



# JOHN CABOT UNIVERSITY – ATHLETICS DEPARTMENT



## SPRING 2023 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        | <a href="#">FITNESS CENTER</a> , GIANICOLO RESIDENCE | MONDAY, 11 am     | "BASIC" (GYM) PHYSICAL NEEDED |
| KICK BOXING | FITNESS CENTER, GIANICOLO RESIDENCE                  | TUESDAY, 4:30 pm  | "BASIC" (GYM) PHYSICAL NEEDED |
| RUN         | Meeting at GIANICOLO RESIDENCE                       | WEDNESDAY, 10 am  | "BASIC" (GYM) PHYSICAL NEEDED |
| ABS & LEGS  | FITNESS CENTER, GIANICOLO RESIDENCE                  | THURSDAY, 4:15 pm | "BASIC" (GYM) PHYSICAL NEEDED |

### VARSITY TEAMS

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

| ACTIVITY            | FACILITY  | SCHEDULE  | COMMENTS                               |
|---------------------|---|---|--|
| WOMEN'S 5vs5 SOCCER | <a href="#">TRASTEVERE STADIUM</a><br>Via Vitellia, 50                            | MON: 9:00 pm – 10:30 pm<br>WED: 8:00 pm – 9:30 pm | "COMPETITIVE" (SPORTS) PHYSICAL NEEDED |
| MEN'S 5vs5 SOCCER   | <a href="#">TRASTEVERE STADIUM</a><br>Via Vitellia, 50                            | MON/WED: 9:00 pm – 11 pm                          | "COMPETITIVE" (SPORTS) PHYSICAL NEEDED |
| MEN'S SOCCER        | <a href="#">TRASTEVERE STADIUM</a><br>Via Vitellia, 50                            | MON/WED: 9 pm – 11 pm                             | "COMPETITIVE" (SPORTS) PHYSICAL NEEDED |
| CHEERLEADING        | GIANICOLO RESIDENCE (MON/WED)<br><a href="#">KENNEDY</a> (TUE) - Via Dandolo, 104 | MON/WED: 7 pm – 8:30 pm<br>TUE: 6:30 pm – 7:30 pm | "BASIC" (GYM) PHYSICAL NEEDED          |
| VOLLEYBALL          | <a href="#">KENNEDY</a><br>Via Dandolo, 104                                       | TUE/THU 7:30 pm – 9 pm                            | "COMPETITIVE" (SPORTS) PHYSICAL NEEDED |
| BASKETBALL          | <a href="#">SAN PAOLO OSTIENSE</a><br>Via di San Paolo, 12                        | MON: 8:30 pm – 10 pm<br>WED: 9 pm – 10:30 pm      | "COMPETITIVE" (SPORTS) PHYSICAL NEEDED |
| TENNIS              | <a href="#">SAN PAOLO OSTIENSE</a><br>Via di S. Paolo, 12                         | FRIDAY 10 am – 12 pm                              | "BASIC" (GYM) PHYSICAL NEEDED          |

### INTRAMURALS

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

| ACTIVITY       | FACILITY   | SCHEDULE                  | COMMENTS   |
|----------------|--|---------------------------|--|
| TENNIS         | <a href="#">SAN PAOLO OSTIENSE</a><br>Via di S. Paolo, 12  | JANUARY 20 - 10 am        | "BASIC" (GYM) PHYSICAL NEEDED  |
| GLADIATORS BK3 | <a href="#">SAN PAOLO OSTIENSE</a><br>Via di San Paolo, 12 | FEBRUARY 8 – 8:30 pm      | "BASIC" (GYM) PHYSICAL NEEDED<br>3vs3 Basketball: Students vs Staff vs Faculty |
| PADEL          | <a href="#">SAN PAOLO OSTIENSE</a><br>Via di San Paolo, 12 | FEBRUARY 23 – 8 – 9:30 pm | "BASIC" (GYM) PHYSICAL NEEDED  |
| TENNIS TABLE   | Guarini Campus<br>Via della Lungara, 233                   | MARCH 21 – 4 pm           | "BASIC" (GYM) PHYSICAL NEEDED  |

### SPORTS TRIPS

Participation fees are not refundable. Payments can be made online on [myjcu.johncabot.edu/trips](http://myjcu.johncabot.edu/trips).

| TRIP  | PLACE                         | DATE                  | COMMENTS  |
|---|-------------------------------|-----------------------|---|
| <a href="#">TWO LAKES HIKING DAY</a>        | CASTEL GANDOLFO - NEMI, LAZIO | FEBRUARY 18           | Participation fee: €75<br>Hiking from C. Gandolfo to Nemi lakes (Easy/Mod)          |
| <a href="#">SKI SPRING BREAK</a>            | BARDONECCHIA, PIEMONTE        | FEBRUARY 28 – MARCH 3 | Participation fee: €750<br>Snow week (ski-snowboard) all-inclusive package          |
| <a href="#">CIRCEO HIKING DAY</a>           | SAN FELICE CIRCEO, LAZIO      | MARCH 18              | Participation fee: €75<br>Hiking to the top of Mount Circeo (Mod/Strenuous)         |
| <a href="#">SAILING DAY</a>                 | BRACCIANO, LAZIO              | APRIL 1               | Participation fee: €95<br>Castle visit, Sailing class and practice (all skills lev) |
| <a href="#">CINQUE TERRE HIKING WEEKEND</a> | LA SPEZIA, LIGURIA            | APRIL 14-16           | Participation fee: €315<br>Hiking along 5 Terre coastline (Mod/Strenuous)           |

Please note that the schedule is subject to change. Please visit <http://gladiators.johncabot.edu> to find the updated schedule or contact [athletics@johncabot.edu](mailto:athletics@johncabot.edu) / call +39 06 68191383