

**"I believe the best things in life are...
at the Campus Recreation Center!"**

Step REC



Intramural Sports Program

Activity	Entry Period	Play Begins
Snow Softball Tournament (M,W,C)	Dec. 2 - Jan. 19	January 22
*Table Soccer Doubles (M,W,C)	Dec. 2 - Jan. 19	January 25
Water Polo Tournament (M,W)	Jan. 13 - Jan. 26	January 29
**Swim Meet (M)	NA	February 9
**Swim Meet (W)	NA	February 10
Pickleball Tournament (M,W)	Jan. 27 - Feb. 9	February 12
Indoor Track Meet (M,W)	NA	February 21
Indoor Wiffleball Tournament (M,W,C)	Feb. 10 - Feb. 23	February 26
Racquetball Doubles (M,W,C)	Feb. 10 - Feb. 23	March 1
*9-Ball Pool (O)	Feb. 10 - Feb. 23	March 1
**Table Tennis Doubles (M,W,C)	Feb. 10 - Feb. 23	March 1
Badminton Doubles (M,W,C)	Feb. 17 - March 2	March 5
Wrestling Meet (M,W)	NA	March 8
Intramural T-Shirt Design Contest (O)	Jan. 27 - March 9	March 9
Floor Hockey Tournament (M,W,C)	Feb. 24 - March 9	March 11
Squash Tournament (M,W)	Feb. 24 - March 9	March 15
Slow Pitch Softball (C)	Feb. 24 - March 9	March 15
Basketball Golf (M,W,C)	NA	TBA
**Free Throw Contest (M,W,C)	NA	TBA
Soccer Tournament (M,W)	March 3 - March 16	April 1
Innertube Water Polo Tournament (M,W,C)	March 10 - March 30	April 2
Volleyball Marathon (M,W)	March 10 - March 30	April 2
5K/10K Run (M,W,C)	NA	April 4
Horseshoe Doubles (M,W,C)	March 17 - April 6	April 12
Tennis Doubles (M,W,C)	March 17 - April 6	April 12
Powerlifting Meet (M,W,C)	NA	April 13 & 14
**Air Rifle Contest (M,W,C)	NA	April 14 & 15
3-on-3 Sand Volleyball Tournament (M,W)	March 31 - April 13	April 16
Ultimate Frisbee (M,W)	March 31 - April 13	April 16
Outdoor Track Meet (M,W)	NA	April 19
1-on-1 Basketball (M,W)	March 31 - April 13	April 19
2-on-2 Basketball (C)	March 31 - April 13	April 19
16" One Pitch Softball Tournament (M,W)	April 7 - April 20	April 23
4-on-4 Sand Volleyball Tournament (C)	April 7 - April 20	April 23
21 Basketball Shoot (M,W,C)	April 7 - April 20	April 26
**Frisbee Golf (M,W,C)	April 7 - April 20	April 27

**Get a Jump Start
on your fitness plans in '93
and participate in
Dance for Heart!**

Campus Recreation is participating in the American Heart Association's Dance for Heart Program by offering several fitness classes during January. Classes will cost \$1.00 and proceeds will be donated to the American Heart Association. Below is the schedule of classes:

Jan. 20	12:10-12:50 low impact 5:15-6:15 step aerobics
Jan. 21	12:10-12:50 body sculpting 5:15-6:15 water aerobics
Jan. 22	12:10-12:50 step aerobics 5:15-6:16 progressive aerobics

Employment Opportunity

**Sports Officials are needed
for Softball**

The training schedule is as follows:

	Softball	
March 10	4:00pm	NE Union
March 11	4:00pm	Vine Clinic

NE=Nebraska Union
Vine= Vine Softball Fields

For more information call Linda Beacom or Mark Powell at the Intramural Office 472-3467.

**Recreation for
Students with Disabilities**

The Office of Campus Recreation offers the opportunity for students with disabilities to pursue recreational activities. Individual and group interests are being addressed and new programs are being developed. Current programs may be modified and adapted to meet a student's needs or a new activity can be developed and started.

The Staff at Campus Recreation encourages students with disabilities to take an active role in designing a program that suits their interests. The staff looks forward to working with students to implement and design programs that suit individual needs.

Please contact the Campus Recreation Staff at 472-3467. Leah Hall Dorothy will be happy to meet with students and work on developing programs to meet special needs.

Now available at Campus Recreation is an independent pool lift.



Outdoor Adventures Program

Cross-Country Skiing, Mapleleaf Lodge, MN
Feb. 3-7

Pre-trip meeting: Jan. 27
Cost: \$185

Rock Climbing, Quartz Mountain, Oklahoma
Feb. 17-21

Pre-trip meeting: Jan. 27
Cost: \$145

Central Flyway Bird Migration/Canoeing
Feb. 27-28

Pre-trip meeting: Feb. 17
Cost: \$45

Caving in the Devil's Ice Box, Missouri
Feb. 26-28

Pre-trip meeting: Feb. 18
Cost: \$75

"Instant" Cross-Country Skiing Clinics
When it snows!

Cost: \$4

Ice Fishing Clinics
When the lakes are frozen!

Cost: \$5

Spring Break • Spring Break • Spring Break

Exploring Mexico's Sea of Cortez
March 19-28

Pre-trip meeting: Feb. 18
Cost: \$345

Canoeing the Rio Grande
Texas/Mexico
March 19-28

Pre-trip meetings: Feb. 24
& March 3
Cost: \$245

Spring Break • Spring Break • Spring Break

Winter Break 1993-1994

Trekking in the Himalayas of Nepal

Winter Break

Cost: \$3000-\$3500

Information Slide Show

Jan. 19

Campus Recreation Center

6:45pm

Winter Break 1993-1994