

## OTHER FITNESS & RECREATION OPPORTUNITIES...

Campus Recreation offers numerous fitness and recreational opportunities for students/faculty/staff. The program's two fold mission is (1) to meet the recreational needs of a large and diverse student body, faculty, and staff, through a wide range of professionally administered recreational activities, and (2) to provide a healthy environment in which students can develop the leadership, social, and other personal skills they will need throughout and beyond their years at Carolina through participation and employment in the program.

### CAMPUS RECREATION OFFERS...

#### Intramural Sports (962-1153)

Over 60 programs for men and women at varying levels of competition and skill.

#### Sport Clubs (962-1013)

At UNC, you will find many different types of sport clubs, varying from the fiercely competitive to the purely recreational. Make friends, learn more about a sport and have some fun!

#### Carolina Adventures (962-4179)

The outdoor education component of Campus Recreation, includes a comprehensive challenge ropes course, equipment rental, a resource center, a climbing wall and climbing program, and a wide variety of facilities.

#### Open Recreation

Includes unstructured, drop-in opportunities to play and exercise.

## SRC HOURS

(subject to change)

MON-TH .....6am-midnight  
 FRI .....6am-9pm  
 SAT.....10am-8pm  
 SUN .....1pm-10pm

#### Break Hours:

MON-FRI .....11am-2pm &  
 5pm-8pm  
 SAT-SUN .....1pm-5pm

#### Spring Break 2000:

Closed March 11, 12, 18 & 19  
 Break Hours effective:  
 March 13-17

#### Semester Break :

(Finals Week May 5-12)  
 MON-TH .....6am-10pm  
 FRI .....6am-9pm  
 SAT.....10am-8pm  
 SUN .....1-8pm

**NOTE:** the Center will be closed  
 March 11, 12, 18 & 19, April 21-23,  
 May 20-21 & 27-29, July 4



### CHSB OFFIC HOURS

MON-FRI .....8:30am-5pm  
 (Closed 12-12:30pm)

## SPRING 2000 CALENDAR

| <u>Program</u>                      | <u>Date</u> | <u>Time</u>  | <u>Location</u>          | <u>Registration</u> |
|-------------------------------------|-------------|--------------|--------------------------|---------------------|
| <b>JANUARY</b>                      |             |              |                          |                     |
| Aerobics begin                      | 1/18        | see schedule | aerobic studios          | drop in             |
| WELLAWARE Week                      | 1/24-27     | 3-5pm        | SRC main entrance        | drop in             |
| Eating Lite                         | 1/27        | 5-6 pm       | CHSB-SRC Conference Room | sign up             |
| Women on Weights                    | 1/29        | 10:30-noon   | SRC weight room          | sign up             |
| How to be your own Personal Trainer | 1/30        | 3:30-5 pm    | SRC weight room          | sign up             |
| <b>FEBRUARY</b>                     |             |              |                          |                     |
| Sweetheart workout                  | 2/14        | TBA          |                          | drop in             |
| Eating Disorders Awareness week     | 2/14-18     | TBA          |                          | drop in             |
| How not to be a Restaurant Rookie   | 2/24        | 5-6pm        | CHSB-SRC Conference Room | sign up             |
| Powerlifting Comp                   | 2/25        | 5-8pm        | SRC weight room          | sign up             |
| AFAA Certification                  | 2/26        | 9am-6pm      | UNC Hospital             | sign up             |
| Women on Weights                    | 2/26        | 10:30am-noon | SRC weight room          | sign up             |
| How to be your own Personal Trainer | 2/27        | 3:30-5 pm    | SRC weight room          | sign up             |
| <b>MARCH</b>                        |             |              |                          |                     |
| Healthy/Safe Spring Break           |             | TBA          | CHSB                     |                     |
| Countdown to Spring Break           | 3/6-10      | TBA          |                          | drop in             |
| Sports Nutrition                    | 3/9         | 6:30-7:30 pm | CHSB-SRC Conference Room | sign up             |
| Nutrition Month                     | TBA         |              |                          |                     |
| <b>APRIL</b>                        |             |              |                          |                     |
| Fitness Challenge                   | 4/1         | TBA          | SRC Main Entrance        | sign up             |
| Eating Lite                         | 4/13        | 5-6pm        | CHSB-SRC Conference Room | sign up             |
| Sports Nutrition                    | 4/18        | 6:30-7:30 pm | CHSB-SRC Conference Room | sign up             |
| Splash and Dash                     | 4/30        | TBA          | Woollen Gym              | sign up             |