

It's free! Get fit through University programs

By LACY CHURCHILL
Staff Writer

It's springtime in Chapel Hill and you want to get in shape, but you don't want to spend a fortune to join a gym or a spa.

According to Edgar Shields, associate professor of physical education and director of Intramural-Recreational Sports, you don't have to pay to participate in any of the more than fifty activities in the IM-Rec program, nor do you have to pay to use the physical education facilities.

In both the fall and spring, many team activities exist, ranging from "ultimate" Frisbee and Wimbledon volleyball to a whiffle ball tournament and inner tube water polo. Other team activities include football, basketball and soccer in the fall, and soccer, indoor lacrosse and golf in the spring.

There are two levels of play — competitive and recreational — and there are nine divisions in which to enter: fraternity, residence hall, independent, graduate/faculty, men's recreational, women's competitive and recreational and co-rec competitive and recreational.

For those who prefer individual and dual activities to team sports, the program offers several activities which range from open racquetball and badminton to one-on-one basketball and frisbee golf.

There are also special activities in both the fall and the spring like a Sports Trivia Bowl, a power-lifting

contest and all-star basketball.

If none of these activities appeal to you, or you just want to exercise at your convenience as opposed to relegated practices which can conflict with your schedule, Shields suggested using one of the many physical education facilities available to both students and faculty.

To use the facilities, students don't need to pay any additional fees, but faculty and staff are required to purchase a Privilege Card, which usually costs about \$18 a semester.

The facilities, which include several basketball/volleyball, racquetball/handball and badminton courts as well as Nautilus, Universal and free weight rooms and a pool, are located in both Woollen and Fetzer Gymnasiums.

Shields said priority use of the facilities is given to instructional classes until 3 or 4 p.m., Mondays thru Thursdays, after which the intramural programs have priority.

Shields said the facilities are also available all day on Fridays and weekends.

An added advantage is that students and faculty/staff members holding a current Privilege Card can check out much of the needed equipment like basketballs, footballs, weight keys, tennis rackets and racquetball rackets.

To reserve a racquetball, handball, squash or tennis court, you need to call or stop by the IM-Rec office (203 Woollen) one day in advance.

"Because the complex is so big," Shields said, "the main areas with much activity demand the most supervision."

Shields said that most areas are supervised by student monitors. He added that members of the professional staff are always in and out around the buildings.

"For example, one or more students are always on the floor of Woollen checking student ID's," he said. "If you don't have one, you can't get in to play basketball. There is also someone stationed at the racquetball courts and at the Woollen Gym weight room."

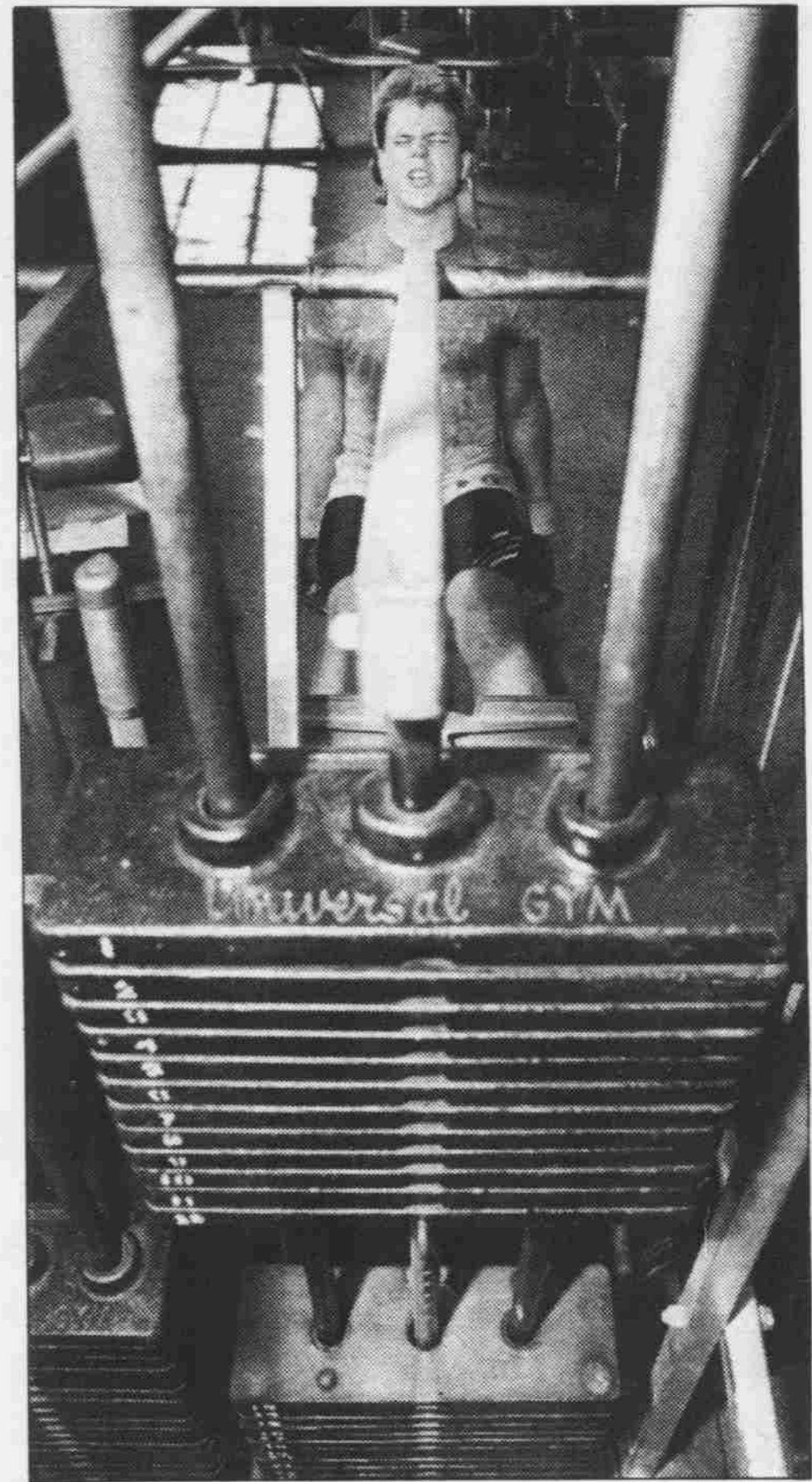
Shields added that the IM-Rec office attempts to hire workers with knowledge in a particular area so if someone does have a question, the supervisor will be able to assist him.

Shields said there is also a Wellness Center located in the Women's Gym, which is part of Woollen and is where aerobics classes are offered for free in the afternoons and evenings.

The Wellness Center, a small room that is staffed every day, is open to anyone. The equipment includes exercise cycles, weights and other new supplies.

Shields said the Wellness Center is the only area which offers individual training and guidance, and added that they are working to upgrade the area.

For more information on the IM-Rec program or available facilities, call the IM-Rec office at 962-1153 or the Wellness Center at 942-9355.



Tar Heel file photo

Many students take advantage of the weight facilities in Woollen Gym



Tar Heel file photo

A runner stretches before working out on the track to help prevent injury

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