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WKU Intramural & Recreational Sports

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POOL TIME NEWS

The Preston Center Pool will be closed for Western Kentucky Swim Meets on the following days:

Date	Pool Closed
Saturday, January 21	11:30 - 4:00 pm
Saturday, February 4	11:30 - 4:00 pm
Friday, February 10	5:30 - 9:00 pm
Saturday, February 18	11:30 - 4:00 pm

These dates reflect the pool being closed for the University swim team meets. Both Preston Center members and the general public are invited to attend and encourage the 'Toppers!

During the fall and spring semester, the University swim team uses the pool Monday, Wednesday, and Friday mornings from 6am to 9am and afternoons from 3:30pm to 4:30pm. Two lanes (lanes nine and ten) will be open for recreational swim/lap swim during the afternoons. Three or four lanes will be open for recreational/lap swim in the mornings. Thanks in advance for your patience in our scheduling.

Have you walked into our pool area and think the temperature is hot? Our temperature and humidity control system maintains the pool environment at 83-84 degrees F and the relative humidity between 50% - 60%. The environment is adjusted to the recreational swimmer and not to the fully dressed member walking in. Of course, with all environmental systems, it will sometimes be warmer or cooler than designed but our system will adjust accordingly.

Hot Tub Information

Did you know that over 100 people use our hot tub on a daily basis? We are pleased that our members enjoy a relaxing soak, but we also must emphasize rules for our hot tub that have been abused.

We ask our members to take a cleansing shower before entering our hot tub. Over a two day period, non-showering people bring body oils, dead skin cells, sweat, lotions, and soap/shampoo into the water. These con-



taminants cause the foamy, smelly water that is displeasing to the senses. Our hot tub requires a high degree of maintenance and hence the need to drain the hot tub so often. Please help us to help you by keeping our hot tub clean.

Over the past two years, our pool area has been settling and has caused some cracks to form around the pool area. One of these has been causing a number of problems for our hot tub. Cracks have formed around some of the plastic jets inside the tub. We are repairing this along with a number of other minor problems. Please bear with us while we make needed repairs to our popular hot tub.

We are currently researching policy regarding children using the hot tub and expect to have policies enacted by Christmas break. Thank you for being patient with us.



COMING SOON- RETAIL PRO-SHOP

The Preston Center is adding a retail Pro-Shop to the already booming Outdoor Recreational & Adventure Center (ORAC). In addition to renting camping equipment and sponsoring outdoor trips, ORAC will now feature various sporting goods, aerobic wear, athletic wear, and amenities.

The Pro-Shop is scheduled to open just in time for the Christmas Holidays. Questions can be answered by calling ORAC at (502) 745-6545.



OUTDOOR RECREATION & ADVENTURE CENTER

Spring Break trips can be arranged through ORAC for the week of **March 13-17**. ORAC is offering trips to **Cancun and Jamaica** with prices starting at **\$399.00/person**. This price includes round trip airfare, airport/hotel transfers, 7 nights hotel accommodations and exclusive parties set up by the travel service. We are also offering trips to **Daytona Beach** with prices starting at **\$109.00/person**. This price includes 7 nights hotel accommodations and exclusive party package to all the hottest spots. **These prices will increase by \$30.00 after December 15, 1994.** So make your reservations now.

We also have the ability to set up **January ski trips** for anyone interested. The packages prices will start at **\$199.00/person** and will include 5 night accommodations, 5 day lift ticket, ski races and special events, and nightly parties and activities. The dates to choose from on these will be **January 1-6, January 8-13, and January 15-20**. You can choose from three Vermont locations including Killington, Sugarbush, and The Village at Smugglers Notch.

All outdoor rental equipment will be rented for half price until February 28. If anyone has suggestions for or questions about spring or fall trips contact Darren at ORAC between 12:00pm-6:00pm Monday through Friday. Our phone number is (502) 745-6545, if no one answers leave us a message and we will call you back as soon as possible.

ATTENTION LOCKER HOLDERS AT PRESTON

Renewals will now be held at the beginning of each term at a cost of \$15 per term (Fall, Spring). Spring renewals will be accepted beginning **Thursday, December 1st**, and ending **Friday, December 16th**. The Spring term will run from January 1st - June 30th. **Any locker not renewed by December 16th will be emptied and filled from the ever-growing waiting list.** Emptied locker contents will be held for one month and may be picked up at the control desk. At the end of the Spring term you will have the option to renew for the Fall term (July 1st - December 31st). Renewal dates for the Fall term will be June 13th-24th. A table will be set up in the Preston Center lobby during the faculty/staff lunch hour (11:30-1:00) each week day of the renewal period for your convenience. Any renewal made outside of these times must be done between the hours of 8-4pm up to the **December 16th midnight deadline. Renewals must be in the form of a check. No cash will be accepted.** If you have any further questions, contact Dan Driskell at (502)745-6530 after 3pm.

"WELLNESS CENTER NEWS"

Exercise Physiology Lab Notices

The first Monday of each month through May from 12:00-1:00pm, we offer an introductory weight room class for people who are unfamiliar with the weightroom and the machines. The dates are as follows:

- Monday December 5, 1994
- Monday January 2, 1995
- Monday February 6, 1995
- Monday March 6, 1995
- Monday April 3, 1995
- Monday May 1, 1995

To sign up, call the Wellness Center at (502) 745-6531.



Instructional Programs

The Preston Center offers instructional programs in 2 six week sessions each semester. Participants meet one night a week for six consecutive weeks. Classes include: Scuba, Karate, Tai Chi, Kali, and Yoga. All classes are opened to faculty/staff and students for a small fee. Anyone interested can contact Sheryl or Maria at (502) 745-5216 or stop by the office located on the second floor of the Raymond B. Preston Center on Western Kentucky University's campus.

Fitness '95

Fitness 1995 swings into action with a full slate of recreational fitness classes starting January 9th. We will again be offering 26 classes in the dance studio and 9 classes in the pool each week. Our policy is for you to come to any class that fits your busy schedule, a "drop-in" scheme so you are not restricted to any certain days or times. All of our instructors are CPR and First-Aid certified and the vast majority are also certified by a nationally recognized fitness organization, assuring you of safe, effective, and fun classes!

If you are a faculty/staff Preston Center member, your classes are complimentary with your membership. For students, there is a nominal fitness fee of \$30 per semester, allowing you unlimited classes for the entire 15 weeks of programming. Compare that to \$30 per month at some of the local health clubs! We offer the first two weeks of each semester as free weeks, so that everyone can try out the classes before they pay the fitness fee. Fitness fees are collected at the Intramural Office by check or cardscan during regular business hours M-F.



THE BIG PAYOFF!

Another feature of our recreational fitness programs is the opportunity to earn a fitness incentive t-shirt, sponsored by a local business. This t-shirt requires attendance at 25 classes at any time during the semester, which is easily accomplished by participating three times a week for a little over 8 weeks. Add to your fitness wardrobe by earning an incentive t-shirt!

*For any questions regarding the fitness program, please call Sheryl or Maria at (502) 745-5216.

!!! INTRAMURAL SPORTS !!!

The time of year is once again upon us, where fun, excitement, competition, and healthy exercise fill the air. Yes, it's Faculty/Staff Intramural Sports time.

This year's program has something for everyone ranging from the usual volleyball to the brand-new disc golf tournament. Past years have not been as successful as hoped, however those who participated, enjoyed the experience thoroughly. This year can be great with **increased participation**. As they say, "The more, the merrier". What we need is for everyone to contact fellow workers and other cohorts on campus to generate interest and bring out the shy and "behind the scene" athletes.

All competition is on Saturday mornings for your convenience (call if not, we're flexible) and a good time is guaranteed for all!

So, grab the people you work with, form a team or just bring yourself, and try for the Faculty/Staff trophy that will look simply wonderful at the entrance to your department!



WESTERN KENTUCKY UNIVERSITY INTRAMURAL SPORTS DEPARTMENT FACULTY/STAFF SPORTS SPR '95 SCHEDULE

3 on 3 Half-Court Basketball: Men, Women, and Co-Rec Divisions. **Sign Up Deadline:** Jan 20th **Games Begin:** Jan 28th
Basketball League: Co-Rec Basketball League. **Sign Up Deadline:** Feb 10th **Games Begin:** Feb 18th
Volleyball League (Co-Rec): Volleyball at the Preston Center. **Sign Up Deadline:** March 17th **Games Begin:** March 25th
Racquetball Singles: Men and Women Divisions **Sign Up Deadline:** March 31st **Games Begin:** April 8th
Spring Fun Run/Distance Run: A Run Around Campus. Men/Women Divisions. **Sign up Deadline:** April 14th **Games Begin:** April 22nd
Disc Golf: Men and Women Divisions At The New Preston Center Disc Golf Course. **Sign Up Deadline:** April 21st **Games Begin:** April 29th

**THE FACULTY/STAFF SPORTS PROGRAM
DEPENDS ON YOUR PARTICIPATION!**

**Western Kentucky University
1994 -1995
Home Swimming Schedule**

<u>Date</u>	<u>Opponent</u>	<u>Time</u>
Saturday, Jan. 21	Wright State/ Morehead State	1:00pm
Saturday, Feb. 4	Georgia Tech/Arkansas (L.R.)	1:00pm
Friday, Feb. 10	Ball State	7:00pm
Saturday, Feb. 18	Union College	1:00pm
*March 23 -26	NCAA Championships	

PRESTON HOLIDAY OPERATIONAL SCHEDULE

<u>Date</u>	<u>Event</u>	<u>Days/Times</u>
Monday, December 12 - Friday, December 16	Final Exams	M-R 11:30-9pm Fri 11:30-6pm CLOSED
Saturday, December 17 - Sunday, December 18	Maintenance	CLOSED
<u>CHRISTMAS BREAK</u>		
Monday, December 19 - Friday, December 23	Week 1	NOON-6pm
Saturday, December 24 - Sunday, December 25	Christmas Eve/Day	CLOSED
Monday, December 26 - Friday, December 30	Week 2	NOON-6pm
Saturday, December 31 - Monday, January 2	New Years Eve/Day	CLOSED
Tuesday, January 3 - Sunday, January 8	Week 3	T-F 11:30-6pm Sat 9-5pm Sun 1-5 pm
Monday, January 9	*Classes begin	Regular Operational Hours