

USM Sullivan Recreation & Fitness Complex, Portland

To Register: Go to the USM Sullivan Complex Recreation & Fitness Office, 104 Sullivan Complex with your USM student I.D beginning January 17, 2012. **Classes are subject to change. Stop in or view website for updates on program offerings.** <http://usm.maine.edu/sullivancomplex>

AEROBICS PROGRAMS

Fee: Current Spring 2012 Students pay \$10/semester, with a signed Release & Assumption of Risk form. \$5.00 drop-in day fee available to all w/ valid photo ID.

Bootcamp: An advanced level fitness class using many different programs, circuit training to cardio and abs....

M-W-F 5:15 p.m. – 6:15 p.m. Main Gym

Indoor Walk/Jog Drop-In: This time frame offers a comfortable atmosphere conducive for socializing and having fun, while burning calories and getting in your daily exercise. Ideal for anyone contemplating starting a walking or jogging exercise program. The Main Gym is 12 laps to a mile.

M-W-F 6:00 a.m. - 8:00 a.m. Main Gym

Step Aerobics: to include circuit training, Step 'n Sculpt, Step 'n Tone and more...

M-W-F 6:15 a.m. – 7:15 a.m. Multi-Purpose Room

On The Ball: Improve strength, flexibility, and balance using a fit ball for resistance with a little hula hooping on the side.

M-W-F, 4:15 p.m. warm up, Class 4:30 -5:15 p.m. Main Gym

DROP-IN BASKETBALL /SULLIVAN COMPLEX

Pick up a schedule at Sullivan Complex Info Center or visit the web for Open Gym time availability:

<http://usm.maine.edu/sullivancomplex>

Look under Resources on the right of the page for a pdf file to print. With valid USM ID to verify student status for Spring 2012 semester and Faculty/Staff, Alumni, w/ Paid Gym membership and USM ID. Non members must show valid government issued photo ID & \$5.00 day fee must be paid for access to Sullivan Recreation Complex. All times are subject to change.

Call ahead to confirm exact times, 780-4169.

3 on 3 BASKETBALL LEAGUE

When: Wednesday nights, 6:15 p.m. – 9:00 p.m.

Starting: Wednesday, February 1, 2012 – April 18, 2012

11 weeks/Playoff April 25th & May 2nd (allows for storm date)

This league is open to Students, Faculty/Staff, Alumni and Gym members. Submit your **completed roster accompanied by full roster fees by Friday, January 27, 2012.**

League Fee: \$5 student, \$10 Faculty/Staff, Alumni, Gym member, \$10 Non member Faculty/Staff, Alumni & Gen Public participants must show valid government issued photo ID & \$5 day fee also must be paid for access each night of play. Fees must be paid prior to start of league to participate. FMI, Call Kevin Normand, 228-8242. To renew your Sullivan Complex membership call 780-4169.

DANCE – ZUMBA

Starts: January 30, 2012 – May 4, 2012

Days: Monday-Wednesday-Friday, 7:30 a.m. -8:30 a.m.

Days: Tuesday & Thursday, 5:00 p.m. – 6:00 p.m.

Where: Sullivan Complex, Lower Level Multi-Purpose Rm

Cost: \$10 with USM Student I.D. & Risk & Release form

Cost: \$50 with current Sullivan Complex membership

Cost: \$90.00 Faculty/Staff without current membership

Cost: \$100.00 General Public/ **\$5.00 per class drop in fee**

Zumba is a fusion of Latin & International music and dance themes that creates a dynamic, exciting, and effective workout system. Wear loose comfortable clothing for dance exercise.

DODGE BALL IN MAIN GYM

Days: Tuesday & Thursday – **Gym not available 3/6 or 3/15**

Time: 3:00 p.m. – 4:00 p.m.

Where: Sullivan Complex, Main Gym

Open to the first 10 Participants with USM Student or Gym membership ID who sign up. Signups start at 2:30 p.m.

FENCING

Days: Tuesdays

Time: 6:00 p.m. to 9:00 p.m.

Where: Sullivan Complex, Main Gym

FMI: E mail the Blade Society usmbladesociety@gmail.com or **Danielle Fecteau (207)939-4538.** Free for USM Students with USM Student ID card -Non members, Faculty/Staff, Alumni, Domestic Partners and General Public must show valid government issued photo ID & **\$5 day fee** must be paid for access each night of play.

FITNESS CENTER PROGRAMS/CONSULTATIONS

See the back cover for a full description of programs to enhance your overall fitness and wellness.

The Fitness Center will be closed 8:45 – 9:45 a.m., Tues/Thurs during the Spring 2012 Semester due to an academic class.

The Body shop will be closed 1:30 pm – 2:30 pm Tues/Thurs during the Spring 2012 due to the Women's Power Hour.

The alternate room may be used during these class times.

INDOOR SOCCER

Days: Thursdays

Time: 7:30 p.m. to 9:30 p.m.

Where: Sullivan Complex, Main Gym

Date: February 2, 2012 – May 10, 2012

Open to the first 10 Participants with USM Student or Gym membership ID who sign up. Sign ups start at 7:00 p.m.

MASSAGE-SEATED

Release stress, promote circulation, and feel great! Massages are free for students. Receive a 15-minute massage of the head, neck, back, shoulders, arms, and hands.

Registration by Appointment is a must, by calling 780-4939

*Date: Monday, January 30, 2012

Time: 11:00 a.m. to 1:00 p.m.

*Date: Tuesday, February 28, 2012

Time: 12:30 p.m. to 2:30 p.m.

*Date: Wednesday, March 21, 2012

Time: 11:00 a.m. to 1:00 p.m.

*Date: Thursday, April 26, 2012

Time: 12:30 p.m. to 2:30 p.m.

MASSAGE APPOINTMENTS – THERAPEUTIC

Appointments available with a Licensed Massage Therapist on the Portland Campus at USM Sullivan Recreation & Fitness Complex. Fees: 60 Minutes for \$45.00 or 90 Minutes for \$65.00. Appointments made in advance by calling **780-4939.**

<http://usm.maine.edu/sullivancomplex/therapeutic-massage>

SKI PASS DISCOUNTS FOR STUDENTS/STAFF

Lost Valley, Mt. Abrams, Shawnee Peak, Sunday River, Sugarloaf, and Loon Mtn., NH all have student & faculty/staff & family member day pass discounts available. For a complete list visit:

<http://usm.maine.edu/sullivancomplex/university-community-recreation-fitness-discount-offerings>

SOUTHERN MAINE OUTING CLUB

Southern Maine Outing club - usm.outing.club@gmail.com
<http://usm.maine.edu/studentlife/southern-maine-outdoor-adventure-club>



USM RACQUETBALL & SQUASH LEAGUES

The USM Spring Racquetball and Squash Leagues will start play January 30, 2012. Please register by **Friday, January 27, 2012** with your level of play. Open to all.

Choose from one of 3 levels: Beginner/Intermediate, Intermediate/Advanced or Advanced

Levels will be combined if registration is low.

Participants must commit to playing one match per week for 12 weeks, beginning the week of January 30, 2012.

League Fee: \$10, Students, Faculty/Staff, Domestic Partners
\$15, General Public

Non member Faculty/Staff, Alumni, Domestic Partners and General Public must show valid government issued photo ID & \$7.50 day/court fee must be paid for access each time of play. Call FMI, 228-8242. To renew your Sullivan Complex membership, 780-4169.



RACQUETBALL CLINIC OFFERINGS

We will be offering clinics on the basics of racquetball for those looking to learn to play at the Sullivan Complex Racquetball Courts. Bring your own racquet if you have one!

Cost: Free to All - Preregistration is required

Dates: Tuesdays, Jan 31st and Feb 7th, 7:00 p.m.

Dates: Wednesdays, Feb 1st and Feb 8th, 7:00 p.m.

RACQUETBALL/SQUASH/ WALLYBALL

Reserve courts up to 1 week in advance by calling 780-4169.

Bring your USM Student I.D. card for access.

Non member Faculty/Staff, Alumni, Domestic Partners and General Public must show valid government issued photo ID & \$5.00 day fee access/+\$2.50 court fee (racquetball/squash) must be paid for access each time of play. **Please bring your own racquet for play as racquets are not available.**

SELF DEFENSE SERIES – 4 WEEK SERIES

Dates: Monday, February 27–March 19, 4:30 p.m.–6:30 p.m.

Where: Sullivan Complex, Multi-Purpose Room

DEALING WITH STREET HARRASSMENT

Dates: Monday, April 16, 2012 4:30-6:30pm

Where: Sullivan Complex, Multi-Purpose Room

FMI and class descriptions visit the web:

<http://usm.maine.edu/sullivancomplex>

Look under Resources on the right of the page for a pdf file to print.

SPINNING BIKE CLASSES

Dates: January 30, 2012 – May 3, 2012

M-W 6:00 a.m. – 7:00 a.m. Spinning Room (MP Rm 216)

M-W 12:00 p.m. – 1:00 p.m. Spinning Room (MP Rm 216)

M-W 5:30 p.m. – 6:30 p.m. Spinning Room (MP Rm 216)

T-TH 12:00 p.m. – 1:00 p.m. Spinning Room (MP Rm 216)

Cost: \$10 with USM Student I.D. & Risk & Release form

Cost: Included with current Sullivan Complex membership

Cost: \$90.00 Faculty/Staff without current membership

Cost: \$100 General Public

A group fitness workout on spinning bikes

Limited to 12 participants due to Spin bike availability

SUNDAY EXPRESS SPIN & STRETCH

Dates: January 29, 2012 – April 29, 2012

Times: Sunday, 3:30 p.m. – 4:30 p.m.

Where: Sullivan Complex, MP Room 216

Cost: \$10 with USM Student I.D. & Risk & Release form

Cost: Included with current Sullivan Complex membership

Cost: \$65 General Public /\$50 Fac/Staff w/out membership

A moderate 1 hour workout that will include 30 minutes of spinning followed by 30 minutes of core exercises, light weights, and cool down stretching. **Good for beginner to intermediate exercisers.** Limited to 12 participants.

ULTIMATE FRISBEE

Come one, come all. Bring your USM student ID card or Gym membership ID card for access.

Non members, Faculty/Staff, Alumni, Domestic Partners and General Public must show valid government issued photo ID & \$5 day fee must be paid for access each night of play.

Tuesday's, 7:00 p.m. to 9:45 p.m.

<http://www.portlandultimate.com/>

WOMEN'S STRENGTH & POWER HOUR

Dates: January 31, 2012 – May 3, 2012

Times: Tuesday & Thursday, 1:30 p.m. – 2:30 p.m.

Where: Sullivan Complex, Body shop

Cost: \$10 with USM Student I.D. & Risk & Release form

Cost: Included with current Sullivan Complex membership

The Women's Only Fitness Hour will focus on providing women with all the essentials to get in shape. Cardio and interval training to maximize weight loss, strength training for bone density, core stability for toning, and flexibility for balance and joint mobility. Get all the benefits of a good balanced work-out. Modifications can be made to meet different fitness levels. **Limited to 12 participants.**

YOGA

Starts: Jan 31, 2012 – May 3, 2012/No classes break weeks

Day: Tuesdays, Noon to 1:15 p.m., Classic Yoga

Day: Thursdays, 1:15 p.m. to 2:30 p.m., Classic Yoga

Where: Sullivan Complex, Multi-Purpose Room

Day: Tuesday Eve, 6:30 p.m. to 7:45p.m., Vinyasa Yoga I

Where: Sullivan Complex, Multi-Purpose Room

Starts: Jan 31, 2012 – May 3, 2012/No classes break weeks

Cost: \$20 with USM Student I.D. & Risk & Release form

Cost: \$50 with current Sullivan Complex membership

Cost: \$90.00 Faculty/Staff without current membership

Cost: \$100.00 General Public

Bring: one cushion or small pillow and yoga mat/blanket

YOGA – GENTLE YOGA FOR WELLNESS

Starts: Jan 31, 2012 – May 3, 2012/No classes break weeks

Day: Thursday, Noon to 1:00 p.m., Gentle Yoga (1 hour)

Where: Sullivan Complex, Multi-Purpose Room

Cost: \$20 with USM Student I.D. & Risk & Release form

Cost: \$40 with current Sullivan Complex membership

Cost: \$75.00 Faculty/Staff without current membership

Cost: \$85.00 General Public

Bring: one cushion or small pillow and yoga mat/blanket

Pre-registration for yoga class offerings is a must. If you are signing up for this program, you should be prepared to make a 12 week commitment to one class per week.

OFF CAMPUS ACTIVITIES & DISCOUNTS

SKATING AT PORTLAND ICE ARENA

Must register at USM Sullivan Complex Recreation Office, Rm. 104 or call 780-4939 to obtain a USM Skate Card.

Discount skating, \$2 per visit (reg. \$5) with USM Skate Card & USM Student I.D. Call Portland Ice Arena at 774-8553

<http://www.portlandicearena.com/publicskating.asp>

SWIMMING AT PORTLAND POOLS

Must register with USM Sullivan Recreation Office, Rm 104 Sullivan Complex, Portland Campus at the start of the semester. Offered to current Spring 2012 semester students only, **\$24 for 12 swims for students is ½ price, reg. \$48.**

Reiche & Riverton Pools in Portland Call pools for hours, 874-8456 or **visit the web:**

<http://www.portlandmaine.gov/rec/schedulepools.pdf>

Sullivan Recreation & Fitness Complex

Jenny Nelson, Director, 780-4173, jnelson@usm.maine.edu
Kevin Normand, Assistant Director, 228-8242, knormand@usm.maine.edu
Wendy Benson Sargent, Administrative Manager, 780-4939, wsargent@usm.maine.edu

Facility: The facility contains three basketball courts, squash, wallyball, racquetball courts, two multi-purpose rooms, and two fitness centers. The fitness centers have single station selectorized equipment, a free weight area, as well as Concept II rowers, treadmills, tread climbers, stationary bikes, steppers, and elliptical fitness cross trainers. Full service locker rooms include a towel service (small charge), showers, lockers, and saunas.

Racquetball/Wallyball/Squash Reservations: Reserve courts up to 1 week in advance by calling 780-4169.

Table Tennis Indoor: Reserve gym space in advance by calling 780-4939 or 780-4169.

Recreational Equipment Sign-Outs - The following equipment is available at the Sullivan Complex Information Center for any student showing a current USM Student I.D. card. Call ahead for court and equipment availability, 780-4169.

Limited Equipment: -Racquetball balls and protective eye wear, (**Bring your own racquetball or squash racquet as racquets are not available**); Squash balls; Badminton racquets and shuttles; Table tennis paddles and balls; Basketballs, men and women sizes; Wallyball set, call ahead for court availability.

Sullivan Recreation & Fitness Complex Hours

Monday - Thursday	5:45 a.m. to 10 p.m.
Friday	5:45 a.m. to 7 p.m.
Saturday	6:45 a.m. to 6 p.m.
Sunday	9:45 a.m. to 6 p.m.

Guest Fees – With a valid Gov't Issued I.D.

Fitness Center Day Pass	\$5.00
Fitness Center Week Pass	\$15.00/week
Basketball Day Fee Pass	\$5.00
Racquetball Day Pass	\$7.50/day

An Assumption of Risk and Release is required to be completed at time of purchase by each member for participation in all activities and programs held within the Sullivan Recreation & Fitness Complex. Visit the website for current pricing information on all membership offerings: <http://usm.maine.edu/sullivancomplex/>

Student Spouse/Domestic Partner Membership (4 month) semester for your partner for \$45. Offered to current students.

USM Alumni Membership For discounted price information, please call 780-4169. To purchase a membership, present your USM Alumni I.D. card at the Information Center. USM Alumni I.D. Cards are issued, free of charge, from the USM Card Office, **prior to membership purchase**. These memberships are also available to spouses or domestic partners or immediate family members over age 18 of USM Alumni for the same discounted rate.

U. Maine Alumni Membership For discounted price information, please call 780-4169. To purchase a membership, present your UMS Alumni I.D. card at the Information Center. UMS Alumni will need proof of Alumni status from your University Alumni office, prior to membership purchase. You will also need to acquire a USM I.D. Card for access to this facility. These memberships are also available to spouses, domestic partners, or immediate family members over age 18 of UMS Alumni for the same discounted rate.

General Public Memberships are available. To purchase a membership you will need to provide a Government issued photo ID with date of birth.

Discount Program offerings through University Community Recreation & Fitness for Students, Faculty, Staff and University Community members. For a complete listing of all ongoing specials visit the following website: <http://usm.maine.edu/sullivancomplex/university-community-recreation-fitness-discount-offerings>

In complying with the letter and spirit of applicable laws and pursuing its own goals of diversity, the University of Maine System shall not discriminate on the grounds of race, color, religion, sex, sexual orientation, including transgender status or gender expression, national origin, citizenship status, age, disability, genetic information, or veterans status in employment, education, and all other areas of the University System. The University provides reasonable accommodations to qualified individuals with disabilities upon request. Discrimination inquiries can be directed to the Office of Equity and Compliance, 780-5510, TDD, 780-5646, or to the Office of Civil Rights, (617) 223-9692. If you need special services, assistance, or accommodations to participate fully in this program contact USM Sullivan Complex Information Center, 780-4169 or 780-4939 or TT(teletex/TDD) 780-5646. Requests for reasonable accommodations must be received 72 hours before an event.

Fitness Center Programs @ Sullivan Recreation & Fitness Complex

<http://usm.maine.edu/sullivancomplex>

Skip Cadigan, Fitness Center Manager, 780-4652 or gcadigan@usm.maine.edu
Jennifer (Niffy) Allen, Asst. Coordinator Rec. & Fitness, 780-4948 or jallen@usm.maine.edu

Call to schedule appointments w/ Skip, Mon-Fri 6am – 2pm or Jennifer (Niffy), Sundays or Mon-Thurs 1pm – 9pm

Fitness center orientation and consultation by appointment, Contact Skip or Jennifer (Niffy) via info above
Set up a basic program with proper adjustment of equipment and instruction on technique. No Fee.

Program 1: Great for beginners. This 4 session (2 week) program includes a fitness evaluation and a tailor made fitness program geared to meet your needs. Sessions last 45 - 60 minutes.

Fees: Students \$35, Faculty/Staff/Alumni \$56, Gen Public/Spouse/Domestic Partners/U-Maine Alumni \$75, Follow up \$10

Program 2: An 8 session (4 week) program that includes all of Program 1 plus focuses on advanced training techniques (i.e. strength/power or body sculpting). Fees: Students \$56, Faculty/Staff/Alumni \$75, Gen Public/Spouse/Domestic Partners/U-Maine Alumni \$98, Follow up \$10

Fitness Evaluations: Included in this evaluation are upper and lower body strength/muscle endurance tests, body fat assessment, flexibility and a cardiovascular test. Upon completion, a program is designed for you. Fees: Students \$10, Faculty/Staff/Alumni \$20, Gen Public/Spouse/Domestic Partners/U-Maine Alumni \$30

Body Fat Assessment: Interested in knowing your current body fat composition? This will only take a few minutes. Please remember to wear shorts and a T-shirt. Cost for all is only \$5

Sullivan Member of the Month: Sullivan staff will nominate members. One winner each month.

