Spring 2014 Facility Hours For Campus Recreation Center & Riverview Fitness Center

(1/21 - 5/1)
Mon - Thu: 6:30am-11pm
Fri: 6:30am-9pm
Sat: 9am-8pm
Sun: 12pm-10pm

President’s Day Weekend
Sat, 2/15: 9am-6pm
Sun, 2/16: 12pm-6pm
Mon, 2/17: 12pm-11pm

CRC Spring Break Hours
(3/14 - 3/22)
Mon-Fri: 6:30am-9pm
Sat: 9am-3pm
Sun: Closed

Patriot’s Day Weekend
Sat, 4/19: 9am-6pm
Sun, 4/20: Closed (Easter)
Mon, 4/21: 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

Spring 2014 Newsletter

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
- RecKids Summer Camp
- “Learn To” Programs
- UMass Lowell Bike Shop
- Group Fitness
- Biggest Loser Program
- Summer Kayak Center
- Riverview Fitness Center

100 Pawtucket Street, Lowell, MA 01854
Phone: 978.934.5080 / Fax: 978.934.3041
Spring 2014 Group Fitness Schedule
January 21 - May 1

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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</thead>
<tbody>
<tr>
<td>Zumba® w/Jess Leblanc</td>
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There will be no class 2/15 - 2/17 for President's Day weekend, 3/14 - 3/23 for spring break and 4/19 - 4/21 for Patriot's Day weekend.

Riverview Fitness Center on South Campus!

Open to all Full Time Students, Faculty & Staff

- Work, live or have class on South, or do you want a state-of-the-art fitness experience? Stop by for a tour today!
- Located on first floor of Riverview Suites Residence Hall.

Open Fall & Spring Semesters
Same semester hours as Campus Recreation Center

- Monday-Thursday: 6:30am - 11pm
- Friday: 6:30am - 9pm
- Saturday: 9am - 8pm
- Sunday: 12pm - 10pm

State of the Art Fitness Experience

- 25 pieces of cardio equipment
- Free weights
- Circuit-style selectorized weights & stretching area
- Locker rooms equipped with showers & programmable locks

Additional Services

- Free equipment check out including towels
- Sign up for Campus Recreation programs
- Sign up with a Personal Trainer or get a free fitness assessment
- Parking available in Riverview Garage for Faculty/Staff

E-mail Diana_Davis@uml.edu to SIGN UP FOR GFIT E-MAIL LIST to receive updates on class schedules, changes or cancellations. Get updates on all Campus Rec programs by becoming a fan on Facebook at www.facebook.com/UMLCampusRec.

FMI on the Group Fitness Program please visit: www.uml.edu/BiggestLoser or contact Diana Davis at: Diana_Davis@uml.edu | 978.934.6475

FMI on the Riverview Fitness Center, please contact: Diana Davis, Coordinator of Fitness & Wellness at: Diana_Davis@uml.edu | 978.934.6475

Spring 2014 Group Fitness Schedule January 21 - May 1

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Start Living a Healthier & Happier Life!

Whether you are new to exercise or want to take your workouts to the next level, our personal training staff can assist you in reaching your goals. Our fitness staff will provide you with the education and instruction you need to reach your health and fitness goals. Our personal trainers are students at UMass Lowell who are either EP/PT students and/or hold a personal training certification. Students, faculty, staff & CRC members are welcome to sign up!

Free Fitness Assessments

Find out your starting fitness level today! Tests include body composition, cardiovascular endurance, muscular strength & endurance and flexibility. This data will give you a snapshot of your current fitness level and can help you target realistic goals. Limit one free fitness assessment every 6 months.

Personal Training Packages

Each package includes two sessions. In the first session you will complete a comprehensive fitness assessment and in the second session you go over the results and be given a customized workout plan. After you complete the initial package you can sign up for additional sessions where your trainer can monitor and motivate you as well as modify your workout plan over time.

Individual Package: Students-$45; Non-Student Members-$60
Partner Package: Students-$30/partner; Non-Student Members-$50/partner

Additional 1-hour Sessions: Individual: Students-$15/session; Non-Student Members-$30/session
Partner: Students-$10/partner; Non-Student Members-$20/partner

How do you sign up?

Simply stop by the Campus Recreation Center or Riverview Fitness Center to fill out the appropriate paperwork and make payment (if applicable). Inside each packet you can select the times that work best with you that match up with our personal trainers. One of our fitness staff will contact you within 24-48 hrs to schedule your first session.

Our Outdoor Adventure Program (OAP) aims to provide the university community with fun, safe and adventurous experiences that will teach lifetime skills, teamwork, foster character, leadership and the adoption of healthy lifestyles. Participants of all skill levels are welcome on our trips! Please browse the various upcoming outdoor programs and workshops we are offering below.

**SPRING 2014 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>Night Skiing*</td>
<td>2/7</td>
<td>Crotched Mountain, NH</td>
<td>$50 / $60</td>
</tr>
<tr>
<td>Beginner Ice Climbing*</td>
<td>2/8</td>
<td>Auburn, MA</td>
<td>$60 / $70</td>
</tr>
<tr>
<td>Indoor Climbing</td>
<td>2/13, 2/27, 4/24</td>
<td>Vertical Dreams, Nashua, NH</td>
<td>$10 / $15</td>
</tr>
<tr>
<td>Downhill Skiing</td>
<td>2/16</td>
<td>Waterville Valley, NH</td>
<td>$55 / $65</td>
</tr>
<tr>
<td>Cross Country Skiing by Lantern Light*</td>
<td>2/18</td>
<td>Great Brook, Carlisle, MA</td>
<td>$28 / $35</td>
</tr>
<tr>
<td>Killington Ski Trip</td>
<td>2/21 - 2/23</td>
<td>Killington, VT</td>
<td>$255 / $275</td>
</tr>
<tr>
<td>Winter Hike*</td>
<td>3/1</td>
<td>TBD</td>
<td>$15 / $20</td>
</tr>
<tr>
<td>Cross Country Skiing</td>
<td>3/2</td>
<td>New Ipswich, NH</td>
<td>$50 / $60</td>
</tr>
<tr>
<td>Day Hike</td>
<td>4/5</td>
<td>White Mountains, NH</td>
<td>$15 / $20</td>
</tr>
<tr>
<td>Indoor Rock Climbing</td>
<td>4/10</td>
<td>Central Rock Gym, Worcester</td>
<td>$15 / $20</td>
</tr>
<tr>
<td>Sky Diving</td>
<td>4/12</td>
<td>Jumptown, Orange, MA</td>
<td>$175 / $195</td>
</tr>
<tr>
<td>Camping &amp; Hiking</td>
<td>4/26 - 4/27</td>
<td>Western MA</td>
<td>$40 / $50</td>
</tr>
<tr>
<td>Surfing</td>
<td>4/27</td>
<td>Narragansett, RI</td>
<td>$40 / $50</td>
</tr>
<tr>
<td>Outdoor Rock Climbing</td>
<td>5/1 or 5/4</td>
<td>TBD</td>
<td>$20 / $25</td>
</tr>
<tr>
<td>Flatwater Kayaking</td>
<td>5/3</td>
<td>Concord River, MA</td>
<td>$10 / $15</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.

FMI on Personal Training please visit: www.uml.edu/PersonalTraining or contact Diana_Davis@uml.edu | 978.934.6475

FMI on the OAP Program please visit: www.uml.edu/OAP or contact Rachel_Iversen@uml.edu | 978.934.1932
Spring 2014 Third Quarter Intramural Programs

<table>
<thead>
<tr>
<th>Leagues</th>
<th>Tournaments</th>
</tr>
</thead>
<tbody>
<tr>
<td>5v5 Open Basketball</td>
<td>8-Ball Pool: 2/5, 6pm @CRC</td>
</tr>
<tr>
<td>5v5 Women’s Basketball</td>
<td>9v9 Kickball: 2/19, 6pm @CRC</td>
</tr>
<tr>
<td>6v6 Co-Rec Indoor Volleyball</td>
<td>2v2 Badminton: 2/28, 3pm @CRC</td>
</tr>
<tr>
<td>5v5 Broomball</td>
<td>Racquetball: 3/5, 6pm @CRC</td>
</tr>
<tr>
<td></td>
<td>Squash: 3/5, 6pm @CRC</td>
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</tbody>
</table>

The registration deadline will be on Thursday, January 30, followed by a captains meeting for all league sports at 5pm in the CRC Meeting Room.

Spring 2014 Fourth Quarter Intramural Programs

<table>
<thead>
<tr>
<th>Leagues</th>
<th>Tournaments</th>
</tr>
</thead>
<tbody>
<tr>
<td>10v10 Softball</td>
<td>March Madness Basketball:</td>
</tr>
<tr>
<td></td>
<td>3/26 &amp; 3/27, 4pm @CRC</td>
</tr>
<tr>
<td>7v7 Outdoor Soccer</td>
<td>4v4 Wiffleball: April 9, 6pm @CRC</td>
</tr>
<tr>
<td>7v7 Women’s Soccer</td>
<td>5K Road Race: April 21, 11am @CRC</td>
</tr>
<tr>
<td>6v6 Floor Hockey</td>
<td>4v4 Outdoor Volleyball: April 24, 4pm @CRC</td>
</tr>
<tr>
<td></td>
<td>2v2 Corn toss: April 24, 4pm @CRC</td>
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<tr>
<td></td>
<td>2v2 Ladder Golf: April 24, 4pm @CRC</td>
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<tr>
<td></td>
<td>2v2 Can Jam: April 24, 4pm @CRC</td>
</tr>
</tbody>
</table>

The registration deadline will be on Thursday, March 13, followed by a captain’s meeting for all league sports at 5pm in the CRC Meeting Room.
Spring 2014 Club Practice Schedules

<table>
<thead>
<tr>
<th>Club</th>
<th>Practice Schedules</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballroom Dance</td>
<td>Sun: 6-7:30pm in Studio 1; Mon: 7:30-9:30pm in Studio 1,</td>
</tr>
<tr>
<td></td>
<td>Tue: 7:30-8:30pm in Studio 2; Thu: 7:30-10:30pm in Studio 1</td>
</tr>
<tr>
<td>Men’s Basketball</td>
<td>Mon: 6-8pm; Tue &amp; Thu: 5:6-4:45pm in CRC Gym</td>
</tr>
<tr>
<td>Breakers</td>
<td>Mon: 6:30-8:30pm in Studio 2; Thu: 6-7:30pm in Studio 2</td>
</tr>
<tr>
<td>Capoeira</td>
<td>Mon: 5:6-30pm in Studio 2; Wed: 4:5-30pm in Studio 1</td>
</tr>
<tr>
<td>Cheerleading</td>
<td>Sun: 4:30-7pm in CRC Gym; Thu: 6:45-9pm in Studio 2</td>
</tr>
<tr>
<td>Dance</td>
<td>Sun: 7:30-10pm in Studio 1; Tue: 7:45-9:45pm in Studio 1; Thu: 7:30-10pm in Studio 2</td>
</tr>
<tr>
<td>Ice Skating</td>
<td>9-9:50pm at Tsongas Center</td>
</tr>
<tr>
<td>Men’s Ice Hockey</td>
<td>Mon &amp; Wed: 9:9-50pm at Tsongas Center</td>
</tr>
<tr>
<td>Women’s Ice Hockey</td>
<td>Tue &amp; Thu: 9-9:50pm at Tsongas Center</td>
</tr>
<tr>
<td>Martial Arts</td>
<td>Fri: 7-9pm in Studio 2</td>
</tr>
<tr>
<td>Racquetball</td>
<td>Mon-Thu: 7-9pm in Racquetball Courts</td>
</tr>
<tr>
<td>Rowing</td>
<td>Mon-Fri (through spring break): 5:30-7:15am in Studio 1 &amp; 3-5pm in Studio 2</td>
</tr>
<tr>
<td>Women’s Rugby</td>
<td>Tue &amp; Thu: 6:30-8:30am in CRC Gym</td>
</tr>
<tr>
<td>Shotokan Karate</td>
<td>Mon: 8-10pm in Studio 2; Tue: 8:30-10pm in Studio 2; Wed: 9-11pm in Studio 1; Fri: 7-9pm in Studio 1</td>
</tr>
<tr>
<td>Steppin’ In Unity</td>
<td>Sun: 8-10pm in Studio 2; Wed: 8:30-10pm in Studio 2</td>
</tr>
<tr>
<td>Swim</td>
<td>Mon/Tue/Thu: 8:30-10pm at Costello Pool; Wed: 8:30-10pm in Studio 2</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>Mon-Thur: 6-9pm at CRC Ping Pong Tables</td>
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<tr>
<td>Underwater Hockey</td>
<td>Wed: 8-10pm at Costello Pool</td>
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</tbody>
</table>

Upcoming Club Games & Performances

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<tr>
<th>Club</th>
<th>Upcoming Games &amp; Performances</th>
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<tr>
<td>Cheerleading</td>
<td>Performances at all UML home hockey &amp; basketball games</td>
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<tr>
<td>Dance</td>
<td>Performances at all UML home basketball games</td>
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<tr>
<td>Men’s Ice Hockey</td>
<td>January 24, 7pm @Tsongas Center</td>
</tr>
<tr>
<td>Women’s Ice Hockey</td>
<td>February 2, 4:10pm @Tsongas Center</td>
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</table>

RecKids Summer Camp 2014

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 campers. There are discounts available for UMass Lowell members. Parent Orientation will be held on Wednesday June 25 at the CRC and includes an info session, facility tour & staff meet and greet.

Camp Sessions

Session 1: July 7 - 11
Session 2: July 14 - 18
Session 3: July 21 - 25
Session 4: July 28 - August 1

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 & Kayaking
Field Trips & Theme Days
Camp Games

Camp Fees - (due by May 31)

Campus Recreation Center members and UMass Lowell faculty/staff:
$200/week for first child & $150 for every additional sibling for same session.
Non members: $250/week for first child & $200 for every additional sibling for same session.
After care fees: (4:00pm - 5:30pm): $50/camper per week.

FMI on RecKids please visit:
www.uml.edu/RecKids or contact Meg Flynn at:
Meghan_Flynn@uml.edu | 978.934.2393
Biggest Loser Program - Spring 2014

Our Biggest Loser Program is not just for people who want to lose weight. Our main focus is to help participants start developing lifelong habits that will lead to a healthier and happier life. We understand this will mean different things to different people.

To support our goal, our program will provide many opportunities for participants that will include educational workshops, resources on fitness, nutrition and wellness. We will encourage participants to try many of our programs at Campus Recreation that will assist them in reaching their goals. Whether your goal is to race in a 5k for the first time, lose weight, improve athletic performance, train for a specific event or just get more fit...this program is perfect for you!

This 12-week program includes monthly weigh-ins where we will record your weight, body fat% and also conduct cardiovascular & muscular endurance fitness tests. Participants gain points for attending educational workshops, submitting diet records, attending monthly weigh-ins, going on outdoor adventure trips, signing up with a personal trainer, attending group fitness classes, working out at the Campus Recreation Center....and much more!

Top finishers for each competition will receive Visa gift cards, prizes TBD. Everyone who attends all 4 weigh-ins will receive 2 free personal training sessions with one of our personal trainers!

Spring 2014 Weigh-Ins
(4:30pm - 6:30pm in CRC Meeting Room)
• Wednesday, January 29
• Wednesday, February 26
• Wednesday, March 26
• Wednesday, April 23

Registration Fees
Students - $25
Faculty/Staff/CRC Members - $35
Register at CRC Welcome Desk by 1/29

Competitions Offered
Student, Partner or Faculty/Staff/CRC member competitions
Note: this program is not open to the public.

Biggest Loser Program
FMI on the Biggest Loser Program please visit: www.uml.edu/BiggestLoser or contact Diana Davis at: Diana_Davis@uml.edu | 978.934.6475

UMass Lowell Bike Shop
The UMass Lowell Bike Shop is a full-service bicycle repair center located on the second floor of the Campus Recreation Center. We offer services to fit all of your bicycle needs. Our mission is to offer a low cost bicycle repair and maintenance service to the UMass Lowell University Community and encourage bicycling on campus.

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

FMI on services & prices, visit: www.uml.edu/BikeShop
or visit our bike purchase website at: bikeshop.uml.edu.

Spring Semester Bike Shop Hours: Monday-Friday: 3-7pm
Saturday/Sunday by appointment only (978.934.1932)

Spring 2014 Bike Shop Instructional Workshops

<table>
<thead>
<tr>
<th>Workshop Description</th>
<th>Duration</th>
<th>Location</th>
<th>Registration Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to Change a Tire</td>
<td>1.5 hours</td>
<td>CRC Bike Shop</td>
<td>$15</td>
</tr>
<tr>
<td>Biking 101</td>
<td>2 hours</td>
<td>CRC Bike Shop &amp; Greenway</td>
<td>$10</td>
</tr>
<tr>
<td>Basic Bike Repair For Women</td>
<td>2 hours</td>
<td>CRC Bike Shop</td>
<td>$15</td>
</tr>
</tbody>
</table>

Please check website for dates and other upcoming workshops.

FMI on the UMass Lowell Bike Shop, please visit: www.uml.edu/BikeShop or contact Rachel Iversen at: Rachel_Iversen@uml.edu | 978.934.1932
The Freewheelers Bike Share program provides free bicycles for students, faculty and staff. Bicycle checkout is quick and easy and you only need to register once! After you register, simply checkout your bicycle, helmet and lock for the day from any of check-out stations on campus and return back by the close of checkout hours.

**Check-Out Stations:**

**EAST CAMPUS:**
Campus Recreation Center (CRC)

**SOUTH CAMPUS:**
McGauvran Student Information Center (SIC)

**NORTH CAMPUS:**
Southwick Room 100B

**TSONGAS CENTER:**
Circle in front of Tsongas Center

**Check-Out Hours & Availability:**

- **EAST CAMPUS:**
  Campus Recreation Center (CRC)
- **SOUTH CAMPUS:**
  McGauvran Student Information Center (SIC)
- **NORTH CAMPUS:**
  Southwick Room 100B
- **TSONGAS CENTER:**
  Circle in front of Tsongas Center

Spring Semester availability (March 24 - May 1)
After May 1, only available for checkout at CRC

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

**WEEKENDS:**
CRC Only: Sat: 9am-8pm & Sun: 12-10pm
South/North/Tsongas: No weekend availability

**Certification Classes**

**CPR/AED & First Aid For Lay Responder**
Registration Fees: $85/person, class limited to 12 people.

CPR/AED/First Aid courses carry a 2-year certification with the Red Cross.

**Note:** This class is intended for the lay responder, not for the healthcare provider!

**Spring 2014 Classes:**

- Sunday, February 9, 11am - 5pm @ CRC
- Saturday, March 29, 10am - 4pm @ CRC

**Lifeguard Review (Recertification) Class**
Registration Fees: $175
Course Dates: Sat/Sun May 17-18, 9am-5pm @Costello Pool
Registration Deadline: 4/17

This course is run through the American Red Cross. If participants complete course requirements, they would receive a 2-year Lifeguarding certification (includes professional level-CPR/AED & first aid).

To be eligible, participants must have a current Red Cross Lifeguarding/First Aid/CPR/AED certificate. Cards must be presented at the start of the course. If your lifeguarding certification has expired, you must take the full content course. Check the American Red Cross website for upcoming classes.

**Registration Info**

Register online at: www.uml.edu/learnto or register in person at the Campus Recreation Center Welcome Desk or Riverview Fitness Center by the appropriate registration deadlines listed above.

FMI on FreeWheelers please visit:
www.uml.edu/FreeWheelers or contact Rachel Iversen at:
Rachel_Iversen@uml.edu | 978.934.1932

FMI on these certification classes please visit:
www.uml.edu/learnto or contact Justin Lawler at:
Justin_Lawler@uml.edu | 978.934.2332
CERTIFICATION CLASSES CONTINUED...

NETA Personal Training Certification
Registration Fees: $399/person | Class Dates: Saturday & Sunday, 4/12 - 4/13 at the CRC. Register by 3/12.
This is an NCCA accredited personal training certification designed for trainers who wish to instruct clients individually or in small groups.

AFAA Primary Group Exercise Certification
Registration Fees: $299 | Class Date: Saturday, 5/10 at the CRC. Register by 4/10.
This class is designed to equip those seeking to become certified as group exercise instructors with the tools needed to design safe and effective group exercise programming for the general population.

AFAA G.E.A.R.™ Indoor Cycling Workshop
Registration Fees: $99 | Class Date: Sunday, 5/11 at the CRC. Register by 4/11.
This workshop includes the latest research on cycling biomechanics and physiology, as well as a variety of drills and techniques that will help you design a safe & effective indoor cycling class that is new & exciting!

Zumba® Pro Skills Certification Class
Registration Fees: $185 early bird; $210 regular; $230 rush | Class Date: Saturday, 4/27 at the CRC.
This class is perfect for Zumba® Fitness Instructors ready to take their teaching skills to the next level! Enhance your teaching techniques and presentation skills as you give your leadership skills a professional edge.

Registration Info
Register online at: www.uml.edu/learnto or register in person at the CRC or Riverview Fitness Center by the deadline dates listed above for each class.

Registration Info- “Learn To” Dance Classes
Registration Fees: Students-$25; Faculty/Staff/CRC Members-$40; Non Members-$55
Register online at: www.uml.edu/learnto or register in person at the CRC or Riverview Fitness Center by the appropriate class deadline listed above.

Ballroom Dance
The beginner class is designed to introduce you to some popular dance styles. A different style will be covered each week. The intermediate class is designed to challenge participants who have mastered the beginner class. Focus will be on the lead-follow relationship as new steps are explored. No partner is necessary!

Spring 2014 Class Schedules:
Beginner Ballroom:
Thursday evenings 7:30pm - 8:30pm in CRC Studio 1 for eight weeks, 1/30 - 3/27, (no class on 3/20 for spring break). Register by 1/30.

Intermediate Ballroom:
Thursday evenings 8:30pm - 9:30pm in CRC Studio 1 for eight weeks, 1/30 - 3/27, (no class on 3/20 for spring break). Register by 1/30.

Hip Hop & Jazz Dance
You will learn the basic dance techniques, the newest hip hop moves and fun choreography in this 8-week program. Each class will include drills, choreographed routines and basic conditioning exercises. You will also be introduced to some other dance styles such as musical theatre and contemporary dance.

Spring 2014 Class Schedule:
Thursday evenings 7:30pm - 8:30pm in CRC Studio 2 for eight weeks, 1/30 - 3/27, (no class on 3/20 for spring break). Register by 1/30.

FMI on these certification classes please visit: www.uml.edu/learnto or contact Diana Davis at: Diana_Davis@uml.edu | 978.934.6475

FMI on our “Learn To” programs please visit: www.uml.edu/learnto or contact Justin Lawler at: Justin_Lawler@uml.edu | 978.934.2332