




**DEPARTMENT OF RECREATIONAL SERVICES
NON-CREDIT INSTRUCTIONAL PROGRAM
ACTIVITIES CALENDAR
FALL 2016**

| EVENT | DATES | TIMES | FEE |
|---|--|--|---|
| Group Exercise & Martial Arts Classes September 6 - November 20, 2016 | Yoga Conditioning & Self Defense See Fall Fitness Fun Schedule www.imleagues.com/WilliamPaterson/Fitness | Kickboxing Indoor Cycling (Spin) Zumba Overlook Fitness Classes Students Only | Students & Members \$5.00 Daily Fee Special Rates per Class & All-Inclusive Non-Member F/S/A \$12.00 per class* *Includes Rec Center Daily Fee |
| Hiking Trips | September 5 | Monday 11-3:00 pm | On Campus - Free! *Off-Campus - Nominal fee (if any) |
| | October 22 November 19 | Saturdays 10:00 a.m.-2:30 p.m. | |
| | September 18* October 2* November 6* December 4* | Sundays 10:00 a.m.-2:30 p.m. | |
| Stand Up Paddling Course (LL Bean) | Registration Due: September 12, 2016 | Saturday September 17, 2016 10:00 a.m.-1:30 p.m. | \$10 (Students only) Transportation, Equipment, & Instruction |
| Kayaking Basics Course (LL Bean) | Registration Due: September 19, 2016 | Friday September 23, 2016 2:00-5:30 pm | \$10 (Students only) Transportation, Equipment, & Instruction |
| Adult Swim Lessons <i>Semi-private</i> | September 19- October 28, 2016 | Monday or Thursday 7:45 p.m.-8:30 p.m. | \$35 (S) \$50 (F/ST/A) \$85 (Community) |
| BREAST CANCER WALK | Thursday, October 6, 2016 12:30 p.m. @ Zanfino Plaza | | <i>Registration Forms at www.wpunj.edu/reccenter</i> |
| Adult CPR/AED | September 16 (F) 9:30 October 10 (M) 1:00 November 18 (F) 9:30 December 3 (Sat) 9:30 | Morning Classes 9:30-12:30 p.m. Afternoon Classes 1:00-4:00 pm | FREE! WPUNJ Students/Faculty/Staff (Not open to public) |
| Adult CPR/AED + First Aid Training | September 3, 2016 <i>or</i> October 22, 2016 | Saturday 9:30-3:30 p.m. | \$65 (S) \$75 (F/ST/A) \$80 (Community) |
| CPR/ AED for the Professional Rescuer or BLS | November 19, 2016 | Saturday 9:30 a.m.-2:00 p.m. | \$65 (S)/\$35 Rvw \$75 (F/ST/A)/\$45 Rvw \$80 (Community)/\$50 |
| First Aid Training | September 3, October 22, <i>or</i> December 3, 2016 | Saturday 12:15 p.m.-3:30 p.m. | \$35 (S) \$45 (F/ST/A) \$50 (Community) |

8/11/16 11:54 AM For more information contact the Rec Center at 973-720-2777. <http://www.wpunj.edu/reccenter>
Most events take place at the Rec Center unless noted otherwise. Dates & times are approximate and subject to change.



DEPARTMENT OF RECREATIONAL SERVICES INTRAMURAL SPORTS PROGRAM FALL 2016

| INTRAMURAL SPORTS | ENTRIES DUE & CAPTAIN'S MEETING | START DATES | FEE |
|---|--|--|--|
| FRIDAY NIGHT AT THE REC | September 2 October 7 November 4 | Fridays 10:00 p.m. -1:00 a.m. | Free!  |
| Flag Football (Women/Men/COED) | Entries: September 11 Meeting: Sept. 12 6:30pm @ the Rec | September 15, 2016 | \$30 per team www.imleagues.com/Williampaterson/Intramural |
| Outdoor Soccer (Women/Men/COED) | Entries: September 18 Meeting: Sept. 19 6:30pm @ the Rec | September 22, 2016 | \$30 per team www.imleagues.com/Williampaterson/Intramural |
| Doubles Tennis Tournament (Women/Men/COED) | Entries: September 18 | September 20, 2016 5:30pm @ Tennis Courts | Free! www.imleagues.com/Williampaterson/Intramural |
| Homerun Contest (Women/Men) | Entries: September 29 | September 30, 2016 12 noon @ Softball Field | Free! www.imleagues.com/Williampaterson/Intramural |
| New! Outdoor Lacrosse Tournament (Women/Men/COED) | Entries: October 2 Meeting: Oct. 4 7:30pm @ Soccer Field | October 4, 2016 7:30pm @ Soccer Field Rain Date: October 5 | Free! www.imleagues.com/Williampaterson/Intramural |
| Volleyball (Women/Men/COED) | Entries: October 2 Meeting: Oct. 3 6:30pm @ the Rec | October 6, 2016 | \$30 per team www.imleagues.com/Williampaterson/Intramural |
| MIDNIGHT MADNESS | Wednesday, October 26, 2016 10:00 p.m.-2:00 a.m. | | Free! |
| Dodgeball (Women/Men/COED) | Entries: October 30 Meeting: Oct. 31 6:30pm @ the Rec | November 2, 2016 | \$30 per team www.imleagues.com/Williampaterson/Intramural |
| FIFA 17 Xbox Tournament (Women/Men) | Entries: November 6 | November 10, 2016 7:30pm @ the Rec | Free! www.imleagues.com/Williampaterson/Intramural |
| Pioneer Classic 3 on 3 Basketball (Women/Men/COED) | Entries: November 27 | November 29, 2016 7:30pm @ the Rec | Free! www.imleagues.com/Williampaterson/Intramural |
| Bowling Tournament (Women/Men/COED) | Entries: December 4 | December 6, 2016 7:30pm @ TBowl | \$6 per person www.imleagues.com/Williampaterson/Intramural |

Log on to IMLeagues.com, create your team, check playing schedules, etc.

www.imleagues.com/Williampaterson/Intramural

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You must also register your team & pay team fees at the Rec Center.

