



UNB SPORTS

Campus Recreation

SERVING THE CAMPUS COMMUNITY

The Campus Recreation Program offers a variety of activities and services for students of the University of New Brunswick, St. Thomas University and Recreation Members.

RECREATION OFFICE

The Campus Recreation Office is located on the first floor of the Lady Beaverbrook Gymnasium, room A-121 (first door on your left once through the lobby). The counter window is open to serve the campus community Monday to Friday, 9:00am to 4:00pm. Office phone: 453-4579

INFORMATION LINE

Recorded schedules + information is provided 24 hours per day.

NON-CREDIT INSTRUCTION

EMPLOYMENT OPPORTUNITIES

Instructors are needed to be able to offer non-credit instruction classes. Applications are available at the Recreation office, Room A121, Lady Beaverbrook Gymnasium. Aquatic instructors must have: Standard First Aid or Aquatic Emergency Care, CPR, and Water Safety Instructor II. Fitness Leaders must have Standard First Aid, CPR, and a "RFL" award or UNB Instructor Training experience.

FITNESS

We have an exciting combination of over twenty classes per week of Step and Low Impact fitness classes to meet your fitness needs. Catch the Early Bird Step, the Main Attraction, Super Step, Step'n' Tone, Total Body Workout and Body Sculpting with weights and tubing. In addition, Super Sweat and Super Step are offered on Saturdays. A full schedule and class descriptions will be available at registration.

FALL: Mon., September 26 to Fri., December 16

Times: morning, noon (12:30-1:20), and late afternoon

Morning and noon classes are 50 min.; all others are 1 hour

(Dec. 5 to Dec. 16; NOON ONLY - MON, WED, FRI)

Registration: Sept. 21, 22, 23 (12-1:30pm, 4:30-6:30pm),

L.B. Gym Recreation office, Room A-121

FEES: \$40 - for UNB/STU students and recreation members

\$80 - for non-members

TENNIS

Beginner and intermediate classes are offered.

FALL: September 27 to October 20 (4 weeks)

Tuesdays & Thursdays:

Beg. - 4:45 to 5:45pm & Int. - 6 to 7pm

Registration: begins Sept. 8 at the UNB Business Office

Registration deadline is Sept. 22

FEES: \$25 - for students and recreation members

\$50 - for non members

add \$ 5 after September 22

T'AI CHI CH'UAN

T'ai Chi is an ancient Chinese art form designed to improve one's health. Wu style will introduce the student to the first 30 moves of the 108 total movements.

Classes are offered Tuesdays & Thursdays: 7 to 8pm

FALL: September 27 to December 1 (20 classes)

Registration: begins Sept. 7 at the UNB Business Office

Registration deadline is Sept. 21

FEES: \$30 - for students & recreation members

\$40 - for non-members

Fall - add \$5 after September 21

WEIGHT TRAINING

Beginner classes are offered. Mondays & Wednesdays: 7 to 8pm

FALL: October 3 to November 4 (5 weeks)

Registration: begins Sept. 14 at the UNB Business Office

Registration deadline is Sept. 28

FEES: \$25 - for UNB/STU students and recreation members

\$50 - for non-members

Fall - add \$5 after September 28

AQUA-EXERCISE FOR ADULTS

This exercise program is designed for non-swimmers who desire the benefits of a water environment. Classes run Tuesday & Thursday from 12:30 to 1:10pm in the Sir Max Aitken Pool.

FALL: September 20 - November 17 (9 weeks) (excluding Oct. 11)

Registration: begins Sept. 6, UNB Business Office

Registration deadline is Sept. 15

FEES: \$22 - for UNB/STU students and recreation members

\$44 - for non-members

Fall - add \$5 after Sept. 15

Minimum of 12 registrants required to run this course.

ADULT LEARN-TO-SWIM INSTRUCTION

No previous experience or swimming ability is needed to enrol. Classes run 2 times/week on both Tues. and Thurs. evenings at the SMA Pool.

All Red Cross Water Safety levels are offered.

FALL: September 27 to November 1 (12 lessons)

Registration: Sept. 15, 7:00 - 8:30pm,

Room A-116, L.B. Gym

FEES: \$22 - for UNB/STU students and recreation members

\$44 - for Non-members

RED CROSS WATER SAFETY INSTRUCTOR I

This course trains individuals to teach the beginning 5 levels of the Red Cross Water Safety Program. (40 hrs)

Prerequisite: 16 years old + Green level swimming ability.

FALL: September 25, (10 weeks + exam).

Sundays 6:00 - 10:00 p.m.

Registration: Sept. 15, 7:00-8:30pm, rm

A-116 L.B. Gym

Minimum of 10 registrants required to run this course.

FEES: \$50 + text - for students and recreation members

\$65 + text - for non-members

NLS RECERT (POOL OPTION)

Prerequisite: Current NLS (Pool Option)

Photocopies of prerequisite must be submitted at time of registration.

FALL: Wed. Oct. 5 - 7:15 - 10:30 p.m.

Registration Sept. 13 - 30 at Recreation Office

FEES: \$25.00 - for students and recreation members

members

\$35.00 - for non-members

minimum of 12 registrants required to run course

FACILITIES

A variety of facilities is available for students and recreation members to engage in physical activity at their leisure. Proper Identification is required for facility access.

AITKEN UNIVERSITY CENTRE

Located at the South end of the campus.

* Skating - ice skating 12:30 to 1:30 pm

Mon. to Fri. (October to March)

* Jogging - upper concourse is open for jogging/walking

Mon. to Fri., noon to 5:00 pm

Coat hooks available in the public change area downstairs.

* Occasionally cancelled for special events

TENNIS COURTS

4 courts located above Tibbits Hall

Racquets can be rented at the Equipment Room.

(see services below)

COURT FEES - \$1/person except for UNB/STU students

& members with Court privileges.

LADY BEAVERBROOK GYMNASIUM

Located at the North end of the campus.

Normal Building Hours

(call 453-4578 for exact times)

Academic Year - Daily 8:00 am to 10:30 pm

Sir Max Aitken POOL

Daily swim times for the entire campus community. Schedules available at the recreation office

GYMNASIA - MAIN & WEST

Although these gyms are heavily booked, there are times when you can use them on a drop-in basis for basketball, volleyball, badminton, etc.

Campus groups may reserve a gym for 1-hour periods on an occasional basis by contacting the Facilities Manager during regular office hours.

For the convenience of the campus community, open gym times have been reserved during the academic year. They are offered on a first-come, first-serve basis. Reservations are not permitted at these times:

OPEN GYM TIMES

Mondays: West gym, 6:30pm to 8:30pm

(Sept. 12 - Dec. 5)

WEIGHT TRAINING ROOM

The Weight room is equipped with Nautilus equipment, a Universal Gym and free weights.

It is available during regular building hours when it is not in use for classes. It closes 15 minutes before the building closes.

RACQUETBALL AND SQUASH COURTS (4)

Court reservations accepted one day in advance:

BY TELEPHONE: 453-4578

Mon. to Fri. 8:00 am - 9:00 am ONLY

Weekends & Holidays 1:00 pm - 2:00 pm ONLY

IN PERSON: L.B. Gym Equipment Room

During Building Hours

View From The Cheap Seats

Welcome to the University of New Brunswick, dear Frosh. For those of you who have even the slightest interest in university athletics, it is my duty to inform you that though communism may be dying, the Varsity Reds are alive and well. Last year's Varsity Reds sent three teams to the national championship level, and all three of these teams—women's field hockey, volleyball, and basketball—are favoured to return to this level again this year.

If you have been aware of varsity sports at UNB before this year, the name Varsity Reds may seem surprising. It was not long ago—two years, to be precise—that each of UNB's teams bore a moniker which served that team alone. Many of these names became replete with tradition and had acquired a kind of life of their own. The names Red Bloomers, Red Devils, Red Shirts, Red Sticks, etcetera were entities in their right. That, however, is part of the past. These names were killed off in the name of economics, just as were the Red Bombers before them. Although I am loathe to bow before the alter of the almighty dollar, I am also not fool enough to be unable to recognize the necessity during these budget-strapped times. I just wish that they had picked a name that wasn't so boring.

UNB has eleven teams competing at the varsity level: men's and women's basketball, men's and women's volleyball, men's and women's cross-country, swimming, men's hockey, men's soccer, men's wrestling, and women's field hockey. The last of these has finished second in the nation in each of the last two years. Despite the handicap of playing on a grass field here at UNB, while the nationals must be played on artificial turf because of a wrong-headed decision by the field hockey powers that be, our women's field hockey team remains our best hope for bringing UNB its first national championship since men's soccer in 1981.

Below the varsity level, there are several club teams and intramurals. Among the most exciting of these teams are women's soccer, women's ice hockey, rugby, and rowing. The first of these will hopefully soon gain varsity status. For more information about these and other clubs, as well as the many intramural programs, drop by the Intramural Office in the Lady Beaverbrook Gymnasium.

For those of you who are interested in the world of sports at this university, the sports section of *The Brunswickan* provides in depth coverage of each of the varsity teams. In fact, if you're really interested, then you should join the sports staff of *The Brunswickan*. Our sports editor, Maria Paisley, is always in search of reporters to cover our varsity teams. Among the many perks that go with the job of sports reporter is the opportunity to travel with the teams. Last year even this least talented of scribes was flown to Winnipeg to report on the women's volleyball team's first trip to the CIAU championships in recent memory. In other years I have been sent on trips to Toronto and Québec City. Last year a reporter was sent to St. John's, Newfoundland, and the year before that a reporter was sent to Vancouver, British Columbia. So, if you like sports and you like to travel, *The Brunswickan* Sports Department is The Place To Be.

One place not to look if you're interested in university sports is this column. This column has been an albatross about the neck of *The Brunswickan* for several years now, and it looks like you're stuck with me again. What this column does do is talk about sports and how the world of sports is run. It is often controversial; last year most of the figure skaters and synchronized swimmers on campus were after my head; and it is occasionally (I hope) entertaining. I write mostly about the world of professional sports, although every now and then I do comment on the local scene. Last year I slammed Rod Black of CTV, Wayne Gretzky of the Los Angeles Kings, and suggested that it was OK for NHL teams like the Ottawa Senators to lose intentionally in order to improve upon their draft position. This year I'm looking forward to more of the same. Next week's topic will be, natch, the baseball strike and its ramifications on professional sports in North America.

Lastly, I'll leave you with the same advice I gave in last year's Frosh Issue. Get involved! Nobody can study all the time, so you're going to have some free time. But if you spend all of that time in front of the tube or behind a bottle, you'll end up just as drained as when you stopped. Your time at UNB will be a lot more successful if you get involved in some sort of extracurricular activity. My suggestion is *The Brunswickan*, but the important thing is that you do get involved.

WANTED SPORTS WRITERS

Do you have a desire to see your name in print?
Do you like going to sports events?
Interested in writing for a particular team or writing in general? Then join the Brunswickan Sport Department for all this and MUCH more. Just drop by the Bruns office, Room 35 in the SUB, or call 453-4983 or come to our staff meetings every Friday at 12:30.

**One-way
Ticket For
Sale
Fredericton to
Winnipeg
(via Toronto)
For female
September
15th
\$200
ph:459-3224**

BACK TO SCHOOL BICYCLE SALE

**SAVE 20%
ON ALL INVENTORY**

• GT • BIANCHI • MONGOOSE • ASAMA •
Great Selection of Top Name Bikes

KEY CYCLE
449 King St. 458-8985