



# Vanderbilt University Student Recreation Center Scoop at the Rec 2009



Fall 2009 Vol. 1

## FAMILY SWIM NIGHT AT THE REC

Sunday, December 6<sup>th</sup>, 3-5 p.m. join us for Family Swim Night at the Rec. Please RSVP to [calvin.diggs@vanderbilt.edu](mailto:calvin.diggs@vanderbilt.edu) the number of family members that will attend this event. There are a limited number of spaces available. The deadline to RSVP is Monday, November 30, 2009. This is a FREE event.

## 40 Days for \$40 Bucks!!!!!!

Join the Recreation Center for 40 days for \$40 bucks, beginning December 7, 2009 - January 15, 2010. This is great for college students coming home for winter break or faculty/staff getting an early start on your New Years resolution.



## CampVandy Holiday Camp '09

Registration Begins October 26, 2009

**Space is limited, so register early!**

**Holiday rates are:**

Vanderbilt Employees: 7 Day Package—\$225.00

December 21, 22, 23, 28, 29, 30, and 31 or (\$50.00 per day)

Community Members: 7 Day Package—\$250.00

December 21, 22, 23, 28, 29, 30, and 31 or (\$50.00 per day)

Before and After Care available for a charge of \$5.00 per care per day.

For more information e-mail: [campvandy@vanderbilt.edu](mailto:campvandy@vanderbilt.edu)



Recreation Center will be given. Registration is ongoing. Sign-up Sheet is located at the Fitness Center attendant's desk.

## OUTDOOR REC. ADVENTURE TRIPS

Did you know that as a Rec. Center Member you are welcome to participate in Outdoor Recreation Program Trips? We never really know who is going to sign up for a trip. Sometimes it's a number of undergrads or graduate students participating. More often, it is a combination of a diverse group of people from the Vanderbilt community. Most trips are small. We take up to 10 people and two trip coordinators in one 12-passenger van. The trip cost includes transportation, lunch or in-camp food, group or specialized equipment. Beginners are welcome on most trips, unless noted otherwise. There are three trip seasons at Vanderbilt: Spring, Summer, and Fall. Check the website [www.vanderbilt.edu/outrec](http://www.vanderbilt.edu/outrec) or the main bulletin board in the Rec. Center for more information. You can also call Linda at 615-343-7898 or e-mail [outdoorrec@vanderbilt.edu](mailto:outdoorrec@vanderbilt.edu) for more information about the adventure trips.



## Fitness Center Orientation

Not sure how to use the equipment? Need help getting started? Vanderbilt Student Recreation Center is currently offering FREE 15 minute Fitness Orientation to *all Members on Monday and Wednesday* between the hours of 11:00 a.m. -1:00 p.m. and 4:00 p.m. - 5:00 p.m. These orientations will take place in the Student Recreation Fitness Center. The service is free for students, faculty/staff, and SRC members. You will learn about the equipment and machines as well as how to use them. Also, information on programs and services offered at the Student



## INTRAMURAL SPORTS

Registration for the Faculty/Staff basketball league is December 1<sup>st</sup> through 9<sup>th</sup>. League play starts in early January. Registration is completed in the office on the second floor of the Student Recreation Center. There is no entry fee and is open to all Vanderbilt University faculty and staff members.

## Questions

If you have additional questions, call 615-343-6627 or visit our website at [www.vanderbilt.edu/campusrecreation](http://www.vanderbilt.edu/campusrecreation)

# Veteran's Appreciation Day

Come join us for a FREE day at the Recreation Center on Wednesday, November 11, 2009. This is our way of saying "Thank You" to all the veteran's that have served or serving our country.

Must show Military ID to enter.



## Coming Soon...

FUN – ACTIVE CLASS!

Kid Fit Class for 8 – 12 year olds that want to be fit and active through the holidays. Please check our website for dates and time. The cost is \$15 per class or \$60 for all six classes.



## Disclaimer:

If you do not wish to receive emails on a quarterly basis from the Student Recreation Center, please email Calvin Diggs at [calvin.diggs@vanderbilt.edu](mailto:calvin.diggs@vanderbilt.edu).