Cole Cycling Studio
Fitness Comes In Cycles

The Official Guide to Campus Recreation Services
Welcome to Campus Recreation Services.

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©2007 CAMPUS RECREATION™ is produced three times a year; fall, spring and summer semesters. An electronic version of this publication may be downloaded from our website: www.crs.umd.edu. Cover photography by Tony McEachern for Campus Recreation Services.
For an alternative cardio experience, try conquering the upper concourse in the Cole Student Activities Building this fall. Cole now offers you the opportunity to walk/run for wellness using the upper concourse as an indoor track.

Fitness seekers looking for a more convenient and less congested area for recreational walking/running can benefit from Cole’s safe and central location. Informal walking and running on the upper concourse is now permitted Sunday-Friday from 7pm - 11pm.

Also new in Cole this fall are Nordic™ Walking classes that are designed to improve total body fitness. These classes begin on October 15th and, along with the Group Cycling classes, are being offered through the CRS Group Fitness program (see page 13 for details).

Non-credit instructional classes such as Yoga, Meditation, and Tai Chi are also offered in Cole to help you diversify your workout activities (see pages 17-26 for details).

Take advantage of the variety of fitness and wellness programs offered by CRS this fall by visiting Cole and conquering the concourse!
CRS Memberships (Students)
All University of Maryland students are members during the semesters and Summer Sessions in which they are registered. Students registered for Fall Semester 2007 have access to CRS facilities, programs and services from August 28 - December 21, 2007. Students registered for Spring Semester 2008 have access to CRS facilities, programs and services during Winter Term and Spring semester from January 2 - May 31, 2008.

CRS Memberships (Non-Students)
In order to use campus recreation facilities - the Eppley Recreation Center (ERC), the Outdoor Aquatic Center (OAC), or Ritchie Coliseum - you must have a CRS membership. Those listed on the table below may purchase a semester membership or annual membership at the Member Services Desk. A photo ID and appropriate membership or ID card must be presented to purchase a membership.

### Membership Fees

<table>
<thead>
<tr>
<th>Type of Member</th>
<th>Fall Semester</th>
<th>Annual Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>College Park Alumni Association Member</td>
<td>$188</td>
<td>$457</td>
</tr>
<tr>
<td>Alumni Association Member Spouse or Dependents</td>
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<tr>
<td>Alumni Association Member One-Day</td>
<td>$7/Day</td>
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<tr>
<td>Emeriti/Retirees, RVSC</td>
<td>$111</td>
<td>$273</td>
</tr>
<tr>
<td>Emeriti/Retirees, RVSC Spouse</td>
<td>$111</td>
<td>$273</td>
</tr>
<tr>
<td>Faculty/Staff*</td>
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<td>$321</td>
</tr>
<tr>
<td>Faculty/Staff One-Day</td>
<td>$7/Day</td>
<td></td>
</tr>
<tr>
<td>Faculty/Staff Spouse or Dependent</td>
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<td>$321</td>
</tr>
<tr>
<td>Non-Registered Student**</td>
<td>$131</td>
<td>$321</td>
</tr>
<tr>
<td>Student Spouse or Dependent</td>
<td>$131</td>
<td>$321</td>
</tr>
<tr>
<td>UMUC Faculty/Staff</td>
<td>$164</td>
<td>$397</td>
</tr>
<tr>
<td>UMUC Students</td>
<td>$274</td>
<td>$667</td>
</tr>
<tr>
<td>University Affiliates</td>
<td>$131</td>
<td>$321</td>
</tr>
</tbody>
</table>

*There is no fee for faculty/staff to use HHP facilities.

**Students who are not registered for Fall Semester classes, but were registered throughout the Spring or Summer 2007 semester, are eligible to purchase a Non-Registered Student CRS Membership.

Payment is due at the time of purchase, and cash, check, or credit cards (VISA, Mastercard, Discover, AMEX) are accepted. For all staff and faculty members, CRS memberships are also available through payroll deduction. For more information on payroll deduction, refer to the section titled, Payroll Deduction, on page 5.

### Important Membership Dates (Non-Students)

<table>
<thead>
<tr>
<th>Contract</th>
<th>Start Date of Membership</th>
<th>End Date of Membership</th>
<th>Last Date to Purchase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall 07</td>
<td>August 1</td>
<td>December 21</td>
<td>November 30</td>
</tr>
<tr>
<td>Spring 08</td>
<td>December 1</td>
<td>May 31</td>
<td>April 30</td>
</tr>
<tr>
<td>Summer I 08</td>
<td>May 1</td>
<td>July 13</td>
<td>July 11</td>
</tr>
<tr>
<td>Summer II 08</td>
<td>July 14</td>
<td>August 14</td>
<td>August 22</td>
</tr>
</tbody>
</table>

### Cancellations and Refunds
To cancel a membership, a Membership Cancellation Form must be filled out at the Member Services Desk. Refunds for purchases made by credit card are received in 3-5 working days. Refunds for purchases made by cash or check will be received in 4-6 weeks. Refunds are made on a prorated basis minus a $10 processing fee.

Further information on CRS Membership structure and pricing is available at the Member Services Desk in the Eppley Recreation Center. The Member Services Desk in the ERC is open **Monday - Saturday, 8:00 am - 9:00 pm, and Sunday, 10:00am - 9:00pm** during regular Fall Semester building hours.

### To Faculty and Staff
The University of Maryland’s Department of Campus Recreation Services is a national leader in recreation facilities and programs. Our award winning buildings include the Eppley Recreation Center and Ritchie Coliseum.

Program areas include Aquatics, Fitness and Wellness, Instructional Classes, Intramurals, and Outdoor Recreation. Since the rededication of the renovated Ritchie Coliseum in the Summer of 1997, and the opening of the Campus Recreation Center in early 1998, hundreds of University Faculty and Staff members have enjoyed the benefits of clean, well-equipped recreation facilities on campus.
Cost of Continuous Membership

If you are a 26-pay employee, the cost for your continuous membership is $12.35 per pay period. If you are a 22-pay employee, the cost for your continuous membership is $14.59 per pay period.

Eligibility for Payroll Deduction

All regular 12-month and 9 1/2-month employees, as well as all contingent II employees who receive regular pay-checks, are eligible to enroll for a Campus Recreation Services Membership using payroll deduction.

Membership Through Payroll Deduction

When you use payroll deduction to pay for a Campus Recreation Services Membership, you are purchasing a continuous right to use the Eppley Recreation Center, Ritchie Coliseum, and the Outdoor Aquatic Center.

Your membership lasts as long as you remain a university employee (or you decide to cancel). Once you sign up, you will never have to renew.

Additionally, you have the option to use payroll deduction to pay for memberships for your spouse and dependents, if so desired. Towel and locker services may also be acquired through payroll deduction.

Cost of Continuous Membership

If you are a 26-pay employee, the cost for your continuous membership is $12.35 per pay period. If you are a 22-pay employee, the cost for your continuous membership is $14.59 per pay period.

Enrollment for Payroll Deduction

You can enroll for membership using payroll deduction by bringing your most recent pay stub, as well as your faculty/staff ID card, to the Member Services Desk, located in the main lobby of the Eppley Recreation Center. The desk is open Monday - Saturday, from 8:00am to 9:00pm and Sunday from 10:00am to 9:00pm.

Members Services

CRS offers a number of services for our members. The following list will familiarize you with the services available. Services may be purchased in person at the CRS Members Services Desk. A photo ID and appropriate membership or ID card must be presented.

Equipment

Equipment is available for short-term checkout at the ERC, Ritchie Coliseum and the Armory. Picnic and outdoor equipment can be rented at the Outdoor Recreation Center. Late and damage fees will be assessed as appropriate.

Lockers

Lockers in the ERC and Ritchie locker rooms can be rented for $35/semester or $90/year. Box lockers located in the hallways on levels 2 & 0 of the ERC can be rented for $15/semester. Free day-use lockers are also available in most CRS facilities. Bring your own lock to secure your belongings. Day use locks are cut off at closing each day. A storage fee is charged for belongings left in day-use lockers.

Towel Service

Bath towels for use at the ERC may be rented at the Equipment Issue Desk for $1/day. Daily towel service can be purchased at the Member Services Desk for $25/semester or $65/year.

Guests

Guest Passes can be purchased for $7/day and used in any facility, but they are only available at the Member Services Desk in the ERC. See Playing By the Rules for “Guests” on page 6. Generally, students and CRS members may sponsor ONE guest per day. To accommodate families, a student or CRS member may sponsor up to three minor children (under 18 years of age) and/or two parent guests. At the time of purchase, the sponsoring member must present a current UMCP student photo ID or current CRS membership card.

All guests 16 years of age and over MUST present a photo ID.

Court Reservation

CRS racquetball, squash, and wallyball courts may now be reserved online at www.crs.umd.edu/courts. Courts may still be reserved in person at the ERC Information Desk, or by calling 301-226-4500. Reservations (1 court/hour/person, 2 hours for wallyball) can be made up to 3 days in advance. Courts must be claimed in person at the Information Desk before 10 minutes after the hour. Courts will be allotted on a first-come, first-served basis.
PLAYING BY THE RULES

CRS rules and regulations are designed to promote a safe and pleasurable recreation experience. They are not intended to be exhaustive. Campus Recreation Services reserves the right to prohibit behavior which, in the professional judgment of CRS staff, may place either patrons or CRS facilities at risk. All students, CRS members, and guests are responsible for behaving in a safe and appropriate manner and for complying with all CRS directives and rules and regulations for activities and/or facility use. Failure to do so may result in suspension or revocation of CRS privileges. Other sanctions may also be imposed in accordance with University policy and/or applicable law. Thank you for your cooperation.

Proper ID Required
A student photo ID or CRS membership card, with a photo ID, must be presented to enter any CRS facility. In the HHP and Armory facilities, faculty/staff who are not CRS members must present a faculty/staff photo ID.

NOTE: Student IDs and CRS membership cards are not transferable. Giving your ID/CRS membership card to another, so that person may gain unauthorized access to a CRS facility, is prohibited. The ID/membership card will be confiscated, and the owner’s privileges will be suspended.

Guests
Guest passes are available for purchase when the ERC Member Services desk is open. Guest passes may be purchased for immediate use or for future use. To purchase a guest pass for immediate use, both the sponsor and the guest must present ID at the time of purchase and when entering the facility. To purchase in advance, the sponsor must indicate the desired date, present picture ID and pay for the guest pass. The guest does not need to be present at the time of purchase, but must complete the paperwork and present picture ID when entering the facility with their sponsor.

Guest passes are non-refundable and non-transferable. Sponsors are financially responsible for loss or damage to equipment or facilities committed by their guests, and may be held responsible if their guests fail to comply with facility rules and regulations.

Personal Belongings
Gym bags, backpacks, etc. are not permitted in aerobics rooms, fitness rooms, hallways, the natatorium, track, or weight rooms. Personal belongings should be secured in lockers. CRS is not responsible for lost or stolen personal items.

General Facility Rules and Regulations
These regulations apply in all CRS facilities:

- Water in closed, resealable plastic containers is allowed. All other drinks, food, and glass containers are confined to designated lounge areas.
- Smoking, tobacco, and gum are prohibited.
- Bicycles, skateboards, roller blades, and roller skates are prohibited.
- Animals are not allowed (except guide/aid animals).
- CRS Facilities may not be used for private instruction or to provide services not approved in writing by CRS, e.g. personal training, private swim lessons, etc.
- The use of photographic equipment to take pictures of any person in CRS facilities without that person’s permission is prohibited. This prohibition includes cell phones with built-in camera devices.
- Spirited competition is encouraged, but unsportsmanlike conduct and the use of profanity is prohibited. Additional rules and regulations are posted in each activity space and at the Outdoor Aquatic Center.

Attire
Appropriate shoes and attire are required in activity areas. Non-marking athletic shoes are required on wood floors. Closed-toe athletic shoes and shirts are required in weight and fitness areas. Jeans and cutoff jeans are prohibited in the weight and fitness areas.

Children & Youth
Dependent members and guests under 18 years of age are not permitted in weight rooms, fitness rooms, saunas, or aerobics/fitness classes. Children under 16 years of age must be directly supervised by an adult at all times. Children 4 years of age and older are not permitted in opposite sex locker rooms. A family locker room is available on level B of the ERC.

Pool Rules for Children & Youth
Certain additional restrictions apply to dependent members and guests under 18 years of age using indoor and outdoor aquatic facilities.

- Children under 16 years of age must be accompanied to the pool and directly supervised by an adult parent/guardian at all times on the pool deck or in the water. If the child can swim, the adult parent/guardian must be at the pool side. If the child cannot swim, the adult parent/guardian must be in the water with the child at all times.
- Children and youth are permitted to participate in activities in deep water, provided they can swim adequately. Individuals of any age who appear to lack adequate swimming skills may be required, by a lifeguard, to pass the following skills test to enter a deep water pool:
  - Swim successfully for 25 yards without stopping, and tread water for one minute.
  - Flotation devices are permitted in the Instructional Pool only. Certain large flotation devices may not be permitted.
  - Children requiring the use of diapers during their normal daily activities must wear disposable swim diapers while using CRS aquatic facilities.

IMPORTANT MESSAGE
Participation in CRS activities, including use of facilities and equipment, is completely voluntary. There are risks and hazards, minor and serious, associated with participation in athletic and fitness related activities. Participants voluntarily assume all responsibility and risk of loss, damage, illness, and/or injury to person or property associated with participation in CRS activities.

The University of Maryland, its officers, agents, and employees is not responsible for any loss, damage, illness, or injury to person or property arising out of or relating to participation in CRS activities, including the use of CRS facilities and equipment. The University of Maryland does not provide medical, health, or other insurance for participants. Purchasing adequate health/medical insurance prior to participation is strongly recommended.
OPEN INTERVIEWS

CRS STUDENT EMPLOYMENT

CRS employs over 1,100 students each year. Applicants must be currently enrolled University of Maryland students who are service-oriented, outgoing, reliable, and willing to enforce CRS rules and regulations.

Benefits of employment include competitive pay rates, flexible schedules, paid training, leadership development, and a pleasant work environment. If you enjoy talking to people and helping others, consider applying at www.crs.umd.edu for one of the positions listed.

Open Interviews give students interested in working for CRS the opportunity to learn more about each position, apply in person, and interview with CRS staff on a first come, first served basis. Students should bring their University ID and either their birth certificate, social security card or passport. Students should also be prepared to fill out a Federal W-4 tax form, as some on-site hiring will be done. Applicants interested in aquatics positions must bring current certifications and complete a swim test before meeting with CRS staff (bring a swim suit).

CRS is an Equal Opportunity Employer. Women, minorities, and students with disabilities are encouraged to apply.

Positions Available*

For job descriptions or to apply for one of the positions listed below visit us online at www.crs.umd.edu. *Some positions may not be available during Winter/Spring 2008.

- Camp Counselor
- Climbing Wall Staff
- CPR Instructor
- Facility Staff
- Group Fitness Instructor
- Intramural Sport Official
- Lifeguard
- Member Service Representative
- Operations Assistant
- Outdoor Adventure Trip Leader
- Outdoor Recreation Center
- Service Desk Agent
- Personal Trainer
- Pool Operator
- Ropes Course Facilitator
- Swim Instructor
- Tennis Instructor
- Weight/Fitness Staff
CRS FACILITIES OVERVIEW

Eppley Recreation Center (ERC)
Located on north campus between Cumberland and Ellicott communities, the ERC includes the Outdoor Aquatic Center, Outdoor Recreation Center, and the Adventure Complex.

Inside you’ll find a track, fitness room, weight room, martial arts room, table tennis facility, aerobics room, gyms, racquetball and squash courts, instructional and deep water pools, saunas, locker/shower facilities, an equipment issue service, Pro Shop, the Center for Health and Wellbeing, and Sneakers Café and lounge, as well as the CRS Member Services Desk and staff offices.

Required for admittance: A current student photo ID or CRS membership card with a photo ID.

Ritchie Coliseum
Located on Route 1 between the Campus Police station and Fraternity Row, this facility houses a gymnasium, fitness room, weight room, martial arts room, and locker/shower facilities.

Required for admittance: A current student photo ID or CRS membership card with a photo ID.

Health & Human Performance Building (HHP, North Gym)
Located on north campus, next to the ERC, HHP contains a renovated weight training facility and fitness center.

Required for admittance: A current student photo ID, CRS membership card or current Faculty/Staff photo ID.

Reckord Armory
Located off Route 1 between the Mitchell and Lee Buildings, the Armory houses the Intramural Sports Office and a gymnasium that accommodates indoor intramural activities, and informal walking, running, badminton, basketball, and volleyball.

Required for admittance: A current student photo ID, CRS membership card or current Faculty/Staff photo ID.

CRS Phone Numbers to Remember:

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member Services</td>
<td>301.405.PLAY</td>
</tr>
<tr>
<td>REC-CHECK</td>
<td>301.314.5454</td>
</tr>
<tr>
<td>ERC Information Desk/</td>
<td>301.226.4500</td>
</tr>
<tr>
<td>Court Reservations</td>
<td></td>
</tr>
<tr>
<td>Outdoor Recreation</td>
<td>301.226.HIKE</td>
</tr>
<tr>
<td>Cole Information Desk</td>
<td>301.226.5500</td>
</tr>
<tr>
<td>CRS Staff</td>
<td>301.226.4400</td>
</tr>
<tr>
<td>Intramural Staff</td>
<td>301.226.4444</td>
</tr>
<tr>
<td>Intramural Rainline</td>
<td>301.314.RAIN</td>
</tr>
<tr>
<td>Ritchie Coliseum Information Desk</td>
<td>301.226.4378</td>
</tr>
<tr>
<td>Website Address</td>
<td><a href="http://www.crs.umd.edu">www.crs.umd.edu</a></td>
</tr>
</tbody>
</table>

Ritchie Coliseum Information Desk 301.226.4378
WeBSITE ADDRESS www.crs.umd.edu

*See pages 10-11 for list of CRS facilities hours. Also, log onto our web site at www.crs.umd.edu and stay up to date 24 hours a day.
**Turf Fields**

Located on north campus, adjacent to the Comcast Arena, this lighted multi-purpose field consists of three regulation flag football fields and two regulation field hockey/soccer fields. The Turf Fields host numerous intramural events, summer camps, and sport club activities.

**Cole Tennis Courts**

Located between Cole and Byrd Stadium, these 14 tennis courts spaciously accommodate non-credit tennis courses, kinesiology classes, and informal tennis play. Tennis court lights are operative from April - October.

**Cole Fieldhouse**

Located adjacent to the Stamp Student Union, the Cole Fieldhouse arena floor has been renovated into an artificial turf playing surface to accommodate recreational activities, including indoor soccer, and field hockey.

**Engineering Fields**

Located on Route 1 between Turner Hall and the North Gate entrance, this newly renovated facility consists of competition caliber softball and multi-use fields that can accommodate Sport Club activities such as softball, rugby, soccer, and ultimate Frisbee, special events and informal recreation opportunities.

**Fraternity Row**

Located on Route 1 beside Ritchie Coliseum, this field facilitates Sport Club practices such as Rugby and Soccer as well as, hosts Homecoming and Greek Week activities.
INFORMAL RECREATION HOURS

Take a healthy break from your busy day! Why not go for a swim, play basketball or volleyball, lift weights, or workout on one of many cardiovascular machines? From August 29 to December 11, 2007, the following facilities are open for Fall 2007 informal recreation. Special facility hours and closings are located on the following page. Facility hours may be adjusted for special events. Signs will be posted in the facility.

Eppley Recreation Center (ERC)

Weight & Fitness, Track, Gyms, Table Tennis, Racquet Courts
- Monday - Friday: 6:00 am - Midnight
- Saturday: 8:00 am - 10:00 pm
- Sunday: 10:00 am - Midnight

Member Services Desk
- Monday - Saturday: 8:00 am - 9:00 pm
- Sunday: 10:00 am - 9:00 pm

Wallyball
- Monday - Friday: 7:00 pm - Midnight
- Saturday: 8:00 am - 10:00 pm
- Sunday: 10:00 am - Midnight

Badminton
- Saturday: 7:00 pm - 10:00 pm
- Sunday: 10:00 am - 2:00 pm

Pro Shop
- Monday - Thursday: 7:00 am - 10:30 pm
- Friday: 7:00 am - 8:30 pm
- Saturday: 11:00 am - 8:30 pm
- Sunday: 11:00 am - 10:30 pm

Sneaker’s Café
- Monday - Thursday: 8:00 am - 11:00 pm
- Friday: 8:00 am - 9:00 pm
- Saturday: 11:30 am - 9:00 pm
- Sunday: 11:30 am - 11:00 pm

HHP Building (North Gym)

Fitness Center - HHP 0101
For Faculty/Staff Only
- Monday - Friday: 6:00-8:00 am, 11:30 am-1:00 pm, 4:30-6:30 pm
For Students/Faculty/Staff
- Monday - Friday: 8:00-11:00 am, 1:00 pm-4:30 pm, 6:30-10:00 pm
- Saturday & Sunday: Closed

Weight Training - HHP 0103
- Monday - Friday: 5:30 pm - 10:00 pm

Outdoor Aquatic Center (OAC)
(Open through Sunday, September 30, 2007.)
- Sunday - Saturday: Noon - 7:00 pm

Natatorium (ERC Indoor Pool)
Lap Swimming
- Monday - Friday: 6:00 am - 11:00 pm
- Saturday: 8:00 am - 9:00 pm
- Sunday: 10:00 am - 11:00 pm

Recreational Diving
- Friday: 6:00 pm - 10:00 pm
- Saturday: 1:00 pm - 8:00 pm

Outdoor Recreation Center (NW Corner of the ERC)
Hours of Operation
- Monday - Friday: Noon - 8:00 pm
- Saturday: Closed
- Sunday: 4:00 pm - 8:00 pm

Bike Shop
- Monday - Friday: 3:00 pm - 6:00 pm

Climbing Wall (Open through Thursday, November 15, 2007.)
- Sun. - Thurs.: 4:00 pm - 8:00 pm
- Friday - Saturday: Closed

Outdoor Aquatic Center and Climbing Wall may close due to severe weather.

Ritchie Coliseum

Fitness Center, Weight Room & Gymnasium
- Monday - Friday: 6:00 am - 10:00 pm
- Saturday: 8:00 am - 6:00 pm
- Sunday: 10:00 am - 10:00 pm

Cole Fieldhouse

Turf
- Sunday - Friday: 4:00 pm - 11:00 pm
- Saturday: Closed

Walking/Running (concourse)
- Sunday - Friday: 7:00 pm - 11:00 pm

Reckord Armory

Basketball
- Monday - Thursday: 3:30 pm - 9:00 pm
- Friday: 3:30 pm - 7:00 pm

Walking
- Monday - Friday: Noon - 3:00 pm

ATTENTION: Informal Recreation hours are subject to change, please call REC-CHECK (301-314-5454) for current facility schedules or visit the CRS web site at www.crs.umd.edu.
The CRS snow plan is designed to accommodate the needs of on-campus residents who may wish to engage in recreational activities during campus closures. We strongly discourage anyone from driving to, or around, campus in severe weather in order to use CRS recreation facilities. In severe weather, CRS will maintain the following schedules.

**If the University Closes Early:**
- HHP Building, the Outdoor Recreation Center, Ritchie Coliseum, Reckord Armory and Cole will close at school closing.
- The ERC will close at 8:00pm, the Natatorium will close at 7:00pm.
- The CRS office and Member Services office will close at school closing.
- All CRS programs scheduled after the University closes will be cancelled or postponed. (Intramural Sports, Aerobic classes, Outdoor Recreation Clinics, Non-Credit Instruction).

**If the University Opens Late:**
- CRS Facilities will open when the University opens. All CRS programs will follow their regular schedule after the University opens.
- The CRS office and Member Services office will open when the University opens.

**If the University is Closed for the Day:**
- HHP Building, the Outdoor Recreation Center, Ritchie Coliseum, Reckord Armory and Cole will be closed.
- The ERC will be open 10:00am-8:00pm for campus residents. The Natatorium will be open 10:00am-7:00pm.
- All CRS programs will be cancelled or postponed.
- The CRS office and Member Services office will be closed.

### PHONE NUMBERS TO REMEMBER
- Member Services: 301.405.PLAY
- REC-CHECK: 301.314.5454
- Court Reservations: 301.226.4500
- Outdoor Recreation: 301.226.HIKE
- CRS Staff (Main Office): 301.226.4400
- CRS Fax (Main Office): 301.226.4455
- Intramural Staff: 301.226.4444
- Intramural/Sport Club Rainline: 301.314.RAIN
- Ritchie Information Desk: 301.226.4378
- Cole Information Desk: 301.226.5500

**Special Fall Hours (September 1 - December 21)**

<table>
<thead>
<tr>
<th>Saturday, September 1</th>
<th>Saturday, December 15</th>
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<tbody>
<tr>
<td>ERC 8:00 am - 10:00 pm</td>
<td>ERC 8:00 am - 10:00 pm</td>
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<tr>
<td>OAC Noon - 7:00 pm</td>
<td>Ritchie 8:00 am - 6:00 pm</td>
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**Sunday - Monday, September 2-3**

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<th>All other facilities closed</th>
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**Wednesday, November 21**

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**Thursday, November 22**

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**Friday - Saturday, November 23-24**

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**Wednesday, December 12-14**

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**Saturday, December 15**

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**Monday - Tuesday, December 17-18**

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**Wednesday, December 19**

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**Thursday - Friday, December 20-21**

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### Note: The Natatorium always closes one hour prior to the ERC.

**Special Fall Hours**

- Reserved for faculty/staff only 6:00 am - 8:00 am, 11:30 am - 1:00 pm, and 4:30 pm - 6:30 pm.

**Natatorium Closures • Fall 2007**

- Thursday - Saturday, November 15-17
- Thursday - Saturday, December 6-8
- Saturday - Sunday, January 5-6

**Winter Term Hours (January 2-20)**

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**Sunday**

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**Winter Break (December 22 - January 1)**

All facilities will be closed. Have a great break!

**Winter Break (December 22 - January 1)**

- Reserved for faculty/staff only 6:00 am - 8:00 am, 11:30 am - 1:00 pm, and 4:30 pm - 6:30 pm.

**Note: The Natatorium always closes one hour prior to the ERC.**
If you are new to fitness activity, interested in changing your fitness program, or just need someone to motivate you to workout, consider purchasing one or more sessions with a student personal trainer. Whether you want to train for an event or everyday life, a CRS personal trainer can give you the information and guidance you need to accomplish your fitness goals. Currently registered students and CRS members at least 18 years of age are eligible to purchase training sessions.

**Personal Training Registration**

Registration for personal training must be done in person at the ERC Member Services Desk. Present your photo ID or CRS membership card, complete a registration/health history form, and pay the appropriate fee. Cash, check and credit cards (Visa, MasterCard, Discover) are accepted. Your registration form will be reviewed and a personal trainer will contact you to schedule your first training session.

**Personal Training Sessions and Fees**

Each training session is one hour. Participants will be charged for cancellations that are not made at least 24 hours in advance. All training sessions are non-transferable and nonrefundable and will expire 5 months from the date of purchase. The 10-session package includes a free fitness evaluation. Students receive a 15% discount on all training fees.

- **Single Session** $30.00
- **3 Session Package** $70.00
- **5 Session Package** $110.00
- **10 Session Package** $200.00

**Fitness Assessment**

This program is good for anyone who wants to get started with an exercise routine, establish or set new workout goals, or work with a personal trainer. You will receive a complete evaluation of your current level of fitness.

Measurements will be taken to assess your resting heart rate, blood pressure, body composition, cardiovascular ability, muscular strength and endurance, and flexibility. The trainer will review the results and explain each component of fitness. Currently registered students and CRS members at least 18 years of age are eligible to register for a fitness assessment.

After you have completed the registration form, you will be called to schedule your appointment. Fee: $20.00

**IMPORTANT NOTICE**

Based on your previous health history, a physician’s clearance may be necessary before participation in this program can begin. CRS will not accept high risk clients and will refer those individuals to other agencies. All CRS student personal trainers are certified and trained to work with apparently healthy adults.

**Weight and Fitness Room Orientations** **FREE!**

Get the inside scope on the fitness equipment available to you at the CRS Weight/Fitness Facilities. Learn proper form and technique, and how to make efficient use of your workout time. The Weight/Fitness Staff members are trained and ready to help you work toward a healthy lifestyle. Sign up today for an orientation and take the first step toward a healthier you!

**Cardiovascular Fitness**

The weight/fitness staff will show you how to use the treadmills, bikes, steppers, elliptical cross trainers, rowers, and more. Learn about target heart rates and how to monitor your workout intensity.

**Strength Training**

The weight/fitness staff will give you all the information needed to safely and effectively use the strength training machines. Learn the basic principles of weight training and how to adjust the machines to fit you.

**Orientations will not be available during peak hours (4:00pm-8:30pm M-F).**

**To participate:** Register by asking a Weight/Fitness Staff member at the respective location (Cardiovascular Fitness: ERC fitness center, HHP fitness center, or Ritchie; Strength Training: ERC weight room, HHP fitness center or weight room, or Ritchie). For more information or questions, please contact Kristin Klein at 301-226-4400 or email kmklein@umd.edu.
Who Can Participate?
Currently registered Maryland students, CRS members and guests, who are at least 18 years of age, can participate. A photo ID and aerobic card or guest pass must be presented at each class.

Where Are Classes Located?
All classes are held in the ERC Aerobic Room, HHP 0128 Multipurpose Studio and/or Ritchie Coliseum Martial Arts room, unless otherwise noted. All Group Cycling classes will be held in the Cole Cycle Studio SB0191.

How Much Do CRS Fitness Classes Cost?
A Fall 2007 Aerobic Express Card is $25.00 for unlimited fitness classes. You can also purchase an aerobic card for 3 classes ($3.00) or 10 classes ($10.00). Cards can be purchased at the Member Services Desk in the ERC. Cash, check, and credit card (Visa, Master Card, Discover, AMEX) are accepted. All aerobic cards are nontransferable and non-refundable.

Something Cool at Cole?
Take strides to improve your health and wellness!
Nordic Walking by FITTREK
Cole Student Activities Building Concourse
Mondays & Wednesday
October 15 - December 5
7:00 pm - 7:45 pm
A total body cardio-respiratory endurance workout that will retrain your body to move more efficiently. Using Nordic Walking poles, you’ll learn to stand taller against gravity while taking strides toward your personal fitness goals.

*Aerobics card necessary. For more information, refer to page 3.

What’s new this semester?
Boxing Bootcamp NEW
Train like a boxer during this intense, energizing class. Participants will have the opportunity to wear boxing gloves and target pads to break a sweat while working on proper form and technique.

Gliding Gone Wild
Journey into the wild side of Gliding™ using full muscle activation and dance techniques to produce sweaty, sassy fun!

Power YOGAFIT™ NEW
This class is a mix of beginner and intermediate. Different variations and progressions accommodate participants of all levels emphasizing relaxation and the mind/body connection. Some yoga experience is necessary.

YOGAFIT™ for the Core
This class focuses upon strengthening the central corset of the body, including the abs, obliques, erector spinae, gluteals, and muscles of the upper back and chest.
Group Fitness Class Descriptions

*30-Minute BodyWedge 21™ Workout
Use BodyWedges 21™ designed exercises to achieve a complete total body workout in just 30-minutes for those on the go!

*Abs and Low Back
A thirty-minute class focusing on the form and technique involved in building strength for the core stability muscles of the abdominal and low back region.

A.B.C. (Amazing Ball Class)
Have a ball with this total body strengthening class incorporating the use of medicine and stability balls for a unique, challenging and fun workout!

Athletic Conditioning
A non-traditional circuit workout that combines athletic drills, strength training, plyometrics and no choreography to increase your fitness level.

*BodyWedge 21™ Core Training
A complete strengthening workout for the core muscles of the body using the Bodywedge 21™ training system.

Boxing Bootcamp NEW
Train like a boxer during this intense, energizing class. Participants will have the opportunity to wear boxing gloves and target pads to break a sweat while working on proper form and technique.

Cardio Boxing
An interval cardio workout that combines boxing basics and aerobics. Kick and punch your way to a stronger body!

Gilding Gone Wild NEW
Journey into the wild side of Gilding™ using full muscle activation and dance techniques to produce sweaty, sassy fun!

Muscle Works
A strength training workout utilizing hand weights, body bars, resistance tubing, resist-a-balls, and individual body resistance to improve muscle strength in all major muscle groups.

Power YOGAFIT™ NEW
This class is a mix of beginner and intermediate. Different variations and progressions accommodate participants of all levels emphasizing relaxation and the mind/body connection. Some yoga experience is necessary.

Sculpt & Glide™
A total body conditioning class utilizing the graceful strength of an innovative disc system for functional and natural cardio training. Train every muscle and every way, no experience necessary.

Step
A step aerobics workout featuring a great mix of athletic and rhythmic step patterns that will allow you to keep the intensity right where you want it to be. A great way to begin an exercise routine!

Step II
A high intensity step class utilizing the latest step choreography and turbo charged combinations for the ultimate step aerobics workout. Get ready to be invigorated as well as entertained!

*Step and Muscle Works
A ninety-minute class designed to increase your cardiovascular fitness, muscular strength/endurance, and flexibility.

Street Jam
A combination of street, hip-hop, and dance choreography set to the latest music for a fun and funky cardio workout.

*Stretch and Strengthen
A low-impact class, which focuses on athletic-based strength and flexibility training designed to improve flexibility, to add balance to your workout routine, and revitalize you for the rest of the day.

*Triple-C™ Cardio Core Combo
An intense combination workout designed to challenge your cardiovascular, muscular strength, and endurance systems. Using the BodyWedge 21™ this class emphasizes upper and lower body conditioning minus the choreography.

*YOGAFIT™
A class designed to improve the health, performance, and mental acuity of individuals seeking to improve their overall level of fitness. This style of yoga blends balance, strength, power, and flexibility into a fitness format doable by individuals of any fitness level.

YOGAFIT™ for the Core
This class focuses upon strengthening the central corset of the body, including the abs, obliques, erector spinae, gluteals, and muscles of the upper back and chest.

CYCLING CLASSES - NOW IN COLE!!

Endurance Cycling
A high intensity workout designed to challenge your cardiovascular systems. A great cross-training workout, for cycling enthusiasts!

*Group Cycling
A non-impact workout that is both challenging and fun. Add this to your exercise routine for a great cross-training benefit! You control the resistance of the group cycling bikes. Designed for all fitness levels.

NOTE: All classes are 55 minutes unless otherwise noted (*) and include time for proper warm-up and cool down. For safety, no one will be admitted into any CRS Fitness Class after the first 10 minutes—NO EXCEPTIONS. Participation in classes using equipment is limited and will be on a first come, first served basis.
**Fall 2007 Group Fitness Class Schedule**  
**August 29 - December 14, 2007**

No classes held on September 13, 2007 and November 22 -25, 2007 (Thanksgiving Break).

**IMPORTANT:** All classes are 55 minutes unless otherwise noted (*) and include time for proper warm up and cool down. For safety, no one will be admitted into any CRS Fitness Class after the first 10 minutes - *no exceptions.* Participation in classes using equipment is limited and will be on a first come, first-served basis.

*This schedule is subject to change due to instructor availability.*

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<th>Time</th>
<th>Mondays</th>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
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<td><strong>LAND CLASSES - EPPLEY CENTER AEROBICS ROOM</strong></td>
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<td>7:00am</td>
<td>YOGAFIT™</td>
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<td>Muscle Works</td>
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<td>9:00am</td>
<td>BodyWedge21™ 30Minute Workout*</td>
<td>Stretch &amp; Strengthen*</td>
<td>Stretch &amp; Strengthen*</td>
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<td>10:15am</td>
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<td>Step &amp; Muscle Works*</td>
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<td>11:00am</td>
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<td>Cardioboxing</td>
<td>YOGAFIT™</td>
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<td>Step &amp; Muscle Works*</td>
<td>Athletic Condit.</td>
<td>Step II</td>
<td>Boxing Bootcamp</td>
<td>YOGAFIT™ for the Core*</td>
<td>BodyWedge21™ Core Training*</td>
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<td>A.B.C. (Amazing Ball Class)</td>
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<td>Cardioboxing</td>
<td>Street Jam</td>
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<td>Power YOGAFIT™</td>
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|        | **LAND CLASSES - HHP MULTIPURPOSE ROOM 0128 (FORMERLY HHP CYCLING STUDIO)** |                                               |                                               |                                              |                                              |                                              |                                              |
| 4:30pm |                                               |                                               |                                              |                                              |                                              |                                              |                                               |
| 5:00pm |                                               |                                               |                                               |                                              |                                              |                                              |                                               |
| 6:00pm |                                               |                                               |                                               |                                              |                                              |                                              |                                               |

|        | **GROUP CYCLING CLASSES - COLE CYCLING STUDIO (ROOM SB0191)**                   |                                               |                                               |                                              |                                              |                                              |                                              |
| 7:15am |                                               |                                               |                                               |                                              |                                              |                                              |                                              |
| 4:00pm |                                               |                                               |                                               |                                              |                                              |                                              |                                              |
| 5:00pm |                                               |                                               |                                               |                                              |                                              |                                              |                                              |
| 5:30pm |                                               |                                               |                                               |                                              |                                              |                                              |                                              |

**NEW STUDIO!** All Group Cycling classes will be held in the Cole Cycle Studio SB0191.

|        | **GROUP FITNESS CLASSES - RITCHIE MULTIPURPOSE ROOM (SOUTH CAMPUS)**          |                                               |                                               |                                              |                                              |                                              |                                              |
| 5:00pm |                                               |                                               |                                               |                                              |                                              |                                              |                                              |
| 5:30pm |                                               |                                               |                                               |                                              |                                              |                                              |                                              |
| 6:00pm |                                               |                                               |                                               |                                              |                                              |                                              |                                              |
The Center for Health and Wellbeing

Wellness Counseling
Have you lost your motivation to eat healthy or to exercise regularly? Are you feeling stressed? We can help! We will discuss your current lifestyle and how you can achieve your wellness goals and create balance in your life. Stop by or call to make an appointment.

Body Composition Testing
Testing is available by appointment only and requires a 15-minute consultation with the health educator conducting the test. This will provide the client with a detailed explanation of what the numbers mean as well as provide recommendations and resources to help the client reach his or her goals. Call to make an appointment.

Blood Pressure Screening
Concerned about your blood pressure? Stop by to have your blood pressure checked. You will receive a wallet-sized card explaining the results as well as be a tool to help you keep track of your blood pressure.

Health Resources
The Center has many resources available for check out!

Magazine Checkout
Need a magazine to get you through your workout? Stop by and sign out one of many magazines. (Must have a student ID)

Diet Analysis
Come by the Center, pick up a form, and schedule an appointment. You will record what you eat for 2 days. Bring your food record with you to your appointment for analysis. We will review your results with you and make suggestions for positive changes to improve your diet.

Nutrition Counseling
Our dietician is available for free walk-in counseling on Wednesdays from 2-4 pm. Call the Center for more information.

Outreach Programs
Brown bag lunch and evening programs are held on a regular basis! Or call to have a health educator come speak to your group!

Topics include (but are not limited to):
Stress management, nutrition, fitness, massage, acupuncture, meditation, relationships, communication, body image, and more!

Wellness Matters
Join us the 1st and 3rd Tuesdays of each month to learn more about how you can have a stress free semester. Check the website for a complete schedule and topics!

Life exposes you to many new and exciting changes! The Center for Health and Wellbeing offers up to date information on health topics to students, faculty, and staff. We also offer the following services and programs to help you survive your time on campus! All services are free unless otherwise indicated!

Where: Room 0121 Eppley Recreation Center
Hours: Monday-Thursday, 12-8pm
       Friday, 12-4pm
Contact: Tracy Zeeger, Coordinator of Wellness Programs
         301.314.1493
         chwb@health.umd.edu OR zeeger@health.umd.edu
Website: www.health.umd.edu/chwb

Relaxation Training
Learn how to engage the relaxation response at lightening speeds by making an appointment for biofeedback training. This mind/body technique will help you become more aware of your body and give you increased control over your body's reaction to stress. Call to make an appointment.

HEALTH Works Peer Education Program
Call to schedule a peer presentation for your class or organization.

Topics include:
Wellness U is an interactive program designed to teach students about the importance of wellness and balance in life with a focus on exercise and nutrition.

The Mind/Body Connection is a must have workshop for every college student! This program gives a hands-on demonstration of relaxation skills such as guided imagery and massage. Other topics to be discussed include: time management, acupuncture, exercise, and sleep.

**If you have a specific request for a program that is not listed here please call the Center to make arrangements**

Special Events:
Terps Wellness Expo: October 23rd, 5-8pm in the West Gym
Free screenings, fun games, free food and prizes!
Learn to swim, administer CPR, or play tennis. Stretch and relax while learning beginning yoga poses. Try something new this fall. Sign up with a friend or co-worker. Non-credit courses are open to students, faculty/staff, alumni, and members of the community.

**Registration**

Beginning **August 29** (August 22 for Learn To Swim), register online at [www.crs.umd.edu](http://www.crs.umd.edu) or in-person at the Member Services desk in the ERC. Pay by check/cash/credit card in person or by credit card online. Learn To Swim registration opens and closes on set dates (see page 25). Registration for all other courses is ongoing but must be completed **at least 7 days before** the course is scheduled to start. Courses fill quickly, so register early to insure a place. Waitlisted individuals will be contacted, in order, as cancellations are received.

**Fees**

Course fees vary. **Fees are listed as follows:**

(Student or Member/Non-Member Fees)

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**Instructional & Community Programs**

**Transfers/Cancellations**

Transfers and cancellations are discouraged because they limit opportunities for others who may have been interested in specific courses or sections. For best consideration, transfer requests should be received 7 days prior to the start of the course.

- No transfers will be permitted after the first class day.
- Transfers will only be made into courses with space available.
- Transfers will only be made during the same semester of the original registration (i.e. transfers from one semester to another are not permitted).

**Refunds**

For best consideration, all refund requests should be made at least 7 days prior to the first scheduled class.

- If a person cancels one week prior to the first class, a full refund may be given, minus a $10 processing fee.
- A 50% refund will be given if a person cancels prior to the second class session. For CPR courses, if a person cancels within the week before the course is held, a 50% refund will be issued.
- There will be no refunds issued after the second class meets, regardless of participation. For one-day courses (e.g. CPR), no refunds will be issued after the course meets.
**NEW CLASSES FOR FALL!**

**Basic Mat Pilates ($72.00/$90.00)**

Learn the principles behind the Pilates method of physical conditioning as you learn how to do a series of basic mat exercises that strengthen the muscles through lengthening. Discover the benefits of increased awareness of muscle function and control. 10 sessions.

**Meets:**
- Tuesday  
  - September 18 - November 27  
  - 6:00 pm – 7:00 pm*
- Tuesday  
  - September 18 – November 27  
  - 7:00 pm – 8:00 pm*

*No class on November 13.

**Pilates - Intermediate/Advanced ($72.00/$90.00)**

For those individuals who are familiar with the benefits of Pilates for excellence in conditioning. This class addresses the needs of those currently exercising and seeking alternative means for improving their current fitness level while continuing to challenge themselves physically. Ideal for athletes, dancers, runners and others on a regular fitness regime. 10 sessions.

**Meets:**
- Thursday  
  - September 27 - December 6  
  - 6:00 pm – 7:00 pm*
*No class on November 22.

**Beginning Jujutsu ($80.00/$100.00)**

Master Dong Jin Kim, with over 40 years of experience and an 8th degree black belt, will lead a class teaching the basic Japanese Martial Art of Jujutsu. Through the practice of Jujutsu one learns skill, gains knowledge and self-discipline, and develops a harmonious relationship between the physical and mental being, all while enjoying oneself. Students will master basic punching, kicking, and rolls, and will be introduced to Jujutsu techniques that utilize body forces. In the tradition of Jujutsu, the focus remains on disciplines in both body and mind. 10 classes.

**Meets:**
- Wednesday  
  - September 19 – December 5  
  - 7:15 pm – 8:45 pm
*No class on November 21.

**Piyochi ($72.00/$90.00)**

Pilates, Yoga, and Tai Chi: utilizing the best of each of the disciplines to give you a full mind and body workout. Piyochi is a structured class consisting of a five-minute segment of Tai Chi, twenty minutes of Pilates, fifteen minutes of yoga, a few minutes of simple ballet work and five minutes of weights, segueing from one discipline to another. You will be moving continuously until the final three to five-minute deep relaxation. 8 sessions.

**Meets:**
- Thursday  
  - September 27 – November 15  
  - 7:00 pm – 8:15 pm

*All photos provided by Don Jin Kim.*
There will be no classes on October 20, November 21, November 22, or November 24. Class locations may be moved in the event of a facility closure.

**Beginning Yoga Level I ($50.00/$62.50)**
Learn basic yoga poses (asanas) and breathing techniques (pranayama) to increase flexibility, strength, and relaxation. Discover the benefits of increased self-awareness for improving one's health and happiness, and bring balance to both body and mind through determined effort. 6 sessions.

**Meets:**
- Tues./Thurs. September 18 – October 16 12:00 pm - 12:45 pm
- Tuesday September 18 – October 23 6:30 pm – 8:00 pm
- Wednes. September 19 – October 24 5:15 pm – 6:30 pm
- Wednes. September 19 – October 24 6:30 pm – 8:00 pm
- Saturday September 15 – October 27 10:30 am – Noon
- Tues./Thurs. October 18 – November 15 12:00 pm – 12:45 pm
- Tuesday October 30 – December 4 6:30 pm – 8:00 pm
- Wednes. October 31 – December 12 5:15 pm – 6:30 pm*
- Wednes. October 31 – December 12 6:30 pm – 8:00 pm*
- Thursday November 1 – December 13 6:30 pm – 8:00 pm*
- Saturday November 3 – December 15 10:30 am – Noon*

**Beginning Yoga Level II ($50.00/$62.50)**
Deepen your practice and understanding of yoga. Become more familiar with the yoga poses and breathing techniques taught in Beginning Yoga I and explore new poses for bringing the mind and body into balance. 6 sessions.

**Meets:**
- Monday September 17 – October 22 6:30 pm – 8:00 pm
- Thursday September 20 – October 25 6:30 pm – 8:00 pm
- Monday October 29 – December 3 5:15 pm – 6:45 pm

**Beginning Yoga Level III ($50.00/$62.50)**
For experienced yoga participants. Continue to deepen your practice and understanding of yoga. Become more familiar with the yoga poses and breathing techniques taught in Beginning Yoga I and II. Detailed exploration of poses and advanced techniques to heighten awareness and fine tune the mind and body balance. 6 sessions.

**Meets:**
- Monday October 29 – December 3 7:00 pm – 8:30 pm

**Power Yoga ($50.00/$62.50)**
For experienced yoga participants. Power Yoga is done by completing a series of Yoga Poses while synchronizing breathing patterns to each movement, or Vinyasa. The transitions of the Yoga Poses are done in a slow yet steady pace, and are held longer than the required five breaths. This aspect of Power Yoga raises physical endurance, teaches the ability to focus on one task for an extended period of time without breaking one's concentration, and results in a vigorous workout. 6 sessions.

**Meets:**
- Tuesday September 18 – October 23 5:30 pm – 6:30 pm
- Tuesday October 30 – December 4 5:30 pm – 6:30 pm

**Tai Chi for Beginners ($64.00/$80.00)**
Originally a Chinese martial art, Tai Chi is now practiced for its health benefits. This gentle exercise emphasizes relaxation, balance, and coordination. This course introduces the basic principles of tai chi and the Cheng Man-Ching tai chi form, also known as the Yang short form. Students will learn a set of 12 postures that can be performed in 2 minutes to increase balance through concentrated movement. This traditional mind-body exercise can inspire an enhanced sense of self-awareness. 10 sessions.

**Meets:**
- Tuesday September 25 – November 27 5:30 pm - 6:30 pm

**Tai Chi - Continuing Study ($64.00/$80.00)**
This class is for students who wish to continue their tai chi study beyond the beginners class. It covers the entire Cheng Man-Ching tai chi form, with emphasis on developing a deeper understanding of tai chi principles and the mind-body connection. Students will also be introduced to sensing hands (tui shou), a two-person exercise designed to help students cultivate a deeper understanding of tai chi principles and practice. Note – this class is designed for those students interested in a longer-term commitment to tai chi study. It will take more than one semester to learn the basics of the entire tai chi form. 10 sessions.

**Meets:**
- Tuesday September 25 – November 27 6:45 pm - 7:45 pm

**Meditation ($50.00/$62.50)**
Learn to transcend stress, gain greater mastery of the mind, and find joy in connecting with one's spiritual self. Topics will include the use of sacred words and chants, spiritual ethics, and the nature of happiness. Each class includes a theoretical component and a meditation technique that can be applied in daily life. 6 sessions.

**Meets:**
- Monday September 17 – October 22 5:15 pm – 6:15 pm
**Group Fitness Instructor Training** ($160.00/$200.00)
Learn the skills needed to teach a safe and effective group exercise class. Instruction will focus on the science involved in teaching group exercise. Practical sessions will focus on how to cue, count, construct, and teach a variety of different exercise class formats. At the end of the course, students will have an opportunity to audition for group fitness instructor positions with CRS. Fees include a semester Aerobic Express Card and ACE Instructor Manual. 20 sessions. 
Space is limited.

Meets:  
Tuesday & Thursday  
September 18 - November 27  
3:00pm - 5:00pm  

*No class on November 22.*

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**Personal Trainer Class** ($160.00/$200.00)
This 8-week course is designed for individuals interested in becoming certified personal trainers. Learn the skills needed to design safe and appropriate exercise programs, so you can work one-on-one with individuals helping them achieve their personal fitness goals. Information will be presented on topics such as exercise guidelines, conducting fitness assessments, client-trainer relationships, health risk analysis, and exercise instruction. Fees include all materials (Personal Trainer Manual, Study Guide and Practice Test) needed to prepare for the ACE national certification exam. 16 sessions.

Meets:  
Mondays & Wednesdays  
September 17 - November 7  
4:00pm - 6:00pm

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**The Better Weigh** ($40.00/$50.00)
Investigate this non-diet approach to managing your weight for a lifetime. This course will combine nutritional education with gentle exercise. You will learn what influences behavior change, how to deal with emotional eating, what foods should be included in a daily diet, how to create an exercise program, how to set goals for yourself, and how to eat healthy foods when not at home. In each class, students will have time to share what is working and not working for them while getting advice from nutritionist, Jane Jackubczak, and health educator, Tracy Zeeger. Lectures and discussions will be followed by gentle workouts designed for those who are currently not exercising on a regular basis. 8 sessions.

Meets:  
Wednesday  
September 26 - November 14  
6:00pm - 7:00pm
**FITNESS & WELLNESS**

**TENNIS LESSONS**

**Beginning Tennis I ($50.00/$62.50)**
Learn the basic skills necessary to play tennis with USA Tennis 1-2-3. Level I is an accelerated six-lesson course that gives novice players the skills, confidence and knowledge to begin playing. Skills taught include forehand groundstroke, serve and volley, and backhand groundstroke. 6 sessions

**Meets:**
- Monday & Wednesday: September 17 - October 3, 5:30 pm-7:00 pm
- Tuesday & Thursday: September 18 - October 4, 7:00 pm-8:30 pm
- Tuesday & Thursday: October 16 - November 1, 5:30 pm-7:00 pm

**Beginning Tennis II ($50.00/$62.50)**
Build on skills taught in Level I and learn how to comfortably play a game of tennis. USA Tennis 1-2-3 Level II consists of six sessions of supervised play. New skills are introduced, the basic strokes are reviewed and students participate in modified match play. 6 sessions

**Meets:**
- Monday & Wednesday: September 17 - October 3, 7:00 pm-8:30 pm
- Monday & Wednesday: October 15 - October 31, 5:30 pm-7:00 pm
- Tuesday & Thursday: October 16 - November 1, 7:00 pm-8:30 pm

**Intermediate Tennis ($50.00/$62.50)**
Match play and game situations are emphasized in this NEW class! Players must have mastered the skills taught in Beginning Tennis II and able to sustain a volley. Rules of the game-set-match play will be taught and skill tests and written tests will be given. 6 sessions

**Meets:**
- Tuesday & Thursday: September 18 - October 4, 5:30 pm-7:00 pm
- Monday & Wednesday: October 15 - October 31, 7:00 pm-8:30 pm

**PRIVATE & SEMI-PRIVATE TENNIS LESSONS**
Private Tennis Lessons are an excellent way to learn new skills or improve on your current ones. Would you like to learn to play tennis, but have a schedule that keeps you from participating in regular group lessons, set up times that work best for you! If you want to be able to play a recreational game or on the competitive level, private lessons are for you!

You will be contacted directly by the instructor to set up convenient lesson times. All lessons are 1 hour in length and can be purchased individually or in packages of 6 or 12. Participants will be charged for cancellations that are not made at least 24 hours in advance. Private Tennis lessons are non-transferable, non-refundable, and expire 6 months from the date of purchase.

- Single lesson: $40.00 / $48.00
- 3 lesson package: $110.00 / $132.00
- 6 lesson package: $200.00 / $240.00

**Shallow Water ($48.00/$60.00)**
A total body water workout using the water’s resistance to build cardiovascular and muscle strength; you need not know how to swim to participate. Splish, splash your way to a healthier you! 10 sessions.

**Meets:**
- Tuesdays & Thursdays: September 18 - October 18, 5:00pm-6:00pm
- Tuesdays & Thursdays: October 30 - December 6*, 5:00pm-6:00pm

**Deep Water ($48.00/$60.00)**
A non-impact workout in deep water designed to provide a vigorous cardiovascular workout with the added benefits of buoyancy and resistance. Come and try a great cross-training workout. Participants should feel comfortable in deep water. 10 sessions.

**Meets:**
- Mondays & Wednesdays: September 17 - October 17, 5:30pm-6:30pm
- Mondays & Wednesdays: October 29 - December 3*, 5:30pm-6:30pm

*No class on November 21.

**FITNESS & WELLNESS**

**WATER AEROBICS**

**Deep Water**

*No class on November 15 & 22.

**Shallow Water**

*Photo by Brianne Rowh.

*Photo by Tony McEachern.
**Hip Hop Dance ($68/$85)**
Dance challenged? Two left feet? Learn the basic form, style, timing, techniques, and history of Hip Hop dance. Weekly routines will feature a variety of movements and choreography. This beginners class is a great way to have fun while getting a workout, or just to have fun and laugh along with friends in a safe and supportive environment! 10 Sessions.

**Meets:**
- Monday September 24 – November 26
  - 7:00 pm – 8:15 pm
- Wednesday September 26 – December 5*
  - 8:30 pm – 9:45 pm

*No classes on November 21.

**Hip Hop Dance - Intermediate ($68/$85)**
Feel like you have the basic form, style, timing, techniques, and history of Hip Hop dance down? Ready for a challenge? Join this class and learn weekly routines that focus on choreography and more complex combinations. This exciting class is a great way to have fun while getting a workout. Learn new dance moves that you can show off that weekend! 10 sessions.

**Meets:**
- Monday October 8 – December 10
  - 7:00 pm – 8:15 pm

**Beginning Belly Dance Beginner ($68/$85)**
Improve your posture as you learn the basic body isolations of this evocative dance form. As you progress, combinations of basic elements will be mastered. History, etiquette, and costuming will also be discussed. Become familiar with both the Egyptian, as well as the Jordanian styles of dance while having fun in a safe and supportive environment. 10 sessions.

**Meets:**
- Monday September 24 – November 26
  - 8:30 pm – 9:45 pm
- Wednesday September 26 – December 5*
  - 7:15 pm – 8:15 pm

*No classes on November 21.

**Belly Dance - Intermediate ($68/$85)**
For those looking to advance their skills. Work on improving your isolations and master more complex combinations. Continue your education of both the Egyptian, as well as the Jordanian styles of dance while having fun in a safe and supportive environment. Great workout for those also looking to increase their fitness level! 10 sessions.

**Meets:**
- Tuesday September 25 – November 27
  - 6:45 pm – 8:00 pm

**Private Dance Lessons ($30/$38)**
Would you prefer one on one instruction in either Belly Dance or Hip Hop? Our trained instructors are ready to assist you in gaining the skills you desire and in reaching your personal goals. All private sessions are one half hour in length and are held during the time periods listed below. Once you register, you will be contacted by the instructor to determine the time that best suits your busy schedule!

**Meets:**
- Tuesday September 25 – November 27
  - 8:00 pm – 9:30 pm
- Monday October 8 – December 10
  - 8:15 pm – 9:45 pm

*No classes on November 21.
Early Childhood Dance

Dance for young children is an active, fun way to encourage physiological, emotional and cognitive development in addition to promoting social skills and cooperative participation within a group. Movement can be a valuable outlet as children learn to express themselves through movement and physical play. Dance is a kinesthetic experience that encourages skill building and creative thought, all in a safe and supportive environment. All courses will meet in the Eppley Recreation Center. Class sizes are limited.

Creative Movement Age 3 ($52/$65)
Children will be introduced to dance through creative movement. As they engage their imaginations and channel their energy, they will develop balance, coordination, and basic movement skills through the use of colorful props, imagery, and music. Basic elements of dance will be introduced in an age appropriate manner. In order for a participant to be successful in these classes, an independence from the parent must be demonstrated. 8 sessions.

Meets: Saturdays September 22 – November 17
8:45 am–9:30 am
(no class October 20)

Creative Movement Ages 4-5 ($52/$65)
Children will be introduced to dance through creative movement. As they engage their imaginations and channel their energy, they will develop balance, coordination, and basic movement skills through the use of colorful props, imagery, and music. Basic elements of dance will be introduced in an age appropriate manner. 8 sessions.

Meets: Saturdays September 22 – November 17
9:30 am–10:15 am
(no class October 20)

Tumbling for Tots and Tikes

These classes are taught by an experienced and caring staff that will assist participants in developing spatial awareness, coordination, balance, strength, flexibility and self confidence. Please note that these classes are limited to TUMBLING ONLY; no gymnastics equipment will be utilized.

In order for a participant to be successful in these classes, an independence from the parent must be demonstrated. The participant must have an adequate attention span and the ability to follow simple directions. All classes meet in the Eppley Recreation Center. Class sizes are limited.

Tumble Tots Age 3-4 ($52/$65)
Our 3 year-old class is usually the first class experience for many little ones, this class is geared toward learning how to participate in group activities. Repetition of skills such as waiting for your turn, marching in line, listening, and following directions is practiced with the teacher’s assistance. Rolling and balance will be emphasized to increase gross motor skills, and a small student/teacher ratio provides the perfect atmosphere for Tumble Tots fun. 8 sessions.

Meets: Saturdays September 22 – November 17
10:00 am–10:45 am
(no class October 20)

Tumble Tikes Ages 4-5 ($52/$65)
The Tumble Tikes class is pre-school class for 4 and 5 year olds. This class takes advantage of an older child’s growing ability to follow directions. As part of this class, participants will learn basic skills for floor exercise including forward rolls, handstands, and, dependent upon progression within the group, more advanced skills will be introduced. 8 sessions.

Meets: Saturdays September 22 – November 17
11:00 am–11:45 am
(no class October 20)

Yoga for Tikes

Yoga for mommies and tikes offers more than 50 unique and engaging yoga postures, rhymes and activities for you to share with your 21 month to 4 year-old. You and your tyke will delight in practicing yoga, discovering new movements and singing together. Preschoolers have a mind of their own, and your instructor knows exactly how to honor and appeal to these independent spirits. 6 sessions.

Meets: Tuesday September 18 – October 23
5:15 pm – 6:15 pm
Tuesday October 30 – December 4
5:15 pm – 6:15 pm

*Fee for parent/guardian and one child.

Youth Tennis

Join the fun of tennis with your child as you learn the basics of the game. Level I is an accelerated six-lesson course that gives the players the skills, confidence, and knowledge to begin playing. Skills taught include forehand groundstroke, serve and volley, and backhand groundstroke. Ages 7 – 12. 6 Sessions.

Meets: Sunday September 30 – November 4
2:30 pm–4:00 pm

Register online today: www.crs.umd.edu
CPR COURSES
CPR course fees include all required text materials and the American Red Cross support fee. Certification will be awarded to those who pass required skills tests and written exam(s).

Adult CPR / AED ($48.00/$60.00)
Learn the knowledge and skills necessary to recognize basic care for breathing and cardiac emergencies in adults until advanced medical personnel can arrive and take over. This class includes training in the use of an Automated External Defibrillator for adult victims of sudden cardiac arrest.

Meets: Thursday September 20 5:30 pm - 10:00 pm, OR
Tuesday October 9 5:30 pm - 10:00 pm, OR
Wednesday November 14 5:30 pm - 10:00 pm

Infant/Child CPR ($54.00/$67.50)
If you have loved ones that are still in the early years, and would like to have the necessary skills to help ensure their ongoing safety, learn the knowledge and skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies. This class will teach the basic skills needed to provide care in infants and children until advanced medical personnel arrive and take over. Certification awarded on site at successful completion of this class.

Meets: Saturday October 6 10:00 am - 2:30 pm, OR
Sunday December 2 10:00 am - 2:30 pm

Standard First Aid ($60.00/$72.00)
Learn the knowledge and skills necessary to recognize and provide basic care for injury and sudden illnesses in adults, children and infants until advanced medical personnel arrive and take over. This class includes training in the use of an Automated External Defibrillator for adult victims of sudden cardiac arrest and CPR for adults. Certification awarded on site at successful completion of this class.

Meets: Saturday November 17 8:30 am - 3:00 pm

Water Safety Instructor ($200.00/$250.00)
Do you want to teach swimming lessons and water safety courses? This class trains candidates to teach American Red Cross Water Safety Courses. Candidates must pass a pre-course skills test on the first night of class. Participants must be at least 16 years of age to receive certification. 10 sessions

Meets: Mondays & Wednesdays September 17 - October 17 6:00pm-10:00pm

Lifeguard Training ($160.00/$200.00)
Learn the skills and knowledge needed to keep patrons safe in aquatic facilities. After successful completion of this course, you will receive American Red Cross Lifeguard, First Aid and CPR/AED for the Professional Rescuer certification. Participants must be at least 15 years of age. Prerequisite for course: Swim 300 yards continuously (Breaststroke/Freestyle) and retrieval of a brick from 9 feet of water. 9 sessions

Meets: Wednesdays September 19 – November 14 6:00pm-10:00pm

Lifeguard Instructor ($200.00/$250.00)
Learn the skills necessary to teach courses and modules in the American Red Cross Lifeguard Training program by developing their understanding of how to use the course materials, how to conduct training sessions, and how to evaluate participant’s progress. Participant must have current Lifeguard certification to take this course. Candidates must pass pre-course skills and written test on the first night of class. 10 sessions

Optional Lifeguard/CPR-PR/First Aid Skills review:
Tuesday, October 2 6:00pm -10:00pm

Meets: Tuesdays & Thursdays October 9- November 13 6:00pm - 10:00pm

Aqua Aerobics Classes
Are Offered Through Instructional Programs
Make a SPLASH this semester by taking your workout to the pool. Water Aerobics is an “all-in-one workout” which provides cardiovascular, resistance, and muscular strengthening benefits. See to page 21 for classes details.
MASTERS SWIMMING

Masters Swimming will help you train for local, regional, or national swim meets or for open water swims and triathlons. Attend one or more of the scheduled weekly workouts and improve your swimming strokes and techniques under the direction of a qualified swimming instructor/coach.

Participants must be at least 18 years of age.

Workouts: Monday, Wednesday, Thursday 6:30 - 8:00 pm
Tuesday & Thursday 6:15 - 7:45 am
Saturday 10:30 am - Noon

Fees:

<table>
<thead>
<tr>
<th>Card Type</th>
<th>Students</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 Workouts</td>
<td>$38.50</td>
<td>$41.25</td>
<td>$60.50</td>
</tr>
<tr>
<td>30 Workouts</td>
<td>$77.00</td>
<td>$82.50</td>
<td>$121.00</td>
</tr>
</tbody>
</table>

Note: All Masters Swimmers must also register with United States Masters Swimming (USMS).

PRIVATE & SEMI-PRIVATE SWIM LESSONS

Private and Semi-Private swim lessons are an excellent way to learn and/or improve your swimming skills in a small group or individual setting.

Registration for private and semi-private swim lessons may be done online or in person at the Member Services Desk at the Eppley Recreation Center. Your registration form will be reviewed and an instructor will contact you to schedule your first swim lesson. Each swim lesson is 30 minutes in length.

Private Costs:

<table>
<thead>
<tr>
<th>Lesson Type</th>
<th>Single Lesson</th>
<th>6 Lesson Package</th>
<th>12 Lesson Package</th>
</tr>
</thead>
<tbody>
<tr>
<td>Card Type</td>
<td>$30.00 / 36.00</td>
<td>$150.00 / 180.00</td>
<td>$240.00 / 288.00</td>
</tr>
</tbody>
</table>

Semi-Private Costs:

<table>
<thead>
<tr>
<th>Lesson Type</th>
<th>Single Lesson</th>
<th>6 Lesson Package</th>
<th>12 Lesson Package</th>
</tr>
</thead>
<tbody>
<tr>
<td>Card Type</td>
<td>$20.00 / 24.00</td>
<td>$75.00 / 90.00</td>
<td>$120.00 / 144.00</td>
</tr>
</tbody>
</table>

Learn To Swim

The CRS Learn to Swim Program has classes for ages 6 months to adult. Classes will be offered either twice a week for 4 weeks or once a week on Saturdays for 8 weeks. Each session is 30-40 minutes in length. Register online at www.crs.umd.edu or at the Member Services Desk in the ERC. For more information, please call 301-405-PLAY.

Fees Per Course

<table>
<thead>
<tr>
<th>Card Type</th>
<th>UM Registered Students and CRS Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$50.00</td>
<td>$62.50</td>
</tr>
</tbody>
</table>

Course fees are due in full at registration.

Important Dates

Registration Begins: August 22
Session I Registration Ends: September 4, space provided
Session I Classes: September 10 - October 9 (No class September 13)
Saturday Classes: September 8 - November 10 (No class October 13 and 20)
Registration Begins: September 24
Registration Ends: October 7, space provided
Session II Classes: October 15 - November 12 (No class October 31)

Level Assessment

Parents that are unsure as to what level to place a child in may request a free Level Assessment by calling Carrie Tupper at 301-226-5383. Level Assessments generally take 10–15 minutes, and the child will get in the water.

ATTENTION: For the Parent and Tots course parents must be in the water with children. Parents must be on the pool deck bleachers for any other courses for children. The Parent and Tot course is age-restricted (children must be placed in the course by age).

Dive into the next page for “Learn To Swim” course descriptions.
Learn To Swim Course Descriptions

<table>
<thead>
<tr>
<th>Parent and Tot (all 6 months-2 years olds)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Parents learn water adjustment techniques to help orient their children to water.</td>
<td></td>
</tr>
<tr>
<td><strong>Session I:</strong> Mon. &amp; Wednes.</td>
<td>Sept. 10 - Oct. 3</td>
</tr>
<tr>
<td></td>
<td>Tues. &amp; Thurs.</td>
</tr>
<tr>
<td><strong>Session II:</strong> Tues. &amp; Thurs.</td>
<td>Oct. 16 - Nov. 8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>preschool (3-4 year olds)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Toddlers learn water adjustment and water exploration.</td>
<td></td>
</tr>
<tr>
<td><strong>Skills:</strong> bubble blowing, supported front and back kick, supported front and back glide, and water safety.</td>
<td></td>
</tr>
<tr>
<td><strong>Session I:</strong> Mon. &amp; Wednes.</td>
<td>Sept. 10 - Oct. 3</td>
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<tr>
<td></td>
<td>Tues. &amp; Thurs.</td>
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<tr>
<td></td>
<td>Saturday</td>
</tr>
<tr>
<td><strong>Session II:</strong> Mon. &amp; Wednes.</td>
<td>Oct. 15 - Nov. 12</td>
</tr>
<tr>
<td></td>
<td>Tues. &amp; Thurs.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>To register for the following courses, participants must demonstrate proficiency in all skills required to pass the previous level course (i.e. to register for Level II, the participant must possess all skills to pass the Level I course).</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Level I (Gu ppies)</strong></td>
<td></td>
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<tr>
<td>This class teaches children to become comfortable with the water.</td>
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<tr>
<td><strong>Skills:</strong> supported floating, supported kicking, and basic personal safety and rescue.</td>
<td></td>
</tr>
<tr>
<td><strong>Session I:</strong> Mon. &amp; Wednes.</td>
<td>Sept. 10 - Oct. 3</td>
</tr>
<tr>
<td></td>
<td>Tues. &amp; Thurs.</td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
</tr>
<tr>
<td><strong>Session II:</strong> Mon. &amp; Wednes.</td>
<td>Oct. 15 - Nov. 12</td>
</tr>
<tr>
<td></td>
<td>Tues. &amp; Thurs.</td>
</tr>
</tbody>
</table>

| **Level II (Seahorses)** |  |
| This class is designed for a child who is comfortable with water and ready to build on skills learned in Level I. |  |
| **Skills:** unsupported kicking and floating, rhythmic breathing, front crawl, and back crawl arms. |  |
| **Session I:** Mon. & Wednes. | Sept. 10 - Oct. 3 | 6:20-7:00 pm, OR |
| | Tues. & Thurs. | Sept. 11 - Oct. 9 | 6:20-7:00 pm, OR |
| | Saturday | Sept. 8 - Nov. 10 | 10:20-11:00 am |
| **Session II:** Mon. & Wednes. | Oct. 15 - Nov. 12 | 5:30-6:10 pm, OR |
| | Tues. & Thurs. | Oct. 16 - Nov. 8 | 6:20-7:00 pm |

| **Level III (Goldfish)** |  |
| This class is designed to provide additional guided practice to help students coordinate front and back crawl. |  |
| **Skills:** Front crawl, back crawl, introduction of elementary backstroke, introduction of butterfly, and basic diving. |  |
| **Session I:** Mon. & Wednes. | Sept. 10 - Oct. 3 | 6:20-7:00 pm, OR |
| | Tues. & Thurs. | Sept. 11 - Oct. 9 | 6:20-7:00 pm, OR |
| | Saturday | Sept. 8 - Nov. 10 | 10:20-11:00 am |

| **Level III (Goldfish) continued...** |  |
| **Session II:** Mon. & Wednes. | Oct. 15 - Nov. 12 | 6:20-7:00 pm, OR |
| | Tues. & Thurs. | Oct. 16 - Nov. 8 | 6:20-7:00 pm |

| **Level IV (Dolphins)** |  |
| This class is designed to place emphasis on stroke development and increasing endurance. |  |
| **Skills:** front crawl and backstroke, butterfly, introduction to elementary backstroke, breaststroke and diving. |  |
| **Session I:** Mon. & Wednes. | Sept. 10 - Oct. 3 | 6:20-7:00 pm, OR |
| | Tues. & Thurs. | Sept. 11 - Oct. 9 | 6:20-7:00 pm, OR |
| | Saturday | Sept. 8 - Nov. 10 | 10:20-11:00 am |
| **Session II:** Mon. & Wednes. | Oct. 15 - Nov. 12 | 6:20-7:00 pm, OR |
| | Tues. & Thurs. | Oct. 16 - Nov. 8 | 6:20-7:00pm |

| **Level V (Stingrays)** |  |
| This class is designed to increase endurance, coordination, and refine strokes. Students will work on refining all strokes and increasing their distances. |  |
| **Session I:** Tues. & Thurs. | Sept. 11 - Oct. 9 | 6:20-7:00 pm, OR |
| | Saturday | Sept. 8 - Nov. 10 | 11:10-11:50 am |
| **Session II:** Mon. & Wednes. | Oct. 15 - Nov. 12 | 6:20-7:00 pm |

| **Level VI-Fitness Swimming** |  |
| This class will refine strokes even further so students are able to swim with more ease, efficiency, power, and smoothness over greater distances. Students learn how to use different swim training equipment including fins and paddles. |  |
| **Session I:** Tues. & Thurs. | Oct. 16 - Nov. 8 | 7:10-7:50 pm |

| To register for the following courses participants must be 16 years of age or older and demonstrate proficiency in all skills required to pass the previous level course (i.e. to register for Intermediate Adult, the participant must possess all skills to pass Beginning Adult). |  |
| **Beginning Adult** |  |
| Learn to be comfortable in and around the aquatic environment. |  |
| **Skills** presented include front and back floats, breath control, treading and sculling, rhythmic breathing, front crawl, elementary backstroke, and back crawl. |  |
| **Session I:** Mon. & Wednes. | Sept. 10 - Oct. 3 | 7:10-7:50 pm, OR |
| | Tues. & Thurs. | Sept. 11 - Oct. 9 | 7:10-7:50 pm, OR |
| | Saturday | Sept. 8 - Nov. 10 | 11:10-11:50 am |
| **Session II:** Mon. & Wednes. | Oct. 15 - Nov. 12 | 7:10-7:50 pm, OR |
| | Tues. & Thurs. | Oct. 16 - Nov. 8 | 7:10-7:50 pm |

| **Intermediate Adult** |  |
| Learn the sidestroke, breaststroke, flip turns, and butterfly. |  |
| Participants will cultivate stroke techniques for front crawl, back crawl, breaststroke, and sidestroke. |  |
| **Session I:** Mon. & Wednes. | Sept. 10 - Oct. 3 | 7:10-7:50 pm, OR |
| | Tues. & Thurs. | Sept. 11 - Oct. 9 | 7:10-7:50 pm, OR |
| | Saturday | Sept. 8 - Nov. 10 | 11:10-11:50 am |
| **Session II:** Mon. & Wednes. | Oct. 15 - Nov. 12 | 7:10-7:50 pm, OR |
| | Tues. & Thurs. | Oct. 16 - Nov. 8 | 7:10-7:50 pm |
Outdoor Recreation Program

The University of Maryland is located in an ideal setting for exploring the outdoors and pursuing a wide variety of adventure activities. Whether mountain biking on some great single track or hiking through the mountains is your idea of fun, the Outdoor Recreation Center (ORC) has something for you. The ORC’s trained staff will help you enjoy many different excursions on your own or as part of one of our planned outdoor recreation trips.

The ORC also has an extensive resource center with hundreds of books, maps, and brochures for states, national forests, and parks to plan your own trip. In addition, the ORC has a large selection of outdoor equipment available for rental and a bike shop where our mechanics will teach you to maintain your own bike free of charge. Anyone eligible to become a CRS member is also eligible to use any of the above services and go on our trips (note: you must be a CRS member or sponsored guest to use the climbing wall). For more information call 301-226-HIKE.

Notice About Adventure Trips

After ten years, the Outdoor Recreation Program is undergoing an evaluation of its mission. The Bike Shop, Equipment Rental Program, and the ORC Resource Center will continue operation during this evaluation. The Trip Program, however, will be on hiatus until the evaluation is complete. Part of the program evaluation will be determining the types of trips the program should offer to best meet the needs of the University of Maryland community.

See the spring 2008 Recreation Guide for an update on the new trip program. In the meantime, stop by the ORC for outdoor recreation resources, learn how to fix and tune up your bike, or rent equipment for your own outdoor adventure.

Resource Center and Equipment Rental

Check out the ORC’s library of books, magazines, and maps, or view slides, web sites, and other information on various outdoor sites and activities. Let the ORC staff help you plan your own trip with friends or family.

If you are a student, faculty/staff member, or CRS member, you can rent high-quality equipment for your own adventures. Rental rates are very reasonable. Cash, checks, or credit cards (Visa, Mastercard, Discover, AMEX) are accepted. Advance reservations are recommended. Check out the list of outdoor recreation rental equipment on the web at www.crs.umd.edu.
Climbing Clinics & Skills Tests

Safety Skills Test FREE!
This test is to ensure that climbers understand the UM Climbing Wall program policies, and can perform all required technical skills. The test consists of a supervised practical test followed by 3 separate days of repeating the same skills under staff supervision.

This test is free and can be taken during regular Wall hours.

Climb Safe Clinic $10.00/person
Mondays and Thursdays 5:30pm-7:30pm by reservation*
This workshop is designed for beginners who are interested in the very basic, yet critical, safety components of climbing. Participants will learn the necessary technical skills for climbing on the UM Climbing Wall. Skills include knot-tying, belaying, commands, and a general knowledge of climbing safety.

*Participants must register in advance for this clinic at the Outdoor Recreation Center or by calling 301.226.HIKE during open hours. Space is limited to 4 people for each clinic.

Women Rock! Strength & Technique Training for Female Climbers $15.00/person - Female climbers only please.
September 19, September 26, AND October 3 from 5:00-6:30
Climbers should attend all 3 sessions. Climbers must also register for this clinic by September 14th.
In this clinic, our female climbing instructors will help you develop your core strength, improve footwork and body movement, and gain the mental edge for better climbing.

Basic Climbing Technique Clinic $15.00/person
September 19, September 26, AND October 3 from 7:30-9:00
Climbers should attend all 3 sessions. Climbers must also register for this clinic by September 14th.
Climbers who have passed the Safety Skills Test and are interested in learning more about the technique and body movement needed to be a better climber will benefit from this 3-week clinic.

Topics that will be addressed include: understanding route design, basic climbing etiquette, hand gripping, efficient upper and lower body movements, and troubleshooting different features on the wall such as overhangs, and sloping angles.

The Climbing Wall
The outdoor climbing wall and bouldering facility is open for use by students and all CRS members. Climbing is a sport that challenges both the mind and the body and is a great way to exercise, relieve stress, and do something adventurous.

Climbing Wall Hours*

<table>
<thead>
<tr>
<th></th>
<th>Sunday - Thursday</th>
<th>Friday and Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4:00 pm - 8:00 pm</td>
<td>CLOSED</td>
</tr>
</tbody>
</table>

*The Climbing Wall will be closed for the winter season on November 16, 2007.

Equipment
Climbers are encouraged to use the ORC’s climbing equipment (helmets, harnesses, carabiners, and belay devices). These items are available for free or for a small rental fee. Please check out our website for rental fees—www.orc.umd.edu.
Challenge Course Program
Just Built… Check out our new High Element Course!

The University of Maryland Challenge Course Program serves campus and local community organizations by providing opportunities for individual growth and group development through guided physically, mentally, and emotionally challenging experiences.

The UM Challenge Course is the premiere program for offering adventure-based teambuilding workshops to the university community. We specialize in ½ day and full day workshops that provide positive learning experiences for all groups.

We custom design all workshops to meet the goals and needs of your group. Popular themes include:

- Getting to know each other
- Leadership Development for students and staff
- Teambuilding for student groups, academic classes, residence halls, etc.
- Breakout sessions for retreats, conferences and meetings

To make a reservation or inquire about our program, call 301.226.4456 or email us at adventure@umd.edu.

Steps for making a reservation:
1. Talk with your group about the benefits of a challenge course experience
2. Decide upon 2-3 optional dates (we appreciate at least a 3-week notice)
3. Email or call us to secure a date
4. Complete necessary paperwork (release forms and pricing agreements)
5. Meet with our facilitation staff to discuss workshop goals and design
6. Enjoy a great day of adventure learning with us

<table>
<thead>
<tr>
<th>Per Person Prices for 2007</th>
<th>UM</th>
<th>Community*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 Day (4 Hours)</td>
<td>$18</td>
<td>$26*</td>
</tr>
<tr>
<td>Full Day (8 Hours)</td>
<td>$30</td>
<td>$42*</td>
</tr>
<tr>
<td>Portable/Off-site Workshops (UM Campus Only)</td>
<td>Price based on group size and goals and desired length of workshop.</td>
<td></td>
</tr>
</tbody>
</table>

*Community pricing may vary depending on program requirements.
A Sport Club is a student organization, registered with Campus Recreation Services, formed by individuals motivated by a common interest and desire to participate in a favorite sport activity. Clubs vary in focus and programming, since student members manage the operation of the club and decide on club activities. A sport club may be competitive, recreational, instructional, social, or all of these.

Clubs offer opportunities for learning a new sport, improving existing sport skills, practicing and playing for fun, and/or competing at various levels. Club officers develop valuable leadership skills, as the success of any sport club depends on the ability of its leaders to manage the administrative affairs of the club.

Joining a Sport Club

Membership is open to all University of Maryland students, faculty, staff, and members of the University of Maryland Alumni Association, regardless of experience or skill level. Club activities are supported, in part, by membership dues, which vary by club. If you are interested in any of the clubs listed below, check out the CRS web site (www.crs.umd.edu) and link to the various club sites. For assistance forming a new sport club, contact Katie Marzocca, Assistant Director, Sport Clubs, at 301-226-4401 or send an e-mail to kmarzocc@umd.edu.

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**Aikido**
Learn and develop your skill in this 20th century self-defense/self-health martial art form. Aikido emphasizes evasion and circular/spiral redirection of an attacker’s aggressive forces into throws, pins and immobilization as a primary strategy, rather than punches and kicks.

**Badminton**
Develop your skills with this very active club. Learn basic racquet skills and game strategies. This club annually hosts some of the top collegiate tournaments in the country and welcomes men and women of all skill levels.

**Ballroom**
This highly active club offers instruction and promotes dancing at all levels. No partner is needed. It’s a great way to socialize, exercise and have fun, all at the same time!

**Baseball**
This club participates in Mid-Atlantic regional tournaments, as well as national tournaments. All members of the campus community are invited to come out play.

**Basketball - Women’s**
This club bridges the gap between intramural and varsity basketball. Club members practice to refine skills and develop teamwork. The schedule includes club teams from universities on the East Coast.

**Black Belt**
The Black Belt Club uses elements of many diverse martial arts including Kickboxing, Tae Kwon Do, and Rape Aggression Defense in training and competition. No martial arts experience is needed.

**Boxing**
This club provides a safe and friendly atmosphere for learning boxing skills and techniques for building stamina to compete as a boxer. Both contact and non-contact forms of boxing are offered. No experience necessary.

**Crew - Men’s and Women’s**
Crew is the oldest collegiate sport, and is now available to Maryland students. Compete against top club and varsity collegiate programs, in some of the most exclusive regattas of the year. Beginners and veterans are welcome.

**Cycling - Coed**
Develop your biking skills, enjoy leisurely rides, or participate in road and mountain bike races. This club is a member of the National Collegiate Cycling Association and welcomes new riders of all ability levels.

**Equestrian**
Learn how to care for and ride horses. Opportunities are also available to compete intercollegiately.

**Fencing**
This club promotes the sport and the art of fencing. It meets throughout the year, training both men and women in the use of foil, saber and epee (the three traditional weapons). Learn to develop agility and endurance, as well as fencing strategy and competitive spirit.

**Field Hockey - Coed**
This club competes against varsity and other field hockey club teams. Practices are open to any player. No experience is necessary.

**Go Ju Ryu**
Develop your physical and mental awareness through this Karate-type martial art form. The club meets two times a week throughout the academic year.

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Get Club Officials info online at [www.crs.umd.edu](http://www.crs.umd.edu).
CLUBS continued...

**Gymnastics - Women's**
The Women's Gymnastics Club seeks to provide opportunities for skill development and participation in competitive gymnastics events.

**Ice Hockey - Men's and Women's**
Join this club and develop your skating and puck-handling skills in a fun, but competitive atmosphere. Members compete in the University Hockey League. The season runs from September to March, and interested players are always welcome.

**Kendo**
Kendo is the Japanese art of fencing and no experience is necessary.

**Lacrosse - Men's and Women's**
The Men's club competes in both fall and spring semesters against top club competition on the East Coast. Ranked nationally, the Women's club competes both Fall and Spring semesters with games every week against some of the East Coast's toughest teams. Players of all skill levels are welcome.

**Maryland Student Officials Association (MSOA)**
This club offers opportunities for those who aspire to referee the big games. Develop your officiating skills in a wide variety of sports through tournaments, clinics and meetings held throughout the year. The MSOA provides officials for numerous campus events and off-campus leagues. Make some money while you work your way up the officiating ladder.

**Paintball**
Fast and intense head-to-head skirmish. Pull and hang the other team's flag without getting splatted! Paintball is becoming a mainstream sport, so now we have our own team to compete at the collegiate level.

**Rugby - Men's and Women's**
No experience is required. Newcomers are welcome. Learn to play rugby and compete in the popular Potomac Rugby Union.

**Sailing**
The Maryland Sailing Team races against club and varsity teams in some of the most competitive regattas on the East Coast. All skill levels are welcome to join.

**Skiing**
The Ski Club is established for the purpose of providing competitive ski racing, experience, and race training to the University of Maryland while fostering fellowship with students from other institutions in a friendly, competitive atmosphere.

**Soccer - Men's and Women's**
Both men's and women's club teams compete locally and regionally on the collegiate level. Players of all skill levels are encouraged to join these clubs and participate in this increasingly popular sport.

**Softball - Women's Fastpitch**
This club competes intercollegiately in both fall and spring semesters. Women of all skill levels are encouraged to join the team.

**Squash**
This club offers squash enthusiasts, and those interested in learning to play squash, a unique environment dedicated to the love of the game, as well as spirited and friendly competition.

**Swim**
Swimmers of all levels are welcome in this club open to all UM students and alumni. The team competes against other college club swim teams in both home and away meets throughout the year.

**Table Tennis**
Terrapin Table Tennis is established to provide a friendly and stimulating environment in which table tennis enthusiasts of all skill levels can engage in both casual and competitive gameplay. Modes of gameplay offered through this club include recreational, intramural, and intercollegiate.

**Tennis**
The Tennis Club is a coed club that offers everyone, regardless of skill level, the opportunity to enjoy the sport of tennis, as well as, compete against numerous East Coast universities.

**Terp Runners**
The Terp Runners mission is to support and encourage a healthy approach to running for all members of the University of Maryland with all levels of ability. This club provides an atmosphere in which runners at UM can meet each other, share running knowledge, and simply enjoy running together.

**Ultimate Frisbee - Men's and Women's**
Try this fast-paced, growing sport which combines the elements of soccer, football and basketball. Ultimate is played with a frisbee, where everyone is a quarterback and a receiver. Both men's and women's teams welcome those who are interested.

**Volleyball - Men's and Women's**
Both men's and women's club teams focus on improving each player's skills through instruction and regular practice. Some team members compete on the national level.

**Water Polo - Men's**
Water Polo is a physically challenging and exciting sport. Those with strong swimming and ball-handling skills will enjoy practicing and competing with this club team throughout the year.

**Weightlifting**
Maryland Weightlifting is a sports club devoted to helping strength athletes train for and compete in the sports of weightlifting and powerlifting. Competitive weight classes exist for men and women of any size, age, or experience level.

**Wushu**
Learn self-defense techniques while you increase your levels of agility, fitness, and flexibility. Learn non-contact sparring skills and weapons forms.
The Intramural Sports program is a unique opportunity for members of the University of Maryland community to participate together in sports leagues, tournaments, and special events. You don’t have to be a superstar to play; any currently registered student or current faculty/staff member can participate. Each tournament/event offers opportunities for either competitive or recreational play.

<table>
<thead>
<tr>
<th>Intramural Sports Office Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>1104 Reckord Armory</td>
</tr>
<tr>
<td>Monday - Thursday 10:00 am - 9:00 pm</td>
</tr>
<tr>
<td>Friday 10:00 am - 7:00 pm</td>
</tr>
<tr>
<td>Phone: 301-226-4444 • Fax: 301-314-7215</td>
</tr>
<tr>
<td>Rain Line: 301-314-RAIN • <a href="http://www.crs.umd.edu">http://www.crs.umd.edu</a></td>
</tr>
</tbody>
</table>

### Team Sports

Team Sports for the Fall are 6x6 Soccer, Flag Football, 3x3 Basketball and 4x4 Volleyball. In these activities, teams are scheduled into 3 or 4 game seasons as time and space allow. Leagues have both competitive (A) and recreational (B) divisions. Leagues are broken down as follows: Fraternity, Men’s, Women’s, Coed, and Graduate/Faculty/Staff. Each league has a single elimination tournament at the end of the season to determine the league champion.

### Individual and Dual Sport Tournaments & Special Events

With activities such as Golf, Tennis, and Badminton, Intramural Sports has something for everyone. The format of these events varies depending on the type of activity. Some activities have seasons, some are tournaments, and some are one-day meets, competitions or races. Each event has various skill levels, to accommodate participants of all abilities. Contact the Intramural Sports Office for more information about any of these events.

### Registration and Fees

Signing up to play is easy! For each activity, there is a designated entry period. During that time, either come to Room 1104 in Reckord Armory with your university photo ID or sign up online at http://www.crs.umd.edu. For team sports, only the team captain has to register. All Fall activities are free, except Golf ($17 Greens Fee). However, a forfeit carries a $15 charge for team sports and $5 for individual sports.

A complete list of Intramural Sports policies can be found on our website.

### Captains Meetings

<table>
<thead>
<tr>
<th>All Meetings held in the Armory</th>
</tr>
</thead>
<tbody>
<tr>
<td>3x3 Basketball</td>
</tr>
<tr>
<td>6x6 Soccer</td>
</tr>
<tr>
<td>4x4 Volleyball</td>
</tr>
<tr>
<td>Flag Football</td>
</tr>
</tbody>
</table>

### Awards

Champions in each league receive Terrapin Gold Medals, the official Maryland Intramural award since 1931. Medals may be exchanged for Intramural Champion T-shirts.

### Free Agents

If you are an individual looking to be placed on a team, or a team captain looking for more players, email Intramural Sports Office at imsports@umd.edu. You may also sign up as a free agent at 1104 Armory. Once you register, the Intramural Sports staff will help you get on a team, or get more team members.

### Hiring Officials

The University of Maryland Intramural Sports program is proud of its national reputation as a leader in intramural sports officiating. All intramural team sports are officiated by paid University of Maryland students. If you are interested in looking at sports in a whole new way, consider becoming an official. Get paid, have fun, and be active in sports, all at the same time! For more information on officials positions and training, contact the intramural office at 301-226-4444 or imsports@umd.edu.
# Fall 2007 Intramural Events

## 3x3 Basketball
- **Entry Period:** 8/29-9/3
- **Play Begins:** 9/5
- **Description:** It only takes 3 to play this game! Start off the fall semester playing basketball with a couple of friends. Teams will play twice a week. After a 6 game regular season there is a single-elimination championship tournament.

## Badminton Singles and Doubles
- **Entry Period:** 9/24-10/1
- **Tournament Dates:** 10/8-10/12
- **Description:** These tournaments will be held Monday-Friday. Come out and test your badminton skills against others on campus. Sign up for singles, doubles, or both!

## 6x6 Soccer
- **Entry Period:** 8/29-9/3
- **Play Begins:** 9/9
- **Description:** Get your team together quickly for one of the most popular team sports intramurals has to offer. All games are played on the CRS Turf Fields near the Comcast Center.

## 4x4 Volleyball
- **Entry Period:** 10/1-10/8
- **Play Begins:** 10/15
- **Description:** Grab a few friends and try playing a little volleyball this fall. Teams can enjoy a 3 week regular season, followed by a single-elimination tournament just before Thanksgiving. All games played in the Armory.

## Tennis Singles and Doubles
- **Entry Period:** 9/17-9/23
- **Tournament Dates:** 9/26-9/30
- **Description:** These two single-elimination tournaments start on Wednesday and end on a Saturday, weather permitting. Sign-up for one or both of these tournaments and play against other university students, faculty, and staff at the Cole Tennis Courts.

## Flag Football
- **Entry Period:** 10/8-10/12
- **Play Begins:** 10/21
- **Description:** Are you ready for some football? Kickoff the season by getting your own men’s, women’s or coed team together. Join us for a 3-game regular season and playoff tournament to decide who takes home the Terrapin Medallion!

## Golf Tournament
- **Entry Period:** 9/10-9/17
- **Tournament Dates:** 9/19 (Raindate: 9/27)
- **Fees:** $17 Greens Fee/Person
- **Description:** Take the afternoon off and enjoy a round of golf with your friends. Sign up early; space is limited. Pairs must select a tee-time at registration.

## MSOA Regional Flag Football Tournament
- **Entry Period:** 10/1-11/9
- **Tournament Dates:** 11/16-11/18
- **Description:** One of seven NIRSA Regional sites in the nation, this event is for highly competitive teams. Last year, 70 teams from all over the Mid-Atlantic participated. Space is limited, and there is an Entry Fee. Winners are invited to participate in the NIRSA National Championships in Dallas, Texas.

## NEW! Co-Ed Inner-Tube Water Polo
- **Description:** Don’t have a horse? No worries, you won’t need one. This exciting sport is played just like the name suggest, in the water while sitting in an inner-tube! Join us at the ERC Natatorium for this co-ed event. Check the web site for the exact date and entry period.

## COMING THIS NOVEMBER!

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**University of Maryland • Fall 2007**

**CRS website:** www.crs.umd.edu
Join Student Entertainment Events (SEE) and the City of College Park for the 27th Annual Terp Trot. It’s the quickest way to see campus sights, and since all proceeds benefit the Student Victim Crisis Fund, you’ll feel twice as good about your morning run.

The race starts at 9am
And will be held rain or shine.

Trophies for overall winners and 1st, 2nd, and 3rd place in each age group.

Stick around for the post-race celebration with music, food, refreshments, and door prizes.

For more information and registration instructions please visit:
www.active.com OR www.see.umd.edu
The University of Maryland Golf Course is located on highway 193 across from Stadium Drive. Call 301-314-GOLF or visit their website at www.golf.umd.edu for more information.

### Golf Shop Hours

<table>
<thead>
<tr>
<th>Month</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>September - October</td>
<td>Monday–Friday 7:00am-7:00pm</td>
</tr>
<tr>
<td></td>
<td>Saturday–Sunday 6:30am-7:00pm</td>
</tr>
<tr>
<td>November - February</td>
<td>Daily 7:30am-5:00pm</td>
</tr>
</tbody>
</table>

### 2007 Golf Course Rates

<table>
<thead>
<tr>
<th>Rates</th>
<th>Mon-Thurs (Walk / Ride)</th>
<th>Fri-Sun (Walk / Ride)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Guest Rates</td>
<td>$32 / $47</td>
<td>$62</td>
</tr>
<tr>
<td>Faculty / Staff</td>
<td>$25 / $40</td>
<td>$52</td>
</tr>
<tr>
<td>Student</td>
<td>$20 / $35</td>
<td>$42</td>
</tr>
<tr>
<td>Senior (55 and Up)</td>
<td>$25 / $40</td>
<td>N/A</td>
</tr>
<tr>
<td>Mid-Day (2 hrs. before twilight)</td>
<td>$25 / $40</td>
<td>$37 / $52</td>
</tr>
<tr>
<td>Twilight (3.5 hrs. before dark)</td>
<td>$20 / $28</td>
<td>$27 / $35</td>
</tr>
</tbody>
</table>

Please call the Pro Shop at 301-314-GOLF for a starting time. Starting times taken seven days a week from March 1st - October 31st.

The University of Maryland Golf Course is a semi-private facility. The following information will help you prepare to play our golf course:

- Soft spikes are required.
- Carts are mandatory weekends and holidays (March - December).
- Suitable golf attire is recommended. All shirts must have a collar.
- Guests may make tee times five days in advance.

### Services

The University of Maryland Golf Course is a full service golf operation that offers a complete line of golf equipment, apparel, and accessories for our members and the general public. Here is a listing of the services offered at the golf course:

- Handicap Services available for $25.00 per year, providing a fully accredited computer service.
- Golf Lessons available throughout the year in video, private, small group, and clinic forms.
- The Newly Renovated Driving Range and Practice Facility is NOW open.
  - Featuring: 38 stations, new balls and mats, target greens, chipping and short game area, and fairway and greenside bunkers.
- Club Repair Services
- Club Tournaments
- Social Events

**Payroll Deduction Membership Now Available**

Have your faculty/staff membership deducted bi-weekly through payroll. Contact the Pro-Shop for more details or stop in to apply.

### University Golf School

University Golf School will be offering a large selection of affordable private and group lessons for the 2007 golf season. All instruction is given by LPGA and PGA staff who are committed to providing the best teaching methods to improve your golf game. Below are golf clinics that will be offered this coming season. Call the Pro Shop at 301-314-GOLF for registration fees, dates, and scheduling.

#### Individual Golf Lessons

<table>
<thead>
<tr>
<th>Type of Lesson</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Lesson (45 minutes)</td>
<td>$50.00</td>
</tr>
<tr>
<td>Three Private Lessons</td>
<td>$135.00</td>
</tr>
<tr>
<td>Five Private Lessons</td>
<td>$215.00</td>
</tr>
<tr>
<td>Junior Rate</td>
<td>$25.00</td>
</tr>
</tbody>
</table>

#### NEW! Video Analysis Lessons

<table>
<thead>
<tr>
<th>Type of Lesson</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initial Lesson (1 1/2 hours)</td>
<td>$100.00</td>
</tr>
<tr>
<td>Follow-up Lesson (1 hours)</td>
<td>$75.00</td>
</tr>
<tr>
<td>Three Lessons</td>
<td>$210.00</td>
</tr>
<tr>
<td>Five Lessons</td>
<td>$325.00</td>
</tr>
</tbody>
</table>

#### Fall Group Clinics

Call 301-314-GOLF or visit their website at www.golf.umd.edu for dates and prices.

Note: This information is presented for the benefit of our participants who have questions regarding the University of Maryland golf course. The golf course is not affiliated with Campus Recreation Services.
The University of Maryland Intramural Sports program is proud of its national reputation as a leader in intramural sports officiating. All intramural team sports are officiated by **PAID** University of Maryland students. If you are interested in looking at sports in a whole new way, consider becoming an official. Get paid, have fun, and you make the call!

Training for soccer officials starts on Tuesday, September 4th.

For more information, contact the Intramural Office at 301-226-4444 or email at imsports@umd.edu.