

RECREATION

OBJECTIVE: TO PARTICIPATE IN SELF-DIRECTED ACTIVITIES THAT ALLOW YOU TO DECIDE WHAT YOU WANT TO DO IT?

EQUIPMENT IS AVAILABLE FROM THE CONTROL ROOM.

gymnasium

- PLAY BADMINTON
- SHOOT BASKETS
- EXERCISE OR WEIGHT ROOM

rink

- SKATING
- PICK UP HOCKEY



outdoor facilities

- TENNIS ALL
- BASKETBALL ALL
- VOLLEYBALL ALL
- SOFTBALL ALL
- FOOTBALL ALL



off campus

- SWIMMING
- RUNNING

FOR INFORMATION
BARB HULLALY
COORDINATOR
566-0606

INTRAMURALS

OBJECTIVE: TO SCHEDULE COMPETITION IN INTRAMURAL SPORTS. TEAMS CAN BE FORMED FROM RESIDENCES, FACULTIES (ARTS, SCIENCE, EDUCATION, ENGINEERING, BUSINESS, VETERINARY), YEARS OR INDEPENDENT GROUPS. WATCH FOR ENTRY DEADLINES FOR EACH SPORT.



fall



- SOFTBALL (SLOW PITCH)-COED
- SOFTBALL - MEN
- TENNIS - COED/MALE/FEMALE
- OUTDOOR VOLLEYBALL - COED
- FENCING CLUB - COED
- RIFLE CLUB - COED

winter



- BASKETBALL - MALE/FEMALE
- HOCKEY - MALE/FEMALE
- VOLLEYBALL - COED
- BROOMBALL - COED
- BADMINTON - COED
- INDOOR SOCCER - MALE/FEMALE
- FENCING CLUB - COED
- RIFLE CLUB - COED

FOR INFORMATION
BARB HULLALY
COORDINATOR
566-0606

FITNESS

OBJECTIVE: TO PROVIDE INFORMATION AND OPPORTUNITIES FOR INDIVIDUALS TO IMPROVE THEIR FITNESS LEVELS.

aerobic fitness classes

- REGULARLY SCHEDULED INSTRUCTIONAL CLASSES
- INDIVIDUAL PROGRESSION
- GRADUAL FITNESS IMPROVEMENT

aerobic videos

- AVAILABLE IN GYMNASIUM
- FIT IT AROUND YOUR SCHEDULE
- REGULAR OR LOW IMPACT

weight machine instruction

- HOW TO USE EQUIPMENT? HOW MUCH? WHEN? AND WHAT YOU SHOULD DO?
- TAILORED TO YOUR LEVEL OF FITNESS

FOR INFORMATION
BARB HULLALY
COORDINATOR
566-0606

fitness testing

- BASIC FITNESS TESTING FOR ENDURANCE, FLEXIBILITY, STRENGTH AND % OF BODY FAT
- AVAILABLE BY APPOINTMENT (566-0606)

weight loss/exercise program

- INFORMATION ON VARIOUS TYPES OF EXERCISE AND WEIGHT LOSS PROGRAMS (WALKING, RUNNING, BIKING, WEIGHT WATCHING)
- INDIVIDUAL OR GROUP PROGRAMS POSSIBLE CONTACT THE COORDINATOR (566-0606)



Fencing at UPEI

The UPEI Fencing Club is back again for another year. We would like to welcome all new and returning students and invite you to join us every Saturday at 9:00 AM for our regular practices. Fencing is among the least known sports at this university, but it's members all agree that it is by far the most enjoyable.

The club has been in existence from the time the University was first opened in 1969. At that time it was but a small club headed by Lothar Zimmermann. Today, the club sports more than forty members of all ages. Many changes have taken place in the club in that time, making the club the organized unit it is today. They are currently making plans to host the 1990 Easterns, one of the largest fencing competitions in the Atlantic region, in addition to our annual team and provincial tournaments.

Throughout the year, the club also participates in a number of

other regional competitions, of which any competitive member is welcome to join. The team rarely returns without at least one medal, and in the past has done very well. The small size of the club as compared to the large clubs in Nova Scotia and the other Atlantic provinces means that to return with a number of medals is a great feat.

This past year, the club has been working on putting together a team for the 1991 Canada Games that will be held here. For those members who will be around at that time, their help would be greatly appreciated. There is always room for more people and there is always something for people to do, whether it is at competitions, or just around the club.

This year's executive consists of Johanna Eliot as President, Lothar Zimmermann as Vice President, Chris Vessey as Treasurer, and David MacKinnon as Secretary. Johanna is a former UPEI graduate, while Lothar currently teaches German here at the University. Chris and David are currently finishing their BSc in Math in addition to their regular majors of Computer Science and Engineering.

If anyone is interested in joining the UPEI Fencing Club, or would just like to find out more about the club, or sport itself, or both, drop by the UPEI Gym any Saturday morning between 9 AM and 12 noon, or talk to any member of the club.



* PROGRAMS FOR FALL *

AEROBIC EXERCISE INSTRUCTION



MON & WED 5:15 - 6:15 PM
GYM

STUDENTS - FREE
STAFF/FAC \$ 25.00 / SEMESTER

PRE-REGISTER BY CALLING 566-0432

STARTS SEPTEMBER 18TH

WEIGHT ROOM

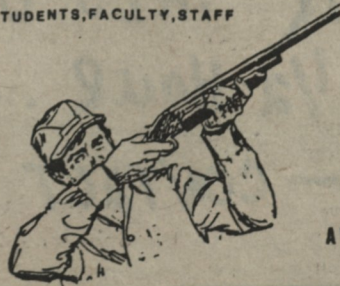


WEIGHT MACHINE
EXERCISE BIKES
OPEN DAILY 8AM-10PM

PROGRAMS DEVELOPED. 566-0606

RIFLE CLUB

ORGANIZATIONAL MEETING
FOR ALL INTERESTED
STUDENTS, FACULTY, STAFF



WEDNESDAY
SEPTEMBER 20
AVC LECTURE THEATER
7:00 PM



FENCING CLUB

SATURDAYS
9:00 - 12:00 NOON
GYM

CONTACT: LOTHAR ZIMMERMANN 566-0606