

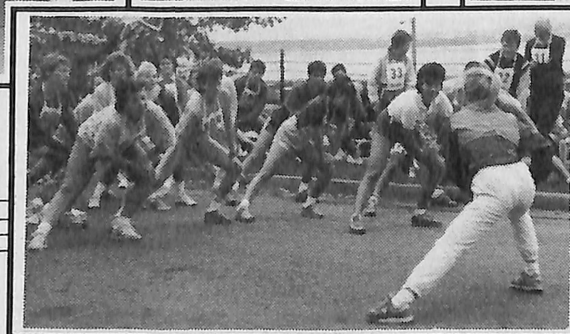
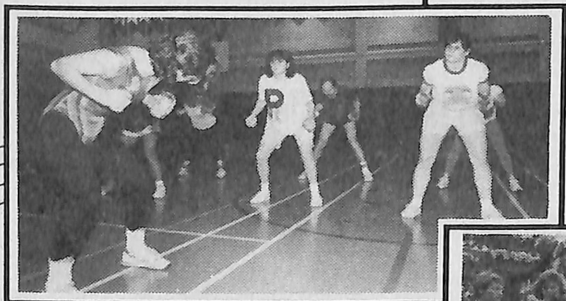


Athletics/Recreation Office

WINTER PROGRAM SCHEDULE

JANUARY 7 - APRIL 10, 1991

- Fitness Programs
- Special Events
- Intramural Leagues
- Team Schedules



Fitness For Everyone!

Weight Room Introduction

Dates: January 14 or 15
 Times: 12-1 p.m., 1-2 p.m. or 6:30-7:30 p.m.
 Fee: \$3.00
 Program:

- Introduction to weight-room
- Proper use of equipment
- Evaluation of different lifting methods and programs
- Safety in weight-training

Note: Participants must register before January 13

Swimming

Northcliffe Pool offers swimming at half price for those who possess a current Mount Athletics Membership.

The Kilometre Club

The Kilometre club is sponsored by the Athletic/Recreation Office to encourage students, staff, and alumni to keep active and participate by:

Running Walking Swimming Cycling

To become a club member, register at the Athletics/Recreation Office.

Fee: \$5.00 per person per activity.

Run: 150 km in 4 months

Walk: 40 km in 4 months

Swim: 30 km in 4 months

Cycle: 600 km in 4 months

Record your progress on the chart located on bulletin board outside Rosaria Gymnasium.

On completion of the appropriate activity, a T-shirt will be awarded in recognition of your dedication to achieving your goal.



Campus Intramurals

Take time to participate in Campus Intramural Ball Hockey, Badminton, Basketball, Volleyball and Soccer just for the fun of it! Even if you've forgotten how or never played a sport, Campus Intramurals let you master new skills just by participating.

All Mount students are encouraged to participate. Players are organized into different teams at each session. All Campus Intramurals take place in Rosaria Centre gymnasium, beginning the week of January 7. No registration is required, so bring a friend! Drop-in fee is \$3.25 for community.

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Men's Ball-Hockey 5-7 p.m.	Women's Ball-Hockey 4:30-5:30 p.m. (January 14 - February 11)		Co-ed Indoor-Soccer 3-4 p.m.		Co-ed Basketball 2-3:30 p.m.
Co-ed Volleyball 8-10 p.m.	Women's Indoor Soccer 4:30 - 5:30 p.m. February 25 - March 18)	Co-ed Badminton 7:30-10:30 p.m.		Co-ed Volleyball 8-10 p.m.	

Weight Training Clinic

Dates: January 21 or 22
 Times: 12-1 p.m., 1-2 p.m. or 6:30-7:30 p.m.
 Fee: \$3.00
 Program:

- Training for specific activities
- Lifting for weight gain
- Lifting for weight loss
- Lifting for toning

Note: Participants must register before January 20

T'ai Chi

For people of all ages; the slow dance-like motions of this ancient form of exercise promote relaxation, balance, and suppleness.

Beginners A

Time: Monday and Wednesday 12:05-12:50 p.m.
 Fee: \$48.00
 Place: Exercise Room, Rosaria Centre
 Date: January 14 - March 27

Beginners B

Time: Tuesdays, 7-8:30 p.m.
 Fee: \$48.00
 Place: Exercise Room, Rosaria Centre
 Date: January 15 - March 26

Note: Although these two classes cover the same material, participants may attend only the class for which they are registered.

Games Room

For fun and relaxation, drop by Rosaria Games Room any day of the week. MSVU students and Athletics/Recreation members may use games room equipment free of charge.

The Games Room houses:

(2) Pool Tables	Board Games
(2) Table Tennis Tables	Card Games
Video Games	Lounge / Study area

Join the Games Room ongoing pyramid challenges in Table Tennis and Pool. The first meeting will be held Friday, January 11 at noon in the games room.

Mount Saint Vincent University

Athletics / Recreation Office Program Schedule

January 7 - April 10, 1991

OPEN HOUSE...January 7 - 11...FITNESS CLASSES FREE ON THESE DAYS!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00 - 9:30 Open Gym	8:00 - 9:30 Open Gym	8:00 - 9:30 Open Gym	8:00 - 9:30 Open Gym	8:00 - 9:30 Open Gym	9:00 - 12:00 City Of Halifax Children's Gymnastics
	9:30 - 10:30 ++FR Break	9:30 - 10:30 ++Aerobic Walkers	9:30 - 10:30 ++FR Break	9:30 - 10:30 ++Aerobic Walkers	9:30 - 10:30 ++FR Break	10:15 - 11:00 Aerobic Shaper
	10:30 - 11:30 Child Study Play Gym	10:30 - 12:00 Open Gym	10:30 - 11:30 Child Study Play Gym	10:30 - 11:30 Child Study Play Gym	10:30 - 11:30 Child Study Play Gym	11:00 - 11:45 Body Sculpture
	11:30 - 12:00 Open Gym		11:30 - 12:00 Open Gym	11:30 - 12:00 Open Gym	11:30 - 12:00 Open Gym	
	12:00 - 1:00 Low Impact Aerobics	12:00 - 1:00 Noon Fit	12:00 - 1:00 Low Impact Aerobics	12:00 - 1:00 Noon Fit	12:00 - 1:00 Low Impact Aerobics	12:00 - 2:00 Intercollegiate
	12:05 - 12:50 Tai Chi (Exercise Room)	12:05 - 12:50 Lunch Crunch	12:05 - 12:50 Tai Chi (Exercise Room)	12:05 - 12:50 Lunch Crunch		
12:00 - 5:00 Intercollegiate or Open Gym	1:00 - 4:30 Open Gym	1:00 - 2:00 Open Gym	1:00 - 3:00 Open Gym	1:00 - 2:00 Open Gym	1:00 - 2:00 Open Gym	2:00 - 4:00 Intercollegiate or Open Gym
		2:00 - 3:00 Soft Aerobics		2:00 - 3:00 Soft Aerobics	2:00 - 3:30 Co-Ed Intramural Pick-Up Basketball	
		3:00 - 3:30 Open Gym	3:00 - 4:00 Co-ed Indoor Soccer	3:00 - 3:30 Open Gym		
	4:30 - 5:30 Intramural Women's Ball-Hockey	3:30 - 7:30 Intercollegiate	4:00 - 10:00 Intercollegiate	3:30 - 8:00 Intercollegiate	3:30 - 6:00 Intercollegiate	
5:00 - 7:00 Men's Intramural Ball-Hockey	5:00 - 6:45 Strength & Tone Exercise Room	5:00 - 6:00 Multi-Level Aerobics	5:00 - 6:45 Strength & Tone Exercise Room	5:00 - 6:00 Multi-Level Aerobics		
	6:00 - 8:00 Intercollegiate					
7:00 - 8:00 Intramural Special Events or Open Gym	7:00 - 8:00 Jazz Dance (Exercise Room)	7:00 - 8:30 Tai Chi (Exercise Room)		7:00 - 8:00 No-Bounce Energizer Vincent Hall Gym		
8:00 - 10:00 Co-Ed Intramural Volleyball	8:00 - 10:00 Women's Volleyball League	7:30 - 10:30 Badminton Club	8:30 - 9:30 Jazz Dance (Exercise Room)	8:00 - 10:00 Co-Ed Intramural Volleyball		

++ Free Babysitting provided with these classes

■ Indicates Fitness Class

(see back for fee schedule and last page of brochure for fitness class descriptions)

The Weight Room and Games Room are available for use during all open facility hours.

NEW THIS TERM!!! EXTENDED FACILITY HOURS . . .
Now open at 8 a.m., Monday through Friday, for your convenience.

ATHLETICS / RECREATION MEMBERSHIP

The membership entitles you to reduced rates on fitness classes and instructional programs, use of facilities at all non-scheduled times, weight room, locker rooms, saunas, games room, badminton club, equipment loan, and the intramural program.

Full-time Mount students must pay the membership fee in their tuition fees. Part-time students, alumnae, faculty, and staff must pay the \$16 fee to take advantage of the above membership privileges.

STUDENTS... YOU ARE MEMBERS!!!

If you are a full-time student, you have paid for an Athletics/Recreation Membership with your tuition. Just present your student card and you will be given access to all recreation facilities during open gym hours, and reduced rates on programs offered by the Athletics/Recreation Office.

During open gym hours, do any of the following drop-in activities:

- weight training
- indoor cycling/rowing/skiing
- indoor jogging/walking
- badminton
- tennis
- basketball
- volleyball
- billiards/table-tennis/darts

Equipment is available from gym custodian

PROGRAM FEE SCHEDULE - All prices include GST

	January 7 - April 5
Unlimited aerobics	\$43
Weight room use/Badminton Club / Intramurals	*FREE
*included in student tuition fees	
PART-TIME MOUNT STUDENTS, ALUMNAE, FACULTY AND STAFF	
Must pay membership fee to access programs	\$16/year
Unlimited aerobics	\$43
Weight room use/Badminton Club / Intramurals	*FREE
*included in membership fee	
COMMUNITY	
Unlimited aerobics	\$80
Two classes/week	\$56
Soft aerobics	\$38/person or \$54/couple
Aerobic Shaper (Saturday 10:15 a.m.)	\$21/term
Body Sculpture (Saturday 11:00 a.m.)	\$21/term
Aerobic Shaper plus Body Sculpture	\$35/term
* Facility Pass	\$32
** Facility Day Pass	\$3.25/day
Badminton Club or Co-ed Volleyball	\$3.25/night or \$21/term
*Includes use of weight room, games room, open gym, locker rooms and sauna	
**includes one aerobics class plus use of weight room, games room, open gym, locker rooms and sauna	
FITNESS PACKAGE	
Includes all fitness classes, Badminton Club, weight room, and a personalized fitness assessment	\$98
SPECIAL CLASSES	
T'ai Chi	\$48
Fitness Assessment	\$27
Jazz Dance (5 - week program)	\$16

Community Parking permits available at information desk for \$10/term. Meters are available.

Refund Policy: Refunds will be issued under the following circumstances:

- a) The Athletics/Recreation Office cancels or changes the schedule.
- b) Medical injury or illness that prevents participation (written verification from physician must be presented).

Registration for all programs begins January 3 and continues until classes are filled.
Athletics/Recreation Office, Rosaria Centre, 443-4450 ext. 420

Special Events

- Jan. 7 - 11 Open House . . . Fitness classes, gym facilities Free all week.
- Jan. 7 6:30-8 p.m. "Open Gym Night" Volleyball, Badminton, Basketball, Weight room, Table-Tennis, Pool.
- Jan. 17 Athletics Pub Night - come out and join the fun - all are welcome!
- Jan. 18 2-4 p.m. "Conquer The Mountain" Tobogganing - Vincent Hill.
- Jan. 25 12-1 p.m. Skating Party at MSVU Duck Pond
- Jan 25, 26 AA High School Girls Basketball Tournament.
- Jan. 26 Skating Party at Dalhousie Arena, South Park Street. Students, Faculty, Staff, and alumni, you and your families can skate for free, Sunday 2-3 p.m. Tickets available at Athletic/ Recreation Office.
- Jan. 30 1:30-3:30 p.m. - Winter Carnival Volleyball Tournament. Any team of 6 or more may enter.
- Feb. 8 2-4 p.m. Pictionary Tournament in Vinnie's Pub.
- Feb. 11-15 Have a Heart Week - Fitness Classes and Active Living Centre will focus on heart health with a special day of classes on Feb. 14th where T-shirts draws will take place.
- Feb. 20 12-2 p.m. Wednesday - Beat The Blues Barbecue. Once again Dr. Blue advises you to chase away those mid-winter blahs with a barbecue. Wear your summer duds to really get yourself in the mood!
- Feb. 28 7-8 p.m. Learn to Juggle Workshop! Exercise Room, Rosaria Gym.
- Feb. 28 Athletics Pub Night. Have fun and support Mount Athletics teams!
- March March is nutrition month: the Active Living Centre will focus on nutrition and health issues.
- March 18 6:30-8 p.m. Open Gym Night - Volleyball, Badminton, Basketball, Weight room.
- March 18 Year End Intramural Party - Vinnie's Pub.
- April 15 - 18 STRESS BURNER FITNESS CLASSES A week of **free** noon hour fitness classes to get you through exam and paper deadline stresses. Don't let your fitness slide!

Games and crafts, music, movies and off-campus field trips are waiting for children this March break at Mount Saint Vincent University . . .

Who? For girls and boys
Grades primary to five

Where? Rosaria Centre Gymnasium

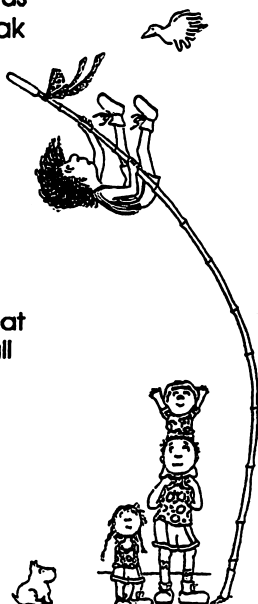
When? March 11, 12, 13, 14, and 15
8:15 a.m. - 5:15 p.m.

How to register?

Register beginning February 1 until March 8 in person at the Athletics/Recreation Office, Rosaria Centre, or call 443-4450, ext. 420 for more information.

Fee: \$60 per week or \$15 per day
(covers field trip expenses)

March Break Day Camp
March 11 to 15, 1991



New This Term. . . ***The Active Living*** ***Resource Centre***

To help keep our participants informed on health and fitness issues, a resource centre has been set up outside Rosaria Gymnasium. Feel free to drop by. Pick up informational flyers on topics including walking, weight training, heart health nutrition, mind/body wellness and much, much more!

Fitness Class Descriptions

Fit Break

A low-impact aerobics class with toning and flexibility components. FREE babysitting service provided.

Aerobic Walkers

An outdoor walking program, with toning and flexibility components. FREE babysitting service provided.

Low-Impact Aerobics & Evening Energizer

High energy aerobics without the high bounce. Stretch and strength component included.

Noon Fit

High impact aerobics with a strength and stretch component.

Soft Aerobics

For the beginner or active older adult, this low-impact aerobics class has both strengthening and stretching components.

Strength & Tone

Stretch, strengthen and tone your muscles in this class, which uses resistance aids to enhance the workout.

Lunch Crunch

A 50-minute class that puts special emphasis on toning and strengthening the abdominals, thighs and buttocks.

T'ai Chi

For people of all ages, the slow, dance-like motions of this ancient form of exercise promote relaxation, balance and suppleness. A 10-week program.

Fitness Assessment

A professional fitness consultant, available by appointment, can test you to determine your fitness level and help set fitness goals.

Aerobic Shaper

Keep yourself moving on the weekend with this aerobic class. It consists of warm-up, aerobics, and cool down time.

Body Sculpture

A perfect way to follow the Saturday Aerobic Shaper... a strength and tone class that uses resistance aids to enhance the workout.

Jazz Dance

Discover the world of Jazz Dance. Explore modern jazz techniques of body isolation and the moves of travelling. Class runs January 14 - February 13.

Need more information on programs, schedules or fees? Contact the Athletics/Recreation Office, 443-4450, ext. 152 or 420, or drop in to Rosaria Centre, Mount Saint Vincent University.

MSVU Intercollegiate Team Schedules

Mount teams compete in the Nova Scotia Colleges Athletic Association against 8 member colleges. Nationally, we compete in the Canadian Colleges Athletic Association.

Women's Volleyball

January 11	MSVU at TUNS	6:00 p.m.
January 26	MSVU at Ste. Anne	10:00 p.m.
	MSVU at Ste. Anne	12:00 noon
February 6	MSVU at KINGS	6:00 p.m.
February 10	NSCAA Tournament at NSTC	
February 14	MSVU at TUNS	8:00 p.m.
February 28	KINGS at MSVU	6:30 p.m.
March 1	UCCB at MSVU	8:00 p.m.
March 2	UCCB at MSVU	2:00 p.m.
March 9	NSCAA CHAMPIONSHIP AT MSVU	
	Semi-Finals	10:00 - 12:00 noon
	Championship Final	2:30 p.m.

Women's Basketball

January 12	MSVU at KINGS	2:00 p.m.
January 15	MSVU at NSAC	6:30 p.m.
January 18	MSVU at NSTC	6:00 p.m.
January 23	NSAC at MSVU	6:00 p.m.
January 30	NSTC at MSVU	6:00 p.m.
February 3	STU at MSVU	12:00 noon
February 6	NSAC at MSVU	6:30 p.m.
February 10	MSVU at KINGS	2:00 p.m.
February 13	NSTC at MSVU	6:00 p.m.
February 27	KINGS at MSVU	6:00 p.m.
March 2	STU at MSVU	6:00 p.m.
March 5	MSVU at NSAC	6:30 p.m.
March 9	NSCAA CHAMPIONSHIPS AT NSAC	
	Semi-Finals	10:00 a.m. & 2:00 p.m.
March 10	Championship Final	12:00 noon

Co-ed Badminton

January 12	at NSTC
January 20	at MSVU
February 2	at TUNS
February 9	at NSAC
March 2	NSCAA CHAMPIONSHIPS AT UCCB
March 8 & 9	TRAINING CAMP FOR NSCAA REPRESENTATIVES TO CCAA

Men's Basketball

January 12	MSVU at KINGS	4:00 p.m.
January 15	MSVU at NSAC	8:30 p.m.
January 18	MSVU at NSTC	8:00 p.m.
January 20	MSVU at TUNS	2:00 p.m.
January 23	NSAC at MSVU	8:00 p.m.
January 26	MSVU at TUNS	7:00 p.m.
January 30	NSTC at MSVU	8:00 p.m.
February 3	STU at MSVU	2:00 p.m.
February 6	NSAC at MSVU	8:30 p.m.
February 10	MSVU at KINGS	4:00 p.m.
February 13	NSTC at MSVU	8:00 p.m.
February 14	TUNS at MSVU	6:00 p.m.
February 27	KINGS at MSVU	8:00 p.m.
March 2	STU at MSVU	8:00 p.m.
March 5	MSVU at NSAC	8:30 p.m.
March 9	NSCAA CHAMPIONSHIPS AT NSAC	
	Semi-Finals	12:00 noon and 4:00 p.m.
March 9	Championship Final	2:00 p.m.