

# Intramurals

## AQUATICS PROGRAM SWIMMING INSTRUCTION-WINTER TERM, 1984

### ADULT

Registration: Tuesday, January 17, 1984  
7:00 p.m. - Room A-116 - L.B. Gym

First Class: Thursday, January 19, 1984 - 7:15 p.m.  
Chief Instructor: David Tree - 454-6202

### SIR MAX AITKEN POOL EXTRA-CURRICULAR PROGRAM

UNIVERSITY COMMUNITY - UNB/STU Students with I.D.:  
Faculty, Staff, and Alumni and Spouses with Membership  
passes.

### CASUAL SWIMS

Mon. to Thurs.	11:45 a.m.-1:15 p.m.	4:30-5:30 p.m.	10:00-10:45 p.m.
Tue. & Thurs.	7:30 a.m.-8:00 a.m.		
Wed.	7:30-8:15 a.m.		
	Begins Jan. 10, 1984		
Friday	11:45 a.m.-1:15 p.m.	4:30-5:30 p.m.	7:30-9:00 p.m.
Saturday	1:30-4:00 p.m.	7:30-9:00 p.m.	
Sunday	1:30-4:00 p.m.		

Family Swims-Children 14 and under to be accompanied by parents

Friday	7:30-9:00 p.m.	
Saturday	2:00-4:00 p.m.	7:30-9:00 p.m.
Sunday	2:00-4:00 p.m.	

Off Campus Community - Open to public with payment of admission  
Adults: \$2.00 Children 14 and under: \$1.00

### Adult Swims

Mon. to Thurs.	10:00-10:45 p.m.	
Friday	7:30-9:00 p.m.	
Saturday	1:30-4:00 p.m.	7:00-9:00 p.m.
Sunday	1:30-4:00 p.m.	

### Family Swims

Friday	7:30-9:00 p.m.	
Saturday	2:00-4:00 p.m.	7:30-9:00 p.m.
Sunday	2:00-4:00 p.m.	

SUBJECT TO CHANGE FOR EXTRA-SCHEDULE EVENTS

### INSTRUCTION/COMPETITIVE/CLUB UNIVERSITY COMMUNITY

INSTRUCTION: (UNB/STU students, faculty, staff, alumni &  
dependants - I.D. - Membership required)

ADULT: Tuesday and Thursday - 7:15 - 10:00 p.m.  
(Registration January 17 - with fee; First Class: Jan. 19,  
1984)

CHILDREN: Saturday 8:00 a.m. - 12:30 p.m.  
(Pre-registered December 1983; First Class: Jan. 7, 1984)

INTRAMURALS: (UNB/STU students, faculty & staff)  
Wednesday - 8:00 to 10:00 p.m.

### CLUBS: (UNB/STU club members)

DIVING	Saturday	4:00-5:30 p.m.
SCUBA	Monday	8:00-10:00 p.m.
SYNCHRO	Saturday	6:00-7:30 p.m.
KAYAK	Sunday	4:00-6:00 p.m.

### COMPETITIVE: VARSITY BEAVERS

Monday	5:30-7:00 p.m.
Tuesday, Wednesday & Thursday	5:30-7:15 p.m.
Friday	5:30-7:30 p.m.

### VARSIY/AGE GROUP

Monday to Friday	6:00-7:30 a.m.
Saturday	6:00-8:00 a.m.

IN-SERVICE: Instructors/Guards - Monday 7:00-8:00 p.m.  
PUBLIC SCHOOLS, SENIOR CITIZENS and other community  
groups as allocated - see detailed schedule.

## INTRAMURALS

### NON-CREDIT INSTRUCTION PROGRAM

The Physical Recreation and Intramural Program is offer-  
ing a variety of classes to help you shape up, slim down,  
learn new skills, meet new friends and have fun!

### NOON HOUR FITNESS

Traditional, Jazz Exercise and Beginner's Dance Exercise  
Monday-Wednesday-Friday 12:30 to 1:20 p.m.(LB Gym),  
January 11 to April 6, 1984.

Students and Pass Holders - \$12.00  
Non-Pass Holders - \$24.00

REGISTER: Recreation Office - L.B. Gym 10:00 a.m. to 2:00  
p.m., Monday thru Friday.

### AFTERNOON AEROBICS

Tuesday and Thursdays - 4:45 to 5:30 p.m.  
L.B. Gym - Dance Studio  
January 17 to April 10, 1984.

Students and Pass Holders - \$10.00  
Non-Pass Holders - \$20.00

### AQUA EXERCISE CLASSES

Tuesdays and Thursdays - 12:30 to 1:15 p.m.  
Sir Max Aitken Pool

Students and Pass Holders - \$10.00  
Non-Pass Holders - \$20.00

### WEIGHT TRAINING PROGRAM

January 19 to February 14, 1984  
Beginners - Monday and Thursdays - 8:30-9:30 p.m. or Tues-  
day and Thursdays - 9:30-10:30 p.m.

Students and Pass Holders - \$10.00  
Non-Pass Holders - \$20.00

### SQUASH INSTRUCTION

Basics - Tuesdays 7:10 - 7:50 p.m. or 7:50 - 8:30 p.m.  
Follow-Up to Basics - Tuesdays 7:50 to 8:30 p.m.

January 16-February 14, 1984

Students and Pass Holders - \$8.00  
Non-Pass Holders - \$16.00

### SKIING

Information will be available from the Recreation Office.

Registration: All classes EXCEPT Noon-Hour Fitness will  
register thru UNB Business Office - Hours 10:00 to 5:00 p.m.  
Monday thru Friday.

Further Information: Recreation Office - Room A121 - L.B.  
Gym - 10:00 a.m. to 2:00 p.m. - 453-4579.

### OTHER ACTIVITIES:

Anyone wishing instruction in other activities should con-  
tact the Recreation Office.

### NOON HOUR SKATING PROGRAM

Free Skating - is available for all UNB/STU students, and  
Recreational Facilities Pass Holders - Monday thru Friday  
12:30 to 1:30 p.m. at the Aitken University Centre. Take ad-  
vantage of this opportunity to get some healthy exercise on  
your noon hour.

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THE HOMESTEAD  
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Daily Specials in the  
Captain's Kitchen  
Restaurant  
Breakfast every day  
from 7am - 12 noon  
2 eggs, Bacon, Ham, or  
Sausage, Toast, Home  
Fries, Coffee all for only  
\$1.99

Everyday great prices  
on the Best Seafood &  
Hot Sandwiches in  
Town

Try Captain Jack's  
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All food made from  
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Stocks all Food and  
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PLUS: a good  
variety of Audio and  
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-12.99

Beta  
Fuji L500 - 14.95  
Fuji :750 - 15.95  
Sony L500 - 13.95  
Sony L750 - 14.95  
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Sony CHF90 - 2.99  
FDK SA60 - 3.50  
Sony CHF60 - 2.50  
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