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

This issue includes information in the following areas:

- Group Fitness Schedule
- Facility Updates & Hours
- ReckKids Summer Camp
- Club Sport Highlights
- Outdoor Adventure Programs
- Summer Kayak Center
- Free Wheelers & Bike Shop
- Intramural Sports Champions

**Campus Recreation Center**

322 Aiken Street
Lowell, MA 01854
978-934-5080

**CRC SUMMER HOURS: MAY 1 - SEPT. 1**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Mon - Fri</td>
<td>6:30am - 9pm</td>
</tr>
<tr>
<td>Sat &amp; Sun</td>
<td>10am - 4pm</td>
</tr>
</tbody>
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**KAYAK CENTER SUMMER HOURS: MAY 26 - SEPT. 5**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Weekdays</td>
<td>3- 8pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>10am - 8pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>10am - 6pm</td>
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**Memorial Day**
- Mon, 5/29: Closed

**Independence Day**
- Tue, 7/4: Closed

**Labor Day Weekend**
- Sun, 9/3: 10am - 8pm
- Mon, 9/4: 3 - 8pm

**CRC FACILITY MAINTENANCE SHUTDOWN: MAY 22 - 26**

The CRC will be closed May 22 - 26 for annual facility maintenance and cleaning. During this shutdown the Riverview Fitness Center on South Campus will be open to all of our patrons Monday - Friday, 6:30am - 9pm and Saturday - Sunday 10am - 4pm.

* Racquetball courts, basketball courts & studios will be closed through May 29.

For more information on our facility hours and open swim times Athletics offers at Costello Pool, visit: www.uml.edu/crchours.
**SUMMER FACILITY MAINTENANCE**

The CRC will be closed May 22 - 26 for annual facility maintenance and cleaning. The racquetball courts, basketball courts and studios will be closed through May 29. Please check our website for any changes to facility schedules.

**RIVerview Fitness center**

The Riverview Fitness Center (RFC) on South Campus will be open to all of our patrons May 22 - 26 while the CRC is closed. The RFC hours this week will be: Monday - Friday: 6:30am-9pm.

The CRC will re-open with summer hours on May 27. Please check website for most up-to-date hours and any changes to this schedule.

**NEW Campus Recreation Fields - Open Fall ‘17**

The new turf field complex will be located across the street from the Aiken St. entrance of the CRC in the former Notini parking lot. The field will include lines for soccer, men’s and women’s lacrosse, rugby and Intramural Sports. The site will also include two tennis courts, lights, a storage support facility, wifi and PA system.

In the winter months, the tennis courts will also have the ability to be flooded and transformed into an outdoor ice skating rink. The complex will be the hub for open recreation, our Intramural Sports program, and will serve as the new home field for Club Sports games. Follow our UML Campus Recreation Facebook page for updated construction photos throughout the summer!

**FACULTY & STAFF SUMMER LEARN TO ROW**

Don’t miss out on this great outdoor wellness opportunity open to UMass Lowell employees and CRC members. Get comfortable on the water, learn to row, improve your fitness, and have fun at the same time! Participants will practice on indoor rowing ergometers to improve technique and transition to on-water instruction. Feel free to encourage friends or significant others to register with you!

**SESSIONS**

Session 1: Tuesdays & Thursdays: June 27 - July 25 (8 practices)
Session 2: Mondays & Wednesdays: July 25 - Aug 16 (8 practices)

Location: UMass Lowell Bellegarde Boathouse, 500 Pawtucket Blvd.
Registration Fee: $75/person for each session
FMI Contact: Christopher_Pucella@uml.edu / (978) 934 - 1549

**REGISTRATION INFO**

Register online @ www.uml.edu/rowing.

FMI on the Learn to Row program visit:
uml.edu/rowing or contact
Christopher_Pucella@uml.edu | 978.934.1549
SPRING 2017 INTRAMURAL CHAMPIONS

CHAMPIONS SHOWN ABOVE

- Ping Pong (top left): Connor Williams
- Volleyball B (bottom left): Block Party
- Volleyball A (top right): The Chapman’s
- Squash (bottom right): Ikjot Sohal

CHAMPIONS NOT PICTURED

- Basketball A - T-shirt
- Basketball C - Bench Mob
- Racquetball - Daniel Lott
- 3-Point Knockout - Andrew Garber
- 3-Point Contest - Channatra Kum
- 4v4 Wiffleball - Terror Squad
- 2v2 Cornhole - Good Wood
- 9-Ball Pool - Guruansh Summet Ahuja
- Basketball B - MCC
- 2v2 Badminton - Team NP
- Volleyball C - Frank’s Little Beauties
- Dunk Contest - Robert Bolduc
- 3v3 Basketball - New Boots
- 4v4 Volleyball - Pompet
- Broomball - Frank’s Little Beauties
- 2v2 Kan Jam & 2v2 Spikeball - Brew Crew

5k Road Race (W) - 1st Francisca Mota; 2nd Selena Tran; 3rd Lilly Mak
5k Road Race (M) - 1st Samuel Munnelly; 2nd John De Leon; 3rd Nick Adams

UMASS LOWELL KAYAK CENTER
LOCATED AT UMASS LOWELL BELLEGARDE BOATHOUSE, 500 PAWTUCKET BLVD.
CONTACT: 978-995-2362 (KAYAK CENTER), 978-934-1932 (OFF-SEASON)

HOURS: OPEN MAY 26 – SEPTEMBER 5
- Weekdays 3 - 8pm
- Saturdays 10am - 8pm
- Sundays 10am - 6pm

RENTALS AND SHUTTLE SERVICE
- Hourly rentals available: $15 per single and $20 per tandem
- Discounts for students, faculty, staff, alumni or groups of 8 or more!
- $5 shuttle service transports you upstream to enjoy a 3-4hr. float back to Boathouse

WEAKLY SPECIALS – CHECK WEBSITE FOR MORE SPECIALS!
- Two-for-Tuesdays: Get two hour rentals for the price of one, every Tuesday.
- Tandem Thursdays: Rent a tandem kayak (up to 4hrs) for price of a single every Thurs.

INSTRUCTIONAL CLINICS
- Kayak Basics (2 hour clinic) & Stand-Up Paddleboard Basics (2 hour clinic)
- Intro to Kayaking (8 hour ACA Level 1 kayaking skills course)
- Kayaking Kids and Kayaking Teens Clinics

RIVER CLEANUP DAY & COOKOUT
- Saturday, June 17, 10am - 3pm: Registration Fee: Public - $15; UMass Lowell - $10
- Help us clean up the Merrimack River in this fun, community service-style event. Registration fee includes BBQ lunch on boathouse deck and boath rental.

Make a reservation or inquire about custom programs by calling 978-995-2362 (kayak center) or 978-934-1932 (office). Please check website for the most up-to-date info!

FMI on Intramural Sports visit:
uml.edu/Intramurals or contact:
Meghan_Jordan@uml.edu | 978.934.2393

FMI on the UMass Lowell Kayak Center, visit:
uml.edu/kayakcenter or contact:
Kayakcenter@uml.edu
**RECKIDS SUMMER CAMP 2017**

RecKids is a recreational day camp designed for children between the ages of 6 - 12 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 at 6pm on Wednesday, June 14 in the CRC and includes info session, facility tour and staff meet and greet. Register online @uml.edu/reckids.

**CAMP SESSIONS**

Session 1: Jul 10 - 14  
Session 2: Jul 17 - 21  
Session 3: Jul 24 - 28  
Session 4: Aug 31 - 4

**CAMP HOURS**

Monday - Friday 8am - 4pm (after care options available)*

**CAMP ACTIVITIES**

Sports, Fitness  
Arts & Crafts  
Outdoor Adventures, Swimming & Kayaking  
Field Trips & Theme Days

**CAMP FEES**

Faculty/Staff/CRC Members: $225/week for 1st child and $175 for every additional sibling for same session. Non members: $275/week for 1st child and $225 for every additional sibling for same session. *After care option: $50/session per camper. Daily lunch option: $32.50/session per camper.

Urban Choreography: They hosted their second annual Protocol event on April 15th with other dance companies from the area including the Boston Community Dance Project. The team fundraised $1,200 from this event. They also performed at the Manning School of Business Talent Show and Dance for a Cause event with our own Dance Team.

Track & Field: The team travelled to Philadelphia this spring to compete in the Club Penn Relays hosted by UPenn; the women placed second in both of their events with the men winning one relay as well.

The Track and Field team also competed at Harvard in February where three runners won their events along with five runners placing in the top five in more than one event. President Katy Coughlin won the Club Sport Leader of the Year recognition at the Leadership Awards Banquet in April.

Men’s Basketball: The team won the New England Division Championship this year with a 14-4 season record. They also returned for the second year in a row to the NCBA National Championships in Cleveland, Ohio where they lost in the opening round to South Carolina.

Men’s Lacrosse: The team entered the spring with confidence after they came in second place at the NCLL Fall Brawl. They then won two in-season games this spring and will finish their season after playing Boston College and Holy Cross.

FMI on RecKids or to visit:  
uml.edu/reckids or contact:  
Meghan_Jordan@uml.edu | 978.934.2393

FMI on Club Sports visit:  
uml.edu/clubsports or contact:  
Nicholas_Lowery@uml.edu | 978.934.2308
**CLUB SPORTS HIGHLIGHTS 2016-2017**

**Dance:** They competed at the NDA National Championships in Daytona, FL improving their ranking this year to 14th in the Division 1 Jazz category. They also hosted their annual Dance for a Cause Showcase raising money for the American Foundation for Suicide Prevention.

The team was also awarded Club Sport Club of the Year at the Annual Leadership Awards Banquet. Vice President Alison Carrier won the Club Sport Leader of the Year and Kelsey Woodman won Most Outstanding Participant.

**Women’s Volleyball:** As a new club, they won their first tournament at the NWVCL Independent Club Championship. The team also won matches against Harvard, Assumption, and Sacred Heart. In their second tournament, they made it to the semifinals after coming in first in pool play. Women’s Volleyball won the Club Sport “New Club of the Year” at the Leadership Awards Banquet.

**Men’s Ultimate:** Like in previous years, the team travelled to Myrtle Beach, SC to play in the High Tide Tournament. Due to their high performance this semester, they qualified for regionals and they will also attend a sectionals tournament to finish off their season.

**Racquetball:** In February, the team travelled to New Jersey to compete in the Eastern Collegiate Racquetball Regional Championships. The team showed great success at these regionals with two members placing second in their divisions.

**Cricket:** The team travelled to Nationals in Fort Lauderdale, FL this year and raised their ranking from 19th to 8th in the country. They advanced all the way to the quarterfinals, which was the first time in team history that they had made it past the group stage at a tournament.

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**CLUB SPORTS**

**GROUP FITNESS SUMMER SCHEDULE**

**MAY 8 – SEPTEMBER 1, CHECK WEBSITE FOR UP-TO-DATE SCHEDULES**

**Note:** There will be no classes on May 29 (Memorial Day), July 4 (Independence Day) or May 22 - 26 while the CRC is closed for facility maintenance and cleaning. There will also be no noon classes the week of July 3-7.

**LEARN TO LIFT**

This is a hands-on, instructional program. Each meeting the personal trainers will introduce a variety of different exercises. Various progressions and safety tips will be provided to help improve form and get the most out of the exercises. All levels are welcome, whether you have never done resistance-based training or are looking to improve your technique.

This class will meet Thursday’s 12-12:45pm in the CRC meeting room/fitness center.

**Summer 2017 Dates and Topics**

- **Thurs, June 7 - Lower Body**
- **Thurs, June 14 - Upper Body**
- **Thurs, June 21 - Upper Body**
- **Thurs, June 28 - Total Body**

**Registration Fees:** $25 for students and $35 for faculty/staff/CRC members.

**Register Online:** www.uml.edu/fitness

FMI on Fitness Programs visit: uml.edu/fitness or contact: Diana_Davis@uml.edu | 978.934.6475

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**YOGA**

5:00 – 5:55pm  
w/ Martha  
Rm. 158

YOGA  
5:00 – 5:55pm  
w/ Martha  
Rm. 158

**MORNING FITNESS**

STARTS IN JUNE*

7 - 7:45am

**ZUMBA**

12 - 12:45pm  
w/ Breanna  
Studio 1

**TABATA**

12 - 12:45pm  
w/ Kassandra  
Studio 1

**KICKBOX**

5:30 - 6:25pm  
w/ Kassandra  
Studio 1

**IGNITE STRENGTH**

5:30 - 6:25pm  
w/ Mariam  
Studio 1

**SPIN**

5:30 - 6:25pm  
w/ Anna  
Studio 2

**YOGA**

5:30 - 6:25pm  
w/ Kim  
Studio 1

**ZUMBA**

5:30 - 6:25pm  
w/ Breanna/Mariam  
Studio 1

**YOGA**

12-12:45am  
w/ Diana  
Studio 2

**TABATA**

12 - 12:45pm  
w/ Julianne  
Studio 2

*Tuesday early morning classes from 7-7:45am will change each month starting in June:

- June: Spin w/ Julianne; July: Tabata with Anna; August: Ignite Strength w/Kassandra

**Note:** There will be no classes on May 29 (Memorial Day), July 4 (Independence Day) or May 22 - 26 while the CRC is closed for facility maintenance and cleaning. There will also be no noon classes the week of July 3-7.

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**FITNESS & WELLNESS**

**FMI on Fitness Programs visit:**  
uml.edu/fitness or contact:  
Diana_Davis@uml.edu | 978.934.6475
**FREE WHEELERS BIKE SHARE**

**THE FASTEST WAY AROUND CAMPUS**

Free Wheelers provide free bicycles for students, faculty and staff and you only need to register once! Checkout a Free Wheeler, helmet and lock for the day from any of our checkout stations. Register and view which locations have bikes available at: uml.edu/getafreewheeler.

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**SUMMER HOURS**

May - August (only @ CRC)

Monday - Friday: 6:30am - 7pm
Saturday - Sunday: 10am - 4pm

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**SUMMER RENTAL OPTIONS**

UMass Lowell students who will be around campus this summer are able to rent a Free Wheeler for the entire summer!

The rental fee includes a bike with headlights, a lock, and a helmet.

**Price:** $75 for entire summer

**For more info:** email Kevin_Soleil@uml.edu.

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**UMASS LOWELL BIKE SHOP**

**LOCATED ON 2ND FLOOR IN CRC | 978.934.6797**

We are a full-service bicycle repair center that offers services to fit all of your bicycle needs. Our mission is to offer a low-cost bicycle repair and maintenance service along with encouraging bicycling on campus.

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**ONE-STOP SHOP**

- Repairs
- Tune-ups & Free Assessments
- New & used bike sales
- Parts sales
- We accept donated bikes!

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**SUMMER HOURS: MAY – AUGUST**

Monday - Thursday: 3 - 7pm / Friday: 1 - 5pm
Contact: (978) 934 - 6797

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**DIY STAND TIME**

We offer free do it yourself “DIY” stand time during our open hours to I students, faculty and staff. DIY stand time is a great way to gain hands on mechanical experience on your bike as well as save some money on repairs. Bike shop staff will help you perform an initial assessment and help you get oriented to the shop.