A Message from the Director
By Jim Toner

The summer is upon us and we welcome the warm, sunny weather after the long winter we experienced. With this warm weather comes more opportunity to exercise outside. We recognize this however the silver lining is that this is a great time of year to make use of the FRC with few distractions and when things are less busy providing for great access to equipment and programs. And new this year is the offering of short-term memberships for both 3 and 6 month time frames (see related article in this newsletter). If you know of someone that is visiting for the summer and/or just coming back to the area, please let them know that short-term memberships are now available at the FRC. Thanks!

Several other initiatives are taking place as well that we want to make you aware of. For example, for the past several months we have been working with a consulting firm to identify the needs of both UMF Athletics and the Fitness and Recreation Center. Special thanks to members that took part in focus meetings and/or provided feedback to help us with this effort. We anticipate a report within the next few weeks that will assist us in mapping a road to the future. Much work was also undertaken in analyzing and restructuring our membership rates related to budgetary needs. Effective July 1 our membership rates will reflect an increase for only the second time since the facility was constructed in 1992. See “Membership Rates” article in this newsletter for more detail.

Other items of interest include the hiring of a replacement for Katie Herbine, PHE Coordinator and Women’s X-C Coach; a generous donation of a large video screen and associated hardware for the lobby area by University Credit Union; our head custodian (Nick Richards) advancing to another position on campus come mid July; summer daze camps quickly approaching; a new teen excursions program this summer; and shut down week is scheduled for the week of August 18-22. Check out our web site at http://frc.umf.maine.edu for up to the date information.

Special points of interest:
- Short-term memberships (New)
- Membership rate change
- Summer Daze Camp
- Teen Excursions (New)
- Membership Orientations (New)
- Summer Hours

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Nick Richards - Thank You and Best Wishes!

For more than 8 years Nick Richards has been working the evening shift doing building and grounds maintenance at the FRC. He has just recently accepted a new position with Facilities on campus starting around the middle of July. We appreciate all the cleaning and maintenance Nick has done over the years to ensure the building is ready for opening the next day. Few of us get to see Nick in person but clearly have seen the results of his efforts. Thank you Nick and best wishes.

Katie Herbine—Thank You and Best Wishes!

Congratulations to Katie Herbine who has accepted a new position at the University of Maine. Katie has worked for the past two years at the FRC as the coordinator of the first-year physical fitness program and as head women’s X-C coach. We will miss her, but wish her all the best in this new endeavor.
University Credit Union Donates Presentation Display System

A very special thank you to University Credit Union for the generous donation of a large screen TV, hard drive and associated hardware now mounted in the lobby of the FRC. This UCU donation will allow us to provide up to the minute announcements and information to members about FRC programs and opportunities. We are grateful and appreciative of this donation!

Mission Statement
The mission of the Fitness and Recreation Center is to offer a wide variety of high quality programs, events, and opportunities in a safe environment to improve the health, fitness and well-being of members of the university and local community while providing a hands-on, positive learning environment for student employees.

Teen Excursions

- Tumbledown
- Aquaboggan
- Funtown
- Old Orchard Beach
- Acadia National Park
- Kennebec Canoe Trip

Teen Excursions
The UMF Fitness and Recreation Center is pleased to announce the introduction of a new program designed for children ages 13-18. In an effort to offer recreational opportunities for this age group, we bring you Teen Excursions! The excursions are bus or van trips to various locations. We have planned a mix of adventures from hiking Tumbledown Mt. to hitting the water slides at Aquaboggan. There is something for everyone. Sign up for one or all of the trips. Payment will be due one week prior to the trip date. For more information please contact the FRC’s Summer Camps Coordinator, Leah Brackett 778-7138.

Summer Daze Camp
Children ages 6-12 will enjoy another fun filled summer with the FRC’s Summer Daze Camp. The 6 session program will begin on June 23 and will end on August 8 (we will take off the week of July 4). Theme weeks include: Double Dare, Super Heroes, Sandy Safari, Splish Splash, Campers Idol, and Wacky Olympics. We will be offering field trips to York’s Wild Kingdom, Funtown, Maine Wildlife Park, Aquaboggan, and Reid State Park. We will also enjoy some local field trips, games at Prescott Field, arts and crafts, and FRC pool time. Camp hours are 9am – 4pm with field trip days typically requiring an early start of 7:30am. We hope that your children will join us again or even for the first time. Our dedicated staff will be sure to provide your child with a summer camp experience to remember.

New and Current Member Orientation
The FRC is offering equipment orientation sessions for both new and current members. Please be sure and take advantage these free orientation sessions by simply contacting Tricia Thomas at 778-7505 or tricia.thomas@maine.edu to schedule an appointment. You will be given hands-on demonstration of proper use of our selectorized and cardio equipment, as well as guided through how to adjust and utilize the equipment to help enhance your workout regime or current program.

Aquaboggan Trip 2007

Short-term Memberships Now Available
We are pleased to announce that for the first time 3-month and 6-month membership options are now available. An individual 3-month membership can be purchased for $66 and 6-month for $99. The memberships can be purchased at the front desk and are effective either 3 or 6 months from the date of purchase. Initial feedback to this new option has been positive, particularly for those visiting for the summer. Pass the word!

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Summer Daze Camp Offering Extended Care
Another fun filled summer is planned for our Summer Daze Camp participants. Camp will begin on June 23 and run for 6 weeks. New this summer is an extended care program that will run from 7:30am – 9am and 4pm – 5:30pm in order to accommodate parents work schedules. Summer Daze Camp counselors will offer games, arts and crafts, outdoor activities, and some free time to our participants. To sign-up, just indicate that you are interested by checking the box on the Summer Daze Camp registration form. The extended care program costs an additional $20/week regardless of day or time restrictions.
General Water Safety Tips

Did you know that children under 5 years old and young adults 15-24 years old have the highest rates of drowning? As frightening as the risk of drowning is, it can usually be prevented.

Watching Children Around the Water:

- Maintain constant supervision of children in the water at all times.
- Stay within an arm’s reach of an inexperienced swimmer while he or she is in the water.
- Do not rely on substitutes. The use of flotation devices and inflatable toys cannot replace parental supervision.
- Teach your child not to go near the water without you.
- Prevent access to water features, such as small ponds and waterfalls.
- Empty kiddie pools immediately after use.
- Use safety locks on toilets and keep bathroom doors closed and toilet bowl covers down if there are small children in your home.
- Empty cleaning buckets immediately after use.

Safety Tips for Everyone:

- Always swim with a buddy; never swim alone
- Watch out for the “dangerous too’s”- too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Set water safety rules for your family based on swimming abilities (for example, inexperienced swimmers should stay in water less than chest deep.)
- Be knowledgeable of the water environment you are in and its potential hazards, such as deep and shallow areas, currents, depth changes, obstructions and where the entry and exit points are located. The more informed you are, the more aware you will be of hazards and safe practices.
- Use a feet-first entry when entering the water.
- Enter headfirst only when the area is clearly marked for diving and has no obstructions.
- Do not mix alcohol with swimming, diving, or boating. Alcohol impairs judgment, balance and coordination, affects your swimming and diving skills and reduces your body’s ability to stay warm.

Membership Rates Change Effective July 1st

Membership Rates to Increase July 1st For Only Second Time

We are all aware of the increased costs in both our work and personal settings and only need to pull up to the gas pump to feel the impact of the times. The Fitness and Recreation Center is not exempt from being impacted by increased operational costs. We have reached a time where we need to increase our membership rates, which will represent only the second increase since the facility was constructed in 1992. The last increase was in 2002. Memberships are critically important to the FRC budget and in fact a necessity. Only after careful review and consideration of all available data was the decision made to increase rates.

A new membership rate sheet has been enclosed in this newsletter. You will notice several changes including: the new rates for memberships; the offering of short-term memberships; no change to daily visit rates; a change in the Heartime Plus program to “short-term membership”; and clarification of fees for students.

Please see the enclosed information sheet for more detailed information.

News from the Aquatics Department

HAVE
A
SAFE
SUMMER
Summer Hours

May 18 — September 1

Sunday 10am—9pm
Monday—Thursday 5:30am—9pm
Friday 5:30am—7pm
Saturday 8am—7pm

Pool Hours—opens 1/2 hour after the facility opens and closes at 8:30pm Sun.-Thurs. and at 6:30pm Fri. and Sat.

July 3 Close at 6pm
July 4 Closed
August 18-22 Closed for cleaning
September 1 10am—9pm

WE'RE ON THE WEB!
VISIT US AT
FRC.UMF.MAINE.EDU

HEADS UP!

• Visit our improved and continuously updated website at http://frc.umf.maine.edu for all program information.
• Pre/Post Natal Water Exercise Tuesdays at 6pm. Free to members and $5/class or $25/6 classes for non-members.
• Recreational basketball Mondays, Wednesdays, and Fridays 12-1pm. Free for members; $2 for non-members. Drop in and join us!
• New 3-month and 6-month memberships now available!
• New Membership Orientation
• Shut down week (facility cleaning) this year is August 18-22.