**HOURS OF OPERATION**

<table>
<thead>
<tr>
<th>Facility</th>
<th>Mon - Fri</th>
<th>Sat &amp; Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Southwest Recreation Center</td>
<td>6:00 AM - 1 PM</td>
<td>10 AM - 10 PM</td>
</tr>
<tr>
<td>Student Recreation &amp; Fitness Center</td>
<td>7 AM - Midnight</td>
<td>10 AM - 10 PM</td>
</tr>
<tr>
<td>Broward Outdoor Recreation Complex</td>
<td>4:00 PM - 11 PM</td>
<td>2:00 PM - 10 PM</td>
</tr>
</tbody>
</table>

Hours are subject to change due to academic breaks and holidays. Refer to the recsports.ufl.edu homepage to view daily facility hours.

**MEMBERSHIP FEES**

<table>
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<tr>
<th>Classification</th>
<th>Summer A or B</th>
<th>Fall, Spring or Summer C</th>
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<tr>
<td>Currently Enrolled</td>
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<td>Activity &amp; Service Fee</td>
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<tr>
<td>Summer Continuing Student</td>
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<td>$40</td>
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<tr>
<td>Spouse/Partner of Currently Enrolled</td>
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<td>$50</td>
</tr>
<tr>
<td>Previously Enrolled</td>
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<tr>
<td>Previously Enrolled &amp; Spouse/Partner</td>
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<table>
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<tr>
<th>Classification</th>
<th>2 Week</th>
<th>3 Month</th>
<th>6 Month</th>
<th>One Year</th>
<th>Weekend*</th>
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<td>$225</td>
<td>$400</td>
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<tr>
<td>Spouses/Partners of Faculty, Staff &amp; Affiliates</td>
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<td>Faculty, Staff &amp; Affiliates and Spouse/Partner</td>
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</table>

*The Weekend Membership allows for access to the recreation centers on Saturdays and Sundays for 12 months from the date the membership is purchased.

Appropriate taxes will be added to the above fees. Membership Services office accepts cash, check or credit card (Mastercard, Visa or American Express).

**FACULTY & STAFF PAYROLL DEDUCTION:** University of Florida Faculty/Staff may now sign up for a RecSports Membership through payroll deduction. The membership provides access to the newly expanded Southwest Recreation Center and the Student Recreation & Fitness Center. The 12-month Faculty/Staff membership may be purchased for a fee of $40 (+ tax) to be deducted from 10 paychecks. The joint Faculty/Staff and Spouse/Partner membership is also available for payroll deduction for a fee of $70 (+ tax) deducted from 10 paychecks. Visit the Membership Services office inside SWRC to sign up today.
Recreational swimming provides the opportunity to relax while enjoying a low-impact, full-body workout. RecSports offers recreational swimming indoors at the Stephen C. O’Connell Center Pool on the lower level between Gates 2 and 3 and outdoors at the Florida Pool located behind the Student Recreation and Fitness Center. There are two pools located at single student residence halls; Broward Pool between Broward and Yulee Halls and Graham Pool between Graham and Truster Halls. Visit recsports.ufl.edu for pool hours and cancellations.

**AQUATICS**

**POOL HOURS**

**FLORIDA POOL**

MON - THURS 7 - 8 AM

MON, WED, THURS, FRI NOON - 5:45 PM

TUES 1 - 5:45 PM

SATURDAY NOON - 6:45 PM

SUNDAY NOON - 4:45 PM

**BROWARD & GRAHAM POOLS**

MON - FRI 1 - 6:45 PM

SAT & SUN 1 - 6:45 PM

**O’CONNELL CENTER POOL**

MON - FRI 11:30 AM - 1:45 PM

MON - FRI 7 - 9:30 PM

SATURDAY CLOSED

SUNDAY 8:30 - 9:30 PM

**STROKE DEVELOPMENT**

Classes are Monday & Thursday nights at the Stephen C. O’Connell Center Pool.

Each class is 30 minutes long.

**REGISTRATION**

Email aquatics@recsports.ufl.edu, each week to register for a class, with the subject line titled Swimming Instruction by Thursday of the previous week. Please include desired time, date and class title. You will receive a confirmation email by 3 p.m. on the Friday before the class. Space is limited.

**ADULT SWIM CLASSES**

RecSports offers the Adult Learn to Swim class for non-swimmers and beginning swimmers. RecSports also offers the Stroke Development class for those who want to become a more efficient and stronger swimmer while learning new strokes and improving technique. Visit the Aquatics page at recsports.ufl.edu for more information.

**SWIM CLASS INSTRUCTION SCHEDULE**

**ADULT LEARN TO SWIM**

7 PM, 7:30 PM OR 8 PM

**STROKE DEVELOPMENT**

8:30 PM

**GUEST POLICY**

BROWARD & GRAHAM POOLS

Guests must be accompanied by a sponsoring Gator 1 Cardholder.

**FLORIDA POOL & O’CONNELL CENTER POOL**

Guests are limited to one guest per day. Each guest is limited to one visit per semester per pool.

**TAKING THE PLUNGE**

The RecSports Aquatics program offers several different swimming classes that range in expertise from beginner to advance. Taught by certified instructors, the classes will teach you how to swim for the first time or help you improve your technique. Classes are held at the O’Connell Center Pool and are available for free to students, faculty and staff with a valid Gator 1 Card. Brittany Jesewitz, a fourth year Health Science major, has been a RecSports Lifeguard and Water Safety Instructor for three years. Her background as a high school water polo player and a swim team coach enables her to successfully train each participant and help them meet their goals.

“Everyone that comes to class has the same goal of getting better; no participant will be judged by their instructor or other swim students,” Jesewitz said. “We have instructed participants that have deep inherent fears of the water and we help coach them through the process, standing by them and the courage it took to show up in the first place.”

Classes can range from one to eight participants depending on how many sign up that week. The small group environment provides the one-on-one instruction needed to be successful. The instructors are able to tailor the lesson to each individual’s needs.

“Although the classes are in groups, the lesson itself is individualized and focuses on the goal that the participant wants to achieve,” Jesewitz said. “Participants’ goals range from just swimming comfortably enough not to feel like they are going to drown to learning a flip turn or even training tips for a triathlon.”

Kelly Livingston, an Accounting Coordinator II for the College of Medicine, is a swim student who began her first Adult Learn to Swim Lesson in October. She has found success in her swimming efforts and has moved on to the Adult Stroke Clinic to learn new techniques and swim strokes.

“I was nervous going to the first lesson and seeing the swim club and others practice was quite intimidating, but I took the plunge and followed through,” Livingston said. “The instructors were very professional and were able to help folks of all skill levels. At no point did they make me feel embarrassed for my lack of swimming skills.”

After only two months of taking the swim instruction classes, Livingston has begun training for a sprint distance triathlon in Ocala this March.

“I never could have advanced so quickly without the help of the instructors, their relaxed attitude gave me the confidence to continue,” Livingston said. “Going to the lessons and getting feedback from the instructors has improved my stroke significantly and has given me the knowledge I needed.”

Whether you are wanting to learn how to swim for the first time, learn a new stroke, or improve your technique, take the plunge and sign up for a swim class!
The Sport Clubs program offers 42 different clubs. Sport Clubs are competitive in nature and provide an opportunity for participation, skill development and leadership. Teams compete against other universities both regionally and nationally. All skill levels are encouraged to join. If you are interested in becoming a part of the Sport Clubs program, visit the Sport Clubs page at recsports.ufl.edu for more information.

**SPORT CLUBS**

**CLUB LISTING**

- BASEBALL
- BOWLING
- COMPETITIVE CHEERLEADING
- CREW
- CRICKET
- CUONG NHU
- CYCLING
- EQUESTRIAN
- FENCING
- GYMNASTICS
- HANDBALL
- ICE HOCKEY (M)
- KENDO
- LACROSSE (M, W)
- PAINTBALL
- RACQUETBALL
- ROCK CLIMBING
- ROLLER HOCKEY (M)
- ROCK CLIMBING
- SAILING
- SKIMBOARDING
- SKYDIVING
- SOCCER (M, W)
- SOFTBALL
- SURFING
- SWIMMING
- UNDERWATER HOCKEY
- VOLLEYBALL (M, W)
- WAKEBOARD
- WATER POLO (M, W)
- WRESTLING
- TAE KWON DO
- ULTIMATE FRISBEE (M, W)
- TABLE TENNIS
- TENNIS
- TRUGATORS
- TRUGATORS
- WRESTLING
- UNIVERSITY OF FLORIDA (GFC)

**HOME EVENTS**

Scan this code for a listing of Gator home events!

**CLUBS**

- **EQUESTRIAN**
- **CYCLING**
- **CUONG NHU**
- **CRICKET**
- **CREW**
- **COMPETITIVE CHEERLEADING**
- **BOWLING**
- **BASEBALL**

**SPORTS**

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**SPORTS**

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Florida Fitness prides itself on six elements of fitness: Fitness Assessment, Massage Therapy, Group Fitness, Small Group Training, Strength & Conditioning and Personal Training.

When you work at a gym there is a universal rule that everyone follows: nobody takes off January 1. Anyone familiar with New Year’s resolutions should understand the importance of this rule. January 1 is the busiest day of the year for the fitness industry. Tons of bright-eyed, newly passionate, fitness enthusiasts flood the gym with newfound intensity and Nike Frees. By mid-February the novelty has worn off and those once passionate enthusiasts have developed a chronic case of shin splints from the treadmill.

So how do you break the cycle and make 2012 your most successful year for your health and wellbeing? Two words: goal setting. Developing clear and concise goals will help you maximize your results and ensure that you stay on track in 2012. I realize by just saying the words “goal setting” you are not going to jump right out of your seat and into the frontline of the Boston Marathon. I have outlined some simple and applicable tips on how to set realistic goals for 2012:

1. Try setting goals that are event specific
   This year, instead of saying you want to lose ten pounds, try signing up for a half-marathon. You can always push back the date of when you want to lose ten pounds, you cannot push back an event. In addition, when you finish your event you will feel far more accomplished and most likely see the physical changes you were originally seeking.

2. Set an “ultimate” goal for yourself
   Also include several smaller goals for you to accomplish along the way. As you complete each smaller goal you will gain confidence and build “results momentum.”

3. Visualize where you want to be
   Visualization is a common tool used by high-level athletes. Simply see yourself completing your goal, then go into detail. How will you feel, what will your fitness level be, what will you look like?

4. Do not negotiate with yourself
   How many times have you set the alarm so you can get up early before class and workout? Four snooze buttons later you have missed your timeframe and your workout. The hardest part about working out is just getting to the gym, everything else is icing on the cake.

5. Write it down!
   Set goals that are specific and attainable, then put an “x” on it. Tell your friends, post it on facebook, tweet about it. Make your goals known, establish accountability with yourself and others.

The Midnight Fun Run is the perfect opportunity to accomplish your first 5k or improve your time for a future race. All participants receive an event t-shirt and breakfast at Gator Dining following the race. Registration information and event details will be available at recsports.ufl.edu in February.

Presented by Healthy Gators and RecSports
**FITNESS ASSESSMENT**

The Fitness Assessment Center (FAC) offers comprehensive physical assessments to determine your current level of fitness. This information is useful in designing your own workout program and learning about potential imbalances to prevent the onset of injuries. Students and RecSports members are encouraged to get a FREE assessment at least once per semester. The FAC is located inside the Training Center at the Southwest Recreation Center.

**HOURS**

- **MON - FRI:** 9 AM - 8 PM
- **SAT & SUN:** CLOSED

**THE FITNESS ASSESSMENT OFFERS**

- **GENERAL ASSESSMENT PACKAGE**
- **RESTING HEART RATE & BLOOD PRESSURE**
- **POSTURAL ASSESSMENT**
- **BODY COMPOSITION**
- **DYNAMIC MUSCLE BALANCE ASSESSMENT**
- **PERFORMANCE ASSESSMENT**
- **SUB-MAXIMAL VO2 BIKE OR TREADMILL-TEST**
- **SPORT PERFORMANCE ASSESSMENT PACKAGE**
- **RESTING HEART RATE AND BLOOD PRESSURE**
- **BODY COMPOSITION**
- **VERTICAL JUMP TEST**
- **SUB-MAXIMAL VO2 BIKE OR TREADMILL-TEST**
- **FUNCTIONAL MOVEMENT SCREEN**
  - Deep Overhead Squat
  - Shoulder Mobility
  - Hurdle Step
  - Active Straight Leg Raise
  - In-Line Lunge
  - Trunk Stability Push-Up

**PRICING**

- **MASSAGE TYPES**
  - **DEEP TISSUE**
    - 30 MINUTES, ANY TYPE: $30
    - 1 HOUR DEEP TISSUE: $55
    - 1 HOUR SPORTS: $55
  - **ORTHOPEDIC**
    - 1 HOUR ORTHOPEDIC: $55
  - **SWEDISH**
    - 1 HOUR SWEDISH: $50
  - **SPORTS**
    - 1 HOUR SPORTS: $55

- **PACKAGE SESSIONS**
  - **(3) 1 HOUR SESSIONS**:
    - STUDENT: $140
    - MEMBER/GUEST***: $155
  - **(5) 1 HOUR SESSIONS**:
    - STUDENT: $225
    - MEMBER/GUEST***: $250
  - **(10) 30 MIN SESSIONS**:
    - STUDENT: $270
    - MEMBER/GUEST***: $315

*All sessions must be used within 3 months of purchase date.
***Guests must purchase a $10 guest pass and pay the member/guest massage rate.

**MASSAGE THERAPY**

The Massage Therapy program offers students and RecSports members a place to receive therapeutic bodywork at a reasonable price. Therapists on staff are licensed within their field of expertise. Several different types of massages are available, including Deep Tissue, Orthopedic, Sports Massage and Swedish.

**HOURS**

- **SUN & MON:** CLOSED
- **TUES - FRI:** NOON - 8 PM
- **SAT:** NOON - 4 PM

**PRICING**

- **MASSAGE TYPES**
  - **DEEP TISSUE**
    - 30 MINUTES, ANY TYPE: $30
    - 1 HOUR DEEP TISSUE: $55
    - 30 MIN SESSIONS*:
      - STUDENT: $50
      - MEMBER/GUEST***: $60
  - **ORTHOPEDIC**
    - 1 HOUR ORTHOPEDIC: $55
    - 30 MIN SESSIONS**:
      - STUDENT: $55
      - MEMBER/GUEST***: $60
  - **SWEDISH**
    - 1 HOUR SWEDISH: $50
    - 1 HOUR ORTHOPEDIC: $55
    - 30 MIN SESSIONS**:
      - STUDENT: $55
      - MEMBER/GUEST***: $60

**SPORTS**

Sports Massage is designed to enhance athletic performance and recovery. There are two contexts in which Sports Massage can be useful to an athlete: pre-event and post-event. Pre-event massage is delivered at the performance site to establish blood flow and warm up the muscles. Post-event massage serves to calm the nervous system and begin the process of flushing toxins and waste products out of the body. Post-event massage can reduce recovery time, enabling an athlete to resume training much sooner than rest alone would allow.
The Group Fitness program has a strong tradition of an extensive class schedule, variety of cutting-edge formats, and exceptional instruction. Experience an intense cardiovascular workout like Stadium Conditioning, the stress relief of Hatha Yoga, or the international rhythms of Zumba®.

If you have ever waited in line too long for a Group Fitness class, wait no more! Plan what class you will take 25 hours in advance and avoid waiting in line or try your luck in the standby line. Group Fitness is proud to offer online registration for ALL Group Fitness classes. Visit the Group Fitness page at recsports.ufl.edu for instructions.

If you do not adhere to this policy, you may be asked to leave.

Plates were athletic favorites to all Group Fitness classes except select mind-body classes. If you do not adhere to this policy, you may be asked to leave.

FINALS RELAXATION

Plan to unwind and let go of stress during finals week. Group Fitness quietly hosts 6 full hours of relaxation. Drop in at your convenience and experience a peaceful reprieve from studying and finals.

Please wear athletic footwear to all Group Fitness classes except select mind-body classes. If you do not adhere to this policy, you may be asked to leave.

VALENTINE’S DAY YOGA & SALSA

Desiring a calm soothing evening or some sizzling salsa? Bring a friend, significant other, or just bring yourself; all are welcome! Come celebrate Valentine’s Day by moving with Group Fitness.

MIND/BODY

Ashtanga Yoga

Often referred to as “light-linked yoga,” Ashtanga focuses on cleansing the mind and body using the physical body and breath. The first few building exercises serve to purify the body, while the final exercises serve to cleanse the mind.

BOSU® Pilates

Challenge your balance while you explore traditional and nontraditional Pilates exercises using the BOSU® Balance Trainer.

Hatha Yoga

This “yoga for health” class will ease your mind and guide you through several different styles of poses. A strength and energy session that focuses on breath and body work harmoniously as one.

Muscle Confusion

An action-packed class filled with the intensity of Pilates, Hatha and Ashtanga yoga. The class will keep you guessing, you will never know what to expect next!

Total Body

A strength training class targeting major muscle groups. If you like Total Body, you will love this class. It incorporates bursts of cardio into movements intended to help you tone all major muscle groups.

Total Body Adventure

Come prepared to work all major muscle groups and do not be surprised if your instructor takes this hybrid Total Body class outdoors.

STRENGTH

BOSU® Resistance

Simultaneously improve your muscle strength, balance and mobility in this strength training class targeting major muscle groups. If you like Total Body, you will love this challenge-changing session.

Core (90)

Strengthen abdominal and lateral facing, back extensions and inner/outer abdominals to improve tone appearance and function.

iBurn

Focuses on all skill levels. iBurn will help you sculpt, tone and lose fat in the best way you desire in this dynamic group setting. Burn calories without the intense cardio, while gazing low muscle and increasing strength by targeting every muscle group.

Total Body

A strength training class targeting major muscle groups using various equipment and body weight. Total body incorporates a variety of movements intended to help you tone all major muscle groups.

Total Body Adventure

Come prepared to work all major muscle groups and do not be surprised if your instructor takes this hybrid Total Body class outdoors.

OUTDOOR

Coached Swim

Work closely with a swim coach to improve your technique and maximize your swimming strengths. Coaches create workout programs to challenge swimmers to increase their levels of fitness, skill, and comfort.

Outdoor Training

An alternative to indoor group exercise classes that incorporate a mixture of yoga and Pilates moves. This program is for beginners or those who would like to add some variety to their workout.

Stadium Conditioning

This class utilizes the stairs, benches, ramps and straightaway of Ben Hill Griffin Stadium for an intense workout. A strength training class targeting major muscle groups. If you like Total Body, you will love this class. It incorporates bursts of cardio into movements intended to help you tone all major muscle groups.

Vinyasa Yoga

Vinyasa yoga is a form of “Flow” yoga that connects the body, breath and mind to create a balanced, effective practice.

GF CLASSES

CARDIO

BOSU® Conditioning

Engage the core, burn calories and build muscular endurance in this high intensity core and body workout.

Internal Training

Experience the effectiveness of incorporating bouts of moderate-intensity activity. Internal training is a great way to ramp up your typical cardio workout.

Step & Sculpt

This class emphasizes form and technique while using high intensity movements and fat burning exercises.

Turbo Kick™

One of the hottest kickboxing classes around. Turbo Kick™ combines sports drills, athletic movements and hip hop elements that will take your cardio workout to the next level!

CYCLING

Cycle (45) and (60)

Ride your way through riding hills, steep climbs, flat speed and sprints to make this cardiorespiratory workout fly by.

Ride and Relax (55)

The 75 minute class takes you through two inspiriting formats: Cycling and Yoga. You will experience 45 minutes of intense cycling immediately followed by 30 minutes of relaxing Yoga.

DANCE

Country Line Dance

Click your heels in a fun, energizing class. Learn basic steps and sprints to make this cardiorespiratory workout fly by.

Dance Fusion

Keep your body moving to the hottest dance moves incorporating hip-hop flair and Latin rhythms. This class will provide an electricly charged atmosphere for all to enjoy!

Urban Hip Hop

Inspired by moves off the streets, learn new dance routines that are bound to impress while getting a fun workout!

Hip Hop Hustle™

A fusion of Latin and international music, Zumba® creates exciting and effective fitness through dance routines. Zumba® utilizes interval training and resistance training to maximize calorie output, fat burning and toning.

Turbo Kick™

A fusion of Latin and international music, Zumba® creates exciting and effective fitness through dance routines. Zumba® utilizes interval training and resistance training to maximize calorie output, fat burning and toning.
STUDENT RECREATION AND FITNESS CENTER

MOBILE READY GF SCHEDULE
Scan this code to view the mobile ready class schedule while you are on the go!

STUDENT RECREATION AND FITNESS CENTER

<table>
<thead>
<tr>
<th>TIME</th>
<th>ROOM</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
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SOUTHWEST RECREATION CENTER

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<th>TIME</th>
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</table>

SMALL GROUP TRAINING

TRIATHLON TRAINING
Always dreamed of completing a triathlon or want to get back in competitive shape? Join this 8 week class to learn and perfect proper swimming, biking and running techniques while increasing your endurance and improving your speed. Commit yourself to a triathlon training schedule and have fun while you do it – just TRI it!

KETTLEBELL®
No other piece of equipment can do what the Kettlebell® does. Swing, throw and catch your way to tighter legs, glutes, back, arms and abdominals. It is the ultimate momentum-based workout that develops cardiovascular conditioning, power, stability, flexibility, balance and agility. Be one of the first to take part in this intense Small Group Training class!

KINESIS®
360 degrees of motion. Over 400 movements. More than 250 exercises. Kinesis® is an intense circuit training class with infinite options. Your Kinesis® coach will give the class exercises while simultaneously promoting endless individual options to maximize your personal experience. Move non-stop to achieve the ultimate cardio/strength workout. Discover the new dimension of fitness: Kinesis®, a workout as unique as you.

STRONG GATOR TRAINING
Want to compete in Strong Gator this spring and looking for a training plan? Here is your answer! Join this 5 week class and receive the perks of training with the Strong Gator equipment on a regular basis. Learn proper form and lift BIG with our certified trainers because YOU could be the next strongest Gator.

NEW YEAR, NEW YOU
A new year is here and it is time to get your fitness into gear! Take your workouts to the next level twice a week with this high intensity cardiovascular and strength training class. Sculpt a lean and chiseled body with our certified trainers to get in great shape, stay accountable and develop a long-term commitment to a healthy lifestyle!

TRX®
Achieve a full body workout emphasizing core performance that is tailored to your ability. The pendulum principle and suspension training allow you to maximize lifting like never before. TRX® is the perfect way to tone up and become a fitter, leaner you!

ViPR® (“viper”)
Is that 2-3 mile run in between heavy lifting days counteracting your goal to get “big”? Learn to get your cardio in a more effective way with ViPR™. ViPR® training provides a total body workout while burning fat and building muscle through explosive movements and strength training. Drag, throw and lift this diverse tool. UF RecSports is proud to be the first campus to offer ViPR™, now it’s up to you to get big!

SGT CLASSES

NEED MOTIVATION AND RESULTS? REAP THE BENEFITS OF SMALL GROUP TRAINING. SMALL GROUP TRAINING CLASSES FOCUS ON YOU WHILE CAPITALIZING ON THE POSITIVE ENERGY OF THE GROUP TRAINING DYNAMIC. WHETHER YOU ARE STARTING A NEW ROUTINE OR SIMPLY NEED A GUIDED EXERCISE PROGRAM, SMALL GROUP TRAINING IS AN AFFORDABLE, FUN OPTION. REGISTER EARLY, CLASSES ARE SURE TO FILL. TRY A FREE DEMO DURING THE FIRST TWO WEEKS OF CLASSES.
# STRENGTH & CONDITIONING

The Strength & Conditioning program offers an educated staff to guide you toward proper and effective usage of weight room and cardio equipment. If you prefer independence in your exercise program, Strength & Conditioning will serve your needs by answering questions and providing general advice. Please utilize our staff when performing exercises that can be spotted or if you need assistance in basic exercise selection.

## FITNESS ZONE CHALLENGES

<table>
<thead>
<tr>
<th>Challenge</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>X-PUSH-UPS</td>
<td>FEB 8 - 13</td>
</tr>
<tr>
<td>LATERAL LINE HOPS</td>
<td>MAR 5 - 12</td>
</tr>
<tr>
<td>BROAD JUMPS</td>
<td>APR 2 - 9</td>
</tr>
<tr>
<td>THROWING WALL SCISSOR JUMP MED BALL THROWS</td>
<td>MAY 1 - 8</td>
</tr>
</tbody>
</table>

## WEIGHT ROOM WORKSHOPS

If you have questions about exercise form, let our Strength and Conditioning staff help you. Workshops are offered throughout the semester. Topics include: performing a more effective and safe squat, improving your deadlift form, learning the secrets behind kettlebell training and more. Workshops are held in the Southwest Recreation Center Weight Room. Topics, dates and times can be found on the Strength & Conditioning page at recsports.ufl.edu.

## VIRTUAL WEIGHT ROOM TOUR

Do you feel a little intimidated by the weight room or are you unsure where to begin? If so, check out our virtual tour online. The tour will take you through the weight room from the comfort of your home. This tour will give you the opportunity to get more acquainted with the weight room layout and all of our exercise equipment. Check out the UF RecSports YouTube Channel to watch the tour today!
Any student/member who has a sound background in Olympic weightlifting is encouraged to test out and utilize the Olympic lifting platforms. In order to pass the practical test, one must correctly perform a Front Squat, Overhead Squat, Deadlift, Clean & Jerk and Snatch as evaluated by a RecSports Professional Fitness Staff member. Olympic lifting hours, test-out criteria and test-out appointment times can be found on the Strength and Conditioning page at recsports.ufl.edu.

The Strength and Conditioning program offers Olympic weightlifting at the Southwest Recreation Center. Complete with Olympic lifting platforms, racks, bumper plates and chalk, the Olympic lifting area is a controlled space where students who meet specific criteria may perform Olympic-style lifts.

Olympic weightlifting is a ground-based barbell sport in which one attempts to lift heavy weights for full body development. Two lifts, the Snatch and the Clean & Jerk, are performed by driving against the ground, putting the body into triple extension, driving the body under the weight and “catching” the weight in the final position.

WANT TO TEST OUT?

If you want to flip tires but are a little intimidated, Basic Bootcamp is the same format as Bootcamp but at a milder intensity with a focus on skill development. Leave no one behind.

BOOT CAMP

MON 5:30 - 6:30 PM MAGUIRE FIELD

BOOT CAMP

THURS 5:30 - 6:30 PM MAGUIRE FIELD

BASIC BOOTCAMP

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I really enjoy personal training at UF because my trainer not only focuses on the mechanics of training during the session but also encourages me to set and actively work towards goals so I am always moving forward. He is also really good at modifying and adapting the intensity, types and duration of exercises so that I’m always getting the best workout and at the same time not getting tired of the same exercises.

My trainer has instilled in me an appreciation for a holistic approach to health that includes attending to fitness, diet and emotional well-being. Capitalizing on my love for competition, he strives to motivate me via short-term goals during each session as well as by helping me implement and monitor my progress toward longer-term fitness goals. His approach to personal training is demanding yet also stimulating, inspiring and personable making each session a very rewarding accomplishment on the journey to maintaining a healthy lifestyle.
The Intramural Sports program offers students, faculty and staff the opportunity to participate in many sports and activities on a competitive and recreational level. All skill levels are welcome. There is no fee to participate.

Before the madness, join the Shootout! The 8th annual Swamp Shootout regional basketball tournament will be held March 3-4 at Southwest Recreation Center. Last year, a record 26 teams from all over the southeast competed in one of the most competitive tournaments around the country. Our own UF team, Make it Drizzle, kept the women’s championship trophy here in Gainesville while Florida Atlantic University repeated as champion on the men’s side. Register your team and help the University of Florida protect its home court! The winners of the men's and women's divisions will receive a paid entry and travel stipend to the NCCS National Championships.

The 5v5 Intramural Sports basketball league draws interest from students, faculty and staff. There are several different leagues including Men’s and Women’s Competitive, Men’s and Women’s Recreational, Co-Rec, Fraternity, Sorority and Graduate Faculty Staff. The University of Florida Intramural Sports program has seen some extremely talented basketball players. Two teams have consistently showcased their talents on championship night, Zeta Beta Tau and Seitz Union.

Erik Tarrash, the captain of the Zeta Beta Tau (ZBT) team, has competed for two years in the Intramural Sports basketball league’s Fraternity division. He has helped lead the team to an overall Fraternity League Championship by beating the Tau Epsilon Phi (TEΦ) fraternity in 2010. ZBT has won three of the last four Fraternity Blue League Championships since 2008 and Tarrash believes that it is due to how close the brotherhood is and how much chemistry they share even before stepping on the court.

“We're all close friends so we play pickup basketball games at Southwest Recreation Center whenever we can, this is probably where we develop most of our chemistry to produce on the court during games considering we don't have any team practices,” Tarrash said. “Not only do we become closer as a team by playing in the league and sharing memories together, but with the large audiences that we draw to games, it helps bring our fraternity closer together as well as tie the Greek community together.”

From fraternity brothers to blood brothers, Justin Seitz has won two championships in the Men’s Competitive League with his brothers Matt and Stephen Seitz. The three brothers are key factors to the success and consistency of their team, cleverly named the “Seitz Union.”

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“I've been playing basketball with my brothers ever since we were in diapers,” Justin said. “My dad played and coached in college, so we all loved the sport and played together growing up. We had so many intense games in our driveway and we probably took thousands of shots together late into nights keeping the neighbors awake.”

Even though the three brothers have come together to form one of RecSports’ most feared 5v5 Intramural Sports basketball teams in recent history, it does not stop the sibling rivalry from spilling over onto the court.

“We do sometimes argue on the court, but overall the RecSports Intramural basketball league has brought us closer together,” Justin said. “We really support one another and want each other to do well. At the end of the day basketball is just a game and it is great to be able to spend time playing a sport you love with your brothers.”

Both Justin Seitz and Erik Tarrash enter this year’s season with the hope of winning their respective championships. Each team has added new players, both expecting to be even more dominant than they were in years past. While registration is still open, be sure to sign up a team and attempt to dethrone these former champions.

In addition to the normal Intramural Sports leagues, RecSports will be hosting the annual Swamp Shootout extramural basketball tournament. Whether you are looking for some high-level competition, a new outlet to socialize, or another way to stay healthy and fit, RecSports offers a league suitable for any skill level.
INTRAMURAL SPORTS LEAGUES

<table>
<thead>
<tr>
<th>SPORT</th>
<th>REGISTRATION OPEN</th>
<th>REGISTRATION Closes</th>
<th>PLAY BEGINS</th>
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<tbody>
<tr>
<td>OUTDOOR SOCCER</td>
<td>JAN 12 @ 7 AM</td>
<td>JAN 13 @ 8 PM</td>
<td>JAN 22</td>
</tr>
<tr>
<td>4: ON - 4 FLAG FOOTBALL</td>
<td>JAN 13 @ 7 AM</td>
<td>JAN 20 @ 9 PM</td>
<td>JAN 22</td>
</tr>
<tr>
<td>6: ON - 6 BASKETBALL</td>
<td>JAN 13 @ 7 AM</td>
<td>JAN 20 @ 8 PM</td>
<td>JAN 22</td>
</tr>
<tr>
<td>SOFTBALL</td>
<td>JAN 20 @ 7 AM</td>
<td>JAN 27 @ 8 PM</td>
<td>JAN 25</td>
</tr>
<tr>
<td>4: ON - 4 SAND VOLLEYBALL</td>
<td>JAN 21 @ 7 AM</td>
<td>JAN 27 @ 7 PM</td>
<td>JAN 25</td>
</tr>
<tr>
<td>TEAM RACQUETBALL</td>
<td>JAN 14 @ 7 AM</td>
<td>JAN 27 @ 7 PM</td>
<td>JAN 25</td>
</tr>
<tr>
<td>SINGLE/DOUBLE RACQUETBALL</td>
<td>JAN 21 @ 7 AM</td>
<td>JAN 27 @ 5 PM</td>
<td>JAN 25</td>
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INTRAMURAL SPORTS EVENTS

<table>
<thead>
<tr>
<th>EVENT</th>
<th>CAPTAIN'S MEETING</th>
<th>REGISTRATION DATES</th>
<th>EVENT DATES</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>ROCK, PAPER, SCISSORS</td>
<td>N/A</td>
<td>JAN 29 - FEB 10</td>
<td>FEB 17</td>
<td>SWRC ARENA</td>
</tr>
<tr>
<td>VIDEOGAME TOURNAMENT</td>
<td>N/A</td>
<td>JAN 29 - FEB 10</td>
<td>FEB 17</td>
<td>SWRC ARENA</td>
</tr>
<tr>
<td>KANSAI</td>
<td>N/A</td>
<td>JAN 29 - FEB 10</td>
<td>FEB 17</td>
<td>SWRC ARENA</td>
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<tr>
<td>SWAMP SHOOTOUT</td>
<td>MAR 3 @ 9 AM IN SWRC AR3</td>
<td>MAR 10 @ 7 PM IN SWRC ARENA</td>
<td>MAR 10 @ 8 PM IN SWRC ARENA</td>
<td>WJRU RION BALLROOM</td>
</tr>
<tr>
<td>SWIM MEET</td>
<td>MAR 3 @ 9 AM IN SWRC AR3</td>
<td>MAR 10 @ 7 PM IN SWRC ARENA</td>
<td>MAR 10 @ 8 PM IN SWRC ARENA</td>
<td>WJRU RION BALLROOM</td>
</tr>
<tr>
<td>DODGEBALL TOURNAMENT</td>
<td>MAR 3 @ 9 AM IN SWRC AR3</td>
<td>MAR 10 @ 7 PM IN SWRC ARENA</td>
<td>MAR 10 @ 8 PM IN SWRC ARENA</td>
<td>WJRU RION BALLROOM</td>
</tr>
<tr>
<td>TEAM HANDBALL</td>
<td>MAR 3 @ 9 AM IN SWRC AR3</td>
<td>MAR 10 @ 7 PM IN SWRC ARENA</td>
<td>MAR 10 @ 8 PM IN SWRC ARENA</td>
<td>WJRU RION BALLROOM</td>
</tr>
<tr>
<td>2: PERSON GOLF SCRAMBLE</td>
<td>MAR 22 - APR 9</td>
<td>MAR 26 - APR 20</td>
<td>APR 13</td>
<td>SWRC ARENA</td>
</tr>
<tr>
<td>STREET HOCKEY TOURNAMENT</td>
<td>MAR 22 - APR 9</td>
<td>MAR 26 - APR 20</td>
<td>APR 13</td>
<td>SWRC ARENA</td>
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EMployment Opportunities

The Intramural Sports program will hire between 200-250 student employees as officials and scorekeepers for the spring semester. An information session will be held Wednesday, January 11 at 9 p.m. in the SWRC Arena conference room for those interested. To be considered for employment, you must attend the rules clinic(s) listed for each position that you wish to apply. No additional application is required.

COMPETITIVE VS. RECREATIONAL LEAGUES

All major team sports offer competitive and recreational divisions for teams to compete against others with similar goals and skill levels. The major differences between the competitive and recreational leagues are listed below:

<table>
<thead>
<tr>
<th>SPORT</th>
<th>REGULAR SEASON FORMAT</th>
<th>PLAYOFF FORMAT</th>
<th>CHAMPIONSHIP PRIZE</th>
<th>EXPERIENCE LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOFTBALL</td>
<td>16 GAMES</td>
<td></td>
<td></td>
<td>WINNING IS SECONDARY TO PARTICIPATING.</td>
</tr>
<tr>
<td>BASKETBALL, FLAG FOOTBALL</td>
<td>7 GAMES</td>
<td></td>
<td></td>
<td>MIGHT BE SLIGHTLY ACTIVE IN SPORT, SESSIONS TO INTERMEDIATE PLAYERS.</td>
</tr>
<tr>
<td>SOCCER</td>
<td>7 GAMES</td>
<td></td>
<td></td>
<td>MIGHT BE SLIGHTLY ACTIVE IN SPORT, SESSIONS TO INTERMEDIATE PLAYERS.</td>
</tr>
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</table>

REGISTER ON IMLEAGUES

All registrations for Intramural Sports activities are completed online via IMLeagues. Activate your account by following the instructions listed under the Intramural Sports section at recsports.ufl.edu. It takes less than 5 minutes! No more waiting in long lines to register your team to play; sign-up for your timeslot during the registration period for your activity and invite members to join your roster. Start forming your teams on the waitlist today!

FREE AGENT MEETINGS

Participants that would like to play, but do not have a full team can sign up as a free agent on IMLeagues. Instructions are listed on the Captain’s Meeting and Registration tab of the Intramural Sports page at recsports.ufl.edu. Free Agent meetings are held to help participants meet captains looking for players and to create free agent teams. See below for a list of meeting dates, times, and locations.

<table>
<thead>
<tr>
<th>SPORT</th>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOCCER</td>
<td>JAN 11</td>
<td>7 PM</td>
<td>SWRC ARENA</td>
</tr>
<tr>
<td>BASKETBALL, FLAG FOOTBALL</td>
<td>JAN 18</td>
<td>7:30 PM</td>
<td>SWRC ARENA</td>
</tr>
<tr>
<td>SOFTBALL</td>
<td>JAN 25</td>
<td>7:30 PM</td>
<td>SWRC ARENA</td>
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</tbody>
</table>
Lake Wauburg is one of UF's best kept secrets. Located approximately 8 miles south of campus, Lake Wauburg is free to Gator 1 Cardholders and each cardholder may bring up to 4 guests. There are beach lounge chairs to lay out next to the shore, a swim area, grills for picnicking, sand volleyball, boats and more. Available boats include paddleboats, kayaks, canoes, jon boats and sailboats.

**PARK HOURS**

<table>
<thead>
<tr>
<th></th>
<th>NORTH PARK</th>
<th>SOUTH PARK</th>
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<tbody>
<tr>
<td>MON</td>
<td>CLOSED</td>
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<tr>
<td>TUES- FRI</td>
<td>NOON- 5:30 PM</td>
<td>1:00 PM- 5:30 PM</td>
</tr>
<tr>
<td>SAT - SUN</td>
<td>10 AM- 5:30 PM</td>
<td>10 AM- 5:30 PM</td>
</tr>
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</table>

All Lake Wauburg facilities close at 6 PM during Daylight Savings Time, beginning March 11.

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**LAKE WAUBURG**

**EVENTS**

**DISC GOLF TOURNAMENT**

- **SAT, FEB 25**

Come tee off with us at the 7th Annual Disc Golf Tournament on Lake Wauburg’s South Shore. The event is free to students with a current Gator 1 Card. Students may sponsor one guest to play. There is a $20 fee for guests to participate. Staff/Faculty may participate for $20 with a current Gator 1 Card. There will be awards for 1st - 3rd place. The following divisions will be available: advanced, men's amateur and women's amateur.

**GATOR HOUR AT THE ALPINE TOUR**

- **SAT, MAR 24**, 11 AM- 5 PM

Come out to the South Shore for a once-a-semester opportunity to climb Lake Wauburg’s Alpine Tower. No reservations needed! All you need is your Gator 1 Card. Free prizes and giveaways!

---

**SPECIAL HOURS**

Lake Wauburg will be closed during the following dates:

- **SPRING BREAK** FRI, MAR 2 - MON, MAR 12
- **SEMESTER BREAK** SAT, MAY 5 - MON, MAY 14

Lake Wauburg will reopen the following Tuesday after each break.
In order to check out a sailboat at Lake Wauburg, Gator 1 Cardholders must obtain a Sail Card in order to check out sailboats. To obtain a Sail Card, the Gator 1 Cardholder must pass a swim test, written and practical test. The swim test consists of a 200 yard swim followed immediately by 5 minutes of treading water. The swim test may be taken at any pool on campus or at Lake Wauburg. Ask a lifeguard on duty to give you the test. The written test study material can be found on the Lake Wauburg Sailing page at recsports.ufl.edu.

The practical test includes a 'man overboard' rescue and righting a flipped sailboat in open water. To complete the practical test, come to the Boathouse at Lake Wauburg North Shore during operating hours Tuesday through Friday.

Belaying is the safety technique used when climbing. The Belay class includes instruction of proper belay technique, knot tying, and use of a harness/belay device. Every climber must have a belayer and a back-up belayer. Successfully completing a belay class allows Gator 1 Cardholders to belay friends and guests.

Preferred times for belay classes are Tuesday - Friday at 1:30 p.m. and Saturday & Sunday at 10:30 a.m. Belay classes can be made by appointment. Call (352) 466-3939 to schedule an appointment during open climb hours.

Wake/Ski will resume after Spring Break.