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UA12/12 Preston Center News, Vol. 3, Issue 2

WKU Intramural & Recreational Sports

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Member of the month

Dr. Harrymen, our Member of the Month, has always enjoyed participating in recreational activities which emphasize physical fitness. Before coming to Kentucky, he worked in Kansas City, Missouri. In 1968, he was hired by WKU in the Educational Department and has been with Western ever since. He continued to stay physically active, even though rec. facilities and programs were limited.

In Fall 1992, huge progress was made with the opening of the Preston Center and he was one of the first Faculty / Staff to take advantage of membership. "One of the best parts of using the Preston Center," he says, "is that the staff here are friendly and accomodating.

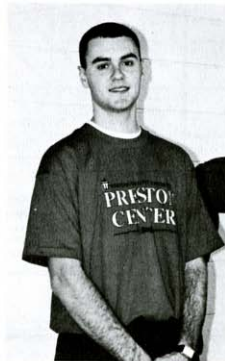
I feel that they are working hard to provide good service and a smile to all those who come in." You'll most of the time see him playing racquetball and jogging around the track. Dr. Harryman says he values a university in which recreation and physical exercise are emphasized. He believes that both activities are an integral part of students' education and faculty / staff's benefits' options. Congratulations, Dr. Harryman, on being selected Member of the Month and happy birthday to the most fit 70 year old around!



Employee of the month

Brad Stinnett, age 19 from Hardinsburg, Ky is a sophomore majoring in Physical Education. Brad is this month's Employee of the Month at the Preston Health and Activities Center. He began his employment at the PHAC in November of 1992 and has worked hard to achieve the respect of his fellow co-workers and the patrons of the center. "What I like most about the job," Brad said, "is the interaction with people. Being a physical education major, I enjoy sports, both playing and watching. I like the atmosphere of the Preston Center." Brad hopes to be able to take his experiences from the PHAC and put them into practical application after his college days.

Congratulations to you, Brad, on being selected the PHAC Employee of the Month.



Spring '94 Preston Center Instructional Programs

Country Line Dancing \$30 per six week session
Mondays at 7:30 pm in dance studio

Kali \$20 per six week session
Thursdays at 7:00pm in racquetball court

Karate \$20 per six week session
or 2/\$30
Wednesdays at 6:00 pm in racquetball court

***Beginning Adult**
Tuesdays at 7:30 pm in dance studio

***Intermediate Adult**
Mondays at 8:30 pm in dance studio

Tai Chi \$20 per six week session
Wednesdays at 8:30 pm in dance studio

Yoga \$20 per six week session
Thursdays at 7:30 pm in dance studio

First session starts **January 31st.**
Second session starts **March 21st.**

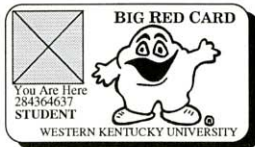
Intramural-Recreational Sports Office

Office Hours

8:00am - 4:30am Monday - Friday
Closed on Weekends; Memberships and program fees processed only during office hours.

Membership News

Remember to bring your family members in to see the Preston Center. Family memberships are available.



| | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. | |
|--------------------------|---------------|-------------------|---------------|-------------------|---------------|---|------|--|
| 11:45 a.m. 12:45 p.m. | WET N WILD | WET N WILD | / | WET N WILD | / | | | |
| 5:00- 6:00 P.M. | WET N WILD | WET N WILD | WET N WILD | WET N WILD | WET N WILD | | | |
| 6:00- 6:45 P.M. | / | Aqua challenge | / | Aqua challenge | | Spring 94 Recreational Fitness in the POOL | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |

Fitness fee for students is only \$30 for unlimited participation. F/S have fitness included in their membership fees.

| | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. | |
|--------------------------|----------------------|-------------------------------|----------------------|-------------------------------|----------------------------|---|-------------------------------|--|
| 6:15- 7:15 A.M. | STEP | SLIDE/ ROPICS | HI / LO | SLIDE/ ROPICS | STEP | | | |
| 11:45 A.M. 12:45 P.M. | HI / LO | / | STEP | / | HI / LO | 10-11:15 a.m. Super STEP | | |
| | 4:30-5:30 CIRCUIT | 4:30-5:00 SLIDE/ ROPICS | 4:30-5:30 HI / LO | 4:30-5:00 SLIDE/ ROPICS | 4:00-5:00 CIRCUIT | | 4:00- 5:15 p.m. Circuit | |
| | 5:30-6:30 STEP | 5:00-6:00 HI / LO | 5:30-6:30 STEP | 5:00-6:00 HI / LO | 5:00-6:15 Super STEP | | | |
| 6:00- 6:30 P.M. | / | Awesome Abs | / | Awesome Abs | | Spring 94 Recreational Fitness in the Dance Studio | | |
| 6:30- 7:30 P.M. | MUSCLE DEF | / | / | Slide / Muscle Def | | | | |
| | | | | | | | | |

Outdoor Recreation Adventure Center

Even in winter, the outdoor rental center offers a wide variety of cold weather camping equipment for your enjoyment of the outdoors. This spring the ORAC will offer some exciting trips, such as skiing, white water rafting, and a possible spring break trip in conjunction with Middle Tennessee St. University. Stop by and ask our courteous staff for information.

Pro Shop coming soon to the ORAC, featuring a wide range of new sports attire, and convenience items such as socks, swim goggles, shampoo, racquetballs, etc.

Faculty / Staff Basketball League

Spring 1994

| | | |
|-------------------|---------------------------|----------|
| 1. Phoarcks | Dan Driskell | 6545 |
| 2. Packlids | Darwin Dahl | 5074 |
| 3. Bombers | Eric Smith / Finley Baird | 2551 |
| 4. Campus Crusade | Greg Schutz | 843-4318 |
| 5. Hillcoppers | Paul Joiner | 2548 |
| 6. Residence Life | Mike Shanks | 2865 |
| 7. Wab | Gordon Johnson | 6455 |

Feb. 5 Feb. 12 Feb. 19

| | | | |
|---------|-------|-------|-------|
| 10:00am | 3 v 6 | 5 v 7 | 4 v 5 |
| 11:00am | 1 v 5 | 2 v 4 | 3 v 7 |
| NOON | 2 v 7 | 1 v 3 | 2 v 6 |

4-bye 6-bye 1-bye

Feb. 26 Mar. 5 Mar. 26 Apr. 9

| | | | |
|-------|-------|-------|-------|
| 3 v 4 | 1 v 7 | 2 v 3 | 1 v 6 |
| 1 v 2 | 4 v 6 | 6 v 7 | 3 v 5 |
| 5 v 6 | 2 v 5 | 1 v 4 | 4 v 7 |

7-bye 3-bye 5-bye 2-bye

Wellness Center News

Maintain Campaign Winners

The Wellness Center is pleased to announce the winners of the 1993 "Maintain Campaign." Congratulations go to the Purchasing Department! The Maintain Campaign, held between Thanksgiving and New Year's, encourages people to hold the usual seven-pound holiday weight gain to no more than two pounds. Eight people from Purchasing participated on the team, which sustained a departmental weight loss of 2.25 pounds. For this achievement, the department will receive a "Champions" plaque to display for one year.

Join the "Winter Games '94"

Jump into the spirit of the '94 Olympic games this year by joining this goal-setting program for health enhancement. Set personal goals and compete for incentive prizes, based on your gold, silver and bronze medals. This program will start in March, so watch for details coming shortly.

Family Wellness Day at WKY

Wellness is a "family affair." The first annual Family Wellness Day will be held on Saturday, March 26 in the Preston Center. Come for an activity-packed day for adults & kids. There will be clinics, demonstrations, activities, refreshments and door prizes - and it's FREE. Watch for details.

Positive Lifestyle classes

NO BUTTS! Smoking Cessation Program

A "no preach" supportive program to help you quit the smoking habit for good!

Dates: Feb. 16 (Intro) *plus* M-Th 21-24
+ M,W Feb. 28, Mar. 2, and 7, 9

Time/Place: 4:40-5:45 p.m., TBA, \$25 fee (fully refundable if you come to every class; Intro class is free, so come to learn more.)

Weight Training Orientation Classes

A brief orientation session to strength training equipment in the Preston Center - for beginners and experienced lifters!

Dates: Feb. 23 // Mar. 23 // Apr. 20

Time /Place: 12:00-12:30 p.m., Preston Center
Call 745-6531 to pre-register or for more info.

The New Facility Manager

The Preston Health and Activities Center would like to introduce Fred Gibson as our new facility manager. Fred had been previously employed as the assistant facility manager here at the PHAC and was hired as the facility manager as of February 1.

Fred came to WKU from Middle Tennessee State University in August 1993, after earning his Master's Degree in Recreation. At MTSU, he was a graduate assistant in the intramural department. When asked what attracted him to come to WKU, he responded, "I have always been a Hilltopper fan, and I enjoy the family atmosphere that is apparent all across the campus."



Fred has many goals for the facility, the greatest of these is customer service. "I want to ensure that every member is offered a quality recreational experience every time they come to the Preston Center. I hope to make this facility the centerpiece of our campus." He also feels that he answers to all the staff and students of the university, "and my obligation is to meet their needs in every way possible."

Congratulations Fred and good luck in this new endeavor!

PRESTON
CENTER
GYM