**Parent & Child Swimming Lessons**

The Heskett Center Aquatics Department is offering American Red Cross Parent & Child swimming lessons for children ages 6 months to 5 years during the month of July. Classes begin July 6th through July 29th and are on Tuesday and Thursday evenings from 7:00-7:30pm. Sign up at the Heskett Center by July 5th. For more information call Sheana at 978-5311.

---

**Therapeutic Massage**

Did you know? According to the 2010 National Health and Wellness Observances Calendar, July 18-24 is Every Body Deserves a Massage Week!!! Associated Bodywork and Massage Professionals (ABMP) is proud to sponsor Every Body Deserves a Massage Week every July. Call now, 978-3082 to schedule your massage.

**Benefits of massage:**
- Alleviate low-back pain and improve range of motion
- Lessen depression and anxiety
- Increase oxygen and nutrients in tissues and vital organs, improving circulation
- Relax and soften injured, tired, and overused muscles
- Reduce headache frequency

**Massage Prices:**
- For Students & Heskett Center Members
  - 30 minutes - $20.00
  - 60 minutes - $35.00
  - 90 minutes - $50.00
- For non-members of the Heskett Center
  - 30 minutes - $35.00
  - 60 minutes - $50.00
  - 90 minutes - $70.00

Check out www.wichita.edu/heskettcenter for more information on this service including a brochure with information about our professional massage therapists.

---

**Squash**

A few years ago the Heskett Center converted racquetball court #1 into a court where you could play racquetball or squash. Most of the time you will find court #1 in the “squash position” which means the glass wall has been moved forward and we have the “tin” placed on the wall.

Squash is fun and a great workout. The squash racquet is longer than a racquetball racquet and the ball is smaller and has less bounce than a racquetball. If you are interested in playing you can check out squash equipment from the equipment room free of charge.

**Listed below are the basic rules.**

- The serve is done by having at least one foot in the service box, then hitting the ball to the front wall, above the service line and having it bounce in the opposite quarter court. The receiver can stand anywhere as long as they do not interfere with the server. Only one serve is allowed. There is no second serve as in tennis.

- Your opponent has the option of volleying return your serve before it hits the ground. After hitting the front wall first, the ball may hit any other number of walls before landing in the opponent’s quarter court. However, a serve is illegal if it hits any sidewall before landing in the opponent’s quarter court. The serve is done by having at least one foot in the service box, then hitting the ball to the front wall, above the service line and having it bounce in the opposite quarter court. The receiver can stand anywhere as long as they do not interfere with the server. Only one serve is allowed. There is no second serve as in tennis.

- Your opponent has the option of volleying return your serve before it hits the ground. After hitting the front wall first, the ball may hit any other number of walls before landing in the opponent’s quarter court. However, a serve is illegal if it hits any sidewall before hitting the front wall! Following the serve, the ball can hit any number of sidewalls before hitting the front wall. The red lines mark the out of bounds of the court. So all shots must be below the lines. If the ball touches the lines the it is considered out!

- Scoring is to 11 or point-a-rally (PAR), where every rally is a point, regardless of who served. So if you serve and lose the rally, then your opponents get a point and gets to serve. The professionals play best of five games, PAR scoring to 11. Where the score reaches ten all, the game is won by two clear points.

---

**Fitness & Wellness on the Web**

We are on Facebook: Become a fan today!
Follow us on Twitter:

---

**Faculty, Staff & Alumni Summer Fitness Classes**

Summer session through July 22nd.

Classes Offered:
- MW ~ Yoga ~ 12:05-12:55 & 5:30-6:20
- TR ~ Boot Camp ~ 12:05-12:55
- TR ~ Aqua Lunch Bunch ~ 12:15-12:45*

Drop in Rate = $4.00/class