Lazyman’s Ironman for Martin Luther King Day

December 19

Faculty/Staff & Alumni Fitness Classes

Class is during second session only

**Class is during first session only

Aqua Jogging Plus

Aqua Power Lunch Bunch∗

Water Fitness Classes

Beginning Running Club

Aqua Power Workout

Classes Begin

January 5, 2009

Aquatics

Recently, Congress passed the Virginia Graeme Baker Pool and Spa Safety Act (VGB) which is to ensure public safety in pools and spas through the use of equipment that protects against entrapment and occlusion. As a result of passage of the VGB Act, public pools and spas must be equipped with certified drain covers or grates that meet the required standards and safety measures.

Public safety is a paramount concern here at the Heskett Center, therefore we fully support the intent of the VGB Act. We are working with engineers and contractors to become compliant. To be in compliance, custom covers will need to be specially engineered by manufacturers, and then certified, which will take time.

We are sorry for the inconveniences this may cause. We are working swiftly to comply. Please be assured that we wish to open the pools as soon as possible. The Heskett Center natatorium is currently closed. We hope to reopen on January 15th. Please continue to check with us on our plans by contacting Jessica at 978-5289 or email justiska.varlack@wichita.edu.

Swimming

Swimming will be open on an as needed basis when we receive certified drain covers or grates that meet the required standards and safety measures

The spring semester is almost here and now is the time to purchase or renew your membership if you purchased a membership for spring you can start coming in immediately. Fall memberships expire on January 18th. You might also want to consider purchasing a locker for the semester. Locker service allows you to keep things overnight in the Heskett Center Locker Room and it comes with towing service. Prices for locker rentals can be found at www.wichita.edu/heskett or call 978-3082.

Staff: Now Hiring Fitness Instructors!!!

We are looking for instructors to teach the following classes: a) WU Shock, b) Water Aerobics, Yoga, Pilates, Step Aerobics, Cardio Kickboxing, etc. If you, or someone you know is interested, please call Sally at 978-5287.

Employee of the Month: Aquatics Amanda for being a team player and having great customer service.

Questions, comments, or if you wish to remove your name from the Heskett Headlines & announcement mailing list, contact shelley.rich@wichita.edu or call 316-978-9287.

Semester Incentive Program: The winner of the 2008 Ironman World Championship completed the biggest challenge in sports in 8 hours, 11 minutes, 45 seconds. C o m p l e t i n g : 2.4 miles of swimming, 112 miles of biking and a 26.2 marathon run. We are giving you 1,520 hours (a.k.a. 16 weeks!) This challenge will begin on January 20th and end on May 19th. Fill out a registration card at the front desk to sign up. FREE to all Heskett Center Members and Guests.

Faculty / Staff & Alumni Fitness Classes

Session 1 = January 26 - March 13th Deadline to register: January 23rd

Session 2 = March 30 - May 15 Deadline to register: March 27th Classes with not enough participants will be cancelled. Can’t commit to an entire session? Drop-in’s are welcome ($40.00/class). To register, fill out a registration card at the Business Office or download the form at www.wichita.edu/heskett.

Call Sally Beckett at 978-5286 if you have any questions.

* Class is during first session only

** Class is during second session only

Intramurals: We Got It Going On!

Once again another semester has come to a close. That means intramurals as well has wrapped up for the Fall 2008 semester. Over the last four months, WSU Intramurals has offered a total of twenty three activities. Each of these activities enjoys maximum participation, great sportmanship and most importantly a fun and safe atmosphere. A special thank you goes out to all those students, faculty and staff that made this fall a great success.

As we gear up for another semester, intramurals will offer a total of fifteen events that appeal to the entire campus at Wichita State. The major team sports of basketball, bowling and softball will be the foundation with a number of individual/ dual events planned as well. A few of the new events for this spring include Punt, Pass and Kick, T-shirt Design Contest and a WU Shock dates will coincide with USD 259 spring break. The spring semester is almost here and now is the time to purchase or renew your membership if you purchased a membership for spring you can start coming in immediately. Fall memberships expire on January 18th. You might also want to consider purchasing a locker for the semester. Locker service allows you to keep things overnight in the Heskett Center Locker Room and it comes with towing service. Prices for locker rentals can be found at www.wichita.edu/heskett or call 978-3082.

Call Sally Beckett at 978-5286 if you have any questions.

* Class is during first session only

** Class is during second session only

Intramurals: We Got It Going On!

Once again another semester has come to a close. That means intramurals as well has wrapped up for the Fall 2008 semester. Over the last four months, WSU Intramurals has offered a total of twenty three activities. Each of these activities enjoys maximum participation, great sportmanship and most importantly a fun and safe atmosphere. A special thank you goes out to all those students, faculty and staff that made this fall a great success.

As we gear up for another semester, intramurals will offer a total of fifteen events that appeal to the entire campus at Wichita State. The major team sports of basketball, bowling and softball will be the foundation with a number of individual/ dual events planned as well. A few of the new events for this spring include Punt, Pass and Kick, T-shirt Design Contest and a WU Shock dates will coincide with USD 259 spring break. The spring semester is almost here and now is the time to purchase or renew your membership if you purchased a membership for spring you can start coming in immediately. Fall memberships expire on January 18th. You might also want to consider purchasing a locker for the semester. Locker service allows you to keep things overnight in the Heskett Center Locker Room and it comes with towing service. Prices for locker rentals can be found at www.wichita.edu/heskett or call 978-3082.

Call Sally Beckett at 978-5286 if you have any questions.

* Class is during first session only

** Class is during second session only

Intramurals: We Got It Going On!

Once again another semester has come to a close. That means intramurals as well has wrapped up for the Fall 2008 semester. Over the last four months, WSU Intramurals has offered a total of twenty three activities. Each of these activities enjoys maximum participation, great sportmanship and most importantly a fun and safe atmosphere. A special thank you goes out to all those students, faculty and staff that made this fall a great success.

As we gear up for another semester, intramurals will offer a total of fifteen events that appeal to the entire campus at Wichita State. The major team sports of basketball, bowling and softball will be the foundation with a number of individual/ dual events planned as well. A few of the new events for this spring include Punt, Pass and Kick, T-shirt Design Contest and a WU Shock dates will coincide with USD 259 spring break. The spring semester is almost here and now is the time to purchase or renew your membership if you purchased a membership for spring you can start coming in immediately. Fall memberships expire on January 18th. You might also want to consider purchasing a locker for the semester. Locker service allows you to keep things overnight in the Heskett Center Locker Room and it comes with towing service. Prices for locker rentals can be found at www.wichita.edu/heskett or call 978-3082.