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### *in this issue*

*Open Swim General Policies*  
*UBRec Yoga Room*  
*@bullsteamshop*  
*CPR Training*  
*Other Updates*



# **BUFFALO**

**buffalo.edu/recreation**

# UB Recreation Newsletter

### *current topics >>>*

## *Did You Know?*

UBRec has a Yoga Room?! We converted a racquetball court into a NEW Yoga Studio.

This room features mood lighting, sound barriers and a beautiful hand-painted mural!

Come check it out during any of our Group Fitness Yoga Classes this semester.

## *Open Swim General Policies*

UB Aquatics strives to provide safe, comfortable, and professional aquatic programming for the State University of New York at Buffalo students, faculty, staff, alumni and community members.

Swimming and Water Safety are important skills for the members of the Buffalo community. UB Aquatics is determined to ensure that those who live in and around the Buffalo community have the knowledge and skill to enjoy aquatic environments safely.

Open Swim is popular at Alumni Arena and Clark Hall. UBRec has general policies for using the pools on both north and south campus, which include requiring swimmers to shower before entering the pool. Also, swimmers must wear a swim cap when their hair exceeds the length of 1 inch!

Be informed and come prepared, for a full list of our Aquatics Policies, visit our website: <http://www.buffalo.edu/recreation/services/aquatics.html>



more this month >>>

# @bullsteamshop

The Bulls Team Shop is on Instagram! Be sure to follow us for your chance to win FREE gear and stay up-to-date on sales, promotions and new apparel. #ubhornsup



become a lifesaver >>>

## CPR and First Aid Training

Effective CPR provided by a bystander in the first few minutes of cardiac arrest can increase the chances of survival by 2x or 3x!

We offer CPR and First Aid Training at Clark Hall on UB South Campus. Classes are held on select Monday evenings, Tuesday evenings and Saturday mornings, depending on the type of class being offered.

### Basic Life Support (BLS) classes offered:

- Monday | 6:00pm - 10:00pm
- Saturday | 9:00am - 1:00pm

### Heartsaver CPR/AED classes offered:

- Tuesday | 6:00pm - 10:00pm



## Membership?

Considering a gym membership? Look no further than UB Recreation for your fitness needs...

To purchase a Recreation Membership, please visit either of our Member Services offices during regular building hours.



## Fitness Fun Fact:

**Stretching is for more than just athletes.** Stretching increases blood flow, boosts oxygen levels & helps deliver nutrients to your muscles. It also removes metabolic waste such as carbon dioxide, ammonia and uric acid!