SPRING 2016

RESPECT + POSITIVE ATTITUDE + INTEGRITY +
PROFESSIONALISM + CLEAR COMMUNICATION +
CONTINUOUS IMPROVEMENT

FITNESS, AQUATICS, INTRAMURAL SPORTS,
OPEN RECREATION, WATERFRONT RECREATION
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FACILITIES

Clark Pool
- 6 lanes, 25 yards wide and 25 meters long
- A diving well
- Men's & Women's locker rooms with showers

Beacon Fitness Center
- Racquetball / Squash Courts
- Free Weights
- Cardio equipment
- Machines
- Men's & women's locker rooms with showers

MEMBERSHIPS

visit (www.umb.edu/athletics/fitness_recreation/memberships) for more details

Student Memberships
- Students may join the Beacon Fitness Center at no cost. You must come to the BFC with your ID and complete the form.

Faculty and Staff Memberships
- Cost of $7.77 per pay period, prorated until June 30 ($202.00 for a full year). Bring a completed application form and staff ID to the Beacon Fitness Center.

Alumni Memberships
- Cost of $202.00 for a full year beginning July 1 ending June 30th. This cost is pro-rated and decrease bi-weekly at a rate of $7.77.

Guest Policy
- Any host can bring up to two guests into the campus recreation facilities each day.
- $10 guest fee is required for each guest and they must present a valid picture ID showing they're 18 years or older.

Community Memberships
- Include access to the Clark Athletic Center swimming pool, ice rink and gymnasium.
- Please note that Community memberships are not valid for the Beacon Fitness Center located in the McCormack Building.
- Individual Membership ($199.00)
- Family Membership ($221.00)
- Youth Membership (Must be age 16-20. Proof of age required) ($33.00)
- Senior Citizen Membership (Must be age 62 or older) ($96.50)

IMPORTANT NUMBERS

<table>
<thead>
<tr>
<th>BFC Front Desk:</th>
<th>617.287.6786</th>
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<tbody>
<tr>
<td>FAX:</td>
<td>617.287.7837</td>
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Message from the Director

Working in a college recreation setting is a privilege for the staff of UMass Boston Campus Recreation. We take great pride in actively engaging students, faculty and staff in programs that cultivate health and wellness. Campus Recreation has six core values that guide and govern our work conduct. They are: respect, positive attitude, integrity, professionalism, clear communication and continuous improvement.

“In keeping with the mission of the Athletics department and the University in their efforts to foster, promote and support student success, our mission is to provide UMB students with an inclusive, diverse and structured recreational program”. We strive to deliver students, faculty and staff the following: provide a sense of belonging/association, foster the development of friendships, raise multicultural awareness, relieve stress, promote physical fitness and improved health, and provide fun/enjoyment.

We hope you take advantage of our wide array of programs and equipment, or perhaps utilize our facilities during open recreation times in the gymnasium, ice rink or pool. Staff is always on hand to provide any assistance and to answer any questions. Enjoy!

In health,

John R. Pagliarulo
Associate Director of Athletics
Campus Recreation

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Michael Larkin
Aquatics Program Manager
Phone: 617.287.4855
E-mail: michael.larkin@umb.edu

Chris Sweeney
Director, Marine Operations/ Waterfront Recreation
Phone: 617.287.5405
E-mail: chris.sweeney@umb.edu
The University of Massachusetts Boston’s Beacon Fitness Center is dedicated to the students, alumni, staff, and faculty of UMass Boston. Here you will find a friendly, healthy environment for everybody from the beginning exerciser to the well-conditioned athlete.

Whether you are new to exercise or want to take your workouts to the next level, The Beacon Fitness Center offers programs and fitness staff that can help you reach your goals! We offer a variety of different group fitness class styles year-round. Just show up a few minutes before each class starts. It’s that simple! Instructors are trained to give exercise modifications so that beginners and regular exercises are challenged appropriately. Zumba, TRX, Total Body Conditioning, and Yoga are some of our great offerings.

We want everyone to succeed. Personal trainers, who are nationally certified, are available to help everyone reach their goals or to just get started in our fitness center. Go to www.umb.edu/athletics/fitness_recreation/beacon_fitness for more information.
"The BFC is not only a fitness center but it's my home." - Andreina Tuccella

Taking group fitness classes at the Beacon Fitness Center, has been a great experience that keeps me interested, engaged and never bored. The instructors motivate me and help me to continue my wellness journey.

Beacon fitness center equipment and facility benefits:
- Precor Treadmills and Bikes
- Precor EFX Ellipticals and AMT's
- Life Fitness Stair Masters
- Rowers
- Ergometer
- State of the art strength equipment (dumbbells, benches, kettle bells, multi-jungle and more!)
- Olympic Platforms
- 2 racquetball courts
- Multipurpose room
- Functional fitness room
- Locker rooms
- And more!

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<td>TIME: 6:00AM - 9:00PM</td>
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*All classes and hours are subject to change due to weather or other uncontrollable circumstances.
GROUP FITNESS

TRX
TRX Utilizing the TRX Suspension Trainer, you will be attending strength and conditioning style class. The exercises are varied and they are designed to build power, strength, flexibility, balance, mobility and prevent injury. The TRX Suspension trainer can be used for all ages and the exercises can be modified to accommodate participants of various fitness levels.

HITT TRAINING
HITT training is designed to give people a workout consisting of high intensity interval training. Get ready to move, burn calories and have fun!

BEACONS’ BUILD
This class will get you back to fitness and burning calories while building a lean, sculpted body with this total body workout. Beacons’ & Build incorporates intervals of cardiovascular and/or muscle conditioning to keep your body guessing!

TOTAL BODY CONDITIONING
This total body workout includes exercises with high energy, high impact session combining aerobics and toning exercises in one class. It includes strength, cardio and core in one workout. All ages and fitness levels are welcome!

EXPRESS ABS & STRENGTH
Express class designed to help you target your core stabilizing muscles! You will lift weights while focusing on abs as the core of each exercise.

YOGA
These classes integrate stretching, strengthening, and balance with breathing and meditation. It’s a great class for practitioners of all levels, including those with special considerations.

VINYASA YOGA
Breath-synchronized movement. This class offers a style of yoga that links powerful breath with dynamic, flowing movements from one pose to another. Variations in the sun salutations are often used followed by standing sequences, balancing poses to cultivate strength, endurance, flexibility, balance, focus, and serenity. Beginner to intermediate. Please bring a yoga mat, towel and bottle of water!

BARRE FUSION
This class fuses the best of ballet, strength, yoga and Pilates. This class will challenge and sculpt the body without the risk of overuse injuries by allowing you to work within your own range of motion.

EXPRESS CIRCUIT TRAINING
Crunched for time? Express circuit training is only 45 minutes and you will get a blast of cardio and strength training exercises leaving you burning calories and feeling strong!

ZUMBA®
Latin inspired dance fitness class. This is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, and boosted energy.
Benefits:
- Get Started
- Personalized Program
- Learn Proper Form and Technique
- Achieve your Goals
- Accountability and Motivation
- Develop a Routine
- Maximize Workout / Minimize Time

<table>
<thead>
<tr>
<th>TRAINING:</th>
<th>ONE ON ONE TRAINING</th>
<th>BUDDY TRAINING</th>
<th>NEW SMALL GROUP TRAINING</th>
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<tbody>
<tr>
<td>SESSION &amp; FEES</td>
<td>1 session: $25</td>
<td>5 sessions: $75</td>
<td>5 Sessions: $50 Each</td>
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<tr>
<td></td>
<td>5 sessions: $90</td>
<td>10 sessions: $150</td>
<td>10 Sessions: $90 Each</td>
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5 WEEK SMALL GROUP TRAINING PROGRAM
ABDOMINAL FITNESS CHALLENGE- COMMIT TO BE FIT!
- A 30 minute individual work-out each week
- A 60 minute team workout each week
- Weekly assessments
- Prizes for competition winners
- Being held accountable by trainers
- The thrill of competing against others!
- Nutritional Guidance
- T-Shirt

CLASSES: Feb. 8th - March 11th

PRICING:
- Members $110.00
- Non-members $210.00

www.umb.edu/athletics/fitness_recreation
Intramural Sports Programming is open to all current UMB students, faculty and staff. Students choose to play and have fun for many different reasons. Some enjoy the competition, comraderie and social aspects. Others prefer the fitness benefits, stress relief and a short break from classes and studying.

When does Indoor Flag Football start? Are there any volleyball teams looking for another player? How many points did I score in my last basketball game? What is my team’s win-loss record? Answer all these questions and more by registering a player profile at WWW.IMLEAGUES.COM/UMB

Get your friends and sign up a team or join as a free agent and make new friends! Have fun!

For more information contact
Shane Conti
Intramural Program Manager
Phone: 617.287.4086
Fax: 617.287.7837
E-mail: shane.conti@umb.edu
The best part about Intramural Sports is Soccer because you can play it indoors during the Spring semester at Marina Bay Sportsplex” - Mike F.

**5V5 INDOOR SOCCER**

The Indoor 5v5 Soccer League is played on turf fields at the Marina Bay Sportsplex. This league is played on a short-sided field with many rules similar to Futsol matchplay. Players’ stats recorded for goals and saves.

**4V4 INDOOR FLAG FOOTBALL**

The Indoor Flag Football League is played at the Marina Bay Sportsplex during the spring semester. It is played on a turf field smaller than traditional outdoor flag football. This is a BRAND NEW LEAGUE. This is a fast-paced, high-scoring game. Final scores are in the 30’s and 40’s. Players’ stats recorded for touchdowns, sacks and interceptions.
5V5 BASKETBALL
The Basketball League takes place in the Clark Athletic Center. Players’ stats are recorded for points and rebounds. In past years we have had championship winners qualify to represent UMB against other top Intramural teams at NIRSA Regional Tournaments.

4V4 INDOOR VOLLEYBALL
The Indoor 4v4 Volleyball is played at the Clark Athletic Center. This program supports separate leagues for men, women and co-ed teams.

3V3 WALLYBALL
Wallyball is a fast-paced, volleyball-inspired game played 3v3 in a racquetball court. The walls and ceiling are live!

TABLE TENNIS
It’s played on the tables in the Clark Athletic Center lobby.

5V5 COED BASKETBALL
The Co-ed Basketball League takes place in the Clark Athletic Center. Player stats are recorded for points and rebounds. This league is becoming more popular among participants. Rule modifications are in place to enhance play.

BILLIARDS
It’s a traditional, 8-ball single elimination tournament for singles and doubles and is played in the Campus Center Game Room. These one-day tournaments provide the opportunity to offer special games (Break the 8) and to award prizes for winners.

DON’T FORGET TO GO TO WWW.IMLEAGUES.COM/UMB TO CHECK OUT OUR LEAGUES OR TO REGISTAR
All of our Open Recreation opportunities occur in the Clark Athletic Center on the lower level. Our staff is dedicated to maintaining open recreation space for all UMB students, faculty and staff (with current ID) to engage in various recreational activities without prior reservations. Players are encouraged to be inclusive of others during open recreation hours. Unreserved open recreation activities such as Basketball and Skating are available on a first come, first serve basis. UMB recognized groups and/or clubs are not allowed to utilize open recreation spaces or times for their activities (these groups must reserve in advance only). Times are subject to change due to special events and facility maintenance.

"I am a regular at open gym and I really like the few options open recreation has to offer. I attended the Skate Night in December and didn’t expect it to be so fun. I can’t wait for the next one.” - Chris H.
WHAT DO YOU DO IN YOUR FREE TIME ON CAMPUS?

OPEN GYM
Come out and shoot hoops or get friends together for a pickup game. Our staff provides equipment that may be check out with an ID. Monday - Friday 11:00am - 2:00pm

OPEN SKATE
This is a great opportunity to bring your own skates and skate at your leisure. usually morning times are when we offer this program. Fridays 9:00am - 10:45am

STICK AND PUCK
During this time you can bring your own skates and gear to shoot around on the nets at your leisure. this usually directly follows open skate. Fridays 10:45am - 11:45am

OPEN SKATE NIGHT EVENT
This is a great event for all UMB students, faculty and staff. This is an awesome opportunity to come skate because we provide skates for our members. this event usually is once a semester.

FOR MORE INFORMATION CONTACT
Andrew Castagna
Recreation Programming, & Marketing Coordinator
Phone: 617.287.7496
Fax: 617.287.7837
E-mail: andrew.castagna@umb.edu

Please refer to our Monthly Master Calendar on our home page to see all times and days we offer Open Recreation www.umb.edu/athletics/fitness_recreation
THE POOL IS LOCATED ON THE LOWER LEVEL OF THE CLARK ATHLETIC CENTER

The pool at UMass Boston is not only the home of water safety and recreation on campus, but it is home to twelve guards all of whom are beacons. The pool has a diverse group of staff varying in age and ethnicity that reflects the diversity of the University’s student body. Most of our guards are WSI (Water Safety Instructor) Certified and facilitate our swimming lessons throughout the year. Swimming lessons and stopping by for open swim are great opportunities to meet our staff and other peers during time off from studies or on breaks. If you have any inquiries ranging from the atmosphere of the pool to student employment opportunities, feel free to contact the pool or drop by during open hours. We are happy to answer any questions, and would be delighted to see you, together we can make a wave of smiles!

UMass Boston Aquatics is thrilled to be a resource to the community as well as a beacon in the world of Aquatics. Our ongoing mission is to be a leader in swim instruction, drowning prevention, and facility safety.

FOR MORE INFORMATION CONTACT
Michael Larkin
Aquatics Program Manager
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Fax: 617.287.7840
E-mail: michael.larkin@umb.edu

HOURS OF OPERATION

<table>
<thead>
<tr>
<th>DAY</th>
<th>MONDAY - FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
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<td>6:00AM - 8:00PM</td>
<td>10:00AM- 4:00PM</td>
<td>CLOSED</td>
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*All classes and hours are subject to change due to weather or other uncontrollable circumstances.
ADULT BEACON SWIM SCHOOL (BEGINNER & INTERMEDIATE)

Adults will have the opportunity to develop, practice and refine swimming skills in a positive water environment. Instruction will be focused on introduction to water skills, fundamental aquatic skills, stroke development, stroke improvement and stroke refinement.

**PRICING:** Fee $50

**CLASSES:** forty (40) minutes long for eight (8) consecutive weeks, meeting one (1) day per week on Tuesday, Wednesday, or Thursday*.

ADULT BEACON SWIM SCHOOL (ADVANCED)

Classes are designed for adults who pass level 5 of Beacon Swim School or have an equivalent swimming background. Class emphasis will be on improving stroke technique so students may swim with ease, and efficiency.

**PRICING:** Fee $50

**CLASSES:** Are forty (40) minutes long for eight (8) consecutive weeks, meeting one (1) day per week on Monday

YOUTH BEACON SWIM SCHOOL

This program is designed for children between the ages of 4 and 14 years of age. Children will be taught fundamental water safety and aquatic skills. Those include: orientation to the aquatic environment, basic aquatic skills, develop rudimentary propulsive skills, and to learn how to become comfortable in and around water. As children progress through classes they will have the opportunity to develop, practice, and refine swimming skills in a positive water environment.

**PRICING:** Fee $50

**CLASSES:** Are thirty (30) minutes long for eight (8) consecutive weeks, meeting one (1) day per week, Monday, Tuesday, Wednesday, Thursday, or Saturday*.

OPEN SWIM

This is a great time to come in and swim at your leisure. Open swim is offered Monday through Saturday usually twice a day. *Times may vary due to outside groups

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As a Umass Boston Aquatics supervisor the pool has been a home to me for almost two years.... My time at the pool not only serves as an on campus job, but also as a place to grow both personally and professionally. My fellow co-workers as well as the patrons make the pool an enjoyable place to work, a place I recommend checking out.”-

Christian Walkes
UMASS BOSTON MASTERS SWIM (UMBM)

Program facilitates early-morning swim workouts for competitors, as well as triathletes and fitness swimmers. Our team is a member of New England Masters Swimming (NEM) and United States Masters Swimming (USMS). UMass Boston Masters Swim is open to all swimmers regardless of your affiliation to UMass Boston.

PRICING: $50 per semester
drop-in workouts are available at a cost of $10 per day.
PRACTICES: one (1) hour long per three (3) days a week. Monday, Wednesday, Friday from 6am-7am.

AQUATIC EXERCISE

Shallow Water Blast
Churn up the white water in this high-intensity, fun shallow water class. Get your heart pumping, your muscles stretched, strengthened and toned, and your core igniting with every move, all with little to no impact on your joints and bones. Any fitness level can participate, as you will work to your own personal exertion level. TABATA interval sets will be interspersed. Varied, high-energy music will be used. Get ready to experience a high power, dynamic session of exercise that will send you back into your day full of energy and focus.

Free Demo Class
We will have a free Class for all who are interested Wednesday February 10, 2016 from 12:00PM – 1:00PM. This class will be broken up into two ½ hour sessions; 1st Shallow water starts at 12:00PM and we conclude with Deep water from 12:30PM -1:00PM.

Deep Water Fitness
Looking for a strong workout that doesn’t impact your joints at all? Dive in and discover why deep-water fitness is so popular. This high-energy deep-water class offers a full workout for all muscle groups and uses interval and TABATA sets for cardio conditioning. Participants will use aqua barbells and noodles to strengthen and tone upper body and core muscles. Any fitness level can participate, as you will work to your own personal exertion level. A midsection flotation belt is provided and must be worn in this class. Varied, high-energy music will be used. Prepare for an energized, full-body workout that is sure to rejuvenate you!

<table>
<thead>
<tr>
<th>Session 1</th>
<th>2/17 - 3/23</th>
<th>Session 2</th>
<th>3/30 - 5/4</th>
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<tbody>
<tr>
<td>Shallow</td>
<td>12:00PM - 12:45PM</td>
<td>Shallow</td>
<td>12:00PM - 12:45PM</td>
</tr>
<tr>
<td>Deep</td>
<td>1:00PM - 1:45PM</td>
<td>Deep</td>
<td>1:00PM - 1:45PM</td>
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PRICING: $60 each Per - Session
LIFEGUARD TRAINING

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

The length of a Lifeguarding course is approximately 25 hours, 20 minutes.

Certification Requirements

* Attend and participate in all class sessions
* Demonstrate competency in all required skills and activities.
* Demonstrate competency in all required final rescue skill scenarios.
* Pass both the Section 1-CPR/AED for the Professional Rescuer and First Aid and Section 2-Lifeguarding Skills final written exams with minimum grades of 80 percent.

**PRICING:**
- UMB Students or Members $200
- Non-Student or Non-Members $450

**CLASSES:** TBA

ADULT CPR/AED (3HRS)

All CPR/AED, First Aid and Lifeguarding courses are taught using the American Red Cross format. All candidates who successfully complete the course will receive a valid certification through the American Red Cross.

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<tr>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>January 23</td>
<td>8:00AM - 11:00AM</td>
<td>Clark Athletic Center</td>
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<tr>
<td>February 27</td>
<td>8:00AM - 11:00AM</td>
<td>Clark Athletic Center</td>
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<tr>
<td>March 26</td>
<td>8:00AM - 11:00AM</td>
<td>Clark Athletic Center</td>
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<tr>
<td>April 30</td>
<td>8:00AM - 11:00AM</td>
<td>Clark Athletic Center</td>
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**PRICING:** $70

**CLASS:** one (3) hour long class

“The man who is swimming against the stream knows the strength of it.”
- Woodrow Wilson
The UMass Boston Waterfront Recreation Program provides:

* “Due to the impacts of construction on campus and related accessibility upgrades taking place this season, access to our Fox Point docks will be limited. Arrangements are being made for free Kayaking and Stand-Up boarding at Carson Beach in South Boston. Students with a valid UMass Boston ID will have full access. Please stay tuned for more information.”

FOR MORE INFORMATION
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Director, Marine Operations/
Waterfront Recreation
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E-mail: chris.sweeney@umb.edu