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UB Recreation Newsletter

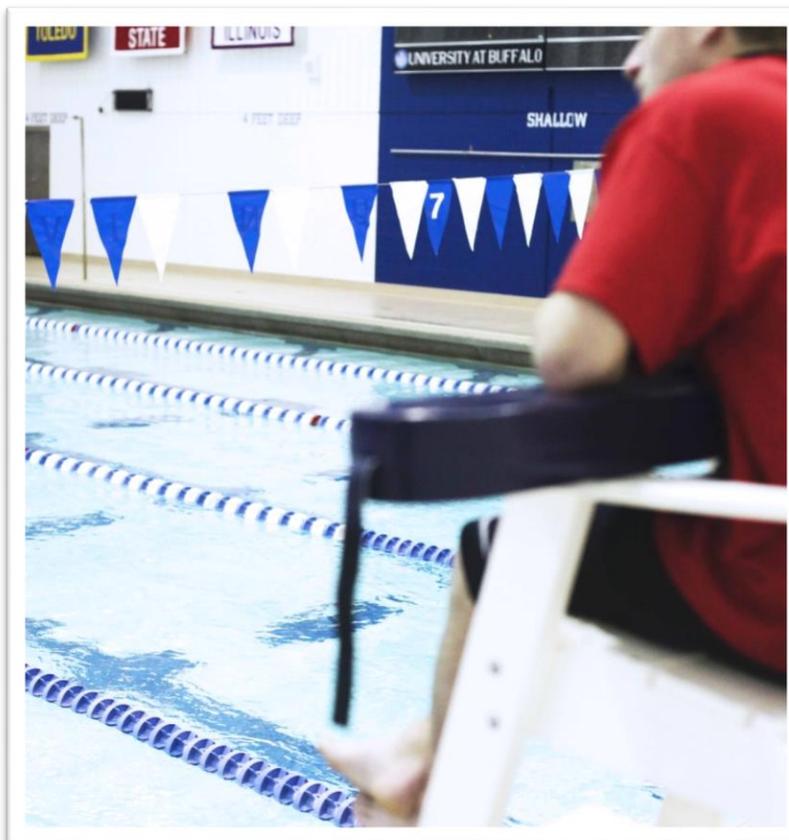
Open Swim

<<< april showers

When you jump into the pool, everything gets a workout. Swimming strengthens your core, raises your heart rate, and engages nearly all the muscles in your back. According to the American Council on Exercise, buoyancy reduces your body weight by 90 percent. This makes swimming a terrific option for people of all ages and skill levels.

Are you taking advantage of our Open Swim opportunities?

When you arrive, you will surrender your UB ID, and be prepared to show your daily “ok to come to campus” attestation at the first aid station. There are locker rooms located adjacent to the pool deck for changing, however, please bring your personal items out on the pool deck with you. You can store your items in the bleachers. Lockers are not available this semester. Lanes are marked off by speed in the recreation portion of the pool. Please find a lane that best fits your speed. At this time, 2-3 people swim per lane. Also, swim caps are on sale at Member Services, 175 Alumni Arena, between 7am and 5pm Monday-Friday, and 11am-5pm on Saturdays.



Open Swim Schedule: Spring 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ALUMNI ARENA	7:30AM-9:00AM	7:30AM-9:00AM	7:30AM-9:00AM	7:30AM-9:00AM	7:30AM-9:00AM	7:30AM-9:00AM	CLOSED
	11:00AM-1:00PM	11:00AM-1:00PM	11:00AM-1:00PM	11:00AM-1:00PM	11:00AM-1:00PM	11:00AM-1:00PM	
	4:30PM-7:00PM	4:30PM-7:00PM	4:30PM-7:00PM	4:30PM-7:00PM	4:30PM-7:00PM	4:30PM-7:00PM	
CLARK HALL	3:00PM-4:00PM	3:00PM-4:00PM	3:00PM-4:00PM	3:00PM-4:00PM	3:00PM-4:00PM	CLOSED	CLOSED

Make It Hard for Viruses to Spread



- **Wash your hands often with soap and water for at least 20 seconds.** If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash; or cough or sneeze into your upper sleeve, not your hands.
- Clean and disinfect frequently touched objects and surfaces within your normal surroundings.
- Check with your healthcare provider whether obtaining the annual flu vaccine is advisable for you.
- Stay home if you are sick or have flu-like symptoms.

Stretch at your Desk

By: Roz Dominico

These 10 stretches you can do at your desk will keep you bendy, get the blood flowing, and have you feeling good. Like yoga at your desk!

- 1. Rubber Neck:** Sit up tall and drop your right ear down towards your right shoulder (you don't have to touch it!) and hold for a few seconds and repeat for the left side.
- 2. Reach for the Stars:** Interlace your fingers and reach up towards the sky, as high as you can keeping your palms facing up towards the ceiling.
- 3. Look Around:** Turn your head the left and try and look over your shoulder and hold for a few seconds repeat on the right.
- 4. Bobblehead:** Drop your chin down towards your chest and GENTLY roll your head from side to side.
- 5. Shrugs:** Raise both shoulders up towards your ears and hold for a few seconds and release. Repeat a few times for good measure.
- 6. Chest Opener:** Bring your hands behind your back, press your palms together, sit up tall and hold for 5-10 seconds.
- 7. Seated Toy Soldier:** Sit up tall and extend your right arm all the way up towards the ceiling. Straighten your left leg out and raise it up as you bring your right arm down and try to touch your left foot. Do 8–10 on each side.
- 8. Knee Hugger:** With a bent knee, lift your right leg up and grab it with your arms and pull it in as close to your chest as you can. Hold for 5–10 seconds and make sure and do it on the left side as well.
- 9. Reach and Bend:** Extend your right arm over your head and reach out as far as you can to the left and gently bend over. Hold for a few seconds and do it the other way.
- 10. Knee Press:** This one stretches out the glutes. With your right ankle on your left knee, gently press against the right knee a few times. Of course, after you're done with the right side, be sure and give the left side some attention.

<<< let's get virtual

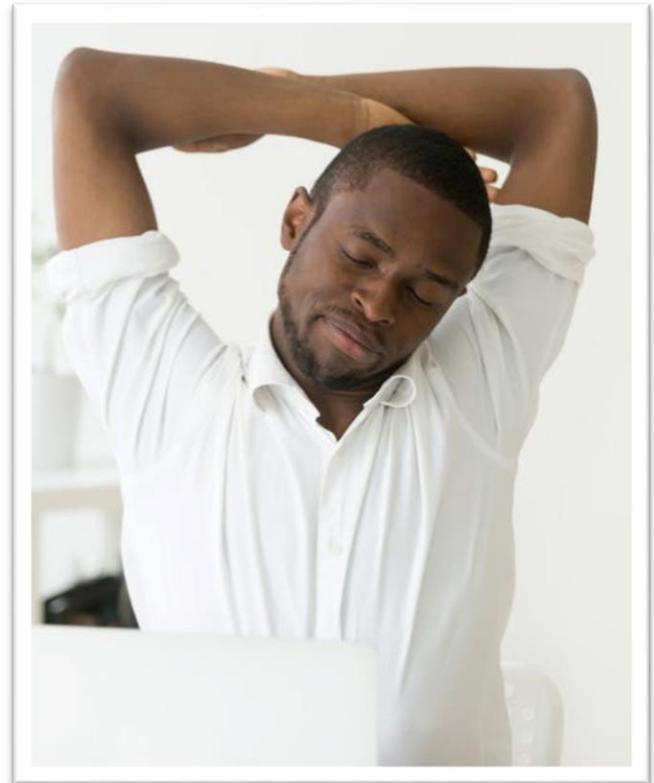


Photo obtained from advil.com

UPDATE! Kunz Field and the Ellicott Tennis Courts on North Campus will be available for open recreation use beginning Monday, 4/12. Please remember to wear masks at all times and maintain a distance of 6 ft. between other participants.

Kunz Field Hours	Tennis Court Hours
Mon, Wed & Fri 11:00 AM - 6:00 PM Tues & Thur 11:00 AM - 4:00 PM	Mon - Fri 11:00 AM - 6:00 PM