

# UPEI's hidden gems

By **Kate VanGerven**  
Panther Post

This university has quite a bit to offer in the athletics de-

partment. Sure, there are the sports teams who represent us and give us something to watch for free. However, for anyone who wants to stay active without the commitment

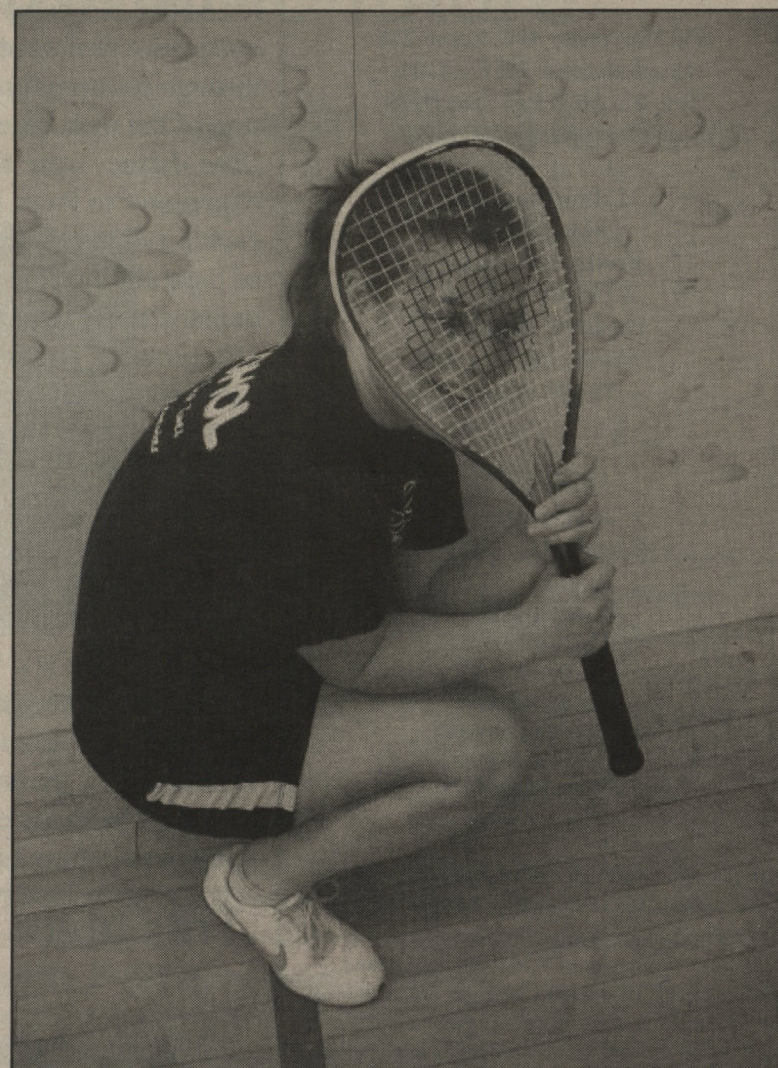
to practices and a team, there are several options.

**The Gym:** Open from 6:30 a.m. – 10 p.m. throughout the week, 8 a.m. – 6 p.m. on Saturdays and 12 – 8 p.m. on Sundays, the gym provides enough time for all students and members. If you're a complete gym virgin like I was in September, the fitness centre may feel a little daunting. Not the case! My advice is to grab a cardio machine (preferably one with a view of the rest of the gym) and run/jog/spin for as long as it takes you to scope out your next move. Another helpful hint for gym virgins: the weight machines all have instructions (peripheral vision comes in handy here) and they also display a picture with highlighted muscles to show you exactly what you're working out.

**The Pool:** It's huge, there's a slide, diving boards, and a Tarzan rope. Oodles of fun and all you need is a bathing suit! Typically, there's an open swim offered from 8-10 every night of the week which I feel should be taken full advantage of.

**Sauna:** This was a recent discovery of mine. Hidden in the depths of the sports centre change room lies a small yet cozy sauna. Who knew? There's not much else to say about this except that it's guaranteed to be the hottest place on campus.

**Squash and Racquetball Courts:** These courts are available as long as the sports centre is open and all you need to do is sign up for a time. Now, a small warning for any squashers just start-



Sports editor Kate VanGerven begs for mercy on the squash court. Photo courtesy of "Charlotte"

ing out on the great adventure of ball and racquet: even if you are afraid of the ball, don't tell your opponent.

I made that mistake in my first squash attempt. My fellow squasher, for privacy reasons we'll call her Charlotte, took it upon herself to break me of my fear. It began innocently enough. A few easy lobs in my direction made me dance out of the ball's path, laughing, a little nervously, but laughing all the same.

Then it turned ugly. Charlotte's hits became harder and more frequent. Petrified, I shrank down the wall into some version of the fetal po-

sition and held the racquet over my face in protection. I can still hear Charlotte preaching over my pleas to stop, "You can't be afraid of the ball! You must not be afraid of the ball!" When I believed the torture was over, I moved the racquet away from my face with shaking hands.

One final blow from Charlotte struck me hard on the forehead which only confirmed my very rational fear of the ball. Thanks Charlotte.

That being said, don't be afraid to attempt squash! It's easy to learn, a ton of fun and a fantastic workout!

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