

REC SPORTS FALL 2009 DROP-IN ACTIVITIES

The Drop-In Program features a variety of self-directed recreational activities. Facility space and time are made available for use on a drop-in basis. Participation in activities requires neither team affiliation nor the commitment resulting from structured play. With increased emphasis on total wellness, fitness and the pursuit of healthy lifestyles, the Drop-In Program appeals to the busy lifestyle of the University community.

CCRB	NCRB	IMSB
<p>BADMINTON</p> <ul style="list-style-type: none"> Monday - Friday: 12pm-2:30pm Saturday: 8am-2:30pm <p>RESERVATIONS: none</p> <p>challenge court match score: 15 points minimum # of players: 2</p>	<p>BADMINTON</p> <ul style="list-style-type: none"> Monday, Wednesday, Thursday & Saturday: 3pm-11pm <p>RESERVATIONS: 5:30-6:30pm day before reservation #: 734-764-2117</p> <p>challenge court match score: 15 points minimum # of players: 2</p>	<p>BADMINTON</p> <p>Activity is not available.</p>
<p>BASKETBALL</p> <ul style="list-style-type: none"> Monday-Wednesday: 11am-1am Thursday-Friday: 11am-11pm Saturday: 8am-11pm Sunday: 10am-1am <p>RESERVATIONS: 5:30-7:30pm day before reservation #: 734-936-0627</p> <p>challenge court match score: 15 baskets minimum # of players: full court: 10 (30 minutes) half court: 6 (1 hour)</p>	<p>BASKETBALL</p> <ul style="list-style-type: none"> Monday-Friday: 11am-11pm Saturday: 8am-11pm Sunday: 9am-11pm <p>RESERVATIONS: none</p> <p>challenge court match score: 15 baskets minimum # of players: full court: 10 half court: 6 (1 hour)</p>	<p>BASKETBALL</p> <ul style="list-style-type: none"> Monday-Friday: 11am-11pm Sunday: 10am-11pm <p>RESERVATIONS: 5:30-6:30pm day before Reservation #: 734-764-3163</p> <p>challenge court match score: 15 baskets minimum # of players: full court: 10 (30 minutes) half court: 6 (1 hour)</p>
<p>BOXING – HEAVY BAG</p> <ul style="list-style-type: none"> Monday-Friday: 9am-12pm 1pm-4pm Saturday: 12pm-6pm Sunday: 10am-6pm <p>Available in Rm 2275 and the Main Gym</p>	<p>BOXING – HEAVY BAG</p> <p>All Building Hours</p> <p>Available in the Main Gym</p>	<p>BOXING – HEAVY BAG</p> <p>Activity is not available.</p>
<p>BOXING – SPEED BAG</p> <p>All Building Hours</p>	<p>BOXING – SPEED BAG</p> <p>All Building Hours</p>	<p>BOXING – SPEED BAG</p> <p>Activity is not available.</p>
<p>CARDIO EQUIPMENT</p> <p>All Building Hours</p>	<p>CARDIO EQUIPMENT</p> <p>All Building Hours</p>	<p>CARDIO EQUIPMENT</p> <p>All Building Hours</p>
<p>FREE WEIGHTS AND SELECTORIZED WEIGHT STATIONS</p> <p>All Building Hours</p>	<p>FREE WEIGHTS AND SELECTORIZED WEIGHT STATIONS</p> <p>All Building Hours</p>	<p>FREE WEIGHTS AND SELECTORIZED WEIGHT STATIONS</p> <p>All Building Hours</p>

HANDBALL/PADDLEBALL/RACQUETBALL/ SQUASH/WALLYBALL COURTS <ul style="list-style-type: none"> Monday-Sunday: All Day RESERVATIONS: 5:30-7:30pm day before reservation #: 734-936-0627 Same day #: 734-764-8167 challenge court match score: 21 points minimum # of players: 2	HANDBALL/PADDLEBALL/RACQUETBALL/ SQUASH/WALLYBALL COURTS <ul style="list-style-type: none"> Monday-Sunday: All Day RESERVATIONS: 5:30-6:30pm day before reservation #: 734-764-2117 challenge court match score: 21 points minimum # of players: 2	HANDBALL/PADDLEBALL/RACQUETBALL/ SQUASH/WALLYBALL COURTS <ul style="list-style-type: none"> Sunday-Friday: All Day RESERVATIONS: 5:30-6:30pm day before reservation #: 734-764-3163 challenge court match score: 21 points minimum # of players: 2
JOGGING – INDOOR TRACK The indoor track is 1/8 of a mile and is available all building hours.	JOGGING – INDOOR TRACK The indoor track is 1/10 of a mile and is available all building hours.	JOGGING – INDOOR TRACK Activity is not available.
JOGGING – OUTDOOR TRACK The outdoor track is ¼ of a mile and is located on Palmer Field, which is near to the CCRB.		
MARTIAL ARTS (RM 2275) <ul style="list-style-type: none"> Monday-Friday: 9:00am-12:00pm 1:00pm – 4:00pm Saturday: 12:00pm-6:00pm Sunday: 10:00am-6:00pm 	MARTIAL ARTS Activity is not available.	MARTIAL ARTS (RM G20) <ul style="list-style-type: none"> Monday-Friday: 9:00am-4:30pm Sunday: 10:00am-11:00pm
STRETCHING (RMS 2230 & 2275) All Building Hours	STRETCHING All Building Hours	STRETCHING <ul style="list-style-type: none"> Monday-Friday: 9:00am-4:30pm Sunday: 10:00am-11:00pm
TABLE TENNIS All Building Hours challenge court match score: 21 points minimum # of players: 2	TABLE TENNIS All Building Hours challenge court match score: 21 points minimum # of players: 2	TABLE TENNIS Activity is not available.
TENNIS – OUTDOOR The tennis courts located on Palmer Field will be available until October 31, 2009, weather permitting, for reservations. <ul style="list-style-type: none"> Monday-Sunday: 7:00am-11:00pm RESERVATIONS: 5:30-7:30pm day before reservation #: 734-936-0627 challenge court match score: 1 set minimum # of players: 2		
VOLLEYBALL <ul style="list-style-type: none"> Monday-Friday: 3:00pm-7:00pm Saturday: 3:00pm-11:00pm Sunday: 10:00am-7:00pm RESERVATIONS: 5:30-7:30pm day before reservation #: 734-936-0627 challenge court match score: 15 points minimum # of players: 6	VOLLEYBALL <ul style="list-style-type: none"> Tuesday, Friday, Sunday: 3:00pm-11:00pm RESERVATIONS: 5:30-6:30pm day before reservation #: 734-764-2117 challenge court match score: 15 points minimum # of players: 6	VOLLEYBALL <ul style="list-style-type: none"> Monday-Friday: 2:00pm-4:00pm (reservations only) RESERVATIONS: 5:30-6:30pm day before reservation #: 734-764-3163 challenge court match score: 15 points minimum # of players: 6

Please note: All Sunday IMSB Reservation are taken on Friday evening.
Rec Sports Hotline: 734-763-0050
www.recports.umich.edu