10-THE BRUNSWICKAN

Informal sports

The Physical Recreation and Intramural program is ready and waiting for you, the participant. This is your chance to engage in a variety of physical activities in your leisure time. The Program is designed to serve the needs and interest of ALL students at UNB and STU regardless of skill level and experience. You do not have to be an athlete to participate. In fact, varisty athletes may not compete at the intramural level in their particular sport(s).

FORMAL RECREATION enables you to participate in your favourite activities at times that are convenient for you. IN-TRAMURAL SPORTS consists of leagues and tournaments for men's, women's, and co-ed teams in a large number of sports. If you have always wanted to learn to ski, swim, play squash, etc. or to improve your skills, the NON-CREDIT INSTRUCTION PROGRAM is for you. The twenty-two SPORT CLUBS on campus offer you a chance to learn new skills,

slightly different emphasis. IN- engage in a favourite sport, and FORMAL RECREATION socialize with fellow enthusiasts.

The Physical Recreation and Intramural Program staff is anxious to provide the best possible program for you. If you have any questions, comments, or suggestions, please contact the Program Director, Shirley Cleave. The Recreation Office is located in Room A121 L.B. Gym, 453-4579. The counter hours are from 10:00 a.m. to 2:00 p.m. Monday through Friday.

The Program is divided into four units, each providing a

INFORMAL RECREATION

A large variety of athletic facilities are available for your use on a casual or unstructured basis. Facilities include gymnasia, swimming pools, weight room, squash/racquetball courts, tennis courts, fields, ice arena, and locker rooms. Available times vary depending on the facility and the time of year. Check Recreation bulletin boards and The Brunswickan for current schedules. The West Gym is always available for recreational use from 4:30 to 5:30 p.m. on Wednesdays. Make good use of your leisure time - swim, skate, play basketball, jog, use the weight room, etc.1

guires a special kind of person. One who will attempt to learn humility and respect. At the end of each class, following a short period of meditation, students epeat the "Dojo Kun" (rules of the dojo):

1) Seek perfection of character

2) Train hard. 3) Be faithful.

4) Respect others.

Cont'd from Page 9

5) Refrain from violent behaviour.

Karate creates no heros, there is no glory to be had. The battle is a personal one. "The ultimate goal of Karate

is not victory but to know oneself."

Gichen Funakoshi

Tingley's

FREDERICTON NB

saveleasy

WE NEED YOU!

further details call 459-7300.

Kenko Karate Club

REGISTRATION HOURS

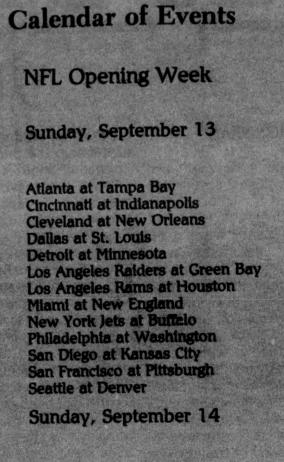
Tuesday 8 - 10 Thursday 8 - 10 Sunday 2 - 5

South Gym There will be a public demonstration at the South Gym on Thursday, Sept. 17, at

8 p.m. Come and see what we're all about. For more information call:

Grant Ogilvie: 357-7335 or Dale Weldon: 450-3939.





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