

Remember that Plastic wrist band this year

There are a few changes in the operation of the physical education and recreation complex this year. The equipment room will be centralized due to the construction of the Fieldhouse. Men's and women's locker rooms have been redesigned, so make sure you're in the "right" place. The following is an outline of the rules by the Dean of the Phys. Ed. faculty. If you have any further questions, the staff in the equipment room should be able to assist you.

3. Alumni, staff, N.A.S.A. employees, Families and special holders who have purchased privilege cards.

Lockers are available on a semi-annual or annual basis to staff and students with user cards. Students will pay a \$15 fee with \$10 refundable. All others will pay a \$10 non-refundable fee. A fee of \$25 will be charged for the loss of a plastic wrist band. A fee of \$25 will be charged for the loss of a combination lock. A fee of \$5 will be charged for the loss of a towel or towel token.

Squash, Racquetball, Handball Court Bookings

Reservations are made in the Equipment Room from 7:00-8:00 and 12:00-13:00 hrs normally

for the following two days (no bookings will be made on a Saturday or Sunday)

A current user card must be presented when making the bookings

Prior to playing, individual user cards must be exchanged for plastic wrist-bands.

Dean Faculty of Physical Education and Recreation

The Physical Education and Recreation Complex

Swimming Pools, Weight Rooms, Courts, and Other Recreational Areas:

Locker Rooms are restricted to holders' of current user cards. These include:

1. All university students in possession of a valid student ID card
2. All AASUA members holding a current membership card

Recreation users must exchange their user cards for plastic wrist bands. Participants not wearing this band will be requested to leave. Children are not allowed in the weight rooms or courts.

***** a Josh McDowell film *****

FREE the **Secret of Loving**

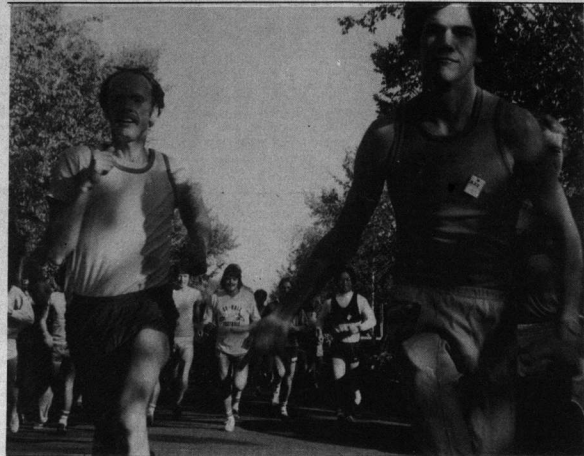
a film on: Love, Sex & Marriage

Sept 14 - 17

W,F 12 - 1 p.m.
T,R 12:30 - 1:30 p.m.

SUB 142

CAMPUS CRUSADE FOR CHRIST



Everybody's rushing to participate in the campus recreation.

Nationwide fitness challenge in October

continued from page 19 everyone — from men's and women's soccer, flag football and golf in the Fall to table tennis and snooker in the Spring. But where most people seem to enjoy themselves is in the men's and women's intramural

hockey program. Last year over 2,000 people participated in this program alone and in the fantastic co-rec and men's and women's volleyball leagues over 100 mixed teams participated. There are over 40 different activities in intramurals in 82-83 and there is not anybody not good

enough to participate. One of the big things in the Health and Fitness area will be the Canadian Intramural Recreation Association (CIRA) Fitness Challenge. During the month of October the University of Alberta will be part of a nationwide Fitness Challenge for students, faculty and staff at Canadian post-secondary institutions in Canada. The University of Alberta will have a chance to see how it stacks up against the other post-secondary institutions in Canada. The rules will be simple: participate in some physical activity for 15 minutes on 5 different days per week during October. Registration will be at the Campus Recreation/Intramural Office. Watch for details.

Campus Recreation has not forgotten the person who wants to 'drop-in' and 'shoot baskets,' 'spike balls,' 'smash birdies' or 'pump iron.' There are recreational 'drop-in' times scheduled throughout the week and a person can also book a squash or racquetball court at the equipment room.

Ron Kirstein's Aquatics Program, run out of the 2 University of Alberta pools, offers a multitude of aquatics' activities and his area will be featured in future articles.

If you want more details about the many activities of the Campus Recreation Program, drop over or pick up a brochure from one of the Campus Recreation Offices in the lower hallway of the Physical Education and Recreation Complex or call 432-3614 or 432-3565. You'll be glad you did - Remember there is no such thing as not being good enough to participate in the Campus Recreation Program.

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