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MARCH
2020

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UB Recreation Newsletter

spring forward >>>

Daylight Saving

On Sunday, March 8, most Americans will push their clocks forward an hour, as daylight saving time begins.

In November, daylight saving time will end and we'll set the clocks back an hour. These spring and fall clock changes continue a long tradition started by Benjamin Franklin to conserve energy.

By moving clocks forward, people could take advantage of the extra evening daylight rather than wasting energy on lighting. At the time, Franklin was ambassador to Paris and so wrote a witty letter to the Journal of Paris in 1784, rejoicing over his "discovery" that the sun provides light as soon as it rises.

Don't forget to change your clocks!



Spring Break Hours

Alumni Arena and Clark Hall will follow Break Hours starting Saturday, 3/14 through Sunday, 3/22. Regular semester hours will resume on Monday, 3/23.

SUN	MON	TUE	WED	THU	FRI	SAT
1 Alumni Arena Pool CLOSED	2 Alumni Arena Pool CLOSED 7:15 AM - 8:30 AM	3 Jogging Track CLOSED 5:00 PM - 10:00 PM Parking Limited Go Bulls!	4	5	6	7 Jogging Track CLOSED 12:30 PM - 4:30 PM Parking Limited Go Bulls!
8	9	10	11	12	13	14 BREAK HOURS BEGIN
15	16	17	18	19	20	21
22	23 REGULAR HOURS RESUME	24	25	26	27	28
29	30	31	<p>Spring Break hours are in effect Saturday, 3/14 - Sunday, 3/22.</p> <p><i>Regular semester hours resume on Monday, 3/23.</i></p>			



spring savings >>>



Bulls Team Shop Deals

The time for amazing deals is here! Nike, New Era and more up to 40% Off. Come get that apparel you've been eyeing up all semester and keep your wallet happy. Hats, T-Shirts, Slides, Sweats – you name it, we have it!

Regular Hours		Break Hours (03/16-03/22)	
Monday	11AM-8PM	Monday	12PM-4PM
Tuesday	11AM-8PM	Tuesday	2PM-6PM
Wednesday	11AM-8PM	Wednesday	12PM-4PM
Thursday	11AM-8PM	Thursday	2PM-6PM
Friday	11AM-8PM	Friday	12PM-4PM
Saturday	12PM-4PM	Saturday	CLOSED
Sunday	CLOSED	Sunday	CLOSED

For more information about the Bulls Team Shop, visit our website www.buffalo.edu/recreation/services/bullsteamshop and follow us on Instagram



Work for UB Rec!

<<< apply today

UB Recreation is home to various activities and programming. We are always looking for the best of the best to work with us and enhance what we do! If you're a UB student looking for summer or fall employment, don't forget to check out all of our employment opportunities... We are currently hiring students for the following positions:

- Fitness Center Monitor
- Group Fitness Instructor
- Lifeguard
- CPR Instructor
- Sales Associate
- Intramural Sports Official

Head over to our website for more details about our employment positions - <http://www.buffalo.edu/recreation/about-us/employment-opportunities.html> - and to fill out an application.