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

This issue includes information in the following areas:

- Fitness & Wellness Programs
- Learn To Programs
- Facility Hours
- Outdoor & Bicycle Programs
- Intramural & Club Sports
- Summer Programs Preview
FINALS WEEK GROUP FITNESS SCHEDULE
DECEMBER 18 - 21

MON
IGNITE H.I.I.T. 12 - 12:45pm w/ Kassandra Studio 2
Zumba 5:30 - 6:25pm w/ Mariam Studio 1
ABS, BUTT & CORE 5:30 - 6:25pm w/ Diana Studio 1
Yoga 6:30 - 7:25pm w/ Kim Studio 1

TUE
IGNITE H.I.I.T. 12 - 12:45pm w/ Diana Studio 1
Kickbox 5:30 - 6:25pm w/ Kassandra Studio 1
IGNITE Strength 5:30 - 6:25pm w/ Julianne Studio 3
Yoga 6:30 - 7:25pm w/ Diana Studio 1

WED
Zumba 12 - 12:45pm w/ Diana Studio 1
Speed & Strength 12 - 12:45pm w/ Kassandra Studio 1
Yoga 12 - 12:45pm w/ Martha Studio 1

THU
Yoga 6:30 - 7:25pm w/ Kassandra Studio 1

WINTER BREAK GROUP FITNESS SCHEDULE
JANUARY 10 - 19

MON
Yoga 4:30 - 5:25pm w/ Diana RIV. 158
Core & Strength 4:30 - 5:15pm w/ Julianne RIV. 158

TUE
Yoga 6:30 - 7:25pm w/ Diana RIV. 154/156

FRI
IGNITE Strength 12 - 12:45pm w/ Julianne Studio 3
IGNITE Strength 12 - 12:45pm w/ Diana Studio 1
IGNITE H.I.I.T. 12 - 12:45pm w/ Julianne Studio 3
Zumba 5:30 - 6:25pm w/ Kassandra Studio 1

GROUP FITNESS

RECKIDS SUMMER CAMP

Reckids is a recreational camp that is designed for children ages 6-12. Campers participate in activities such as swimming, arts and crafts, sports, fitness, kayaking, field trips, and theme days. Parent orientation will be on Wed. June 20 at 6pm in CRC.

2018 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
Drop off: 7:30 - 8am
Pick up: 4 - 4:30pm
After care: 4 - 5:30pm (extra fee)

KAYAK CENTER

Opens Friday, June 1 for the 2018 season! For info on dates and current pricing, please visit: www.uml.edu/kayakcenter.

PROGRAMS & SERVICES:
- Kayak, canoe, and stand up paddle board rentals
- Kayak tours and events
- Custom, group & service programs
- Kayak and stand up paddle board instructional programs
- Boat sales

FMI on the Kayak Center or Reckids Summer Camp
Visit: uml.edu/kayakcenter
Visit: uml.edu/reckids
CPR CLASSES
We offer American Red Cross CPR classes for the Lay Responder each semester.
Dates: Saturday, Feb. 3 or Sunday, Mar. 25, 11am - 3pm (held inside CRC)
Registration Fees: $85/person (includes CPR/AED & First Aid).

BALLROOM DANCE LESSONS
Our Ballroom Dance Club teaches beginner Ballroom Dance Lessons each semester inside the CRC. Lessons run for 8 weeks each session.
Dates: Thursdays, Feb. 1 - Mar. 29, 7:30-8:30pm in CRC Studio 1, no class on Mar. 15.
Registration Fees: $25/student, $40/faculty or staff, $55/community member

ADULT SWIM LESSONS – SPRING SESSION
The CRC offers swim lessons for children and adults. All classes are held at Costello Pool on North Campus, on Saturday mornings for 8 weeks each session. Check website for times of each level.
Registration Fees: $120 per person. General registration opens Dec. 18.

REGISTRATION INFO
Register @www.uml.edu/learnto or register in person at the CRC.
FMI on Learn To Programs:
Visit: uml.edu/learnto
Justin.Lawler@uml.edu | 978.934.2332

WOMEN CRUSH WEIGHTS
This 5 week program is designed to help women gain confidence and knowledge with resistance-based training.
Program includes 5-week weight lifting program, that can be completed with trainers and on your own time, videos showing exercise form, and nutrition advice.
Dates: Wednesdays, 5:30-6:30pm @ CRC, Feb. 7 - Mar. 7.
Registration Fees: $20/student, $40/faculty, staff, or CRC member.

NBA COMBINE
Come compete like the pro's do! Prizes are awarded for individual events and a grand prize for the overall winners. Events include: bench press, agility drills, vertical jump, and 3-point to baseline sprint.
Date: Wednesday. March 21, 4:30-6pm @CRC Basketball Courts. Free! Register on-site.

START STRONG FITNESS PROGRAM
This 4-week program is designed to help you start your year off on a good note. You will receive a fitness assessment at the start and finish of the program to help you track progress. Our fitness staff will provide workouts and weekly challenges. Be prepared to Start Strong! Any registered participant that finishes the program and attends all the sessions will receive custom UML Campus Recreation Fitness apparel!
Dates: Thursdays, 5:30-6:30pm @ CRC, Feb. 1 - 22.
Registration Fees: $30/student, $50/faculty, staff, or CRC member.

FMI on Fitness Programs
Visit: uml.edu/fitness
Diana.Davis@uml.edu | 978.934.6475
## Spring 2018 Trip Calendar

<table>
<thead>
<tr>
<th>TRIP</th>
<th>DATE(S)</th>
<th>LOCATION</th>
<th>PRICE (STUDENT / GUEST)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belknap Mtn. Winter Hiking Skills</td>
<td>Feb. 10</td>
<td>Laconia, NH</td>
<td>$15 / $30</td>
</tr>
<tr>
<td>Ice Climbing</td>
<td>Feb. 11</td>
<td>North Conway, NH</td>
<td>$65 / $100</td>
</tr>
<tr>
<td>Indoor Rock Climbing</td>
<td>Feb. 13, 27   or Mar. 27</td>
<td>Boston Rock Gym, Woburn, MA</td>
<td>$10 / $15</td>
</tr>
<tr>
<td>Downhill Ski &amp; Snowboard</td>
<td>Feb. 18</td>
<td>Crotched Mountain, NH</td>
<td>$40 / $50</td>
</tr>
<tr>
<td>Monadnock Winter Hiking Skills</td>
<td>Feb. 24</td>
<td>Jaffrey, NH</td>
<td>$15 / $30</td>
</tr>
<tr>
<td>Cross Country Skiing</td>
<td>Feb. 25</td>
<td>Windblown, NH</td>
<td>$40 / $85</td>
</tr>
<tr>
<td>Women's Indoor Climbing</td>
<td>Feb. 28</td>
<td>Boston Rock Gym, Woburn MA</td>
<td>$10 / $15</td>
</tr>
<tr>
<td>Ski &amp; Snowboard Overnight</td>
<td>Mar. 23-25</td>
<td>Killington, VT</td>
<td>$195 / $250</td>
</tr>
<tr>
<td>Mt. Moosilauke Winter Hike</td>
<td>Mar. 31</td>
<td>Lincoln, NH</td>
<td>$15 / $30</td>
</tr>
<tr>
<td>Beginner Outdoor Rock Climbing</td>
<td>Apr. 7</td>
<td>Gloucester, MA</td>
<td>$15 / $45</td>
</tr>
<tr>
<td>Women's Day Hike</td>
<td>Apr. 14</td>
<td>Mt. Wachusett, MA</td>
<td>$15 / $30</td>
</tr>
<tr>
<td>Marathon Midnight Bike Ride</td>
<td>Apr. 15-16</td>
<td>Boston, MA</td>
<td>$10 / $30</td>
</tr>
<tr>
<td>Mount Madison Day Hike</td>
<td>Apr. 21</td>
<td>Gorham, NH</td>
<td>$15 / $30</td>
</tr>
<tr>
<td>Women's Sunset Paddle</td>
<td>Apr. 24</td>
<td>Lowell, MA</td>
<td>$10 / $30</td>
</tr>
<tr>
<td>Skydiving Trip</td>
<td>Apr. 28</td>
<td>Orange, MA</td>
<td>$195 / $275</td>
</tr>
<tr>
<td>Surfing Trip</td>
<td>Apr. 29</td>
<td>Narragansett, RI</td>
<td>$25 / $40</td>
</tr>
<tr>
<td>Winter Break Florida Sea Kayaking</td>
<td>Dec. 28 - Jan 8</td>
<td>Everglades, FL</td>
<td>$375 / $575</td>
</tr>
<tr>
<td>Wilderness First Responder</td>
<td>Jan 13 - 20</td>
<td>CRC, Lowell, MA</td>
<td>$500 / $550</td>
</tr>
<tr>
<td>Spring Break Southwest Adventure</td>
<td>Mar. 10-17</td>
<td>Grand Canyon, AZ Zion, UT</td>
<td>$750 / No Guests</td>
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</tbody>
</table>

## Featured Trips & Programs

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Skiing was a new addition to Club Sports this fall and with a record of 7-5 the team did not disappoint on or off the field. With such a young team, we are enthusiastic to see continued growth and development. The team continues their year-long season in early March.

Hockey volunteered at Hopeful Journeys, a non-profit education center for people with mental disabilities, participating at the program’s annual fall carnival fundraiser helping with set up and managing some of the activities. The men’s fall record currently stands at 6-4-1-1 with four games remaining.

Rowing men’s varsity 8+ kicked off the racing season by earning a bronze medal at the Textile River Regatta while defeating the defending NE Champions. The season continued to progress strongly as the women’s 4+ finished 13th at the Charles, earning an automatic bid for 2018. The fall season concluded at home with victories over UNH and Wentworth for the men and Merrimack and Endicott for the women.

Track & Field had cross-country runners at the Harvard Invitational & NIRCA Regionals in Milton, NY and finished off the fall with indoor meets at UMass Boston & Plymouth State in December. The team helped to "can" hunger by donating 165 non-perishable food items to the annual Club Sport Food Drive. In all, Club Sports donated 149lbs to the Merrimack Valley Food Bank just in time for the Thanksgiving holiday!

Men's Rugby finished the fall with a record of 5-3 advancing to the USA Rugby Nationals play-in game. The men lost to Norwich University in a close match prompting the team to begin training for 7’s season just two days after the tournament loss. The team began a relationship with the Boys and Girls Club of Greater Lowell to collect and donate 60 backpacks overflowing with school supplies.

Tennis competed in the SNHU Club Tennis Penmen Classic Tournament at Hampshire Hills Athletic Club, and swept the competition finishing first overall. UNE, Bryant and Brandeis were no match for our young and talented team. With such a young team, club tennis heads into their winter break with optimism for the spring season!
Fall 2017 Highlights

Baseball is a member of the New England Club Baseball Association and completed their 3rd season with a record of 5-7. This is their best finish in team history and they only missed the playoffs by one game.

Billiards ran the table at the annual MA Intercollegiate Billiards Association 8-ball singles tournament. The veteran team picked up right where they left off last season successfully taking home the 8-ball trophy 2 years in a row!

Men’s & Women’s Soccer competed in the NIRSA Region 1 League for the 3rd year. Women’s Soccer finished out their season with a record of 2-7-1. The men finished their season with a record of 3-0-3, missing the regional playoffs by only one game.

River Hawk Spotlight
Cheerleading & Dance

As the River Hawk basketball season starts, the Dance and Cheer teams met in the Tsongas Center for media day. Head and action shots were taken by John Corneau (Instagram: photosbyjb27). The women are excited to perform and represent River Hawk pride during home games.

UML Bike Shop

The bike shop will be closed for Winter Break, but you can call for an appointment at 978-934-6797. The bike shop will reopen for the spring semester on January 22.

Spring 2018 Bicycle Programs

Our programs are a great opportunity to learn new skills, meet new people, and support the campus cycling community. Open to all levels! Register@uml.edu/bike.

Programs and Dates:

<table>
<thead>
<tr>
<th>Program</th>
<th>Date(s)</th>
<th>Time(s)</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bike Basics Workshops</td>
<td>Mar. 22, Apr. 19</td>
<td>7-9pm</td>
<td>CRC</td>
<td>FREE</td>
</tr>
<tr>
<td>Bike Commuter Basics Luncheon</td>
<td>Mar. 29</td>
<td>Noon-1pm</td>
<td>McGauvan Rm. TBD</td>
<td>FREE</td>
</tr>
<tr>
<td>Smart Cycling Workshop</td>
<td>Apr. 6</td>
<td>1-5pm</td>
<td>CRC</td>
<td>FREE</td>
</tr>
</tbody>
</table>

Used Bike Drive

Donate your old or unused adult bicycle to be refurbished and provided to a student in need at the cost of repairs. Drop off your bike to the Campus Rec. Center Monday-Friday between 3-7pm, December 1-21 or January 22 - February 28. We can even pick up your bike if you live within 30 minutes of Lowell, just contact us at 978-934-6797!

Free Wheeler Bike Share

Free daily bicycle rentals 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 five checkout stations across campus. Semester rental option is $50, March 1 - May 3.

Availability
Open until Dec. 20, 2017, or weather permitting

Weekday Hours
CRC & Riverview FC
6:30AM - 7PM*
*Libraries: 8am - 7pm (Fri. close @ 5pm)
*U-Crossing: 8am-6:30pm

Weekend Hours
CRC & Riverview FC
10AM - 4PM*
* Libraries: Closed weekends
* U-Crossing: Sat: 9am-6:30pm / Sun: Closed

Free Wheeler App
@uml.edu/getafreewheeler

FMI on Bicycle Programs
Visit: uml.edu/bike
Freewheelers@uml.edu | 978.934.1932

FMI on Club Sports:
Visit: uml.edu/clubsports
Nicholas_Lowery@uml.edu | 978.934.2308
**FALL 2017 INTRAMURAL CHAMPIONS**

**Volleyball A League** - F4Z3LS5
**Volleyball B League** - MCC Team
**Volleyball C League** - Don’t Bump Us Up

**Flag Football A League** - Bohica
**Flag Football B League** - Tuna Town

**Ultimate A League** - Hammers Only
**Ultimate B League** - Disc FeelS

**8-Ball Pool** - Anh Nguyen
**Wallyball** - GAINZ

**3v3 Outdoor Basketball** - Team Next

**Champions Not Shown Above**

**Volleyball A League** - F4Z3LS5
**Volleyball C League** - Don’t Bump Us Up
**Flag Football B League** - Tuna Town
**Ultimate A League** - Hammers Only
**8-Ball Pool** - Anh Nguyen
**Wallyball** - GAINZ

**3v3 Outdoor Basketball** - Team Next

**Champion of Champions** - Terror Squad

**SPRING 2018 INTRAMURAL SPORTS PROGRAMS**

**3RD QUARTER**

**REGISTER BY THU. FEB. 1**

**CAPTAIN’S MEETING 7PM @ CRC**

<table>
<thead>
<tr>
<th>LEAGUES</th>
<th>TOURNAMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>5v5 Basketball</td>
<td>Squash &amp; Racquetball - Feb. 7, 6pm @ CRC</td>
</tr>
<tr>
<td>5v5 Women’s Basketball</td>
<td>2v2 Badminton - Feb. 16, 3pm @ CRC</td>
</tr>
<tr>
<td>6v6 Volleyball</td>
<td>Ping Pong - Feb. 21, 6pm @ CRC</td>
</tr>
<tr>
<td>6v6 Broomball</td>
<td>9-Ball Pool - Feb 28, 6pm @ CRC</td>
</tr>
<tr>
<td></td>
<td>March Madness - Mar. 21-22, 6pm @ CRC. Includes 3v3 Basketball, 3-point knockout, 3-point contest, slam dunk contest</td>
</tr>
</tbody>
</table>

**4TH QUARTER**

**REGISTER BY THU. MAR. 22**

**CAPTAIN’S MEETING 7PM @ CRC**

<table>
<thead>
<tr>
<th>LEAGUES</th>
<th>TOURNAMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 v10 Softball</td>
<td>4v4 Wiffleball - Apr. 4, 5pm @ CRC</td>
</tr>
<tr>
<td>7v7 Outdoor Soccer</td>
<td>Tennis - Apr. 11, 6pm @ CRC</td>
</tr>
<tr>
<td>7v7 Women’s Outdoor Soccer</td>
<td>Lawn Games - Apr. 18, 5pm @ CRC</td>
</tr>
<tr>
<td>5v5 Floor Hockey</td>
<td>5K Road Race - Apr. 21, 11am @ CRC</td>
</tr>
</tbody>
</table>

**YOU CAN PLAY!**

League sports are broken down by A, B, or C divisions based on skill level with “A” division being the most competitive. For gendered leagues, participants can play in the league that is most consistent with their gender identity or expression.

**FMI on Intramural Sports:**
Visit: uml.edu/Intramurals or contact: Johnathan.Luk@uml.edu | 978.934.2343