

NOON HOUR SKATING

Too cold to jog? Dust off your skates and sharpen those blades.

Free Skating is available Monday thru Friday 12:30 - 1:30 p.m. at the Aitken Centre for all students and Facility Pass Holders.

NOON HOUR FITNESS CLASSES

Have you been procrastinating about that New Year's Resolution to do something about the shape you're in? The Noon Hour Fitness Program can help. Classes are offered Mondays thru Fridays from 12:30 - 1:20 p.m. Participants can choose between two levels of aerobics classes and a traditional fitness class. There should be a program to suit your needs. Registration takes place at the Recreation Office, Rm. A121, L.B. Gym between 10:00 and 2:00 p.m.

WEIGHT TRAINING CLASSES

There are still a few openings in the Beginners Weight Training Class held on Tues. and Thur. from 6:30 - 7:30 p.m. This is your opportunity to learn proper techniques and establish your own personal program. Anyone interested in joining the class should register before Tues., Jan. 27 at the UNB Business Office between 10:00 a.m. and 5:00 p.m.

SQUASH INSTRUCTION

The winter squash instruction is about to begin. Classes will be offered at the Basic and Follow-Up-to-Basic levels by certified instructors. Classes will be held on Saturday mornings for five weeks beginning tomorrow. All those interested in participating should register at the UNB Business Office. Fees are \$10.00 for students and Facility Pass Holders, \$20.00 for all others.

CO-ED VOLLEYBALL TOURNAMENT

The Recreation Co-Ed Volleyball Tournament will be held this weekend. Managers are reminded to pick up their schedules today.

UP COMING DEADLINES

Men's Volleyball
Tuesday, January 27th

UNB FIGURE SKATING CLUB SCHEDULE

Friday, Jan. 23
4:15 - 5:15 p.m.

Tuesday, Jan. 27
4:15 - 5:15 p.m.

Tuesday, Feb. 3
4:15 - 5:15 p.m.

Friday, Feb. 6
4:15 - 5:15 p.m.

Tuesday, Feb. 10
4:15 - 5:15 p.m.

Friday, Feb. 13
3:15 - 4:15 p.m.

Tuesday, Feb. 17
3:15 - 4:15 p.m.

Sessions at the Aitken Centre. New members are welcome. For more information call Adrienne Palmer 455-7404.

Congratulations to both Aitken and Bridges House; Bridges for winning the Intra-residence hockey league championship on the ice 2-1. And Aitken for winning the same championship off the ice.

C.N.



S.A.H.P.E.R.

PROGRAM OVERVIEW

Thursday, January 29, 1987

7:00 pm Welcome Address
7:15 pm Keynote Address
8:00 pm Meet 'N' Greet

Friday, January 30, 1987

9:00-10:00 am Early Registration
10:00-10:45 am Divided Session A
10:45-11:00 am Nutrition Break
11:00-11:45 am Divided Session B
11:45- 1:15 pm Lunch Break
1:15- 2:15 pm General Session I
2:00- 3:15 pm Divided Session C
3:30- 4:30 pm Fitness Break
4:30- 5:30 pm Late Registration "Free Time"
8:00- 1:00 am Hawaiian Beach Party

Saturday, January 31, 1987

9:30-10:30 am General Session II
10:30-10:45 am Nutrition Break
10:45-11:30 am Divided Session III
11:30-12:15 pm Tour (TBA)
12:15- 1:15 pm Luncheon
1:30- 2:30 pm General Session III
3:00 pm Men's Basketball Game or Free Time
7:00 pm 'Night on the Town' Starting with a Pizza Party at 'My Room'

Varsity Roundup

The UNB Black Bears went up against some of Canada's best wrestlers last weekend at the prestigious Mount Allison Open. The Bears placed a respectable fifth out of about a dozen teams.

UNB's Todd Bursey, with a three win and one loss tourney record, won a silver medal as did Donald Ryan.

The Bears need a few big guys (190 lbs and up) and 112 pounders. Anyone interested in joining the Bears should contact Coach Maltamaki through the Athletic Department.

The Red Devils travelled to P.E.I. last weekend and were defeated 6 - 4 and 6 - 3. Both games were lost last minutes of the games. Coach Nichelchok feels that, "With ten more games left, we would like to finish with a 500 record. Also we want to finish in third place, and improve upon last year's 18 point total."

The Devils now look forward to two encounters this weekend. They will be hoping to capitalize on their home ice advantage when they take on the Dalhousie Tigers and Acadia Axemen. Game times are Saturday at 2 p.m. and Sunday at 2 p.m.

Calendar of Events

* THURSDAY *

7:00 pm Welcome Address by Dr. James Downey, President of UNB and Dr. W.W. MacGillivray, Dean of Physical Education, UNB.

7:15 pm Keynote Address: Dr. Dan Soucie, President of CAHPER. 'Mega Trends - Challenging Job Opportunities for Physical Education and Recreation Graduates'.

GENERAL SESSION I Coaching Careers

Featuring

Rick Nickelchok: Former head coach/managing duties with European club team, presently coaching UNB hockey team

Joyce Slipp: Coaching duties with Canada's national field hockey team, presently coaching UNB's field hockey team.

Mich Oliver: Former national team swimmer. Last year coached UNB's swim team and Fredericton 'Y' Aquanauts.

* FRIDAY *

DIVIDED SESSION 'A'

Staying Afloat: Aquatics Direction, Ed Sandau, Aquatics Director, Fredericton, YM-YWCA.

Teaching Physical Education, Kaye Neilson, Supervisor of Physical Education in District No. 26 Schools. *Sports Sales,* TBA.

* SATURDAY *

GENERAL SESSION II Recreation Careers

In

- Municipalities: *Bob Mabie,* Recreation Director, Fredericton Department of Recreation

- Parks: *Pat Peterson,* Executive Director of N.B. Provincial Parks

- Prisons: *Lynn Chaplin,* Recreation Director, Dorchester Penitentiary



* SOCIAL EVENTS *

Thursday - MEET 'N' GREET - an opportunity to relax and meet other students. Entertainment and refreshments provided.

Friday - HAWAIIAN BEACH PARTY - Poolside at the Fredericton Motor Inn. Prizes for best beach duds, sportswear show, games, dancing and much, much more.

Saturday - NIGHT ON THE TOWN - This night starts off at 'My Room' (Banquet Room at the Riverview Arms). Free Pizza for all!

* dancing, music, games, prizes and bar services provided at all social events!!

GENERAL SESSION II Fitness Careers

Fitness Club Manager: *Marty Arsenaault,* Manager, Lou's Body Shop Fitness Centre.

Fitness Instructor: *Moir Pryde,* Formerly of Saint John Harbourside Club.

Fitness Counsellor and Nutritionist: *Barb Andrews* of Gloria Stevens Figure Salons.

REGISTRATION FEE -\$25.

Forms available from your physical education societies or write:

SAHPER '87 c/o

University of New Brunswick
Faculty of Physical Education
and Recreation

P.O. Box 4400

Fredericton, N.B. E3B 5A3

Macintosh or take a computer course.

Macintosh is the only computer that works the way you do. So you don't have to spend twenty hours fumbling through manuals of computer jargon to learn how to use it.

At Novatech Microcomputer Centre, we have the full Apple line including the Macintosh Plus, Laserwriter and Apple IIGS. Come in for your demo. We are open from 10-4, Monday to Friday.

Novatech Microcomputer Centre
Marshall D'Avray Hall
University of New Brunswick
Fredericton, New Brunswick
E3B 5A3
(506) 453-4500



Authorized Dealer

Macintosh is a trademark licensed to Apple Computer, Inc.