The Daily Egyptian (Campus Recreation), January, 2004

Daily Egyptian Staff
What's in Store at the Rec?

Important Phone #’s
- General Info. 536-5531
- Adventure Resource Center 453-1285
- Aquatics 453-1376
- Base Camp 453-1287
- Campus Lake 453-2076
- Disabled Student Recreation 453-1265
- Group Fitness 453-1275
- Instructional Programs 453-1263
- International Student Recreation 453-1267
- Intramural Sports 453-1273
- Racquetball/Squash/Tennis Reservations 453-3020
- Sport Clubs 453-1376
- Sports Medicine 453-1292
- Youth Programs 453-1267

Base Camp ................................ Page 2
Outdoor Adventure Programs .............. Page 3
Yoga, Meditation & Fitness Energizers ... Page 4
Massage ...................................... Page 5
Youth Recreation & Aquatics Youth Programs . Page 6
Youth Dance ................................ Page 7
Disabled Student Recreation, Women's Programs .... Page 8
Aquatics/Lifeguard & SCUBA/CPR ........ Page 9
Rec Sport Shop . Pages 10-11
Dance ........................................ Page 12
Personal Training .......................... Page 13
Group Strength Training & Boxing ........ Page 14
Tai Chi & Kung-Fu ....................... Page 15
Aerobics Schedule .................. Page 16
Membership Info & Hours of Operation .... Page 17
Sport Clubs ................................ Pages 18-19
Intramural Sports ....................... Page 20
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.

Rentals 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 cleaning. 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:

- 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., Thurs., Fri. 3 - 6 pm
Wed., 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

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. The ARC also organizes day and weekend trips to various lakes, parks, and wilderness areas.

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

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### Item Costs

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<th>Item</th>
<th>Student Day (24 Hrs)</th>
<th>Student Week (7 Days)</th>
<th>SRC Members Day (24 Hrs)</th>
<th>SRC Members Week (7 Days)</th>
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<th>Late Fee Per Day</th>
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*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.
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 plant life that peacefully lives there.

River to River Trail
Backpacking
Trip Date: Saturday, July 7 to Sunday, July 8
Mandatory Pre-Trip Meeting: Wednesday, April 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.

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.

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.

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.

Everglades National Park Canoe Expedition and Southern U.S. Tour
Trip Date: Friday, May 5 to Saturday, May 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 Thursday, March 5, 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 water and calm rolls for the big current. This is the best time of the year so that you'll be ready when summer hits!

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 more place than Florida's 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 stop 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: SIM/E=$25 U=$27

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: SIM/E=$29 U=$33

SIMPACK BREAK

For 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: Conference Room
Prices: S/M/E = $26 U/C = $43*
Min: 10 Max: 10
Instructor: Dawn Bradley

Cultivating Mindful Awareness #311131
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: 10 Max: 20
Instructor: Mar 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
(Low 1)
(pronounced pil-AH-seez)
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 B:
March 22 - April 28
Mondays & Wednesdays, 5:00 - 5:45 pm

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

Location: Conference Room
Prices: S/M/E = $26 U/C = $43*
Min: 12 Max: 30
Instructor: Heather Petty

Pilates Sculpt #311262
(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: Conference Room
Prices: S/M/E = $26 U/C = $43*
Min: 12 Max: 30
Instructor: Elisa Burke

Recreational Sports...
The Good Life!

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

www.siu.edu/~ois
(618) 536-5531
Why Hire A Massage Therapist?

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 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.
- Stimulates the brain's production of beta endorphins, which are natural painkillers.
- Reduces head, neck and shoulder muscles. Clients remain fully clothed and no oils are used.
- Increases productivity and morale; makes work literally less of a problem areas.

Some great occasions for a massage:
- Graduations
- Valentine's Day
- Anniversaries
- Birthdays
- Other Special Occasions

Benefits of Massage To The Quality Of Life:
- Helps manage stress of note-taking and keyboard typing by soothing away the effects of work-related stress. A great gift idea! Time may be shared; One hour minimum.
- Relieves eye fatigue from long periods of reading by improving circulation & releasing tension around the eyes.
- "Chair" Massage: Increases productivity and morale; makes work literally less of a problem areas.
- Reduces head, neck and shoulder tension caused by poor posture, injury, and mind/body stress.
- "Chair" Massage: Increases productivity and morale; makes work literally less of a problem areas.
- A great gift idea! Time may be shared; One hour minimum.

The Gift of Massage

A massage is a great gift anytime of the year but especially for occasions such as:
- Birthdays
- Anniversaries
- Graduations
- Valentine's Day
- Secretaries Day
- Boss's Day
- Employee Appreciation
- 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.

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

Table Massage Prices: 
(Package Savings of 10%)

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

Table Massage Prices: 
(Package Savings of 10%)

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Table Massage Prices: 
(Package Savings of 10%)

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Techniques Used:
- Swedish Massage
- Neuromuscular Therapy
- Myofascial Release
- Shiatsu & Acupuncture
- Sports Massage
- Reflexology

Certified Massage Staff:
- Betsy Bistop, LMT, BS, NCTMB
- William (Bill) Connell, LMT, MA
- Sheryl Hinckeliff, 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 call Instructional Programs at 453-1263.

*Listing of Therapists
*Descriptions of Techniques
*Gift Certificates
*Campus Workplace "Chair" Massage
*On-Site Educational Workshops

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

*The price of a massage includes entry fee to the SRC.
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 ages. Levels are listed in recommendation order. 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 children with no swimming skills. It will help them become comfortable in the water and with teacher instruction while the aid of the parent.
331002/332002
Skills 1 (5-6 yrs.)
Aids children to achieve success with fundamental water skills.
331003/332003
Skills 2 (5-7 yrs.)
Builds on Skills 1 abilities by providing guidance and practice.
331004/332004
Skills 3 (6-9 yrs.)
Intermediate Strokes develops confidence in strokes learned previously and improves aquatic skills.
331005/332005
Skills 4 (6-10 yrs.)
Intermediate Strokes develops confidence in 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 = $40
Registration: SRC Information Center

Recreational 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.
When: Jan. 25 - Feb. 29
Time: Sundays, 1:00 - 2:15 pm
Price: S/M =$32 U/C =$42

Youth Archery (321158)
Teaches concentration focus, builds muscles. Instruction will be applied to both outdoor and indoor archery. Time & etiquette. No equipment necessary.
Where: T.L.'s Archery

Youth Aikido
Aikido is a martial art whereby the student develops a strong body and mind while developing a sense of tranquility. 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.
When: Jan. 25 - Feb. 29
Time: Sundays, 3:00 - 4:05 pm
Price: S/M =$45 U/C =$55

Youth Ice Climbing Wall (321105)
Tackle the Student Recreation Center's 28-foot climbing wall and lounge. Instructor will escort participants to the activity area.
Price: S/M =$50 U/C =$60

Youth Archery (321158)
Archery teaches concentration focus, develops fine muscle control, and builds muscle. Instruction will be provided by skilled, certified coaches in the following areas: shooting techniques, equipment maintenance, and etiquette. No equipment necessary.
When: Jan. 24 - Feb. 28
Time: Saturdays, 10:00 - 10:45 am
Where: T.L.'s Archery

Youth Fencing (321114)
Fencing 1 (321114)
This program will introduce classic foil fencing that will develop hand-eye coordination, reflexes, poise, and self-confidence.
When: March 20 - May 1
Time: Tuesdays, 7:30 - 8:30 pm

Youth 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!
Age: 4 - 6
When: March 20 - May 1

Youth Fencing (321114)
Fencing 2 (321114)
Fencing 2 coordinates and refines fencing skills.
When: March 20 - May 1
Time: Thursdays, 4:05 - 5:05 pm
Price: S/M =$50 U/C =$60

Youth Fencing (321114)
Fencing 2 (321114)
Fencing 2 coordinates and refines fencing skills.
When: March 20 - May 1
Time: Fridays, 4:05 - 5:05 pm
Price: S/M =$50 U/C =$60

Youth Fencing (321114)
Fencing 2 (321114)
Fencing 2 coordinates and refines fencing skills.
When: March 20 - May 1
Time: Saturdays, Noon - 1:30 pm
Price: S/M =$45 U/C =$55

Youth Fencing (321114)
Fencing 2 (321114)
Fencing 2 coordinates and refines fencing skills.
When: March 20 - May 1
Time: Sundays, Noon - 1:30 pm
Price: S/M =$45 U/C =$55
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 Boully 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. Dana Sonia Arova was her ballet teacher at Rhodes College in Tennessee in 1989.

Kathy performed with Hascoock County Dance Theatre in Maine, headed by Charlease 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 K Weekend Saturday May 8, 10:00 - 3:30 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 453-1287 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 basic 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, 2:30 - 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 in routines, which include bare 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, 1:00 pm - 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=$63

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: Sundays, 1:30 - 2:30 pm
Where: Meet in the SRC Alumni Lounge. Instructor will escort participants to the Dance Studio.
Price: S/M=$54 U/C=$68

Ballet IV 323106/D
Description: Study of the study 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

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

More info? Call 453-1267

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

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=$67 U/C=$73

Teen/Adult Ballet III/IV 323106/R
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=$59 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/Affiliate
U = SU Affiliated
C = Community
Women's Swimming
#324352
When: Saturdays, Jan. 31 - May 1 (except March 6, 13, 20, and April 10)
Times: 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

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
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 variety 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 - April 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

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

Wenlido #311509
Self-Defense for Women
Wenlido self-defense is designed specifically for women and children. The quality of life for people with and without disabilities through implementation of vocational opportunities, therapeutic recreation interventions, and adventure-based programs.

Women only:
Days/Times: Tuesdays & Thursdays, 4:00 - 5:00 pm
Section A: February 3 - April 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.

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

Section A:
Mondays, Jan. 26 - March 1
7:00 - 8:00 pm
Section A: Jan. 26 - March 1
Section B: March 22 - April 26
Mondays, 6:00 - 8:00 pm
Location: Locker Room
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.
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:** $15/Session per student

Adult Group Swim Lessons 

**Session A:**
- **Days:** Mondays and Wednesdays, January 20 - February 18
- **Times:** 6:00 pm - 7:00 pm
- **Session B:**
- **Days:** Mondays and Wednesdays, March 22 - April 14
- **Times:** 6:00 pm - 7:00 pm

**Location:** Student Recreation Center

**Minimum Enrollment:** 4

Swim For Fitness # 311202

**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 lifestyle alternatives. This class will be formatted similarly to competitive swim team practice sessions for adults.

**Price:** $25/Session

Lifeguard Training

**Lifeguard Training # 331161**

Lifeguard Training uses American Red Cross course curriculum in basic life-guarding skills. Topics to be covered include care for injuries, illness, and medical emergencies. Skills of water rescue will also be taught emphasizing pool life guarding 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:**
- **Session A:** January 20 - March 4
- **Session B:** March 16 - April 29

**Days & Times:**
- Tuesdays & Wednesdays, 6:00 - 9:00 pm

**Location:** SRC Pool

**Price:**
- Session A: $25

**Registration:** SRC Information Center

**Minimum Enrollment:** 4

Lifeguard Training Supervisor: Erin McGuire 453-1276

Scuba Diving

**SCUBA Training #31101**

**Session A:**
- **Dates:** January 22 - February 26

**Sessions:**
- **Session A:** March 25 - April 29

**Days & Times:**
- **Session A:** Mondays & Thursdays, 6:00 pm - 9:00 pm

**Location:** SRC Pool

**Price:**
- $25 payable to SIUC at registration

**Registration:**
- $25 payable to American Red Cross the first day of class.

**Minimum Enrollment:** 4

Front Desk Staff: Jessi Lawson 453-1376

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

Call Joy Zhao for more information on Spring Board Diving at 549-7540 or 201-0041.
Your location for athletic gear and supplies.

Call 453-7536

HOURS:
Mon - Fri: 7:30am-7pm
Saturday: 10am-5pm
Sunday: Noon-5pm
SEE WHAT WE HAVE IN STORE FOR YOU!

OFFICIAL SIU ATHLETIC CLOTHING

SPECIAL OFFER FOR YOU!

$5.00 OFF ANY SPEEDO SWIMSUIT

"I SWEAT AT THE REC" Work-out Towel
ONLY $5.00 Regular price $10.95

Nalgene water bottles for $10.00 Regular price $13.75

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 night-club dances for the last four years. They are certified as dance instructors by the national dance organization, DVDA, 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 3

Location: SRC Dance Studio

Prices: SIM/E = $22 U/C = $39*
Min: 8 Max: 20

Instructor: Aeroart 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

Location: SRC Dance Studio

Prices: SIM/E = $22 U/C = $39*
Min: 8 Max: 20

Instructor: Aeroart 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

Location: SRC Dance Studio

Prices: SIM/E = $26 U/C = $43*
Min: 8 Max: 30

Instructor: Barbara Niechciol

LATIN AND NIGHTCLUB DANCES

Section B:

Within 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 popula music.

Day/Time: March 25 - April 29

Location: SRC Dance Studio

Prices: SIM/E = $30 U/C = $47*
Min: 10 Max: 30

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: SIM/E = $32 U/C = $49*
Min: 10 Max: 20

Instructor: Tedi Thomas

MIDDLE EASTERN DANCE (Continuing) #311104

Beyond the basics - move 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, 9:00 - 10:00 pm

(Except March 10 & 17)

Location: Dance Studio

Prices: SIM/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.

Day/Time: Fridays, Jan. 23 - May 7

(Except March 5, 12 & April 9)

4:00 pm - 6:00 pm

Location: SRC Dance Studio

Instructor: Kathy Getch

Prices: SIM/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.

Day/Time: Sundays, Jan. 25 - May 2

(Except March 7 & April 11)

2:15 - 3:30 pm

Location: SRC Dance Studio

Instructor: Kathy Getch

Prices: SIM/E = $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.

Day/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: SIM = $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

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.

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

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.

Mailing Address:
Office of Recreational Sports
SIU Online Recreation Services
Suite 120
10100 S. Scenic Drive
Columbia, Missouri 65201-5007

Tel: 573-882-5363
Fax: 573-882-5084
www.siu.edu/oirs

Give a Personal Training Gift Certificate
The perfect gift for someone who wants to get in shape and doesn’t know where to start.

www.siu.edu/oirs

For more information, please call 453-1263.
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!**

**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 involves general orientation about the use of Nautilus equipment).

**Section A:** Feb. 3 - 19
Times: Tuesdays and Thursdays 9:00 - 10:00 am
**Section B:** March 23 - April 8
Times: Tuesdays and Thursdays 9:00 - 10:00 am
Instructor: Jenna Bronaugh
Location: SRC Fitness Forum
Price: S/M/E=$56 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
Times: Tuesdays and Thursdays 4:00 pm - 5:00 pm
**Section B:** March 23 - April 8
Times: Tuesdays and Thursdays 4:00 pm - 5:00 pm
Instructor: Kelly Hoffman
Location: SRC Fitness Forum
Price: S/M/E=$56 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
Times: Tuesdays and Thursdays 10:00 am - 11:00 am
**Section B:** March 23 - April 8
Times: Tuesdays and Thursdays 10:00 am - 11:00 am
Instructor: Steve Horvath
Location: SRC Fitness Forum
Price: S/M/E=$56 U/C=$53
Min: 4 Max: 6

**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: TTTh, 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: TTTh, 2:00 - 4:00 pm
Price: S/M/E=$77 U/C=$94
Location: Martial Arts Room Min: 10 Max: 30
Note: Hand wraps are included in the fee.

**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
Price: S/M/E=$36 U/C=$55
Location: Martial Arts Room Min: 8 Max: 12
Note: Hand wraps are included in the fee.

For more information, please call 453-1263.

*Includes entry fee into the Student Recreation Center.

www.siuc.edu/~oirs

(618) 536-5531

S/M/E=SIUC Student/SRC Member/Emeritus
U/C=SIU Affiliated/Community
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
Location: C: March 23 - April 27
Tuesdays, 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)
  * Taught in a nonviolent manner
  * Suitable for all ages (especially appropriate for women)
  * Taught in a nonviolent manner

Section A: Jan. 27 - March 2
Tuesdays, 6:00 - 7:00 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 23 - April 27
Tuesdays, 5:00 - 6:00 pm
Location: SRC Dance Studio
Min.: 10 Max.: 30

Chinese Foot Massage #311202
This program is for both beginning and advanced students.
  * Assists the rehabilitation of individuals with various injuries
  * Increases the body’s natural healing powers
  * Speeds nutrients to affected areas

Section A: Jan. 27 - March 2
Tuesdays, 6:00 - 7:00 pm
Location: SRC Dance Studio
Min.: 10 Max.: 30

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, selfrespect, and respect of others. Through competitive opportunities 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

Min.: 13 Max.: 30

Price: One Section
S/M/E=$52 U/C=$49*
Both Sections
S/M/E=$57 U/C=$58*
When you purchase both sections, you get a 10% discount.

*Includes entry fee into the SRC.

For more information, call 453-1263

www.siu.edu/~oirs

(618) 536-5531

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

<table>
<thead>
<tr>
<th>Times</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 am</td>
<td>Early Bird Weight Training</td>
<td>Early Bird Cardio Crunch</td>
<td>Early Bird Weight Training</td>
<td>Cardio Lunch</td>
<td></td>
<td>Splish Splash</td>
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</tr>
<tr>
<td>7:15 am</td>
<td>(AR)</td>
<td>(AR)</td>
<td>(AR)</td>
<td>(AR)</td>
<td>(AR)</td>
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<tr>
<td>12:15 pm</td>
<td>Cardio Lunch</td>
<td>Cardio Lunch</td>
<td>Early Bird Weight Training</td>
<td>Cardio Lunch</td>
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<tr>
<td>1:00 pm</td>
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<tr>
<td>2:00 pm</td>
<td>Abs Of Steel</td>
<td>Abs Of Steel</td>
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<td>2:30 pm</td>
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<tr>
<td>5:00 pm</td>
<td>Carlo Basics Hi/Lo</td>
<td>Carlo Basics Step</td>
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<tr>
<td>5:30 pm</td>
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<tr>
<td>5:00 pm</td>
<td>Red Hot Hi/Lo</td>
<td>Red Hot Hi/Lo</td>
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<tr>
<td>6:00 pm</td>
<td>H2O Challenge</td>
<td>H2O Challenge</td>
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<tr>
<td>5:00 pm</td>
<td>Weight Training</td>
<td>Weight Training</td>
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<tr>
<td>5:00 pm</td>
<td></td>
<td>*X-treme Ride</td>
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<tr>
<td>6:00 pm</td>
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<td>(RCB)</td>
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<tr>
<td>5:15 pm</td>
<td></td>
<td>*Road Rally</td>
<td>*Training Wheels</td>
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<tr>
<td>6:00 pm</td>
<td>Rock Bottom</td>
<td>Rock Bottom</td>
<td>Build 30</td>
<td>Ball 30</td>
<td>AA = Activity Area</td>
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<tr>
<td>6:30 pm</td>
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<td>(AA)</td>
<td>(AR)</td>
<td>(AR)</td>
<td>AR = Aerobics Room</td>
<td>AA = Activity Area</td>
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<tr>
<td>6:30 pm</td>
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<td></td>
<td>DS = Dance Studio</td>
<td>AA = Activity Area</td>
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<tr>
<td>6:30 pm</td>
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<td></td>
<td></td>
<td>DW = Driving Well</td>
<td>AA = Activity Area</td>
<td></td>
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<tr>
<td>6:00 pm</td>
<td>Kidboxing</td>
<td>Kidboxing</td>
<td></td>
<td></td>
<td>NA = SRC Natatorium</td>
<td>AA = Activity Area</td>
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<tr>
<td>7:00 pm</td>
<td></td>
<td></td>
<td>*Tour De Fitness</td>
<td></td>
<td>RC = Racquetball Court</td>
<td>AA = Activity Area</td>
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<tr>
<td>6:00 pm</td>
<td></td>
<td></td>
<td>(RCB)</td>
<td></td>
<td>MAR = Martial Arts Room</td>
<td>AA = Activity Area</td>
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<tr>
<td>6:00 pm</td>
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<td></td>
<td>*Tour De Fitness</td>
<td></td>
<td>RM 158 = Assembly Room East</td>
<td>AA = Activity Area</td>
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<tr>
<td>6:00 pm</td>
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<td>In the Deep</td>
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<td>AA = Activity Area</td>
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<tr>
<td>6:00 pm</td>
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<td>(DW North)</td>
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<td>AA = Activity Area</td>
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<tr>
<td>6:15 pm</td>
<td>Step-N-Jab</td>
<td>Step-N-Jab</td>
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<td>AA = Activity Area</td>
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<tr>
<td>7:15 pm</td>
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<td>AA = Activity Area</td>
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<tr>
<td>7:00 pm</td>
<td>Cardio Hip-Hop</td>
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<td>AA = Activity Area</td>
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<tr>
<td>8:00 pm</td>
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<td></td>
<td>AA = Activity Area</td>
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</tbody>
</table>

### 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.

### 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 instructors 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!

### 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!

### Cardio Hip-Hop
An awesome dance session combining the latest moves with the hottest new music!
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 ID. AND one of the following items:
- SIU Faculty & Staff
- Current SIUC Faculty/Staff ID
- Spouse Card or Domestic Partner Card
- SIU Emeritus ID card
- SIU spouses/dependents age 17 and under
- SIU Alumni
- SIU diplomas, 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.

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.
- Camping, 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, sailboat rental privileges (in season).
- Use of tennis courts at 3 campus locations.
- Use of the Will Street Roller Hockey Complex.
- Use of Skateboard Park.

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 (member may bring their children under the age of 12 into the building).
- However, parents must be recreating/interacting with the child during this time.

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

Student Recreation Center
General Building Hours:
(MS6-5531)
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

Climbing Wall (453-1285):
- Mon. & Wed.: 7 pm - 9 pm
- Tues. & Thurs.: 6 pm - 8 pm
- Sports Medicine (453-1292):
- Mon.: 9:00 am - 6:00 pm
- SRC Pool:
- For information call 536-5531.
- Mon. - Fri.: 9:30 am - 9:30 am
- Sat.: Noon - 9:00 pm
- Sun.: Noon - 9:00 pm
- 7:30 am - 9:30 am
- Lang Course - Mon./Wed./Fri.:
- 7:30 am - 9:30 am
- Lake-on-the-Campus:
- Boat Dock (453-2046) Closed.
- Open Monday, March 24 if weather permits; Daily Noon - 6 pm.
- Pulliam Pool (453-2885):
- Early Bird - Monday through Friday: 7:30 am - 9:30 am
- Late Bird - Monday through Friday: 6:30 am - 9:30 am
- Lake-on-the-Campus:
- Boat Dock (453-2046) Closed.
- Open Monday, March 24 if weather permits; Daily Noon - 6 pm.
- Park Beach (453-2722) Closed. Opens Memorial Day Weekend.

www.siu.edu/oirs

(618) 536-5531

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.

Pulliam Pool (453-2885):
- Early Bird - Monday through Friday: 7:30 am - 9:30 am
- Late Bird - Monday through Friday: 6:30 am - 9:00 am
- Subject to change

University Tennis Courts (453-5246):
- Opens March 17 if weather permits.
- Remarks required, call 453-3020.

Mon. - Sun.: 6 pm - 10 pm
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 453-1767.

**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.

**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**
focusses 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 include 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.

**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 practises 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!

www.siu.edu/oirs (618) 536-5531
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 universities and offer the chance to play in the National Intramural Soccer League.

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.

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.

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.

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.

Ultimate Frisbee
invites you to play in our high powered co-ed ultimate league. We train every Thursday Night at Hercel Field and compete in leagues and tournaments around the Midwest.

Weightlifting Club
provides the opportunity to meet and interact with others who enjoy weight training. The club hosts an annual body building show, seminars, and contests. 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.

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.

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!

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

Spring 2004
Campus Recreation
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 levels 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-ed 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 innertube 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.

Intramural Sports Spring 2004 Schedule

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

<table>
<thead>
<tr>
<th>Individual/Dual Events</th>
<th>Registration</th>
<th>Schedules Posted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Table Tennis Singles Tourney</td>
<td>2/02-2/10</td>
<td>2/12</td>
</tr>
<tr>
<td>Racquetball Singles Tourney</td>
<td>2/23-3/16</td>
<td>3/18</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Special Events*</th>
<th>Registration</th>
<th>Tentative Dates</th>
</tr>
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<tbody>
<tr>
<td>Wrestling Meet</td>
<td>3/01-4/06</td>
<td>4/07 and 4/08</td>
</tr>
<tr>
<td>Grad/Fac/Staff Golf Outing</td>
<td>3/29-4/23</td>
<td>4/30</td>
</tr>
</tbody>
</table>

* 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!