



**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

### National Handball Tournament

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

Date: April 30<sup>th</sup>-May 6<sup>th</sup>

Time: 8:00 am-11:00 pm

Place: University Recreation Center, South Court Corridor

### 2007 IM Golf Classic

On the first Sunday of each May, several members of the University community gather for this event! This year's classic will be celebrating a 20-year tradition for University golf enthusiasts.

Date: Sunday, May 6<sup>th</sup>

Time: 8:00 am shotgun start, two person scramble

Place: University of Minnesota – Les Bolstad Golf Course, St. Paul

For more information, or to register, contact the IM Office at 612.625.8094.

### Summer Locker Renewals

Spring semester lockers expire 12 noon on May 11th. All lockers must be renewed or cleaned out by this time. Items not removed will be cleared and stored for 10 business days, and can be reclaimed for \$5.

### 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](#).

### May Session & Summer Building Hours (effective 5/12-8/18)

#### University Recreation Center

Monday-Friday	5:45am – 8:00pm
Saturday	10:00am – 4:00pm
Sunday	12:00pm – 6:00pm

#### St. Paul Gymnasium

Monday-Friday	5:45am – 8:00pm
Saturday	10:00am – 4:00pm
Sunday	12:00pm – 5:00pm

Facilities will be **closed** Monday, May 28<sup>th</sup>.

### Aquatics May 2007 Special Event Schedule

Date	Time	Facility	Event	Sponsor
5/12/07	1:00 pm	University Aquatic Center	TWIN III	Twin Cities Swim Team
5/13/07	8:30 am			
5/24-25/07	8:00 am-5:00 pm	University Aquatic Center	State Synchronized Swimming Championships	State Coaches Association

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

All events are open to the public. The TWIN meet is free; there will be a charge for admission at the State Synchronized Swimming Championships.

## Special Offers

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### May 2007 Courtside Café Specials

The Courtside Café indoor services and outdoor grill will be open during the following hours throughout May session and summer: T,W,Th: 9:00 am-2:30 pm

May session & Summer special: Raspberry Lemonade Smoothie for \$2.00

### Free Body Composition Tests:

There will be no free body composition testing during the month of May. If you would like a Body Composition Test, you may set up an appointment with a fitness specialist. The test will be \$5.00.

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

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### Golf!

Pull out your golf clubs or try out this new sport for the first time this month! Golf is a great leisure activity for all ages to enjoy the outdoors while socializing with friends. Don't know where to start? Try out the [University of Minnesota – Les Bolstad Golf Course](#) located in St. Paul.

Also, on Sunday, May 6<sup>th</sup> is the 2007 IM Golf Classic! For more information, or to register, contact the IM Office at 612.625.8094.

## Healthy Matters

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What exactly do Vitamins and Minerals do?

Vitamins are natural organic substances found in plants and animals. They assist enzymes with the metabolism, growth, and immune functions. There are two classes of vitamins: 9 water-soluble (B-Vitamins and Vitamin C) and 4 fat-soluble (A, D, E, &K).

Minerals are inorganic and come from the earth or water. They are essential in processes such as bone formation (Phosphorus), electrolyte balance (Sodium), muscle contraction (Calcium), and oxygen transport (Iron).

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

Questions or comments? Email us at [recsport@umn.edu](mailto:recsport@umn.edu) or call 612-626-8993.