	RAC Members	hip Applica	<u>ation</u>
Last Name	First	MI	F/M
Social Security # (last 4 digits)		Date of Birth	
Address			
Phone Number			
Immediate Family Member Affilia *Please include the name of the immediate	·		
**The rules and regulations governing the Disruptive behavior may result in loss of mactivities. Consult your physician if in doul	program have been devised to provide nembership. Please be aware that parti	e equal opportunity and to icipation in physical activi	protect the rights and safety of each ties involves a higher degree of risk
Signature	Da	ate	
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Co <mark>mmuni</mark> ty Me <mark>m</mark> be <mark>r</mark> ships			
UMBC Alumni			
Retriever Aquatics Swimmer Ur	nder Age 16		
Retriever Aquatics Parent/Mary	land Masters		
Each Additional Family Member (Over Age 15 (Includes Family	of UMBC Students,	Faculty, and Staff)
Each Additional Family Member A			
Other:		enibe students, ru	\$
other.			<u></u>
	Monthl	ly Rates	
1-Month Membership			
3-Month Membership			
6-Month Membership			
Amount Due \$			
	Eligible Family Members Include	Immediate Family Mem	abers Only
	NO REFUNDS will be given. The	re is a \$30 fee for return	ed checks.
	nake check payable to UMBC	1000 Hilltop C Baltimore, MD Attn: Josh Lightfoo	21250
Payment by cash or check only. Please m		Ę	
Payment by cash or check only. Please n	For Office	e Use Only:	
Payment by cash or check only. Please me		e Use Only:	
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UMBC Retriever Activities Center



Facts

Weight Room

The 3,000+ square foot weight room training facility (Recreation Court Level) consists of 27 selectorized weight machines, 22 free weight stations, a complete set of dumbbells and MtvU. Orientations are recommended in order to use the weight Room. Please sign up for orientations in RAC 321 (410-455-6883).

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, elliptical, treadmills, stationary bikes, rowing Ergometers. MtvU is also featured for your entertainment.

Aquatics Center

The UMBC Aquatics Center includes an indoor 25-yard, 8 lane pool. 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, soccer, 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 serve basis. Indoor tennis courts are also available in the RAC (Winter Semester). Call the RAC Front Desk (410-455-8888) for times of availability.

Arena Track

On the upper-level of the UMBC Arena, members have access to the 1/10 mile rubberized track, which is ideal for walking and jogging.

Fitness Studio

This 3,000 square foot Fitness Studio (RAC Main Level) is complete with hardwood flooring, a state of the art sound system, and mirrors. This makes it an excellent site for physical education classes, aerobic 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 Recreational Facility. Lockers are available for daily use at no cost and for rental on an annual basis. See Rec Equipment Manager, Scott Wildesen in RAC 120 for further details.

Guest Passes

Guest Passes may be purchased for facility usage at the Front Desk of the Retriever Activities Center. Guests may use all facilities at the RAC (Guests under the age of 16 are not permitted in the Weight Room). Guest Pass fees are \$5.00 for anyone ages 13 and up and \$2.00 for anyone 12 years of age or under. All guests must be accompanied by a current UMBC Student, Faculty/Staff or RAC Member (with a valid UMBC Red Card) at all times and guests must leave the facility with their sponsor. There is a maximum of two guests per sponsor per day.

Eligibility: All recreation facilities are open to use by current UMBC Students, Faculty, Staff, and RAC Members.

Participants must present a valid UMBC Red Card to obtain access. Proper gym attire is required.

For more information, please call The Office of Recreational Sports at 410-455-6883, the RAC Front Desk

at 410-455-8888, or visit us on the web at http://www.umbc.edu/recsports