




**DEPARTMENT OF RECREATIONAL SERVICES
NON-CREDIT INSTRUCTIONAL PROGRAM
ACTIVITIES CALENDAR FALL 2009**


<i>EVENT</i>	<i>DATES</i>	<i>TIMES</i>	<i>FEE</i>
FRIDAY NIGHT AT THE REC	September 4 October 2 November 6 December 4	Fridays 10:00 p.m. -1:00 a.m.	Free! 
Fitness Classes September 14 – November 19, 2009	Kickboxing <i>Katonya</i>	Mondays 3:45-4:45 p.m.	Per Course Fee: \$5 Daily Fee \$25 Students/\$45 F/S/A All-Inclusive Fee: \$45 Students/\$65 F/S/A
	Pilates Plus <i>Jenna</i>	Monday/Wednesday 7:30-8:30 p.m.	
	Boot Camp <i>Katonya</i>	Wednesdays 3:45-4:45 p.m.	
	W.O.W. Fitness <i>Denise</i>	Wednesdays 5:00-6:00 p.m.	
	Nice & Easy Aerobics <i>Karen</i>	Tuesday/Thursday 5-6:00 p.m.	
Chi Yoga September 16 - November 18, 2009	Beginning: Wednesdays	8:30-9:30 p.m.	Per Course Fee: \$12 Daily Fee \$40 Students/\$70 F/S/A All-Inclusive Fee: \$75 Students/\$130 F/S/A
	Advanced: Saturdays September 26 – November 14, 2009	11:15-12:30 p.m.	
Hiking Trips	September 5 *October 24 November 14	Saturdays 12:00-4:30 p.m.	On Campus - Free! *Off-Campus - Nominal fee
	*September 20 October 4 *December 6	Sundays 12:00-4:30 p.m.	
CPR/ AED for the Professional Rescuer & Healthcare Provider <i>Full Course</i>	October 3, 2009	Saturday, 10:00-5:30 p.m.	\$65 (S), \$75 (F/ST/A), \$80 (Community)
	November 11 & 18, 2009	Wednesday 6:30-10:30 p.m.	
CPR/ AED for the Professional Rescuer & Healthcare Provider <i>Review</i>	October 4, 2009	Sunday 9:30 a.m.-2:00 p.m.	\$25 (S), \$35 (F/ST/A), \$40 (Community)
	November 13, 2009	Friday 6:00-10:30 p.m.	
First Aid Training	December 7, 2009	Monday 6:00-10:30 p.m.	\$35 (S), \$45 (F/ST/A), \$50 (Community)
First Aid & CPR/AED Instructor Course <i>Lay Responder</i>	November 20-22, 2009	Friday 5:30-10:30 pm Saturday 9:30-6:30 pm Sunday 9:30-6:30 pm	\$175 (S), \$200 (F/ST/A), \$225 (Community)
Adult Swim Lessons <i>Semi-private</i>	To Be Announced		\$35 (S), \$50 (F/ST/A) (5 x 45 min. Sessions)

9/16/09. 12:12 PM All events take place at the Rec Center unless noted otherwise.

Dates and times are approximate and subject to change. For more information call the Rec Center at 973-720-2777.



**DEPARTMENT OF RECREATIONAL SERVICES
INTRAMURAL SPORTS PROGRAM
FALL 2009**

<i>INTRAMURAL SPORTS</i>	<i>ENTRIES DUE & CAPTAIN'S MEETING</i>	<i>START DATES</i>	<i>FEE</i>
<i>Intramural Sports Leagues</i>			
Flag Football <i>Women/Men/Coed</i>	September 13, 2009 Mtg.: September 14, 2009	Wednesday September 16, 2009	\$30.00 per team
Volleyball <i>Women/Men/Coed</i>	September 18, 2009 Mtg.: September 21, 2009	Wednesday September 23, 2009	\$30.00 per team
Outdoor Soccer <i>Women/Men/Coed</i>	September 25, 2009 Mtg.: September 29, 2009	Thursday October 1, 2009	\$30.00 per team
Dodgeball <i>Women/Men/Coed</i>	October 30, 2009 Mtg.: November 2, 2009	To Be Announced	\$30.00 per team
<i>One-day Tournaments and Special Activities</i>			
<i>FRIDAY NIGHT AT THE REC</i>	September 4 October 2 November 6 December 4	Fridays 10:00 p.m.-1:00 a.m.	Free! 
Fall Ball - Baseball Tournament <i>Men</i>	September 12, 2009	Tuesday September 15, 2009	\$30.00 per team
Doubles Tennis Tournament <i>Men/Women/Coed</i>	September 18, 2009 Mtg.: September 22, 2009	Tuesday September 22, 2009	\$6.00 per team
Home Run Contest <i>Women/Men</i>	September 25, 2009 <i>12:00 noon @ SB Field</i>	Friday September 25, 2009	Free!
Racquetball Lessons <i>Men/Women/Coed</i>	October 2, 2009 Mondays @ 5:30 pm	Mondays October 5-26, 2009	\$6.00 per person
Midnight Madness	Thursday October 29, 2009 10:00 p.m.-2:00 a.m.		FREE! Don't Forget Your Costume!
Pioneer Classic 3 on 3 <i>Women/Men/Coed</i>	November 6, 2009	Tuesday November 10, 2009	\$12.00 per team

**For more information contact the Rec Center at 973-720-2777 or visit our website
<http://ww2.wpunj.edu/adminsrv/reccenter/>**

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