

Two new programs spur interest

by Terry Lindberg

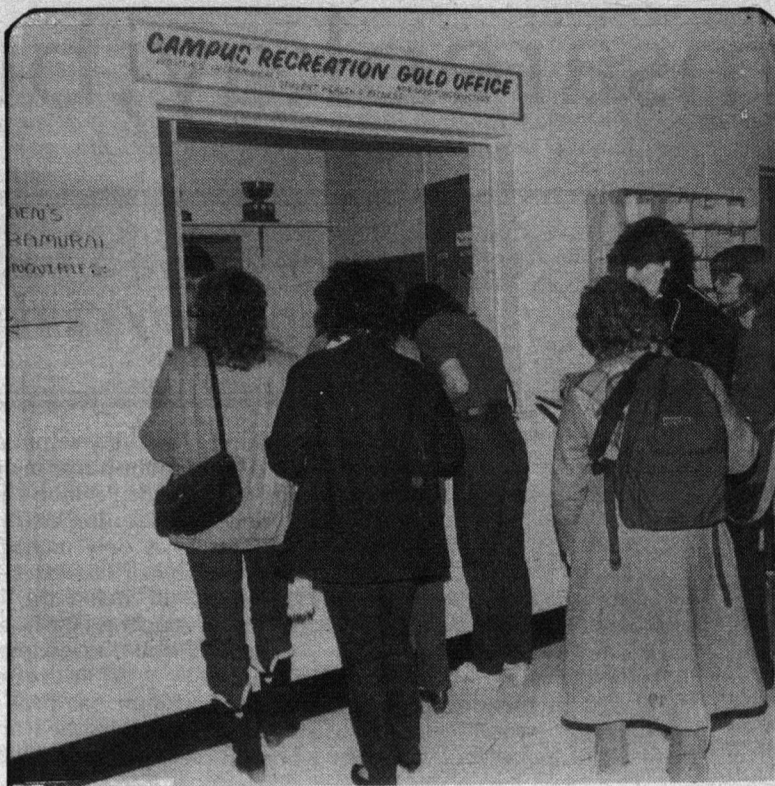
For many, Campus Recreation and its programs will be a welcome sight after a Christmas of gorging on goodies. One has only to stroll through the P. Ed. building to see this. For the first two days of classes, hoards of students were lined up at the Gold office for Non-Credit Instruction Programs: weight training, court sports, aerobics, jazz dance, x-country skiing and ski touring to name a few. Interest in all areas of Campus Recreation is soaring.

Staff Fitness and Lifestyle Programs, run by Art Burgess, received an overwhelming response through the mail and are nearly full. Two new and in-

teresting programs are "Project Renew" and "Operation Kick It."

Project Renew is aimed at helping adults to improve their present lifestyle in a non-threatening environment. It seeks to help individuals to control problems of smoking, excess weight, stress and lack of exercise, through a program of light, pleasant exercises and relaxation techniques. The exercises are graduated at a comfortable rate as people progress. This program starts in the week of January 30th.

Another new program, Operation Kick It, is an eight week smoking cessation course starting January 26. Non-smokers and previous smokers will provide the



Standing in line is an excellent warm-up for any campus recreation activity. On Monday it seemed mandatory. photo Angela Wheelock

expertise for those seeking to kick the weed and clean up the environment.

In the intramural world, Co-Rec Volleyball and Men's Hockey continue to draw the greatest number of participants. Special Events include a new Family Fun Night on Friday, January 27, aimed at involving entire families in an evening of fun and games. The Bears Den Drop Inn will resume on Thursday, January 19, 2100 - 2330.

The Western Canada Students Intramural Conference will be hosted here on February 3, 4 and 5. This conference should provide useful input into possible improvements that might be made in Campus Recreation for the future.

For the tennis enthusiasts in the crowd, the "Tennis Club" will be meeting on January 15 at 10:00 a.m. in the Butter Dome (pavilion). Bring along your racquets as playing time is available.

Good luck in surviving the 1st week scramble.

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Canadian Federation of Students
Fédération canadienne des étudiants

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ADULT CLASSES:

BEGINNER: Even if you've never played music before! Starts from scratch - how to hold the guitar. **Note:** We have some guitars for rent at \$30 for the course.

INTERMEDIATE: For those who already know basic chords.

ADVANCED I: Finger-picking, lead guitar, blues, jamming, theory, slide.

ADVANCED II:

JAZZ GUITAR LEVEL I

JAZZ GUITAR LEVEL II

BASIC GUITAR FOR ELEMENTARY TEACHERS: Course designed for teachers who want to use guitar in the classroom.

VOCAL COURSE: 8 weeks, \$50.00. (Based on relaxation techniques)

BASIC THEORY: 10 weeks; how to read music, scales, chord formation.

CHILDREN'S BEGINNER: 8 to 10 years. Some small guitars for rent at \$30.

CHILDREN'S FUN WITH MUSIC: 4 to 8 years. Ear training, sing alongs, movement to music, percussion instruments. \$50.00

DATES: Saturday & weeknight courses begin the week of Jan. 14-21. **LENGTH:** All courses last 10 weeks. **SIZE:** 6-12 students. **COST:** \$75 for each course. **NOTE:** \$10 extra for registrations after Jan. 13. You may phone in registration.

Over 1000 satisfied students. All courses let you have fun while you learn. There is a sleigh ride & party each term for all students. Comments from students include: "an excellent course," "Your teachers really care!"

Classes around the city according to demand: University of Alberta • Jasper Place Composite High • Millwoods • Riverdale • Sherwood Park (Strathcona Pool classroom) • Leduc • Bonnie Doon • Northgate • Downtown.

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Larger Steaks:

7 oz. \$5.99	10 oz. \$7.99	14 oz. \$10.99
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Till - Feb. 19/84

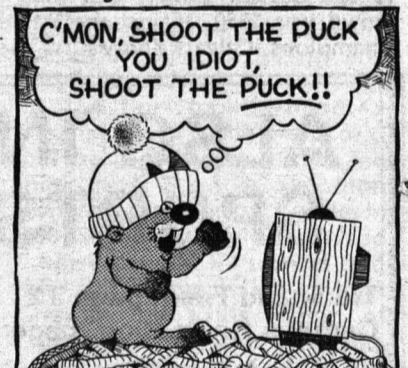
INTRAMURAL REGISTRATION DEADLINES:

MEN'S INTRAMURALS:
3 on 3 Basketball: Thurs. Jan. 12, 1 p.m.
Indoor Soccer: Thurs., Jan. 12, 1 p.m.
X-Country Ski Race: Tues., Jan. 17, 1 p.m.
Badminton Tourney: Tues., Jan. 17, 1 p.m.
Bowling: Tues., Jan. 17, 1 p.m.

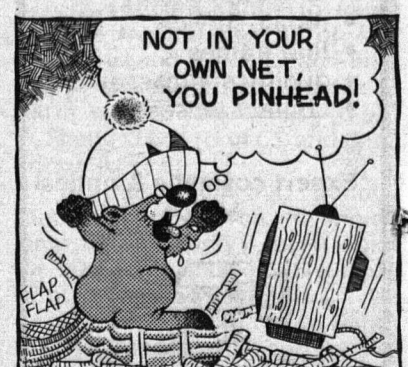
WOMEN'S INTRAMURAL
Volleyball: Thurs., Jan. 12
Curling: Mon., Jan. 16.
Ice Hockey: Tues., Jan. 17

CO-REC:
Bowling and Pizza Night: Tues., Jan. 17, 1 p.m.
Volleyball: Wed., Jan. 18 1 p.m.

Bunky Sawchuck



by Ian Ferguson



Cuts

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