

Fall 2006 adult instructional classes

Dance classes

There will be an information/demonstration session for all dance classes on Monday, Aug. 28 at 7 p.m., RSRC activity room 2. Come and meet the instructors, and watch them demonstrate their dance styles. Registration for dance classes begins Tuesday, Aug. 29 at 8 a.m., RSRC lower level.

Ballet (RSRC AR2)

Aug. 30–Dec. 6

Beginner (\$40) Wed 6:45–7:45 p.m.
Sun 12:15 p.m.

Inter/Adv (\$40) Wed 7:45–9 p.m.
Sun 2:15–3:30 p.m.

Pointe (\$15) Wed 9–9:30 p.m.
Sun 3:30–4 p.m.

Jazz (RSRC AR2) (\$40)

Aug. 31–Dec. 5

Beginner T/Th 6:45–8 p.m.
Advanced T/Th 8–9:15 p.m.

Latin (RSRC AR2) (\$20)

Individual (Aug. 30–Dec. 5) T/Th 6:45–7:45 p.m.
Partner (Sept. 4–Oct. 9) Mon 8–8:50 p.m.

Irish Step (RSRC AR1) (\$15)

Aug. 30–Oct. 11

Wed 7:45–8:45 p.m.

Tahitian (RSRC AR1) (\$15)

Sept. 3–Oct. 18

Sun 2–3 p.m.

Scuba

There will be a scuba information session on Sunday, Aug. 27 at 1 p.m., Rockne 110. Registration for scuba takes place at the first class, Sunday, Sept. 3. The minimum fee is \$165. Classes will be held in Rockne 110 and at the Rockne Pool. The class will meet from 4–7:30 p.m. on Saturday, Sept. 2, then six Sundays: Sept. 3, 10, 17, 24, Oct. 1 and 8. Check-out dives are scheduled from St. Joseph's Beach.

Note: Registration for Martial Arts, Aikido and Horseback Riding begins at 8 a.m., Wednesday, Aug. 30, RSRC lower level.

Martial Arts (Rockne 109) (\$40)

Aug. 31–Dec. 5

T/Th 5:45–7 p.m.

Aikido (Rockne 109) (\$25)

Sept. 1–Dec. 6

Tues/Fri 8:30–9:30 a.m.

Horseback Riding (\$100)

Horseback lessons are taught at Laughin Stables in Buchanan, Mich. The class meets Mondays from 5–6 p.m. from Sept. 11–Oct. 9. Limit of 5 participants.

Let's Dance!

Work out to a Latin, Tahitian or Irish beat



RecSports dance classes include Tahitian, Latin, Jazz, Ballet and Irish Step.

RecSports dance classes? "In a word, popular," says Bill Reagan, assistant director of instruction, special events and family programming.

This fall, RecSports will offer an expanded list of dance classes, including jazz and ballet, Latin, Tahitian and Irish step.

Coordinating the dance and other instructional programs has been a change for Reagan, a self-described "old football coach" who joined RecSports in 2002.

"What has impressed me," he says, "is the passion that each of them (the instructors) have for their dance classes."

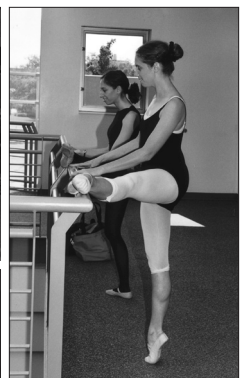
That passion is reflected in the increasing number of classes and sections. When he joined the program, Reagan notes, there were just two dance classes—jazz and ballet.

The courses have become so popular that classes fill up immediately, and often have waiting lists.

This fall, course offerings will expand to include some new courses: Tahitian ("like Hawaiian, but the hip movements are much sharper," Reagan says) and Irish step. Irish step dancing uses a soft shoe, not a hard tap shoe, he notes.

There will be an information session for all dance classes at 7 p.m. on Monday, Aug. 28, in the RSRC activity room 2. The information session offers the chance to see the dance styles and meet the instructors. Registration for dance classes begins at 8 a.m. on Tuesday, Aug. 29, RSRC lower level.

Scuba • Yoga • Pilates • Cardio Box • Swim • Ballet • Jazz • Horseback Riding • Martial Arts • Basketball • Aikido



A challenge? You're on!

RecSports is offering departments the opportunity to challenge other departments in a sport that suits the abilities and interests of participants. Events might include floor hockey, soccer, volleyball, table tennis, pool, croquet, horseshoes, sports trivia, Wiffle ball or darts. Find a department that will accept your challenge and contact us at 631-5100.

Domer Run 2006

RecSports/Alumni charity event in its 24th year



The 2006 **Domer Run** will be held at 11 a.m. on Saturday, Sept. 23.

The annual event, sponsored by RecSports and the Alumni Association, raises money for ovarian cancer education and awareness.

The event starts at 11 a.m. from Holy Cross Drive, north of the Stadium. Participants may choose a three- or six-mile run or a 2-mile walk.

The event is open to all members of the Notre Dame community, including Notre Dame, Saint Mary's and Holy Cross faculty, staff and students.

The entry fee for members of the Notre Dame community is \$10 in advance, or \$15 the day of the race.

Register in advance at RecSports, or download a registration form at recsports.nd.edu.

Advance registration ends at 5 p.m. on Friday, Sept. 22. Race-day registration and check-in will take place at Legends.

Participants are invited to attend

the pancake breakfast at Legends.

All participants will receive T-shirts, and there will be awards for first-place finishers in each of 24 divisions.



- Six-mile run
- Three-mile run
- Two-mile walk
- T-shirts
- Pancake breakfast
- Awards

<http://recsports.nd.edu> • 24-hour hotline: 574-631-8REC

FACILITIES AND INFORMATION

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RecSports
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Rolf's Sports Recreation Center
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recsports.nd.edu

RecSports Mission Statement

"To serve the Notre Dame community by enhancing the mind, body and spirit through recreational sports."



Avoid peak facility hours

Want to avoid the crowd at RecSports and the Rockne? If possible, avoid weekdays between 3:30 and 6 p.m., which are the peak times for fitness facility usage.

If your schedule allows, try working out in the early morning, early afternoon, or after 6 p.m. in the evening. Fitness areas are generally less busy on the weekends.



Rolf's Sports Recreation Center features a suspended 1/8-mile walking/running track.

Eligibility requirements

All full- and part-time employees of Notre Dame are invited to take advantage of the recreation programs and facilities on campus. This includes the Rolf's Sports Recreation Center (RSRC), Rockne Memorial, Rolf's Aquatic Center, Eck Tennis Pavilion, the Loftus Center and general recreation areas at the Joyce Center. Outdoor facilities include various playing fields, courts and St. Joseph's Beach.

Spouses of eligible employees have access to the facilities and some programming (fitness and instructional classes and occasional special events). Employees and spouses must present their university identification card to gain access to facilities and to register for programs. Programs and facilities may have fees for participation. Some facilities also offer guest privileges, and may assess a nominal guest fee (e.g. \$3). Guests are to remain in the company of the employee or spouse.

Family hours are available for employees and their children under 18 to enjoy free play and recreation. Parents must accompany and supervise their children at all times. Adult children 18 and older who are legal dependents of employees may be eligible for an Adult Dependent Card. Employees may apply for these cards at the RecSports office. For more information on facilities, policies and hours, check the RecSports Web page at recsports.nd.edu.



The RSRC fitness room offers both cardio and strength equipment. Fitness equipment and a weight room are also available at the Rockne Memorial.

Campus sports and recreation facilities

Eck Tennis Pavilion

- Six indoor tennis courts
- Lounge area
- Locker and shower facilities
- Apparel sales

Notre Dame Golf Course

This convenient nine-hole facility on the southwest corner of campus is available to the campus community and the public. Discounted rates are offered to members of the Notre Dame community. Times of operation vary according to the season, and tee times are accepted. Call 631-6425 for additional information.

Joyce Center

- Five courts for basketball and volleyball
- Four racquetball courts
- Ice rink
- Jogging lanes (check availability)
- Equipment check-out: towels, balls, racquetball racquets, squash racquets, softball bats, and outdoor volleyball equipment
- Two squash courts

Loftus Sports Center

- Indoor football/soccer/lacrosse field (Meyo Field)
- 1/5-mile indoor track
- Cardio equipment
- Indoor golf driving nets

Rockne Memorial

- Fitness room with cardio and selectorized weight equipment
- Weight room with selectorized and free weight equipment
- Two courts, for basketball and volleyball
- Racquetball/handball courts
- 25-yard pool and shallow exercise pool
- Activity rooms for fitness and dance classes
- Climbing wall & climbing cave
- Locker and shower facilities
- Equipment check-out: towels, balls, jump ropes, dumbbells, weight belts, racquetball racquets, and table tennis equipment

Rolf's Aquatic Center

- 50-meter Olympic-size pool (25 yards in width)
- Locker and shower facilities
- Equipment check-out: towels
- Diving boards: three 1M boards, two 3M board

Rolf's Sports Recreation Center

- Fitness room with cardio and strength equipment
- Three courts for basketball, volleyball, and badminton
- Multi-purpose court for soccer, handball, in-line hockey, lacrosse and volleyball
- 1/8-mile suspended running track
- Pool tables and table tennis
- Activity rooms for fitness and dance classes
- Locker and shower facilities
- Equipment check-out: towels, balls, weight belts, billiards equipment, badminton racquets, table tennis paddles, horseshoes, and outdoor volleyball equipment
- RecSports administrative offices
- Health and fitness resource center
- Meeting rooms

Warren Golf Course

- Located on the northeast corner of campus
- Tee boxes/greens grass: Bent
- Clubhouse and pro shop
- Discounted rates are offered to members of the Notre Dame community. Times of operation vary according to the season, and tee times are accepted.
- www.warengolfcourse.com

Outdoor Facilities

The University offers many excellent outdoor recreation areas, including football, soccer, and softball fields, along with many basketball, tennis, and sand volleyball courts. St. Mary's and St. Joseph's Lakes provide runners and walkers with scenic routes. St. Joseph's Lake also features a beach front, complete with an area for swimming and boat rentals.

Hours for RecSports facilities

Rolf's Aquatic Center

M-Th	9:30 a.m.-3 p.m. 7 p.m.-10:30 p.m.
Friday	11 a.m.-3 p.m. 7 p.m.-9 p.m.
Saturday	CLOSED
Sunday	1 p.m.-9 p.m.

Rolf's Sports Recreation Center

M-Th	6 a.m.-12 a.m.
Friday	6 a.m.-11 p.m.
Saturday	9 a.m.-11 p.m.
Sunday	12 p.m.-12 a.m.

Effective Oct. 1, the RSRC will close at midnight every night.

Rockne Memorial

M-Th	6 a.m. - 12 a.m.
Friday	6 a.m. - 11 p.m.
Saturday	10 a.m. - 11 p.m.
Sunday	10 a.m. - 11 p.m.

For the hours of the specific areas such as the pool, weight room and climbing wall, please see the RecSports Web page at recsports.nd.edu. Hours for all of the RecSports facilities vary when classes are not in session. Break schedules can be found on the Web page. For updated information, including closings, call the 24-hour hotline, 574-631-8REC.

Facility hours change on football Saturdays

Rolf's Sports Recreation Center: On home football Saturdays, the RSRC will close 90 minutes prior to kickoff and reopen two hours after the conclusion of the game. The RSRC will not reopen for the evening following the Penn State and Michigan games.

Rockne Memorial: On home football Saturdays, the Rockne Memorial will open at 8 a.m. and close one hour prior to kick-off. The facility will re-open two hours after the conclusion of the game. Some facilities such as the weight room are closed on football Saturdays. Check recsports.nd.edu for updated information.

Shuttle bus stops at RSRC

A convenient way to get to the RSRC for some lunchtime exercise is to take advantage of the parking lot shuttle. The lunchtime shuttle bus stops at the RSRC Monday through Friday every 15 minutes beginning about 11:40 a.m. and ending about 1:10 p.m. The shuttle runs a continuous route, stopping at the Main Building North Drive; Stepan Center (B16 parking lot at the bus shelter on Holy Cross Drive); the corner of Bulla and Juniper; and Pasquerilla Center.

FITNESS CLASSES

Drop-in sports activities

Drop-in activities provide great opportunities to meet other people who share your recreational interests. Come by yourself, or bring a friend.

Saturdays 9-10:45 p.m.	Badminton	Court 2	RSRC
Sundays 8:30-10:30 p.m.	In-Line Hockey	Court 1	RSRC
Mondays 8:30-10:30 p.m.	Floor Hockey	Court 1	RSRC
Tuesdays 8:30-10:30 p.m.	Indoor Soccer	Court 1	RSRC
Wednesdays 7-11 p.m.	Volleyball	Court 4	RSRC
Thursdays 8:30-10:30 p.m.	Lacrosse	Court 1	RSRC
Fridays 7-10:30 p.m.	Badminton *	Court 2	RSRC

Drop-in activities take place during the academic year whenever classes are in session. *Badminton takes place from 4:30-7 p.m. on any Friday that the RSRC closes at 7 p.m.



Flex n' Tone is one of many fitness classes available this fall.

Register for intramural, campus and CoRec activities

Fall intramural leagues and tournaments are offered for students, graduate students, faculty and staff. All Notre Dame faculty, staff and students are eligible for campus and CoRec events.

Activity	Entry	Deadline	Cost
CoRec Sand Volleyball	Aug. 22	Aug. 29	\$20
CoRec Softball	Aug. 22	Aug. 29	\$50
Campus Horseshoes			
(Singles and Doubles)	Aug. 22	Aug. 29	\$ 5
Grad/Fac/Staff Baseball	Aug. 24	Aug. 31	\$50
Grad/Fac/Staff Football	Aug. 24	Aug. 31	\$75
Grad/Fac/Staff Tennis (M & W)	Aug. 24	Aug. 31	\$ 5
Campus Tennis (Mixed Doubles)	Aug. 24	Aug. 31	\$ 5
Grad/Fac/Staff Soccer	Aug. 31	Sept. 7	\$50
CoRec Flag Football	Sept. 14	Sept. 21	\$75
Grad/Fac/Staff Racquetball (Singles)	Sept. 14	Sept. 21	\$ 5
CoRec Basketball	Sept. 21	Sept. 28	\$50
CoRec Water Polo	Oct. 5	Oct. 12	\$35
Campus Badminton Singles	Oct. 5	Oct. 12	\$ 5
Grad/Fac/Staff Basketball	Oct. 12	Oct. 26	\$50
CoRec Broomball	Oct. 12	Oct. 26	\$20
Campus Squash	Oct. 26	Nov. 2	\$ 5
Campus Table Tennis	Oct. 26	Nov. 2	\$ 5
Campus Indoor Soccer (M & W)	Oct. 26	Nov. 2	\$30
Campus Ultimate Frisbee	Oct. 26	Nov. 2	\$20



Yoga classes are offered at Rolf's Sports Recreation Center and the Rockne Memorial.

Fall 2006 fitness classes

RSRC AR 1

Mon	7:45-9:15 p.m.	Instructor Training (ends 11/6)	\$35	Kacie
MW	5:30-6:30 p.m.	Power Step n' Pump	\$35	Angela
MW	6:30-7:30 p.m.	Cardio Box	\$35	Kristine
Fri	5:30-6:45 p.m.	Cardio Sculpt	\$17	Kristine
MTh	12:15-12:45 p.m.	Lo n' Lean (ends 12/21)	\$35	Tami
Tue	7:30-8:45 a.m.	Yoga (ends 12/5)	\$67	Brynne
Tue	12:10-12:50 p.m.	Yoga (8/29-10/10)	\$28	Linda
Tue	4:15-5 p.m.	Pilates (8/29-10/10)	\$30	Patty
Th	4:15-5 p.m.	Pilates (8/31-10/12)	\$30	Patty
TTh	5:30-6:30 p.m.	Cardio Sculpt	\$35	Alison
Sun	12:15-1 p.m.	Arms, Abs n' Glutes	\$14	Rotate
Sun	4:15-5:15 p.m.	Cardio Sculpt	\$14	Rotate
Sun	5:30-5:50 p.m.	All Abs	\$12	Rotate

RSRC AR 2

MWF	7-7:30 a.m.	Basic Training (ends 10/13)	\$23	Mike
MWF	12:15-12:45 p.m.	Cardio Sculpt (ends 12/20)	\$53	Sara/Indiana
MW	5:30-6:15 p.m.	Flex n' Tone	\$35	Indiana
TTh	7:45-8:45 a.m.	Stretch, Strengthen & Stabilize	\$35	Kacie
TTh	12:15-12:45 p.m.	Flex n' Tone (ends 12/21)	\$36	India
TTh	5:30-6:30 p.m.	Cardio Sculpt	\$35	TBA

ROCKNE 205

Mon	4:15-5:15 p.m.	Yoga (8/28-10/9)	\$30	Gail
Tue	5:30-6:30 p.m.	Yoga (8/29-10/10)	\$30	Kim
Wed	5:30-6:45 p.m.	Yoga (8/30-10/11)	\$33	Jamie
Th	4:15-5:15 p.m.	Yoga (8/31-10/12)	\$30	Kim

ROCKNE 109

Mon	5:30-6:30 p.m.	Tai Chi (8/28-11/6)	\$43	Brother Raymond
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ROCKNE POOL

MW	5:30-6:15 p.m.	Aquacise (ends 12/20)\$42	\$42	Jacque
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REGISTRATION

Register beginning at 7:30 a.m. on Thursday, Aug. 24 at Rolf's Sports Recreation Center. A separate registration line will be available for faculty and staff. You must have your ID to register. Payment is due at the time of registration (cash or check only). An individual may register a maximum of three people.

Classes begin the week of Aug. 28, and unless noted end the week of Dec. 4. Mind/body classes and Basic Training will begin new sessions the week of Oct. 23. Registration will begin on Tuesday, Oct. 10 at 7:30 a.m. in the RSRC. The schedule is subject to change. A minimum of 14 participants are needed to begin a class. Please be aware of the refund policy when registering (see below).

Free health and fitness workshops

Exercise Basics 101 is a series of workshops covering a variety of health and fitness topics. These 45- to 60-minute workshops are free and open to the Notre Dame community. The workshops provide a great opportunity to learn from professionals in the fields of fitness, nutrition, physical therapy and sports medicine. Complete details can be found on the RecSports Web site, recsports.nd.edu. Upcoming topics include:

- Fitness Equipment Orientations
- Fat? What's all the Fuss?
- Selecting the Proper Athletic Shoe
- Mindful Meditation
- Selecting Proper Athletic Clothing
- Strength Training 101
- Back Health
- Functional Strength Training
- Incorporating the Stability Ball into Your Exercise Routine
- Selecting Home Exercise Equipment

Class refund policy

For instructional and fitness classes, the general refund policy is that registration fees are fully refundable if you cancel within the first two weeks of class. After the first two weeks and up to the halfway point, you will receive a 50% refund. No refunds will be given after the halfway point.

For mind/body classes that begin the week of Aug. 28: full refund through Sept. 3; half refund through Sept. 17; no refunds after Sept. 18.

Family Activities and Special Events



Children practice kicking in the shallow exercise pool at the Rockne Memorial

Swim lessons for children and adults

Registration for swim lessons began at 8 a.m. Tuesday, Aug. 15, and will continue through the start of classes. Register at the front desk of Rolfs Sports Recreation Center.

Parent/ Tot

Mon	(9/11-10/9)	6:35 p.m.	\$25
Wed	(9/6-10/4)	6:35 p.m.	\$25
Sun	(9/10-10/8)	6:35 p.m.	\$25

Children

			Level	
M/W	(9/6-10/9)	6:35 p.m.	3 - 6	\$50
M/W	(9/6-10/9)	7:15 p.m.	1 - 6	\$50
T/TH	(9/5-10/5)	6:35 p.m.	1 - 6	\$50
T/TH	(9/5-10/5)	7:15 p.m.	1 - 6	\$50
Sun	(9/10-10/8)	11:40 p.m.	1 - 6	\$25
Sun	(9/10-10/8)	12:20 p.m.	1 - 6	\$25

Adult

M/W	(9/6-10/9)	7:15 p.m.	1 - 6	\$60
Sun	(9/10-10/8)	1 p.m.	1 - 6	\$30

Family hours offer recreation time for parents and children

Notre Dame and the Office of Recreational Sports recognize the importance of family recreation. The purpose of providing "family hours" for the children of Notre Dame students and employees is to encourage family recreation time for parents and their children. The intention is for parents to recreate *with*, and provide immediate supervision *for*, their children during these hours.

The Rolfs Aquatic Center has family hours on Sunday from 2 p.m. to 5 p.m. Rolfs Sports Recreation Center family hours are on Saturday from 9 a.m. to noon and Sunday noon to 2 p.m. Family hours at Rockne Memorial are Saturday and Sunday, 2 p.m. to 5 p.m. For the safety and enjoyment of all:

- Family hours are for children of Notre Dame students and employees only.
- Parents are to be with all of their children, all of the time. Parents are responsible for their children's safety and behavior at all times. Please plan another time for your own workout.
- Not all areas of each facility are open to children; check with the specific facility you are visiting regarding rules and policies.
- Equipment and towels may only be checked out by a parent using a valid University or User ID.
- Activity areas are available on a first-come-first-served basis unless designated "family" or "adult."
- Coed use of locker room facilities is limited to parentally supervised children 3 years of age and under, unless otherwise designated.
- Parents must sign waivers/releases for children under 18.

Over 300 participate in summer leagues



Over 300 faculty, staff and graduate students participated in softball, indoor soccer, and basketball over the summer.

The leagues offer co-workers a way to get together outside of the office, and with members of other departments.

In the softball league final game, Aerospace Engineers beat the South Dining Hall team.

Faculty and staff active in club sports

Faculty and staff are welcome to participate in a number of club sports, including climbing, cycling, fly fishing, hurling, Japanese martial arts, Martial Arts Institute, men's volleyball, men's water polo, squash, women's running, World Taekwondo and yoga.

Both beginners and experienced participants are welcome. The level of competition varies, but generally falls between varsity and intramural play.

In the case of cycling, men's volleyball, men's water polo and squash, faculty and staff may practice with club members, but they may not compete against other universities and other club competitions. Faculty and staff may contact the clubs through the RecSports Web site, recsports.nd.edu. A list of officers and e-mail addresses can be found under club sports.

If you're interested in getting involved with students while enjoying one of your own interests, think about serving as an advisor for a club sport. Advisors may assist in the development and implementation of club goals and objectives. Students call upon advisors to lend expertise and direction to their projects. Advisors also assure that club activities are well-planned and reflect favorably on the University. Please contact Dave Brown at 631-6192 about future openings. The following have volunteered their services for the 2006-2007 academic year:

Club Advisors 2006-2007

Bowling Club: Dave Brown
Boxing Club: William Seetch
Boxing Club (Women's): Brian Daley
Climbing Club: Gitta Lubke
Cycling Club: Daniel Skendzel
Equestrian Club: Linda Espahbodi
Field Hockey Club: Lori Maurer
Fighting Irish Wrestling: Fran McCann
Figure Skating Club: John Murray
Fly Fishing Club: Mark Olsen
Gymnastics Club: Iris Outlaw
Ice Hockey Team (Women's): Robert Cunningham
Martial Arts Institute: Hugh Page Jr.
Pom Pon Squad: Amy Geist
Rowing Club (Men's Crew): Martin Tenniswood

Running Club (Women's): Liz Dube
Sahaja Yoga Association: Constance Peterson-Miller
Sailing Club: Robert Dunn
Ski Club/Team: Lori Maurer
Squash Club: Daniel Lindley
Ultimate Frisbee Club: Edward Beatty
Volleyball Club (Men's): Arthur Taylor
Water Polo Club (Men's): Brian Coughlin
Water Polo Club (Women's): Brian Coughlin
World Taekwondo Federation Club: Francis McCann

Faculty/Staff Golf Outing Oct. 15

The **Faculty/Staff Golf Outing** will be held Sunday, Oct. 15. The event is open to ND faculty and staff and their children age 18 and older.

The nine-hole scramble takes place at Notre Dame Golf Course, with a 3 p.m. shotgun start. Fee is \$15 per person. Carts and club rentals are available for an additional fee.

There will be a picnic dinner after the outing, and prizes will be awarded.

Upcoming family events

Family Swim Night will take place Friday, Oct. 28. The event is open to Notre Dame faculty, staff and their families. There will be open swim, as well as organized games, and refreshments will be served. There is no advance registration, but ID is required.

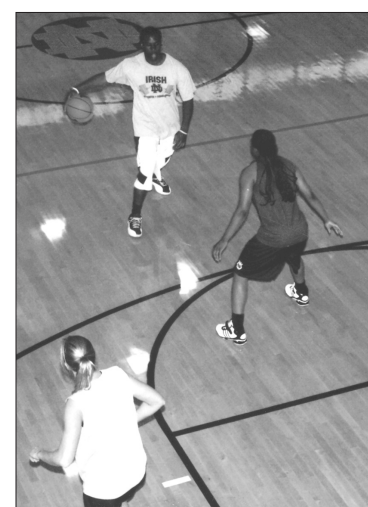
Watch ND Works and the RecSports Web page for information on a **Tennis Clinic** to be presented by the Men's and Women's Varsity Tennis Teams in November. The clinic is open to faculty, staff and their families, as well as students. Activities will include stroke analysis and playing situations.

Participants should bring their own racquet, and tennis shoes (not running shoes) are required. There is no advance registration, but Notre Dame ID is required.



Family Skate Night will be held Friday, Dec. 8. The event is open to Notre Dame faculty, staff and families. Skate rentals will be free while they last. Cookies and hot chocolate will be served, and the highlight of the evening will be a visit from Santa. Advance registration is not required, but ID is required.

Noon basketball



Get in the Game! Every Monday, Wednesday and Friday at noon, join faculty/staff colleagues to play basketball at the RSRC. No reservation is necessary. Just show up and get in the game that matches your ability.

Noon skate at JACC

Faculty and staff are encouraged to visit the Joyce Center Ice Rink from noon to 1 p.m. every Monday, Wednesday and Friday for open ice skating. Skate rental is \$3, and skating is free of charge. For more information, contact the Ice Rink at 631-5247.

Planning your own recreation event?

Interested in a staff volleyball or softball game? Perhaps a picnic with horseshoes sounds like fun. Many RecSports facilities can be reserved for use by your staff or group. To learn more about reserving a space, go to recsports.nd.edu. Click on "Facilities", "General Policies" then "Facility Reservations". RecSports can also help in planning your event; e.g. creating tournament draws, advising on safety considerations, providing equipment, and more. Contact RecSports at 631-5100.

Saturday September 23 11 a.m.

2006 DOMER RUN

Sponsored by RecSports and the Alumni Association
 Proceeds benefit ovarian cancer research and awareness

Training for Domer Run

Planning on participating in the annual Domer Run, or another distance run or walk? First, talk with your physician to make sure such physical activity is appropriate for you, says Jennie Phillips, RecSports assistant director of fitness and fitness facilities.

The most important thing to remember when training is to start slowly, Phillips says. "Gradually ask your body to do more work."

You can do that, Phillips says, by moving faster (increase the intensity), working longer (lengthen the duration of workouts) or working out more frequently.

Make sure if you're doing activity with impact that you're wearing the proper athletic shoe, Phillips adds. Proper shoes, and warming up beforehand, will reduce the risk of injury.

If you'd like advice on your exercise routine, there are fitness professionals at RecSports available to make sure your exercise program is safe and effective. Contact RecSports at 631-5100 for more information.

In addition to formal workouts, be creative with fitting more activity into your day, Phillips says. "Park a little further away. Take the stairs instead of the elevator.

"It adds up, and it counts," she says.

NDWorks