

Intramurals

Weight Training

Due to popular demand the Physical Recreation and Intramural Program is again offering Introductory Weight Training Classes. If you have ever wondered what goes on in the Weight Training room, or have wanted to do some weight training, but didn't know where to begin, this program is for you. It will introduce you to the facilities and equipment, show you proper techniques, and teach you safety precautions. A co-ed class will meet on Monday and Thursday evenings from 8:00-9:00 p.m. Jan. 24 - Feb. 17. The fees are \$7.00 for students and pass holders and \$10.50 for non-pass holders. For further information or to register, contact the Recreation Office, Room A121, L.B. Gym between 10:30 a.m. and 2:30 p.m.

Co-Ed Volleyball

There will be a co-ed recreational volleyball tournament on January 22-23. Registration deadline is Wednesday, Jan. 19. Guaranteed FUN!

The co-ed competitive volleyball league starts on Jan. 26 and the deadline for registration is Jan. 19 also. Round up a few guys and gals and "come on down" to the L.B. Gym and join in the fun. There will be a managers' and/or captains' meeting on Jan. 19 (entry deadline date) to find out what it's all about. The meeting will be held Jan. 19 at 6:30 p.m. at the L.B. Gym. See you there!

Information kits for the tournament and the league are available at the Recreation Office, Room A121, L.B. Gym between 10:30 a.m. and 2:30 p.m. Individual entries will also be accepted at the Recreation Office.

Noon-Hour Skating

Noon-hour skating has resumed at the Aitken Centre Mondays through Friday 12:30-1:15 p.m. This is free to all UNB/STU students, and faculty, staff and alumni who hold Recreational Facilities Passes.

Fitness Classes

After the feasting and celebrating of the holiday season, it is time to "GET BACK INTO SHAPE". The Physical Recreation and Intramural Program is offering a variety of classes to help you along. Select the class that suits your needs and interests.

Jazz Exercise - Monday, Wednesday, and Friday 12:30-1:20 p.m. Main Gym, Lady Beaverbrook Gymnasium. Fees: Students and Pass Holders \$10.00; Non-Pass Holders \$15.00.

Traditional Fitness - Monday, Wednesday, and Friday 12:30-1:20 p.m. West Gym, Lady Beaverbrook Gymnasium. Fees: Students and Pass Holders, \$10.00; Non-Pass Holders \$15.00.

Aqua Exercise - Tuesday and Thursday, 12:30-1:15 p.m. S.M.A. Pool. Fees: Students and Pass Holders, \$8.00; Non-Pass Holders, \$12.00.

Classes have begun, but you may still register. Contact the Recreation Office, Room A121, L.B. Gym between 10:30 and 2:30 p.m. for more information or to register.

Squash Instruction

The winter term squash instruction program will be held on Tuesday evenings Jan. 18-Feb. 15 from 7:10-7:50 p.m.

or 7:50-8:30 p.m. Classes will be held at both the Basic and Intermediate Levels. Fees are \$7.50 for students and pass holders, and \$11.25 for non-pass holders. Interested individuals may register at the Recreation Office, Room A121 between 10:30 a.m. and 2:30 p.m.

Racquetball Instruction

Attention all those interested in learning how to play racquetball! A beginners racquetball class will be held on Wednesday evenings, Jan. 19 - Feb. 16 from 7:10-7:50 p.m. or 7:50-8:30 p.m. Fees are \$7.50 for students and pass holders and \$11.25 for non-pass holders. For further information or to register, contact the Recreation Office, Room A121, L.B. Gym between 10:30 a.m. and 2:30 p.m.

Intramurals

The entry deadlines for Men's Indoor Soccer, and Ball Hockey and Women's Basketball have passed but it may be possible to accommodate individual entries. If you would like to participate, but have not yet registered, contact the Recreation Office, Room A121, L.B. Gym between 10:30 a.m. and 2:30 p.m.

Men's Intramural Basketball

The men's intramural basketball league wrapped up before Christmas with the "Sixers" posting a one point victory over the "Townies" in the final.

The "Sixers" went into the playoffs with a 10-0 record, making their victory a somewhat expected result.

Team members included Paul Blanchard, Brian Carty, Jack Earl, John Fletcher, Brent Flynn, Steve MacDonald, Dave Staples, Brad Wasson, Kevin White, Jamie Young.

NICK'S PICKS

By NICK THE GREEK

Welcome sports fans to Nicks first column of the year. Now that our little holiday is over, it's back to the old grind i.e. spending 15 minutes a week writing this column.

Now, on to football. This weeks guest picker is none other than John Geary, CHSR's own Armchair Quarterback.

Nick

John

Green Bay at Dallas

The Cowboys have been playing lousy this year, but they still win. How can you counter weapons like Dorsett, Newhouse, Springs, Pearson, Johnson, DuFree, etc.

Cowboys by 8. Landry's Lone Stars are due for a good game after 3 stinkers in a row. The score Tampa Bay gave them should wake up the sleeping Dallas giant.

NY Jets at LA Raiders

Raiders by 5 - Richard Todd eats quiche. Look for the Raiders to win the Superbowl.

Jets by 6 - best game of the four, with the winner of this game going on to take the Super Bowl; the Jets have shown they can manhandle any team when they're up - and they'll be up;

San Diego Chargers at Miami Dolphins

Dolphins by 5 - So Fouts and Co score 35 pts. a game, but then again, the Dolphins are at home where defense reigns supreme. This game will be close to the very end.

Dolphins by 5 - a rematch of last year's overtime thriller. This time, Don Shula's Dolphins will come out on top, and again revenge for last year's loss.

Minnesota Vikings at Washington Redskins

Washington by 9 - The Vikes are good, but really.

Skins by 7 - The Skins stringy defense will make like rough for Kramer and Co., who won't be quite as speedy on the natural turf at RFK.

Tell Us What You Think

The Physical Recreation and Intramural Program aims to please you, the participant. In an effort to improve communications a "3 c's" Box for Compliments, Comments and Criticisms has been installed opposite the Equipment Room in the L.B. Gym. We welcome your suggestions and input. Replies to all serious comments will be posted above the "3 c's" box.

Aquatics Program

Pool Change

To accommodate the AUA swimming invitational, the location of the Saturday, Jan. 15, casual, family, public swims at 1:00 - 4:00 p.m. and 7:30-9:00 p.m. has been changed from the Sir Max Aitken Pool to the Lady Beaverbrook Residence pool.

Adult Swimming Instruction

Classes will be held Tuesday and Thursday evenings beginning Thursday, January 20, 1983, for all UNB/STU students, faculty, staff and alumni with faculty passes. Fees are \$10 for students and pass holders and \$15 for non-pass holders.

Registration will take place Tuesday, January 18th in Room A116 of the L.B. Gymnasium, and registration cards should be picked up at the equipment room prior to registration. Participants with a card numbered 1-30 should register at 7:15, 31-60 at 7:30, 61-90 at 7:45, 91-120 at 8:00 and all others at 8:15.

Screening will take place that night for those unsure of swimming level, so bring swim gear with you.

For further information call 453-4579.

FLAG (Fredericton Lesbians and Gaymen)

is an organization dedicated to the interests and well being of lesbians, bi-sexuals and gaymen. For information on our social activities call the FLAGLINE



"If you ask me, I think we had more fun when it was unnatural."

457-2156 on Tuesdays and Thursdays from 8-10 p.m. and Sundays from 2-4 p.m. or write FLAG, P.O. Box 1556, Station A, Fredericton, E3B 5G2.