



Meet People
Have Fun
Get Involved
Gain Career Skills
Be A Part Of IT
INTERESTED?

University Program Council
Tri-Culture City East

For More Information
Call CAP Office 472-2454 or 472-1780

Exercise...

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Miniature Golf
Cool Crest Triple Links 220 N. 48th St. and South Coddington Ave.
Pioneers Golf Course West Van Dorn Street and South Coddington Avenue

Campus Fields
Softball diamonds East Campus
Grass infields, also used as soccer field.
Soccer fields Harper-Schramm-Smith residence hall complex
Football fields Cather-Pound-Neihardt residence hall complex

*Note: For reservations and information contact the Recreation Office, 1740 Vine St., 472-3467.

Campus Tennis Courts
8 courts Cather-Pound-Neihardt
10 courts Harper-Schramm-Smith
6 courts East Campus

Campus Swimming Pools
UNL Coliseum
Fall hours currently unknown
Mabel Lee Hall
Fall hours currently unknown

Lincoln Swimming Pools
YMCA 139 N. 11th St.
YMCA 2601 N. 70th St.
YWCA 1432 N St.

Sailing
Holmes Lake Marina 3016 S, 70th St.
Sailboats (\$10.24 first hour), wind surfers (\$10.24 first hour), canoes (\$5.25 first hour), paddle boats (\$5.25 first hour).

*Note: Deposits of \$5 (sailboats) and \$2 (canoes and paddleboats) are required.

Health Clubs
ATA Fitness Center 2019 and Hwy 2
Nautilus conditioning, co-ed facilities.
Alpha Fitness Center 140 N. 48th St.

Fitness testing, aerobic dance classes, exercise and alphasize classes, dry and wet sauna.

The Body Firm (Men) 2301 and Hwy 2, Suite 2
Indoor heated pool, saunas, jet hydro-mechanical pools, hydraulic and mechanical equipment, aerobic exercise classes.

The Body Shoppe (Women) 2301 and Hwy 2, Suite 1
Indoor-heated pool, saunas, jet hydrotherapy pools, hydraulic and mechanical equipment, aerobic exercise classes.

Jazzercise
South Center 5500 Old Cheney Road, Suite 5
North Center 6317 Havelock Ave.
Lincoln Racquet Club 5300 Old Cheney Road

Universal fitness center, par course, exercise physiologist, whirlpool, sauna, gymnasium, swimming pool, five racquetball courts, six indoor tennis courts, two outdoor tennis courts.

Mademoiselle 121 Cherry Hill Blvd.
Universal equipment, hydra-gym athletics, swimming pool, dry sauna, whirlpool, jogging track, exercise classes.

Sweep Left Health Club 815 O St.
Free weights, nautilus, olympic and universal weights, sauna, whirlpool.
Wall-Bankers Racquetball 330 West P Club and Fitness Center

AMF, nautilus, universal and free weights, dry sauna, whirlpool, aerobic classes, steam room, eight racquetball courts.

*Note: Membership is required at all clubs.

Pool Halls
Madsen's Bowling and Billiard Center 47th and Dudley streets
Union Recreation room Nebraska Union

Six rotation tables, two snooker tables, 10 bowling lanes, video games.
East Campus Recreation Room East campus

Three rotation tables, six bowling lanes, video games.

ben Simon's

Fall Headstart Sale

Now through Sunday, August 28

This is your chance to save on our best new fall fashions, from our very best manufacturers, including:

Men

Women

DANIEL HECHTER VESTED SUITS reg. \$250	199⁹⁹	OXFORD CLOTH BUTTON-DOWN SHIRTS reg. \$18	13⁹⁹
POLO UNIVERSITY SHETLAND SPORTCOATS reg. \$195	164⁹⁹	SHETLAND CREWNECK SWEATERS reg. \$26	17⁹⁹
OXFORD CLOTH BUTTON-DOWN DRESS SHIRTS reg. \$21	16⁹⁹	RAGG WOOL CREWNECK SWEATERS reg. \$22	15⁹⁹
RUGBY SHIRTS BY CHESTERFIELD reg. \$32.50	24⁹⁹	TOMBOY PLAID SHIRTS reg. \$20	15⁹⁹
LORD JEFF V-NECK ORLON SWEATERS reg. \$25	19⁹⁹	TOMBOY CORDUROY PANTS reg. \$25	19⁹⁹
STRIPED SWEATERS IN WASHABLE ORLON reg. \$35	27⁹⁹	SASSON SKIRTS IN FALL COLORS reg. \$35	27⁹⁹
GENERRA TWILL CASUAL SLACKS reg. \$26	19⁹⁹	CALVIN KLEIN DENIM JEANS reg. \$40	31⁹⁹
BOMBER JACKET BY MIRAGE reg. \$55	39⁹⁹	FAMOLARE CASUAL SHOES (2 STYLES) reg. \$49	39²⁰
MEN'S BUCKS AND SADDLE SHOES reg. \$34.95	29⁹⁰	GALLERY QUILTED COATS reg. \$180	139⁹⁹

FREE MONOGRAMMING

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WESTROADS, OMAHA, THE ATRIUM, (13th & N) & GATEWAY, LINCOLN

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Pat McCulla D.D.S.
Allen Hurlbert D.D.S.
and assoc.

Gentle, Quality Care
Emergencies &

New Patients Welcome

476-7500

Belmont Plaza, 11th & Cornhusker Hwy

SAM'S

WELCOMES YOU BACK!

2 HAMBURGERS, FRIES AND A MEDIUM SOFT DRINK

\$1.50

No Coupon Necessary

Good Thru Sat. 8-27-83

48th & Garland

13th & E