**Lunch ‘N Learn**

The first lunch ‘n learn will be held this Wednesday, September 9th. Bring your lunch and learn what the USD Libraries have to offer. Lunch will be served from noon until 1:00 PM.

**Camp WU Shock**

The USD office will soon be sending out information about Camp WU Shock dates will coincide with USD fall break. Camp WU Shock is a family friendly program designed to keep children active and safe during the break. For more information please contact Student Health Services.

**American Red Cross Swimming Lessons**

Swimming lessons begin September 24th. For more information please contact Jessica at 978-5311.

**Belay Classes**

Belay classes are intended to demonstrate climbing safety and local climbing facilities. Belay classes are open to students age 18 and over who would like to learn how to climb outdoors or at any other indoor climbing facility. Classes are held on Wednesdays from 9:00 PM to 11:00 PM. To register, please contact the Heskett Center at 978-5311.

**Aquatics**

Thursday, September 30th will be the first week of registration for the Fall Aquatics session. For more information please contact Bob in the pool from 11:30 AM to 1:30 PM.

**Wellness**

Our first lunch “n learn will be held Wednesday, September 9th. Lunch will be served from noon until 1:00 PM. You are encouraged to come and learn more about Wichita State’s LIVESTRONG program. To register for lunch “n learn, please contact Laura Young at 978-5289 or email: laura.young@wichita.edu.

**Biking**

Wichita State Fitness & Wellness is on Facebook! "Like" us to see an inspirational quote related to fitness information, like distance, time, heart rate and calories burned, helps riders monitor their workout. Members find endless variety and personalities can get the heart pumping. Race against the seasonal flu or friends can ride in a side movement around the course. Riders can monitor their workout data, allowing you to track and analyze performance online anytime, anywhere. Leaderboards motivate riders to push themselves farther. You can check out your achievements in a virtual trophy room. Personal milestones are rewarded as virtual trophies to encourage members to push themselves farther. You can check out your accomplishments in a virtual trophy room.

**Fitness Gear Gets a Makeover**

The USD office will soon be sending out information about Camp WU Shock dates will coincide with USD fall break. Camp WU Shock is a family friendly program designed to keep children active and safe during the break. For more information please contact Student Health Services.