

Leisure Activities at Dal

For the past several years, Dalhousie University has offered a varied program of non-credit instructional activity courses.

The objective of this program has been to provide interesting courses, taught by competent instructors and offered at reasonable fees to all participants.

Interested persons may register at the Campus Recreation Office located at Dalplex.

Registration fees for all courses may be paid by cash or cheque, and are not refundable unless the class is cancelled by the Division of Athletics and Recreation Services. Refunds will be made for health reasons, but must be certified by a physician.

Cheques should be made payable to Dalhousie Sport and Activity Schools. Proof of registration will be required on the first day of class.

Class registration, I.D. card will be issued at the time of registration and will be required to be shown each time to gain entrance into the Dalhousie facilities.

Social/Disco dance classes will once again be taught by Karen Smith. This class will begin on Thursday, Oct. 4th in the Lower Studley Gymnasium.

Section #1 7-8 p.m. Disco
Section #2 8-9 p.m. Disco
Section #3 9-10 p.m. Social
Join in and learn the basic principles of preventive and routine maintenance of your car. "You and Your Car" will be taught on Tuesdays and Thursdays 7-9 p.m.

Beginning Kripalu Yoga will again be offered and Sally Thompson returns as the instructor of this course. A unique blend of Hatha & Raja Yoga will include the basics of posture, breathing techniques deep relaxation and centering. The class will be held on Tuesdays at the Student Union Building Room 314 6:30-8:00 p.m.

A section of Children's Dance will be offered and will promote co-ordination, co-operation and courtesy, as well as an appreciation of music in dance. Program content includes instruction in social, folk, square, disco and party dances. This course will be taught on Wednesdays 4:30-5:30 p.m. for children ages 6-12 years.

A basketball officiating clinic (Level 1) will be held in

the P.E. Building on Mondays and Wednesdays from 7:00-9:00 p.m. The dates for the classes are October 15, 17, 22, 24, 29, & 31. The clinic will be taught by Rod Shevellor.

There is an enrollment of 25 students and a fee of \$25, which includes a C.A.B.A. Rule book and whistle. The clinic is basically a fundamental course in the theories, rules and practical techniques of basketball officiating.

A similar course on the fundamental of hockey officiating (Level 1) will be held in P.E. Building Room 6. The dates for the clinic are October 10, 12, 15, 22, 29 & November 5. Exact time and places can be obtained from the physical education department. Enrollment for the clinic is 25 students and the fee is \$25 which includes rule book and whistle.

A basic clinic and an intermediate clinic in Sport paramedic treatment will be held in Dalplex Rm. 6. Both courses deal with the prevention and rehabilitation of common sports injuries. Both classes run on Tuesday and

Thursday nights. Dates for the Level 1 course are October 2, 4, 9, 11, 16, 18 and 22. Dates for the Level 2 course are November 8, 13, 15, 20, 22, 27 & 29. Prerequisites for the level 1 course are fundamental knowledge of anatomy and physiology and current basic first aid certification. Prerequisites for the level 2 course include both of the above and also a level paramedic course or equivalent and a C.P.R. Certification.

Dr. Jan Prasala will be on the Dalhousie courts on Wednesdays at 4:30 p.m.-6:30 p.m. instructing a beginner level tennis. The course will present basic stroke development, plus game skills and techniques.

Fees for Leisure Classes:
Beginning Tennis \$25-10 hours

Yoga \$30. 15 hours

Social/Disco \$25. 10 hours

You and Your Car \$25. 10 hours

Further information is available by calling 424-3372.

Dudziak New Coach

The Dalhousie School of Physical Education has welcomed Bogdan Dudziak as the women's gymnastics coach and activity program lecturer. She replaces Vivian Symington as coach.

Dudziak competed internationally for Poland in the last decade and assisted in the preparation of the Polish Olympic team for the Munich games in 1972. She arrived in Canada in '75, settling in Truro. She hopes to promote her sport at Dal and in Halifax and will be conducting lectures and coaching clinics at the School.

The varsity gymnastic competitions begin November 24 here and continue until the AUAA finals on the 15th & 16th of February at UNB.

'CLASSIFIEDS'

SUSAN BRENNAN
Robert & Jeanette are seeking knowledge about your whereabouts.

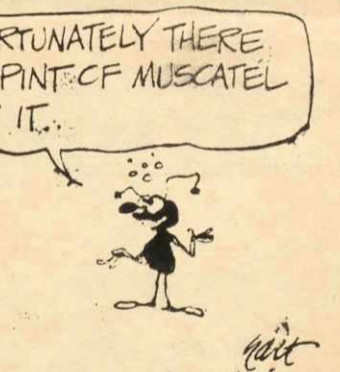
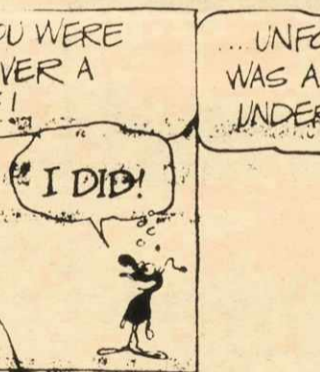
Have you returned the jumper cables to the custodian?
429-8927; 423-7971

For typing and/or editing of term papers, etc. call Mrs. Gail Miner at 865-9538. Rate 50-75 cents per typewritten page. Week's notice preferred.

PEANUTS



B.C.



Sports Shorts

The Dalhousie Tigers romped to a first place finish in the Joseph Howe Cross Country Meet ran on Saturday in Point Pleasant Park. The men placed four harriers in the top ten; six in the top twenty. These six runners who completed the 10 km. trec were Tim Prince (6th); Freeman Churchill (7th); Leonard Currie (8th); Gord Valiant (9th); Mike Book (13th) and Don Brien (17th).

The women also took their team championship in the meet. Pam Currie finished second between two St. F.X. runners; 1st place Kim Bird and 3rd place Jeannie Cameron. Defeating Cameron is a significant milestone for Currie as the Antigonish runner is the holder of several provincial and national junior records. Other competitors placing well over the 5 km. trail were Sue Pendegast, Mary Bates, Sue Hutchison and Dawn Bryan.

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②

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