A Message from the Director

Happy Holidays from the FRC Staff!! Along with the holidays however come the challenges of staying on track with your health and fitness regimen and goals. We are here to help you with that!

We remain open significant hours over the holiday break for your convenience. Please note that we do switch to “holiday hours” from Dec. 20-Jan. 18. Check out the exact hours and the few dates that we are closed on the back page of this newsletter. We continue to offer a variety of group fitness classes with even more coming in the spring semester. We are excited to have some new, enthusiastic instructors who have recently completed their course and training that are anxious to begin instructing. A winter break group fitness schedule is enclosed. A new buddy personal training program is being offered where you can participate with 1-2 of your friends at a significantly reduced rate. Working out with friends provide great motivation...business cards of each of our personal trainers are at the front desk. The indoor track remains a great place to walk or jog during our long Maine winters; and swimming laps or taking part in an aquatic exercise class in the heated pool is a great workout with less stress on the body.

In the spirit of giving, did you know that the Fitness and Recreation Center offers gift certificates for a variety of possibilities including short-term memberships, day or weekend passes, personal training, youth programs, and more? A gift certificate to the FRC makes a great holiday gift. Consider giving the gift of health to a loved one or friend!

And finally, we are all aware of the tough economic times and the related stress this can cause. Remember that physical activity is an excellent stress-buster and provides numerous health benefits as well. I hope to continue seeing you at the FRC and wish you a safe and healthy holiday season!

Welcome and Congratulations to Ryan Wagner

Ryan Wagner joins UMF as our Head Women’s Cross Country Coach and the Coordinator of First Year Collegiate Physical Fitness Program. Ryan comes from Marshfield High School in Massachusetts where he was the physical education teacher and head cross county and track & field coach. He is joined by his wife Nancy and two daughters Claire (5) and Cameron (2). Receiving his undergrad at Syracuse University and his graduate degree from East Stroudsburg, Ryan brings excitement and enthusiasm to the FRC team.

Congratulations to Ryan for being selected as 2008 co-coach of the year for women’s cross-country for the North Atlantic Conference.

Gift Certificates Available

The Fitness and Recreation Center offers gift certificates for a variety of possibilities that make great holiday gifts. Some of the possibilities include:

- 3 mo memb (Indiv) $66
- 6 mo memb (Indiv) $132
- 1 yr memb (Indiv) $218
- (Couple and family memb, too)
- 10 visit card $50
- Weekday, weekend and/or week passes
- Indiv. personal training $65
- Small group personal training (2-3 people) $110
- Youth programs
- Red Cross Certifications

Give the gift of health this year.
AFAA Comes to UMF
The FRC is pleased to be able to offer 2 workshops from AFAA (Aerobics & Fitness Association of America) this winter including a Primary Group Fitness Certification on December 20th, as well as Kickboxing Skills and Choreography (including a Kickboxing Certification) on January 24th and 25th. These workshops are open to the public. For more information on these workshops please call Tricia Thomas at 778-7505.

New—Small Group Personal Training
Studies have shown that people are more motivated to work out if they come with a friend. Check out our new “Buddy Personal Training”. You and up to 2 of your friends can hire a trainer to devise a program for you and your friend(s). A great way to get started and stay motivated at a reduced cost. The fee is $110 for 3 sessions with your trainer. A great Christmas gift idea for yourself, and your friend(s) too!

February Vacation Camp
February 16th – 20th, kids will be welcome to join the fun at the Fitness and Recreation Center February Vacation Camp! This February break, the theme for camp is “Let it Snow!” which will include fun activities such as igloo building, ice skating, snow sculptures, sledding and more!

The camp runs from 9am to 4pm Tuesday through Friday, and as a special new offer, you have the option of signing up for a five day camp, where kids come Monday too from 10am to 4pm. Please be sure you specify if you want four or five days! Sign up now for February and April Camps to get a 10% discount!

Costs for camp are as follows:

<table>
<thead>
<tr>
<th>Membership</th>
<th>Monday-Friday</th>
<th>Tuesday-Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members</td>
<td>$105</td>
<td>$85</td>
</tr>
<tr>
<td>Nonmembers</td>
<td>$120</td>
<td>$100</td>
</tr>
</tbody>
</table>

Please keep in mind that daily schedules for camp may change due to weather. For instance, the sledding trip will take place on the best day for snow and fun. Bundle up the kiddies for this camp—there will be numerous outdoor activities!

Safe Shoveling Tips
Exercise experts say shoveling heavy snow requires as much energy as running 9 miles per hour! In addition, breathing cold air, and being exposed to the cold makes the heart work harder. If you are not in good health get someone else to do the shoveling.

Keep it safe by:

- Warm up muscles before starting
- Shovel early and often
- Push, don’t lift, the snow
- Avoid bending and twisting
- Take your time and take a break every 15 min.
- Drink water and watch for dehydration. You lose a lot of water through respiration and perspiration
- Choose a small shovel to prevent lifting to much weight
- Check out the new ergonomic snow shovels. The curved handles help you keep your back straighter.

Snow Day Policy
When UMF and/or SAD 9 cancel there will be no group fitness classes for that day. The facility will open provided we can do so safely. Operating hours may vary so we encourage you to call ahead at 778-7495. We will put a message on the voice mail once operating hours are determined.
New from the Aquatics Department

Spring Swim Lessons

Our swim lesson program is designed for all ages, infants to adults. Listed are the dates for session I, beginning January 24th. Check out our website for comprehensive information and session II dates.

Youth Lessons
Jan. 26th – March 5th
Level 1 & 2
M/W 5:30-6:05p
Level 3, 4, 5/6
T/TH 5:30-6:10p
Jan. 24th—April 11th
Level 1 & 2
Sat. 8:45-9:20a
Level 3
Sat. 9:30-10:10a
Level 4
Sat. 10:15-10:50a
Parent & Me
Sun. 4:00-4:30p
*Parent & Me and Levels 1 & 2 are FREE.

Adult Lessons

It’s Never Too Late
Adult Beginner Lessons
Designed for participants to gain comfort in the water while establishing endurance and proper technique. Swimming fundamentals are introduced.

March 16th– April 16th
T/TH 6:30-7:00p
*Adult Beginner lesson FREE

Stroke Clinic
The aquatics department will be offering a stroke development clinic. We will be looking at individual’s strokes, breaking down and providing feedback on stroke efficiency, speed work and correct stroke form. Video breakdowns will be available. Participants should be prepared for laps swimming and drills. This clinic is designed for recreationally competitive swimmers, active distance swimmers and individuals that a basic understanding of lap swimming.

Clinic Activities
Flip Turns & Starts
March 4th 7pm
Breaststroke
March 9th 7pm
Freestyle
March 18th 7pm
Butterfly
March 25th 7pm
Backstroke
March 30th 7pm

FRC Members:
$5/lesson or $20 for 5 lessons
Non-members:
$8/lesson or $35 for 5 lessons
*For all lessons advanced registration required. All lessons require minimum enrollment.

Winter 2008

1st Annual Turkey Trot Race a Success

This year we decided to start a new tradition, organizing a 5K Turkey Trot and a 1 mile fun-run the Saturday before Thanksgiving. The event was very well received with 87 participants for the 5K and 12 for the 1M. Mark your calendars for Saturday, November 21, 2009 for our 2nd Annual as it is sure to be even bigger!!

Grafton Notch State Park Hike in October

Outdoor Recreation

The FRC intends to offer some outdoor recreation programming this winter. Stay tuned as plans are being made to take advantage of the numerous outdoor natural resources in our own backyard.

Etiquette Reminders

Bring your indoor shoes as winter approaches. 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!

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

<table>
<thead>
<tr>
<th>Period</th>
<th>Sunday</th>
<th>Monday—Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 20th–January 18th</td>
<td>10am–9pm</td>
<td>5:30am–9pm</td>
<td>5:30am–8pm</td>
<td>8am–8pm</td>
</tr>
<tr>
<td>January 20–May 15</td>
<td>9am–11pm</td>
<td>5:30am–11pm</td>
<td>5:30am–9pm</td>
<td>8am–9pm</td>
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</tbody>
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**Pool Hours**—opens 1/2 hour after the facility opens and closes 1/2 hour before the facility or at 9:30pm.

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## HEADS UP!

- Extended After School Program available beginning Jan. 5th
- Pick up your gift certificate now!
- Check out our American Red Cross Course line up.
- Visit our improved website for all program information.
- Released- Winter Group Fitness Schedule
- Recreational volleyball Thursdays 5:30-7:30pm.
- Recreational basketball Mon, Wed & Fri 12-1pm. Drop in!
- Sign up now for both February and April Vacation Camps and receive a 10% discount!!

<table>
<thead>
<tr>
<th>Event</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Christmas Eve</td>
<td>5:30-AM – 2pm (no group fitness)</td>
</tr>
<tr>
<td>Christmas Day</td>
<td>Closed</td>
</tr>
<tr>
<td>Day After Christmas</td>
<td>12pm – 8pm (no group fitness)</td>
</tr>
<tr>
<td>New Years Eve</td>
<td>5:30am – 5pm (no group fitness)</td>
</tr>
<tr>
<td>New Years Day</td>
<td>Closed</td>
</tr>
<tr>
<td>Martin Luther King Day</td>
<td>10am – 6pm (no group fitness)</td>
</tr>
<tr>
<td>President’s Day</td>
<td>10am–6pm</td>
</tr>
<tr>
<td>Easter Sunday</td>
<td>Closed</td>
</tr>
</tbody>
</table>