A.M. OR P.M.—ROSTER FILLS WITH NON-STUDENT CLASSES
By Carol C. Brady

As a result of comments made during the Town Hall Meetings this fall, RecSports in offering a new lineup of exercise classes reserved only for faculty, staff, retirees and spouses, says John Phillips, assistant director of fitness and recreational sports. “No more working out next to 18-year-old bodies,” Phillips adds, something staffers have long expressed reservations about.

The schedule also includes more 6:15 a.m. classes for staffers who are pressed for time, but still want to include a workout in their day. Fifteen different exercise class offerings for staff only are available at Rolfs Sports Recreation Center (RSRC) and the Rockne Memorial, with classes starting at 6:15 a.m., 12:15 p.m. and 6:30 p.m. to accommodate various work schedules.

Classes include Yoga, Aquacise, Cardio Circuit, and a new class offered in the Rockne Memorial’s cycling studio called Cycle Express. “The indoor cycling classes are a nice way to get a workout without impact on the joints,” Phillips says.

Both RSRC and the Rockne facilities have locker rooms—locks can be requested at the front desk—and showers. “It’s a great way to get the day started and get energized,” Phillips says.

The full schedule of RecSports fitness and instructional classes continues to be open to both students and staffers, Phillips notes. For a complete class schedule, visit recsports.nd.edu and click “Spring 2009 Fitness Classes.” The page contains a link to the schedule of fitness classes reserved for staffers.

If you’re not sure which class to take, you can try any of them during “Try It! You’ll Like It!” week, Monday, Jan. 12 through Sunday, Jan. 18.

Simply show up at the class, sign in with your Notre Dame ID, and enjoy the class. You can try as many classes as you wish during this time. Space is available on a first-come, first-served basis, and schedules are subject to change.

If you choose to take a class, registration begins at 7:30 a.m. Thursday, Jan. 15. Registration by credit card is available through the RecRegister link at recsports.nd.edu; registration is also available with cash or check only at the RSRC front desk.

Registration for Instructional classes just got easier! We have a new, more convenient way to register for fitness classes with RecRegister. Registration is ongoing. ND employees, retirees and students can go to RecRegister, select and pay for fitness and instructional classes all at once from the convenience of their home or office. If you’d rather pay with cash or check, stop by the RSRC. If you don’t have easy access to a computer, we’ll have computers available in the RSRC.

“Employee, student and retiree spouses will need the ND employee/student/retiree login to RecRegister to begin the registration process. Call RecSports at 631-6100 with questions.

FOR YOUR HEALTH

Spring 2009 Class Schedule

Almost every day of the week presents an opportunity to work on getting in shape, whether it’s in fitness classes or instructional classes.

ROLF’S SPORTS RECREATION FAMILY HOURS

Saturday ………………………… 9 a.m.–noon
Sunday …………………………… noon–2 p.m.

ROCKNE MEMORIAL FAMILY HOURS

Saturday …………………………… 2–5 p.m.
Sunday …………………………… 2–5 p.m.

ROCKNE MEMORIAL POOL FAMILY HOURS

Sunday …………………………… 2–6 p.m.

ROLF’S AQUATIC CENTER FAMILY HOURS

Sunday …………………………… 2–5 p.m.

LATE NIGHT OLYMPICS XXII

Late Night Olympics will take place on Saturday, Jan. 31 from 6 p.m. to 2 a.m. in the Joyce Center and Rolfs Aquatic Center. Each male hall will be teamed with a female hall, and they will compete in a number of athletic events in order to earn points for their team.

The main concept behind Late Night Olympics is to raise money for the St. Joseph County Special Olympics. This year’s theme is “Compete For The Cause.” We compete so that our friends with disabilities can have opportunities to compete so that our friends with disabilities can have opportunities to compete.

The evening’s main event will be the basketball game at 9 p.m. that features the Notre Dame Athletic Department taking on the Special Olympians.

While this is a student-focused event, spectators are more than welcome to attend to watch the activities taking place that evening. We are asking that a donation of $1 be made at the door.

If you have any questions regarding Late Night Olympics, such as volunteering, or if you are just looking for more information, please feel free to contact RecSports at 631-6100 or recsports.nd.edu.

PRIVATE LESSONS

For swimmers of any age/skill level. One-on-one instruction to improve skills outside of regular lessons. Please click on the private lesson link of the RecSports Web site. Upon completion submit to: Rolfs Sports Recreation Center or Mark Barskhe, Assistant Director, RecSports-Aquatics, 113 Joyce Center, Notre Dame, IN 46556.

SUNDAY

Class dates: March 22, 29, & April 5, 12, 19, 26
Parent/Tot 6:30–7 p.m., $50
Children, Levels 1–6 6:30–7 p.m., $50
Children, Levels 1–6 7:15–7:45 p.m., $50
Children, Levels 1–6 7:15–7:45 p.m., $50

INSTRUCTOR TRAINING CLASSES

INSTRUCTOR TRAINING CLASSES

Personal Training Instructor Training Monday 5:30–6:30 p.m., $50, Rockne B120, Wednesday 5:30–6:30 p.m., Rockne PT Studio.
Info Session, Jan 19 9:30 p.m., Rockne B120
Fitness Instructor Training Monday 6:45–7:45 p.m., $50, Rockne 205, Tuesday 6:45–7:45 p.m., Rockne B120, Info Session: 5:30 p.m. Jan. 19 Rockne B120

MARTIAL ARTS INSTRUCTION

Tae Kwon Do Ju Jitsu Tuesday 5:30–7 p.m., $50, Rockne 109, Thursday 9:30–7 p.m.
Akido Monday 6:45–8:15 p.m., $60, Rockne 109, Wednesday 6:45–8:15 p.m., Saturday 3–4:30 p.m.
Tai Chi (ends March 30) Monday 5:30–6:30 p.m., $42, Rockne 109

DANCE INSTRUCTION

Beginner Ballet Wednesday 7:30–8:30 p.m., $45, RSRC AR 2, Wednesday 7:45–8:45 p.m., $45, RSRC AR 2, Wednesday 8:45–9:45 p.m., $45, RSRC AR 2, Wednesday 9–10 p.m., $45, RSRC AR 2, Wednesday 10–11 p.m., $45, RSRC AR 2, Wednesday 11–12 p.m., $45, RSRC AR 2.

Brazillian Dance Thursday 6:45–7:45 p.m., $15, RSRC AR 2 (Jan. 29–March 5)
Irish Step Dance Monday 8–9:45 p.m., $15, RSRC AR 1 (Jan. 26–March 2)
Jazz/Hip Hop Fusion Tuesday 6:45–7:45 p.m., $45, RSRC AR 1, Thursday 6:45–7:45 p.m.
Individual Latin Dance Thursday 5:30–6:30 p.m., $25, RSRC AR 2
Partner Latin Dance Wednesday 7:30–8:30 p.m., $35, RSRC AR 1

SPRING SWIMMING

For swimmers of any age/skill level. One-on-one instruction to improve skills outside of regular lessons. Please click on the private lesson link of the RecSports Web site. Upon completion submit to: Rolfs Sports Recreation Center or Mark Barskhe, Assistant Director. RecSports-Aquatics 113 Joyce Center, Notre Dame, IN 46556.

LIFEGUARD CERTIFICATION

Info Session – Jan. 25 @ 3:30 p.m. to 4:30 p.m.
Info Session – Jan. 25 @ 8:00 p.m. to 9:00 p.m.
Info Session – Jan. 26 @ 10:00 a.m. to 11:00 a.m.

INFO SESSION:

RecSports @ 631-6100 or recsports.nd.edu

FOR YOUR HEALTH
Revisiting ‘1984’

M. Cathleen Kaveny

Ah, privacy. Some of us are still haunted by Big Brother. How do you see that theme in today’s context?

The month after the terrorist attacks of 2001, we passed legislation known as the USA PATRIOT Act. It provided the legal framework for what we are now witnessing unfold. We are now in the midst of a crisis of privacy and identity, where we have to constantly be vigilant about our personal data and what it means to be an American citizen.

As a student, you're thinking about the future, your own status as a grown-up and what that might be. Later, you realize this is not the same as what Orwell envisioned, but it is a continuation of the same themes.

How might a student see this story differently from an adult reader?

M. Cathleen Kaveny

For students, it comes down to writing a script, having something worthy of shooting, and then putting it in. I think the total running time was like three hours long.

The Student Film Festival turns 20 by Julie Hall Flory

Lot has changed in the world of filmmaking since Notre Dame’s first Student Film Festival was held in 1990. Ted Mandell would know; after all, he’s the guy who put the inaugural event together.

Ted Mandell's organizing his 20th student film festival.

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