

★ FALL ★



★ 2019 ★

SOUTHWESTERN INTRAMURAL & RECREATIONAL ACTIVITIES

Intramural Sports

Intramural Sports provide an opportunity for participation in organized team and individual sports at various skill levels. A diverse schedule of team sports, in addition to individual tournaments and special events, allows students, faculty, staff and spouses to compete against others of similar skills in Men's, Women's, and Co-Rec divisions. The schedule of events for the semester is shown below and available on our web site (see the address at bottom of this calendar). SIRA encourages students to become active as participants, sport officials, and also as members of the Intramural Council. The Intramural Council assists with policy and program development and eligibility appeals. Visit our website or call 512-863-1606 for more information.

Outdoor Recreation

SIRA's Outdoor Recreation program provides the campus community with a variety of different opportunities each semester. Outdoor trips are scheduled each semester and include activities such as kayaking, caving, and rock climbing. Additionally, SIRA Outdoors provides a comprehensive resource center and gear checkout for the campus community. Through these programs, SIRA Outdoors enhances the wellness of the SU community through activities that incorporate exercise and healthy alternatives, knowing one's self, personal contribution, spiritual connection, knowledge and skill acquisition, human interaction and environmental awareness.

Fitness Programs

A wide variety of fitness/wellness opportunities are offered by SIRA. Research has repeatedly shown that regular physical activity reduces stress, increases your energy level, improves your overall health, and even helps you to sleep better! Please check the SIRA website or call 512-863-1665 for more information about each of these programs including Barre Above, Cardio Sculpt, Yoga, and Zumba.

Sport Clubs

A sport club is a recognized student organization formed by individuals with common interests in a sport or physical activity. These interests can be instructional, recreational, competitive, or some combination of all three. Although SIRA provides support and guidance, sport clubs should be student-initiated, student-led, and student-managed. Current sports clubs include: SU Cheerleading, SU Pom Squad and Indoor Bouldering Club. Call 512-863-1606 for more information.

Job Opportunities

SIRA employs over 50 students annually in a variety of positions that include: Sports Official, Intramural Supervisor, Publicity Assistant, Office Assistant, Sport Club Assistant and Equipment Manager. For more information call the SIRA Office at 512-863-1606.

Intramural Sports Calendar

Activity	Division	Entries Open	Entries Close	Play Begins
Grass Volleyball	M, W, CR	August 26	September 4	September 6
Flag Football	M, W, CR	August 26	September 5	September 9
Sand Volleyball	M, W, CR	August 26	September 5	September 12
Blacklight Dodgeball <small>(Co-Sponsored by UPC)</small>	M, W, CR	September 3	September 20	September 27
Jameson 5K Run*	M, W	Registration at www.jameson5k.com		October 5
Ultimate Frisbee	M, W, CR	October 1	October 16	October 21
Oball	M, W, CR	October 14	October 28	November 4
Pickleball	M, W, CR	October 14	November 4	November 11
Kassen Classic (3 on 3 BB)	M, W, CR	October 14	November 15	November 22

*Denotes an event with drop-in registration

Outdoor Recreation Calendar

Activity	Destination	Registration Opens	Registration Closes	Activity Date
Paddling & Caving	Cedar Pk/Gtwn	September 9	September 25	September 28

Information Tables:

12:00-1:00pm
McCombs Center Concourse
August 29 & 30
September 17 & 18
October 16 & 18
November 1 & 6

Socials & Clinics:

- **SIRA Social (Robertson Gym Foyer)**
Friday, August 30th @12:15pm
- **Flag Football Clinic (Rules)**
Tuesday, September 3rd @8:30pm
- **Flag Football Clinic (Field Mechanics)**
Thursday, September 5 @8:30pm



@suintramural



southwesternsira

www.southwestern.edu/life-at-southwestern/intramural-recreational-activities-sira/





Have Fun & Get Fit w/ SIRA!!

**Now registering for Fall 2019,
Space is limited so don't miss out...**

All of these classes offer a great workout and a chance to interact with your SU peers in a healthy, fun-filled environment. BIG FUN, small prices.

SIRA fitness classes begin the first week of the semester and continue until Fall Break.

If you are an SU student or faculty/staff member, you'll pay only \$20

to attend class one day per week for 6-7 weeks, that's only about \$3/class.

(note: Weight Room 101 is \$50 for 5 class sessions due to its small class size [only 2-3 participants])

Bring this flyer to any class listed (except WR 101) and try it once for free!!

Cardio Sculpt	Tues/Thurs at 12noon	Cardio Sculpt will use a variety of different class formats to incorporate circuit training, interval work, as well as the use of weights and bands to keep things new and challenging for participants.
Weight Room 101	Tues at 7:15am Thurs at 5:15pm	Meet once each week for 5 weeks in this small class setting (2-3 participants). At each session, participants will receive a 45 minute strength training program that includes warm-up/cool-down exercises
Yoga Class	Mon/Wed at 12:10pm and 5:15pm	Nurture and energize the entire self through the fusion of dynamic poses, breath work and deep relaxation. The practice of yoga encourages greater flexibility, strength, balance, self-awareness and tranquility.
Zumba Class	Thurs at 5:30pm	Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves. Zumba® fanatics achieve long-term benefits while experiencing an exciting workout of calorie-burning, body energizing movements!

Visit the SIRA website at <https://www.southwestern.edu/life-at-southwestern/intramural-recreational-activities-sira/fitness-and-wellness/> to register and/or learn more.

Questions? Contact Derek Timourian at timourid@southwestern.edu or 512-863-1665