



JOHN CABOT UNIVERSITY – ATHLETICS DEPARTMENT



FALL 2022 SCHEDULE

JCU FITNESS CENTER – Gianicolo Residence, Vicolo della Penitenza, 26

OPENING HOURS: MONDAY – FRIDAY: FROM 10AM TO 7PM / SATURDAY-SUNDAY: FROM 2:30PM TO 7PM

[CLICK HERE TO RESERVE A SPOT](#) - Valid JCU ID card and BASIC OR COMPETITIVE PHYSICAL needed to enter the gym.

RECREATIONAL ACTIVITIES

[\(click here to reserve a spot\)](#)

ACTIVITY	FACILITY	SCHEDULE	COMMENTS
YOGA	FITNESS CENTER , GIANICOLO RESIDENCE	MONDAY, 2 pm	"BASIC" (GYM) PHYSICAL NEEDED
KICK BOXING	FITNESS CENTER, GIANICOLO RESIDENCE	TUESDAY, 4:30 pm	"BASIC" (GYM) PHYSICAL NEEDED
RUN	Meeting outside GIANICOLO RESIDENCE	WEDNESDAY, 9 am	"BASIC" (GYM) PHYSICAL NEEDED
ABS & LEGS	FITNESS CENTER, GIANICOLO RESIDENCE	THURSDAY, 4:15 pm	"BASIC" (GYM) PHYSICAL NEEDED
TENNIS PICK-UP GAMES	SAN PAOLO OSTIENSE - Via di San Paolo, 12	FRIDAY 10 am – 12 pm	"BASIC" (GYM) PHYSICAL NEEDED

VARSITY TEAMS

[\(click here to reserve a spot for tryouts\)](#)

ACTIVITY	FACILITY	SCHEDULE	COMMENTS
WOMEN'S 5vs5 SOCCER	ROMA UNO Largo Ascianghi, 4	MON/WED: 8:30 pm -10 pm	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED
MEN'S 5vs5 SOCCER	TRASTEVERE STADIUM Via Vitellia, 50	MON/WED: 9:00 pm -11 pm	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED
MEN'S SOCCER	TRASTEVERE STADIUM Via Vitellia, 50	MON/WED: 9 pm -11 pm	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED
CHEERLEADING	FITNESS CENTER, GIANICOLO RESIDENCE	MON/WED: 7 pm – 8:30 pm	"BASIC" (GYM) PHYSICAL NEEDED
VOLLEYBALL	SAN PAOLO OSTIENSE - Via di San Paolo, 12 KENNEDY - Via Dandolo, 104	SEPT only: MON/THU 7:30pm-9pm From OCT: TUE/THU 7:30pm-9pm	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED
BASKETBALL	SAN PAOLO OSTIENSE Via di San Paolo, 12	MON/WED: 9:00 pm -10:30 pm	"COMPETITIVE" (SPORTS) PHYSICAL NEEDED

INTRAMURALS

[\(click here to reserve a spot\)](#)

ACTIVITY	FACILITY	SCHEDULE	COMMENTS
TENNIS TABLE	GUARINI CAMPUS Via della Lungara, 233	SEPTEMBER 22 – 6 pm	"BASIC" (GYM) PHYSICAL NEEDED
GLADIATORS BK3	SAN PAOLO OSTIENSE Via di San Paolo, 12	SEPTEMBER 26 – 9 pm	"BASIC" (GYM) PHYSICAL NEEDED 3vs3 Basketball: Students vs Staff vs Faculty
TOUCH FOOTBALL	KENNEDY Via Dandolo, 104	OCTOBER 6 – 6:30 pm	"BASIC" (GYM) PHYSICAL NEEDED
PADDLE	TC SPORT LIBERO Lungotevere Dante, 277	OCTOBER 20 – 2 pm	"BASIC" (GYM) PHYSICAL NEEDED

SPORTS TRIPS

Participation fees are not refundable. Payments can be made online on myjcu.johncabot.edu/trips.

TRIP	PLACE	DATE	COMMENTS
SAPRI WEEKEND TRIP (#1)	SAPRI, CAMPANIA	SEPTEMBER 9-11	Participation fee: €290 Boat tour, Snorkeling, Hiking (Mod/Strenuous)
SAILING DAY	BRACCIANO, LAZIO	SEPTEMBER 18	Participation fee: €95 Castle visit, Sailing class and practice (all skill lev)
CINQUE TERRE WEEKEND TRIP	LA SPEZIA, LIGURIA	SEPTEMBER 23-25	Participation fee: €300 Hiking along 5 Terre coast line (Mod/Strenuous)
CIRCEO HIKING DAY	SAN FELICE CIRCEO, LAZIO	OCTOBER 2	Participation fee: €75 Hiking to the top of Mount Circeo (Mod/Strenuous)
SAPRI WEEKEND TRIP (#2)	SAPRI, CAMPANIA	OCTOBER 7-9	Participation fee: €290 Boat tour, Snorkeling, Hiking (Mod/Strenuous)
INTO THE WILD HIKING WEEKEND	MONTEREALE, LAZIO	OCTOBER 22-23	Participation fee: €220 Agriturismo Farm, Hiking (Mod/Strenuous)
SURFING DAY	OSTIA, LAZIO	NOVEMBER 5	Participation fee: €75 Full immersion surfing day (open to all skill levels)
VARSITY TEAMS RETREAT	TAGLIACOZZO	OCTOBER 14-16	Participation fee: €70 Sports Retreat for varsity teams only