

Sign Me Up!

Who Is Eligible?

If you are a currently MCC student enrolled in 6 credits or more, or an MCC faculty or staff member, you are eligible.

It's Easy

If you want to sign up or get more information, go to the Student Activities Office in Room 407, City Campus (X3394). On the Bedford Campus, go to the Fitness Center (X3785) to sign-up.

Rates

Student membership is \$15 per month. Students who enroll mid-semester will pay a pro-rated fee, reflective of the amount of remaining weeks for that semester. Membership fees are non-refundable.

Faculty and staff memberships are \$250 for 12 months, and may be purchased directly at the UMASS Lowell Recreation Center. Faculty/staff spouses and partners may also buy memberships at the same price.

Parking/Transportation

Street parking is very limited near the Recreation Center - first come, first serve. There is also an LRTA bus route from Middlesex to the Recreation Center, leaving every 30 minutes - the fare is \$1 each way.

Take a Tour

Still not sure you want to sign-up? Simply stop by the Recreation Center on your own time and ask for a tour. This will allow you to see the facilities first-hand, and make an informed decision.

Want More Information?

Student Activities Office
City Campus Room 407
newellr@middlesex.mass.edu
(781) 280-3394

Fitness Center
Campus Center in Bedford (Room 112)
crockettj@middlesex.mass.edu
(781) 280-3785

UML Campus Recreation Center Policies

Safety: Participants should use extreme caution with any of the fitness equipment to avoid injury to themselves or others. Ask a Fitness Assistant if you have questions or need assistance.

Attire: Proper exercise attire is required at all times, and includes shirts, tank tops, shorts, pants, and closed-toe athletic shoes. Denim jeans and sandals are not permitted.

Equipment: Please use a clean towel to wipe down the exercise equipment after each use. In addition, equipment must be returned to its appropriate storage location after each use. Please re-rack all dumbbells, barbells, and weight plates.

Free-weights: Participants must use weight collars when using barbells and weight plates. All participants performing free weight exercises are encouraged to use a spotter. If needed, a member of the fitness staff may be available for assistance.

Food/drink: No food, drink, chewing gum, tobacco, or anything comparable is allowed in the Recreation Center, except water in closed containers. No soda, coffee, or open containers are allowed.

Personal Items: All personal belongings must be secured in the locker room or in the cubbies located in the Recreation Center. The Recreation Center is not responsible for lost/stolen articles.

Cell phones: The Recreation Center prohibits the use of cell phones in all locker rooms. Patrons are allowed to carry cell phones in the activity areas, with ringers turned off. Patrons are asked to be courteous to others by using their phones in non-workout areas, such as the lobby, hallway, and gymnasium.

Hours of Operation

Monday	6:30 am - 11:00 pm
Tuesday	6:30 am - 11:00 pm
Wednesday	6:30 am - 11:00 pm
Thursday:	6:30 am - 11:00 pm
Friday	6:30 am - 9:00 pm
Saturday	9:00 am - 8:00 pm
Sunday	12:00 pm - 10:00 pm

***Please note that these hours are subject to changes and restrictions during holidays, exam weeks, school vacation, and inclement weather.*



A Fitness Invitation for Middlesex Community College



UMASS Lowell Recreation Center
100 Pawtucket St.
Lowell, MA 01854

<http://www.uml.edu/campusrecreation/>

Your Exclusive Ticket to Fitness

Middlesex Community College and UMASS Lowell have collaborated to create an amazing fitness and recreational opportunity for Middlesex Community College students, faculty, and staff.

MCC students may purchase a discounted membership to the UMASS Lowell Recreation Center. Opened in 2002, this 65,000 square foot multi-million dollar facility offers state-of-the-art fitness equipment, multiple athletic courts, studio spaces, intramural sports, and a host of available member services.

Free services (with purchased membership) available to MCC members include:

- Towel and locker service
- Fitness Orientations
- Fitness and Nutrition Workshops
- Sauna/showers
- Free equipment rentals of:

Pool tables	Badminton
Racquetball	Medicine balls
Squash	Stability balls
Basketballs	Ping pong
Jump ropes	Air hockey
Weight belts	Foosball

Other member services available to MCC members for a fee include: Personal Trainer Package, Nutrition Package, Combo Package, Partner Training, and Massage Therapy. For more detailed information about these services, including service descriptions, rates, and availability, refer to the UMASS Lowell website at:

<http://www.uml.edu/campusrecreation/>



Facilities

Fitness Center

This 65,000 square foot fitness center is filled with state-of-the-art fitness equipment that will satisfy both the inexperienced and experienced user. Stairmaster and Precor cardiovascular equipment is complemented by Bodymasters strength training equipment. Cardiovascular equipment offers individual TV monitors with DIRECTV access.

Multi-Purpose Courts

There are three multi-purpose courts for basketball, volleyball, and badminton. The courts are also used for intramural floor hockey and indoor soccer competition.

Multi-Purpose Studios

There are two multi-purpose studios on the second floor of the facility. Both studios have sound systems with wireless microphones for instructors. Aerobic-based classes such as step, cardio-kickboxing and spinning classes utilize these facilities, along with martial arts, yoga, dance, and a host of other pursuits.

Indoor Track

Surrounding the multi-purpose court is a 1/8 mile running track. The facility can be used for walking or running. The seamless track surface also boasts banked turns to assist runners through the corners.

Racquet Sports

Two racquetball courts and one squash court are available for those interested in this type of activity. All courts have glass-backed walls and upper viewing balconies so action can be viewed both from the first and second floor of the building.

Locker Rooms

Locker Room Facilities are available to all patrons of the facility. Lockers can be used on a daily basis with keys that can be checked out from the equipment issue room. Locker rooms include both showers and saunas.



Intramurals and Club Sports



Intramural/Club Sports

This facility offers incredible opportunities for Intramural Sports. Intramurals offered include:

Ice hockey	Basketball
Racquetball	Squash
Volleyball	Badminton
Tennis	Whiffleball
Softball	Ultimate frisbee
Ping-pong	Outdoor soccer
Flag football	Indoor soccer

Don't see your sport? Want to make your own team of MCC students? Then start your own Sport Club!

Visit the Student Activities Office or Bedford Fitness Center to learn more about starting your own Sports Club, and how to get involved with Intramurals.

As a member of a Sport Club in the Intramural program, you will be able to participate in inter-collegiate games and matches at the UMASS Lowell facility. You may participate in the Intramural program either as an organized team, or you may also sign up as a "free agent", which would allow you to compete as part of a "free agent" team.

Whether you participate on a team, or as a free agent, there is no shortage of recreational opportunity for most kinds of sports.



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