

REC CENTER MEMBER NEWSLETTER

March 2007



Ashland University

Inside This
Months
Issue

What's New in the Rec Center	1
One Year Anniversary	1
RSSC Membership	2
2007 RSSC Break Schedule	2
Spring Break Group Fitness Schedule	2
Rec Center Hours of Operation	2
Upcoming Rec Center Events	3
Wellness Program	3
Meet the Rec Center Staff: Customer Service	4

THANK YOU!!

Thanks to all AU Rec Center Members!!

Without your support none of this would be possible!!

WHAT'S NEW IN THE REC CENTER

- Starting March 26, Pool hours will be 5:00 pm — 9:00 pm, instead of 6:00 pm — 10:00 pm.
- Every Tuesday we buy the newest movies available. Stop in and check out a movie for only \$1.50.

One Year Anniversary-March 19th

The day after spring break, come to the Rec Center to participate in a fun filled day to celebrate our One Year Anniversary. In celebration of the anniversary we are throwing a Member Appreciation Day, because without your support and enthusiasm, this would not be possible. All day we will have Free Food, including fruit, cookies, water, punch, and much more for you to enjoy!



Throughout the day, participate in a two-mile poker walk for a free give away. Also, each walker will receive a hand for poker. The highest poker hand wins a Free 30 Minute Massage!

Also register during the day to participate in the 2 Person Scramble in the Rec Center Golf Simulator. Included in the scramble will be a longest drive competition, and a closet to the pin competition. Each winner will receive a Radio Headset!

In addition, bring your skills to play in Corn Hole all day on the MAC court. We will have area set up so you can play for as long as you want.

Finally, we will be giving away door prizes at 3 different times for the first 20 members that come into the Rec Center: 6-9am, 12-3pm & 6-9pm.

So come play, hangout, and feel appreciated.

Thanks for making this One Year Anniversary a reality.



You can always check the Rec Center Schedule on-line at <http://www.ashland.edu/recservices/Rechours.htm>



Department of Recreational Services

419-289-5440

Fax: 419-207-6170

www.ashland.edu/recservices

RecServices@ashland.edu

RSSC MEMBERSHIP

PRORATED MEMBERSHIP

- Starting March 12: New Members May Purchase a Prorated pass for \$37.50
 - Summer Membership Begins May 12th & Ends August 26
 - 2007 Summer Memberships are \$75

2007 RSSC BREAK SCHEDULE

SPRING BREAK

March 10: 9am-9pm*
 March 11: 12pm-9pm*
 March 12-17: 9am-9pm*
 March 18: 12pm-11pm

EASTER BREAK

April 6: 6am-5pm*
 April 7-8: Closed
 April 9: 9am-11pm

SUMMER 2007

July 4: Closed

* Pending staff availability. For more information on RSSC Holiday/Break Hours of Operation please pick up a brochure in the RSSC.

SPRING BREAK GROUP FITNESS

Monday 3/12	Tuesday 3/13	Wednesday 3/14	Thursday 3/15
5:15 pm Spinning	5:15 pm Cardio Circuit	5:15 pm Step/Sculpt	5:15 pm Cardio Circuit

REC CENTER HOURS OF OPERATION

<u>SPRING SEMESTER RSSC HOURS:</u>	<u>SUMMER SEMESTER RSSC HOURS:</u>
Monday–Friday 6am-11pm Saturday 9am-11pm Sunday 12pm-11pm	Monday–Friday 9am-9pm Saturday 9am-9pm Sunday 12pm-9pm
<u>CLIMBING WALL HOURS:</u>	<u>POOL/WHIRLPOOL & DIVING WELL HOURS:</u>
Spring Semester: Monday–Thursday 4pm-9pm Friday 4pm-8pm Saturday & Sunday 4pm-8pm Summer: Monday–Thursday 4pm-7pm Friday 3pm-6pm Saturday & Sunday 12pm-4pm	Spring Semester after March 26: Monday–Thursday 8am-2pm, 5pm-9pm Friday 8am-2pm, 5pm-9pm Saturday & Sunday 12pm-9pm Summer: Monday–Friday 9am-2pm, 4pm-7pm Saturday & Sunday 12pm-9pm

UPCOMING EVENTS

Wednesday, March 21	Water Polo Training (Pool Still Open to Members)	7:00 - 9:00 pm
Monday, March 26	Intramural Water Polo (Pool Still Open to Members)	8:00 - 11:00 pm
Tuesday, March 27	Intramural Water Polo (Pool Still Open to Members)	9:00 - 11:00 pm
Wednesday, March 28	Intramural Water Polo (Pool Still Open to Members)	8:00 - 11:00 pm
Thursday, March 29	P.P.O.W Dance Dance Revolution Night (Game Room)	8:00—11:00 pm
Thursday, March 29	Intramural Water Polo (Pool Still Open to Members)	9:00 - 11:00 pm

WELLNESS PROGRAM FITNESS INCENTIVE PROGRAMS WINNERS

Congratulations to Tweetin’ Outlaws for Winning the Ultimate Rec Center Team Challenge. If you see Tom Peluso, Brian Biggerstaff, or Travis Apple congratulate them on all of their hard work. Look for **P.P.O.W.** to promote more Wellness Activities next semester!

MESSAGE THERAPY PROGRAM

The Massage Therapy Program is available to all RSSC Members & Guests! Our Massage Room is a secluded area that gives the client a way to rest, relax, & rejuvenate. Prices are listed to the right!! Sign up for an appointment today in the Rec Services Office

Individual Sessions		
	30 Min. Session	60 Min. Session
Students	\$20	\$35
Other Members	\$25	\$40
5 Punch Pass		
Students	\$75	\$150
Other Members	\$100	\$175

Fitness Assessment ONLY	\$10.00	
	Students	Other Members
1 Instructional Session	\$15.00	\$20.00
3 Personal Training Sessions (includes FREE Fitness Assessment)	\$40.00	\$55.00
6 Personal Training Sessions (includes FREE Fitness Assessment)	\$80.00	\$110.00
9 Personal Training Sessions (includes FREE Fitness Assessment)	\$120.00	\$165.00
30 Personal Training Sessions (Semester Package) (includes FREE Fitness Assessment)	\$425.00	\$575.00

PERSONAL TRAINING PROGRAM

Get Started on Your New Year’s Resolution
Rec Services is offering a Personal Training Program for all AU Rec Center Members
Prices are listed to the left!!
Sign Up In the Rec Services Office TODAY!!

PEERS PROMOTING ORGANIZED WELLNESS (P.P.O.W.)

A new group out of the Rec Center, P.P.O.W. will be helping to promote the Wellness Programs & offer new alternative wellness programs. On March 29, from 8:00pm—11:00pm, P.P.O.W. will host its first event, DDR Night. Participants can play DDR in the game room and compete to win an I-Pod Shuffle, 5—30 Minute Massage Punch Pass, & a 60 Minute Massage Pass. Interested in joining? Meetings are Monday at 9:15pm in the Rec Center classroom 220. We hope to see you at the DDR night and at one of our upcoming meetings!

MEET THE REC CENTER STAFF

Customer Service

NAME	HOMETOWN	MAJOR	MINOR
Jessica Arnal	Cortland, OH	Hospitality Management	Marketing
Monique Coleman	Cleveland, OH	Psychology	Spanish/Religion
Rachel Cordy	Lagrange, OH	Integrated Mathematics	
Patrice Davis	Columbus, OH	Political Science	History
Jessie Durbin	Strasburg, OH	Intervention Specialist	
Jillian Gerbasi	North Royalton, OH	Commercial Art	Entrepreneurships
Carolina Goncalves	Brazil	Physical Education	
Katie Hace	Parma, OH	Social Work	Business Administration
Sara Hantak	Garfield Hts, OH	undecided	
Rachel Harp	Madison, OH	Business Management	Religion
Danya Hess	Newark, OH	undecided	
Mandy Kerner	Canton, OH	Early Childhood Education	
Sarah Kucharski	Mentor, OH	Middle Grades Education	Math & Language Arts
Rachel Kulich	Reynoldsburg, OH	Education	
Sydney Marcelain	Newark, OH	Sports Management	Business & Coaching
Laura May	Hilliard, OH	Creative Writing	English
Ashley Meyer	Strykersbille, NY	Early Childhood Education	Child Development
Brandi Meyer	Archbold, OH	Biology	
Teresa Schermerhorn	Mt. Vernon, OH	Math Education	
Ashley Smith	Massillon, OH	Marketing	Business Administration
Amanda Stahlecker	Rochester, NY	Music Education	
Kelly Woodworth	Madison, OH	Early Education	
Chin-Chin Yang	Peng-Hu, Taiwan	MBA—Human Resources	

We hope this Newsletter informs you of all you would want to know about the AU Rec Center.

If you ever have any items that you would like to see in the newsletter or have any questions about the newsletter please contact Rec Services at 419-289-5440 or www.ashland.edu/recservices.

If you were a Fall RSSC Member and have not renewed for a Spring RSSC Membership please contact the Rec Services Office at 419-289-5440 or RecServices@ashland.edu to give feedback on your experience in the Rec Center We would appreciate your comments/suggestions on improving the services provided throughout the Rec Center Facility.

We are on the web:
www.ashland.edu/recservices

