



KSC RECREATIONAL SPORTS
(RECREATION CENTER & SPAULDING GYMNASIUM)
front desk - 603-358-2826

Students are required to bring KSC Owl Cards to use any of the recreation facilities in the Recreation Center and Spaulding Gym.

Recreational Sports Programs:

- **Intramural Sports** - basketball, soccer, softball, dodgeball, flag football, tennis, floor hockey, badminton, billiards, volleyball, table tennis, pickleball, etc.
- **Group Fitness Classes** – cycling; butts, guts & more; hydrorobics; Pound; yoga; Zumba
- **BodyWorks Fitness Center** - fitness assessments & equipment orientations are free and personal training service is available at a minimal fee of **\$50** per semester.
- **Sport Clubs** – Brazilian jiu jitsu, dance team, environmental outing, men's and women's ice hockey, men's and women's rugby, men's club soccer, Ultimate Frisbee and yoga club
- **Open Recreation** - pick-up basketball, racquetball, lap and open swim, etc.
- **Special Event** – Owl 5K Fun Run/Walk

The Recreation Center includes:

- **Three full-size, multi-purpose Courts** - basketball, volleyball, floor hockey, etc.
- **Three-lane elevated, banked Jogging/Walking Track**
- **5,900 sq. ft., two-level Fitness Center** - weight training and cardiovascular fitness areas
- **2,300 sq. ft. Aerobics Studio** - used for group fitness classes, dance team, etc.
- **Two Multi-Purpose Rooms** - used for dance, exercise, and other activities
- **Six Lane 25 Meter Pool** - lap swim and open swim times available
- **Racquetball Court** - equipment is available for check out at recreation center front desk
- **Wireless internet & 6 TVs in the cardio room** - use personal headphones to watch TVs

Outdoor recreation facilities:

- **Two, outdoor half-court Basketball Courts** - located behind Spaulding Gym
- **Four Tennis Courts** - lit courts at Sumner Joyce 'A' Fields, across the river behind Carle Hall
- **Sand Volleyball Courts** - one by the outdoor basketball courts & one next to the tennis courts

Recreation Center Hours - Academic Year

Monday-Thursday	6a.m. - 11p.m.
Friday	6a.m. - 8p.m.
Saturday	8a.m. - 8p.m.
Sunday	8a.m. - 11p.m.

Pool Hours – Academic Year

Monday-Friday	noon - 1p.m.
Monday-Thursday	7:30 - 9p.m.
Saturday & Sunday	noon - 4p.m.

Recreational Sports website: www.keene.edu/life/recsports/

Club Sports web pages: www.keene.edu/life/recsports/club-sports/

Group Fitness Class Schedule: www.keene.edu/life/recsports/group-fitness-classes/

Intramural Sports webpage: www.keene.edu/life/recsports/intramural-sports/

IMLeagues – www.imleagues.com

IM Sports on Facebook - <https://www.facebook.com/KSCIMSPORTS>

IM Sports on Twitter - <https://twitter.com/kscimsports>



KEENE STATE COLLEGE SPORT CLUB PROGRAM
2019-2020 – Sport Club Presidents/Advisors/Coaches

Brazilian Jujitsu

President: Nicholas Harms
Advisor: Ashley Greene
Instructor: Peter Greene

Nicholas.harms@ksc.keene.edu
Ashley.greene@keene.edu
peter.greene@keene.edu

Dance Team

President: Ariel Luria
Advisor: Cheryl Martin

ariel.luria@ksc.keene.edu
cmartin4@keene.edu

Environmental Outing Club

President: Laura Valastro
President: Lindsay Penn
Advisor: Chris Brehme

laura.valastro@ksc.keene.edu
Lindsay.penn@ksc.keene.edu
cbrehme@keene.edu

Men's Ice Hockey Club

President: Carlin Testa
Coach: Bobby Rodrigue
Advisor: Bert Poirier

carlin.testa@ksc.keene.edu
bobby.rodrigue.60@gmail.com
bpoirier@keene.edu

Women's Ice Hockey Club

President: Patrice Guerard
Advisor: Mark Gempler
Coach: Gregg Crisp

Patrice.guerard@ksc.keene.edu
mgempler@keene.edu
gcrisp@2ndwindsport.com

Men's Rugby

President: Alex Rushworth
Coach/Advisor: John Johannesen
Coach: Ely Thayer

alexander.rushworth@ksc.keene.edu
jjohannesen1@keene.edu
ely.thayer@gmail.com

Women's Rugby

President: Kate Hubbard
Coach: Karen Johannesen
Advisor: Lynne Andrews

kate.hubbard@ksc.keene.edu
flyhalf1@hotmail.com
landrews@keene.edu

Men's Soccer Club

President: Logan Bonneau
Advisor: Jeff Timmer

logan.bonneau@ksc.keene.edu
jtimmer@keene.edu

Ski/Snowboarding Club

President: Gino Catruch
Advisor: Jen Drake-Deese

gino.catruch@ksc.keene.edu
jdrakedeese@keene.edu

Ultimate Frisbee

President: Samantha Dost
Advisor: Diana Duffy

Samantha.dost@ksc.keene.edu
diana.duffy@keene.edu

Yoga Club

President: Emily Crafford
Advisors: Jeanelle Boyer

Emily.crafford@ksc.keene.edu
jboyer@keene.edu

