

Southern Illinois University Carbondale

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Spring 2004

Campus Recreation



SOUTHERN ILLINOIS UNIVERSITY
Carbondale

Your complete guide of information
for the

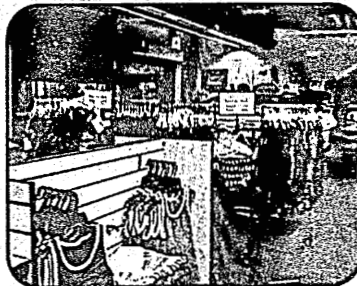
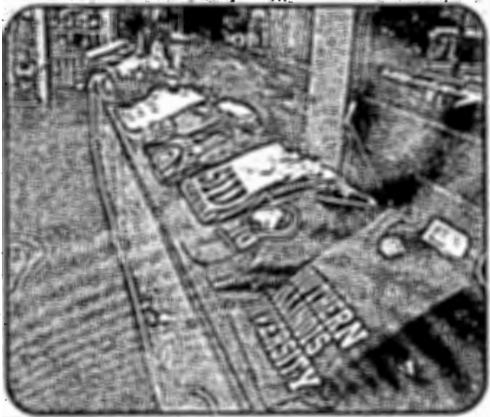
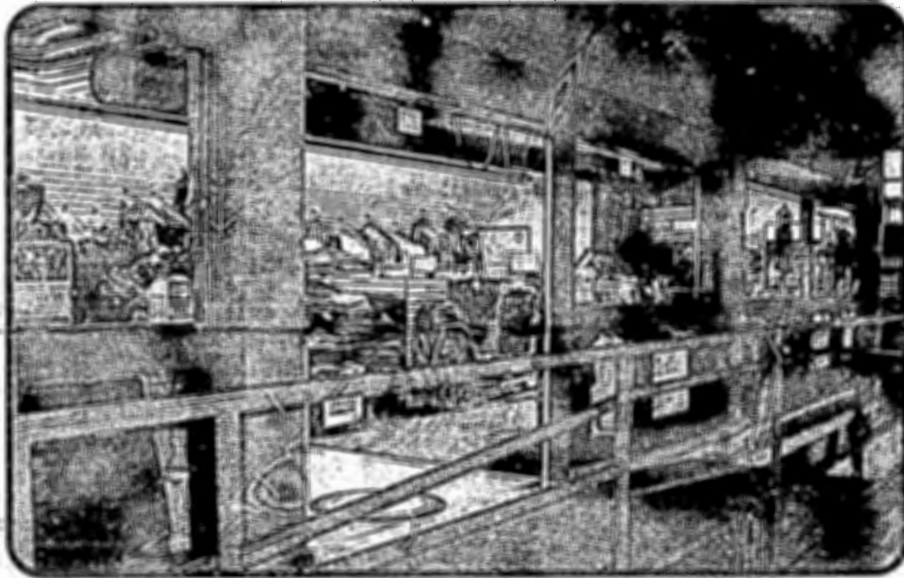
Office of Intramural-Recreational Sports
Student Recreation Center

(618) 536-5531
www.siu.edu/~oirs

What's in Store at the Rec?

Important Phone #'s

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the rec
sport shop

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Base Camp

Base Camp Policies

Check-Out: A valid student I.D. or Student Recreation Center membership is required to check-out or reserve equipment.

Advance reservations are suggested and may be made up to one month in advance.

Reservations must be made in person with full payment due at that time. Reservation cancellations must be made in person at least one Base Camp business day prior to the requested check-out day, or your rental payment will be forfeited. Cash refunds will not be given. Credit vouchers may be issued.

Rental Fees: Rental fees may be paid with cash, Mastercard/Visa/Discover, or personal check. No refunds will be made for any equipment rented but not used. See below for equipment available through Base Camp.

Penalty Fees: Persons returning equipment after the designated due date will be charged a late fee. Cleaning and drying fees may also be charged. It is suggested that you rent equipment one extra day to allow for clean-

ing. Those who damage or lose equipment will be charged to repair or replace it.

Renters are encouraged to check the condition of all gear before leaving Base Camp. Renters are responsible for the condition of all gear once they leave. If gear is not returned in the same condition as loaned out, the following fees will be assessed:

- Tents \$15
- Sleeping Bags \$6
- All other items \$5

Improper Equipment Return:

If rental equipment is not returned during Base Camp hours, an improper return fee will be charged.

Base Camp Hours:

- Mon., Tues., Thur., Fri. 3 - 6 pm
- Wednesday CLOSED
- Saturday 10 am - 4 pm
- Sunday 3 - 8 pm

Climbing Wall

Take the challenge by climbing the wall at the SRC. The 28-foot high indoor rock climbing wall has adjustable handholds which may be repositioned to alter the difficulty of the climb! You don't

have to be familiar with rock climbing or have your own equipment to use the Climbing Wall. All the equipment you will need is provided. Climbing is allowed only when supervisors are present. Climbing instruction is also available.

Climbing Wall Hours:

- Mon. and Wed. 7:00 - 9:00 pm
- Tues. and Thur. 6:00 - 8:00 pm

Climbing Roof

Getting the hang of climbing upside down is easy with the Climbing Roof System. The Climbing Roof is an inverted rock climbing facility located under the central staircase in the lower level of the SRC. Helmets are available for check-out at the Equipment Desk and must be worn at all times when using the Climbing Roof. No instruction or supervision is necessary.

Climbing Roof Hours:

SRC building hours

Adventure Resource Center

Let the Adventure Resource Center (ARC) introduce you to many of the unique features of southern Illinois. The ARC Office

is located on the lower level of the SRC.

Clinics and Trips: The ARC sponsors a wide variety of FREE clinics. Rock climbing, kayaking, caving, and backpacking clinics are typically offered each semester. The ARC also organizes day and weekend trips to various lakes, parks, and wilderness areas.

Information and Trip Planning:

If you are interested in reading about the "great outdoors," you can browse through dozens of magazines and newsletters in the ARC lounge. Planning a trip? The ARC has a variety of reference materials which can make trip planning easier. The ARC has information on areas both within and outside of Illinois. If you are unable to stop by during office hours, you can call or fill out an information request card, and we will research the areas of interest and mail you the information.

ARC Hours:

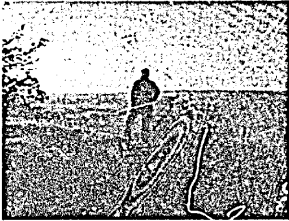
- Mon., Tues., Thurs., Fri. 3-6pm
- Wed., Sat., Sun. CLOSED

Item	Student	Student	SRC Members	SRC Members	Improper	Late Fee
	Day (24 Hrs)	Week (7 Days)	Day (24 Hrs)	Week (7 Days)		
Canoe/Kayak/Equipment						
16ft Canoe Package *	\$8	\$40	\$11	\$55	\$10	\$10
9ft Kayak (One Person) Package**	\$5	\$25	\$7	\$35	\$7	\$7
12ft Kayak (One Person) Package **	\$6	\$30	\$8	\$40	\$8	\$8
16ft Kayak (Tandem) Package ***	\$7	\$35	\$10	\$50	\$9	\$9
Extra PFD Package	\$1	\$5	\$1	\$5	\$3	\$3
Extra Paddle	\$1	\$5	\$1	\$5	\$3	\$3
Canoe / Kayak Car Kit	\$1	\$5	\$1	\$5	\$3	\$3
Dry Bag (Large Backpack)	\$3	\$15	\$4	\$20	\$5	\$5
Dry Bag (Medium)	\$2	\$10	\$3	\$15	\$4	\$4
Hiker's Package ****	\$8	\$40	\$11	\$55	\$10	\$10
Backpacks						
Internal Frame	\$3	\$15	\$4	\$20	\$5	\$5
External Frame	\$3	\$15	\$4	\$20	\$5	\$5
Coolers						
2 Gallon	\$2	\$10	\$3	\$15	\$4	\$4
12 Gallon	\$3	\$15	\$4	\$20	\$5	\$5
Cooking Accessories						
2-Burner Stove	\$3	\$15	\$4	\$20	\$5	\$5
Backpacking Stove (1-burner)	\$2	\$10	\$3	\$15	\$4	\$4
Aluminum Fuel Bottle	\$1	\$5	\$1	\$5	\$3	\$3
Small Cook Kit	\$2	\$10	\$3	\$15	\$4	\$4
Family Cook Kit	\$3	\$15	\$4	\$20	\$5	\$5
Lanterns						
Backpacking Lantern (One mantle)	\$2	\$10	\$3	\$15	\$4	\$4
Two Mantle Lantern	\$2	\$10	\$3	\$15	\$4	\$4
Tents						
2-Person Tent	\$4	\$20	\$6	\$30	\$6	\$6
4-Person Tent	\$5	\$25	\$7	\$35	\$7	\$7
Bivy Sacks	\$4	\$20	\$6	\$30	\$6	\$6
Sleeping Equipment						
0° Sleeping Bag	\$5	\$25	\$7	\$35	\$7	\$7
20° Sleeping Bag	\$4	\$20	\$6	\$30	\$6	\$6
30° Sleeping Bag	\$4	\$20	\$6	\$30	\$6	\$6
Sleeping Pad	\$1	\$5	\$1	\$5	\$3	\$3

*Includes: 1 canoe, 2 PFDs, 2 paddles **Includes: 1 kayak, 1 PFD, 1 paddle ***Includes: 1 kayak, 2 PFDs, 2 paddles ****Includes either internal or external backpack, sleeping bag, and sleeping pad

Get Outdoors!

Outdoor Adventure Programs



Caving at Illinois Caverns

Trip Date: Saturday, January 31
 Mandatory Pre-Trip Meeting:
 Wednesday, January 28, 7:00 PM
 at the ARC*

It may be cold outside, but Mother Nature keeps the underground nearly 60 degrees all year round. Join us as we hike, crawl, climb and squeeze our way through the largest cave in Illinois. Untouched by commercialism, you will explore passages formed millions of years ago and see the albino life that peacefully lives there. Prices include all equipment, transportation/fuel, and guides.
Price: S/M/E=\$23 U=\$27

River to River Trail Backpacking

Trip Date: Saturday, February 7 to Sunday, February 8
 Mandatory Pre-Trip Meeting:
 Wednesday, February 4, 7:00 PM
 at the ARC*

Backpack the easy western section of the River-to-River Trail. This is big adventure with little cost and effort. In the evening warm up around the campfire with a hearty meal. Then lay back and view the stars in the crisp night. Well rested, the next day will bring more beautiful terrain. Prices include all transportation/fuel, equipment, and trip guides.
Price: S/M/E=\$25 U=\$29

Spring Break Info Session

Check out how exciting this Spring Break can be for you! Your trusty guide Carson T. will be sharing our schedule of events and specific destinations along the way, as well as answering any questions. Plus, this is where you find out how to sign up. No commitment, just a chance to help you with your Spring Break planning.
Date: Tuesday, February 10
Time: 7:00 pm in the Alumni Lounge

Little Cedar Lake Day Hike

Trip Date: Saturday, March 27
 Mandatory Pre-Trip Meeting:

Wednesday, March 24, 7:00 PM at the ARC*

This is more than just a hike; it is an educational and beautiful presentation of Illinois' diversity. Our nature staff will explain the characteristics and ecosystems of plants, trees, soil, insects and animals in the area. The entire day will be spent circumnavigating Little Cedar Lake gathering information. Prices include all transportation/fuel and your trip guide.
Price: S/M/E=\$13 U=\$15

All Women Climbing

Trip Date: Saturday, April 3
 Mandatory Pre-Trip Meeting:
 Wednesday, March 31, 7:00 PM at the ARC*

No April fools, no men are allowed. It is a girl's day out in southern Illinois. Want a non-competitive fun atmosphere? Then come with us! This climbing adventure will give you the opportunity to build confidence in your climbing ability. Have no ability at all? Perfect! We'll teach you! Prices include all equipment, transportation/fuel, and trip leaders.
Price: S/M/E=\$12 U=\$14

Jackson Falls Rock Climbing

Trip Date: Sunday, April 4
 Mandatory Pre-Trip Meeting:
 Thursday, April 1

This is intermediate climbing at its finest. As a premier area for climbers, it will challenge your skills as much as you like. If you're going on the All Women's Trip, then step it up a notch here! Even if you have never climbed before, we'll show you how to make it to the top. Prices include all equipment, transportation/fuel, and trip leaders.
Price: S/M/E=\$19 U=\$22

Current River Float Trip

Trip Date: Friday, April 16 to Sunday, April 18
 Mandatory Pre-Trip Meeting:
 Wednesday, April 14, 7:00 PM at the ARC*

Spend a weekend leisurely floating Missouri's greatest river-way. The main objective for this trip is rest and relaxation in the only true mountain spring river setting around. However, adventure is still present on this trip. During this season the Ozarks offer the best views to accompany your

float and the fresh smells of flora will nearly overwhelm you. No experience is necessary. Prices include all equipment, transportation/fuel, trip leaders, and fees.
Price: S/M/E=\$73 U=\$84

Lusk Creek Wilderness Backpacking

Trip Date: Saturday, April 24 to Sunday, April 25
 Mandatory Pre-Trip Meeting:
 Wednesday, April 21, 7:00 PM at the ARC*

This is one of the few areas of southern Illinois that is uninhabited and banned to everything but wilderness. We'll backpack through Lusk Creek Canyon and camp deep in the wilderness, not hearing a sound from civilization, snaking our way back to where we started and never seeing the same place. Much like our Garden of the Gods Trip, this one is not one to miss. Prices include all equipment, transportation/fuel, and trip guides.
Price: S/M/E=\$29 U=\$33

SPRING BREAK

Everglades National Park Canoe Expedition and Southern U.S. Tour

Trip Date: Friday, March 5 to Saturday, March 13
 Informational Meeting: Tuesday, February 10, 7:00 PM in the Alumni Lounge to no commitment to come find out what the trip will be and just how inexpensive this is. See details under Free Clinics.

Pre-registration required to attend Mandatory Pre-Trip Meetings:
 Wednesday, February 25 and
 Wednesday, March 3, 7:00 PM at the ARC*

No better place than Florida for Spring Break. This year we are heading to the Everglades! You will paddle with your guide along the Mangrove-lined rivers and swamp land in the heart of the Everglades backcountry. Camping atop pre-fabricated shelters, we will view the most spectacular sunsets as light falls behind the Gulf of Mexico waters. We will visit other natural features on our journey and go through the Great Smokey Mountains. This is like no other place in the world and there is no reason to miss it! Prices include all equipment, transportation/fuel, fees/permits, and trip leaders and guides. There

may be additional nominal fees not included in the price below.
Price: S/M/E=\$245 U=\$270

FREE CLINICS

It is extremely helpful to the staff in order to give you a great experience. These clinics are geared to newcomers and experts (share your knowledge with others) alike or to supplement and enhance your experience on our trips. The ARC (Adventure Resource Center) is located on the bottom level of the Student Recreation Center across from the free-weight room.

Bike Maintenance Clinic

Would you like to learn about your bike and how to take better care of it? Do you know how to fix your brakes, change a flat tire and make minor adjustments on your bike? What about repairing that squeaky crank, tricky derailleur or loose spoke? This clinic will enable you to do all of these things and ultimately keep your wheels reliable.
Date: Wednesday, February 11th
Time: 7:00 pm at the ARC

Kayak Clinic

Never a disappointment, this clinic is sure to get you enthused about kayaking. Our Kayak Club will teach you techniques for open waters and eskimo rolls for the big current. This is the best time of the year so that you'll be ready when summer hits!
 Dress for the pool.
Date: Wednesday, February 18th
Time: 7:00 pm - 9:00 pm, meet at the southwest end of SRC Pool.

Backpacking Clinic

Not many can go out into the wild with the confidence that they know what to bring, how to pack it, where to go and what to see. In this clinic we'll show you how to venture southern Illinois on foot from square one. From renting equipment to packing your own, to finding a place to go, we'll help you all the way.
Date: Wednesday, April 7th
Time: 7:00 pm at the ARC

More info?
 Call Outdoor
 Adventure Programs
 at 453-1285.

Yoga, Meditation, & Fitness Energizers

Exercise for the Body, Mind, & Spirit

Ashtanga Yoga #311154

(Intermediate)

A fast-paced, physically-challenging approach to the postures. It synchronizes movement with breath, building strength, flexibility, endurance and balance. Most postures are held for only a few breaths before we move on to the next, building internal heat to cleanse the body and focus the mind. Come prepared to sweat! This class is suitable for people of moderate to high fitness levels.

Section A:

January 27 - March 4
Tuesdays and Thursdays,
6:00 - 7:30 pm

Section B:

March 23 - April 29
Tuesdays and Thursdays,
6:00 - 7:30 pm

Location: Rm 158

Prices: S/M/E = \$38 U/C = 55*

Min: 10 Max: 30

Instructor: Heather Petty

Flow Yoga #311153

Flow Yoga is designed for people in a fitness industry environment who want a workout as well as receive all the benefits of traditional yoga. It features both strength, cardiovascular conditioning, and flexibility components using music to enhance the experience. No previous yoga experience necessary.

Section A:

January 27 - March 4
Tuesdays and Thursdays,
5:00 - 6:00 pm

Section B:

March 23 - April 29
Tuesdays and Thursdays,
5:00 - 6:00 pm

Location: Room 158

Prices: S/M/E = \$26 U/C = \$43*

Min: 12 Max: 30

Instructor: Heather Petty

Hatha Yoga (Level 1) #311314

Level 1 is an introduction to the various Hatha Yoga postures and breathing practices. The focus is concentrated on alignment and coordination of breathing and participants will learn how far to go in the stretch and how long to safely hold it without causing injury.

Section A:

January 26 - March 1
Mondays, 5:00 - 6:30 pm

Section B:

March 22 - April 26
Mondays, 5:00 - 6:30 pm

Location: Conference Room

Prices: S/M/E = \$26 U/C = \$43*

Min: 10 Max: 10

Instructor: Dawn Bradley

Cultivating Mindful Awareness #311331

Meditation is the practice and process of paying attention and focusing your awareness. This class explores some basic skills that will start you on your path to mindful awareness. As your commitment to meditation deepens, you will experience the benefits of regular meditation practice: reduced tension, anxiety and stress and an increased understanding of self awareness.

Times: February 3 - 24

Tuesdays,
7:00 - 8:15 pm

Location: Conference Room

Prices: S/M/E = \$16 U/C = \$33*

Min: 8 Max: 20

Instructor: Mati Vargas

Guided Relaxation #311309

Guided Relaxation/Meditation exercises will allow your mind and body to experience deep relaxation. Breathing techniques and guided imagery will help you gain control over life and school stresses and maintain a focused and relaxed awareness. A special hour-long series has been designed to help you become relaxed, alert, and focused when taking final exams. Breathe with dragons; swim in a mountain stream; balance your chakras; throw away your stress and be relaxed.

Times: April 1 - April 22

Thursdays,
5:15 - 6:15 pm

Location: Conference Room

Prices: S/M/E = \$19 U/C = \$36

Min: 9 Max: 20

Instructor: Lorie Allen

Pilates Mat Work #311260 (Level 1)

(pronounced pil-AH-tees)
This class is designed for individuals who have little or no previous knowledge of the original Joseph H. Pilates exercise. Pilates will help you develop core strength while improving flexibility, balance and coordination. Be prepared to improve your posture and develop lean muscle mass.

Section A:

January 26 - March 3
Mondays & Wednesdays,
5:00 - 5:45 pm

Section B:

March 22 - April 28
Mondays & Wednesdays,
5:00 - 5:45 pm

Location: Room 158

Prices: S/M/E = \$26 U/C = \$43*

Min: 12 Max: 30

Instructor: Jen Cook

Pilates Mat Work #311255 (Level 2 & 3)

This class is designed for individuals who are comfortable with level 1 exercises and are ready to integrate intermediate and advanced exercises into their workout regimen. Be prepared to work your core to the max while lengthening the spine. This class will improve coordination, balance and flexibility, while developing strong lean muscles.

Section A:

January 26 - March 3
Mondays & Wednesdays,
6:15 - 7:15 pm

Section B:

March 22 - April 28
Mondays & Wednesdays,
6:15 - 7:15 pm

Location: Aerobic Room

Prices: S/M/E = \$26 U/C = \$43*

Min: 12 Max: 30

Instructor: Elisa Burke

Pilates Sculpt #311262 (Level 2 & 3)

Pilates Sculpt is the next step in creating mindful exercises based on the classic disciplines of movement and the fundamental exercises of Pilates. Prior Pilates experience is highly recommended.

Section A:

January 27 - March 4
Tuesdays & Thursdays,
4:00 - 5:00 pm

Section B:

March 23 - April 29
Tuesdays & Thursdays,
4:00 - 5:00 pm

Location: Room 158

Prices: S/M/E = \$26 U/C = \$43*

Min: 12 Max: 30

Instructor: Dawn Bradley

PiYo #311332

PiYo is a fusion of both Pilates and Yoga. The exercises and poses are designed to strengthen the body, while adding balance and flexibility. You will gain the flexibility and relaxation of yoga, while adding the strengthening and lengthening moves of Pilates. This class is designed for all levels because it offers many modifications and challenges for each participant.

Section A:

January 26 - March 3
Mondays and Wednesdays,
7:00 - 8:00 pm

Section B:

March 22 - April 28
Mondays and Wednesdays,
7:00 - 8:00 pm

Location: Dance Studio

Prices: S/M/E = \$26 U/C = \$43*

Min: 12 Max: 30

Instructor: Jen Cook

*includes entry into the SRC

NOTE:

Please attend with an empty stomach and wear comfortable, loose clothing to all yoga programs.



Recreational
Sports...
The Good Life!

S/M/E=SIUC Student/SRC Member/Emeritus
U/C=SIU Affiliated/Community

Massage

Why Hire A Massage Therapist?

We've all thought it, heard it or said it before, "I need a massage." Massage Therapy provides relief to people from all walks of life. The weekend athlete, the home gardener, the over stressed executive, secretaries, college students, laborers, virtually anyone can feel a need for massage therapy sooner or later. A massage therapist's trained and caring touch can have profound effects on your physical, mental and emotional health. Remember, this is the only body you're going to get. Take great care of it!

- * Stimulates the brain's production of beta endorphins, which are natural painkillers.



Benefits of Massage To The Quality Of Life:

- * Instantly stimulates the "Relaxation Response" by promoting deeper, easier breathing.
- * Reduces head, neck and shoulder tension caused by poor posture, injury, and mind/body stress.
- * Relieves eye fatigue from long periods of reading by improving circulation & releasing tension around the eyes.
- * Helps manage stress of note-taking and keyboard typing by rejuvenating tired hands and wrists.
- * Helps to relax nervous "fight-or-flight" energy which accumulates in the belly region.
- * Enhances sports performance by promoting increased circulation, flexibility, and reduction of delayed-onset muscle soreness after activity.
- * May reduce test anxiety.

Massage Therapy Services:

Seated "Chair" Massage Offered at the SRC Sports Medicine Office as a convenient opportunity to relieve tension in neck, back, and shoulder muscles. Clients remain fully clothed and no oils are used.

Chair Massage Prices:
#914316 15 minutes:
S/M/E=\$16 U=\$20*

Campus Workplace Seated "Chair" Massage:

Increases productivity and morale; makes work literally less of a "pain in the neck" - makes everyone feel so good!
Offered at campus workplaces using a special, portable massage chair. Massage therapy in the workplace provides an opportunity to soothe away the effects of work-related stress. A great gift idea! Time may be shared; One hour minimum.
Call 453-1263 for pricing.

Table Massage Prices:
(Package Savings of 10%)
Note: Sections #914320 A, B, and C are packages of 3.
For treatment of 1 - 3 areas of the body for 30 minutes:

#914317	S/M/E = \$30	U = \$36*
#914320 A	S/M/E = \$84	U = \$98*

Full Body Massage:

60 minutes:		
#914318	S/M/E = \$60	U = \$65*
#914320 B	S/M/E = \$162	U = \$175*
90 minutes:		
#914319	S/M/E = \$75	U = \$85*
#914320 C	S/M/E = \$200	U = \$230*

Each massage therapy package and gift certificate expires four months from the date of purchase. Packages may not be shared.

Table Massage

These massages are done on a specially-designed table in the SRC Sports Medicine Office. A variety of massage techniques will be used. Generally 1-3 areas of the body can be treated in a 30-minute session. A 60- or 90-minute session is appropriate for either a full-body massage or therapy geared toward a client's problem areas.

On Site Educational and Stress Management Workshops

Our therapists will visit your office or residence hall to help you learn basic massage and stress management techniques to use on yourself or with a partner. For a list of topics and prices, please call 453-1263.

Techniques Used:

- Swedish Massage
- Neuromuscular Therapy
- Myofascial Release
- Shiatsu & Acupressure
- Sports Massage
- Reflexology

Certified Massage Staff:

- *Betsy Bishop, LMT, BS, NCTMB
- *William (Bill) Connell, LMT, MA
- *Sheryl Hinchcliff, LMT
- *Steve Horvath, LMT, NCTMB, BS

All of our therapists are licensed by the city of Carbondale and are members of the American Massage Therapy Association.

Need More Information:

- If you would like more information about the staff and services of the Therapeutic Massage and Body Work Service at the Student Recreation Center (SRC), please stop by the SRC Information Desk or the Sports Medicine Office or call Instructional Programs at 453-1263.
- *Listing of Therapists
- *Descriptions of Techniques
- *Gift Certificates
- *Campus Workplace "Chair" Massages
- *On-Site Educational Workshops

S/M/E= SIUC Student/
SRC Member/Emeritus
U =SIU Affiliated

*The price of a massage includes entry fee to the SRC.

The Gift of Massage

A massage is a great gift anytime of the year but especially for occasions such as:

- Birthdays
- Secretaries Day
- Anniversaries
- Boss's Day
- Graduations
- Employee Appreciation
- Valentine's Day
- Other Special Occasions



Call 453-1263 or stop by the Information Desk on the upper level of the Student Recreation Center.

Note: The price of the massage you choose as a gift is determined by your affiliation, not the affiliation of the recipient.

Youth Programs

Swim Lessons for Kids

The Youth Swim Program offers swimming instruction with classes taught by the SIUC Aquatic staff. Below is a description of each of the levels offered. Youth Swim runs for two 5-week sessions at the beginning and midpoint of the semester. Class sizes are kept small to ensure low student-to-teacher ratios. We offer three class times: (A) 9 am - 9:45 am, (B) 10 am - 10:45 am, (C) 11 am - 11:45 am. Each time is open to all levels. Ages listed are a recommendation only. Children should be in levels according to ability not age. Registration is at the Student Recreation Center Information Center. Late registrations are not accepted for any reason.

Swim Lesson Levels

Infant-Parent (ages 6-36 mos.)

An introduction for infant and toddler age swimmers in the water.
331001/332001

Toddler (ages 3-5 yrs.)

This is an acclimation class for chil-

dren with no swimming skills. It will help them become comfortable in the water and with teacher instruction without the aid of the parent.
331002/332002

Skills 1 (4-6 yrs.)

Helps students become comfortable in and safely enjoy the water.
331003/332003

Skills 2 (5-8 yrs.)

Aids children to achieve success with fundamental water skills.
331004/332004

Skills 3 (6-9 yrs.)

Builds on Skills 2 abilities by providing guidance and practice.
331005/332005

Skills 4 (6-10 yrs.)

Intermediate Strokes develops confidence in the strokes learned previously and improves aquatic skills.
331006/332006

Skills 5 (7-12 yrs.)

Advanced Strokes coordinates and refines key strokes.
331007/332007

Skills 6 (8-18 yrs.)

Advanced skills polishes strokes focusing on ease, efficiency, power, and fluidity over greater distances.
331008/332008

Youth Swim Session 1

Registration: January 12 - 30
Program Dates: Saturdays, January 31 - February 28

Youth Swim Session 2

Registration: Feb. 3 - March 19
Program Dates: Sat., March 20 - April 24 (except April 10)

Location: Pulliam Pool
Price: S/M = \$30 U/C = \$35*
Registration: SRC Information Center

Family Swim Time 333250

This open-swim time for children and their families is the perfect opportunity to practice swimming skills and simply enjoy warm water in a safe environment. No instruction is offered but lifeguards are provided.

Dates: Registration January 5
Section A: January 27 - April 27
Except March 9
Day & Time: Tuesday, 7:30 - 8:30pm

Section B: January 27 - April 27

Except March 9
Day & Time: Tuesdays,
8:30 - 9:30pm

Section C: Jan. 30 - April 3

Except March 12
Day & Time: Fridays,
7:30 - 8:30pm
Location: Pulliam Pool
Price: \$35 per family
Registration: SRC Info. Center
Minimum Enrollment: 4 families
Max Per Section: 10 families

*The 10% MULTIPLE PROGRAM discount applies to each second child or program of equal or lesser value. Youth Recreation Programs and Youth Dance Programs are also available for this discount. Refer to page 7.

Registration will begin January 5, 2004. All program dates and times are subject to change.

Recreation Programs for Kids

Youth Basketball (321107)

Learn to play like the pros!! Basic skills such as free-throw shooting, three pointers, dribbling, ball handling, and passing are covered. Ages: 7 - 11

When: Jan. 25 - Feb. 29

Time: Sundays, 1:00 - 2:15 pm

Where: Meet in the SRC Alumni Lounge. Instructor will escort participants to the activity area.

Price: S/M=\$32 U/C=\$42

Youth Aikido

Aikido is a martial art whereby the student develops a strong body and mind that is calm and free of contentiousness. The actual practice of Aikido, correctly done, is strenuous but not violent, demanding but not rough. The goal is smooth completion of action with no sense of conflict between partners.

Ages: 7 - 15

Intermediate (Section 323112/A)

Jan. 27 - May 1

(Except March 6, 9, 13 & April 10)

Tues., 4:45 - 6:00 pm &

Sat., 1:00 - 3:00 pm

Beginning (Section 323112/B)

Jan. 29 - May 1

(Except March 6, 11, 13 & April 10)

Thurs., 4:45 - 6:00 pm &

Sat., 1:00 - 3:00 pm

Price: S/M=\$70 U/C=\$80

Youth Tee-ball (321153)

This program is designed to teach the fundamentals of Tee-ball and will be applicable to both softball and baseball. Ball gloves, bats, and helmets will be provided.

Ages: 4 - 6

When: March 21 - May 2

(Except April 11)

Time: Sundays, 1:00 - 2:00 pm

Where: Meet in the SRC Alumni Lounge. Instructor will escort participants to the activity area.

Price: S/M=\$30 U/C=\$40

Youth Climbing Wall (321105)

Tackle the Student Recreation Center's 28-foot climbing wall and climbing roof. Participants will learn a variety of skills such as knot tying, bouldering, belaying, and rappelling.

Ages: 7 - 11

When: March 21 - May 2

(Except April 11)

Time: Sundays, 1:00 - 2:15 pm

Where: Meet in the SRC Alumni Lounge. Instructor will escort participants to the activity area.

Price: S/M=\$32 U/C=\$42

Youth Archery (321158)

Archery teaches concentration focus, develops fine muscle control, and builds muscles. Instruction will be provided by skilled, certified coaches in the following areas: shooting techniques, equipment maintenance, and etiquette. No equipment necessary.

Ages: 5 - 12

When: Jan. 24 - Feb. 28

Time: Saturdays, 10:00 - 10:45 am

Where: T L's Archery

3002 Airport Road Carbondale, IL

NOTE: Registration taken ONLY at the Student Rec Center's Information Desk.

Price: S/M=\$45 U/C=\$60

Fencing I (321114)

This program will introduce classic foil fencing that will develop hand-eye coordination, reflexes, poise, and self-confidence.

Foil fencing is an exciting sport with a focus on strategy, athletics, friends and fun.

Ages: 8 - 12

When: (Section #321114/A)

Jan. 25 - Feb. 29

Time: Sundays, 3:00 - 4:00 pm

When: (Section #321114/B)

Jan. 25 - Feb. 29

Time: Sundays, 4:05 - 5:05 pm

Where: Meet in the SRC Alumni Lounge. Instructor will escort participants to the activity area.

Price: S/M=\$30 U/C=\$40

Fencing II (321114)

Ages: 8 - 14

(Section 321114/C)

March 21 - May 2

(Except April 11)

Time: Sundays, 3:00 - 4:00 pm

When: (Section 321114/D)

March 21 - May 2

(Except April 11)

Time: Sundays, 4:05 - 5:05 pm

Where: Meet in the SRC Alumni Lounge. Instructor will escort participants to the activity area.

Previous fencing experience needed. New skills will build on previously learned classic foil fencing techniques. Enjoy this exciting sport and work on reflexes, coordination, and

confidence.

Price: S/M=\$30 U/C=\$40

Youth Tennis (321154)

Join us for some action on the courts. Learn skills such as serves, forehands, backhands, and volleys for competition or just for fun.

Children will be grouped according to skill level.

Ages: 7 - 15

When: March 20 - May 1

(Except April 10)

Time: Saturdays, Noon - 1:30 pm

Where: Meet at the Law School Tennis Courts.

Price: S/M=\$45 U/C=\$55

Youth Pee Wee Tennis (321156)

This is a program specifically designed for young children to learn the basics of tennis and to prepare them for the next level.

Join us for some action on the courts!

Ages: 4 - 6

When: March 20 - May 1

(Except April 10)

Time: Saturdays,

11:00 am - Noon

Where: Meet at the Law School Tennis Courts.

Price: S/M=\$38 U/C=\$48

S = SIUC Student

M = SRC Member/Emeritus

U = SIU Affiliated

C = Community

Youth Programs

Youth Dance Programs

About the Instructor

Kathleen Getch has experience in dance, primarily Ballet. Her classical ballet expertise has been defined by such schools as: Ballet Chicago (pre-professional program, 1997), The School of the San Francisco Ballet, the former Ellis-Du Boulay School of Ballet, in Chicago, the Balletakademien in Stockholm, Sweden, and the Hidden Valley School of the Performing Arts in Carmel Valley, California, where she received a scholarship and teacher training. Kathy also studied Ballet, Jazz, and Modern Dance at the Harvard University Dance Center in Cambridge, Massachusetts, during the summers of 1990 and 1991. Dame Sonia Arova was her ballet teacher at Rhodes College in Tennessee in 1989.

Kathy performed with Hancock County Dance Theatre in Maine, headed by Charlene Kent, formerly with the New York City Ballet, with the Mid-South Dance Theatre in Tennessee, directed by Helen Peterson, one of the first members of the American Ballet Theatre, and at Harvard University. Kathleen Getch has done three local television shows for the Naperville TV Station in which a number of her students performed as the "Ballerinas in Motion." She is also a certified teacher by the states of Illinois and California.

Spring Dance Recital

- Measurements will be taken & costumes selected on the first day of class.

- Be prepared to make your payment for costumes on the 2nd day of class.

- In order to have the costumes delivered on time, there will be NO EXCEPTIONS to this rule.

- Parents who cannot meet this deadline will be required to purchase costumes at selected department stores.

- Dance Recital Rehearsal Saturday, May 8, 2004, 3 - 5 pm at Furr Auditorium in Pulliam Hall.

- Dance Recital Sunday, May 9, 2004, 2:00 - 3:30 pm at Furr Auditorium in Pulliam Hall.

- Questions and comments should be directed to the Dance Instructor.

For more information call Kathy Hollister, Assistant Director at 453-1267 or Sarah Erickson, Graduate Assistant at 453-1265.

Jazz/Modern/Funk 323106/G

Description: Jazz and Modern dance will be introduced and will develop students' rhythm, coordination, gracefulness, and flexibility while they

have fun. Guest teachers in Funk and Jazz/Modern will also be featured.

Ages: 8 & above

When: January 24 - May 1

(Except March 6 & April 10)

Time: Saturdays, 2:30 - 3:30 pm

Where: Meet in the SRC Alumni Lounge. Instructor will escort participants to the Dance Studio.

Price: S/M=\$58 U/C=\$68

Beginning Tumbling and Rhythmic Gymnastics 321113

Description: This program will introduce elementary tumbling and sports acrobatic tricks accompanied by music. This class will improve agility, balance and introduce rhythmic gymnastics with hoops and balls.

Ages: 4 - 10

When: March 21 - May 2

(Except April 11)

Time: Sundays, 1:00 - 2:15 pm

Where: Meet in the SRC Alumni Lounge. Instructor will escort participants to the Dance Studio.

Price: S/M=\$40 U/C=\$50

Open Ballet Class

323106/K

Description: This intermediate to pre-professional class will include variations.

When: Jan. 23 - May 7

(Except March 5, 12, & April 9)

Time: Fridays, 4:00 - 6:00 pm

Where: Meet in the SRC Alumni Lounge. Instructor will escort participants to the Dance Studio.

Price: S/M=\$80 U/C=\$90

It is recommended that ballet participants wear leotards, tights, and ballet slippers. For Jazz/Modern/Funk participants, it is recommended that loose fitting clothing and jazz shoes (or ballet slippers) are worn.

Pre-Ballet 323106/D

Description: This class will improve coordination, posture, flexibility, and concentration skills by doing movement activities and beginning ballet routines, which will delight the young dancers.

Ages: 4 - 6

When: January 24 - May 1

(Except March 6 & April 10)

Time: Saturdays, 3:30 - 4:15 pm

Where: Meet in the SRC Alumni Lounge. Instructor will escort participants to the Dance Studio.

Price: S/M=\$55 U/C=\$65

NOTE: Parents may sit-in only for the first 5-minutes of the first session of Pre-Ballet.

Ballet I 323106/A

Description: Previous ballet or dance experience is not necessary for participation. Young dancers will learn ballet routines, which include barre exercises, center work, corner work, stage details and French terminology.

Ages: 5 - 9

When: January 24 - May 1

(Except March 6 & April 10)

Time: Saturdays, 11:00 am - Noon

Where: Meet in the SRC Alumni Lounge. Instructor will escort participants to the Dance Studio.

Price: S/M=\$58 U/C=\$63

Ballet II 323106/B

Description: This technique class, which includes barre, center, allegro, and more will present the fundamentals of classical ballet emphasizing the joy of dance.

Ages: 7 & Above

When: January 24 - May 1

(Except March 6 & April 10)

Time: Saturdays, Noon - 1:00 pm

Where: Meet in the SRC Alumni Lounge. Instructor will escort participants to the Dance Studio.

Price: S/M=\$58 U/C=\$68

Ballet III 323106/C

Description: Participants will further their development of ballet technique. Vocabulary will be expanded as it relates to center floor allegro and pirouettes. Previous dance experience recommended.

Ages: 9 & above

When: January 24 - May 1

(Except March 6 & April 10)

Time: Saturdays, 1:30 - 2:30 pm

Where: Meet in the SRC Alumni Lounge. Instructor will escort participants to the Dance Studio.

Price: S/M=\$58 U/C=\$68

Pointe I/II 323106/H

Description: The study of Pointe is a very special area of ballet technique. Developing strength and easy execution with exact articulation will be the goal of this class.

Ages: 11 & above

When: January 22 - April 29

(Except March 11)

Time: Thursdays, 4:00 - 5:00 pm

Where: Meet in the SRC Alumni Lounge. Instructor will escort participants to the Dance Studio.

Price: S/M=\$58 U/C=\$68



Teen/Adult Ballet I/II 323106/J

Description: This beginning/intermediate class will begin with classical barre exercises and progress to center floor work including basic combinations and jumps. Stretches to improve flexibility will also be included.

Ages: 12 & above

When: Jan. 25 - May 2

(Except March 7 & April 11)

Time: Sundays, 2:15 - 3:30 pm

Where: Meet in the SRC Alumni Lounge. Instructor will escort participants to the Dance Studio.

Price: S/M=\$63 U/C=\$73

Teen/Adult Ballet III/IV 323106/F

Description: This intermediate to advanced level class expands the repertoire of steps, develops strength and stamina, and focuses on technical proficiency and artistry. Pointe will be included if desired by participants.

Ages: 12 and above

When: Jan. 25 - May 2

(Except March 7 & April 11)

Time: Sundays, 3:30 - 5:00 pm

Where: Meet in the SRC Alumni Lounge. Instructor will escort participants to the Dance Studio.

Price: S/M = \$69 U/C = \$79

The 10% MULTIPLE PROGRAM DISCOUNT applies to each second child or program of equal or lesser value. Youth Swim Lessons are also available for this discount. Refer to the Aquatics section on page 6 for available programs or our Web site at: www.siu.edu/~oirs

NOTE: All dance classes are open to both boys and girls. Students taking intermediate classes are encouraged to register for more than one class.

S = SIUC Student
M = SRC Member/Emeritus
U = SIU Affiliated
C = Community

More info?
Call 453-1267

Women's Programs

Women's Swimming #324352

When: Saturdays,
Jan. 31 - May 1 (except March 6,
13, 20, and April 10)
Times: 12:15 - 12:50 pm
International women are encour-
aged to participate in this class for
women only, ages 17 or older.
Only female lifeguards will be
present. The beginner-level class
focuses on fundamental skills to
increase comfort and confidence
in the water. Advance registration
fee required at the SRC
Information Center.
Where: Pulliam Pool
Instructor: TBA
Prices: S/M/E = \$15
U/C = \$20

Women's Water Workout #321300

SECTION A:
Mondays, Jan. 26 - April 5
7:30 - 8:30 pm (except March 8)

SECTION B:

Thursdays, Jan. 29 - April 8
(except March 11)
7:30 - 8:30 pm
This program is for women only.
It allows women to workout in the
presence of female staff and
participants. Water fitness is a
great way to cross-train, while
being refreshed, and you don't
have to know how to swim
because participants' heads never
go under water.
Where: Pulliam Pool
Instructor: Kathy Getch
Prices: S/M/E = \$15
U/C = \$20

Small Group Strength Training #311257

Learn to set realistic goals! A vari-
ety of training techniques and
programs will be presented for
you to choose the one that best fits
your needs. (Includes a general
orientation about the use of
Nautilus equipment)

For women only:

Days/Times: Tuesdays &
Thursdays, 4:00 - 5:00 pm
Section A: February 3 - 19
Section B: March 23 - April 8
Instructor: Kelly Hoffman
Location: SRC Fitness Forum
Prices: S/M/E=\$36 U/C=\$53*
Min: 4 **Max:** 6

For more information on Women's
Swimming or Women's Water Workout,
please call Kathy Hollister at 453-1267.



The Wenlido Symbol
"Wenlido" means
"the way of women's
strength." Our symbol
is the Greek symbol
for "women" com-
bined with the oriental
symbol for strength.

S/M/E = SIUC Student/SRC
Member/Emeritus
U/C = SIU Affiliated/Community

*Includes entry to Student
Recreation Center

Wenlido #311509 Self-Defense for Women

Wenlido self defense is designed
specifically for women and
children and the types of attacks
they may face. Each class
involves hand-on practice of
effective, easy to learn verbal
and physical self defense
techniques in a safe, fun and
supportive atmosphere.
Days/Times: Mondays,
6:00 - 8:00 pm
Section A: Jan. 26 - March 1
Section B: March 22 - April 26
Mondays, 6:00 - 8:00 pm
Location: Room 158
Instructor: Jennifer Hiebert
Prices: S/M/E=\$32 U/C=\$49*
Min: 10 **Max:** 16

For more information on Small Group
Strength Training or Wenlido, please
call Instructional Programs at 453-1263
or 453-1272.

Disabled Student Recreation

The Disabled Student Recreation
(DSR) program sponsors recre-
ational activities with modifica-
tions and adaptations to meet the
needs of students with hearing,
vision, or mobility disabilities.

Individualized Fitness

When: Jan. 21 - May 2
This partner-assistance program is
free and will focus on cardiovas-
cular improvement, strength and
endurance, and physical condition-
ing. Call 453-1266 to sign-up for
a workout partner.
Note: Program orientation meet-
ing Tuesday, January 20, 7:00 pm,
SRC Alumni Lounge.

Adaptive Horseback Riding*

When: March TBA
Mondays, 7:00 - 9:00 pm
Where: Boskydell Riding Stables
Come horse around with DSR in
an indoor riding hall. Get profes-
sional instruction on riding tech-
niques. Assistants and
transportation
available.
Call 453-1266
for more
information
* Fee Required



Wheelchair Tennis

By appointment only.
Lessons are available for players
who wish to brush up on their ten-
nis game or learn the fun and
exciting sport of tennis. Call 453-
1266 for more information.

Wheelchair Basketball

By appointment only. Learn the
rules and strategy of the game.
Call 453-1266 for details.

Swimming

Mondays, Wednesdays, Fridays
When: Jan. 21 - April 30
(Not Meeting March 8, 10, 12, 15,
17, and 19).
Section A: 10:00 - 10:45 am
Section B: 11:00 - 11:45 am
Where: Pulliam Pool
Make a splash in the water!
Specially-designed exercises and
equipment are provided to assist
individuals in strengthening muscles
and cardiovascular workouts.
Staff available for assistance in
pool and locker room. Flotation
devices provided.

Bowling & Billiards

When: Jan. 22 - April 29
(Not Meeting March 11)
Thursdays, 6:00 - 8:00 pm
Where: Student Center
Bowling Alley
Whether a beginner or already
familiar with the sport, you'll have
a great time bowling with us or
playing pool! Adapted equipment,
instruction and league format
provided.

D.A.W.G. (Discover Adventure Wilderness Group)

DAWG is a group of adventure-
some spirits who wish to enhance
the quality of life for people with
and without disabilities through
implementation of vocational
opportunities, therapeutic recre-
ation interventions, and adventure-
based programs.
Check us out for activities such as
the Hidden Valley Ski Trip,
Adventure Canoe Trip, and Third
Annual Softball Classic.

Dig It!!!!

Join us in one of our newest
ventures - cultivating gardens!
This program is designed for any-
one with any level of ability, from
the beginner to the experienced
gardener. The how-to's, appropri-
ate and adaptive tools, and an
accessible location are available
for participants who wish to
enhance their creativity by getting
in touch with the natural world.
We'll design a garden bed, take a
trip to a gardening center, pur-
chase plants, and plant them.
Beyond periodic maintenance, all
we need to do is watch our garden
grow! Can you Dig It?



For more information on the programs listed and other
programs such as Aerobics, Racquetball and T'ai Chi,
please call 453-1266.

Aquatics

Private Swim Lessons

Days and Times:

Scheduled on an individual basis, lessons can be tailored to fit any swimming level. There is a 1:1 or 1:2 instructor-to-student ratio. Sessions are 30 minutes in length.

Price: S/M U/C
Per session #334203 \$15 \$17
5 session pass #334204 \$60 \$75
Registration: SRC Information Center

Adult Group Swim Lessons # 331201 (8 Lessons)

Session A:

Days: Mondays and Wednesdays,
Dates: January 20 - February 18

Times: 6:00 pm - 7:00 pm

Session B:

Days: Mondays and Wednesdays,
Dates: March 22 - April 14

Times: 6:00 pm - 7:00 pm

Location: Student Recreation Center

This program provides adults with beginner-level swim instruction. Classes are offered on an instructor-to-student ratio of 1:7. The sessions focus

on fundamental skills to increase comfort and confidence in the water.

Price: S/M = \$25
U/C = \$30*

Registration: SRC Information Center
Minimum Enrollment: 4

Swim For Fitness # 331202

Days & Times:

Mondays and Wednesdays,
6:00 pm - 7:00 pm

Dates:

Session A: January 26 - February 18
Session B: March 22 - April 14

Location: SRC Pool

This class will teach the fundamentals of swimming for fitness. These skills will help you to enjoy the water, to be safe, and to discover a new exercise environment. You will learn fitness fundamentals and healthy life-style alternatives. This class will be formatted similarly to competitive swim team practice sessions for adults.

Price: S/M U/C

Session A or B \$25 \$30
Both Sessions \$40 \$50

Registration: SRC Information Center
Minimum Enrollment: 4
Swim Lesson Supervisor:
Jessi Lawson 453-1276

Family Swim Time # 333250

Dates: Registration January 5
Section A: January 27 - April 27

Except March 9

Day & Time: Tuesdays,
7:30 - 8:30 pm

Section B: January 27 - April 27

Except March 9

Day & Time: Tuesdays,
8:30 - 9:30 pm

Section C: January 30 - April 30

Except March 12

Day & Time: Fridays, 7:30 - 8:30 pm
Location: Pulliam Pool

This open-swim time for children and their families is the perfect opportunity

to practice swimming skills and simply enjoy warm water in a safe environment. No instruction is offered but lifeguards are provided.

Price: \$35 per family
Registration: SRC Information Center
Minimum Enrollment: 4 families
Maximum Per Section: 10 families

S = SIUC Student
M = SRC Member
U = SIU Affiliated
C = Community

* = SIU Affiliated & Community
Fees include the entry fee into the Student Recreation Center

For more information
please call
Aquatics Programs at
453-1376.

Lifeguard Training

Lifeguard Training # 331151

Lifeguard Training uses American Red Cross course curriculum in basic lifeguarding skills. Topics to be covered include care for injuries, illness, and medical emergencies. Skills of water rescue will also be taught emphasizing pool lifeguarding only. Lifeguard training classes are conducted by American Red Cross Lifeguard Instructors. Course completion does not guarantee employment.

Course Prerequisites:

- *15 years of age
- *500-yard swim including 200 yards of breast stroke and 200 yards of free style
- *Swim out 20 yards, retrieve a 10-

pound brick from 7-foot depth and swim back with the brick.

Dates: January 20 - March 4
March 16 - April 29

Days & Time:

Tuesdays & Thursdays, 6:00 - 9:00 pm
Location: SRC Pool

Price: \$90
\$20 payable to SIUC at registration.
\$45 payable to American Red Cross the first night of class.

\$25 payable to the instructor the first day of class. Price includes instruction, texts, and certification processing.
Registration: SRC Information Center
Minimum Enrollment: 6
Lifeguard Training Supervisor:
Erin McGuire 453-1276

Scuba Diving

#331101

Session A: January 22 - February 26
Session B: March 25 - April 29

Days & Time: Mondays & Thursdays,
6:00 pm - 9:00 pm

Location: SRC Pool

Students will need some personal SCUBA Equipment. This course consists of 10 evening sessions of alternating classroom work and in-water SCUBA equipment work. Students will achieve four open-water dives and will be issued a certification card upon satisfactory completion of the class.

Price: \$295 (see below)

\$50 payable to SIUC at registration.
\$245 payable to the instructor the first night of class.

Registration: SRC Information Center
Minimum Enrollment: 4
Any questions about SCUBA contact
Joe Madel at 303-0326.

Spring Board Diving

#333275

Learn and perfect Spring Board Diving techniques. For beginners to advanced students. Taught by SIUC's Diving Coach.

Price: Please note there are 2 payments
Payable to SIUC

- 1 or 2 practices/week
- \$24 per month or \$90/semester
- 3 practices/week
- \$36 per month or \$110/semester

Payable to Instructor

- 1 practice per week, \$40/month
- 2 practices per week, \$60/month
- 3 practices per week, \$90/month

Call Joy Zhao for more
information on Spring
Board Diving
at 549-7540 or 201-0041.



Adult CPR #333051

Session A: Wednesday, February 18
Session B: Wednesday, March 24

Session C: Wednesday, April 21
(You only need to attend one of the above sessions.)

Time: 6 - 10 pm

Location: Student Recreation Center
Skills taught include rescue breathing, care for choking victims, and adult CPR. Price includes text, instruction, and certification processing.

Price: \$10 payable to SIUC at registration; \$18 payable to American Red Cross at the beginning of class; \$5 payable to Instructor the first day of class.

Minimum Enrollment: 4

CPR & First Aid Training

CPR For The Professional Rescuer #331051

Session A: Tuesday, February 10 &
Thursday, February 12
6 - 10 pm

Session B: Tuesday, March 30 &
Thursday, April 1
6 - 10 pm

Session C: Saturday, April 10
Noon - 8 pm

Location: Student Recreation Center
(You only need to attend one of the above sessions.)

This class teaches participants the skills for adult, child, and infant CPR, CPR with two rescuers, care for choking victims, and rescue breathing. Price includes text, instruction, and certification processing.

Price: \$10 payable to SIUC at reg-

istration; \$17 payable to American Red Cross at the beginning of class; \$10 payable to Instructor the first day of class.

Minimum Enrollment: 5

Community First Aid & Safety #331052

Date: Sunday, April 4
Time: Noon - 8 pm

Location: Student Recreation Center
This class teaches participants the skills for adult, child & infant CPR, care for choking victims, rescue breathing, and First Aid techniques. Price includes text, instruction, and certification processing.

Price: \$10 payable to SIUC at registration; \$22 payable to American Red Cross at the beginning of class; \$10 payable to Instructor the first day of class.

Minimum Enrollment: 5

First Aid Basics #331053

Session A: Thursday, February 19
Session B: Thursday, April 8

Time: 6 pm - 10 pm

Location: Student Recreation Center
(You only need to attend one of the above sessions.)

This class teaches participants how to control bleeding, splinting injuries, caring for sudden illness, and treating burns.

Price: \$10 payable to SIUC at registration \$22 payable to American Red Cross at the beginning of class \$5 payable to Instructor the first day of class

Minimum Enrollment: 4

CPR and First Aid Supervisor:
Erin McGuire
453-1276 or 536-5531.

the rec sport shop

Your location for athletic
gear and supplies.

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Champion



Call 453-7536

HOURS:

Mon - Fri: 7:30am-7pm

Saturday: 10am-5pm

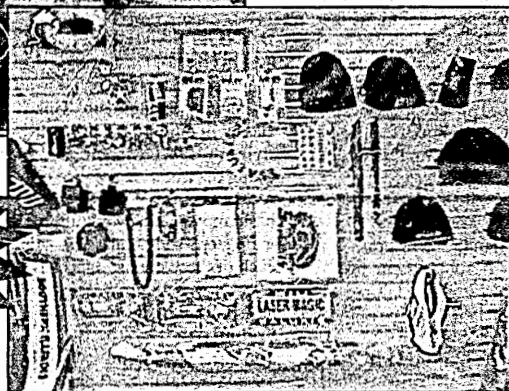
Sunday: Noon-5pm

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IN STORE FOR YOU!



**STOP BY
TODAY!**

**OFFICIAL
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SPECIAL OFFER FOR YOU!



\$5⁰⁰ OFF

ANY SPEEDO SWIMSUIT

"I SWEAT AT THE REC" Work-out Towel

ONLY \$5⁰⁰ *Regular price \$10.95*

Nalgene water bottles for \$10⁰⁰

Regular price \$13.75

Other discounts do not apply. Expires May 31, 2004.

Dance

BALLROOM DANCE #311117

About the Instructors:

Greg and Pat White have been active social dancers for over fifteen years, and have been teaching ballroom, Latin, swing, and nightclub dances for the last four years. They are certified as dance instructors by the national dance organization, DVIDA, and have studied with some of North America's top ballroom, Latin and swing dance professionals. In their teaching, Greg and Pat seek to pass on the knowledge they've learned so that others can also maximize their enjoyment of dancing.

SMOOTH BALLROOM DANCES

Section A:

When it comes to ballroom dancing, the only people not having fun are the ones not dancing. Learn the most popular "smooth" ballroom dances of waltz, foxtrot, and tango. This class emphasizes good dance technique, lead and follow, and connection between the two partners.

Day/Time:

January 29 - March 4

Thursdays, 6:45 - 8:15 pm

Location: Aerobic Room

Prices: S/M/E = \$30 U/C = \$47*

Min: 10 Max: 30

LATIN AND NIGHTCLUB DANCES

Section B:

With Latin music becoming more popular, the Cuban dances of cha cha and rumba are now back in vogue. Also learn nightclub two-step, a dance sweeping the country, which can be done to slow popular music.

Day/Time:

March 25 - April 29

Thursdays, 6:45 - 8:15 pm

Location: Aerobic Room

Prices: S/M/E = \$30 U/C = \$47*

Min: 10 Max: 30

EAST COAST SWING (Beginning) #311109

You've seen it and liked it and wished you could do it, too. Now you can. If you want to learn how to do this exciting and fun dance with all the spins and turns, this is your chance. Sign up today and join us in the fun.

Section A:

January 28 - March 3

Wednesdays, 8:00 - 9:00 pm

Section B:

March 24 - April 28

Wednesdays, 8:00 - 9:00 pm

Location: SRC Dance Studio

Prices: S/M/E = \$22 U/C = \$39*

Min: 8 Max: 20

Instructor: Areerat King

EAST COAST SWING (Continuing) #311111

The same great dance the same great fun only with new and somewhat more advanced steps. Our program will ease you into the appreciation of some more intricate swing moves. Enjoy your dancing even more!

Section A:

January 28 - March 3

Wednesdays, 9:00 - 10:00 pm

Section B:

March 24 - April 28

Wednesdays, 9:00 - 10:00 pm

Location: SRC Dance Studio

Prices: S/M/E = \$22 U/C = \$39*

Min: 8 Max: 20

Instructor: Areerat King

DANCE SAMPLER #311118

Dance is a fun and creative way to get moving and tone up! This class will explore the different styles of Ballet, Modern, and Jazz. Using the traditional dance class format as a core for warm-up and basic movements, we will go on to learn steps and combinations in each of these classic dance styles. Stretching will also be included as an important part of your workout.

Section A:

January 27 - March 2

Tuesdays, 7:00 - 8:30 pm

Section B:

March 23 - April 27

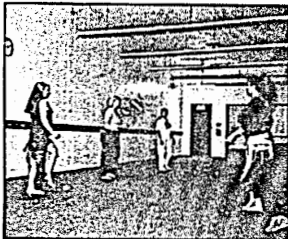
Tuesdays, 7:00 - 8:30 pm

Location: SRC Dance Studio

Prices: S/M/E = \$26 U/C = \$43*

Min: 8 Max: 30

Instructor: Barbara Niechciol



MIDDLE EASTERN DANCE (Beginning) #311108

If you are looking to add a new dimension to your life, learn the basics of belly dancing. It is a great way to reduce stress, increase flexibility/coordination, and center yourself on a personal

level. Exercise, relax, and have fun at the same time. No previous dance experience necessary.

Day/Time:

January 26 - April 26

Mondays, 5:30 - 7:00 pm

(Except March 8 & 15)

Location: SRC Dance Studio

Prices: S/M/E = \$32 U/C = \$49*

Min: 10 Max: 20

Instructor: Tedi Thomas

MIDDLE EASTERN DANCE (Continuing) #311104

Beyond the basics - moving into the heart of Middle Eastern dance - improvisation. Topics to be covered in this course include: basic rhythms used in Middle Eastern music; movement layering techniques; and phrasing between the dance and the music. Beginning ME dance recommended or consent of instructor.

Day/Time: January 28 - April 28

Wednesdays, 5:30 - 7:00 pm

(Except March 10 & 17)

Location: Dance Studio

Prices: S/M/E = \$32 U/C = \$49*

Min: 10 Max: 20

Instructor: Sedonia Sipes

Open Ballet Class

#323106/K

The level of this class will be intermediate through pre-professional. It will include pointe, advanced stretches, and dance repertoire.

Days/Times:

Fridays, Jan. 23 - May 7

(Except March 5, 12 & April 9)

4:00 pm to 6:00 pm

Location: SRC Dance Studio

Instructor: Kathy Getch

Prices: S/M/E = \$80 U/C = \$90

Teen/Adult Ballet I/II

#323106/J

This beginning/intermediate level class will begin with classical barre exercises and progress to center floor work including basic combinations and jumps. Stretches to improve flexibility will also be included.

Days/Times:

Sundays, Jan. 25 - May 2

(Except March 7 & April 11)

2:15 - 3:30 pm

Location: SRC Dance Studio

Instructor: Kathy Getch

Prices: S/M = \$63 U/C = \$73

Teen/Adult Ballet III/IV

#323106/F

This intermediate/advanced level class expands the repertoire of

steps, develops strength and stamina and focuses on technical proficiency and artistry.

Days/Time:

Sundays, Jan. 25 - May 2

(Except March 7 & April 11)

3:30 pm - 5:00 pm

Location: SRC Dance Studio

Instructor: Kathy Getch

Prices: S/M = \$69 U/C = \$79

* Price includes entrance fee into the Student Recreation Center



For more information about ballet classes, please contact Sarah Erickson (453-1265) or Kathy Hollister (453-1267).

S/M/E = SIUC Student/SRC Member/Emeritus U/C = SIU Affiliated/Community

*The 10% MULTIPLE PROGRAM discount applies to each second child or program of equal or lesser value. Youth Recreation Programs and Youth Dance Programs are also available for this discount. Refer to those brochures.

Personal Training

Is a Personal Trainer For You?

Q. Do you have trouble showing up three or four times a week to exercise?

Q. Are you uncertain how to use all the equipment or which equipment is right for you?

Q. Do you sometimes feel you are just "going through the motions" and not achieving the results you want?

Q. Have you reached a plateau in your progress?

Q. Is it difficult to motivate yourself to try harder each time?

Q. Do you need more guidance to get the most from your exercise program?

If you answered "yes" to any of these questions, you may need a personal trainer.

WHAT IS A PERSONAL TRAINER?

A qualified personal trainer is someone who has the expertise, educational background and diagnostic know-how to design an individualized exercise program for you.

WHY HIRE A PERSONAL TRAINER?

- Achieve faster results
- Challenging workouts
- Fun
- Improve self image
- Increase bone density
- Increase strength
- Learn proper progression
- Motivation
- Reduce body fat
- Reduce coronary risk
- Reverse aging process
- Performance enhancement
- Learn weight resistance training



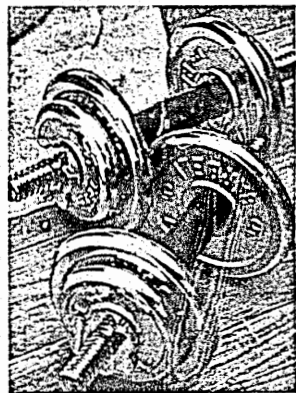
ABOUT OUR TRAINERS...

Our trainers are qualified with credentials ranging from university degrees to certifications from accredited health/fitness associations. Male and female trainers are available.

SPECIFIC TRAINING INTERESTS

• **Weight Management**
Whether you want to lose body fat, change your shape, gain energy or simply look and feel better, our personal trainers can assist you in creating positive long-term strategies for weight management.

• **Sport Specific Training**
Are you looking to improve balance, coordination, speed, strength, endurance or flexibility? Our personal trainers specialize in performance enhancement for numerous recreational activities, including tennis, golf, swimming, basketball, running and cycling.



HOW TO GET STARTED: FITNESS ASSESSMENT

Step 1: Before hiring a personal trainer it is recommended, not required, that you complete a fitness assessment. These are free to SIUC students and SRC members at the SRC Sports Medicine Office. Call 453-1292 to make an appointment.

NUTRITION CONSULTATION

Step 2: It is also recommended, not required, that you have a nutrition consultation. These are offered free to SIUC students by the SIUC Wellness Center. Call 536-4441 for more information. If you are not a SIUC student, please make arrangements by calling 453-1263 or 453-1272. There is an additional charge of \$12 for this assessment.

PERSONAL TRAINING PACKET

Step 3: After purchasing your desired Personal Training package, a complete Personal Training Packet will be provided for you. This packet will contain all necessary paperwork and instructions. If you have further questions regarding our PT program, you may contact our office at 453-1263 or 453-1272. Thank you.

One-Hour Fitness Consultation #914252

A one-on-one (1 hour) orientation for those who want to learn the correct and proper techniques (seat adjustments, body position, use and setup of machines and a review of the muscle group applications) for using the weight training machines in the SRC Fitness Forum and/or the exercise equipment in the SRC.

Call 453-1263 or 453-1272 for an appointment.

Prices: S/M/E = \$20
U/C = \$24*

*includes entry to the Student Recreation Center

Canceling/Rescheduling Appointments:

To cancel and/or reschedule an appointment, please respect the personal trainer by calling them directly or notifying our office at (618) 453-1263 or 453-1272 at least 24 hours in advance. Missed appointments without this notice will be counted as a session. If a change of trainer is requested, our office will accommodate this change only if the request is made before the purchased package has expired.

Refund Policy:

Refunds on personal training packages will be given only for medical emergencies or extenuating circumstances. There will be a 25% cancellation fee. Packages expire 4 months from the date of purchase.



PRICES OF PERSONAL TRAINING PACKAGES:

Package:	# of Sessions	S/M/E	U/C
#914253	1 3	\$62	\$74*
#914254	2 6	\$110	\$133*
#914255	3 12	\$206	\$254*
#914256	4 18	\$288	\$360*
#914257	5 24	\$360	\$456*

* Includes entry fee to the Student Recreation Center
Each personal training package expires 4 months from the date of purchase.

Note: If you are not a SIUC student or member of the SRC, a \$2 deposit (which will be refunded on day of use only) will be required to use the SRC.

S/M/E = SIUC Students/SRC Members/Emeritus
U/C = SIUC Affiliated/Community

Give a Personal Training Gift Certificate

The perfect gift for someone who wants to get in shape and doesn't know where to start.



For more information, please call
453-1263.

Fitness University

Programs for Small Group Strength Training

Fitness University is a series of programs and information sessions designed to increase your knowledge of fitness and the equipment available for you at the Student Recreation Center.



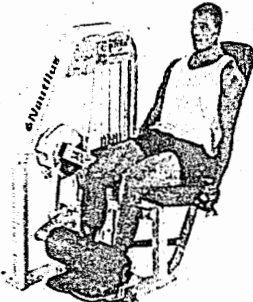
****New this semester****

A staff personal trainer will be available every Monday night from 4 - 6 pm starting January 19 - April 26 to help answer simple questions on proper form, weight lifting techniques and Nautilus machine set up. The personal trainer on duty will divide time between the two weight rooms.

Fitness 101 #311256

Our Fitness program is a small group strength training program **For Active Adults** that is designed to teach you how to set realistic goals. A variety of training techniques and programs will be presented for you to choose the one that best fits your needs. (This class includes general orientation about the use of

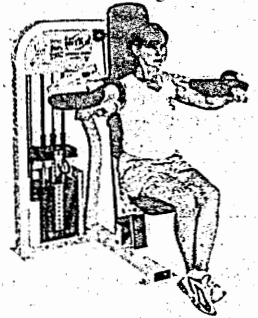
Nautilus equipment).
Section A: Feb. 3 - 19
 Tuesdays and Thursdays
 9:00 - 10:00 am
Section B: March 23 - April 8
 Tuesdays and Thursdays
 9:00 - 10:00 am
Instructor: Jenna Brunaugh
Location: SRC Fitness Forum
Price: S/M/E=\$36 U/C=\$53*
 Min: 4 Max: 6



Fitness 102 #311257

Fitness 102 is a small group strength training program specifically designed **For Women Only**. This Program will teach women how to set realistic goals. A variety of training techniques and programs will be used to

educate you in the special fitness needs of women.
Section A: Feb. 3 - 19
 Tuesdays and Thursdays
 4:00 pm - 5:00 pm
Section B: March 23 - April 8
 Tuesdays and Thursdays
 4:00 pm - 5:00 pm
Instructor: Kelly Hoffman
Location: SRC Fitness Forum
Price: S/M/E=\$36 U/C=\$53*
 Min: 4 Max: 6



Fitness 103 #311358

Fitness 103 is a small group strength-training program for the general population. Our instructors will help design a weight-training program and establish fitness goals that are obtainable.
Section A: Feb. 3 - 19
 Tuesdays and Thursdays
 10:00 am - 11:00 am
Section B: March 23 - April 8
 Tuesdays and Thursdays
 10:00 am - 11:00 am
Instructor: Steve Horvath
Location: SRC Fitness Forum
Price: S/M/E=\$36 U/C=\$53*
 Min: 4 Max: 6



S/M/E=SIUC Student/SRC Member/Emeritus
 U/C=SIU Affiliated/Community

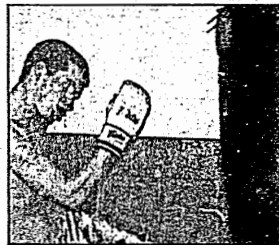
Boxing Training

This program will emphasize using the "boxer's workout" to get in the best shape of your life. The benefits include an increased sense of confidence and over-all fitness, while teaching you some form of self defense. Participants will learn the basics of boxing: stances, punches, defenses, and strategies. As you become more familiar and comfortable with these skills, controlled sparring sessions, in which two individuals simulate an actual boxing match, will be held. Headgear and mouthpieces will be used and the intent is to practice what you have learned in an actual boxing situation. Some equipment is provided but hand wraps are required and your own bag gloves are recommended.

About the Instructor
 Mr. Jihad Baker has been involved in some form of boxing for the last 10 years. Coaching

since 1991, he is a certified personal trainer with Aerobic Pipeline and a registered coach with USA Boxing. Mr. Baker has also competed in national tournaments, having won the Golden Gloves Tournament in St. Louis in 1999. He stresses learning the art of elusiveness (the ability not to get hit), as opposed to concentrating on hitting.

Boxing Training #311501
Section A: Jan. 26 - March 3
Times: MW, 6:00 - 8:00 pm
Section B: Jan. 27 - March 4
Times: TTh, 2:00 - 4:00 pm
Section C: March 22 - April 28
Times: MW, 6:00 - 8:00 pm
Section D: March 23 - April 29
Times: TTh, 2:00 - 4:00 pm
Prices: S/M/E=\$77 U/C=\$94*
Location: Martial Arts Room
 Min.: 10 Max.: 30
 Note: Hand wraps are included in the fee.



For more information, please call 453-1263.

*Includes entry fee into the Student Recreation Center

www.siu.edu/~oirs

Thai Box

Thai box is a class that utilizes the Eastern fighting style of Muay Thai Kickboxing to achieve a full body workout. Participants will utilize punching bags, wraps, gloves, and ropes while developing physical strength, endurance and confidence. It is a great way to relieve stress, improve muscle tone, and burn calories.

Thai Box #311004
Section A: Jan. 26 - March 3
Times: MW, 8:00 - 9:00 pm
Section B: March 22 - April 28
Times: MW, 8:00 - 9:00 pm
Prices: S/M/E=\$36 U/C=\$55*
Location: Martial Arts Room
 Min.: 8 Max.: 12
 Note: Hand wraps are included in the fee.
 S/M/E=SIUC Student/SRC Member/Emeritus
 U/C=SIU Affiliated/Community

(618) 536-5531



T'ai Chi



About The Instructor

Han-Choa Hwang
Master Han C. Hwang is a high level T'ai Chi Master with forty-five years of experience in the practice of T'ai Chi. He was formerly the director and coach at the T'ai Chi Association of Taiwan. Since 1987, Master Han has been teaching T'ai Chi classes at Southern Illinois University Carbondale and private classes in the Carbondale area. Master Han is known as an excellent teacher who is very good with beginning students as well as with those more advanced. He teaches T'ai Chi System Programs including: Relaxation, Self Defense, Sword, Chi Power (Qigong), Chinese Foot Massage, and adapted T'ai Chi. Master Han is also trained in Chinese Acupuncture. He teaches students how to control their Chi energy and send it through the acupuncture meridians creating a balanced condition that can make us live a healthier, stronger, and longer life.

T'ai Chi Relaxation

#311205

A Moving Meditation

This program is for both beginning and continuing students.

- * General Chinese exercise;

reduces stress

- * Safe, natural & proven (2000+ years old)
- * Reduces weight & promotes wellness
- * Increases flexibility, strength, balance and endurance
- * Retards aging & increases longevity
- * Excellent cross-training benefits for athletes
- * Improves mind-body coordination

- * Lowers high blood pressure and promotes cardiovascular fitness
- * Suitable for all ages!

Section A: Jan. 27 - March 2

Tuesdays, 6:00 - 7:00 pm

Location: Room 158

Section B: Jan. 29 - March 4

Thursdays, 6:00 - 7:00 pm

Section C: March 23 - April 27

Tuesdays, 6:00 - 7:00 pm

Section D: March 25 - April 29

Thursdays, 6:00 - 7:00 pm

Location: SRC Dance Studio

Min.: 10 Max.: 30

Note: Master Han teaches

relaxation from the text "The Complete Book of T'ai Chi" by Stewart McFarlane (in this book the 105 postures of Yang form of T'ai Chi have been modified into a simplified form of 37 postures. Chen Man Ching created this simplified form).

T'ai Chi Self-Defense

#311207

This program is for both beginning and continuing students.

- * Learn how to defeat your assailant without ever touching them!

- * Safe & no risk of injury

- * Suitable for all ages (especially appropriate for women)

Section A: Jan. 27 - March 2

Tuesdays, 5:00 - 6:00 pm

Section B: March 23 - April 27

Tuesdays, 5:00 - 6:00 pm

Location: SRC Dance Studio

Min.: 10 Max.: 30

T'ai Chi Sword #311208

This program is for both beginning and continuing students.

- * Learn this Chinese art of

fencing

- * Many mental & physical benefits

- * Increases mind-body coordination

- * Both fun and productive!

Section A: Jan. 29 - March 4

Thursdays, 5:00 - 7:00 pm

Section B: March 25 - April 29

Tuesdays, 5:00 - 6:00 pm

Location: SRC Dance Studio

Min.: 6 Max.: TBA

Chinese Foot Massage

#311202

- * Find & treat ailments by massaging the corresponding reflex-zones in the feet

- * Increases the body's natural

healing powers

- * Speeds nutrients to affected areas

* Techniques will serve you throughout your lifetime

Section A: Jan. 27 - March 2

Tuesdays, 4:00 - 4:45 pm

Section B: March 23 - April 27

Location: SRC Alumni

Conference Room

Min.: 10 Max.: 12

Qigong Power #311201

This program is for both Beginning and Continuing students. Focus is on particular parts of the body as requested.

- * Uses "postnatal Chi" to ignite "innate Chi" to flow (Chi = Bio-energy)

- * Promotes relaxation & beneficial abdominal breathing techniques

- * Increases natural healing process; good for health & mental awareness!

When: Jan. 29 - March 4

Thursdays, 4:00 - 4:45 pm

Location: SRC Alumni

Conference Room

Min.: 10 Max.: 12

Adapted T'ai Chi

- * T'ai Chi can be adapted to fit the needs of individuals with disabilities

- * Assists the rehabilitation process

- * Increases strength and endurance

- * Enhances health and functioning

Dates: March 25 - April 29

Times: Thursdays, 4:00 - 4:45 pm

Location: SRC Alumni

Conference Room

To discuss a program to fit your needs, call 453-1272.

Kung-Fu

An ancient form of martial arts that incorporates an effective self-defense regimen with an element of artistic expression.

Kung-Fu is an excellent coordination builder that truly focuses on self discipline, self-respect, and respect of others. Though competitive opportunities are available, Kung-Fu focuses more on individual development. Both beginners and advanced students are welcome. If a student is physically limited in any way, the instructor will do his best to accommodate them by modifying techniques. Traditionally, there is no color belt system, but Mr. Davis has developed a color belt system for his own students to accommodate the American mindset in regards to Martial Arts.

About the Instructor:

Mr. Larry M. Davis began his Martial Arts training in 1977 and began his training in White Tiger King-Fu in 1990. He is currently ranked as a 'third level' or 'Golden Dragon' instructor/student and has taught continuously in this community since 1994. The instructor maintains a strict but friendly classroom atmosphere while stressing safety, passing on this traditional style, but avoiding the injurious training methods often employed in traditional martial art systems.

Adult Program

This program is for both Beginning and Continuing students.

Section A: 311352A

January 26 - March 3

Mondays & Wednesdays,

7:30 - 9:00 pm

Section B: 311352B

March 22 - April 28

Mondays & Wednesdays,

7:30 - 9:00 pm

Location: SRC Aerobics Room

Instructor: Marty Davis

Min.: 13 Max.: 30

Price: One Section:

S/M/E=\$32 U/C=\$49*

Both Sections:

S/M/E=\$57 U/C=\$88*

When you purchase both sections,

you get a 10% discount.

*Includes entry fee into the SRC.

For more information,
call 453-1263



Prices:	S/M/E	U/C
T'ai Chi Relaxation	\$22	\$39*
Qigong Power	\$22	\$39*
T'ai Chi Self-Defense	\$22	\$39*
T'ai Chi Sword	\$22	\$39*
Chinese Foot Massage	\$22	\$39*

S/M/E = SIUC Student/SRC Member/Emeritus

U/C = SIU Affiliated/Community

*Includes entry into the SRC

For more information call
Instructional Programs at 453-1263.

Fitness Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30 am-7:15 am		Early Bird Weight Training (AR)	Early Bird Cardio Crunch (AR)	Early Bird Weight Training (AR)				
12:15 pm-1:00 pm	Cardio Lunch (AR)		Cardio Lunch (AR)		Cardio Lunch (AR)			
1:00 pm-2:00 pm						Splash Splash Saturday (NA)		
2:00 pm-3:00 pm	Abs of Steel (AR)		Abs of Steel (AR)			*Denotes registration required to guarantee class participation. Call 453-3020 to reserve your space. Back To School Aerobics Monday-Friday January 12 - 16, 5:00 - 6:00 pm (MSC 4 & 5) Regular Spring Schedule January 20 - April 5 Finals Aerobics May 3-7, 5:00-6:00 pm (AR) Holiday Cancellations Martin Luther King Holiday Monday, January 19 Spring Break March 6-14 Note: This schedule changes during University breaks and is subject to change without notice. This includes instructors. AA = Activity Area AR = Aerobics Room DS = Dance Studio DW = Diving Well NA = SRC Natatorium RC = Racquetball Court MAR = Martial Arts Room RM 158 = Assembly Room East		
5:00 pm-5:30 pm		Cario Basics Hi/Lo (AR)		Cario Basics Step (AR)	Bench 30 (AR)			
5:00 pm-6:00 pm	Red Hot Hi/Lo (AA)		Red Hot Hi/Lo (AA)					
5:00 pm-6:00 pm	H2O Challenge (NA)		H2O Challenge (NA)		H2O Challenge (NA)			
5:00 pm-6:00 pm	Weight Training (AR)		Weight Training (AR)					
5:00 pm-6:00 pm	*X-treme Ride (RC8)							
5:15 pm-6:00 pm			*Road Rally (RC8)		*Training Whseels (RC8)			
5:30 pm-6:00 pm		Rock Bottom (AA)		Rock Bottom (AA)	Build 30 (AR)			
6:00 pm-6:30 pm					Ball 30 (AR)			
6:00 pm-7:00 pm		Kickboxing (AA)		Kickboxing (AA)				
6:00 pm-7:00 pm		*Tour De Fitness (RC8)		*Tour De Fitness (RC8)				
6:00 pm-7:00 pm		In the Deep (DW North)		In the Deep (DW North)			In the Deep (DW North)	
6:15 pm-7:15 pm	Step-N-Jab (AA)		Step-N-Jab (AA)					
7:00 pm-8:00 pm		Cardio Hip-Hop (AR)						

Early Bird Cardio Crunch
Jump start your metabolism. Come join us for an early morning workout, get up, get fit, and get going.

Red Hot Hi/Lo
Join us for an awesome workout, great music, and good old fashioned calorie burning!

Cardio Basics
Get the basics of hi/lo and step while burning calories, having fun, and getting in SHAPE!

Cardio Lunch
A 45-minute class that is perfect for the lunch hour exerciser. Cardio Lunch is a combination platter...the low-fat option!

H2O Challenge
If you're looking for a great way to cross-train, try the resistance of water! Training in water is gentle on your joints while providing a great resistance and cardio workout that will leave you feeling energized and refreshed.

In the Deep
Experience the benefits of this great non-weight bearing form of exercise. Buoyancy belts are provided. Comfort in the deep water is highly recommended.

Splash Saturday
Splash Splash Saturday (SSS) is the perfect break in your day to enhance your weekend! Have fun and enhance your fitness. Let SSS reenergize you and help you stay fit.

Kickboxing
This aerobic exercise class is an interval training program incorporating the sport-specific techniques used in boxing and martial arts to provide a high level of conditioning for both the aerobic and anaerobic systems of the body.

Step N Jab
If you love a high intensity & challenging workout, you will want to come to this 1 hour interval class. You have the opportunity to do step and box aerobics all in an hour packed cardio jam session!

Road Rally: Feel your energy surge with

this fun, high-powered 45-minute cycling class including drills, hills and sprints.

X-treme Ride: This 60-minute class challenges riders' endurance and toughness. X-treme components include intervals of out-of-the-saddle riding, jumps and sprints. Beginners are welcome but should speak with instructor before class.

Tour de Fitness: Feel the thrill of the race in this high-energy cycling class filled with sprints and hills like the Alps of France. Well, not quite, but you'll feel like Lance Armstrong after 1-hour at the Tour de Fitness!

Training Wheels: Get off your tricycle and try out a bicycle. Interested in cycling but heard it's "really tough"? Get your feet wet with other new comers. Forty-Five minutes of cardio biking with an emphasis on form and pace. Guaranteed to turn you into a regular!

Abs of Steel: You asked for it, we got it, a one-hour abs class! 60 minutes of concentrated abdominal and back work, followed by a deep stretch.

Rock Bottom: A 30-minute lower-body workout emphasizing abdominal, gluteal and thigh work. Body bars, weights, resistance tubing and your own body weight may be used.

Weight Training: In the morning or evening, a non-aerobic, strength session using the step, hand weights, body bars or resistance tubing. Works the entire body.

Bench 30: Bench mark your way to success in this 30-minute cardio step class!

Build 30: Build strong muscles and bones during this 30-minute weight training segment!

Ball 30: Roll up to Unwind. This ball class targets stretching and relaxation as vital elements of a comprehensive fitness program. Utilizing the ball to optimize muscle flexibility, joint mobility and total relaxation!

Cardio Hip Hop
An awesome dance session combining the latest moves with the hottest new music!

Membership Info

Join the Fun!!

Membership Eligibility University Affiliated (UA)

- SIU Faculty, A/P Staff, Civil Service
- SIU Emeritus
- SIU Alumni
- Spouses and dependent children, 12 - 17 years old, of eligible members and students

Application Procedures

Verification of eligibility is required when purchasing a membership pass. Acceptable forms of identification include a Driver's License or other picture I.D. AND one of the following items:

SIU Faculty & Staff

- Current SIUC Faculty/Staff ID
- Spouse Card or Domestic Partner Card

SIU Emeritus

- SIU Emeritus ID card
- SIU spouses & dependents age 17 and under

SIU Alumni

- SIU diploma, original or photocopy
- SIU grade transcript, original



or photocopy, verifying completion of 60 undergraduate or 15 graduate hours

- SIU Alumni Association Card with the year of graduation on the card

SIU spouses/dependents age 17 and under

- Copy of affiliated spouses' credentials
- Dependents 17 and under must be accompanied by a parent when purchasing a membership. Dependents under 16 years of age are not allowed to sponsor guests into the Student Recreation Center.

SRC Guest Passes

Guests must be accompanied by an eligible university affiliated patron (see above).

- \$4 Daily Guest fee
- \$2.50 Daily Dependent fee (16 and under) Children under 12 are allowed in the SRC unless accompanied by an adult
- plus \$2 refundable deposit (the deposit will be refunded on the day of use only)

University affiliated patrons may sponsor up to two guests in addition to their spouse and dependents. Sponsors are responsible and liable for the actions of their



guests while using the SRC.

Programs & Services

In addition to receiving numerous membership privileges, members are also eligible to participate in programs offered by the Office of Intramural-Recreational Sports.

Family Policy for Members:

Spouses and dependents are eligible to use the SRC FREE every day when accompanied by a SRC member. The daily fee with deposit will be charged, if the member does not accompany them.

Check-in:

Present your membership card to the Information Center and leave a \$2 refundable entry card deposit per person (members may bring their children under the age of 12 into the building).

However, parents must be recreating/interacting with the child during this time.

Membership Privileges

- Guest sponsorship privileges.
- Free immediate family member access to the SRC.
- Reduced rates on youth programs and instructional programs.
- Free rec equipment checkout.
- Phone reservations for racquet ball, squash, and tennis courts.
- Canoeing, camping, and hiking equipment rental privileges from Base Camp.
- Locker and towel rental.
- Free use of SRC saunas & Pulliam Swimming Pool.
- Free use of Lake-on-the-Campus Beach (in season).
- Lake-on-the-Campus Boat Dock canoe, rowboat, sail boat rental privileges (in season).
- Use of tennis courts at 3 campus locations.
- Use of the Wall Street Roller Hockey Complex.
- Use of Skateboard Park.

	Sem.	Ann.
Membership - UA	\$88	\$224
Locker Rentals		
Box Locker only	\$6	\$18
Box Locker w/		
Regular Towel	\$26	\$78
Box Locker w/		
Luxury Towel	\$36	\$108

Any questions, call 536-5531.

Hours of Operation

Student Recreation Center
General Building Hours:

(536-5531)
Mon. - Fri. 5:30 am - 10:00 pm
Ltd. Service 5:30 am - 7:30 am
During Limited Service hours, the Information Center will not be open. You will not be able to purchase guest passes, register for programs, or rectify ID problems.

Sat. & Sun. 10 am - 10 pm

Family Hours:

Students General Bldg. Hrs.
Members General Bldg. Hrs.
In order for spouses or dependents to receive the family hour rate, they must be accompanied by an eligible student or SRC member.

Facility Areas:

The following areas will be closed to the general public during the times indicated.
200 Meter Running Track & Activity Areas 6 & 7

Hours of Operation Spring Semester January 13 - May 9, 2004
Lockers expire Friday, May 30, 2004. Please renew before this date.

Mon. - Fri. 2 - 5 pm
Weight Room or Fitness Forum
Mon. - Fri. 8 - 11 am
Racquetball Courts 11-16
Squash Courts 9 & 10
Tues. - Fri. 8:00 - 9:30 am
Racquetball/squash/tennis/wallyball reservations by phone or in person beginning at 7:30 am,
Mon. - Fri., at 10:00 am on Sat. and Sun. Please call 453-3020.

Adventure Resource Center: (453-1285)
Monday, Tuesday, Thursday, and Friday 3:00 pm - 6:00 pm or by appointment.

Base Camp (453-1287):
Mon/Tues/Thur. 3 pm - 6 pm
Wednesday CLOSED
Friday 3:00 pm - 6:00 pm
Saturday 9:00 am - 3:00 pm
Sunday 3:00 pm - 8:00 pm

Climbing Wall (453-1285):
Mon. & Wed. 7 pm - 9 pm
Tues. & Thur. 6 pm - 8 pm
Sports Medicine (453-1292):
Mon. - Fri. 9:00 am - 6:00 pm

SRC Pool:
For information call 536-5531.
Mon. - Fri. 7:30 am - 9:30 am
11:00 am - 2:00 pm
5:00 pm - 9:00 pm

Saturday Noon - 9:00 pm
Sunday Noon - 8:00 pm
Long Course - Mon/ Wed/ Fri. 7:30 am - 9:30 am
Lake-on-the-Campus:
Boat Dock (453-2076) Closed.
Opens Monday, March 24 if weather permits; Daily Noon - 6 pm.
Campus Beach (453-2722)
Closed. Opens Memorial Day Weekend.

Law School Activity Area (Basketball/Tennis):
Will open March 17 if weather permits.

Skateboard Park:
Behind Law School Tennis Courts. Opens March 17 if weather permits.
Mon. - Fri. 4:00 pm - Dusk
Sat. and Sun. 1 pm - 5 pm

Pulliam Pool (453-2885):
Early Bird - Monday through Friday, 6:30 am - 7:45 am
Noon Hour - Monday through Friday, Noon - 1:00 pm (Subject to change)

University Tennis Courts (453-5246):
Opens March 17 if weather permits. Reservations required; call 453-3020.
Mon. - Sun. 6 pm - 10 pm

www.siu.edu/~oirs

(618) 536-5531

Any student who has a great love for "alternative" sports such as fencing, badminton, or a desire for healthy competition, should get involved in an OIRS sport club. Sport clubs at SIUC offer students the chance to participate in an extracurricular activity and further an interest that may not have been offered in their particular high school.

The diverse types of sports offered range from team sports such as lacrosse, rugby, and water polo to individual activities such as fencing, Aikido, judo, and racquetball. Some sport clubs have separate men's and women's teams, while others are coed.

Each club meets at different times during the week to practice and many compete in tournaments with other universities. These tournaments allow members of a club to travel, meet students and clubs from other schools with similar interests, and participate in friendly sports competition.

Here is a list of the different sport clubs at SIUC and a brief description of each one. If you want to get involved with a current sport club, need more information, or would like to start a new sport club that is not offered, then call 453-1376.



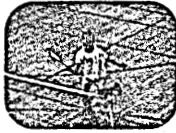
Archery Club

Join the archery club to improve your skills and enjoy time with others who share your passion. This club is suitable for recreational archers and those who wish to polish up for competitions.



Aikido Club

has been active at SIUC for thirteen years and welcomes all interested participants of any skill level. Aikido is a modern Japanese martial art which stresses noncontact and fluidity of motion while performing.



Badminton Club meets twice a week (Friday evening and Sunday afternoons, usually on Court 1) for informal play. All levels of players participate, from beginner to advanced, both male and female. Nets and shuttles are provided. Tournaments are held a few times a year for those interested.



Ballroom Dance Club

is looking for those who want to learn the grace and social aspects of ballroom dance. Members will compete at dance events with many other Illinois universities and host competitions on the SIUC campus.



Baseball Club

brings the All-American pastime to SIUC. Players of any skill level are invited to come out and compete against other universities across the Midwest while having fun.



Canoe and Kayak Club

will teach you to successfully maneuver down a river and lake and expose you to the exquisite, natural beauty throughout the region. Practices are held weekly in the Rec Center Pool and membership is open to anyone.



Cycling Club

offers a great outlet for those who enjoy both street and mountain biking. Members travel and compete throughout the Midwest and the only requirement is that you have a bike.

Sport



Equestrian Club

promises a great horseback adventure while you learn the fundamentals of riding or developing your skills. Members of the club can compete through an affiliate of the Inter-collegiate Horse Show Association in a schedule of shows.



Fencing Club

focuses on teaching sportsmanship and fostering skills in this exciting and civilized sport. The club will travel to St. Louis throughout the year to compete and host an event in the spring. Instruction is offered to members and practice is held weekly. Semester dues includes access to equipment and lessons.



Judo Club

Judo is another one of the exciting martial arts with a dedicated club. Judo is known for its spectacular throws and involves considerable ground based grappling.



Karate Club

utilizes the Shotokan style of Karate emphasizing self defense, physical, emotional, and mental fitness. This club is open to anyone who is interested in learning Karate.



Kendo Club

provides the opportunity to expand your cultural horizons and go beyond traditional sports. This Japanese style of fencing teaches you to move faster and think quicker.



Kung Fu Club

meets in the Martial Arts Room in the Student Recreation Center. The group meets on Mondays, Wednesdays, and Fridays from 6-8 pm. The club practices the traditional Chinese Martial Art of Chow Gar Southern Praying Mantis.



Outdoor Adventure Club

offers the opportunity to experience the exquisite natural areas of southern Illinois. Activities include climbing, biking, camping, and hiking. Membership is open to all and some equipment will be supplied.

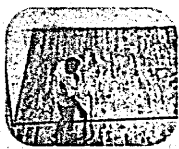


Paintball Club

The paintball club gathers at local paintball facilities to sharpen their skills. Members can attend for the pure fun of it or to practice for competitive paintball tournaments. Players of all skill levels are welcome to join.

*Sport Clubs
welcome all new
students regardless
of their experience
or skill level!*

Clubs



Racquetball Club
practices this popular sport which is an ideal activity to enhance your fitness level and coordination. The club competes in leagues and tournaments and works to improve individual skills.



Rodeo Club prepares members for the riding and roping competitions that are becoming increasingly popular at the collegiate level. Experience this thrilling sport by joining this affiliate of the National Collegiate Rodeo Association, and show off your skills at the many collegiate rodeos across the region.



Roller Hockey Club is the largest sport club at SIUC and offers opportunities for all levels of play, including travel. Skating skills are necessary and the club invites women to join.



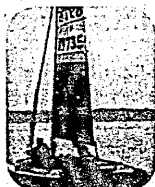
Rugby Club competes in the fast paced, physical sport combining both football and soccer skills and offers a challenge to all athletic types. Both men and women teams travel to and host numerous tournaments and matches throughout the year. No skill or knowledge of the sport is required to join the club.



Soccer Club is dedicated to the development and advancement of the skills necessary to excel in competition. Teams compete against regional universities and offer the chance to be a player in this thriving international sport.



SIU Officials Club
If you are new to sports officiating or a seasoned pro, join the club that can help you expand your skills and make extra income for yourself.



SIU Sailing Club
exposes students to the sport of sailing and teaches the various skills needed to sail. Club members will have the opportunity to participate in regattas, sailing and camping trips, sailing clinics, and boating safety lessons. Meetings are held on a weekly basis.



Table Tennis Club invites all students and faculty at an intermediate and advanced level to travel to tournaments and play against other club members. This challenging recreational activity will sharpen eye-hand coordination and reflex skills.



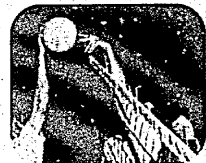
Triathlon Club
offers the ultimate in physical fitness competition. Their focus is on training in running, swimming, and biking. Members will travel to other areas for competitions and interact with others who enjoy this sport. All skill levels are welcome.



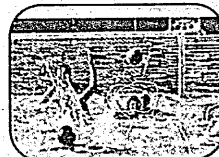
Ultimate Frisbee Club
ensures you will be fascinated when playing this energetic and unique sport involving the aspects of football and soccer. Come out and learn with others while getting a great physical workout.



University Martial Arts Club
welcomes anyone who wants to explore the vast world of martial arts. The primary focus of the club is the Gracie Jiu Jitsu discipline originated in Brazil and practicing street fighting concepts.



Volleyball Club
If you love to compete or just want to play, this is a great club for you.



Water Polo Club
concentrates on improving power, speed, and ball handling skills required for this coed aquatic sport. Practice is held in the SRC natatorium and competitions are attended throughout the Midwest.



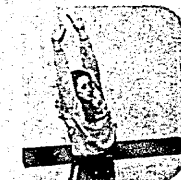
Water Ski Club
invites everyone to participate in their slalom, trick, and ramp events. No skills are required and lessons are taught by professional instructors on Crab Orchard Lake east of Carbondale.



Weightlifting Club
offers the opportunity to meet and interact with others who enjoy weight training. The club hosts an annual body building show, speakers, seminars, and power lifting. Membership is open to anyone.



Windsurfing Club
enjoys the sun and beauty of the spectacular local waterways and develops skills to successfully compete in this exciting sport. No previous experience is necessary, only a desire to learn and have fun.



Yoga Club
provides an outlet to explore meditation, yoga postures, and massage. The club participates in short group talks after each meeting and hosts a vegetable dinner every Friday night. Relax and enjoy the benefits of yoga by joining this organization today.

Call
453-1376
to get
involved!

Intramural Sports

Fun for Everyone!!

Competing, exercising, and socializing are just some of the benefits from participating in Intramural Sports. Maybe you are looking to play a sport that wasn't offered in high school? All year long Intramural Sports will keep your competitive drive in high gear with its wide variety of sports and leagues.

Do you think that you aren't athletic enough or don't know how to play a certain sport? Well, no more excuses! Three lev-

els of play including novice, intermediate, and advanced ensure everyone can participate and have fun. Both individual and team sports are offered with men's, women's, and co-rec leagues in most sports.

Basketball, volleyball, wallyball, softball, and flag football are some of the traditional team sports you can play. Individual and dual events include table tennis, racquetball, and wrestling. Want to get away from the traditional? Sign up for inertube waterpolo or team handball. Whatever your sport interest, you can be sure that we have an outlet for you! To sign up, go to the SRC Information Desk or check out our website at www.siu.edu/~oirs to see our sports calendar with a complete list of registration dates and instructions.



Need a Job?

More than just a fun time, Intramural officials will learn valuable leadership and decision making skills. This student worker position will give you an opportunity to meet people, learn more about sports, practice self-discipline, and earn money. For more information call 453-1273 or stop by the OIRS Administrative Offices on the upper level of the Student Recreation Center.



Cut this section out and post it on your refrigerator for easy reference!



Superior • Intense • Unbreakable
Office of Intramural-Recreational Sports

Intramural Sports Spring 2004 Schedule

Team Sports	Rosters Available	Captains' Meeting
Basketball League	1/12-1/20	1/20
3 on 3 Basketball Tourney	1/12-1/20	1/20
Wallyball Tournament	1/12-1/26	1/26
Innertube Water Polo Tour.	1/20-2/02	2/02
Indoor Soccer Tournament	2/02-2/16	2/16
Soccer League	2/23-3/15	3/15
Softball League	2/23-3/15	3/15
Wiffleball Tournament	2/23-3/15	3/15
4 person Volleyball League	3/01-3/22	3/22
Team Handball Tournament	3/29-4/12	4/12

Individual/Dual Events	Registration	Schedules Posted
Table Tennis Singles Tourney	2/02-2/10	2/12
Racquetball Singles Tourney	2/23-3/16	3/18

Special Events*	Registration	Tentative Dates
Wrestling Meet	3/01-4/06	4/07 and 4/08
Grad/Fac/Staff Golf Outing	3/29-4/23	4/30

* One or two day event

Listed dates & times are tentative.

Rec Check Phone #: 536-6602

Call 453-1273 for current information.
Intramural Sports are FREE
to ALL SIUC Students!