

# UMBC

1000 HILLTOP CIRCLE  
BALTIMORE, MD 21250



## OPEN RECREATION AT THE RAC SCHEDULE FOR FALL 2009 AUGUST 31ST - DECEMBER 18TH



### Important Numbers

**RAC FRONT DESK**            410 455-8888  
**OFFICE OF REC SPORTS**    ext. 56883  
**INTRAMURAL OFFICE**        ext. 51540  
**RAC WEIGHT ROOM**        ext. 53086  
**RAC EQUIPMENT DESK**     ext. 51546  
**SPORT CLUBS**                ext. 52118  
**ATHLETIC DEPARTMENT**    ext. 52126  
**BUILDING MANAGER**        ext. 51545

### ADMINISTRATION

President                    Dr. Freeman Hrabowski  
Provost                      Dr. Elliot Hirshman  
Athletic Director         Dr. Charles Brown  
Assistant AD/REC/P.E.    Mike D'Archangelo  
Asst. Dir of REC/Intram.    Jeff Moore  
Club Sport Coordinator    Brianne Dey  
Building Manager         Josh Lightfoot  
Aquatics Coordinator     Chad Cradock  
Rec Equipment Manager    Lauren Dehaven  
Group Fitness Coordinator   Katie Birger



| FACILITY  | SUNDAY                    | MONDAY   | TUESDAY                                 | WEDNESDAY                               | THURSDAY                                | FRIDAY                                  | SATURDAY                      |   |
|---|---------------------------|--|---|---|---|---|-------------------------------|---|
| BUILDING HOURS  | 12pm-10pm                 | 7am-10pm   | 7am-10pm                                | 7am-10pm                                | 7am-10pm                                | 7am-10pm                                | 12pm-7pm                      |   |
| RAC GYMNASIUM   | 12pm-10pm                 | 7am-10pm   | 7am-10pm                                | 7am-10pm                                | 7am-10pm                                | 7am-10pm                                | 12pm-7pm                      |   |
| WEIGHT ROOM   | 12pm-10pm                 | 7am-10am<br>12pm-10pm  | 7am-10am<br>12pm-10pm                   | 7am-10am<br>12pm-10pm                   | 7am-10am<br>12pm-10pm                   | 7am-10am<br>12pm-10pm                   | 12pm-7pm                      |   |
| CARDIO BALCONY  | 12pm-10pm                 | 7am-10pm   | 7am-9am<br>10:30am-10pm                 | 7am-10pm                                | 7am-9am<br>10:30am-10pm                 | 7am-10pm                                | 12pm-7pm                      |   |
| POOL*   | 12pm-6pm                  | 7:45am-9am<br>11am-1pm<br>5:30pm-7:30pm  | 7:45am-9am<br>11am-1pm<br>5:30pm-7:30pm | 7:45am-9am<br>11am-1pm<br>5:30pm-7:30pm | 7:45am-9am<br>11am-1pm<br>5:30pm-7:30pm | 7:45am-9am<br>11am-1pm<br>5:30pm-7:30pm | 12pm-6pm                      |   |
| ARENA TRACK**   | 12pm-10pm                 | 7am-10pm   | 7am-10pm                                | 7am-10pm                                | 7am-10pm                                | 7am-10pm                                | 12pm-7pm                      |   |
| INDOOR TENNIS   | 12pm-3pm                  | <i>During inclement weather, Tennis Courts Can Be Reserved By Calling the Front Desk at (410) 455-8888 on Friday for that weekend's reservation.</i> |   |   |   |   | 12pm-3pm                      |   |
| *GROUP FITNESS CLASSES ARE <b>FREE</b> FOR UMBC/UMB STUDENTS/FACULTY /STAFF AND RAC MEMBERS!!!!!!!!!!!! |                           |  |   |   |   |   |                               |   |
| GROUP FITNESS CLASSES***  |                           |  |   | 12:05-12:50pm<br>Ab Crunch Plus         |   |   |                               | ***Call or Stop in to Sign up for Group Fitness Classes. Sign-up available 7am on day of class. |
|   | 4:30-5:00<br>Ab Crunch    |  | 4:30-5:00<br>Ab Crunch                  |   | 4:30-5:00<br>Ab Crunch                  |   | 4:00-5:00pm<br>Butts and Guts |   |
|   | 5:00-6:00<br>Cardio Box   |  | 5:00-6:00<br>Zumba                      |   | 5:00-6:00<br>Step                       |   | 5:00-6:00<br>Power Stretch    |   |
|   | 6:00-7:00<br>Hip Hop Funk |  | 6:00-7:00<br>Power Stretch              |   | 6:00-7:00<br>Pilates, Core, n More      |   | 6:00-7:00<br>Power Training   |   |

\* Pool Hours Will Change When Outdoor Pool Closes in October (exact date based on weather).\*

\*\*Arena Track May be Closed 4-6pm due to Track Practice (weather permitting) & will also close 2 hours prior to tip-off on days of home Volleyball/Basketball Games\*\*

ANY SCHEDULE CHANGES WILL BE POSTED AS FAR IN ADVANCE AS POSSIBLE.

CHECK OUT OUR WEB SITE FOR ADDITIONAL INFORMATION, CHANGES, OR UPDATES @ [WWW.UMBC.EDU/RECSPTS](http://WWW.UMBC.EDU/RECSPTS)



## UMBC *RETRIEVER ACTIVITIES CENTER*

### WEIGHT ROOM

The 3,000+ sq. ft. weight training facility (RAC court level) consists of 27 selectorized weight machines, 22 free weight stations, a complete set of dumbbells and mtvU. Orientations are recommended. Please sign up for orientations at (410) 455-1546.

### CARDIO BALCONY

The cardio balcony (RAC main level) overlooks the RAC Gymnasium Floor. This area offers a variety of cardiovascular fitness equipment including stair steppers, step mills, elliptical climbers, treadmills, stationary cycles, rowers and also features plasma screens with mtvU.

### AQUATIC CENTER

The UMBC Aquatic Center includes an indoor 25-yard, 8 lane pool and separate diving well with 1 and 3 meter boards. An Olympic-sized 50-meter outdoor pool and deck are in use from April-October (weather permitting).

### RAC GYMNASIUM

The RAC gymnasium may be partitioned into three separate spaces so that users may participate in a variety of activities (including basketball, volleyball and tennis) simultaneously.

### TENNIS COURTS

Six hard court, outdoor tennis courts with lights are available for use by eligible persons. They are available on a first come, first served basis (pending varsity tennis practice). Indoor tennis courts are also available in the RAC. Indoor Court reservations can be made on Friday for the following weekend by calling the RAC Front Desk (x58888).

### ARENA TRACK

Members also have the use of the 1/10 mile rubberized track, located on the main level of the RAC (Arena side), for walking and jogging.

### FITNESS STUDIO

This 3000 sq. ft. studio (RAC main level) is complete with hardwood flooring, a state-of-the-art sound system, and mirrors. These features make it an excellent site for physical education classes, aerobics classes and various club activities.

### LOCKER ROOMS

Two locker facilities are available for use; one is located adjacent to the indoor pool, and the other is located on the court level of the RAC Gymnasium. Lockers are available for daily use at no cost, or for rental on an annual or semester basis. See attendant at equipment issue desk (RAC 120) for more details.

### RULES AND REGULATIONS

It is recommended that every participant take a complete physical examination annually before working out.

The following rules will be enforced during drop-in recreation:

1. All participants must present a valid UMBC or UMB ID card (students, faculty/staff), or RAC Membership card.

2. Proper gym attire (shorts, sneakers, or sweats) is required.

NO STREET CLOTHES, JEANS OR SHOES.

3. All RAC users are responsible for abiding by the rules and regulations which are posted in the facility. RAC management reserves the right to refuse entry or revoke privileges if a user fails to comply with RAC regulations.

### RENTAL SERVICES

All RAC users may sign up for locker rental and/or towel service. The fee for the locker rental (full length) is \$100/year, \$50/semester, \$30/summer, which includes complimentary towel service. Towel service fee is \$35/year, \$15/semester or \$10 summer. Pool side locker fee is \$50/year or \$25 semester, \$15 summer (towel service is not included). See attendant in RAC 120 for details.

### GUEST PASSES

Guest passes may be purchased for facility usage at the Retriever Activities Center Front Desk. Guests may use all facilities at the RAC (guests under 16 years of age are not permitted in the weight room). Guest pass fees are \$5.00 for adults and \$2.00 for each child 12 and under. Each guest must leave a photo ID at the front desk. All guests must be accompanied by a person with a valid ID card at all times and guests must leave the facility with the sponsor. Maximum of two guests per sponsor per day.

\*Retriever Activities Center Memberships are available for purchase on an annual basis for anyone who is not already an eligible RAC user. Contact Membership Services at (410)455-1540 for further details.



UMBC  
OFFICE OF  
RECREATIONAL  
SPORTS

RETRIEVER  
ACTIVITIES  
CENTER



REC SPORTS

FALL 2009  
SCHEDULE