

# THE UNIVERSITY OF RHODE ISLAND

## Recreational Services

*Fitness & Wellness  
Club Sports  
Sailing  
Aquatics  
Intramural Sports*



[www.uri.edu/recservices](http://www.uri.edu/recservices)

## WELCOME

*The Department of Recreational Services* contributes to the academic mission of the University and enhances the quality of campus life by providing a student-centered environment and experiential opportunities which foster healthy, active lifestyles through involvement in and/or use of recreational facilities, programs and services. Supporting the values of student success, our program strives to promote integrity, responsibility and leadership skills while maintaining a balance between physical, emotional & social growth of individuals.

Our comprehensive program offerings include informal recreation, intramural sports, fitness/wellness, aquatics, club sports, and sailing opportunities. Our professional staff is committed to expanding and developing quality programs, services and recreational facilities to meet the needs for all members of a diverse university community which will help engage students to inspire, develop and enjoy lifelong patterns of wellness and fitness activities.

Whatever your interests may be - we encourage you to review this brochure or visit our website and take full advantage of the choices we have to offer.

*“Recreation plays a vital role in learning and development.”*

## FITNESS & WELLNESS

The Fitness & Wellness program is dedicated to providing quality fitness and wellness programs aimed at promoting good health opportunities for the University Community.

### Mackal Fitness Center

#### Cardio Center

A 5,000 sq. ft. space offers the state of the art cardiovascular equipment including Precor treadmills, ellipticals, all motion trainers, recumbent bikes, upright bikes, stairmasters, Cybex arc trainers and Concept II rowers. This space provides an ideal area for stretching, an abdominal workout, and functional training.

#### Weight Room

A 3,800 sq. ft. space offers a full line of Cybex strength training circuit equipment, free weights, squat racks, Olympic lift platform, Hammer strength machines and more. This is an ideal spot for any user interested in health, fitness and wellness.

## Personal Training

This motivational program offers a certified personal trainer who will assess your fitness level, establish healthy and safe fitness programs and take you on a journey to achieving your goals. The benefits of a trainer include a one-on-one experience that is specific to your needs and schedule. They will also provide you with the tools to be successful in your journey to achieving your goals, and they have a wealth of knowledge and experience about fitness, wellness and trends that will provide you with the best work out of your life.

## Fitness & Body Fat Assessment

This is a great first step to starting a fitness program or just to track your progress by identifying strengths and weakness as well as a tool to track achievements in an individualized fitness program. The 1 hour assessment conducted by a certified personal trainer includes: a measure of resting heart rate, circumference, and body fat, a test of sub maximal cardiovascular endurance, muscular endurance, and strength. Individual body fat and circumference measurements are available separately as well.

## Group Exercise

This high energy program offers diverse class options; including cardio kickbox, yoga, PiYo, step, strength training, interval training, Bosu, abs and many others and our signatures classes including; Ram RPM (spinning), Rhody Rope (jump rope), Zumba (a latin fitness class), Hip-Hop abs and Happy Hour (variety class). Speciality classes and workshops are available upon request. All instructors are certified and all assistance are in a training program that is designed to provide them with the tools and resources to become certified.



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THE UNIVERSITY OF RHODE ISLAND

## CLUB SPORTS

The University of Rhode Island Club Sports program consists of 16 competitive, collegiate club teams with over 600 student-athletes. Each team is organized and managed by students with guidance from the Coordinator of Club Sports. The Club Sports program is partially funded through student activity fees. Additional funding is derived from membership dues, fund-raising events and activities, as well as alumni gifts and corporate contributions.

Coaches, in most cases, are selected by team members and perform without monetary compensation, unless fundraising dollars are generated by the individual team specifically for that purpose. Team members are required to help offset the cost of travel, equipment, uniforms, and officiating and game expenses.

The University of Rhode Island Club Sports teams participate in a number of leagues and associations that operate under the direction of each respective sports national governing body. URI competes against recognized club and varsity intercollegiate NCAA programs. Such teams include: Army, Navy, West Virginia, Boston University, UConn, Yale, Brown, and Dartmouth. In addition, many of our club sport teams travel regionally, nationally, and internationally to compete.

The University of Rhode Island Club Sports program consist of: **Crew (M)**, **Equestrian (coed)**, **Gymnastics (W)**, **Ice Hockey (M & W)**, **Lacrosse (M & W)**, **Roller Hockey (M & W)**, **Roller Hockey (M)**, **Rugby (M & W)**, **Sailing (coed & W)**, **Ski (M & W)**, **Swimming (M)**, **Ultimate (M, W, & coed)**, **Volleyball (M)**, **Wrestling (M)**.



## SAILING

The URI Sailing Center is home to the URI Sailing Club and the URI Sailing Team. Located on Salt Pond Road in Wakefield, about a 20 minute drive from the University's main Kingston campus, the Center boasts a fleet of 55 boats, both sail and power. Twelve-foot Tech dinghies and 14-foot Flying Junior sloops are used for both recreational and instructional sailing. In addition, advanced sailors train aboard 30-foot Etchells 22's, J-24's, 420-class sloops and lasers. A separate fleet of 18 matched Flying Juniors is maintained for use by the URI Sailing Team.

Open Recreational Sailing is available with a mandatory membership fee for both URI Students and general community.

Summer sailing lessons begin in May with a two week Learn to Race clinic. Three sessions of 4 week classes for beginner and intermediate sailors start in June. Classes are available for children, youth and adult sailors. In addition there are two sessions of keelboat classes for adults during the third session.



## AQUATICS

URI Aquatics is committed to offering the best available aquatic programming. We are located in the Tootell Aquatic Center, a three-pool complex featuring an 8-lane competitive lap pool, 14 ft. diving well, and warm-water instructional pool. The pools are open for lap swimming and community swim almost every day of the semester. We strive to stay on the cutting edge of aquatics and safety programs offered to URI students, employees, alumni, and families within the surrounding community. We are an authorized provider for the American Red Cross for our Learn to Swim program, Lifeguard Training, Water Safety Instructor, First Aid and CPR/AED courses. Student employment is available for certified lifeguards and swim instructors as well as pool maintenance workers and birthday party facilitators.

## INTRAMURAL SPORTS

Intramural sports are an integral part of campus life giving students, faculty and staff the opportunity to come together for competition and camaraderie. The Intramural Sports Staff invites you to get involved and be part of the action.

A variety of individual and team sports/activities are planned ranging from regular league competition to tournaments and one-day activities which are intended to serve the varied interests of the URI community. The mission of the Intramural Sports Program is to provide high quality, student-centered recreational sports programs that enrich the mind, body, and spirit and convey to the URI community the joy and exhilaration experienced by incorporating recreation as a healthy element of daily life.

### Participant Eligibility

Participants/Team captains are responsible for checking the eligibility of their individual team members. Inquiring about eligibility in advance precludes unnecessary delays and potential disqualifications. The IM Sports Program will check the eligibility of players if a team captain lodges a formal protest or if the IM Sports Program has reason to believe any player in question is not eligible. Upon each game each player must show a valid URI ID. The IM eligibility guidelines are as follows:

**STUDENTS:** All student participants must be currently enrolled (full or part-time) at the University of Rhode Island and have paid the recreation fee in order to be eligible for participation in the Intramural Program.

**FACULTY & STAFF:** All participants must have purchased a current Rec Pass Membership in order to be eligible for participation in the Intramural Program.

**INTERCOLLEGIATE ATHLETES:** "Active" members of an intercollegiate team(s) are not eligible to participate in that sport or related activities (e.g., Varsity baseball players may not participate in IM Softball). Any person that appears on the official varsity team roster is considered to be part of that intercollegiate team.

**CLUB SPORT ATHLETES:** A maximum of three (3) club sport members may participate in the same or equivalent sport in which they participate.



## NEW STUDENT FITNESS & WELLNESS CENTER

The University has selected William Kite Architects, Inc., and 3D Designs to begin creating the plans for a new Wellness and Fitness Center at URI. The former two-story Roger Williams Dining Hall will be renovated into a fitness/wellness center located in the heart of the residential life community and will be a center piece in the URI's growing living-learning experience.

To help make this project become a reality, Michael Fascitelli, Class of '78 and his wife, Beth, made a \$1 million gift to URI's Making A Difference Campaign. "With the new wellness center, students will be better prepared to build fuller lives for themselves and their communities" said Michael Fascitelli. The new fitness/wellness center will include state-of-the-art cardio and strength training equipment, additional space for group exercise classes and social gathering areas, space to offer a variety of wellness work shops/seminars and much more!