

SCHEDULE OF ACTIVITIES Winter 1990

LEAGUES	DIV.	MIN. # PLAYERS	ENTRIES ACCEPTED BEGINNING	ENTRY DEADLINE	START DATE	ENTRY FEE	FREE AGENT & INFORMATION MEETING
+ Basketball	M*W*C*	5	Jan. 4	Jan. 11, 3pm	Jan. 15	\$25	Jan. 9, 3:45pm
+ Racquetball	M-W	3	Jan. 4	Jan. 12, 3pm	Jan. 16	\$15	Jan. 10, 3:45pm
+ Racquetball	C	4	Jan. 4	Jan. 12, 3pm	Jan. 16	\$15	Jan. 10, 3:45pm
Volleyball (mini)	C	6	Jan. 4	Jan. 15, 3pm	Jan. 17	\$20	Jan. 10, 4:30pm

ONE DAY EVENTS

Basketball Scramble	M-W	6	Jan. 4	Jan. 10, 3pm	Jan. 11	NC	—
Fitness festival	M-W	1			Feb. 7	NC	
Women's 3x3 Basketball	W	3	Jan. 24	Feb. 7, 3pm	Feb. 10	NC	—
Free Throw/Hot Shot/ 3-Point Contest	M-W	1-ind. 3-team	Jan. 24	Feb. 10, 3pm	Feb. 10	Donation	

TWO/THREE DAY EVENT

Tennis Classic	M-W-C	1-2	Jan. 10	Jan. 30	Feb. 2	!	
+ Wrestling	M	1-3	Jan. 17	Jan. 31, 3pm	Jan. 31	\$15	
Coed Indoor Soccer Tourney	C	5	Jan. 24	Feb. 14	Feb. 17	\$10	

* M = Men, W = Women, C = Coed
+ Intramural Sport—under IM regulations (See Handbook)
! Cost for Activity—check RIM office for exact amount.

University of Oregon and Lane Community College have a cooperative program which allows UO students and LCC students to participate in offerings from both institutions. Listed below are those activities which LCC invites UO students to take part in. Sign up for these activities at the RIM office on campus or at the LCC intramural office.

LEAGUES	ENTRY DEADLINE	PLAY BEGINS	GAMES PLAYED	TIME
Coed Volleyball	Jan. 18	Jan. 22	MW	6:30pm-7:30pm
Indoor Soccer	Jan. 19	Jan. 23	UH	5:00pm-6:00pm

ONE DAY EVENTS	ENTRY DEADLINE	PLAY BEGINS	TIME
Ski Adventure I	Jan. 25	Jan. 26	F — Bus leaves 10am
Ski Adventure II	Feb. 28	March 1	H — returns 6pm
Bowling (3 person team)	Feb. 27	Feb. 28	W — 2pm-6pm



Fitness Festival

Have you ever wondered about your body fat content, cholesterol level, grip strength, flexibility, aerobic fitness or the value of exercise for you? All of these questions and more can be answered if you attend the Fitness Festival on Wednesday, February 7 from 3:00pm-5:00pm in the Fir Room at the EMU. Take a break and join the RIM staff—get on the road now to becoming Physically Phfft.

Women's 3x3 Basketball—Feb. 10

The Big Event of winter term will give UO women the opportunity to enjoy an afternoon of basketball and make a contribution to a women's organization. Entry fees will be donated to Womenspace. This event will take place at Mac Court and will begin at 2:30pm. Guys and gals are also invited to take part in the Free Throw/Three Point/Hot Shot Contest which begins at 3:30pm.

RECREATION CLASSES WINTER 1990

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	MW	4:00pm	Ger Pool	\$15
Water Aerobics	UH	4:00pm	Ger Pool	\$15
Water Aerobics	MW	6:30pm	Ger Pool	\$15
Water Aerobics	UH	6:30pm	Ger Pool	\$15

DANCE

Swing/Fox Trot	M	6:30-8pm	GerX B50	\$15
Beginning Latin	M	8-9:30pm	GerX B50	\$15

SPORT

Ski Conditioning	MWF	3:30pm	Ger 220	\$15
Tae Kwon Do	MW	4:30pm	Esl 47	\$15

CLASS REGISTRATION — 103 Gerlinger

Registration: Jan. 4, 10am-12:30pm; Jan. 5, 3-5pm;
Jan. 9, 11:30am-1:30pm; Jan. 10, 2-4pm;
Jan. 11, 3:30-5:30pm.—\$15

Late Registration: Jan. 15-26, 8am-5pm.—\$16

Faculty/Staff (EHEP) RECREATION CLASSES WINTER 1990

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 B50	\$15
Low Impact Aerobics	UH	12:10pm	Esl 47	\$15
Walking	UH	12:10pm	Ger 103	\$15

CLASSES RUN FOR 8 WEEKS FROM JAN. 15-MARCH 1, 1990.

RIM/LCC Cooperate

Recreation and Intramurals and LCC Intramurals are forging new paths in order to expand recreation opportunities for students on both campuses. LCC students are invited to participate in RIM programs, and UO students are invited to take part in LCC intramurals. This cooperative effort began this fall, and is proving to be a bonus for all. Note those programs offered on the LCC campus which UO students may participate in (see Schedule of Activities, Winter 1990).

To be involved, all a UO student needs to do is go to the intramural office at LCC and purchase a \$1 intramural pass. The pass is good for all activities offered winter term. Check out the deal on skiing! But act quickly—there are limited spaces available on the bus.



Team Limits Set

RIM has been able to provide for 10 more intramural basketball teams this year by modifying league scheduling. However, limits must be set again this year on the number of teams that can be accommodated. Limits are set because of budget and facility limitations.

There will be a limit of 125 intramural basketball teams and 24 coed volleyball teams. Teams are encouraged to sign up early to assure a place and avoid the rush.

Managers' Meetings Change to Information/Free Agent Meeting

This term, mandatory attendance at managers' meetings will not be required. In their place, we will be offering Informational/Free Agent meetings for those people who wish to participate but are unsure how intramural sports are organized. Please see meeting times listed in Schedule of Activities, Winter 1990 in this pull-out.

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.