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October
2018

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UB Recreation Newsletter

current topics >>>

REC Going Cashless

The University at Buffalo is moving towards being a cashless university and the Recreation Department is following this trend.

As of September 1, 2018, the Recreation Department is **no longer accepting cash payments** at three of our locations. The following locations will now only accept credit card, check or campus cash:

ALUMNI ARENA

Member Services & Pro Shop

CLARK HALL

Member Services

Message from the Director

Welcome to the first edition of the UB Rec Newsletter. We are excited to showcase the dynamic programs and services that we offer and highlight what makes us special and unique. Our Recreation mission is to “inspire sustainable, healthy and active lifestyles through campus and community engagement.”

Our newsletter will not only provide valuable information and updates, it will also introduce you to our staff, give you opportunities to share your feedback, and even qualify you to earn discounts and win prizes. I encourage you to read our newsletter, stay connected and get motivated to reach your wellness goals.

I look forward to seeing you around!
Sharon

We have fun. We play hard. We live well!



Sharon Sanford
Associate Athletic
Director for Recreation &
Sport Management

Facility Closures

Alumni Arena Pool Closures:

- Tues. 10/9 | Closed All Day
- Wed. 10/10 | Closed All Day
- Thur. 10/11 | Closed All Day
- Fri. 10/12 | Closed All Day
- Sat. 10/13 | Closed All Day
- Sun. 10/14 | 12pm - 2pm (*limited lanes*)
- Sun. 10/14 | 2pm - 5pm (*all lanes open*)
- Sat. 10/20 | Closed All Day

Jogging Track Closures:

- Sat. 10/6 | 5pm - Closing
- Thur. 10/11 | 12pm - 1:30pm
- Thur. 10/11 | 7:30pm - 9:30pm
- Fri. 10/19 | 5pm - 8:30pm
- Sat. 10/20 | 5pm - Closing
- Thur. 10/25 | 4:30pm - Closing
- Fri. 10/26 | 6pm - 7pm
- Sat. 10/27 | 10am - 5pm



more this month >>>

3rd Annual Glow Halloween Yoga

Yoga studios around the country are offering uniquely lit experiences to students, from rhythmic black light vinyasa to playful practices accompanied by rock beats and glow-stick necklaces and bracelets. Unlike a typical class in a lighted room, practicing in near darkness makes you more cognizant of your surroundings—your brain relies on heightened awareness from senses other than vision to process sensory information in order to stay balanced.

UB Recreation will be offering our 3rd Annual Glow Halloween Yoga on October 31st, 2018 from 5:00 PM – 6:30 PM in our new Yoga Room, 144 Alumni Arena. **This class is free and for UB Students only.**

At this special event, we will supply glow sticks, glow-in-the-dark paint, necklaces, and bracelets, so you can get decked out before class. Once you are glowing, you'll be ready to flow under black lights to the sounds of Halloween. **Space is limited for this unique class.**



A bit of glow, some sweat, some dance to techno, a bunch of yoga and a ton of FUN! We worked, we played, we laughed! UB students rocking at Glow Yoga Halloween style.



just keep swimming >>>

Aquatics Update

October continues to be a very busy time at both University swimming pools. During the month of October we are hosting the UB Women's Swimming & Diving team home opener against Cornell University on Saturday October 20th from 12-2PM, as well as the UB Swim Club's Fall Invitational that same afternoon from 3-5PM. Additionally, the Buffalo Area Aquatic Club will be holding their fall age group meet on Sunday October 14th, and the Wings Diving Clubs will also be hosting their annual Halloween Diving Meet on Sunday October 28th.

Registration for **Fall Session 2 Swim Lessons** will begin in mid-October and classes will begin in late October 2018 at both the Alumni Arena and Clark Hall swimming pools. New for our next session is the opportunity for instructors to be able to build confidence of even our youngest swimmers with the implementation of a teaching platform at our Alumni Arena facility.

As a reminder, for everyone's safety, please bring your ID to the pool with you. Thousands of gallons of fresh water has recently been added to both swimming pools. **Please help to keep the water as clean as possible by ensuring that all swimmers shower prior to entering our facilities and wear a swim cap.** New mats have been placed outside of the locker rooms to ensure that swimmers don't slip as they are entering the facility.

Questions? dominico@buffalo.edu

NEW Staff

Meet Roz, our new Assistant Director of Intramural Sports & Programs! Roz is no stranger to UB Recreation, as you may recognize her from her previous position as the weekend building supervisor at Alumni Arena.

October is Breast Cancer Awareness Month

With the month of October bringing autumn colors, candy and pumpkin spice flavors, we should also keep in mind that this month represents **Breast Cancer Awareness**. Breast cancer is one of the most commonly diagnosed cancers among American women. About 1 in 8 U.S. women will develop invasive breast cancer over the course of her lifetime. There are steps that every person can take to help the body stay as healthy as possible, such as eating a balanced diet, maintaining a healthy weight, not smoking, limiting alcohol, and exercising regularly. While these may have some impact on your risk of getting breast cancer, they cannot eliminate the risk. Early detection is very important. **Monthly self-breast exams and annual mammograms (recommended for women age 40 and over) are the key to early detection and increased survival rates.** UB Recreation was recently affected by breast cancer as one of our own, Associate Athletic Director Recreation and Sport Management, Sharon Sanford, was diagnosed with stage 2B breast cancer last fall. After a rigorous treatment plan, and the incredible support of her family, friends and colleagues, Sharon won her fight this past summer and is cancer free!