

## 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.

## Rec register

### ROLFS 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.

### ROLFS 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 the St. Joseph County Special Olympics get the same opportunity.

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](http://recsports.nd.edu).

### SWIM LESSONS

Registration is ongoing and closes at noon, March 18.

#### MONDAY & WEDNESDAY

Class dates: March 23, 25, 30, & April 1, 6, 8, 13, 15, 20, 22

Children, Levels 1–6  
6:30–7 p.m., \$50

Children, Levels 3–6  
7:15–7:45 p.m., \$50

Adults, Levels 1–6  
7:15–7:45 p.m., \$60

#### TUESDAY & THURSDAY

Class dates: March 24, 26, 31, & April 2, 7, 9, 14, 16, 21, 23

Parent/Tot  
6:30–7 p.m., \$50

Children, Levels 3–6  
6:30–7 p.m., \$50

Children, Levels 1–6  
7:15–7:45 p.m., \$50

#### SUNDAY

Class dates: March 22, 29, & April 5, 19, 26

Parent/Tot  
11a .m., \$25

Children, Levels 1–6  
11:30 a.m., \$25

Children, Levels 1–6  
12:15 p.m., \$25

Adults, Levels 1–6  
1 p.m., \$30

Class size is limited. Once a class is full, you will be offered the opportunity to join a waiting list. Please select "Join Waitlist" in the drop-down menu of the RecSports Web site. If space becomes available, RecSports will contact you. You will then have 24 hours to accept a spot in the class. \*Your credit card will be charged only if you accept a spot in the class.

#### 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 Benishek  
Assistant Director  
RecSports–Aquatics  
113 Joyce Center  
Notre Dame, IN 46556  
631-2880

### INTRAMURAL SPORTS COMPETITIVE SCHEDULE

**Campus Racquetball Doubles**  
Entry: Jan. 15, Deadline: Jan. 22  
\$5/team

**Campus Floor Hockey**  
Entry: Feb. 19, Deadline: Feb. 26  
\$50

**Campus Badminton Doubles (Tournament)**  
Entry: Feb. 19, Deadline: Feb. 26  
\$5/entry

**G/F/S Softball**  
Entry: Feb. 19, Deadline: Feb. 26  
\$50

**Campus Sand Volleyball**  
Entry: March 5, Deadline:  
Monday/Wednesdays, March 19  
\$20

### INSTRUCTIONAL CLASSES

#### INSTRUCTOR TRAINING CLASSES

**Personal Training Instructor Training**  
Monday 5:30–6:30 p.m., \$50,  
Rockne B020. Wednesday 5:30–  
6:30 p.m., Rockne PT, Studio.  
Info Session: Jan 19 @ 5:30 p.m.  
Rockne B020

**Fitness Instructor Training**  
Monday 6:45–7:45 p.m., \$50  
Rockne 205. Tuesday 6:45–7:45  
p.m., Rockne B020.  
Info Session: 5:30 p.m. Jan. 19  
Rockne B020

#### MARTIAL ARTS INSTRUCTION

**Tae Kwon Do Ju Jitsu**  
Tuesday 5:30–7 p.m., \$50,  
Rockne 109,  
Thursday 5:30–7 p.m.

**Aikido**  
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 Mar 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,  
Sunday 6:45–7:45 p.m.

**Intermediate Ballet**  
Wednesday 8:45–9:45 p.m., \$45,  
RSRC AR 2, Sunday 8–9 p.m.

**Pointe Ballet**  
Wednesday 9:45–10:15 p.m.,  
\$40, RSRC AR 2,  
Sunday 9–9:30 p.m.

**Brazilian Dance**  
Thursday 6:45–7:45 p.m., \$15,  
RSRC AR 2 (Jan. 29–March 5)

**Irish Step Dance**  
Monday 7:45–8:45 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

### A.M. OR P.M.—ROSTER FILLS WITH NON-STUDENT CLASSES

By Carol C. Bradley

As a result of comments made during the Town Hall Meetings this fall, RecSports is offering a new lineup of exercise classes reserved for faculty, staff, retirees and spouses, says Jennie 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 5:30 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](http://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 experience Pilates, Power Step n' Sculpt, Crunch Time, Aquacise or any other class that sounds interesting. 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](http://recsports.nd.edu); registration is also available with cash or check only at the RSRC front desk.

**Modern Dance**  
Tuesday, 8–9, \$45, Yvonne,  
RSRC AR 1

#### WATER INSTRUCTION

**Scuba**  
(Feb. 1–March 1) Sunday 3:30–  
7:30 p.m., \$205; Rockne Pool  
Info Session – Jan. 25 @ 3:30  
p.m., Rockne 110

**Lifeguard Certification**  
(Feb. 19–April 23) Wednesday  
7–10:30 p.m.; \$125 Rockne Pool  
(7:30–8:30 p.m., Rockne 110)

#### SPORT INSTRUCTION

**Squash Lessons**  
Tuesday 6:15–7:45 p.m., \$45,  
Rockne 110 & Courts (Jan. 27–  
March 5)  
Thursday 6:15–7:45 p.m.

**Golf Lessons**  
(Jan 27–March 3) Tuesday noon–  
1 p.m., \$70, Warren Golf Course  
(Jan. 29–March 5)  
Thursday noon–1 p.m., \$70  
Warren Golf Course

**Tennis Lessons**  
Beginner Monday 6–7 p.m., \$45,  
Eck Tennis Center (Jan. 26–  
March 2) Intermediate Monday  
7–8 p.m., \$45 Eck Tennis Center  
(Jan. 26–March 2)

**Horseback Riding**  
5 Lessons, 5:30–6:30 p.m., \$125,  
Laughin Place Stables

#### 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 [recsports.nd.edu](http://recsports.nd.edu), login to RecRegister, select and pay for fitness and instructional classes all 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 to login to RecRegister to begin the registration process. Call RecSports at 631-6100 with questions.

### FITNESS SCHEDULE

#### MONDAY

**Interval Training**  
7:30–8:30 a.m., \$17, Luisa,  
RSRC AR 2

**Pilates/Yoga Fusion**  
12:10–1:10 p.m., \$55,  
RSRC AR 1

**Cardio Express (ends 5/11)**  
12:15–12:45 p.m. \$18,  
RSRC AR 2\*\*

**Body Sculpt**  
5:30–6:15 p.m., \$17,  
RSRC AR 1

**RecSports**  
DEPARTMENT OF ATHLETICS  
UNIVERSITY OF NOTRE DAME

**Step N Sculpt**  
5:30–6:30 p.m., \$17,  
RSRC AR 2

**Yoga**  
5:30–6:30 p.m., \$55,  
Rockne 205

**Power Cycling**  
5:30–6:30 p.m., \$45,  
Rockne B026

**Cardio Funk**  
6:30–7:30 p.m., \$17,  
RSRC AR 1

**Crunch Time**  
6:45–7:15 p.m., \$14,  
RSRC AR 2

**Cardio Circuit**  
7:30–8:30 p.m., \$15,  
RSRC AR 2

**TUESDAY**

**Power Vinyasa Flow Yoga**  
6–7:15 a.m., \$66,  
RSRC AR 1

**Interval Training**  
7:30–8:30 a.m., \$18,  
RSRC AR 2

**Yoga**  
noon–1 p.m., \$60,  
RSRC AR 1

**Yoga**  
4:15–5:15 p.m., \$60,  
Rockne, 205

**Cardio Box**  
5:30–6:30 p.m., \$18,  
RSRC AR 1

**Pilates Mat**  
5:30–6:15 p.m., \$56,  
Rockne 205

**Cycle N Sculpt**  
5:30–6:30 p.m., \$49,  
Rockne B026

**Crunch Time**  
6:30–7 p.m., \$15,  
RSRC AR 2

**Cycle Express**  
6:45–7:15 p.m., \$42,  
Rockne B026

**Cardio Boot Camp**  
7:15–8:15 p.m., \$18, RSRC AR 2

**WEDNESDAY**

**Cardio Express (ends 5/13)**  
12:15–12:45 p.m., \$19,  
RSRC AR 2\*\*

**Pilates Express**  
12:30–1 p.m., \$56,  
RSRC AR 1

**Cardio Box**  
5:30–6:30 p.m., \$18,  
RSRC AR 1

**Cardio Boot Camp**  
5:30–6:30 p.m., \$18,  
RSRC AR 2

**Power Pilates**  
5:30–6:30 p.m., \$60,  
Rockne 205

**Cycle N Sculpt**  
5:30–6:30 p.m., \$49,  
Rockne B026

**Crunch Time**  
6:45–7:15 p.m., \$15,  
RSRC AR 1

**Flex N Tone**  
6:45–7:15 p.m., \$15,  
RSRC AR 2

**Yoga**  
6:45–8 p.m., \$66,  
Rockne 205

**THURSDAY**

**Power Vinyasa Flow Yoga**  
6–7:15am, \$62, Frances,  
RSRC AR 1

**Flex N Tone (ends 5/14)**  
12:15–12:45, \$18, Indiana,  
RSRC AR 2\*\*

**Yoga**  
4:15–5:15, \$55, Kim, Rockne 205

**Cycle Express**  
4:45–5:15, \$39, Kate D,  
Rockne B026

**Pilates Mat**  
5:30–6:15, \$52, Patty,  
Rockne 205

**Triple Threat**  
5:30–6:30, \$17, Indiana,  
RSRC AR 1

**Power Cycling**  
6:15–7:15pm, \$45, Angela,  
Rockne B026

**FRIDAY**

**Flex N Tone (ends May 15)**  
12:15–12:45 p.m., \$17,  
RSRC AR 1

**Cardio Funk**  
5:30–6:30 p.m., \$14,  
RSRC AR 1,

**SATURDAY**

**Step N Sculpt**  
12:15–1:15 p.m., \$8,  
RSRC AR 1

**Indoor Cycling**  
12:15–1:15, \$21, Bethany,  
Rockne B026

**Aqua Drills**  
1:30–2:15, \$8, Vanessa,  
Rockne Pool (deep water)

**SUNDAY**

**Triple Threat**  
12:15–1:15 p.m., \$14,  
RSRC AR 1

**Zumba**  
12:15–1:15 p.m., \$14,  
RSRC AR 2

**Beginner Yoga**  
1:15–2:15 p.m., \$47,  
Rockne 205

**Body Sculpt**  
1:30–2:15 p.m., \$14,  
RSRC AR 1

**Crunch Time**  
2:30–3 p.m., \$12, RSRC AR 1

**Indoor Cycling**  
2:45–3:45 p.m., \$38, ,  
Rockne B026

**Ultimate Tag Team**  
4:15–5:30 p.m., \$16,  
RSRC AR 1

**Crunch Time**  
5:45–6:15 p.m., \$12,  
RSRC AR 1

**NON-STUDENT  
FITNESS CLASSES**

**Try lots of fitness  
classes during our  
“Try It, You’ll Like It”  
week, ending Jan 18!**

All classes are FREE! Simply go to class and sign in. Go early as space is limited! Schedule is subject to change.

**MONDAY**

**Cardio Circuit**  
6:15–7 a.m., \$22, Bethany,  
RSRC AR 2

**Cycle Express**  
12:15–12:45, \$51, Shellie,  
Rockne B026 \*\*

**Aquacise**  
5:30–6:15, \$22, Jacquie,  
Rockne Pool

**TUESDAY**

**Cardio Sculpt**  
9:15–10:15am, \$22, Sara,  
RSRC AR 2 \*\*

**Flex N Tone**  
12:15–12:45, \$19, Indiana,  
RSRC AR 2 \*\*

**Body Sculpt**  
5:30–6:15, \$22, Molly, RSRC AR 2

**WEDNESDAY**

**Cardio Circuit**  
6:15–7 a.m., \$22,  
RSRC AR 2

**Cycle Express**  
12:15–12:45 p.m., \$51,  
Rockne B026 \*\*

**Aquacise**  
5:30–6:15 p.m., \$22,  
Rockne Pool

**THURSDAY**

**Cardio Sculpt**  
9:15–10:15 a.m., \$22,  
RSRC AR 2\*\*

**Yoga**  
noon to 1 p.m., \$68,  
RSRC AR 1

**Cycle Express**  
5:30–6 p.m., \$48,  
Rockne B026

**FRIDAY**

**Morning Cycle**  
6:15–7 a.m., \$48 Rockne B026

**Yoga**  
9:15–10:15 a.m., \$68,  
RSRC AR 1

**Cardio Express**  
12:15–12:45 p.m., \$17,  
RSRC AR 2

**Non-Student Classes run  
from Jan. 19 to May 15**

# Revisiting ‘1984’

ND WORKS STAFF WRITER



Reading “1984” as an adult, and in the 21st century, is a worthwhile effort, according to M. Cathleen Kaveny.

**I**f, like millions of Americans, you read George Orwell’s “1984” in junior high or high school, is it worth revisiting?

M. Cathleen Kaveny is working closely with the performing arts center on an education component to complement a theatrical adaptation of “1984” by Tim Robbins’ The Actors’ Gang later this month. (Details on the performance, and a lecture by Robbins, are available at [performingarts.nd.edu](http://performingarts.nd.edu).)

Kaveny first read the book in junior high “at a time that was before 1984,” she notes. A frequent commentator on the learning potential of popular culture, art and literature, Kaveny talks here about the story’s enduring benefits.

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

When you’re 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 so much a prediction of the future as a moral warning pertinent to present time—and to all times in the life of a modern, technologically advancing democratic society. We’ve got a brilliant author, Orwell, who teaches us why things we take for granted such as privacy, freedom and love are important.

### 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 government with an ability to get to private material it couldn’t get to as easily before. Some very thoughtful people have said they are comfortable with this—some people say, if “I’m not doing anything wrong, why should I care?” Right now, we know why security is important, but perhaps not why privacy is important. What Orwell allows us to experience, in a vivid way, is the end of privacy—we see how essential it is for the development of personal identity and meaningful relationships.

### And other themes?

Freedom, truth, the possibility of loving another person: Orwell’s story illustrates how important, how fragile they are at any time, and what we would miss if we lost them. His story illustrates that maintaining the values of our democracy involves hope, communication and vigilance. It illustrates the importance of moral integrity, which for many of us includes religious integrity.

### You read the book when 1984 was in the future; today, it’s 25 years in the past. How well do you think Orwell’s vision of the future is holding up?

He could not have imagined the digital age, and the influence of the Web. His emerging technology was television. We don’t have his future; the story is not a crystal ball. Orwell’s story was reacting to the politics of the day. Yet he is relevant as we try to educate students to think critically, to deal with present-day dangers. How, for example, do we teach students to recognize the dangers of capitalism and targeted marketing?

# Student Film Festival turns 20

BY JULIE HAIL FLORY

**A** 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.

“I got the idea because, when I was an undergrad here, we never had a public screening of our work,” says Mandell, a 1986 Notre Dame graduate who teaches film and video production in the Department of Film, Television, and Theatre (FTT). “At the time, we only had two production courses, and any student who wanted anything in the festival, we put it in. I think the total running time was like three hours long.”

The 20th annual Student Film Festival will be shorter (about 110 minutes) when it runs Jan. 22 to 24 in the Browning Cinema of the DeBartolo Performing Arts Center, but still packed with the same creative energy that sparked Notre Dame’s budding filmmakers to action two decades ago.

Filmmaking technology has undergone a major renovation in 20 years. FTT students have gone from shooting on clunky ¾” videotape and S-VHS to mostly digital, although advanced film students still shoot on 16-mm black-and-white because, as Mandell says, it’s important for them to “learn about actual celluloid.”

The filmmakers themselves also have gone a long way since that first three-hour extravaganza. Mandell can rattle off dozens of names of FTT alumni who are now firmly planted in the business, such as noted screenwriter Stephen Susco, a 1995 graduate whose entries in early festivals included a short feature about a dispute over the last bowl of Jell-O in one of Notre Dame’s dining halls.

The festival itself has grown from about 50 people who attended the first event to some 1,200 who will enjoy this year’s six screenings of what is now traditionally a sold-out affair. Since the first event, the number of FTT production courses has doubled to four with some 60 students participating.

Amid all this change, one thing has remained constant, if you ask Mandell.

“For students, it comes down to writing a script, having something worthy of shooting,” he says. “The storytelling and the art of filmmaking are what are important to us.”



Ted Mandell is organizing his 20th student film festival.

Julie Flory