A Message From the Director

Wow...it’s hard to believe how fast the summer is passing us by! I hope that you have had a chance to take advantage of some of the nice weather outside! As is traditionally the case during the summer months, the FRC staff is spending much of this time planning new programs, preparing for existing programs, undertaking special projects, addressing maintenance needs, etc. We are excited about some new opportunities and projects that you will read more about in this newsletter including new outdoor recreation opportunities, the availability of outdoor recreation equipment for rent, the pool renovation project, a relamping project, the prepping of our ropes course for use, and more.

The FRC continues to grow and provide opportunities for our members. I strongly encourage you to visit our web site regularly for new developments and program offerings. Remember...get out, get fit, and be active.

Jim Toner

Recent Outdoor Recreation Activities

“Mainely Outdoors”- Outdoor Recreation Programs Open to the Public

The FRC is now offering a wide array of outdoor recreation activities that are open to the public through an initiative we call “Mainely Outdoors”. Our goal is to promote a fit and active lifestyle, to acquaint people with new recreation opportunities, and to take advantage of the abundant natural resources in our area.

Upcoming Activities

Mon, Aug 2-23-Women’s Intro to Fly-Fishing Clinic (FULL)*
Wed, Aug 4-Bike Carrabasset River Rail-Trail
Wed, Aug 11-Kayaking on Wilson Lake
Sun, Aug 15-Whitewater Rafting on the Kennebec
Wed, Aug 18-Kennebec River Rail-Trail
Wed, Aug 25-Kayaking on Belgrade Lake
Sat, Aug 21-Hike Bigelow Mountain
* Another fly-fishing clinic is planned for Sept.

Outdoor Recreation Equipment Rental Program

Now you don’t have to let the lack of equipment prevent you from enjoying the outdoors! The FRC has a limited supply of outdoor recreation equipment to rent out at reasonable prices. Equipment includes such things as kayaks, floating tubes, hiking and camping gear, bikes and biking equipment as well as winter sports items such as snowshoes. A complete list of all our items and associated costs can be found on our web site.

Where To Go For Info

Register at the FRC Front Desk or call 778-7495. For specific program detail visit our web site at http://frc.umf.maine.edu
And click Outdoor Recreation

Also become a “fan” on our Outdoor Rec Facebook page to be notified of upcoming events by simply Clicking our facebook link on our website. Stay tuned for more activities coming this fall!!
Some Interesting FRC Facts

In FY 09/10 the FRC had 1,896 memberships representing more than 2,618 members (not including students)

There were more than 140,000 scan-ins to use the FRC from 7/1/09-6/30/10 (one year’s time)

The busiest month was March with 21,260 scan-ins

The largest daily attendance during last fiscal year was 1,053 on February 22, 2010.

The largest group fitness class (in the last 10 years... and likely since the facility opened) was 148 participating in Zumba in early October

Pool Closing In August for Renovations

The pool will be closing for most of the month of August (beginning Monday, August 2) so that major renovations can take place. These renovations will include pool resurfacing, pool lighting upgrades, and significant mechanical work on the 17 year old facility which will take several weeks to complete. There is a lot of work to do in a short period of time however our intentions are to reopen around the end of August. Our apologies in advance for this inconvenience. August was intentionally selected for this work to minimize disruption to members and to be ready for the fall season as temperatures begin to cool off. Thank you for your understanding and I think you will be pleased with the results of this much needed project.

What’s Up With The Lights?

You may have noticed that there are several lights over the court areas that are either out or cycling on & off. Why have they not been replaced?? As part of an energy conservation measure, the existing light fixtures in the FRC are scheduled to be replaced this summer with more efficient lighting. The existing high pressure sodium lights over the courts, for example, are being replaced with fluorescent lighting providing greater efficiency (and better lighting) saving the University significant funding over the years. We are trying to avoid the cost of replacing the current bulbs/fixtures only to have them replaced a few days/weeks later. Good things come to those who wait.

FRC Shutdown Week (Monday, August 16- Friday, August 20)

Every year the FRC shuts down for 5 days in August for extensive and exhaustive cleaning of the entire facility including every piece of equipment, as well as to address repairs that are difficult to undertake while the facility is in operation.

List Serve

Do you wish to be notified by email of upcoming events and activities at the Fitness and Recreation Center?

We have created a listserv! It is as simple as sending an email to james.d.toner@maine.edu requesting to be added.

Ryan Wagner Moves On

Ryan has worked at the FRC over the past couple of years coordinating the first-year physical health education (PHE) classes for students, as well as coaching the UMF men’s and women’s cross-country teams. He recently resigned from his PHE duties to allow him to pursue his passion for coaching by taking on additional coaching opportunities (he will still coach the UMF x-c teams). Ryan was a valued member of the FRC staff and will be missed.
**After School Program**

**New Schedule**

The Fitness and Recreation Center’s After School Program will begin on Tuesday, September 7. New this year, the program will run until Friday, June 10, closing only for the Thanksgiving Holiday and the winter break. The program does not operate on school holidays, teacher workshops, early release, or snow days.

The program is open to children in kindergarten to age 12. Our target market is Mallet and Cascade Brook schools, however, we are open to all community members. Currently the program is attracting an average of 15 children per day from these schools. The participants arrive by walking to the program from Mallet (Cascade Brook is transported by bus to Mallet) and are met at the corner of Quebec and Middle Streets by the ASP staff. The participants arrive close to 3pm and enjoy games, physical fitness activities, arts and crafts, and pool activities until 5pm when parents arrive.

Our program is designed to give the participants a taste of what the Fitness and Recreation Center has to offer. Mondays and Fridays are designated as physical fitness days where the children take part in organized gym games. Tuesdays and Thursdays are dedicated to pool activities which include some free swim time, inner tube games, and some organized activities such as diving contests. Wednesdays are typically our arts and crafts day as participants choose from a variety of creative activities. The program is designed to give participants a Fitness Center experience with a mix of new activities as well as some of the participant’s favorites. All activities are lead by a group of trained UMF students with a focus on elementary education or other youth related majors.

For more information on the After School Program please contact the Program Coordinator, Leah Brackett or visit our website.

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**Group Fitness**

Don’t forget to check out our current group fitness schedule. Zumba is still a big hit at the FRC with our current classes running on Tuesdays at 5:15pm, Thursdays at 4:15pm and 5:15pm, Saturdays at 9am and Sundays at 5:15pm. Don’t forget to check out our Fall schedule in September where we be holding Zumba GOLD classes. These classes are designed to provide a lower impact and lower intensity workout. Also returning will be an evening water aerobics class. Check it out!

**Personal Training**

Take advantage of our personal trainers. The FRC has a staff of student trainers ready to help you get going on your own personal exercise program. Our Buddy Training allows you and up to two of your friends to meet with a trainer and develop a program that is designed for both of you to keep you motivated while training. Please see the front desk for more details.

Any questions about the Group Fitness Schedule or Personal Training please call 778-7505 or email tricia.thomas@maine.edu for more information.

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**Membership Software**

This past spring semester we needed to update our membership computer software at the front desk replacing the antiquated and discontinued software that we were using. Thank you for your patience as we transferred and updated more than 1700 memberships! Some minor work remains...we are currently updating member photos and email addresses. Photos are necessary for member identification, and we hope to use email in the future to notify you of membership renewals and receipts of future newsletters electronically instead of costly mailings. So don’t be surprised if a front desk employee asks you for your photo...it only takes a few seconds. Thanks!!

**FRC Etiquette Reminders**

* Please limit your time on the cardiovascular equipment to 30 minutes during busy times
* Look both ways before crossing the track (use the mirrors located in the corner to see oncoming traffic from the track)
* Walkers stay to the inside of the track with no more than two abreast
* Runners stay to the outside of the track
* Please wipe down equipment after use
* Shower or wet down prior to using the pool
* Children under the age of 14 must be under the supervision of an adult. Thank you for your cooperation!

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**Mission Statement**

The mission of the Fitness and Recreation Center is to offer a wide variety of high quality programs, events, and opportunities in a safe environment to improve the health, fitness and well-being of members of the university and local community while providing a hands-on, positive learning environment for student employees.
Hours of Operation

Summer through – August 30th

Sunday 10am—9pm
Monday–Thursday 5:30am—9pm
Friday 5:30am—7pm
Saturday 8am—7pm

August 31 — December 17th

Sunday 9am—11pm
Monday—Thursday 5:30am—11pm
Friday 5:30am—9pm
Saturday 8am—9pm

Pool Hours—opens 1/2 hour after the facility opens and closes 1/2 hour before the facility or at 9:30pm.
(switch to holiday hours on Dec. 18th)

WE'RE ON THE WEB!
VISIT US AT
FRC.UMF.MAINE.EDU

HEADS UP!

- Swim lessons coming in September (Watch for details)
- Our pool and courts make great places for birthday parties
- Outdoor Rec activities are planned throughout the year
- 20 additional parking spaces are available for day-time se behind the building
- Recreational basketball Mon, Wed & Fri 12-1pm. Drop in!

<table>
<thead>
<tr>
<th>Event</th>
<th>Hours</th>
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<tbody>
<tr>
<td>9/6 Labor Day</td>
<td>10am - 9pm (No Group Fitness)</td>
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<tr>
<td>10/10 Day Before Columbus Day</td>
<td>9am - 9pm</td>
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<tr>
<td>10/11 Columbus Day</td>
<td>10am - 11 am (No Group Fitness)</td>
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<tr>
<td>11/11 Veterans Day</td>
<td>Normal Hours</td>
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<tr>
<td>11/24 Day Before Thanksgiving</td>
<td>5:30am - 5pm (No Group Fitness)</td>
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<td>11/25 Thanksgiving</td>
<td>Closed</td>
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<td>11/26 Day After Thanksgiving</td>
<td>12pm - 9pm (No Group Fitness)</td>
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<tr>
<td>12/24 Christmas Eve</td>
<td>5:30am - 2pm (No group Fitness)</td>
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<tr>
<td>12/25 Christmas Day</td>
<td>Closed</td>
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<tr>
<td>12/26 Day after Christmas</td>
<td>12pm - 8pm</td>
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<tr>
<td>Week After Christmas</td>
<td>5:30am - 9pm(Holiday Hours)</td>
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Photo Gallery of Recent Happenings

- Youth Whitewater Kayaking Clinic
- Wilson Lake Kayaking
- Zumba at the FRC
- Summer Daze at the Anti-gravity Center
- Canoeing the Sandy River
- Adult Whitewater Kayaking Clinic