DIRECTOR’S MESSAGE

Fall 2010 involved the opening of the new expansion to the Southwest Recreation Center. This summer will bring even more improvements to the Southwest Recreation Center. During Summer A we will be renovating the weight room. A majority of the construction will take place during the break weeks, with a limited amount of construction taking place during the first summer session. We will work closely with the contractor to minimize the impact of construction on your workout during Summer A. The weight room renovation includes new light fixtures, water fountains, flooring and more. There will also be new equipment added, including dumbbells, plates, squat racks, Olympic lifting platforms and much more. The new layout will provide a large open area for dumbbell work.

The summer means you have a little extra time to make a trip to Lake Wauburg, enjoy the opportunity to swim in the campus pools or take advantage of the Intramural Sports Freshman Flag Football Tournament and clinic. Find all the information you need about the programs and facilities available this summer on our Website. Join together with some friends and make this a great summer by exercising and playing together. I’ll see you in the rec centers, at the lake, on the fields... being active every day.

David Bowles
Director, Department of Recreational Sports

STUDENTS

<table>
<thead>
<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 Student</td>
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<td>$180</td>
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<tr>
<td>Summer Continuing Student</td>
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<td>Spouse/Partner of Currently Enrolled Student</td>
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<td>$60</td>
</tr>
<tr>
<td>Previously Enrolled Student</td>
<td>$50</td>
<td>$100</td>
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<tr>
<td>Previously Enrolled Student &amp; Spouse/Partner</td>
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<td>$200</td>
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FACULTY & STAFF

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<thead>
<tr>
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<th>3 MONTH</th>
<th>6 MONTH</th>
<th>12 MONTH</th>
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<td>Spouses/Partners of Faculty, Staff &amp; Affiliates</td>
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<td>$300</td>
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*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 (Discover, Visa or American Express). Non-Students memberships are effective from date of purchase. Gator 1 Card must be presented when purchasing membership.

STUDENT RECREATION & FITNESS CENTER

| MONDAY - FRIDAY | 6 a.m. - 1 a.m. |
| SATURDAY & SUNDAY | 10 a.m. - 10 p.m. |

STUDENT RECREATION & FITNESS CENTER

| MONDAY - FRIDAY | 6 a.m. - 1 a.m. |
| SATURDAY & SUNDAY | 10 a.m. - 10 p.m. |

O’CONNELL CENTER WEIGHT ROOM

| MONDAY - FRIDAY | 2:30 - 10 p.m. |
| SATURDAY       | 2 p.m. - 8 p.m. |

BROWARD OUTDOOR RECREATION COMPLEX

| MONDAY - FRIDAY | 4 p.m. - 11 p.m. |
| SATURDAY & SUNDAY | 2 p.m. - 10 p.m. |

TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>AQUATICS</th>
<th>Pg. 4 - 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Pool Hours</td>
<td></td>
</tr>
<tr>
<td>• Adult Swimming Instruction</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FITNESS</th>
<th>Pg. 6 - 13</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 6 Elements of Fitness</td>
<td></td>
</tr>
<tr>
<td>• Group Fitness Schedule</td>
<td></td>
</tr>
<tr>
<td>• Cycling Studio</td>
<td></td>
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<table>
<thead>
<tr>
<th>INTRAMURAL SPORTS</th>
<th>Pg. 14 - 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Summer Schedule</td>
<td></td>
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<tr>
<td>• Freshman Flag Football</td>
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<table>
<thead>
<tr>
<th>SPORT CLUBS</th>
<th>Pg. 16 - 17</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Club Listing</td>
<td></td>
</tr>
<tr>
<td>• Club &amp; Athlete Spotlights</td>
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<thead>
<tr>
<th>LAKE WAUBURG</th>
<th>Pg. 18 - 19</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Lake Hours</td>
<td></td>
</tr>
<tr>
<td>• History of Lake Wauburg</td>
<td></td>
</tr>
</tbody>
</table>

FACILITY HOURS

STAY CONNECTED!

Download a QR scanner on your smartphone, scan the codes to the right and start following UF RecSports today. Stay up to date with promotions, events, hours and more.

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 (plus 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 (plus tax) deducted from 10 paychecks. Visit the Membership Services office inside the Southwest Recreation Center to sign up today.

Guest Passes:
Guest Passes are available for $10 per entry. There is no limit to the number of Guest Passes an individual may purchase. Guest Passes may be purchased online using the sponsor’s GatorLink information. Guests must present a valid picture identification and be accompanied by a sponsoring Gator 1 Cardholder.

*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 (Discover, Visa or American Express). Non-Students memberships are effective from date of purchase. Gator 1 Card must be presented when purchasing membership.
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. Come with your friends and soak in the Florida sun at the outdoor Florida Pool located behind the Student Recreation & Fitness Center. There are two pools located at single student resident halls; Broward Pool between Broward and Yulee Halls and Graham Pool between Graham and Trusler Halls. Cancellations due to scheduled special events are posted on the Aquatics/Pool Hours page at recsports.ufl.edu.

## POOL HOURS

### FLORIDA POOL
- **MONDAY - THURSDAY**: 7 a.m. - 8 a.m.
- **MONDAY - FRIDAY**: Noon - 5:45 p.m.
- **SATURDAY**: Noon - 6:45 p.m.
- **SUNDAY**: Noon - 4:45 p.m.

### O’CONNELL CENTER POOL
- **MONDAY - FRIDAY**: 11:30 a.m. - 1:45 p.m.
- **MONDAY - FRIDAY**: 7 p.m. - 9:30 p.m.
- **SATURDAY**: Closed
- **SUNDAY**: 6:30 p.m. - 9:30 p.m.

### BROWARD POOL & GRAHAM POOL
- **MONDAY - FRIDAY**: 1 p.m. - 7 p.m.
- **SATURDAY & SUNDAY**: 11 a.m. - 7 p.m.

**Guest Policy:**
- **Florida Pool and O’Connell Center Pool**: Guests must be accompanied by a sponsoring Gator 1 Cardholder. Sponsors are limited to one guest per day. Each guest is limited to one visit per semester per pool.
- **Broward Pool and Graham Pool**: Guests must be accompanied by a sponsoring Gator 1 Cardholder. Sponsors are limited to four guests per day. There is no limit to the number of guest visits.

---

**ADULT SWIMMING INSTRUCTION**

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.

### SWIMMING CLASS INSTRUCTION SCHEDULE
- **ADULT LEARN TO SWIM**: 7 p.m., 7:30 p.m., or 8 p.m.
- **STROKE DEVELOPMENT**: 8:30 p.m.

- Classes are Monday and Thursday nights at the Stephen C. O’Connell Center Pool
- Each class is 30 minutes long

**Registration:**
E-mail aquatics@recsports.ufl.edu, 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 e-mail by 3 p.m. on the Friday before the class. Space is limited.
Florida Fitness prides itself on the 6 elements of fitness: (1) Fitness Assessment, (2) Personal Training, (3) Group Fitness, (4) Small Group Training, (5) Massage Therapy and (6) Strength & Conditioning.

**FITNESS ASSESSMENT**

The Fitness Assessment Center offers FREE comprehensive physical assessments to determine your current level of fitness. This information is useful for designing your own workout program and learning about potential imbalances to prevent the onset of injuries. Students and non-student members are encouraged to get a FREE assessment at least once per semester. The assessment center is open Monday-Friday from 9 a.m. to 8 p.m. located in the Training Center at Southwest Recreation Center.

The FAC is now offering:

1. **General Assessment Package**
   - Resting Heart Rate and Blood Pressure
   - Postural Assessment
   - Body Composition
   - Dynamic Muscle Balance Assessment
   - Performance Assessment
   - Sub-maximal VO2 bike or treadmill test

2. **Sport Performance Assessment Package**
   - Resting Heart Rate and Blood Pressure
   - Body Composition
   - Functional Movement Screen (FMS):
     - Deep overhead squat
     - Hurdle step
     - In-line lunge
     - Shoulder mobility
   - Active straight leg raise
   - Trunk stability push-up
   - Vertical jump test
   - Sub-maximal VO2 bike or treadmill test

Corrective exercises will be provided after each assessment package. Please visit the Training Center at the Southwest Recreation in order to schedule a FREE appointment.

**GROUP FITNESS**

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®. See page 8 and 9 for the Summer Group Fitness schedule and to read complete class descriptions. Remember to tear-out the schedule for your reference all semester long. Classes are offered at the Student Recreation & Fitness Center and the Southwest Recreation Center.

**PERSONAL TRAINING**

Get the most out of your workout and achieve your goals with the help of a Personal Trainer. Personal training at UF is an affordable journey for any budget. Our trainers will help you maximize your potential through individual goal setting and workouts tailored to your ability level. Trainers complete an extensive training program and are continuously educated at RecSports to bring you the very best the fitness industry has to offer. Visit the Personal Training page at recsports.ufl.edu for more information, or sign-up in the Training Center located inside the Southwest Recreation Center.
**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 mental clarity toward strength, flexibility and relaxation. Breathing, postures and stress management will serve as the foundation in this centuries-old form of exercise.

**Pilates**: A mat-based fitness–Pilates class that emphasizes essential skills for proper execution of movements. Activate, isolate and stabilize deep core muscles while improving posture, flexibility, balance and overall body strength.

**Yogalates**: Experience the best of both worlds: the relaxation and unique postures of yoga combined with the lengthening and toning effects of Pilates.

**Power Yoga**: A more advanced energetic flowing sequence of postures and poses. Breathing techniques move participants rapidly from one pose to another. Classes focus on body weight bearing exercises, torso stability and intermediate balance.

**COUNTRY LINE DANCING**: Combines sports drills, athletic movements and hip-hop elements that will take your hips and abs to the rhythm of the music!

**Click your steel toes, or black-bottomed shoes (no boots, hard soles). Soft Soled Shoes Only**

**ZUMBA®**: Combines sports drills, athletic movements and international music, ZUMBA® creates an action-packed, fun-filled heart-pumping workout!

**(75)**

**HIGH-INTENSITY INTERVAL TRAINING (HIIT)**

**RIDE & RELAX (75)**

**TURBO KICK™**: Turbulent energy of cardiovascular and resistance training to maximize caloric output, fat burning and toning.

**ZUMBA®**: Fusion of Latin and international music, ZUMBA® creates exciting and effective fitness through dance routines while dancing to country music.

**ZUMBA®**: Steps and choreographed line dancing.

**HIP HOP HUSTLE™**: Hip Hop Hustle™ is a combination of easy to learn hip-hop dance moves perfectly choreographed dance moves that emphasize essential skills for proper execution of movements.

**TOTAL BODY**: If you want something that will test your toughness of strength conditioning and endurance, try Total Body. It combines sports drills, athletic movements and high-intensity interval training to maximize caloric output, fat burning and toning.

**STADIUM CONDITIONING**: This class utilizes the stairs, benches, ramps and straightaways of Ben Hill Griffin stadium for an intense workout.

**STADIUM CONDITIONING**: This class emphasizes form and execution of movements. Activate, isolate and stabilize deep core muscles while improving posture, flexibility, balance and overall body strength.

**ON GROUND**: Simultaneously improve cardiovascular benefits of Turbo Kick™ plus endurance and hip-hop elements that will take your hips and abs to the rhythm of the music!

**MUSCLE CONFUSION**: This 75 minute class takes you through two inspiring formats: Cycling and Yoga. You will experience 45 minutes of intense cycling immediately followed by 30 minutes of relaxing Yoga.

**OUTDOOR TRAINING**: An alternative to indoor group exercise classes that incorporates a mixture of jogging, drills and fun activities to challenge your strength, endurance and cardiovascular capabilities.

**STADIUM CONDITIONING**: If you do not adhere to this policy, you may be asked to leave.

**STADIUM CONDITIONING**: If you do not adhere to this policy, you may be asked to leave.

**STADIUM CONDITIONING**: This class utilizes the stairs, benches, ramps and straightaways of Ben Hill Griffin stadium for an intense workout.

**MUSCLE CONFUSION**: This class utilizes the stairs, benches, ramps and straightaways of Ben Hill Griffin stadium for an intense workout.

**STADIUM CONDITIONING**: If you do not adhere to this policy, you may be asked to leave.
### SMALL GROUP TRAINING DESCRIPTIONS

#### CYCLING
Enter the world of lower body endurance. This one hour cycling class offers high energy stationary bike workouts to enhance endurance and muscular strength. You will experience sprints, climbs, and a mix of high intensity intervals led by an experienced instructor in a motivational environment. Reserve a spot in this class and forget about waiting in line!

#### KINESIS®
360 degrees of motion. Fluid motion strength training. With over 400 separate movements and more than 250 exercises to choose from, Kinesis provides a wide range of circuit exercises that challenge you regardless of your ability level.

#### KRANKCYCLE® FUSION
Krankcycle® Fusion is the ultimate indoor ride. This go-at-your-own-pace full hour, calorie burning, fat-destroying cardio class comes with great music for a COMPLETE upper and lower body workout by combining 30 min on the Johnny G Krankcycle® and 30 minute on the Keiser® M3 cycling bike. Join this one hour equipment based class for ALL levels.

#### ROWING
Row seamlessly while connecting the upper and lower body for the ultimate workout. Challenge the notion of endurance and intensity as you push, pull & catch an amazing cardio workout on our Concept 2® rowers.

#### 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 body weight lifting like never before. Register soon, TRX® classes fill up quickly.

#### VIPR®
Experience VIPR®! This tool provides an effective, whole-body workout building muscle and burning calories through strength and movement training. Lift, drag, throw and step on this diverse tool. UF RecSports is proud to be the first campus to offer VIPR®, now it’s up to you to be the first to test the tool.
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, ranging from Sports Massage to Swedish Massage.

HOURS

| SUNDAY & MONDAY | Closed |
| TUESDAY - FRIDAY | Noon - 8 p.m. |
| SATURDAY | Noon - 4 p.m. |

Massages will be scheduled on an hourly and half hour basis, with the last sessions beginning at 7 p.m. Tuesday - Friday & 3 p.m. on Saturday.

Deep Tissue bodywork is applied with the intention of accessing the deeper layers of the body. Pressure is applied to resisting points in the body and sustaining the pressure until the resistance is released. Deep tissue massage helps with chronic pain and injury rehabilitation.

Deep Tissue massage is designed to enhance athletic performance and recovery. There are three contexts in which sports massage can be useful to an athlete: pre-event, post-event and injury treatment. Pre-event massage is delivered at the 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 sooner than rest alone would allow.

Swedish massage is a vigorous system of treatment designed to energize the body by stimulating circulation. The strokes are used to manipulate the soft tissues of the body. Therapists use a combination of kneading, rolling, vibration, percussion and tapping movements, with the application of oil, to reduce friction on the skin.

Swedish massage is a vigorous system of treatment designed to energize the body by stimulating circulation. The strokes are used to manipulate the soft tissues of the body. Therapists use a combination of kneading, rolling, vibration, percussion and tapping movements, with the application of oil, to reduce friction on the skin.

Orthopedic massage involves therapeutic assessment, manipulation and movement of soft tissue to reduce pain and dysfunction. The focus is on restoring structural balance throughout the body to promote both prevention and rehabilitation of musculoskeletal dysfunctions.

INDIVIDUAL SESSION PRICING

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<tr>
<th>MASSAGE TYPE</th>
<th>30 minutes - any type</th>
<th>1 hour Swedish</th>
<th>1 hour Deep Tissue</th>
<th>1 hour Orthopedic</th>
<th>1 hour Sports</th>
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<tr>
<td>STUDENT MEMBER/GUEST*</td>
<td>$30/$35</td>
<td>$50/$55</td>
<td>$55/$60</td>
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<td>$55/$60</td>
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PACKAGE SESSION PRICING

<table>
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<tr>
<th>MASSAGE TYPE</th>
<th>6 thirty-minute sessions</th>
<th>10 thirty-minute sessions</th>
<th>3 one-hour sessions</th>
<th>5 one-hour session</th>
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<tbody>
<tr>
<td>STUDENT MEMBER/GUEST*</td>
<td>$160/$196</td>
<td>$270/$315</td>
<td>$140/$155</td>
<td>$225/$250</td>
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* Guests must purchase a $10 Guest Pass and pay the Member/Guest massage rate.

STRENGTH & CONDITIONING

The Strength & Conditioning Program offers an educated staff to guide you toward proper and effective usage of weight room and cardio equipment. The Strength & Conditioning staff will answer questions and provide general advice. Please utilize our staff when performing exercises that require a spot or for assistance in basic exercise selection.

BOOTCAMP

SCHEDULE

| BOOTCAMP | Mondays, 5:30-6:30 p.m. | Maguire Field |
| BASIC BOOTCAMP | Thursdays, 5:30-6:30 p.m. | Maguire Field |

If you want to flip tires but are a little intimidated, Basic Bootcamp is the same format as Bootcamp but offered at a milder intensity with a focus on skill development.

CYCLING STUDIO

Indoor group cycling has expanded to the Student Recreation & Fitness Center! Experience your ride in an intimate environment conveniently located at the heart of campus. Visit the Group Fitness Schedule and the Small Group Training schedule to see the cycling classes added.
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. All you need is your Gator 1 Card.

Students not currently enrolled in classes this summer must purchase a Summer Continuing Student membership.

Online Captain’s Meeting: Intramural Sports participants can now complete the mandatory Captain’s Meeting online. Captains only need to complete the captain’s meeting training once an academic year (2011 Summer B - 2012 Summer A) to be certified as a captain. Captains must also take a Sport Rules quiz for each sport they wish to be a captain. Remember, if you were a captain during the 2010-2011 academic year, you will have to re-take the Captain’s Meeting quiz at the beginning of the 2012 Summer B Semester. For more information please visit the Intramural Sports page at recsports.ufl.edu.

**SCHEDULE**

### SUMMER A

<table>
<thead>
<tr>
<th>SPORT</th>
<th>CAPTAIN’S MEETING</th>
<th>REGISTRATION</th>
<th>PLAY BEGINS</th>
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<tbody>
<tr>
<td>Indoor Soccer</td>
<td>5/11 at 8 p.m.</td>
<td>5/12 from 8 a.m. - 5 p.m.</td>
<td>SWRC Arena</td>
</tr>
<tr>
<td>Co-Rec Kickball</td>
<td>5/11 at 7 p.m.</td>
<td>5/12 from 8 a.m. - 5 p.m.</td>
<td>SWRC Arena</td>
</tr>
<tr>
<td>Co-Rec Softball</td>
<td>5/11 at 8 p.m.</td>
<td>5/12 from 8 a.m. - 5 p.m.</td>
<td>SWRC Arena</td>
</tr>
<tr>
<td>5-on-5 Basketball</td>
<td>5/11 at 7 p.m.</td>
<td>5/12 from 8 a.m. - 5 p.m.</td>
<td>SWRC Arena</td>
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<tr>
<td>Table Tennis Tournament</td>
<td>N/A</td>
<td>5/9 - 6/2 at 12 p.m.</td>
<td>6/7 (SRFC)</td>
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### SUMMER B

<table>
<thead>
<tr>
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<th>CAPTAIN’S MEETING</th>
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<th>PLAY BEGINS</th>
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</thead>
<tbody>
<tr>
<td>Indoor Soccer</td>
<td>6/29 at 7:45 p.m.</td>
<td>6/30 from 8 a.m. - 5 p.m.</td>
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<td>Ultimate Frisbee</td>
<td>6/29 at 9:15 p.m.</td>
<td>6/30 from 8 a.m. - 5 p.m.</td>
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<tr>
<td>5-on-5 Basketball</td>
<td>6/29 at 7 p.m.</td>
<td>6/30 from 8 a.m. - 5 p.m.</td>
<td>SWRC Arena</td>
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<tr>
<td>Sand Volleyball</td>
<td>6/29 at 9:15 p.m.</td>
<td>6/30 from 8 a.m. - 5 p.m.</td>
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<td>Softball</td>
<td>6/29 at 8:30 p.m.</td>
<td>6/30 from 8 a.m. - 5 p.m.</td>
<td>SWRC Arena</td>
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### EVENTS & TOURNAMENTS

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<th>SPORT</th>
<th>CAPTAIN’S MEETING</th>
<th>REGISTRATION</th>
<th>PLAY BEGINS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshmen Flag Football Tournament</td>
<td>7/20 at 7 p.m.</td>
<td>6/29 - 7/20 at 12 p.m.</td>
<td>7/22</td>
</tr>
<tr>
<td>Wallyball Tournament</td>
<td>7/25 at 7 p.m.</td>
<td>6/29 - 7/20 at 12 p.m.</td>
<td>7/26</td>
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</tbody>
</table>

### OFFICIAL’S INFORMATION SESSION

For new Officials looking for more information: The Summer 2011 Official’s Informational Session will be held Monday, May 9 at 7 p.m. in the Southwest Recreation Center, Arena Conference Room.

If you are interested in working for Intramural Sports as an Official, you must attend the rules clinic(s) listed for that specific sport. Students interested in becoming a Scorekeeper must attend the Scorekeeper Rules Clinic.

### RULES CLINICS

<table>
<thead>
<tr>
<th>SPORT</th>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
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</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>5/10</td>
<td>8:30 p.m.</td>
<td>SWRC Arena</td>
</tr>
<tr>
<td>Indoor Soccer</td>
<td>5/10</td>
<td>7:15 p.m.</td>
<td>SWRC Arena</td>
</tr>
<tr>
<td>Kickball</td>
<td>5/10</td>
<td>6 p.m.</td>
<td>SWRC Arena</td>
</tr>
<tr>
<td>Softball</td>
<td>5/10</td>
<td>6 p.m.</td>
<td>SWRC Arena</td>
</tr>
<tr>
<td>Scorekeepers</td>
<td>5/11</td>
<td>9 p.m.</td>
<td>SWRC Arena</td>
</tr>
</tbody>
</table>

### FLAG FOOTBALL

The Freshmen Flag Football Tournament is back again this July! On July 22-24, this annual tournament will introduce the game of flag football to newcomers on the University of Florida’s campus. Each team is required to have at least two first semester students on the field at all times. Teams of talented freshmen, veteran groups looking for new, young talent and groups or individuals that just enjoy sports are invited to participate this summer in the Freshmen Flag Football Tournament! Register online for this event; limited number of spots open so sign up early!

Before your team takes the field in the Freshmen Flag Football Tournament, join us on Tuesday, July 19 at 7 p.m. on Southwest Fields 5 and 6 for the Flag Football Clinic. Flag football veterans and Intramural Sports Officials will teach plays, strategies and rules that will help make you and your team successful. Bring your whole team out to get a jump start on the competition for the weekend tournament. If you are a free agent, the clinic serves as a great opportunity to learn the game and get placed on a team for the Freshmen Flag Football Tournament. No pre-registration required! Bring your Gator 1 Card to Southwest Fields 5 and 6 on Tuesday, July 19 to participate!
Sport Clubs offers 41 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 part of the Sport Clubs programs, visit the Sport Clubs page at recsports.ufl.edu for more information.

ATHLETE SPOTLIGHT

EDDIE ROSENBERG, ROLLER HOCKEY

Captain of the Roller Hockey Club, Eddie Rosenberg, is leading the way for Florida in the Southeastern Collegiate Roller Hockey League. Rosenberg, a Junior Sport Management major, has been with the team for three years as a forward. He leads the team with 41 points, but also serves as a defenceman, a position that his brother, Steven, also plays. Rosenberg has also netted 27 goals this past season, securing him third place in Division II Roller Hockey standings. The Long Island native claims that hockey is in his blood and has been playing for the past 14 years, enjoying the speed and finesse it takes to play the game. Rosenberg said he enjoys competing at the collegiate level while representing the University of Florida, noting that the team has great chemistry on and off the rink.

ASHLEY COUDRON, BOWLING

Ashley Coudron, a Freshman sensation in the Bowling Club, looks to revolutionize the sport on the University of Florida campus. Although she is a rookie on the team, Coudron finished in the top-25 during three tournaments this past year, including a 15th place finish among 284 bowlers in Indianapolis in February. To put her skills in perspective, Coudron has the 18th highest rookie average in the nation. In addition to her contributions in the lanes, club president Jeff Horowitz also commends Coudron for stepping into the role of secretary, just months after joining the team. The Sociology major said she began bowling at the age of five with Minnie Mouse bowling equipment in a youth-adult league with her father and has been playing consistently ever since. Coudron said what drives her to the game is the strategy involved and that “few sports have as many complex aspects that go unnoticed by an unknowing bystander.” Since bowling does not require speed or strength like other sports, Coudron appreciates how anyone can participate and it levels the playing field because no one is really born with the perfect skill set to perfect the game - it is all learned.
LAKE WAUBURG

HISTORY OF LAKE WAUBURG

The Past
Established in 1918, the University YMCA purchased twenty acres of land and water at the north end of Lake Wauburg to be used as a recreation center for the University of Florida student body. In 1928, the University YMCA dissolved and the land was deeded to the University of Florida to be administered by the Union. In 1936, Lake Wauburg (then Camp Wauburg) became a part of the Union, and the transfer of the property to the University of Florida occurred in 1938. In 1939, a recreation center and a small residence were built on the property. Today both are renovated and currently in use.

Between 1962 to 1963, Student Government acquired what is currently known as Lake Wauburg South. This is a 72-acre (30.2 acres under water) parcel of land, which the Athletic Association had purchased from a private citizen in 1958. The Athletic Association had envisioned it as a retreat facility and an area for team use, however no development of the land occurred.

Development of Lake Wauburg South began in 1982 with Student Government funding $225,000 through special request funds. Features of the South Shore include a 55-foot climbing wall and team development course, two large pavilions and extensive waterfront decking and docks.

The Present
Currently, Lake Wauburg North Park and South Shore provide an outdoor recreational facility primarily for student use. Almost 65,000 visitors use this unique recreational resource each year. The history of Lake Wauburg has seen the development of a small portion of land used by the University YMCA grow to one of the largest outdoor recreation centers in the Southeast. The area is now primarily used for large group events, water skiing, disc golf and fishing and has been in continuous use since 1985. Lake Wauburg is a unique part of the University of Florida college-experience. Whether students visit the lake for outdoor leisure time with friends and family, peaceful studying or alternative recreational options, Lake Wauburg is a cherished retreat where students can escape the traditional campus life.

The Future
Each year the shores of Lake Wauburg welcome more and more students. The Department of Recreational Sports, Recreational Sports Advisory Board and the Division of Student Affairs are developing plans for a retreat center at the South Shore. The retreat center would become the primary fixture at Lake Wauburg for student leadership groups and beach-goers alike.

Lake Wauburg is UF’s best kept secret. Want to get some fun in sun and water, but the beach is too far away? Come to Lake Wauburg 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 on 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. (Note: To use sailboats you must complete a written, practical and swim test.)

HOURS

NORTH PARK
TUESDAY - FRIDAY
Noon - 6 p.m.

SOUTH SHORE
TUESDAY - FRIDAY
1 p.m. - 6 p.m.

BOTH PARKS
SATURDAY & SUNDAY
10 a.m. - 6 p.m.
MONDAY
Closed

Adjusted Hours:
Memorial Day:
Monday, May 30: Noon - 6 p.m. (North Park only)

Independence Day:
Monday, July 4 Noon - 6 p.m. (North Park only)

North Park Open Only:
Saturday, June 25 & Sunday, June 26

ACTIVITIES

Boating
Sailing
Challenge Course
Sand Volleyball
Climbing Wall
Soccer
Disc Golf
Swimming
Football
Wakeboarding
Picnicking
Water Skiing

CLIMBING WALL HOURS
MONDAY - WEDNESDAY
Closed
THURSDAY & FRIDAY
1 p.m. - 6 p.m.
SATURDAY & SUNDAY
10 a.m. - 6 p.m.