UMASS Recreation Center

- Groundbreaking: November 2, 2007
- Opening Date: October 30, 2009
- Official Opening Celebration: December 3, 2009
- Facility Square Footage: 120,000
  
  Square Footage Breakdown
  
  Circulation Mechanical: 41,000
  Support Space: 15,000
  Total Activity Space: 65,100
  
  Gymnasium: 20,300
  Jogging Track: 5,300
  Weights & Fitness: 21,000
  Activity Rooms: 8,000
  Wellness Center: 300
  Administrative Suite: 3,300
  Locker Rooms: 5,300
  Sports Club Resource Room: 1,600

- Cost: $50 million  (Total Construction Cost: $38.2 million)
- Architect: Sasaki Associates
- UMASS Campus Recreation staff: 12 full-time staff, 0 graduate assistants, 300+ student employees
- Recreational Management Software: CSI Software (Point of Entry, Membership, Locker, Equipment, etc.)
- Website: www.umass.edu/campusrec

Hours of Operation

<table>
<thead>
<tr>
<th>Fall &amp; Spring Semesters</th>
<th>Summer</th>
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<tr>
<td>Monday - Thursday 6am - 12midnight</td>
<td>7am - 8pm Note: Modified hours</td>
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<tr>
<td>Friday 6am - 10pm</td>
<td>7am - 8pm over breaks and</td>
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<td>Saturday 10am - 10pm</td>
<td>CLOSED holidays</td>
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<tr>
<td>Sunday 12noon - 11pm</td>
<td>CLOSED</td>
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Membership Eligibility

- Current Undergraduate Students, Amherst campus No extra fee fall or spring semester $40 / summer
- Graduate, Continuing Education & Part-time Students $100 / semester $40 / summer
- Faculty/Staff $150 / semester $40 / summer
- Retirees (Faculty/Staff) $125 / semester $40 / summer
- Affiliates (Spouse/Domestic Partner & Dependents) $125 / semester $40 / summer
- Alumni $175 / semester $40 / summer
- Guests of Members $10 per day per guest

Boyden Building & Totman Building

- UMASS Campus Recreation utilizes Boyden & Totman to provide open recreation swim time to members
- Boyden Gym: Gym court space and racquetball/squash courts are also utilized for open recreation for members

UMASS Recreation Center Amenities: (ADA compliant facility)

- Administrative Offices
  - Main Office 112: 8 offices, kitchen area, office supplies, restroom, student work area, 1 open office
  - Office 110: Human Resources Coordinator
  - Office 107A: Work area for two Recreation Repairers
- Conference Room
  - Seating for 12+
  - Within Administrative Office area
  - Smartboard Technology
- Gymnasium
  - Three courts - available for badminton, basketball, volleyball
  - Court Size: 50’ x 84’ with a minimum of 9’6” surrounding each court
  - Flooring: Wood - Connor Sports Flooring - Rezill Channell
  - Basketball Goals & Master Equipment Controller: Jaypro Sports, Inc.
  - Divider curtains can separate the three courts
  - Volleyball & Badminton System: Senoh via Sports Imports
  - Scoreboards: Nevco
- Suspended 3-lane track
  - Approximately 10 laps per mile
  - Flooring: Rubber - Mondo Sport Flex
- Group Fitness Rooms
  118/121 (primarily used for Sport Clubs & Group Fitness classes) (can be separated with partition)
210 & 215 (primarily used for Group Fitness classes)
- Cycling classes in 121
- Wrestling Mat and Wall Rack: TW Promotions Inc. - The Mat Rack System
- Flooring: Wood - Connor Sports Flooring - NeoShock
- Divider partition for 118/121: Moderco

- **Fitness Center - Cardiovascular Equipment, Resistance Training Equipment & Free Weights**
  - Includes approximately 27 televisions total on levels 2 & 3 in the cardio and free weight areas
  - Flooring: Rubber - Mondo Sport Impact
  - Resistance Training Equipment: Life Fitness, Hammer Strength & TechnoGym
  - Dumbbells: Iron Grip
  - Plates: Iron Grip & Troy
  - 46 Treadmills: Life Fitness (21), Woodway (5), TechnoGym (20)
  - 66 Ellipticals: Life Fitness (25), Precor (34), TechnoGym (7)
  - 5 Arc Trainers (Cybex)
  - 5 Rowers (Concept 2)
  - 2 Powermills (Life Fitness)
  - 1 Stairmaster
  - 14 Upright Bikes: Life Fitness (10), TechnoGym (4)
  - 14 Recumbent Bikes: Life Fitness (10), TechnoGym (4)
  - 1 Technogym Top Excite - Upper Body Ergometer

- **Courtside Café**
  - Located on 2nd level in lobby open to general public
  - Operated by University Food Services
  - Selection of items includes smoothies, salads, fruit, protein bars, sandwiches, wraps and a variety of drinks

- **Locker Rooms**
  - 756 lockers total (378 in Men’s and Women’s locker rooms)
  - Within each locker room, 60 full size and 318 half size
  - Lockers available for semester rental
  - Lockers available for daily use
  - Republic Storage Systems Canton, OH
  - 12 shower stalls in each locker room
  - Ceramic tile flooring

- **Handicapped Accessible Bathroom**

- **Conference Rooms (112 & 117)**

- **Boxing Area**
  - 2 Heavy bags and 2 speed bags (Everlast Equipment)

- **Wellness Center**
  - Nutrition Advising and print/visual resources
  - Meditation Corner

- **Hydration stations**
  - 1 on Level 1, 1 on Level 2, 2 on Level 3
  - Touch-free, hygienic
  - Filtered water

- Restrooms on each level

- **Outdoor Sports**
  - Industrial Washers/Dryers in Equipment Room area - UNIMAC

**Intramural Sports** *(check website for latest schedule)*

- **Fall Team Sports:** 2-Ball Soccer, Extreme Dodgeball, Field Hockey, Flag Football, Holiday Basketball, Kickball, Sand Volleyball, Seated Volleyball, Soccer, Spikeball, Volleyball, Wiffleball
- **Fall Singles Sports:** Badminton Singles, Bean Bag Toss, eSports FIFA 18, Punt, Pass & Kick, Racquetball Singles, Revolution Run, Table Tennis Singles, Tennis Singles
- **Spring Team Sports:** 4-on-4 Football, Basketball, Broomball, Co-Rec Soccer, Co-Rec Volleyball, Dodgeball, Floor Hockey, Softball, Speedball, Sports Trivia, Ultimate Frisbee, Wallyball
- **Spring Singles/Doubles Sports:** 3-on-3 Outdoor Basketball, Badminton Doubles, Basketball Shooter’s Challenge, Homerun Derby, Kan Jam, Racquetball Doubles, Table Tennis Doubles, Tennis Doubles
- **Extramural Sports:** Regional Basketball Tournament (Spring)

**Fitness**

- **Group Exercise classes offered (~121 per week):** 30-Minute Abs, 30-Minute Stretch, Ballet, Barre, Boot Camp, Cardio Dance, Cardio Kickboxing, Contemporary Dance, Express Spin, Insane Body Challenge, Kettleball Power, Meditation, Pilates, Qigong, Rec Spin, Spinning, Spin & Body, Spin & Core, Strength Circuits, Total Body Burn, TRX Boot Camp, Yoga (Acrobatic, BRoga®, Buti, Classical Hatha, Power Vinyasa, Vinyasa, Yin), Zumba®

**Wellness**

- Personal Training, Fitness Certifications, Nutrition Advising, Meditation Corner