# PARTICIPATE The Intramurals program has something to offer.

## Come on and get involved!

### SWIMMING

#### Fall Program Schedule

Sept	•.	22	۰	D	ec.	13	
-	ħ	JO.	T	с.	16	Nou	

NOTE: If you wish to take lessons once per week from Sept. to Dec., choose your classes from this page. These lessons start on the day you chose, during the week of September 22 - 27 and end the week of December 8 - 13.

POOL DESIGNATION East (E) West (W) CLASS DESIGNATION Adults (Ad) Children (C)

#### Mondays

7:00-8:30 p.m. RLSS Bronze Medallion (W), Award of Merit (W) 7:00-11:00 p.m. Instructor Course (RLS & Red Cross) 7:00-11:00 p.m. Scuba Certification (ACUC &

Wednesdays	Oct. 11	U of A at U of Sask.	Nov. 7, 8	Bisonette Tourname
7:00-7:40 p.m. Ad. Swimmers Ad. Non-	Oct. 18	U of Man. at U of A	Nov. 14, 15	U.B.A. at U of
	Oct. 25	U of C at U of A	Nov. 21, 22	U of A at U of Le
Swimmers (E)	Nov. 8	U of A at U.B.C.	Nov, 28, 29	U of A at U of
7:40-8:20 p.m. Ad. Swimmers Ad. Non-	Nov. 15	· Western Bowl	Jan. 2, 3	Sask. Tourname
Swimmers (E)	Nov. 22	College Bowl	Jan. 9, 10	U of Vic. at U of
7:20-9:00 p.m. Ad. Swimmers Ad. Non-	NOV. 22	College Bowl	Jan. 16, 17	U of A at U of S
Swimmers (E)			Jan. 23, 24	U of A at U.B
7:00-11:00 p.m. National Lifeguard Course			Feb. 6, 7	U of Leth. at U of
(W)			Feb. 13, 14	U of A at U of V
9:00-11:00 p.m. RLSS Bronze Cross (W)			Jan. 30, 31	U of Leth. at U of
Distinction (W)	Golden Be	ar Hockey Schedule	Feb. 6, 7	U of C at U o
		1975-1976	Feb. 13, 14	
Fridays			-	U of A at U of V
7:00-7:40 p.m. Beginners, Junior, Intermediate	Oct. 17, 18	U of Winn. at U of A	Feb. 20, 21	U of Sask. at U of
(E)	Oct. 24, 25	U of A at U of Denver	March 5, 6	CWIAU champions
7:40-8:20 p.m. C - Beg., AdNon swimmers,	Oct. 31, Nov. 1, 2			
Ad-Swimmers (E)	Nov. 7, 8	U of C at U of A		
8:20-9:00 p.m. RLSS Fitness Award, Ad	Nov. 14, 15	U of A at U.B.C.		
Stroke Improvement	Nov. 14, 15	U of Sask at U of A		
	Nov. 21, 22 Nov 28, 29		1975-76	Tournament Sports
Saturdays		U of C at U of A	Date .	Activity Locat
9:00-9:45 a.m. Pre-Beginner, Beginner, Junior	Jan. 2, 3	U of A at U of C	Oct. 17, 18	Rugby U of '
9:45-10:30 a.m. Beginner, Intermediate, Senior	Jan. 4	U.B.C. at U of A	Oct. 31, Nov. 1	Soccer U o
10:30-11:15 a.m. W.O. 5 & 6, Pre. Beg., RLSS	Jan. 9, 10	U of A at U of Sask.	Feb. 7	Judo U of L
	Jan. 16, 17	U of A at U of C		
Life Saving I (W)	Jan. 18	U of Sask. at U of A	Feb. 21	Wrestling U o
11:15-12:00 noon W.O. to 4 yrs., Pre. Beg.,	Jan. 23, 24	U.B.C. at U of A	0 17 10	
Advanced Aquatics	Jan. 30, 31	U of A at U of Sask.	Oct. 17, 18	Field Hockey U.I
·· ·	Feb. 6	U of Sask. at U of A		(Women)
Sundays	Feb. 7	U.B.C. at U of A		
10:00-10:45 a.m. Beginner, Junior, Senior	Feb. 13, 14	U of A at U.B.C.	Nov. 1	Cross Country U c
10:45-11:30 a.m. W.O., 5 & 6, Pre. Beg.,	Feb. 20, 21, 23	CWUAA Play-Offs	Feb. 19, 20, 21	Swimming U d
Intermediate	Feb. 27, 28, 29	CWUAA at GPAC	Feb. 20, 21	Gymnastics U c
11:30-12:15 noon RLSS Life Saving II, Junior,	March 5, 6	Western Winner at QUAA	Feb. 27, 28	Track & Field U d
Decimper (W/)	March 12, 13	CUA champs at home	Feb. 28, 29	Fencing U o
			March 4, 5, 6	Curling U.E
Beginner (W) 12:15-1:00 p.m. Competitive Swim, Senors, W.O. to 4	a 📲 a status da ser a status da ser a status da ser a ser a status da ser a se	of Eastern winner	$\alpha$	- Curring - Curring

#### **Fall Recreational Swim Times**

12:001:00 (W)

4:00-5:00 (W)

7:00-9:00 (E)

7:00-9:00 (W)

2:00-5:00 (W)

6:00-9:00 (W)

7:00-8:00 p.m. 2:00-4:00 p.m.

6:00-7:30 p.m.

8:00-9:00 p.m.

-8:00-8:45 p.m.

Adults Mon to Fri Mon to Fri Mon, Tues, Thurs Wed and Fri Sat & Sun

### Family

Mon (E) Wed & Fri (W) Sat & Sun (W)

#### Scuba Wed & Fri (W) Sat & Sun (W)

Golde		Football Schedule 75-1976
Sept. 13 Sept. 20 Oct. 4 Oct. 11 Oct. 18 Oct. 25 Nov. 8 Nov. 15 Nov. 22	• •	U of A at U of Man. U of A at U of C U.B.C. at U of A U of A at U of Sask. U of Man. at U of A U of C at U of A U of A at U.B.C. Western Bowl College Bowl

Golden	Bear	Basketball	Schedule
	1	975-1976	

\*Exhibition Game(s)

*Sat., Oct. 25	•
Grad Game	at Edmonton
*Oct. 31 - Nov 1	
Tri U Classic	at Lethbridge
*Fri. Nov. 7	
U of Manitoba Nov. 14-15	at Edmonton
U.B.C.	at Edmonton
Nov. 21-22	at Edinoitton
U of A	at Lethbridge
Nov. 28-29	ut Lethornage
U of Calgary	at Calgary
*Sun. Dec. 14	
U of Winnipeg	at Edmonton
*Sun. Dec. 21	
U of Winnipeg	at Winnipeg
*Mon. Dec. 22	
U of Manitoba	at Winnipeg
*Dec. 27-30	
Klondike Classic	at Edmonton
*Jan. 2-4	
Calgary Classic	* at Calgary
Jan. 9-10 Victoria	at Edmonton
Jan. 16-17	at Editoriton
Saskatoon	at Saskatoon
an. 23-24	at Suskatoon
U.B.C.	at Vancouver
Na. 30-31	
Lethbridge	at Edmonton
Feb. 6-7	
Calgary	at Edmonton
Feb. 13-14	
Victoria	at Victoria
Feb. 20-21	
Saskatoon	at Edmonton
Feb. 27-28	h
C.W.U.A.A. finals	home of league winner
March 5-7	·
C.I.A.U. Championsh	ups

<ul> <li>ASDC)</li> <li>7:00-11:00 p.m. Scuba Master Diver/Instructor Course, ASDC/ ACUC Certification (Sept. 15 - Dec. 8)</li> <li>4:00-6:30 p.m. Pool Managers Course</li> <li>Wednesdays</li> <li>7:00-7:40 p.m. Ad. Swimmers Ad. Non-Swimmers (E)</li> <li>7:40-8:20 p.m. Ad. Swimmers Ad. Non-Swimmers (E)</li> <li>7:20-9:00 p.m. Ad. Swimmers Ad. Non-Swimmers (E)</li> <li>7:20-9:00 p.m. Ad. Swimmers Ad. Non-Swimmers (E)</li> <li>7:00-11:00 p.m. National Lifeguard Course (W)</li> </ul>	Golden Bear Football Schedule 1975-197611975-197611Sept. 13U of A at U of Man. U of A at U of C U.B.C. at U of A Oct. 14Oct. 4U.B.C. at U of A U of A at U of Sask. Oct. 18Oct. 18U of Man. at U of A U of C at U of A U of C at U of A U of A at U.B.C. Nov. 8Nov. 8U of A at U.B.C. U of C at U of A U of A at U.B.C. Nov. 15Nov. 22College Bowl	Panda Basketball Schedule 1975-1976Oct. 31, Nov.1 Nov. 7, 8WIT Tournament Bisonette Tournament U.B.A. at U of A U of A at U of Leth. Nov, 21, 22Nov. 14, 15 Nov. 21, 22U of A at U of Leth. U of A at U of C Jan. 2, 3 Jan. 9, 10Jan. 9, 10 Jan. 16, 17 Jan. 23, 24U of A at U of Sask U of A at U of Sask U of A at U of Sask U of A at U of A U of A U of A at U of A U of A at U of A U of A at U of A U of A U of A at U of A U of A U of A at U of A U of A U of A U of A at U of A U of
9:00-11:00 p.m. RLSS Bronze Cross (W) Distinction (W) Fridays 7:00-7:40 p.m. Beginners, Junior, Intermediate (E) 7:40-8:20 p.m. C - Beg., AdNon swimmers,	Golden Bear Hockey Schedule 1975-1976Oct. 17, 18U of Winn. at U of AOct. 24, 25U of A at U of DenverOct. 31, Nov. 1, 2Tournament at U of A	Feb. 13, 14U of A at U of Vic.Jan. 30, 31U of Leth. at U of AFeb. 6, 7U of C at U of AFeb. 13, 14U of A at U of Vic.Feb. 20, 21U of Sask. at U of AMarch 5, 6CWIAU championship
Ad-Swimmers (E) 8:20-9:00 p.m. RLSS Fitness Award, Ad Stroke Improvement	Nov. 7, 8U of C at U of ANov. 14, 15U of A at U.B.C.Nov. 21, 22U of Sask at U of ANov. 29, 20U of Sask at U of A	1975-76 Tournament Sports
Saturdays 9:00-9:45 a.m. Pre-Beginner, Beginner, Junior 9:45-10:30 a.m. Beginner, Intermediate, Senior 10:30-11:15 a.m. W.O. 5 & 6, Pre. Beg., RLSS Life Saving I (W) 11:15-12:00 noon W.O. to 4 yrs., Pre. Beg., Advanced Aquatics Sundays 10:00-10:45 a.m. Beginner, Junior, Senior 10:45-11:30 a.m. W.O., 5 & 6, Pre. Beg., Intermediate 11:30-12:15 noon RLSS Life Saving 11, Junior, Beginner (W) 12:15-1:00 p.m. Competitive Swim, Senors, W.O. to 4	Nov 28, 29U of C at U of AJan. 2, 3U of A at U of CJan. 4U.B.C. at U of AJan. 9, 10U of A at U of Sask.Jan. 16, 17U of A at U of CJan. 18U of Sask. at U of AJan. 23, 24U.B.C. at U of AJan. 30, 31U of A at U of Sask.Feb. 6U of Sask. at U of AFeb. 7U.B.C. at U of AFeb. 13, 14U of A at U.B.C.Feb. 27, 28, 29CWUAA Play-OffsMarch 12, 13CUA champs at homeof Eastern winnerCUA champs at home	DateActivityLocationOct. 17, 18RugbyU of Vic.Oct. 31, Nov. 1SoccerU of AFeb. 7JudoU of Leth.Feb. 21WrestlingU of AOct. 17, 18Field Hockey (Women)U.B.C.Nov. 1Cross Country GymnasticsU of AFeb. 20, 21Gymnastics Feb. 27, 28U of CFeb. 28, 29Fencing U of AU of SFeb. 28, 29Fencing U of AU of A

12