

NO ADDITIONAL FEE FOR UNDERGRADUATES

UNDERGRADUATES

(full-time 12+ credits/semester)

**NO ADDITIONAL FEE DURING THE ACADEMIC
YEAR (FALL & SPRING SEMESTERS)**

**Membership is required to use recreation
facilities. Recreation membership includes:**

Recreation Center

including group fitness classes
and Wellness Center programs

Boyden and Totman pools

(during scheduled recreation hours)

Boyden gymnasium

(during scheduled recreation hours)

Boyden handball/squash courts

Mullins tennis courts

equipment/towel checkout

*guest privileges—members can bring
up to two guests per visit (\$10/guest/visit)*

participation in intramural sports



OUR VISION

To be among the most comprehensive,
inclusive and progressive recreation
programs in the country.

STUDENT EMPLOYMENT OPPORTUNITIES

Campus Recreation is one of the largest em-
ployers on Campus. Each semester over 200
students are hired to staff facilities and oversee
intramural programs. We are looking for enthu-
siastic individuals who enjoy working in a cus-
tomer service atmosphere.

Job opportunities: group fitness instructors,
sports officials for fall and spring, emergency
medical technician (EMT), first aid personnel,
building/facility supervisors, equipment and
member services assistants and lifeguards.

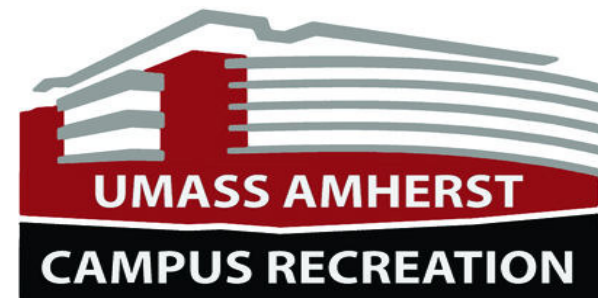
www.umass.edu/campusrec/employment
for more information about joining our team



Recreation Center
161 Commonwealth Avenue
Amherst, MA 01003

413.545.0022

www.umass.edu/campusrec



FITNESS/WELLNESS INTRAMURAL SPORTS RECREATION SPORT CLUBS



OUR MISSION

To provide sport and fitness services for stu-
dents, faculty, staff and associate members.
To encourage an active, healthy lifestyle and
to promote student development and lead-
ership.





RECREATION, INTRAMURAL SPORTS, SPORT CLUBS, FITNESS/WELLNESS



RECREATION

Highlighting the 2009-2010 academic year was the grand opening of the \$50 million Recreation Center.

This state-of-the-art facility has 20,000+ square feet of weights and cardio, a 3-court basketball gymnasium convertible to 3 volleyball courts or 9 badminton courts, a 3-lane suspended jogging/walking track & four multi-purpose activity rooms. Amenities include the Courtside Café, lounges, lockers, storage cubbies and shower facilities.

Cardio equipment: 150 cardio machines—amt trainers, arc trainers, ellipticals, rowers, summit trainer, recumbent & upright bikes, treadmills and waves.

Fitness equipment: a boxing area with heavy bags, speed bags and kickbags & stretching areas complete with medicine balls, stability balls and plyo boxes.

Selectorized & free weights: 2 selectorized circuits, 2 multi-cable gyms, bench presses & platforms, dumbbells & Smith machines. Equipment from Cybex, Hammer Strength, Iron Grip, Life Fitness, Precor, Senoh, TechnoGym (supplier to the Beijing Olympics) and Woodway highlight the outstanding equipment selection.



UMass Campus Recreation has something for everyone, whether it's intramural or sport clubs, group fitness classes, personal training or drop-in recreation for pick-up basketball, walking on the track, swimming or running on the treadmill — we offer a total recreation experience!



INTRAMURAL SPORTS

Intramural sports are organized into league play or tournaments. Most sports are offered in men's, women's and co-recreation divisions. Some designated sports are seeded by level of competition. All sports culminate in the crowning of a division campus champion.

The intramural sports program at the University of Massachusetts offers activities that promote fun and fair play. Intramurals are a great way to meet new people, relieve stress, and provide students with numerous employment opportunities throughout the academic year.

Intramural Sports: 2-ball soccer, basketball, 3-on-3 basketball, basketball shooters challenge, dodgeball, field hockey, flag football, holiday basketball, ice hockey, kickball, racquetball singles and doubles, run-'n-gun football, soccer, softball, volleyball, tennis singles and doubles and wallyball.

SPORT CLUBS

Sport clubs are recognized student organizations (RSO) chartered by the Student Government Association and co-supervised by the Center for Student Development. Sport clubs engage in intercollegiate competition, including competition with other club sports and junior varsity & varsity teams.

www.umass.edu/campusrec



Sport Clubs: alpine ski racing (men/women), baseball (men), bicycle racing (men/women), crew (men), fencing (men/women), ice hockey (women), lacrosse (men), rugby (men), rugby (women), volleyball (men), volleyball (women) and wrestling (men).

Some sport clubs provide instruction to novices.

FITNESS/WELLNESS

Campus Recreation is committed to providing activities for the total health and well-being of its members. With our extensive fitness/wellness program, everyone has the opportunity to take part in group fitness classes, such as kickboxing, hip-hop, weights and abs, cardio strength, Spinning®, Zumba®, Pilates and yoga. The Recreation Center is a certified Spinning® facility. Diverse classes are offered each semester. The schedule of classes and activities provides patrons the flexibility to come and join any class.

Come visit our nutrition advisors in the Wellness Center.

Campus Recreation also offers fee-based personal training packages for one-on-one fitness instruction.

