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

This issue includes information on the following areas:

- Group Fitness Schedule
- Facility Renovations
- ReckKids Summer Camp
- Club Sport Highlights
- Intramural Sports Champions
- UMass Lowell Kayak Center
- Bicycle & Outdoor Programs

CRC SUMMER HOURS

May 5 - August 31
Mon - Fri: 6:30am - 9pm
Sat & Sun: 10am - 4pm

May 5 - August 31
Memorial Day
Mon, 5/28: Closed

Independence Day
Wed, 7/4: Closed

KAYAK CENTER SUMMER HOURS

June 1 - September 4
Mon - Fri: 3 - 8pm
Sat & Sun: 10am - 8pm

Independence Day
Tue, 7/4: 10am - 8pm

Labor Day Weekend
Sat - Sun, 9/2 - 9/3: 10am - 8pm
Mon, 9/3: 10am - 8pm

CAMPUS RECREATION CENTER RENOVATIONS

The Campus Recreation Center will be undergoing several renovations inside our facility starting in the summer of 2018. For more information please view our facility updates section in this newsletter or view the most updated information on our website at: www.uml.edu/campusrec or follow us on Twitter @umlcrcupdates.

SUMMER 2018 NEWSLETTER

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

This issue includes information on the following areas:

- Group Fitness Schedule
- Facility Renovations
- ReckKids Summer Camp
- Club Sport Highlights
- Intramural Sports Champions
- UMass Lowell Kayak Center
- Bicycle & Outdoor Programs

UML Campus Recreation Center
322 Aiken Street
Lowell, MA 01854
978-934-5080
CAMPUS RECREATION CENTER RENOVATIONS

There are several renovation projects starting this summer in the CRC. Below is a list of impacts to our members. Please refer to our website for all project updates.

New Outdoor Center & Bike Shop: We are moving from the second floor of the CRC to 5-2 Lawrence Drive in May. The phone number will remain 978-934-6797. If you have any questions about this new space, please contact Kevin_Soleil@uml.edu.

CRC Fitness Center: We will be replacing the fitness center floor this summer and expect the fitness center to be closed mid-May through mid-June. The Riverview Fitness Center (RFC) on South Campus will be open to our members while the CRC Fitness Center is closed; we will announce these dates on our website when confirmed. The RFC is located at 1291 Middlesex Street in Lowell. There are 2 entrances to the RFC off of Middlesex Street, one to the right of 1301 Middlesex Street and the other shares the same driveway as the Palms Car Wash. The exit is only near the carwash.

Meeting Room: Our meeting room is being renovated this summer. We will be replacing the floor and adding more modular furniture. The A/V has already been upgraded allowing users to connect their laptops wirelessly to our projector. Groups who are looking to reserve this space can do so at: www.uml.edu/bookit.

Atrium: We will be conducting a study this summer to look at our Atrium and how to best optimize this space and usage.

ANNUAL FACILITY MAINTENANCE AND CLEANING

The CRC will be closed May 21-25 for facility cleaning & wood floor resurfacing. The basketball courts will be closed May 21-28. Please check website for any updates.

RIVERVIEW FITNESS CENTER – SOUTH CAMPUS

The RFC will open when the CRC is closed May 21-25. The RFC will also open when the CRC fitness center is closed for floor replacement (check website for specific dates).

CAMPUS RECREATION COMPLEX

This spring our new Recreation Complex opened for our Intramural and Club Sports programs. When the complex is fully operational later this year, we will announce drop-in open recreation times on our website. A valid UML ID is needed to gain access. Anyone with access can also make an online reservation for a tennis court. Members can bring up to 2 guests each day, but guests must bring a valid picture ID showing they are 18+ and pay the $10 guest fee inside the CRC. Check website for all guest and tennis court reservation policies.

FMI on Campus Recreation, visit:
uml.edu/campusrec or contact:
Peter_Murray@uml.edu | 978.934.2327

SPRING 2018 CHAMPIONS CONTINUED

3v3 Basketball - Rockets
3-Point Contest - Channatra Kum
Slam Dunk Contest - Jake Bonvie
Broomball - The Raging Funts

5K Road Race (Women’s) - 1st Place: Allison Daly (24:51); 2nd Place: Annalee Hienda-Aho (25:53); 3rd Place: Sydney Sunnerberg (27:06)
5K Road Race (Men’s) - 1st Place: Shea Cruikshank (18:08), 2nd Place: Zakana Attioni (18:21); 3rd Place: Samuel Munnely (18:29)

FMI on Intramural Sports visit:
uml.edu/intramurals or contact
Johnathan_Luk@uml.edu | 978.934.2393
**SPRING 2018 INTRAMURAL CHAMPIONS**

- **2V2 BADMINTON TOURNEY**
  - BADMINTON

- **PING PONG TOURNAMENT**
  - SHYAMAL UPADHYAY

- **WOMEN’S BASKETBALL**
  - DUNKIN’ DONUTS

- **VOLLEYBALL B**
  - SCHLIGHT WORK BABY

- **TENNIS - DOUBLES**
  - SMASH BROS

- **3-POINT KNOCKOUT**
  - RYAN BROWN

---

**GROUP FITNESS SUMMER SCHEDULE**

**CHECK WEBSITE FOR UP-TO-DATE SCHEDULES**

**MAY SCHEDULE: MAY 14 – JUNE 1**

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>REC CENTER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| **IGNITE STRENGTH** | Noon - 1:45pm  w/ Julianne | Studio 3  Hustle and Muscle! |
| **IGNITE H.I.I.T.** | Noon - 12:45pm  w/ Julianne | Studio 2  Sprint the Intense Intervals! |
| **YOGA** | 5:30 - 6:25pm  w/ Kim | Studio 1  Restore your mind, Forget the grind! |
| **KICKBOX** | Noon - 12:45pm  w/ Rebecca | Studio 1  Knockout and Rockout! |
| **IGNITE H.I.I.T.** | Noon - 12:45pm  w/ Emily | Studio 1  Sprint the Intense Intervals! |
| **SPIN** | 5:30 - 6:25pm  w/ Emily | Studio 2  Pedal to the Metal! |

---

**JUNE SCHEDULE: JUNE 4 – 29**

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>REC CENTER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| **IGNITE STRENGTH** | Noon - 1:45pm  w/ Julianne | Studio 3  Hustle and Muscle! |
| **IGNITE H.I.I.T.** | Noon - 12:45pm  w/ Julianne | Studio 2  Sprint the Intense Intervals! |
| **YOGA** | 5:30 - 6:25pm  w/ Kim | Studio 1  Restore your mind, Forget the grind! |
| **KICKBOX** | Noon - 12:45pm  w/ Rebecca | Studio 1  Knockout and Rockout! |
| **IGNITE STRENGTH** | Noon - 12:45pm  w/ Emily | Studio 1  Sprint the Intense Intervals! |
| **SPIN** | 5:30 - 6:25pm  w/ Emily | Studio 2  Pedal to the Metal! |

---

Note: There will also be no classes the week of July 3–7. Check website for updated class schedules including July & August schedules.

---

FMI on Fitness Programs visit: uml.edu/fitness or contact: Diana_Davis@uml.edu | 978.934.6475
**RECKIDS SUMMER CAMP 2018**

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 20 in the CRC and includes info session, facility tour and staff meet and greet. Register online @uml.edu/reckids.

**CAMP SESSIONS**

- Session 1: July 9 - 13
- Session 2: July 16 - 20
- Session 3: July 23 - 27
- Session 4: July 30 - August 3

**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.

Men's Rugby did not let the long winter slow them down winning 8 of their last 10 matches, going undefeated in the Bentley Round Robin and brought home the Cherry Blossom 7’s trophy from Washington, D.C. To end the year they finished 2nd in both the UNH 7’s and RNE 7’s and hosted their annual Alumni Game on April 28.

Ski & Snowboard is a new Club Sport that allows students to build friendships and memories on the mountain and hope to compete in mountain competitions in the future. Starting this spring, the Ski & Snowboard club went to Ragged Mountain and based on that success will plan more trips in the coming school year.

Men's Soccer finished their season with a record of 4-2-5 and clinched a spot in the regional playoffs which will be hosted at the new UML Recreation Complex. Team captain and club president, Christian Figueroa will graduate this year but feels this was “an experience I am grateful for and will truly miss.”

Softball kicked off their inaugural 2017 season winning their first 6 games against Harvard and Merrimack. Despite ending on a losing streak, the strong start and continual improvement has everyone excited for next year!

Track & Field had a stellar spring season despite the weather and only competing in 4 meets. Men and Women totaled 9 first place finishes, including the 100M and 200M at the Harvard Invitational, and they also finished 3rd overall at the Northeast Invitational.

Men's Hockey had one of their best seasons on record finishing 15-8-1 despite missing out on a spot in the ACHA Nationals, losing in the Northeast D2 Quarterfinals. The team is returning several leaders and are already excited for next season.

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
Backyard Sports focused on competing in everyone’s favorite lawn games: Cornhole, Spikeball, KanJam, Bocce and many more. The team hopes to compete in local tournaments and bring the UML community closer together.

Badminton has worked hard to learn and build upon skills together and recently took down the two-time reigning champions to win the Division 2B Yonex Eastern Collegiate Team Badminton Championship in Queens, NY.

Men’s Basketball finished one spot short of making playoffs but had one of their strongest seasons with a 15-8-1 record and winning 8 of their last 10 games.

Cheer showcased their routines at home athletic events and hosted a youth cheer clinic. They also placed 4th in the Division I Intermediate All-Girl NCA Collegiate Cheer Championship.

Golf is starting to sustain and build their own identity with a 3rd place finish in the fall and a 1st place finish in the Northern NE Regional April 7-8.

Men’s Volleyball found their groove late in the season to clinch a Nationals birth. They traveled to St. Louis April 11-15 and finished 5th in their division. The team is excited about how they finished and is looking forward to next year.

Women’s Lacrosse’s fall ball ended with a record of 2-2, however the team erupted out of the gate this spring season winning their first 4 games. Even though the ladies were on a mini-losing skid, they ended on a high note winning their final game of the season against Harvard 9-4.

Men’s Lacrosse finished with a record of 5-3, winning their final 2 games against Connecticut College and BC. Despite trailing BC 9-6 in the 4th quarter, they showed great composure scoring 4 straight goals and netting the game winner with only 7 seconds left to win 10-9.

CLUB SPORTS HIGHLIGHTS 2017–2018

CONTACT INFO
500 Pawtucket Blvd. Lowell, MA 01854
Kayak Center Phone: 978-995-2362 / Office Phone: 978-934-1932
View current prices and dates at: www.uml.edu/kayakcenter

2018 RENTAL HOURS: JUNE 1 – SEPTEMBER 4
• Monday - Friday: 3 - 8pm
• Saturday - Sunday: 10am - 8pm

RENTALS AND SHUTTLE SERVICE
• Hourly Public Rentals: $15 per single and $25 per tandem
• Weekly Saturday 11am Merrimack River shuttle service ($35) transports you upstream for a 3-hour float back to the Kayak Center!
• Discounts for students, faculty, staff, alumni or groups of 8 or more!

WEEKLY RENTAL SPECIALS
• Two-for-Tuesdays: Get two hour rentals for the price of one, every Tuesday.
• What’s SUP Wednesdays: Rent a SUP for 1/2 price up to 4hrs every Wednesday.
• Tandem Thursdays: Rent a tandem kayak for price of a single (< 4hrs) every Thursday.
• Free-Friend Friday: Returners bring a new friend for free (<2hrs) every Friday.

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 – SUNDAY JUNE 17
3 Sessions: 9am-12pm, 12:30-3:30pm or 4-7pm: Free for all volunteers!

Help us clean up the Merrimack River in this fun, community service-style event. Choose time slot that works best for you. Registration includes instruction, boat rental, and clean-up equipment for event.

FMI on the UMass Lowell Kayak Center, visit: uml.edu/kayakcenter or contact: Kayakcenter@uml.edu
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 available bikes at: uml.edu/getafreewheeler.

**SUMMER HOURS**

May 8 - September 4  
(only available @ CRC)  
Monday - Friday: 6:30am - 7pm  
Saturday - Sunday: 10am - 4pm

**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 May 14 - August 24  

For more info email: Freewheelers@uml.edu.

FMI on Free Wheelers visit: uml.edu/bike or contact: Freewheelers@uml.edu | 978.934.1932