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## UA12/12 Preston Center News, Vol. 2, Issue 1

WKU Intramural & Recreational Sports

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# *Preston Center News*

Volume 2 Issue 1

September 1993

*Thanks for the first year...*



Raymond B. Preston & Members

## Preston Center Intramural- Recreational Sports

Faculty / Staff Activity Program  
1993-94

MONTH	ACTIVITY	SIGN-UP DATE
October	Bowling	Oct. 5
	Racquetball (doubles)	Oct. 5

### Faculty/Staff Intramurals

We in the Intramural- Recreational Sports Department would like to congratulate the team from WAB for becoming the 1992-93 Faculty / Staff sports' champions. This is their second consecutive year for winning the all- sports championship. They will still hold on to the traveling trophy that is awarded each year to the all- sports champion. Will there be a three peat? Congratulations to WAB!

We would also like to encourage everyone to participate in this year's F/S programs. The programs consist of 7 sport Volleyball, Bowling, Wallyball, Basketball, Racquetball, Tennis, and Golf. Points are awarded for participation as well as for the placement in the standings at the conclusion of each sport. The team with the most overall points will receive a traveling-team trophy to be awarded in July at the conclusion of the Golf tournament. T- shirts are awarded to the winners of each team competition. Any one interested may stop by room 203 in the Preston Center, or call 6060 and ask for Chris for further information.

*"Become a part of this exciting program!!!"*

F/S Tennis will take place Fri. Sept. 17th, beginning at 4:00p.m. and Sat. Sept. 18th at 9:00a.m.  
Please sign up today.

### **Instructional Programs**

Try them!!!

Karate
Kali
Scuba
Yoga

**Registration starts Sept. 7**

### Preston Center

#### New Hours of Operation

Fall and Spring Semesters:

Mon.- Thurs.----- 6:00am-11:00pm  
 Fri. ----- 6:00am-8:00pm  
 Sat.----- 9:00am-8:00pm  
 Sun.----- 1:00pm-11:00pm

### Outdoor Recreation

The Outdoor Recreation Adventure Center is ready for another great year. There will be exciting activities planned for most weekends during the semester. This year the ORAC will be taking students whitewater rafting, hiking, canoeing, cave exploring, and on many other adventure outings. The highlight of the year will be a ski trip to Steamboat Springs, Colorado, planned for Dec. 17th thru 23rd. It should be the trip of a lifetime. Look for more info on the ski trip and all other activities at the Outdoor Recreational Center.

During the 1993 school year the Preston Center will be introducing its' new Pro Shop. We hope to provide WKU with the highest quality sportswear and athletic equipment available at affordable prices. Gear will include shirts, shorts, and caps a complete line of aerobic wear, and a variety of hard- to- find sports equipment.



Celebrate!!



Big Red,  
you need to use the  
treadmill.



Huda,  
I  
wanted to  
win the  
water!!!



August 19, 1993



It's not  
my size...

At  
least  
you  
won!!!



		Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
P R E L S T O N 9 C E N T R A L F I T N E S S E S T	6:15-7:15 A.M.							
	12:45P.M.	/	Wet n' Wild	/	Wet n' Wild			
	4:00-5:00 P.M.	/	Hydro Fit	/	Wet Step			
	5:00-6:00 P.M.	Wet n' Wild	Wet n'Wild	Wet n' Wild	Wet n' Wild	Wet n'Wild		
	6:00-7:00 P.M.	Wet Step	Aqua Challenge	Hydro Fit	Aqua Challenge			
	<b>Recreational Fitness in the pool</b>							
	Contact Sheryl Tahler, Director of Fitness Instructional Programs at 745-6060							
		Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
	6:15-7:15 A.M.	STEP	Muscle Def.	Hi/Lo	STEP	Power Step		
	11:45A.M.-12:45P.M.	Hi/Lo	/	Step	/	Hi/Lo	10:00-11:20a.m. SUPER STEP	
4:00-5:00 P.M.	/	Short Step	/	Hi/Lo	Muscle Def.	/	4:00-5:20p. Circuit Step	
5:00-6:00 P.M.	STEP	Hi/Lo	5:00-6:20p.m. Super Step	Power Step	5:00-6:20p.m. Circuit Step			
6:00-6:30 P.M.	Super Stretch	Awesome Abs	/	Awesome Abs				
6:30-7:30 P.M.	Muscle Def.	/	/	Hi/Lo		Start Up TH. 5:30P.M. racquet ct.		
8:30-9:30P.M.			Circuit Step					
<b>Recreational Fitness in the Dance Studio</b>								