

SCHEDULE OF ACTIVITIES Fall 1989

LEAGUES

	DIV.	MIN # PLAYERS	ENTRIES ACCEPTED BEGINNING	ENTRY DEADLINE	START DATE	ENTRY FEE	MANAGERS MEETING
+ Flag Football	M* W*	8	Sept. 21	Sept. 29, 3pm	Oct. 5	\$20	Sept. 29, 3:40pm
+ Razzle Dazzle Football	C*	8	Sept. 21	Sept. 29, 3pm	Oct. 5	\$20	Sept. 29, 3:40pm
Indoor Soccer (Mini)	M W C	5	Sept. 25	Oct. 5, 3pm	Oct. 10	\$20	Oct. 5, 3:40pm
+ 3x3 Basketball (Full Court)	M W	3	Sept. 25	Oct. 12, 3pm	Oct. 16	1	Sept. 29, 3:40pm
+ Volleyball	M W C	6	Oct. 2	Oct. 11, 3pm	Oct. 16	\$20	Oct. 11, 3:40pm
+ Cross Country	M W C	1-3	Oct. 10	Oct. 17, 3pm	Oct. 18	\$10	Oct. 18, 4pm at LCC
3x3 Basketball (Mini)	M W	3	Oct. 16	Oct. 26, 3pm	Oct. 30	\$10	Oct. 26, 3:40pm

ONE DAY EVENTS

	DIV.	MIN # PLAYERS	ENTRIES ACCEPTED BEGINNING	ENTRY DEADLINE	START DATE	ENTRY FEE	MANAGERS MEETING
Grass Volleyball	C	6	Sept. 21	Sept. 28, 3pm	Sept. 28	NC	
Football Scramble	M W C	8	Sept. 21	Sept. 28, 3pm	Oct. 1 & 3	NC	
Indoor Soccer Scramble	M W C	5	Sept. 21	Oct. 4, 3pm	Oct. 8	NC	
Volleyball Skills Clinic	M W	1	—	—	Oct. 10	NC	
Volleyball Scramble	M W C	6	Oct. 2	Oct. 10, 3pm	Oct. 12	NC	
Cross Country Run I	M W C	1	Oct. 10	Oct. 17	Oct. 18	NC	4pm LCC Track
Cross Country Run II	M W C	1	Oct. 10	Oct. 24	Oct. 25	NC	4pm LCC Track
Cross Country Run III	M W C	1	Oct. 10	Oct. 31	Nov. 1	NC	4pm LCC Track

TWO/THREE DAY EVENT

	DIV.	MIN # PLAYERS	ENTRIES ACCEPTED BEGINNING	ENTRY DEADLINE	START DATE	ENTRY FEE	MANAGERS MEETING
Tennis Classic	M W C	1	Sept. 25	Oct. 10	Oct. 13	1	

SPECIAL EVENTS

	DIV.	MIN # PLAYERS	ENTRIES ACCEPTED BEGINNING	ENTRY DEADLINE	START DATE	ENTRY FEE	MANAGERS MEETING
Pumpkin Seed Contest	M W	1	Oct. 17	Oct. 31	—	NC	
Storm The Stairs	M W	1	Oct. 16	Nov. 6	Nov. 11	\$2	

* M = Men, W = Women, C = Coed
 + Intramural Sport under IM regulations (See Handbook)
 † Cost for Activity-check RIM office for exact amount.
 • All games played on LCC Main Campus.

RECREATION CLASSES

Fall 1989

FITNESS	DAY	TIME	LOCATION	FEE
Aerobics	MW	4:35pm	GerX 352	\$15
Aerobics	UH	4:35pm	Ger 220	\$15
Aerobics	MW	6:35pm	Ger 220	\$15
Aerobics	UH	6:35pm	GerX 352	\$15
Aerobics	MW	7:35pm	Ger 220	\$15
Aerobics	UH	7:35pm	GerX 352	\$15
Aerobics	MW	8:35pm	Ger 220	\$15
Aerobics	UH	8:35pm	GerX 352	\$15
Women's Weight Workout	UH	6:30pm	Esl 36	\$15
Women's Weight Workout	UH	9:30pm	Esl 36	\$15
AQUATIC FITNESS				
Water Aerobics	UH	4:00pm	Ger Pool	\$15
Water Aerobics	MW	6:30pm	Ger Pool	\$15
Water Aerobics	UH	6:30pm	Ger Pool	\$15
Water Aerobics	MW	7:30pm	Ger Pool	\$15
Water Aerobics	UH	7:30pm	Ger Pool	\$15
DANCE				
Swing/Fox Trot	M	6:30-8pm	GerX B50	\$15
Beginning Latin	M	8-9:30pm	GerX 350	\$15
SPORT				
Volley Ball Skills Clinic	Tues.	4-6pm	GerX B54	NC

Faculty/Staff (EHEP) Recreation Classes Fall 1989

FITNESS	DAY	TIME	LOCATION	FEE
Low Impact Aerobics	MW	5:15pm	GerX B50	\$15
Low Impact Aerobics	UH	5:15pm	GerX B50	\$15
Low Impact Aerobics	MW	12:10pm	GerX 350	\$15
Low Impact Aerobics	UH	12:10pm	GerX 350	\$15
Walking	MW	12:10pm	Ger 103	\$15
Walking	UH	12:10pm	Ger 103	\$15

CLASS REGISTRATION — 103 Gerlinger

Early Registration: Oct. 2-4, 1:30-3:30pm, \$12

Registration: Oct. 5-6, 1:30-3:30pm, \$15

Late Registration: Oct. 9-20, 8am-5pm, \$16



Intramurals

The intramurals program provides the opportunity to participate in a well rounded program of competitive sports at varied skill levels. Activities are offered in men's, women's and coed divisions. Divisions are further broken down by skill and competitiveness as follows:

Division I—Sixty percent of the players in this division have played on varsity high school teams in one or more sport. Most of the players in this division have advanced skill level. Emphasis is on enjoyment of quality play, exercise, and being with friends.

Division II—Thirty percent of the players in this division have played on high school teams. Most of the players have intermediate to high intermediate skill. Emphasis is on being with friends and playing a credible game.

Division III—Players in this division have little or no formal high school competitive playing experience. Most players have beginning to intermediate skills. Emphasis is on playing for FUN, exercise, camaraderie, and experience.

Dorm Division (S.P.O.R.T.) is for dorm teams. This division is designed to bring together students who are living in residence halls. S.P.O.R.T. (Sport Puts Our Residents Together) leagues provide fun, exercise, competition, and camaraderie.

Mini Leagues

Each term, short-season leagues are set up. They generally run three weeks, followed by playoffs. Some leagues are unofficiated.

Recreation Classes

Recreation classes provide high quality but inexpensive instruction, free from academic pressure and hassles. Some available classes include aerobics, weight workout, water aerobics and dance. These non-credit classes are open to all students and members of the faculty and staff.



How To Get Involved

Come to the RIM office and . . .

1. Sign up a team of friends from your living organization or group.
2. Sign up at the RIM office on the Free Agent list for the sport you are interested in, and attend the Free Agent meeting if you don't have a team.
3. Sign up individually or with a partner for tournaments or special events.
4. Sign up individually for classes.
5. Check out open hours for drop-in recreation, and show up at designated time and place.
6. Fill out an application if interested in working as an official, weight room supervisor, office worker or radio monitor.

STORM THE STAIRS

(Boldly Go Where No Student Has Gone Before)

THE HAPPENING OF FALL TERM—Don't miss this event! RIM will combine efforts with USF&G and the Miami Project to Cure Paralysis to set a WORLD RECORD for Vertical Distance. The object of Storm the Stairs is to gather together a minimum of 1,000 students and faculty on November

11 at Autzen Stadium to collectively climb as high as we can (into orbit and beyond).

Each participant will receive a free t-shirt. In addition to the "stair storm," there will be other fun events on the field to participate in, demonstrations and music.

