**Winter 2013-2014 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 Updates
- Winter Facility Hours
- Freewheelers Bike Share
- “Learn To” Programs
- UMass Lowell Bike Shop
- Group Fitness
- Biggest Loser Program
- Riverview Fitness Center

**CRC Winter Holiday Hours**

(12/13 - 1/18)

- Mon - Fri: 6:30am-9pm
- Sat: 9am-3pm
- Sun: Closed

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**CRC Winter Holiday Hours**

- Christmas: 12/24 - 12/25
- Martin Luther King Day: Mon, 1/20: 12pm-11pm
- CRC Closed

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**New Years**

- Tue, 12/31: 6:30am-6pm
- Wed, 1/1: CRC Closed

**Riverview Fitness Center**

Finals Week Hours (12/13 - 12/19): Mon-Fri: 6:30am-9pm; Sat: 9am-3pm; Sun: Closed

Closed for Winter Break: 12/20 - 1/18

**Costello Pool Winter Hours**

- Fri, 12/20 - Wed, 1/1: Pool Closed
- Thu, 1/2 - Fri, 1/17: Mon-Fri: 12pm-2pm / Pool Closed on weekends
- Mon, 1/20: Pool Closed
- Tue, 1/21: Spring semester pool hours begin

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

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**Registration Info - “Learn To” Dance Classes**

**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.

**Students:** $25, **Non Student Members:** $40, **Non-Members:** $55

**Note:** We do not give refunds after classes have begun!

Register Online: [www.uml.edu/learnto](http://www.uml.edu/learnto) or at the CRC Welcome Desk by appropriate deadline above.

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**Hip Hop & Jazz Dance**

You will learn the basic dance technique, the newest hip hop moves and fun choreography in this 8 week program. Each class will include dance technique drills, choreographed routines and basic conditioning exercises as well as the introduction of some other dance styles like musical theatre and contemporary dance.

**Spring 2014 Class Schedule:**

**Hip Hop & Jazz Dance:** 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.

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**REGISTRATION INFO - “Learn To” Dance Classes**

Students: $25, Non Student Members: $40, Non-Members: $55

**Note:** We do not give refunds after classes have begun!

Register Online: [www.uml.edu/learnto](http://www.uml.edu/learnto) or at the CRC Welcome Desk by appropriate deadline above.

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**FMI on our “Learn To” programs please visit:**
[www.uml.edu/learnto](http://www.uml.edu/learnto) or contact Justin Lawler at: [Justin_Lawler@uml.edu](mailto:Justin_Lawler@uml.edu) | 978.934.2332
The mission of the Outdoor Adventure Program is to support the development of healthy, balanced lifestyles for the UMass Lowell community through outdoor recreation activities. We aim to provide the university community with fun and safe experiences that develop technical skills & cultivate the personal development of our participants & student staff. Finally, we strive to foster environmental awareness & work to build a diverse & sustainable community.

### Winter 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>Winter Break Trip</td>
<td>1/13 - 1/17</td>
<td>Jackson &amp; North Conway, NH</td>
<td>$450 / $500</td>
</tr>
<tr>
<td>Night Skiing</td>
<td>2/15</td>
<td>Crotched Mountain, NH</td>
<td>$50 / $55</td>
</tr>
<tr>
<td>Beginner Ice Climbing</td>
<td>2/8</td>
<td>Auburn, MA</td>
<td>$70 / $75</td>
</tr>
<tr>
<td>Downhill Skiing</td>
<td>2/16</td>
<td>Waterville Valley, NH</td>
<td>$58 / $63</td>
</tr>
<tr>
<td>Cross Country Skiing by Lantern Light</td>
<td>2/18</td>
<td>Great Brook, Carlisle, MA</td>
<td>$28 / $33</td>
</tr>
<tr>
<td>Killington Ski Trip</td>
<td>2/21 - 2/23</td>
<td>Killington, VT</td>
<td>$270 / $295</td>
</tr>
<tr>
<td>Winter Hike</td>
<td>TBD</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>$48 / $53</td>
</tr>
<tr>
<td>Spring Break Sea Kayak Expedition</td>
<td>3/15 - 3/23</td>
<td>Baja, Mexico</td>
<td>$1500</td>
</tr>
</tbody>
</table>

### 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>S.O.L.O. Wilderness 1st Responder</td>
<td>1/2 - 1/11</td>
<td>CRC</td>
<td>$550 / $600</td>
</tr>
<tr>
<td>Biking 101</td>
<td>3/21</td>
<td>CRC</td>
<td>FREE</td>
</tr>
</tbody>
</table>

**NETA 2- Day Personal Training Certification Class**

Registration Fees: $399/person | Register by March 12, 2014

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 2014 Class Schedule:**

Saturday, April 12, 8am to 5pm and Sunday, April 13, 8am to 3pm.

**Zumba Pro Skills Certification Class**

Registration Fees: $185 early bird, $210 regular, $230 Rush | Register by April 26, 2014

Class Date: Saturday, April 27, 8am - 5pm @ CRC

Create the ultimate Zumba class experience with the Zumba Pro Skills instructor training. It’s perfect for Zumba Fitness Instructors ready to take their teaching skills to the next level! Enhance your teaching techniques and presentation skills, while learning how to strengthen bonds within your student community. This training will help you develop your own unique strengths and give your leadership skills a professional edge.

**Registration Info**

Register online at: www.uml.edu/learnto or register in person at the CRC Welcome Desk by 3/12.

**Certification Classes Continued...**

**FMI on our certification classes please visit:**

www.uml.edu/learnto or contact Justin Lawler at: Justin_Lawler@uml.edu | 978.934.2332

**FMI on the Outdoor Adventure Program please visit:**

www.uml.edu/OAP or contact Rachel Iversen at: Rachel_Iversen@uml.edu | 978.934.1932
Fall 2013 1st Quarter Intramural Champions

Champions not listed above:

7v7 Flag Football League, A Division - BOH
7v7 Flag Football League, B Division - Team Jack Edwards
7v7 Flag Football League, C Division - 13un Warriors
6v6 Co-Rec Indoor Volleyball League, B Division - Bamford and Sons
6v6 Co-Rec Indoor Volleyball League, C Division - Oldies but Goodies
6v6 $1,000 Dodgeball Tournament - Flow
5v5 Indoor Lacrosse League, A Division - Victorious Secret
5v5 Indoor Lacrosse League, B Division - Phi Kappa Sigma
Ping Pong Tournament - Vikas Kataria
5v5 Ultimate Frisbee League - Floppy Discs

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

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

Wilderness First Responder Certification Class
Registration Fees: Student - $550 / Non-Student - $600. Instructed by SOLO Wilderness Medicine.
Course Dates: January 2 - 11, 2013 @ CRC. Register by 12/21/12.

The Wilderness First Responder course is 10-days long and takes an in-depth look at responding to medical issues and emergencies in the wilderness context. Instructors teach participants standards and skills in dealing with response and assessment, musculoskeletal injuries, environmental emergencies, survival skills and soft tissue injuries. The course includes practical application scenarios. Take it to the next wilderness medical level and get certified now! No medical experience is required.

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

FMI on our Spring 2014 Intramural programs please visit: www.uml.edu/Intramurals or contact Meg Flynn at: Meghan_Flynn@uml.edu | 978.934.2393

FMI on our certification classes please visit: www.uml.edu/learnto or contact Justin Lawler at: Justin_Lawler@uml.edu | 978.934.2332
Club Sport Fall Highlights

Men’s & Women’s Rugby: The women’s team finished 4th in their conference with a 5-3 record while the men’s team hosted Bryant University in the Rugby NE Championship game on 11/9, losing 46-33 after stringing together 5 straight scores to pull within 6 points with just over 3 minutes remaining in the game. The men finished 2nd in their conference with a 6-3 record.

Congratulations to both teams who had 10 All-Conference recipients from this past season:

Women’s 1st Team - Isabelle Robinson;
Women’s 2nd Team - Ariel Bouvier, Sarah Abraham & April Blinn.
Men’s 1st Team - Matt Charest, Ethan Sturm, Rob Mazzola & Steve Diamantopoulos; Men’s 2nd Team - Pat Brank & Isaac Lucken.

Racquetball: Competed in ECRC Tournaments in Maryland on 10/4 & in Albany, NY on 10/25. Special congratulations go out to the top finishers: Tom Heighton: 1st place, Div. 1 Men’s White Division; Tristan Dale: 1st place Div. 1 Men’s Red Division; Tom & Tristan: 1st place Div. 1 Doubles Red Division; Tristan Dale & Dale Lott: 1st place Div 1 Doubles Red Division.

Rowing: Competed in the Textile Regatta on 10/6 where the Men’s Novice 4 boat won a gold medal with a time of 25:26, the Men’s Novice 8 boat won the silver medal with a time of 24:22 and the Women’s Novice 4 boat won a silver medal with a time of 29:53.

Other Notable Accomplishments: Women’s Lacrosse hosted a successful two-day clinic with 75 participants & the Ballroom Dance Club hosted a Halloween Ball with over 100 participants.

Recently Added Sport Clubs

Men’s Basketball: For more information contact: Daniel_Meas@student.uml.edu
Women’s Ultimate Frisbee: For more information contact: Marissa_Siriaco@student.uml.edu

Bike Shop Services:

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

FMI visit www.uml.edu/BikeShop or to purchase a new bike visit: bikeshop.uml.edu

Our Freewheelers bike share is closed until spring break. Please contact our Bike Shop at 978.934.1932 for rental options over the winter. FMI please visit www.uml.edu/freewheelers.
Biggest Loser Program - Spring 2014

Our Biggest Loser Program is not geared just towards people who want to lose weight. Rather our 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 for a personal trainer, attending group fitness classes, working out at the Campus Recreation Center....and much, 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!

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 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

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