

JANUARY, 1977

RECREATION AND ATHLETICS

BASKETBALL

The team will continue playing in the Metro Ladies Basketball League with games scheduled for Tuesday evenings.

The Mount is hosting the Atlantic Universities Athletic Association Women's "B" Basketball Tournament on February 11th and 12th, 1977. Volunteers for scorers and timekeepers and general help will be welcome.

Intramural basketball games will take place on Thursday evenings at 8:00 p.m. providing sufficient interest is shown. Varsity players will not be eligible for this. Please submit names of individuals and/or teams during first week of classes.

VOLLEYBALL

Intramural volleyball will take place on Monday's at 7:30 p.m. providing sufficient interest is shown. Only one Varsity player will be allowed on each team. Please submit names of individuals and teams during first week of classes.

BADMINTON

Our coach, Bill Shakespeare will be in the gym from 6:00 p.m. - 8:00 p.m. on Wednesdays starting January 5th for those who want to improve their game. All are welcome! The gym is also reserved for badminton on Monday and Friday, 6:00 - 7:30 p.m.

NETBALL

Margaret Ellis will coach and teach netball at 6:30 p.m. Thursdays starting January 6th. Experienced players and beginners are welcome to take part. This is for women only.

MODERN DANCE

Annette Gee will teach a class at 7:30 p.m. Tuesdays starting January 11th subject to there being sufficient enrollment. All are welcome. Sign up during first week of classes.

FITNESS

Margaret Ellis will teach a fitness class at 6:30 p.m. Tuesdays in the gym for all who know they need it! This will start on January 11th. Also "noon" hour sessions will be held in Seton 1:00 Wednesdays and 12:00 p.m. Thursdays in Seton Room 306.

*EFFECTIVE SELF DEFENCE FOR WOMEN

Paul Doucette will teach a four week course consisting of 2 periods of three hours each per week. The classes will be held on Tuesdays and Thursdays from 7:00 - 10:00 in Room SAC 306.

Cost - \$25.00 for students
\$35.00 for non students

Register during first week of classes.

*Subject to minimum enrollment of 10 and maximum of 30 women.

**YOGA

Yoga will be offered at 7:30 Thursdays and 12:30 Fridays starting January 13th.

Cost - \$10.00 for students
\$20.00 for non students

Register during first week of classes.

**Subject to a minimum enrollment of 8 people in each class

BOWLING

There will be a FREE bowling party at the Halifax Bowling Centre tentatively on January 5th at 4:30 - 6:30. Bowling, shoes and light refreshments will be supplied. Interest shown at this party will indicate need for a programme. Sign up by Tuesday, January 4th at 3:00 p.m.

SWIMMING

To be announced.

GENERAL

The gym is free during many of the day time hours. If you want to use it you can sign out the key for the equipment room at the reception desk in Vincent Hall. Please treat the equipment as if it were your own and let it be usable by the next student.

The office of the Athletics/Recreation Director, Margaret Ellis, will be open from 9:30 - 3:15 each day during the first week of classes.

ALL STUDENTS, FULL TIME OR PART-TIME, MALE AND FEMALE ARE WELCOME IN ALL PROGRAMS EXCEPT WHERE SPECIFIED OTHERWISE.