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WKU Intramural & Recreational Sports

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Preston Center News

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Volume 1 Issue 1

January 1993

Preston Center Maintenance Projects

The pool has been resealed, the ceiling has been repainted and the sides and bottom have been cleaned. We apologize for the length of the downtime for all the pool users. However, if the work had been put off, permanent damage to the pool would have occurred. The pool is scheduled to be refilled before or on Jan. 25.

The racquetball courts now have new sprinkler heads installed in all nine court. Unfortunately, courts five and six have water damage and will be in service by the end of January. Walleyball will be back just as soon as these courts are activated.

The blue basketball and tennis courts floor is currently not working out as planned. The floor surface has been disintegrating since the center's opening. Our house keeping staff has done triple duty in order to comply with the manufacturer's warranty restrictions and testing procedures. It is unclear at this time about the future of the floor and what steps will be taken to correct the problem.

Thanks for Understanding

The Preston Health & Activities Center Staff would like to express a sincere thanks to the following people for their patience and assistance during the extended repairs. They are: our members, the WKU Physical Plant Staff, Mr. Robert Renshaw and the crew of Alliance Corp., Dr. James Ramsey, Coach Bill Powell and the WKU swimmers (who have had a tremendous season interrupted).

Lift your Spirits

The new weight plates have finally been shipped and are due to arrive before the end of January. The treadmills have been ordered. Eight, state of the art treadmills will soon be in the cardiovascular area of the weight room. Now, we will be able to run or walk and still catch "Star Trek" on the overhead monitors.

Pro Shop

A Pro Shop for the Preston Center is planned for the spring semester. Located in the Outdoor Rental Adventure Center in the main lobby, the Pro Shop will carry such items as racquetballs, swim goggles, athletic socks, soap, shampoo, and PHAC t-shirts.

Locker Policy for the Center

The Preston Center locker rooms are not large enough to accommodate all of our members. The men's faculty locker room (which contains 119 full size lockers) was rented out in just two hours. A limited number of half sized lockers were made available for permanent rental for faculty/staff in the men's student locker room. This move was made to accommodate the many requests for permanent rental lockers. All locker rentals (men's and women's) will expire June 30, 1993. Information regarding re-newal will be forthcoming.

Equipment Policy

The anticipated computer controlled system is not yet ready. To eliminate the long waits and confusion at the issue counter please have your I.D. card ready for towel and lock rental. A picture I.D. will be needed to check out equipment and lockers. Your I.D. will be filed alphabetically along with a card identifying the equipment you have checked out. Hopefully, this new process will move the lines faster and smoother.

Scheduling Conflicts

The first week of this semester saw some conflicts with scheduling in the weight room and racquetball courts. This conflict was created when the Physical Education Department scheduled classes during the mid-day recreation period.

Contrary to the reports from the rumor mill, this conflict was discovered by the PHAC staff prior to the first week of classes. The Phys. Ed. staff acted quickly to correct the situation with only one day of recreation lost.

The Physical Education Instructor has opened his mid-day T/R class for recreational use of the cardio-vascular area of the weight room. The racquetball courts will be divided between the classes and recreators during the mid-day period.



WELLNESS CENTER NEWS



The faculty/staff Health Screening showed us what we need to do. Now we'd like to offer some help in doing it! The Wellness Center is busy setting up a variety of lifestyle change programs which will be offered throughout the semester. It is necessary to pre-register for classes. If registration is low, classes will be cancelled. For some sessions a small fee will apply. For more information or to pre-register, call 6531.

JANUARY

EMPOWER Weight Management Program A new way to lose or gain weight - permanently!

2 sessions: 1/18, 1/25, 2/1, 2/8 5-7:00 p.m.
1/19, 1/26, 2/2, 2/9 3-5:00 p.m

Cooking for Your Health - Naturally!

Learn to cook, and sample, great-tasting foods which have high nutritional value.

Monday, January 25 5-7:00 p.m.

Instructors: Prosperity Farms co-owners

Cholesterol Reduction Class

Simple principles for reducing cardiovascular risk through cholesterol reduction.

Wednesday, January 20 3-5:00 p.m.

Instructor: Sandy Darnall, County Extension Agent

FEBRUARY

Women's Health & Fitness Program

A comprehensive health and fitness program which addresses women's special concerns and preventive strategies.

Wednesdays: 2/17, 2/24, 3/3, 3/10 4-6:00 p.m.

Off Your Butt! Smoking Cessation Program

Introductory class: 2/15

Classes: 2/22-26, 3/1, 4, 8, 11 3-5:00 p.m.

Effective Communication Skills

Thursday, February 18 3:30-5:00 p.m.

Instructor: Dr. Larry Winn

There's more to come...

Men's Health and Fitness, Back Care Clinic, Managing Stress, Supermarket Savvy, Strategies for Simpler Living, and more!



Preston Center

Intramural-Recreational Sports

Faculty/Staff Activity Program

1992-93

Month	Activity	Sign-Up Date
September	Volleyball	Sept,14
October	Bowling	Oct,5
November	Wallyball	Nov,2
January	Basketball	Jan,19
February	Racquetball	Feb,3
March	Volleyball	Mar,3
	Softball	Mar,3

For further Information Please Contact
The Intramural-Recreational Sports Office
203 Preston Center.

PRESTON CENTER "AEROBICS" SCHEDULE SPRING 1993 January 11- May 7

Monday	6:15-7:15am STEP 5:00-6:00pm STEP 6:15-7:15pm Hi/Lo Impact	Sheryl Randee w/ Genelle(TA) Bridget w/ Dresden(TA)
Tuesday	6:15-7:15am Hi/Lo Impact 4:00-4:50pm ShortSTEP 5:00-6:00pm Hi/Lo Impact 6:15-7:15pm STEP	Sandi w/ Amy(TA) Sheryl w/ Paul(TA) Sheryl w/ Annie(TA) Bekki Jo w/ Bridget(TA)
Wednesday	6:15-7:15am Muscle Definition 5:00-6:20pm SuperSTEP	Sheryl Sandi w/ Trish(TA)
Thursday	6:15-7:15am STEP 4:00-4:50pm ShortSTEP 5:00-6:00pm Muscle Definition 6:15-7:15pm STEP	Lisel w/ Amy(TA) Alice w/ Paul(TA) Robin w/ Genelle(TA) Bekki Jo w/ Dresden(TA)
Friday	6:15-7:15am Hi/Lo Impact 4:00-4:50pm Circuit STEP 5:00-6:20pm SuperSTEP	Sheryl Randee w/ Amy(TA) Alice w/ Trish(TA)
Saturday	9:15-10:15am Circuit STEP 11:15-12:30pm Hi/Lo Impact & STEP	Robin & Lisel Sandi & Alice
Sunday	4:00-5:20pm SuperSTEP	Trish & Beth

ShortSTEP is a 50 min cardio class
STEP is a 60 min cardio class
SuperSTEP is an 80 min cardio class
Hi/Lo Impact is a 60 min cardio class
STEP Circuit is a 60 min cardio class
Muscle Definition is a 60 min strength class, no cardio work

Fees for aerobics classes are \$20/semester for part and full time students and their family members. Faculty/staff and their family member have fees already included in their membership price. Guests are eligible to take aerobics by presenting their receipt for payment of the \$5 guest fee to the teaching assistant at the door of the dance studio. Aerobics is open to all those over 12 years of age; those under 14 must be accompanied by a family member.

HOURS OF OPERATION, SPRING 93

Monday - Friday	6:00 am - 11:00 pm*
Saturday	9:00 am - 8:00 pm*
Sunday	1:00 pm - 9:00 pm*

* The pool and weight room close one hour earlier.

Below is a schedule of times the pool and weight room are reserved,
and therefore UNAVAILABLE FOR RECREATION:

POOL:	Mon. & Wed.	10 - 11:30 am**	1 - 3:30 am
	Tues. & Thurs.	10 - 11 am	1 - 3 pm
	Friday	9 - 11:30 am	1 - 3 pm

** The Swim for Fitness class meets 10:30 - 11:30 am.
Registration for this class is through the Phys. Ed. Dept.

WEIGHT ROOM:	Mon. & Wed.	8:30 - 11:30 am	1 - 3:30 pm
	Tues. & Thurs.	9 am - 3:30 pm	
	Friday	8 - 10 am	

The Membership Registration Hours

Monday- Friday	9:00 a.m. 7:00 p.m.
• Saturday	10:00 a.m. 7:00 p.m.
• Sunday	2:00 p.m. - 8:00 p.m.

• Ask for the weekend supervisor

Everyone's welcome

