

About the Recreation and Fitness Program and the Lifetime Fitness Center (LFC)

The Benjamin A. Johnson Lifetime Fitness Center (LFC) provides an array of activities and fitness outlets for the Washington College Community. In the LFC, students can receive information regarding Intramural Sports, Club Sports, Fitness Classes, Outdoor Adventure Trips, and much more. Equipment is also provided for any specific activity (basketballs, racquets, jump ropes, etc...). All you need to do is give your ID card to the front desk worker. There are also full locker rooms w/ locker reserving, showers, and changing rooms. Listed below are some of the main aspects of the Fitness Center.

The LFC also provides exceptional indoor practice space for varsity baseball, softball, lacrosse, tennis, field hockey, and soccer teams. In addition, the 56,000-square foot facility provides recreational space for individual and intramural activities and includes a recently renovated 4,200-square foot fitness center, a jogging track, a dance studio, squash and racquetball courts, locker rooms, offices for coaches, and classrooms.

Hours of Operation

M-Th: 6:00 a.m. - 9:00 p.m.

F: 6:00 a.m. - 7:00 p.m.

Sat: 11:00 a.m. - 6:00 p.m.

Sun: 11:00 a.m. - 7:00 p.m.

Students and Washington College Community members MUST show proof of current enrollment (ID Card) or college affiliation (1782 membership, guest pass, ID card) to gain admittance to the facility. Just swipe your ID card at the front desk upon entrance.

Facilities

FIELDHOUSE

Indoor Track (10 laps/mile)

4: Indoor Tennis Courts

3: Full size basketball courts

Lacrosse Goals

WEIGHT ROOM

Renovated and expanded in summer of 2006. Additions included all new strength equipment, cardiovascular machines, and rubber flooring. Available equipment includes: Cardiovascular Machines: Treadmills, Ellipticals, Bikes, Stair Steppers, Rowing Machines; Hammer Strength Equipment: 3 Combo Racks: Olympic Lifting Platforms w/ benches and pull-up bars, Abs/Stretching Space and Individual Mats, Physioballs, Jump Ropes, Plyo Boxes, Medicine Balls, Hurdles, etc...

OTHER

2 Squash and 2 Racquetball Courts

Equipment provided.

Challenge Ladder

Racquet sport tournaments

Fitness Classes

Classes are open free of charge to all students, faculty/staff, and members of the college. They are located in the LFC Dance Studio and Cain Dance Studio. The schedule changes from semester to semester and alterations or additions will be posted on the this website.

LIFETIME FITNESS CENTER

WASHINGTON COLLEGE

300 WASHINGTON AVENUE

CHESTERTOWN, MARYLAND 21620

PHONE: 410-778-7234

MICHAEL DUQUETTE, DIRECTOR



Washington College 2008 pre-orientation trips

*Campus Recreation & Fitness and
Lifetime Fitness Center Exploration*

Kayaking Adventure

FROM MORGNEC CREEK TO WASHINGTON

COLLEGE BOATHOUSE

MONDAY, AUGUST 18

8:30 A.M. - 12:00 P.M.

In this half-day adventure paddling on the eastern shore, students will have the opportunity to develop their kayaking skills while exploring intricate waterways, the vegetation, and the beautiful wildlife in Kent County. You will be dropped off on Morgnec Creek where you will be met with the WC fleet of kayaks from the boathouse. There will be single and double kayaks available, and after getting our equipment situated, the group will launch in the creek and begin to explore the area. The trip will wind down and eventually put you on the Chester River. The group will be met back at the boathouse with the van and our gear before being transported back to campus.

8:30 a.m. Depart for Morgnec Creek (Blue Bridge off rt. 291)

9:30-11:30 a.m. Paddle kayaks up Morgnec Creek to the Chester River; then back to the Washington College boathouse.

12:00 noon Lunch and return to campus

Chesapeake River Fishing & Boat Tour

TUESDAY, AUGUST 19

8:30 A.M. - 4:30 P.M.

The Chester River provides an array of activities for individuals to enjoy the beauty of the Eastern Shore. On this trip, students will have the opportunity to go out on the Washington College work boat and fish for perch, catfish, and a variety of other marine life. We will provide all of the equipment as well as lunch on the boat. Depending on how the fish are biting, the trip will take us down the Chester in search of an active fishing spot. There is no previous fishing experience necessary, and hopefully, you will be able to catch your dinner. In the afternoon, the group will end up taking a cruise further down the river to explore other areas of the Chester River.

8:30 a.m. Depart for the Chester River and Washington College boathouse

9:00 a.m.-Noon Fish on the Washington College work boat

Noon-1:00 p.m. Lunch on the boat or at the boathouse pavilion

1:00-2:00 p.m. Fishing and boat cruise up the river

2:00-4:00 p.m. Chester River Boat Tour

4:30 p.m. Arrive back at Echo Hill

Land and Sea Adventure, Rockclimbing Trip: Earth Treks

WEDNESDAY, AUGUST 20

8:00 A.M. - 4:00 P.M.

The Rock Climbing trip will be all day adventure that will take us from Kent County, to Kent Island, and then to Earth Treks Indoor Climbing Center. There is no climbing experience needed because we will have knowledgeable staff from Earth Treks to provide us with the proper safety and technique for climbing the rock wall. The facility is a state-of-the-art indoor climbing gym, among the largest in the country.

- Over 15,000 square feet of climbing.
- Climbing for all ability levels, from fun beginner climbs to fiercely technical sport climbs.
- Over 150 climbs on varied terrain: from 23 ft. tall slabs to 50 ft. overhangs.
- Competition-quality bouldering caves.

You will be able to climb an unlimited amount of times. For individuals who have never climbed before, this activity is a challenge for all ability levels, and it is an amazing experience because of how it engages the mind and body to achieve the goal of getting to the top.

8:30 a.m. Depart for Earth Treks (Columbia, MD)

4:30 p.m. Arrive in Chestertown