



SPORTS PROGRAM FALL 2024



HOW TO
JOIN JCU
ATHLETICS

ALL ACTIVITIES ARE ORGANIZED BY THE LICENSED CONCESSIONAIRE ASD STONE TOWER

FITNESS CENTER

Monday-Friday: 9 am - 8 pm; Saturday-Sunday: 2:30 pm - 8 pm

ASD Membership and "basic/gym" sport physical required. Reservation required for the following time slots

9am • 10:30am • 12pm • 1:30pm • 3pm • 4:30pm • 6pm

FITNESS CLASSES

YOGA

MONDAYS ⌚ 11am

📍 Secchia Terrace/
Fitness Center



KICKBOXING

TUESDAYS ⌚ 4:30pm

📍 Fitness Center



RUNNING Team JCU

Join the group chat



📍 TBD
Meeting Outside Gianicolo Residence



ABS & LEGS

THURSDAYS ⌚ 4:30pm

📍 Fitness Center



MODERN DANCE COURSE

The modern dance course is designed for the study of technique and the creation of a **group choreography**. The dancers will train twice a week to collaboratively work on the choreography.



TUESDAYS, THURSDAYS

⌚ **T** 8:15-9:15pm; **Th** 6-7pm

📍 Fitness Center

INTRAMURALS

BEACH VOLLEYBALL

Sep, Wed 4

⌚ 6pm

📍 Tiberis,
Lungotevere
Dante, 1



TABLE TENNIS

Sep, Mon 23

⌚ 6pm

📍 Lemontree
Courtyard,
Guarini Campus



PADEL FOR STAFF

Oct, Thu 17

⌚ 6pm

📍 Centro Sportivo
Cavalieri Pio XI, V. S.
Maria Mediatrice 24



PICK-UP GAMES

MEN'S 5V5 SOCCER

TUESDAYS

⌚ 8-9 pm

📍 Trastevere
Stadium,
Via Vitellia, 50



PICKLEBALL

THURSDAYS

⌚ 6:30-7:30pm

📍 Kennedy Gym,
Via Dandolo 104



VARSIITY SPORTS - TRYOUTS: SEP, 9-12 & 16-19

MANDATORY: BASIC GYM PHYSICAL FOR TRYOUTS - COMPETITIVE PHYSICAL FOR THE CHOSEN ONES

[TRYOUTS SCHEDULE MAY DIFFER FROM WEEKLY PRACTICE SCHEDULE]



Coed Padel

📍 Cavalieri di Colombo

⌚ **M/W** 8-9:30pm

Men's Soccer

📍 Trastevere Stadium

⌚ **M/W** 9-11pm

Women's 5on5 Soccer

📍 Trastevere Stadium

⌚ **M/W** 8-9:30pm

Coed Volleyball

📍 **T** Kennedy, **W** S. Paolo

⌚ **T** 8-9:30pm **W** 9-10:30pm

Coed Tennis

📍 Tennis Team Pamphili

⌚ **T/Th** 9-10:30pm

Men's Basketball

📍 San Paolo Ostiense

⌚ **M/W** 9-10:30pm

Women's 3v3 Basketball

📍 San Paolo Ostiense

⌚ **M** 8:30-9:30pm

Cheerleading

(basic physical required)

📍 Kennedy Gym

⌚ **T** 6:30-8pm **Th** 7:30-9pm



VARSIITY TEAMS RETREAT - Sapri, Campania: Sep, Fri 27-Sun 29

WORLD INTER-UNIVERSITIES CHAMPIONSHIPS '24 Edition - Rome: Nov, Wed 6-Sun 10

OUTDOOR EDUCATION

*all activities require a "basic" sport physical

Weekend Trip: Sapri Experience Sep, Fri 6-Sun 8

Weekend Trip: Sailing in Anzio Sep, Sat 14-Sun 15

Weekend Trip: Cinque Terre Oct, Fri 11-Sun 13

Weekend Trip: Into the Wild Oct, Fri 25-Sat 26

SPECIAL EVENTS



Gladiators Week: Sep, 26-29

Gladiators' Night: Sep, Thu 26

Pep Rally & Maximus's Raffle: Oct, W 30

RUNNING EVENTS



Mixed 4x100 Riley: Oct, Saturday 5

Cardio Race: Oct, Sunday 6

JCU Fun Run: Oct, Sunday 20

JCU Halloween Run: Oct, Sunday 27

This Schedule is subject to change

ATHLETICS POLICY

Mandatory steps to join JCU Athletics

- **Subscription** to ASD Stone Tower
- **Gym Physical Examination**
- **Reservation** for activities and gym

CONTACTS

📞 WhatsApp +39 3451771180

📍 Vicolo della Penitenza, 26 - ext 383

✉ athletics@johncabot.edu

🔗 linktr.ee/JCUgladiators

📷 @jucugladiators

📘 John Cabot University Athletics

🌐 gladiators.johncabot.edu

📍 John Cabot University Athletics