

Weekend Athletes

Compiled by Debbie Howlett
Of the Emerald

Tired of sitting around the apartment, draining six-packs — six at a time — and watching dust collect on the plant leaves? Here's the answer, a list of things to do for the part-time athlete who still wants to feel the agony of victory.

City business listings

RACQUET CLUBS

Court Sports I

2510 Oakmont Way 687-2811

Court Sports II

4242 Commerce 687-2255

M — F: 6 a.m. to 10 p.m.

S — S: 9 a.m. to 9 p.m.

\$4 per hour for non-peak hours. \$5.50 an hour for peak hour play. \$4 for use of fitness facilities. Court fee covers fitness facilities.

Eugene's answer to franchised racquetball and health facilities open to the public. Courtsports offers 18 courts for racquetball and handball as well as facilities for weight lifting, Jazzercise, exercise, a gymnasium and spa. Also open for memberships.

Eugene Swim and Tennis Club

2766 Crescent 342-4414

M — F: 6:30 a.m. to 11 p.m.

S — S: 7 a.m. to 11 p.m.

\$300 initiation fee, \$55 a month for families, \$40 singles, \$20 for juniors (under 19.)

Features six indoor and six outdoor tennis courts and an olympic size swimming pool. Pro shop and on staff pro. Open to members only.

Willow Creek Racquet Club

4201 W. 13th Ave. 484-7451

M — F: 7 a.m. to 10 p.m.

Saturday: 8:15 a.m. to 7:30 p.m.

Initiation fee is \$200 for singles, \$300 for couples and families plus monthly rate of \$45 for singles, \$58 for couples and \$65 for families.

Private club in Eugene that features

indoor and outdoor tennis, gymnasiums, swimming pool, spa and sauna. Reservations for courts are three days in advance. Pro shop and on staff pro.

September feature is a two-for-one membership special.

FITNESS CENTERS

Delp's Body Building and Health Club

3150 Hawthorne 461-0581

M — F: 7:30 a.m. to 9 p.m.

Saturday: 10 a.m. to 6 p.m.

\$25 a month, \$60 for three months and \$199 a year

Delp's personell described the facilities as "basically a body building facility." It features Olympic free-weights and a gymnasium.

Oakway Spa

16-K Oakway Mall

343-3314

M — Sat: 9 a.m. to 9 p.m.

Sunday: 10 a.m. to 5 p.m.

1, 2 and 3 year memberships range from \$15 a month to \$30 month.

Features Universal gym weight training equipment, swimming pool, sauna, steam rooms and tanning booths. Membership also good at Willamette Plaza Spa.

Pacific Nautilus Conditioning Center

55 W. Sixth Ave. 485-4475

M — F: 6:30 a.m. to 9 p.m.

Saturday: 8 a.m. to 6 p.m.

Sunday: 10 a.m. to 3 p.m.

Initiation fee is \$40, monthly maintenance fee is \$15.

Features a complete line of Nautilus weight training equipment, olympic weights, exercise programs and sauna.

Willamette Plaza Spa

2868 Willamette St. 344-6681

Women MWF: 6:30 a.m. to 9 p.m.

Sat: 1:30 p.m. to 5 p.m.

Men TTh: 6:30 a.m. to 9 p.m.

Sat: 10 a.m. to 1 p.m.

Membership rates are 1 year at \$28 a month, 2 years at \$19 a month and 3 years at \$16 a month. Frequent discount specials such as 40 percent off and a



"spouse special."

Facilities include several Universal Gym weightlifting machines, dumbbells, saunas, steam room, whirlpool, swimming pool, exercise rooms and tanning booths. Individual exercise programs are also available. Membership is also good at Oakway Spa.

University listings

All of the following listings are open to faculty, staff and students with a SHAPE validated fee card. Without the validation, or for the public, the fee is \$1.

But remember, SHAPE classes, University classes and intercollegiate athletics have first dibs.

GYMNASIUMS

MacArthur Court

Where the Kamikazee Kids once romped, where Ronnie Lee once jammed and where Duck fans once shook the rafters, Mac Court is definitely the best place for hoops on the University campus.

Full-size indoor basketball, volleyball courts. Check the recreation and intramurals office for time schedules.

Esslinger Hall

A mere step-and-a-half from Mac Court (well maybe it is *slightly* farther), the floors aren't as shiny but the competition is slick.

Gerlinger Annex

Across the street and past Gerlinger Hall are some newer than Esslinger courts. The basement houses several full-size courts and most intramural games are played here.

15th Avenue and Moss Street

For some fast paced, asphalt action, these outdoor courts are accessible to all.

RACQUETBALL

Esslinger Hall

A multitude of handball/racquetball courts open to all. Reservations should be made at the intramurals office on an hourly basis.

15th Avenue Courts

Below the covered tennis courts, play is on an hourly basis with reservations available at the intramurals office.

SWIMMING POOLS

Gerlinger Pool

Open during scheduled free swims.

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the spaghetti warehouse

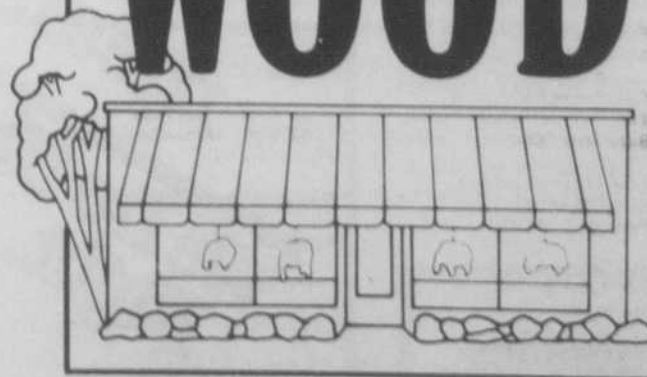
725 west 1st avenue, eugene, oregon
open 7 days/week 5 til 10/484-1919

REMEMBER:

- Come in for your FREE Birthday Dinner
- The Late Great Spagetti Feed . . . \$4.95
- Every Friday & Saturday from 8:30 'til closing, all the spaghetti you can eat, plus a pitcher of beer, soft drink or 1/2 carafe wine per person
- Group rates available

Prices range from \$3.35 to \$4.95
Spagetti, Salad, Bread, Ice Cream

THE GLENWOOD



THE GLENWOOD RESTAURANT

2588 Willamette Street • Eugene, Oregon 97405

7 A.M. to 9 P.M. DAILY

Monday, September 20, 1982