

# SCHEDULE OF ACTIVITIES Spring 1990

LEAGUES	DIV.	MIN # PLAYERS	ENTRIES ACCEPTED BEGINNING	ENTRY DEADLINE	START DATE	ENTRY FEE	FREE AGENT & INFORMATION MEETING
+ Softball	M*W*C*	10	Mar. 26	Apr. 4, 3pm	Apr. 9	\$25	Apr. 2, 3:45pm
+ Tennis	M-W-C	4	Mar. 26	Apr. 5, 3pm	Apr. 9	\$15	Apr. 3, 3:45pm
+ Soccer	M-W-C	9	Mar. 26	Apr. 11, 3pm	Apr. 14	\$25	Apr. 9, 3:45pm
Ultimate Frisbee (mini)	M-W-C	7	Apr. 9	Apr. 26, 3pm	Apr. 30	\$20	Apr. 24, 3:45pm
Grass Volleyball (mini)	C	6	Apr. 9	Apr. 27, 3pm	May 2	\$20	Apr. 24, 4:15pm
<b>ONE DAY EVENTS</b>							
Soccer Scramble	M-W-C	9	Mar. 26	Apr. 5, 3pm	Apr. 8	NC	—
+ Swim Meet	M-W-C	4	Apr. 16	Apr. 25, 3pm	Apr. 26	\$15	Apr. 26, 6:30pm
+ Track Meet	M-W-C	4	Apr. 16	May 3, 3pm	May 6	\$15	May 6, 12pm
+ Golf Tour	M-W-C	2	Apr. 16	May 14	May 20	!	—
<b>TWO/THREE DAY EVENT</b>							
Watermelon							
Run (LCC)**	M-W-C	1-2	Apr. 20	Apr. 25	Apr. 27	!	—
Golf Tour. (LCC)**	M-W-C	1-2	Apr. 16	May 1	May 4	\$1	LCC

\*\* (LCC) Event organized and run by Lane Community College Intramurals. UO students invited to participate.

\* M - Men, W - Women, C - Coed

+ Intramural Sport—under IM regulations (See Handbook)

! Cost for Activity—check RIM office for exact amount.



## SPORTLIGHT

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.

## RECREATION CLASSES SPRING 1990

FITNESS	DAY	TIME	LOCATION	FEE
Aerobics	MW	4:35pm	Ger 220	\$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
Spring Training	UH	5:30-6:30pm	Esl 47	\$15
<b>AQUATIC FITNESS</b>				
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
<b>DANCE</b>				
Swing/Fox Trot	M	6:30-8pm	GerX 350	\$15
Beginning Latin	M	8:30pm	GerX 350	\$15
Clogging	H	7:30pm	TBA (4 weeks)	\$10
<b>MARTIAL ARTS</b>				
Tae Kwon Do	UH	5:30-6:30pm	Esl 47	\$15

### CLASS REGISTRATION — 103 Gerlinger

Registration: Mar. 26, 1:30-3:30pm; Mar. 27, 1:30-3:30pm;  
Mar. 28, 10am-noon; Mar. 29, 2-4pm;  
Mar. 30, 2:30-4:30 pm — \$15

Late Registration: Apr. 2-13, 8am-5pm — \$18

CLASSES RUN FOR 8 WEEKS FROM APR. 2-MAY 24, 1990.

### Faculty/Staff/Masters (30+) — EHEP

FITNESS	DAY	TIME	LOCATION	FEE
Low Impact Aerobics	MW	12:10pm	Esl 47	\$15
Low Impact Aerobics	UH	12:10pm	Esl 47	\$15
Low Impact Aerobics	MW	5:15pm	GerX B50	\$15
Low Impact Aerobics	UH	5:15pm	GerX B50	\$15
Fitness Walking	UH	12:10pm	Ger 103	\$15

**New Rec Class Offered—"Spring Training"**—Structured for the fitness enthusiasts who want to "fine tune" in preparation for the sunny weather, this class will concentrate on long duration aerobic exercise (30+ minutes) and toning of those "crucial" anatomical locations (abdominals and gluteals).

**Low Impact Aerobics—Masters** (students 30 years or older) are invited to join low impact aerobics offered at 12:10pm and 5:15pm. Here's a chance to get started on a personal fitness program that could be the beginning of a lifetime commitment.



### 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, Spring 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 spring term.

### Information/Free Agent Meetings

Do you need more information about one of RIM's Spring sports, or need to find other people interested in forming a team? If so, attend meetings listed below.

Sport	Date	Day	Time
Softball	April 2	Mon.	3:45pm
Tennis	April 3	Tues.	3:45pm
Soccer	April 9	Mon.	3:45pm
Ultimate Frisbee	April 24	Tues.	3:45pm
Grass Volleyball	April 24	Tues.	4:15pm

**Storm the Stairs**—Were you part of the action of *Storm the Stairs* this fall? It was a day to remember. RIM is starting early to get organized for the STORM next fall. If you're interested in lending a hand for a worthy cause, let us know now. Contact the RIM office at x4113.

**Grass Volleyball—New This Spring:** An 18 team, coed league is scheduled for May. Play will be on Wednesday afternoons in the sunshine. Can you imagine anything more delightful than a warm spring day and a friendly game of volleyball on the grass? This is sure to be a big "hit," so get your team organized and sign up early.

**Soccer Scramble**—Here's a chance for six teams to sharpen their game in an informal setting. There will be a Scramble on Sunday, April 8 from 1pm-3pm at the Southbank Field. Three teams will be assigned to each field, and will be rotated to give equal time to all teams. Get a jump on the competition—take advantage of this opportunity. See details in Schedule of Activities.

**Wanted: Soccer Officials**—Do you have experience playing or officiating soccer? Are you interested in being part of the hottest international game? Work with RIM to provide a worthwhile recreation experience for students. Applications available at RIM office, 103 Gerlinger.