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Green & Gold society underway

by Eva Pendzich

A commitment to athletic excellence is a tradition at the University of Alberta. It is also the major factor for the establishment of the Green and Gold Society.

Headed by Robert Steadward, Associate Dean of Physical Education and Recreation, the society was created in order to ensure University of Alberta students the opportunity for athletic excellence at the intercollegiate level. The university's athletic program is well regarded in Canada. However, "due to escalating costs, existing funds cannot sufficiently cover all areas of our athletic program," says Steadward.

The athletic department's answer to diminishing funds and grants is the Green and Gold Society. The society enables alumni, former university athletes, businesses and amateur sport supporters in the general public to become members and support athletics at the university. It provides an excellent opportunity for individuals to participate and help enhance the athletic program while enjoying benefits themselves.

There are four membership categories, dependent upon yearly donations, which are as follows: "A" \$100/year; Green \$250/year; Gold \$500/year; and President \$1000/year. Benefits increase corresponding with each category, ranging from tax deductions, Bears' Den and Pavillion Lounge privileges, newsletters, event and season passes, parking, facility user passes, private clubhouse privileges and Color Night to the Wall of Fame Banquet.

"It is a very good idea. In the States, alumni societies like this are very successful and help athletes tremendously. Sure, I will be supporting the Green and Gold Society," said Blake Dermott, a former U of A athlete in football and wrestling, now playing with the Edmonton Eskimos.

Other supporters include U of A athletic therapist Ray Kelly, who was the first to present a cheque to

the society. Chuck Moser, director of the Recreation Parks and Wildlife Foundation, also presented a personal cheque, along with a \$5,000 contribution from the foundation. Along with these, there are thirty charter members who have pledged their support to the society; coaches, deans and other administrators.

"Alumni will be helping financially as well as spiritually," says Gary Smith, Chairman of Athletic Services. "Spiritually by coming to

events. By being a part of the scene they (alumni) serve as inspiration to University of Alberta athletes' inspiration that leads to success."

Financially, individuals will be supporting "program development, equipment and facility upgrading, special intercollegiate projects and future initiatives."

Steadward said "The society will help athletic teams achieve more than in the past ... it will allow us to keep our commitment to excellence."

**university
extension**

The University of Alberta, Faculty of Extension is offering many new and exciting fitness and lifestyle courses this fall. The courses are especially structured to meet the needs of working people. Below is a list of courses offered and a brief description of a few.

- Fitness Over 40
- 4 O'Clock Fitness
- From Fat to Fit
- Body Shaping
- Fitness for Unfits
- Co-ed Aerobic Fitness
- Aerobic Fitness for Women
- Fitness Beat
- Fitness for Health Professionals
- Fitness During Pregnancy
- Shape Up After Pregnancy
- Physical Culture
- Tai Chi
- Yoga

4 O'Clock Fitness
This is a course for after work. It provides a moderate, safe workout. The class will gently improve flexibility and strength and also offer a gradual increase in aerobic capacity. Classes are held Tuesdays and Thursdays 4-5 pm beginning Sept. 25, 1984.

Fitness for Unfits

This course is directed toward people for whom a jog around the block sounds formidable.

Participants will "begin from scratch" and learn what fitness is all about (in the context of a broader approach to lifestyle and well-being.).

From Fat to Fit

These courses are offered both at night and during the day. Two levels are offered; level one and level two.

This course combines activity and theory. It is designed for people who feel they need to lose at least 25 pounds. A balance of enjoyable exercises, goal-setting, behaviour modification, motivation and values provides the impetus for weight loss.

Registration for the course takes place Sept. 24 and 25th. Classes are held on Mondays and Wednesdays and, Tuesdays and Thursdays. There is a limited amount of space available.

For further information on any of the courses, call 432-2015.

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