

# The "Y" and you

The Fredericton YMCA-YWCA has just completed a major renovation and expansion program that has turned the "Y" into a complete health/social/educational sports complex for the greater Fredericton area. If you have not visited the "Y" recently you should do so over the next few weeks and discover the ways in which the new "Y" can serve both your physical and non-physical interests. You can enjoy the last word in fitness and exercise appointments, an indoor jogging track, racquetball and squash, swimming pool, gymnasium, club room, programs and much much more.

The Fredericton Y began serving this community in 1858 and its early days of service were combined with a student YMCA movement on the campus of the University of New Brunswick. Since those early days the Y has continued to provide special services to students at rates that take into account the financial situations usually faced by students. Annual student membership at the Fredericton Y costs an average \$3.75 per month totalling \$45 per year. This entitles you to a wide variety of programs and services.

Looking to get in shape? The Fredericton Y's exercise room is well equipped with free weights, olympic sets, universal gym equipment, a runner machine, and exercise bicycles. This facility is well used by students from the Fredericton area and is an ideal place to learn more about body shaping and

weight training.

If you're jogging then the new indoor running track at the Fredericton Y is up your alley. The new banked track is 13.2 laps per kilometre on a special cork surface to alleviate any unnecessary stresses and strains. The new Y will be open 99 hours per week and of this time free jogging will be available on a drop-in basis to members for approximately 60 hours each week. A great place to help train for the Heart Marathon and other runs coming up in the spring.

If you want to learn how to play either racquetball or squash or simply improve your game, then give it a try on the new Y courts. Three racquetball courts and one international size squash court are available to you on a reservation basis Monday through Sunday. If you are a Y member 18 years of age or younger, one court period of 45 minutes costs \$1.50 per player. If you are a member but over 18 years of age then the same playing period will cost \$2.50. Nonmembers may also use the courts but pay approximately double the member rates.

Do you want to get in more team play? The new Y expansion has meant that the gymnasiums has more free time now for pick up games or league play. Students interested in either volleyball, basketball, badminton, or other similar programs should bring it to the attention of the Y staff and games can be started. Don't forget as a Y member you can usually finish off your exercise pro-

gram with a steam bath and a swim in our renovated pool.

Now is the time to develop the qualifications for both summer and part-time jobs either at the beach or at the swimming pool. The Y offers a variety of opportunities for developing those aquatic skills - from Bronze Medallion to Aquatic Instructor Certification.

The Y also offers a variety of non-physical programs such as painting, and sketching, macrame, basic car mechanics, craft making and bridge instruction. The staff at the Y are also open to new program ideas. If several people have an interest in an activity which is presently not being offered, then the Y will make every attempt to establish that program.

Many students wishing to acquire a repertoire of skills in preparation for university graduation have developed in-service activities as the result of volunteer work at the Y. Volunteerism provides opportunities to develop and maintain skills to work in a supportive and challenging atmosphere with other people, an opportunity to explore various avenues of interest and acquire valuable leadership experiences. Students either looking to learn a new skill or share what they already know are encouraged to talk to one of the Y staff.

The Y will be having an open house to allow everyone the opportunity to check things out. From Tuesday, Feb. 17 to Friday, Feb. 20 the facilities will be open to the public from 6 to 9 p.m. Saturday Feb. 21 the Y will be open all day from

## WUSC Cornucopia

Activities have certainly not slowed down in the past week for many WUSC members. Nine representatives went to the WUSC regional conference in Halifax, N.S. There they attended a series of information sessions on WUSC programs, saw films and guest speakers on many topics including the central American situation, heard a representative from CIDA explain its programs and objectives and generally had a lively time meeting national members informally and dancing to Long John Baldry.

Since the conference was held at Mount Saint Vincent University, an institution originally set up to serve the needs of women, the underlying tone for the weekend focused on the changing roles of women in today's society. Lastly, local sources of material were identified on the subject of development education.

All new members are welcomed to the local committee. Your enthusiasm is appreciated and hopefully will be contagious in the weeks to come.

This week's meeting will offer you the opportunity to meet our newly-arrived Ethiopian student-refugee Abdel Abdon. The film "Tilt" will be shown and a report will be given on the activities of the regional conference held last weekend.

Thanks goes to Marie Berube and company who have initiated a lunch-time film series dealing with a variety of intriguing subjects. (room 102, SUB, Thursdays, 12:30 p.m.). Also, we welcome Patti Collins on the team as she will take over the writing duties of this column. She has also done a beautiful job designing posters for WUSC.

See you Sunday, Feb. 15, in room 102, SUB at 7 p.m. All are welcome.

9 a.m.-5 p.m. The open house will include guided tours and a "Key to Fitness" draw for free memberships and racquet sport equipment. Saturday the courts will be open for free racquetball and squash play. All necessary equipment will be provided.

The Y definitely offers one the

best deals in town on a dollar-for-dollar basis. Membership fees may also be paid over a ninety day period to soften the

\$45 outlay. Like everything else, you don't know until you've tried so why not give the Y a try? You might find it will do wonders for your lifestyle.

## Van Andel to speak

Dr. H.W.H. Van Andel, Department of Physique, Université de Montreal will speak on "Research on Controlled Fusion using Magnetic Confinement - the Varennes Tokamak Project" Friday Feb. 13 at 2:30 pm in room 204, Physics Building, IUC.

Controlled Thermonuclear Fusion - i.e. the controlled production of energy on earth using the processes that fuel our sun, appears closer than ever in view of continued advances in fusion research all over the world. Particularly in systems using magnetic plasma confinement, conditions reached in present day machines approach those necessary for a viable fusion reactor, and planned experiments should demonstrate the feasibility of the fusion process for controlled energy production within the next 5-10 years.

In the talk, recent world progress in the magnetic confinement approach to fusion will

be reviewed and a proposed Canadian experiment which will allow Canada to be part of these exciting developments will be discussed.

This lecture is designed for undergraduate and graduate audiences.

## Goodlife Week winners

Greg Esterbrook of Neville House and Linda Sainte Marie of Tibbits Hall are the winners of a dinner for two at the Attic Cafe courtesy of Beaver Foods. The two were participants in Bever Foods "Good Life Week." Beaver would like to thank all those who took part.

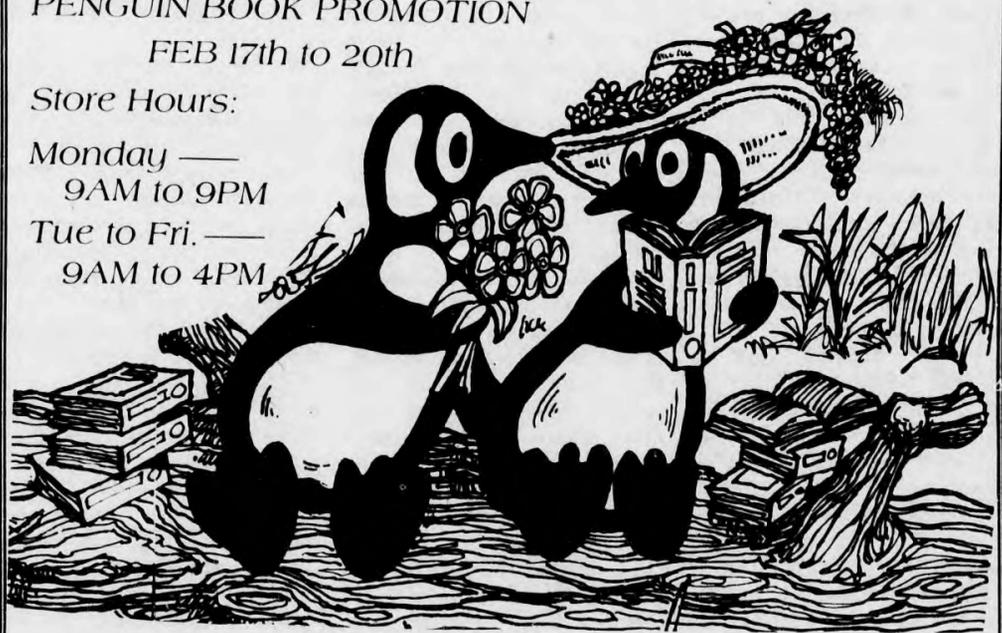
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