check-out in the spring semester March through University Commencement.

Check-Out Stations:

EAST CAMPUS:
Campus Recreation Center (CRC)

SOUTH CAMPUS:
McGauvran Student Information Center (SIC)

NORTH CAMPUS:
Southwick Room 100B

DOWNTOWN:
Inn & Conference Center (ICC)

Check-Out Hours:

WEEKDAYS:
All 4 Check-Out Stations: Mon-Fri: 8am-7pm

WEEKENDS:
East CRC/ICC: Sat: 9am-8pm & Sun: 12-10pm
South/North Campus: No weekend availability

Late Fees: A $20 per day late fee will be charged to all those failing to return a bike to a designated checkout station by the end of program hours the day it is borrowed.

Lock and Key: The key must be returned to a check-in station when the bike is returned. If a key is lost the user will be charged a $45 replacement fee.

Questions, issues or to report a mechanical issue, please call 978-934-1932.

For more information on the FreeWheelers bike share program, please visit: www.uml.edu/FreeWheelers or contact Rachel Iversen at: Rachel_Iversen@uml.edu | 978.934.1932

Spring 2013 Trip Schedule

<table>
<thead>
<tr>
<th>Trip Description</th>
<th>Date(s)</th>
<th>Location</th>
<th>Student/Non-Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner Ice Climbing *</td>
<td>2/2</td>
<td>Auburn, MA</td>
<td>$50 / $55</td>
</tr>
<tr>
<td>Cross Country Ski *</td>
<td>2/9</td>
<td>New Ipswich, NH</td>
<td>$40 / $45</td>
</tr>
<tr>
<td>Night Skiing *</td>
<td>2/15</td>
<td>Crotched Mountain, NH</td>
<td>$40 / $45</td>
</tr>
<tr>
<td>Killington Ski Trip *</td>
<td>2/22-2/24</td>
<td>Killington, VT</td>
<td>$230 / $250</td>
</tr>
<tr>
<td>Indoor Rock Climbing</td>
<td>2/28, 3/28, 4/18</td>
<td>Vertical Dreams, Nashua, NH</td>
<td>$10 / $12</td>
</tr>
<tr>
<td>Winter Hike *</td>
<td>3/2</td>
<td>White Mountains, NH</td>
<td>$10 / $15</td>
</tr>
<tr>
<td>Monadnock Hike</td>
<td>3/23</td>
<td>Mt. Monadnock, Jaffrey, NH</td>
<td>$10 / $15</td>
</tr>
<tr>
<td>Backpacking (Apr. 17 Pre-Trip 6:00 pm)</td>
<td>4/20-4/21</td>
<td>Appalachian Trail</td>
<td>$20 / $25</td>
</tr>
<tr>
<td>Kayaking Plum Island</td>
<td>4/21</td>
<td>Plum Island, MA</td>
<td>$20 / $25</td>
</tr>
<tr>
<td>Sky Diving</td>
<td>4/27</td>
<td>Orange, MA</td>
<td>$175 / $200</td>
</tr>
<tr>
<td>Outdoor Rock Climbing</td>
<td>4/27, 5/2</td>
<td>Quincy Quarries, Quincy, MA</td>
<td>$10 / $15</td>
</tr>
<tr>
<td>Surfing</td>
<td>4/28</td>
<td>Narragansett, RI</td>
<td>$25 / $30</td>
</tr>
</tbody>
</table>

* Participants registered for these trips must attend a pre-trip meeting to receive more information on trip logistics and policies to best prepare for their upcoming adventure! Pre-trip meeting dates are listed on our website.

Upcoming OAP Instructional Workshops

<table>
<thead>
<tr>
<th>Workshop Description</th>
<th>Date(s)</th>
<th>Location</th>
<th>Student/Non-Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biking 101</td>
<td>3/21</td>
<td>CRC</td>
<td>FREE</td>
</tr>
<tr>
<td>Backcountry Skills Course</td>
<td>4/12 - 4/15</td>
<td>White Mountains, NH</td>
<td>$35 / $40</td>
</tr>
<tr>
<td>Bicycle Maintenance</td>
<td>4/24</td>
<td>CRC</td>
<td>$5</td>
</tr>
</tbody>
</table>

For more information on the OAP Program including trip schedules, instructional workshops, or to register for a trip online, please visit: www.uml.edu/OAP or contact Rachel Iversen at: Rachel_Iversen@uml.edu | 978.934.1932
Certification Classes

CPR/AED & First Aid Certification For Lay Responder
Registration Fees: $85/person, class limited to 10 people.
Campus Recreation offers American Red Cross CPR/AED/First Aid Certification classes. CPR/AED and First Aid certifications carry a 2-year certification with the American Red Cross.
Please Note: This class is intended for the lay responder and is not for the healthcare provider!

Spring 2013 Classes Offered:
Sunday, February 17, 2013, 9am - 5pm @ CRC | Register by 2/11.
Saturday, March 16, 2013, 9am - 5pm @ CRC | Register by 3/11.

Lifeguard Re-Certification Class
Registration Fees: $175/person (includes cost of lifeguard manual/CPR mask).
Course Dates: March 18 - 22, 5pm - 8pm @Costello Pool. Register by 2/18.
Upon completing and passing the course, participants would receive a 2 year CPR/AED & First Aid certification for Lifeguards from the American Red Cross. Course will be held inside Costello Pool, 275 Riverside Street, Lowell, MA 01854.
Note: participants must be at least 15 years old and have successfully completed a lifeguarding course within the past 4 years.

NETA 2-Day Personal Training Certification Class
Registration Fees: $399/person | Register by March 20, 2013
NETA (National Exercise & Trainers Association) offers an NCCA accredited personal training certification that is recognized nationally and is designed for trainers who wish to instruct clients individually or in small groups.

Spring 2013 Class Schedule:
Saturday, April 20, 8am to 5pm and Sunday, April 21, 8am to 3pm.

Registration Info
Register for any of the certification classes above online @www.uml.edu/instructional or at the Campus Recreation Center Welcome Desk by the appropriate registration deadline listed above.

For more info on certification classes please visit:
www.uml.edu/instructional or contact Justin Lawler at:
Justin_Lawler@uml.edu | 978.934.2332
Ballroom Dance
The beginner class is designed to introduce you to some popular dance styles each week. Focus will be on the lead-follow relationship as new steps are explored. No partner necessary!

Spring 2013 Class Schedules:
Beginner Ballroom: Thursday evenings 6:30pm - 7:45pm in CRC Studio 1 for eight weeks, 1/31 - 3/28
(no class on 3/14 for spring break). Register by 1/31.
Note: There is no intermediate ballroom class for the spring semester. Check website for fall 2013 schedules.

Salsa Dance
Salsa is the most popular form of Latin nightclub dancing today. It combines intricate hand switches with fast footwork and energetic, inspiring music. The beginner class will introduce you to the basics of night-club salsa and teach you the proper timing, technique & etiquette. The advanced beginner class takes the beginner class material so you can dance freestyle through entire songs focusing on the lead/follow relationship.

Spring 2013 Class Schedules:
Beginner Salsa: Wednesday evenings 7:30pm - 8:30pm in CRC Studio 1 for eight weeks, 1/30 - 3/27
(no class on 3/13 for spring break). Register by 1/30.
Advanced-Beginner Salsa: Wednesday evenings 6:30pm - 7:30pm in CRC Studio 2 for eight weeks, 1/30 - 3/27
(no class on 3/13 for spring break). Register by 1/30.

Hip Hop & Jazz Dance
You will learn the basic dance technique, the newest hip hop moves and fun choreography in this eight week program. Each class will include dance technique drills, choreographed routines & basic conditioning exercises as well as the introduction of some other dance styles like musical theatre & contemporary dance.

Spring 2013 Class Schedule:
Hip Hop & Jazz Dance: Thursday 7:30pm - 8:30pm in CRC Studio 2 for eight weeks, 1/31 - 3/28
(no class on 3/14 for spring break). Register by 1/31.

Registration Info
Students: $25, Non Student Members: $40, Non-Members: $55
Register Online at www.uml.edu/instructional or at the CRC Welcome Desk by appropriate deadline.

For more information on “Learn To” programs please visit:
www.uml.edu/instructional or contact Justin Lawler at:
Justin_Lawler@uml.edu | 978.934.2332

Current Active Clubs at UMass Lowell

<table>
<thead>
<tr>
<th>Club</th>
<th>Contact</th>
<th>E-Mail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballroom Dance</td>
<td>Kristyne Gambino</td>
<td><a href="mailto:kristyne@umlballroom.org">kristyne@umlballroom.org</a></td>
</tr>
<tr>
<td>Breakers</td>
<td>Mark Mangkhalaikhili</td>
<td><a href="mailto:msantangelo74@gmail.com">msantangelo74@gmail.com</a></td>
</tr>
<tr>
<td>Capoeira</td>
<td>Daniel Faria</td>
<td><a href="mailto:daniel_faria@student.uml.edu">daniel_faria@student.uml.edu</a></td>
</tr>
<tr>
<td>Cheerleading</td>
<td>Jillari Layne</td>
<td><a href="mailto:info@umasslowellcheer.com">info@umasslowellcheer.com</a></td>
</tr>
<tr>
<td>Men’s Crew</td>
<td>Jonah Sakala</td>
<td><a href="mailto:jonah_sakala@student.uml.edu">jonah_sakala@student.uml.edu</a></td>
</tr>
<tr>
<td>Dance</td>
<td>Kenzy McIntyre</td>
<td><a href="mailto:umldance@hotmail.yahoo.com">umldance@hotmail.yahoo.com</a></td>
</tr>
<tr>
<td>Ice Skating</td>
<td>Taylor Kearney</td>
<td><a href="mailto:taylor_kearney@student.uml.edu">taylor_kearney@student.uml.edu</a></td>
</tr>
<tr>
<td>Kung Fu</td>
<td>Kevin Lee</td>
<td><a href="mailto:kevinlee881@verizon.net">kevinlee881@verizon.net</a></td>
</tr>
<tr>
<td>Men’s Ice Hockey</td>
<td>Scott Geddis</td>
<td><a href="mailto:scott_geddis@student.uml.edu">scott_geddis@student.uml.edu</a></td>
</tr>
<tr>
<td>Women’s Ice Hockey</td>
<td>Mariah Wentworth</td>
<td><a href="mailto:mariah_wentworth@student.uml.edu">mariah_wentworth@student.uml.edu</a></td>
</tr>
<tr>
<td>Men’s Lacrosse</td>
<td>Kyle Gilchrest</td>
<td><a href="mailto:kyle_gilchrest@student.uml.edu">kyle_gilchrest@student.uml.edu</a></td>
</tr>
<tr>
<td>Women’s Lacrosse</td>
<td>Madison McCabe</td>
<td><a href="mailto:madison_mc@charles.uml.edu">madison_mc@charles.uml.edu</a></td>
</tr>
<tr>
<td>Racquetball</td>
<td>Craig Fitzgerald</td>
<td><a href="mailto:umlracquetball@gmail.com">umlracquetball@gmail.com</a></td>
</tr>
<tr>
<td>Men’s Rugby</td>
<td>Seth Barron</td>
<td><a href="mailto:umlnms@charles.uml.edu">umlnms@charles.uml.edu</a></td>
</tr>
<tr>
<td>Women’s Rugby</td>
<td>Stephanie Chau</td>
<td><a href="mailto:umlrugby@yahoo.com">umlrugby@yahoo.com</a></td>
</tr>
<tr>
<td>Shotokan Karate</td>
<td>Dhanit Pajja</td>
<td><a href="mailto:dhanit_pajja@student.uml.edu">dhanit_pajja@student.uml.edu</a></td>
</tr>
<tr>
<td>Men’s Soccer</td>
<td>Edward Wytenus</td>
<td><a href="mailto:edward_wyllen@student.uml.edu">edward_wyllen@student.uml.edu</a></td>
</tr>
<tr>
<td>Women’s Soccer</td>
<td>Kelly Rusch</td>
<td><a href="mailto:kelly_rusch@student.uml.edu">kelly_rusch@student.uml.edu</a></td>
</tr>
<tr>
<td>Steppin’ In Unity</td>
<td>Yahaira Campusano</td>
<td><a href="mailto:yahaira_campusano@student.uml.edu">yahaira_campusano@student.uml.edu</a></td>
</tr>
<tr>
<td>Swim</td>
<td>Erica Potts</td>
<td><a href="mailto:erica_potts@student.uml.edu">erica_potts@student.uml.edu</a></td>
</tr>
<tr>
<td>Ultimate Frisbee</td>
<td>Philip Mooney</td>
<td><a href="mailto:umasslowellultimate@gmail.com">umasslowellultimate@gmail.com</a></td>
</tr>
<tr>
<td>Underwater Hockey</td>
<td>Joe Benoit</td>
<td><a href="mailto:joseph_benoy@student.uml.edu">joseph_benoy@student.uml.edu</a></td>
</tr>
<tr>
<td>Volleyball</td>
<td>Cameron Connors</td>
<td><a href="mailto:cameron_connors@uml.edu">cameron_connors@uml.edu</a></td>
</tr>
</tbody>
</table>

How do you join a Sport Club?
1. Locate the club that interests you:
   To contact a club, locate the e-mail address provided in the chart above or online. Please leave your name, phone number, e-mail and any other pertinent questions. A club officer will contact you with info regarding membership, meetings and schedules.

2. Check eligibility guidelines for club membership:
   Full membership: Full-time undergraduate students who have paid the activity fee are eligible.
   Associate membership: Faculty/staff/full-time graduate students are eligible. May participate in club activities but may not hold office and do not have voting rights.

3. Complete all applicable club forms
   For more information on Club Sports, including how to join or start a new club, please visit: www.uml.edu/ClubSports or contact Liz Carr at:
   Club_Sports@uml.edu | 978.934.2308
RecKids Summer Camp 2013
RecKids is a recreational day camp designed for children between the ages of 6 & 11 years old. We are committed to providing a safe, supportive and fun environment for our summer campers. Our program, as part of the greater UMass Lowell Campus Recreation mission, encourages the pursuit of healthier, happier lifestyles. There are discounts available for UMass Lowell members.

Summer 2012 Camp Sessions
Session 1: July 8 - 12
Session 2: July 15 - 19
Session 3: July 22 - 26
Session 4: July 29 - August 2

Camp Hours
Monday - Friday 8am - 4pm
Camper drop-off is between 7:30am - 8am
Camper pick up is between 4pm - 4:30pm
After care is available from 4pm - 5:30pm

Camp Activities
- Sports & Fitness
- Arts & Crafts
- Outdoor Adventures
- Swimming
- Field Trips
- Theme Days

Fees
Campus Recreation Center members and UMass Lowell faculty/staff:
$200/week for first child & $150 for every additional child for same week.
Non members: $250/week for first child & $200 for every additional child for same week.
After care fees: (4:00pm - 5:30pm): $50/camper/week.
Fees are due no later than May 31, 2013.

FMI on RecKids or to register online, please visit our website at: www.uml.edu/RecKids or contact the RecKids Summer Camp Coordinator, Meghan_Flynn@uml.edu | 978.934.2393

Summer 2013 Kayak Center
Located at the UMass Lowell Bellegarde Boathouse, 500 Pawtucket Boulevard, Lowell, MA 01854.

Kayak Center Hours (June 8 - August 31)
Weekdays 12pm - 8pm / Weekends: 10am - 6pm
September: 10am - 6pm (weekends only)

Kayak Rentals:
• Rent single or tandem kayaks & canoes by the hour.
• Discounts for UMass Lowell students/faculty/staff/alumni.
• Purchase monthly or seasonal passes and save!

Kayak Center Specials - All Summer Long!
• Two-for-Tuesdays: 2 hour rentals for the price of 1 every Tuesday.
• Work-Out Wednesdays: Learn how to improve your fitness while kayaking every Wednesday.
• Free-Friend Fridays: 5-8pm rent a tandem kayak for the price of a single every Friday.

Kayak Instructional Clinics
• Quick Start to Flatwater Kayaking (2hr clinics)
• Intro to Kayaking (1 or 2 day options) - follows ACA standards
• Kayaking Kids morning camp (3 days/week, 3 hours/day)

Kayak Tours & Events
• Free Kayak Kids Open House: July 3, 9am-12pm
• Moonlight Tours: 9-11pm on 6/22, 7/22, & 8/19
• Sunset Sunday Tours: 7-9pm on 6/23, 7/7, 7/21, 8/4 & 8/18 6:30pm-8:30pm

Custom Programming
This option allows you to build a program that fits your needs. Choose the times that best fit your schedule. NOTE: You need at least 6 people to create a custom program. Schedule your program today! Submit a custom kayak program request online today!

FMI on the Kayak Center including schedules, dates, & prices, please visit our website at: www.uml.edu/Boathouse or contact the Coordinator of Outdoor Programs, Rachel_Iversen@uml.edu | 978.934.1932

FMI on the RecKids Summer Camp 2013: www.uml.edu/RecKids or contact the RecKids Summer Camp Coordinator, Meghan_Flynn@uml.edu | 978.934.2393