



INTRAMURAL REPORT

Winter Fitness Programs 1988

"NEW OPEN CLASS SYSTEM"

To better serve the needs and interests of participants in the Fitness Program we are adopting a new Open Class System. Under this system individuals who have registered for the Winter Fitness Program may attend as many classes as they wish. There will be sessions in the morning, at noon, in late afternoon, and in the early evening Mondays through Friday. Classes will be offered for different levels of fitness using a variety of formats and facilities. The exact timetable of classes is available in the Recreation Office. Regardless of your fitness level or your schedule you can tailor a program to meet your fitness needs. A great way to help you keep that New Year's Resolution.

REGISTRATION

L.B. GYM LOBBY

Tuesday, Jan. 4	12:00-1:30 pm and 5:00 - 7:30 pm
Wednesday, Jan. 5	12:00 - 1:30 pm and 5:00 - 7:30 pm
Thursday, Jan. 6	12:00 - 1:30 pm and 5:00 - 7:30 pm
Monday, Jan. 11	12:00 - 1:00 pm
Tuesday, Jan. 12	12:00 - 1:00 pm

FEES: Students and Pass Holders \$20
Non-Pass Holders \$40

Classes begin week of January 11, 1988. For further information contact the recreation office, L.B. Gym, Rm. A121.

NOON HOUR SKATING

Free skating is available for all full-time students and recreational facility members Mondays through Fridays from 12:30 to 1:30 pm at the Aitken University Centre. Take advantage of this opportunity to get some healthful exercise indoors. Skating is occasionally cancelled for special events. Check signs posted at the rink.

Its not too late!

Harveys Studios is still taking photos for the 1988 yearbook.

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There will be a Co-Ed Volley league beginning on January 20th. The league will consist of 8 teams with a minimum of 4 females and 4 males on each team. The deadline for team and individual entries in January 13. A managers' meeting will be held on Wed., Jan 13, in the L.B. Gym. Games will be played on Wednesday evenings between 8:30 and 10:30. Get a team together or register as an individual at the Recreation Office in the L.B. Gym between 10:00 am and 2:00 pm.

Special Fitness Programs

AQUA-EXERCISE

The ever popular Aqua Exercise class will be offered again this term. If you are looking for a different approach to your fitness program, exercise class in the pool may be for you. The class will accommodate a wide variety of fitness levels. Swimming skills are not required.

Class will be held on Monday, Wednesday and Friday from 12:30 to 1:30 pm in the L.B.R. Pool beginning January 18th. Registrations will be accepted at the UNB Business Office between 10:00 am and 5:00 pm beginning on January 11.

Class size is limited and registrations will be accepted in the order they are received. Fees are \$15 for full-time students and Recreational Facilities members and \$30 for all others. For further information, please contact the Recreation Office, Room A121, L.B. Gym.

RUN AND SKI

Attention all outdoor enthusiasts! A new fitness program is being offered for all those who prefer to exercise in the great outdoors. Riku Wilson, a long time fitness instructor, will be conducting a new program consisting of outdoor running and cross country skiing (weather permitting). Participants must have their own skis, but arrangements will be made to store them at the gym. Classes will be held on Monday, Wednesday and Friday from 12:30 - 1:20 pm from the L.B. Gym beginning January 18. Take advantage of our winter weather to enhance your fitness level.

All those who are interested may register at the UNB Business Office between 10:00 am and 5:00 pm beginning on January 11. The fee is \$15 for full-time students and Recreational Facilities members and \$30 for all others. Further information - Recreation Office, Rm A121, L.B. Gym.

WOMENS INTRAMURAL BASKETBALL LEAGUE

The entry deadline for the Women's Intramural Basketball League will be on Thursday, January 14, 1988. The games are scheduled for Mondays from 8:30 to 10:30 pm, and Thursdays from 6:30 to 8:30 pm. Our league will begin on Monday, January 18. Entry forms can be picked up at the Recreation Office at the L.B. Gym.

FACULTY/STAFF HOCKEY

Last term a dedicated core of faculty and staff hockey enthusiasts took to the ice to participate in this Canadian passtime. All faculty and staff are invited to join this group for some non-contact hockey. Ice time has been reserved on Monday mornings from 7:30 to 8:30 am beginning Monday, January 11 Start your week off with a little enjoyable physical activity.

The Canadian Mental Health Association is a non-profit organization run mainly by volunteers. The Central New Brunswick Branch, which includes the Fredericton and Oromocto areas, has various services and programs for those who have experienced emotional problems. They include an apartment field-worker, an advocacy group, support and self-help groups, a public education program (which includes seminars, public speaking and pamphlets), and the volunteer training program. Volunteers are needed to work on a one-to-one basis or on committees.

Leanne Targett, CMHA's new Volunteer Coordinator, has been busy planning and organizing the volunteer training program. She hopes to recruit as many as twenty volunteers. If you would like to know more about the CMHA or how you can help, please call 452-7801 or 458-1803.

There will be a volunteer training program for anyone who is interested in volunteering for the Canadian Mental Health Association (CMHA). The program will consist of three two-hour sessions on January 18, 20, and 25. Sessions will begin at 7 pm, and will be held in the Main Board Room of the Victoria Health Center. Each session will include guest speakers, videos, and films. Speakers will be Eleanor Bragdon, President of the Central New Brunswick Branch (CNBB) of the CMHA; Rhoda Pert of the Volunteer Bureau; Evelyn Hailey, Mental Health Clinic Case Worker; Tim Howe of the Recreation Department; and Grace Keating of the Canadian Mental Health Association.

The "Learn to Dive" program is beginning January 13 for the 1988 winter term. Registration for Level I, II is January 12 from 7:00-10:00 pm. The fee is \$20 for pass-holders and University students, and \$37 for non pass-holders. Any questions can be forwarded to the co-ordinator, Margaret Leaghy at time of registration.

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