

Individual athletics also exist at Capitol

Rob's Reaction

A Sports Editorial
by Rob Rejmaniak



Much of the information printed in my sports section throughout this semester has been dedicated to the team sports here on campus. This being my last article with the *Capitol Times*, I would like to shed some light on sports activities available for those who do not have time to commit themselves to a team, but still enjoy sports and competition.

For those who enjoy tennis, there are six outdoor tennis courts located in two separate areas on campus. Three are positioned across from the University Apartments and the others are situated behind the dorms near the Student Center.

Students interested in playing basketball can use the gymnasium when the basketball team is not practicing. Starting Jan. 16, the team will practice from 3:30 p.m. to 5:30 p.m., but this may be subject to change. For example, on game days, the team may play a night game at 7:30, but will not hold practice during the afternoon.

If the weather is suitable for outdoor sports, the campus has much to offer. Three outdoor basketball courts are located on campus, one next to the tennis courts near the University Apart-

ments and the others next to the tennis courts behind the dorms. Also, there is a basketball basket and backboard in the People's Park in Meade Heights.

Volleyball lovers can get their fill by calling the Meade Heights office to make use of the volleyball court located in the People's Park, or the Wrisberg office to obtain the equipment to use at the court behind the dorms.

When weather gets too cold for

outdoor activities, the Multi-Purpose Building offers a number of options. Racquetball courts are available for use seven days a week. From Monday to Friday, three courts can be reserved up to two days in advance, with a fourth court, a challenge court, open at all times. On weekends all four courts are reserved, but are available from 8:00 a.m. to 10:00 p.m. on weekdays and from 2:00 p.m. until 9:00 p.m. on weekends.

Aerobic classes are also held in the building (on the second floor in the Multi-Purpose Room)—during the day for senior citizens, and at night for others. The daytime senior citizens' classes are private and run by an outside organization. The night classes, held every Tuesday and Thursday evening from 8:00 p.m. to 9:00 p.m., are for all who wish to participate and are run by a student on campus. Those interested should contact Rita Weyant. Both men and women are welcome.

When the Multi-Purpose Room is not holding aerobics it is open to any student. The room contains wrestling mats, mirrors for karate students, two boxing bags a balance beam, a set of parallel

bars, a climbing rope, and a horizontal ladder.

Next to this Multi-Purpose Room is a weight room. The weight room may not be an Olympus Spa, but has more than enough equipment for the most avid of weightlifters.

It is important to note that the Multi-Purpose Building and its facilities are open only to those who carry a valid Penn State ID. During finals week and for the first two weeks of the spring semester, the building will only be open from 8:00 a.m. to 5:00 p.m.

Also available in the Multi-Purpose Building are three ping-pong tables. Equipment for these tables can be obtained by presenting a valid Penn State ID card at the gym office.

Other fitness clubs on campus include the Road Runners club and the Outdoors Club. People interested in hiking and skiing should get in touch with the Outdoors Club through Bud Smitley in his gym office. Those interested in the Road Runners club should also contact Bud Smitley for information.

Now, let it not be said that there is nothing available to the individual athlete on campus.

**MCAT classes in
Harrisburg start Feb 4th!**

MCAT DAT



Call Days Evenings & Weekends
Stanley H. KAPLAN (717) 236-8117
833 N. 13TH STREET
ALLENTOWN, PA 18102
Educational Center

DAT classes in Allentown.
Register EARLY to reserve your
place in class!

Karen Linta's Pass It On Shop
2159 W. Harrisburg Pike
Middletown, Pa 17057
Phone 944-1052

Quality used clothing for all ages Visit clearance rack--1/2 price

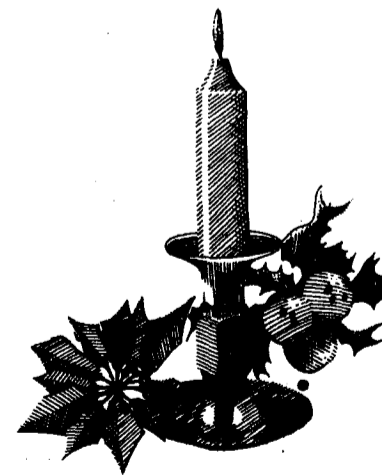
Wednesday nite is CAMPUS NITE!!!

League Bowling Open and Party Bowling
FREE SHOE RENTAL



Middletown Lanes
944-9991

Merry Christmas and Happy New Year



From AMP to the staff and
students of Capitol Campus