Join us for some fun in the sun!

**What:** 4-on-4 Sand Volleyball

**Where:** Village Sand Court

**When:** June 7th – 30th Mondays & Wednesdays Starting at 5:00pm

**Who:** faculty, staff, & students

**Sign up by June 3rd!**

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**Letter from the Director**

Happy Un-official summer! Now that Memorial Day has come & gone, it’s time to think about all the fun things to do this summer. I challenge everyone to have some fun on campus by participating in the Wednesday Ice Cream Socials & Games on the UC Lawn or Intramural Sand Volleyball League (open to all WCU community). For members that want some fitness fun, we’ll have Group X classes throughout the summer too!

In addition to formal programming, we’ll also have some fun activities like noon basketball every Monday, Wednesday, & Friday at the CRC (members only). For those who like to get outside and run (or walk) a group will be meeting outside the CRC at 5:15pm on Tuesdays and Thursdays for a jaunt around campus (non-members welcome).

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**Save the Date!**

**Whee♥Quitters:**

**June 7th**

Smoking cessation program - sign up in the CRC Main Office

**CPR Class:**

**June 21st**

Adult, child, and infant – sign up at the CRC Main Office

**Member Appreciation:**

**July 14th**

Enjoy goodies in honor of our wonderful members!
Long-term Lockers Issued June 1st

To all patrons who put in requests for long-term lockers, the issuing process began June 1st. If you are the next individual on the waiting list, Jonathan Sasser will contact you to pick up your locker key. You have one week to pick up the key or it will be forfeited to the next individual on the waiting list.

StressFREE CulloWHEE

On April 29th, students enjoyed massages, acupuncture, pet therapy, and relaxing on hammock lane during the annual StressFREE CulloWHEE event sponsored by the Emotional and Mental Health Committee and CLAW.

Group X – June Schedule

The June Group X schedule is available on our website at reccenter.wcu.edu. The June schedule runs until July 2nd and you may sign up at any time. The cost for June classes is $5.00 and includes everything on the schedule. You can register in the main office during normal operating hours or after hours with a CRC Supervisor.

Gym Floor Gets Refinished

Thank you for your patience during the May 24th – May 28th shutdown. During the shutdown, the gym floor was repainted and refinished. The gym area has now reopened and we invite you to enjoy the newly refinished floor.
Meet our new C.L.A.W. officers for 2010 - 2011

Pres, Josh Gilchrist
Vice Pres, Mindy Smith
Secretary, Emily Brandt
Treasurer, Olivia Lynch
PR/Marketing, Shaadia Moore

Summer Hours of Operation

Campus Recreation Center
June 1st – August 6th, 2010
Monday – Friday 6:00am – 8:00pm
Saturday 9:00am – 12:00pm
Sunday 5:00pm – 8:00pm

Reid Pool
June 14th – August 6th, 2010
Monday – Friday 6:00am – 8:00am
12:00pm – 1:00pm
3:00pm – 5:00pm
Saturday 10:00am – 12:00pm
Sunday 5:00pm – 7:00pm

Reid Pool does not open until June 14th due to the Steam Plant shutdown.

Angie’s Grilled Vegetables

Summer is a great time to take advantage of fresh vegetables and grilling them is one of our favorite ways to prepare them. Yellow squash, zucchini, and red peppers work really well and are easy to prepare:

Soak sliced veggies in Newman’s Own Olive Oil and Vinegar salad dressing for about 30 minutes (or as little as 5) before cooking them on the grill. We use an open grilling pan but any skillet should work. Grill to desired tenderness and serve hot with your favorite meal.
Congratulations!

Member of the Month

SHAWNA YOUNG, the Director for Outreach and Assessment in the Division of Student Affairs, was born in Maine but raised in Vermont. She joined WCU in August 2008 and has been working out ever since winning a free membership in September of 2009. She doesn’t have a favorite workout but rather, finds working out in general really fun. Shawna feels that being 40 something brings a certain perspective and allows her to think of health and wellness in a manner she wasn’t able to when she was younger.

Rec Assistant of the Month

EMILY BRANDT is an Emergency Medical Care and Prevetinary major from Cary, NC. She has been exercising regularly since she was 15 and says Power Pump is her favorite workout. Emily prefers to work out in the early morning so that she is energized for the rest of her day. She enjoys the friendly atmosphere at Campus Recreation & Wellness and the opportunity to provide help to the CRC members. In addition, Emily has been very active in C.L.A.W. and will spend the 2010-2011 year as an officer in the organization.