

MEMBERSHIP ELIGIBILITY	CURRENT ENROLLED STUDENT	OFFICE HOURS	9 am - 5 pm
	VALID ITALIAN PHYSICAL CERTIFICATE	ADDRESSES	athletics@johncabot.edu Vicolo della Penitenza 26- GIANICOLO RESIDENCE
	COMPLETED ATHLETICS FORMS		

RECREATIONAL CENTER - CLASSES - Summer I 2014

JCU Fitness Center - Gianicolo Residence, Vicolo della Penitenza 26

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	PILATES				
12:00 PM					AIKIDO
4:15 PM		FITCROSS		FITCROSS	
5:15 PM		CALISTHENICS - Body Weight		CALISTHENICS - Body Weight	
6:15 PM	ABS & LEGS	ZUMBA	ABS & LEGS		
8:00 PM	MUAY THAI		MUAY THAI		



RECREATIONAL CENTER OPEN FROM:
8 AM TO 10 PM MONDAY- FRIDAY - 10 AM TO 8 PM SATURDAY AND SUNDAY
VALID JCU ID CARD NEEDED TO ENTER THE GYM



Sports - Summer I 2014

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
DODGEBALL 6vs6 INTRAMURAL	TBD	Tuesday, May 27th	Pick Up Game - "Basic" Physical Needed
BASKETBALL 3vs3 - 5vs5 INTRAMURAL	TBD	Tuesday, June 3rd	Pick Up Game - "Basic" Physical Needed
BEACH VOLLEYBALL INTRAMURAL	TBD	Tuesday, June 10th	Pick Up Game - "Basic" Physical Needed
RUNNING CLUB	Meet at Guarini Campus	Monday/Wednesday 8:00am-10:00am	"Basic" Physical Needed

Sport Trips* - Summer I 2014

*Please notice that all participation fees are not refundable. Payments can be made online or by credit card at the athletics office, by the deadline given.

TRIP	WHEN	WHERE	PRICE
Race for The Cure	May 18th	Circo Massimo (Rome)	€13 (Donation to KOMEN to fight against breast cancer)
Into The Wild	May 23rd-24th	Enchanted Forest of Patignone (Abruzzo)	€120,00 (min 4 people - max 8 people) - DEADLINE: May 19th
Water sports Weekend	May 30th - 31st	Fregene (Roman Seaside)	€150,00 (min 4 people - max 16 people) - DEADLINE: May 26th
Hiking Day Trip	June 6th	Genga (Marche)	€50 (min 6 people - max 8 people) - DEADLINE: June 2nd

External agreements** - Summer I 2014

**Please notice that all external agreements require a participation fee each time you use the facility. Payment must be made directly to the facility.

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
Aikido	Jurokumon dojo Vicolo della Penitenza 25	Monday-Thursday	Info at info@iurokumon.it "Basic" Physical Needed
Basketball	Petriana Via S. Maria Mediatrice	Monday-Saturday	Free outdoor court. Bring your basketballs "Basic" Physical Needed
Cricket Team	ASD Stone Tower Torrimpietra (Rm)	Wednesday/Friday	Info at stonetower.asd@gmail.com "Basic" Physical Needed
CrossFit	CrossFit 11 K Via San Fabiano 7	Everyday	Info at undick@gmail.com - +39 339 5730664 "Basic" Physical Needed
Yoga	Odaka Via S. Maria in Monticelli 66	Everyday	Mandatory Reservation at info@odaka.it "Basic" Physical Needed
Lacrosse Team	Roma Leones Via Salvatore Pincherle 144	Monday/Wednesday: 8.30pm-10.30pm	Info at info@romaleoneslacrosse.it "Competitive Sport" Physical Needed
Manual Therapy and Rehabilitation	Dr. Monteiro Diederichs Via Nomentana 13	Everyday	info: www.montelrodiederichs.com +39 0644250094
Paintball	ASD Stone Tower Torrimpietra (Rm)	Everyday	Info at stonetower.asd@gmail.com "Basic" Physical Needed
Sailing	Velamare Via Dandolo 24	Weekend	info at roma@velamare.it "Basic" Physical Needed
Swimming	Petriana Via S. Maria Mediatrice	Monday to Saturday	Bring your swim cap, slippers and towel "Basic" Physical Needed
Tennis	Nocetta Sport Complex Via Silvestri 16/A	Everyday	Mandatory Reserv. at +39 335 6859271 (Antonucci) "Basic" Physical Needed
Doctor on Guarini Campus ("Basic" Physical - €20 cash)		Saturday, May 17th: 9am-8pm --- Sunday, May 18th: 12pm-8pm --- Monday, May 19th: 9am-8pm	

PLEASE NOTE: This schedule may be subject to change