

FRAZZLED BY THE WORKOUT FRENZY?

Whether you attend the aerobics classes, play on an intramural basketball team or take a dip in the pool, the physical activity and recreation services division of Oregon is providing an important service.

This division was created in the aftermath of 1990's Ballot Measure 5. The recreation and intramurals, Student Physical Education (SPE) classes, and the open facilities were part of the late physical education department, which was in the former College of Human Development and Performance.

The University helps PARS operate via state funds used to pay three full-time faculty members. The state pays for all of the maintenance for the facilities.

All of the instructors of the 140 SPE classes are paid out of student fees. The one-credit SPE classes offer a wide range of learning possibilities from weightlifting to judo to table tennis.

"I'm taking trampoline this term," said sophomore Nicole Roeber. "It is my favorite class. Jumping on a trampoline for an hour sure beats taking notes in a stuffy classroom."

In addition to the SPE classes, one of the major sections of RIM is the aerobics classes. They offer more than 20 sessions a term with a wide variety of fitness related workouts.

"I love the step classes," said junior Jane Vereschagin. "I don't enjoy dancing around in a circle to keep my heart rate up; I like to hold on to some weights and feel myself sweat."

More than 500 students enroll for the fitness classes each term.

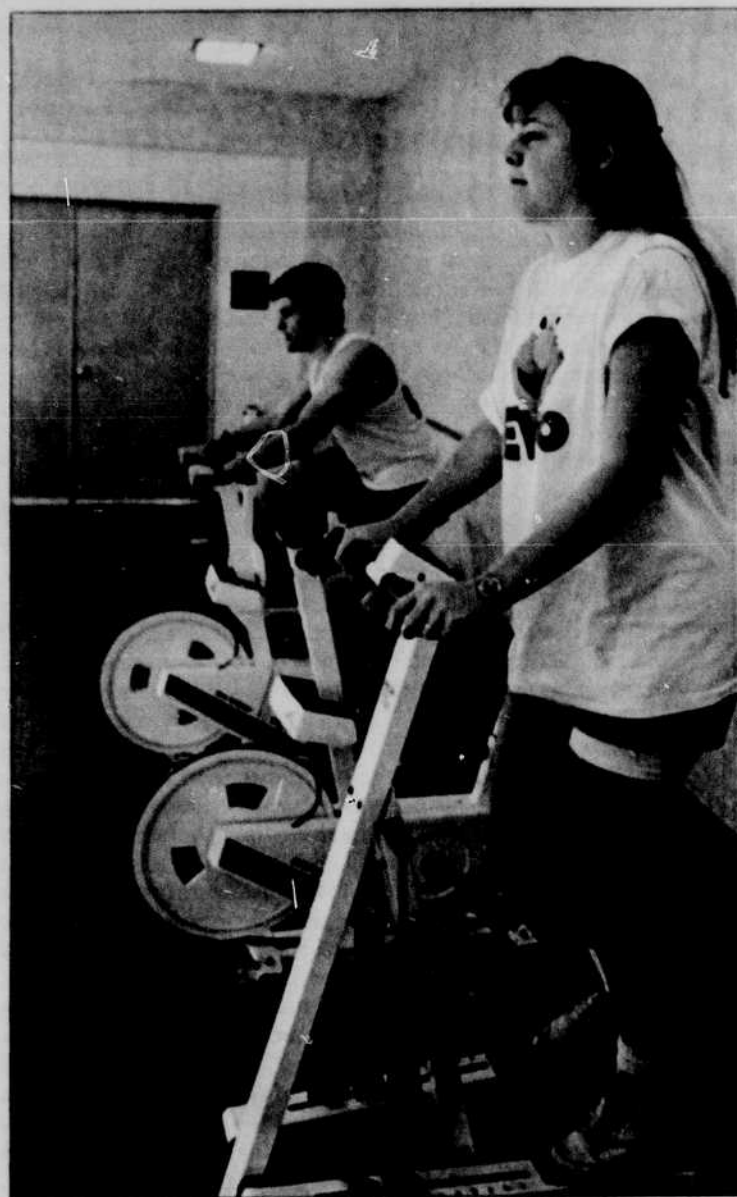
A major division of RIM is the open recreation. A swimming pool is open more than 40 hours per week for lap swim. On Sunday, there is a combination swim when you can lap swim, springboard dive or bring your family and family-swim. There are racquetball and tennis courts open at different times everyday.

Special times are also allocated for basketball, volleyball, badminton and indoor soccer in the open gyms. The basketballs and volleyballs are available there for students to check out. The attendance to these activities is very good, with a game almost always waiting to be played. You might even need to wait five minutes to get in.

The weight room is open more than 50 hours each week. Right now RIM is in the planning stages of improving the gym. When the separation in departments took place, the board of directors believed the weight room needed the first attention.

The board will be moving the weight room into the East gym. This will give the gym more than 20 percent more space. It is also going to upgrade the equipment and be getting some new exercise bikes.

The other part of RIM is intramural sports. There are more than 110 intramural basketball teams winter term. The fee is \$40. There are men's, women's and coed teams. Because of the number of men's teams, there are three divisions, from competitive to recreational. This makes it more fun and competitive for all skill levels. You don't have to be the next Michael Jordan to play.



File photo

An open weight room and intramural sports are only two of the offerings RIM is involved with.

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