## **Dalhousie Intramural Program Entry Deadlines**

September 9, 1999

### Co-ed Leagues

Ultimate frisbee — September 16

Soccer "A" — September 17

Soccer "B" — September 17

Flag football — September 17

Broomball "A" — September 24

Broomball "B" — September 24

Basketball "A" — October 7

Basketball "B" — October 7

Volleyball "A" — October 15

Volleyball "B" — October 15

Volleyball "C" — October 15

Inner tube water polo — January 12

#### Men's Leagues

Soccer "A" — September 17

Soccer "B" — September 17

Residence soccer "A" — September 17

Residence soccer "B" — September 17

Hockey "A" — September 27

Hockey "B" — September 27

Residence Hockey "A" — September 27

Residence Hockey "B" — September 27

Basketball "A" — October 7

Basketball "B" — October 7

Residence Basketball — October 7

Volleyball — October 15

Residence Volleyball — October 15

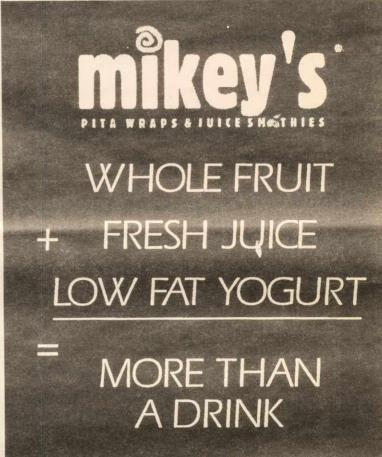
#### Women's Leagues

Soccer — September 17

Basketball — October 7

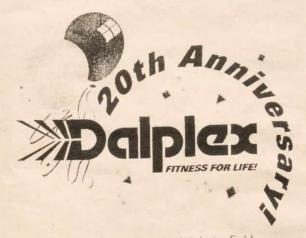
Volleyball — October 15





# Welcome Back Students!

from the Department of Athletics & Recreational Services



- Flexible Fitness Program (aerobics, including step, slide, tubes, aerobox &
- · Family Change Room Fun Zone Play Area
- Wickwire Field
- (200yd.x90yd. artificial turf)
- · Cybex Equipment
- · 1/6 mile indoor track International size pool
- · Two weight rooms

- . 50,000 sq. ft.
- · Two hardwood
- basketball courts Indoor climbing wall

600

- · Badminton, volleyball squash, racquetball and tennis courts
- Skating rink
- Shower facilities
- with sauna · Golf driving cage
- · 800 sq. ft. putting green

#### Other Services:

- · Cardio Plus Center
- with Cardio Theatre
- Babysitting Service · Towel, Equipment and
- Locker rentals · Fitness testing and
- Personal Training
- · Body Composition Analysis

· Sunroom



#### Fall 1999 Varsity Home Game Schedule

| -1 |                |        |       |       | 1 |       |        |
|----|----------------|--------|-------|-------|---|-------|--------|
|    | Sun., Sept. 12 | SMU    | @     | DAL   |   | WSOC  | 1pm    |
| 1  | Sun., Sept. 12 | SMU    | @     | DAL   |   | MSOC  | 3pm    |
| 1  | Fri., Sept. 24 | ACA    | @     | DAL   |   | WSOC  | 3pm    |
| ١  | Fri., Sept. 24 | ACA    | @     | DAL   |   | MSOC  | 5pm    |
|    | Sun., Sept. 26 | SFX    | @     | DAL   |   | WSOC  | 1pm    |
|    | Sun., Sept. 26 | SFX    | @     | DAL   |   | MSOC  | 3pm    |
|    |                |        |       |       |   |       |        |
|    | Sat., Oct. 2   | UCCB   | @     | DAL   |   | WSOC  | 2pm    |
|    | Sat., Oct. 2   | UCCB   | @     | DAL   |   | MSOC  | 4pm    |
| H  | Sat., Oct. 2   | UNB    | @ D.  | AL    |   | SWM   | 2pm    |
|    | Fri., Oct. 8   | High S | chool | Tour. |   | M&WVB |        |
|    | Sat., Oct. 9   | High S | chool | Tour. |   | M&WVB |        |
|    | Wed., Oct. 20  | SFX    | @     | DAL   |   | HOC   | 7pm    |
|    | Fri., Oct. 22  | MtA    | @     | DAL   |   | SWM   | 6pm    |
|    | Sat., Oct. 23  | PEI    | @     | DAL   |   | WSOC  | 1pm    |
|    | Sat., Oct. 23  | PEI    | @     | DAL   |   | MSOC  | 3pm    |
|    | Sat., Oct. 23  | ACA    | @     | DAL   |   | HOC   | 7pm    |
|    | Sun., Oct. 24  | MTA    | @     | DAL   | 9 | WSOC  | 1pm    |
|    | Sun., Oct. 24  | MTA    | @     | DAL   | * | MSOC  | 3pm    |
|    |                |        | -     |       |   |       | Y. Chi |
|    |                |        |       |       |   |       |        |

494-3372

www.tigers.dal.ca

www.dalplex.dal.ca