

## Outdoor Adventure Program

Our experienced trip leaders take student groups on wilderness adventures to locations across the U.S. and beyond! Previous expeditions include the Grand Canyon, the Everglades and Mojave Desert National Preserve. Trips are open enrollment; sign up for the activity that interests you. Groups can also schedule a trip customized to their needs throughout the semester.

## Trips Offered

- Spring Break Expedition
- Winter Break Expedition
- Custom Adventure Trips
- Canoeing and Kayaking
- Hiking and Backpacking
- Ice Climbing
- Indoor and Outdoor Rock Climbing
- Skiing and Snowshoeing
- Sky Diving
- Surfing
- White Water Rafting

## Instructional Workshops

- Bicycle Repair
- Learn to Ride a Bike
- Basic Bike Maintenance
- Outdoor Leadership
- ACA Kayak Instructor Certification
- Wilderness First Aid and First Responder

## Learn To Programs

- Ballroom Dance
- Group Swim Lessons
- Kayak Instructional Classes
- Personal Training Certification Classes
- Group Fitness Instructor Certification Classes
- Lifeguard Recertification Classes
- CPR/AED and First Aid Certification Classes

Get the latest information at  
[uml.edu/campusrec](http://uml.edu/campusrec)



## Campus Recreation at UMass Lowell

*Helping the University community live healthier, happier lives.*



Campus Recreation Center  
East Campus  
322 Aiken Street, Lowell, MA 01854  
978-934-5080

Riverview Fitness Center  
South Campus  
1291 Middlesex Street, Lowell, MA 01851  
978-934-6476







## Campus Recreation at UMass Lowell

The Campus Recreation Center is a hub of campus life, welcoming nearly a thousand visitors daily. Campus Recreation offers a wealth of opportunities to students: instructional programs, student-run club sports, intramural competitions, workout space and equipment, group fitness classes, outdoor adventures and, possibly, a job. It's the place to find a pickup game of basketball, ping pong or pool—or just hang out.

Opened in 2002, the 65,000-square-foot Campus Recreation Center on East Campus is a state-of-the-art recreational facility designed to meet the needs of the UMass Lowell campus community. The Riverview Fitness Center on South Campus is located on the first floor of Riverview Suites Residence Hall and is open to all full time students, faculty and staff.

### Mission:

Campus Recreation is committed to excellence in supporting the development of healthier and happier lifestyles. Through experiential education we strive to teach students the importance of exercise and recreational activities in preparation for a productive, balanced and rewarding life. We offer diverse and dynamic recreational programming and facilities in order to meet the needs of our students and create a fun and connected University community.

## Campus Recreation Facilities and Services

### Campus Recreation Center (East Campus)

- Two-Floor Fitness Center
- Three Multipurpose Courts and Two Studios
- One Squash and Two Racquetball Courts
- Indoor Track (1/10 mile)
- Locker Rooms, Showers and Saunas
- Free Equipment Checkout
- Free Wheelers, Free On-Campus Bicycle Rentals
- Pool and Ping Pong Tables

### Riverview Fitness Center (South Campus)

- Over 25 Cardio Machines
- Full Selectorized Circuit
- Free Weights
- Stretching Area
- Locker Rooms and Showers
- Free Wheelers
- Free Equipment Checkout
- Sign up for Personal Training
- Open to Students, Faculty and Staff

### UMass Lowell Bike Shop

- Located on Second Floor of Campus Recreation Center
- Bicycle Repairs, New and Used Bicycle Sales
- Instructional Bike Workshops
- DIY Stand Time or w/Assistance

### UMass Lowell Bellegarde Boathouse

- Men's and Women's Rowing Program
- Summer Kayak Center (rentals & instruction)

### Club Sports (please check website for list of current clubs)

- |                       |                     |                      |
|-----------------------|---------------------|----------------------|
| • Badminton           | • Golf              | • Swim               |
| • Ballroom Dance      | • Ice Hockey        | • Tennis             |
| • Baseball            | • Ice Skating       | • Track & Field      |
| • Basketball          | • Lacrosse          | • Ultimate Frisbee   |
| • Billiards           | • Quidditch         | • Underwater Hockey  |
| • Brazilian Jiu Jitsu | • Racquetball       | • Urban Choreography |
| • Breakers            | • Rollerblading     | • Volleyball         |
| • Cheerleading        | • Rowing            |                      |
| • Cricket             | • Rugby             |                      |
| • Dance               | • Soccer            |                      |
| • Field Hockey        | • Steppin' in Unity |                      |

## Intramural Sports

(A, B and C divisions for different ability levels!)

- |                               |                          |
|-------------------------------|--------------------------|
| • Badminton                   | • Ladder Golf            |
| • Basketball                  | • 9-Ball and 8-Ball Pool |
| • Broomball                   | • Racquetball            |
| • Corn Toss                   | • Softball               |
| • \$1,000 Dodgeball           | • Sprint Triathlon       |
| • Flag Football & Powder Puff | • Squash                 |
| • Floor Hockey                | • Table Tennis           |
| • Ice Hockey                  | • Ultimate Frisbee       |
| • Indoor and Outdoor Soccer   | • Volleyball             |
| • Kan Jam                     | • Wallyball              |
| • Kickball                    | • Wiffleball             |
|                               | • 5k Road Race           |

## Fitness and Wellness Programs

- Personal Training Packages (individual or partner)
- Intro to Weightlifting
- UMass Lowell NFL Combine
- Women Crush Weights
- Group 5k Runs
- Commit to be Fit



## Group Fitness

- |                    |                                    |
|--------------------|------------------------------------|
| • Abs, Butt & Core | • POUND                            |
| • BarreCamp        | • Spin                             |
| • Ignite Strength  | • Tabata & Abs                     |
| • Insanity         | • Yoga (Beginner, Vinyasa & Power) |
| • Kickbox          | • Zumba                            |
| • Piloxing         |                                    |

## Student Employment

Over 20 different positions and internships available.

Apply online at [uml.edu/jobhawk](http://uml.edu/jobhawk)