



What's New? This section will keep you up-to-date on the most current happenings in Recreational Sports.

Special Offers Check this section for great deals on Rec Sports programs and services happening throughout the month!

Activity of the Month Familiarize yourself with some of the programs offered through the Department of Recreational Sports.

Healthy Matters Healthy Matters is an educational poster series intended to increase health knowledge and awareness. This section will highlight some of the monthly tips.

What's New

COA Annual Spring Gear Sale

Are you looking to sell or purchase outdoor equipment? COA will be selling rental equipment as well as hosting this fun event for others to sell and purchase equipment. Stop by and check out the great deals!

When: Gear Drop-Off: April 9th-10th 12:00 pm – 7:00 pm
 Gear Sale: April 11th-12th 12:00 pm – 7:00 pm
 Where: Center for Outdoor Adventure – University Recreation Center

For more information, call 612-625-8790 or visit our [COA web page](#).

April 2007 CPR/First Aid Certification Classes

The following classes are open to the public. The cost is \$40 for CPR/AED certification and \$35 for First Aid certification. Pre-registration is required. Please register by contacting Julie Faulkner at 612-626-9621.

Date	Time	Location	Certification
Friday, April 6 th	1:00 pm	URC Aquatic Lobby	First Aid
Friday, April 13 th	12:00 pm	URC Aquatic Lobby	First Aid
Wednesday, April 25 th	7:00 pm	URC Aquatic Lobby	CPR/AED
Friday, April 27 th	11:00 am	URC Aquatic Lobby	CPR/AED

Rugby Tournament

Come cheer on the Men's and Women's Rugby Club teams at their tournament on the St. Paul campus!

Date: April 14th
 Time: 8:00 am
 Place: St. Paul Soccer Fields

National Handball Tournament

Free event to the public to see hundreds of handball athletes competing in the National Tournament!

Date: April 30th-May 6th
 Time: 8:00 am-11:00 pm
 Place: University Recreation Center, South Court Corridor

Spring Semester Building Hours

University Recreation Center

Monday-Thursday	5:45am – 11:00pm
Friday	5:45am – 10:00pm
Saturday	8:00am – 7:00pm
Sunday	11:00am – 10:00pm

St. Paul Gymnasium

Monday-Thursday	5:45am – 11:00pm
Friday	5:45am – 10:00pm
Saturday	9:00am – 7:00pm
Sunday	12:00pm – 10:00pm

For specific area hours, including pool schedules, visit our [Hours web page](#).

Aquatics April 2007 Special Event Schedule

Date	Time	Facility	Event	Sponsor
3/31-4/01/07	8:00 am-5:00 pm	Aquatic Center	Minnesota Youth Athletic Services /YMCA Regional	Minnesota Youth Athletic Services
4/14-15/07	12:00 Saturday 7:00am Sunday	Aquatic Center	Water Polo Tournament	Rec Sports Club Water Polo
4/21/07	1:00 pm – 4:00 pm	Aquatic Center	Stroke and Turn Clinic	Intercollegiate Athletics
4/28 -29/07	9:00 am-5:00 pm	Aquatic Center	Masters State	MN Masters

*This schedule is subject to change. For more Special Event Information, please call 612-626-1352.

All events are open to the public. Masters State and Water Polo Tournament are free; there will be a charge for admission for all other events.

Special Offers

April 2007 Courtside Café Specials

Stop by the Courtside Café in the University Recreation Center for the following deals:

*Meat & Cheese Bagel Sandwich only \$1.75!

*Smoothies for \$2.50!

Free Body Composition Tests:

Offered to members on the following dates:

4/19/07 – 11:00 am-1:00 pm, 4:00 pm-6:00 pm – University Recreation Center

4/26/07 - 11:00 am-1:00 pm, 4:00 pm-6:00 pm – St. Paul Gymnasium

Contact [Kristina Hefty](#) or call 612-624-4544 for more information.

Free Core Body Workshops:

Offered to members of the following dates:

4/18/07 – 12:00 pm & 5:00 pm – University Recreation Center

4/25/07 – 12:00 pm & 5:00 pm – St. Paul Gymnasium

Contact [Kristina Hefty](#) or call 612-624-4544 for more information.

Facility Tours

Tours of the University Recreation Center are available during all open building hours. Stop by the Member Service Office located in the lobby of the Rec Center for drop-in tours. If you would prefer to arrange for an appointment, email [Sandy Terhune](#), or call 612-626-8993.

For a tour of the St. Paul Gymnasium, email [Andrea Caven](#) or call 612-624-7880.

Equipment Orientation

Have you ever wondered how to properly use the equipment in the fitness centers? To sign up for an Equipment Orientation, email [Kristina Hefty](#) or call 612-624-4544.

Activity of the Month

Walking/Jogging Outside!

As you may have noticed, people all over campus are beginning to walk and run outdoors. The American Heart Association states, "Brisk walking for 30 minutes a day can reduce risk of stroke, bad cholesterol (LDL) levels and high blood pressure." Try the trails near the River Flats, the Stone Arch Bridge, or just walk around campus! As you walk more frequently, jogging can be your next step to increase the intensity. Be sure to change your route to avoid boredom in your workout. Also, partner jogging can be great to keep you motivated! Get outdoors and enjoy the beautiful campus we have around us!

Healthy Matters

Healthy Body: How to Minimize Risks of Heart Disease

Family history cannot be altered, and aging cannot be postponed. However, there are some simple things to do to lower the risk of heart disease.

-Begin Regular Exercise: Strive for 30 minutes of physical activity each day. Ideas include walking, biking, and swimming. These activities are fun, healthy, and will help reduce stress.

-QUIT Smoking: Quitting smoking is the most important step in lowering the risk for heart disease. Seek assistance for smoking cessation at Boynton Health Service.

-Improve Daily Diet: Incorporate fruits, vegetables, lean meats, and whole grains into the daily diet. Consuming these foods in moderation will help to lower cholesterol and improve overall heart health.

If you would like to subscribe to this monthly newsletter, email recsport@umn.edu and type "Subscribe Member Newsletter" in the subject line.

Questions or comments? Email us at recsport@umn.edu or call 612-626-8993.