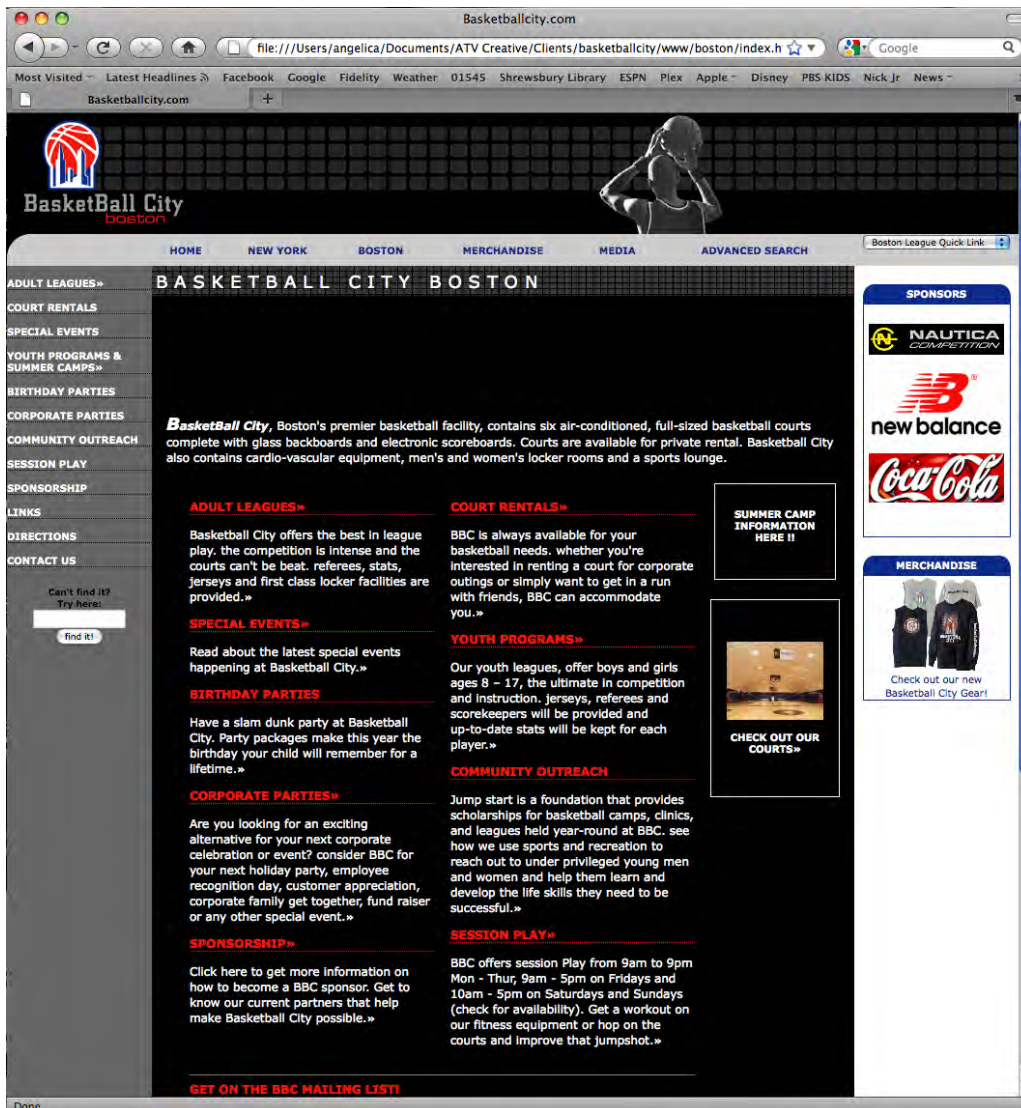
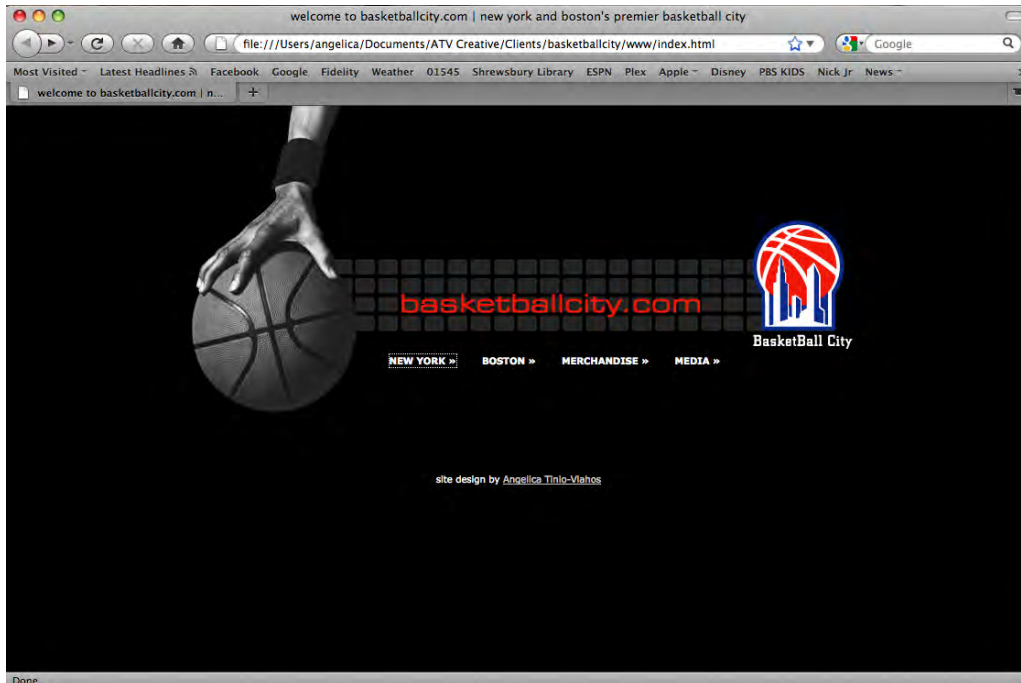


Website Design



Website Design

Welcome to the Boston College Flynn Recreation Complex

file:///Users/angelica/Documents/ATV Creative/Clients/Boston College/website/bc.edu/indexnew.html

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Welcome to the Boston College Fly...

FLYNN RECREATION COMPLEX


About Us Aquatics Club Sports Fitness Group Fitness Instructional Intramurals Member Services Youth

Hours


- Monday-Thursday
6:00am - 11:45pm
- Friday
6:00am - 10:45pm
- Saturday
9:00am - 8:45pm
- Sunday
9:00am - 10:45pm

*Please check the monthly schedule for any changes. [Detailed Schedule](#)


search



EAGLES RECREATION




BOSTON COLLEGE OFFICIAL WEBSITE



Learn more about **WILLIAM J. FLYNN**

To view many of our forms and schedules you will need to have Adobe Acrobat Reader installed on your computer.

Get Adobe Reader



LATEST NEWS

HOURS

The Plex will be closed Thursday November 22 to Saturday November 24 in observance of the Thanksgiving Holiday.

GROUP FITNESS

There will be no classes after 2:00 pm on Tuesday, November 20 through Sunday, November 25 in observance of the Thanksgiving Holiday. The regular schedule will resume on Monday, November 28.

Plex Hotline

617.552.3035

Jogging Routes

Need a new one? Try one of ours [GO](#)

Raquet Sport Search

Looking for a partner? Let us help [GO](#)

SUGGESTIONS

Name:

Email:

@bc.edu

Phone:

xxx-xxx-xxxx

Comment:

Enter your suggestion here.

updated on:11-10-07

Rec Plex Hotline: 617.552.3035

GREAT PEOPLE, GREAT PROGRAMS, GREAT PLACES...

Done

BC Rec Plex | Aquatics at the Plex

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BC Rec Plex | Aquatics at the Plex

AQUATICS

About Us Aquatics Club Sports Fitness Group Fitness Instructional Intramurals

AQUATICS

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AQUATICS AT THE PLEX

The Boston College Pool has been open for over 30 years. It is a place where patrons have been coming to recreate, swim laps, compete, and participate in our wide array of aquatic programs. There is a complete list of [pool, diving well, and spa rules and regulations](#). Please keep in mind, that the rules are designed to promote health, sanitation, and safety, as well as a pleasant and enjoyable experience for all of the pool users. Some general information is listed below, as well as some items that have concerned patrons in the past.

The Management is always happy to hear your suggestions. Please feel free to leave written comments at the "How Are We Doing" box in the lobby, the Aquatics Office or with the attending Lifeguards. Thank you and enjoy!

JUST THE FACTS

MAIN POOL

- Length: 25 yds
- Depth: 3 ft to 5 ft
- 72 lengths (26 laps) equal 1 mile
- Temperature: 82 degrees (80-84 range)
- Please check [pool schedule](#) for the correct open lap swim lanes

DIVE WELL

- Depth: 12ft in the middle
- Temperature: 82 degrees (80-84 range)
- 2 one-meter diving boards
- 1 three-meter diving board
- To be used only for: diving, water therapy (aqua jogging, treading), or water basketball

SPA

- Temperature: 104 degrees
- Max time allowed in spa: 15 minutes
- Must be 16 years or older to use

OTHER USEFUL INFORMATION

- The Lifeguards are in charge of all operations on the deck. Please see them if you have a question or problem.
- Any patron who wishes to bring more than five guests in to use the pool (such as for a birthday party) should submit a [space request form](#).
- Please make sure to check out our [pool rules](#) before your first visit.

Contact Info

Caitliona Taylor
Manager, Aquatics & Campus Clinics
plexpool@bc.edu
617.552.8204

Pool Status

The pool and spa are open for use. Please see [schedule](#) for times.

Swim the Outer Banks

Enter for fun, challenge yourself, or compete with a friend to see who can swim the most! [More info](#)

updated on:3-9-2007

Rec Plex Hotline: 617.552.3035

Website Design

Year Up: Closing the Opportunity Divide

http://www.yearup.org/index.htm

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Year Up: Closing the Opportunity ...




ABOUT US
LOCATIONS
GET INVOLVED
APPLY
ALUMNI



Year Up's mission is to close the Opportunity Divide by providing urban young adults with the skills, experience, and support that will empower them to reach their potential through professional careers and higher education.



ALLURE MAGAZINE FEATURES 24 YEAR UP NEW YORK STUDENTS IN ITS SPECIAL MAKEOVER ISSUE. [Click here to read more!](#)

Students



CLASS of 2009
Bestie

Jelani Lynch
Help Desk Associate, W.B. Mason

Year Up is a one-year, intensive training program that provides urban young adults 18-24, with a unique combination of technical and professional skills, college credits, an educational stipend and corporate internship.

Our success is our graduates – enabling them to move on to full-time employment and higher education. Year Up is about providing opportunities for urban young adults to demonstrate their true potential. We have achieved excellent results to date:

- 100% placement of qualified students into internships
- 95% of interns meet or exceed partner expectations
- 84% of graduates placed in full or part-time positions
- \$15/hr average wage at placement

Source: 2008 - 2009 organization-wide results.



VOTE WEEKLY FOR YEAR UP AND HELP US WIN \$200,000 TO CLOSE THE OPPORTUNITY DIVIDE

MEMBERS PROJECT

VOTE ON FACEBOOK

VOTE ON TAKE PART

LEARN MORE

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DONATE NOW

Build A Bridge to Opportunity

What's New

NATIONAL

- Year Up New York students featured in Allure magazine [Read more](#)
- Year Up thanks the New York Life Foundation for their generous contribution [Read the release](#)
- Meet Help Founder, David Chertavian [Read more](#)

Done

Year Up Social Need

http://www.yearup.org/aboutus/socialneed.htm

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Year Up Social Need




ABOUT US
LOCATIONS
GET INVOLVED
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ALUMNI

Social Need

NEED



CHALLENGES FACING URBAN YOUTH

A recent Annie E. Casey Foundation report estimates that “4.3 million youth in this country have not progressed beyond a high school diploma and are neither employed nor enrolled in postsecondary education.” (*Kids Count Data Book, 2008*) Youth experiencing this “disconnection” from the economic mainstream make up nearly 15% of all 18-24 year olds, and illustrate the magnitude of a national “opportunity divide” that is getting worse. Compounding the problem is the fact that most new jobs, and virtually all that offer wages sufficient to support a family, require at least some education and training beyond high school, even at the entry-level (Carnegie and Reach 2000). Even one year of postsecondary education increases lifetime earnings by 5 to 15 percent per year. The result is a dual class economy where the people that stand to benefit the most from higher education and career opportunities find it hardest to do so. Without proper guidance and opportunities, these young adults will continue to face enormous challenges in transitioning from high school to higher education and family-supporting careers.

At the same time, the country's fastest growing demographic groups (Latinos and African Americans) are receiving comparatively less education. 29% of Latinos and 15% of African Americans drop out of high school. As a result, a growing number of low-income, minority youth leave high school lacking either the credentials and/or the skills to advance toward a college degree—essentially guaranteeing that they will struggle to earn a family-supporting income in today's economy. Many will enter college only to become discouraged and drop out, others will cycle in and out of job training and adult education programs, never getting beyond low-paying jobs with little prospect of advancement. Without proper guidance and opportunities, these young adults will continue to face enormous challenges in transitioning from high school to achievement in successful careers and higher education.

MEETING THE CHALLENGES

To help address these challenges, Year Up was founded in October 2000 by Gerald Chertavian as a one-year intensive education and internship program for urban young adults aged 18-24. Year Up's program recognizes that both job skills (technical and professional) and higher education are necessary to provide a viable path to economic self-sufficiency. Our mission is to close the Opportunity Divide by providing urban young adults with the skills, experience, and support that will empower them to reach their potential through professional careers and higher education.

"Year Up definitely changed my life. I had been trying to get into college for awhile and the fact that I loved computers my whole life made the program the perfect fit for me. I went from being a full-time employee in the restaurant business to working in an ever-growing field of information-technology."

Michael Lombardo
Year Up student,
Intern,
Partners HealthCare

DONATE NOW

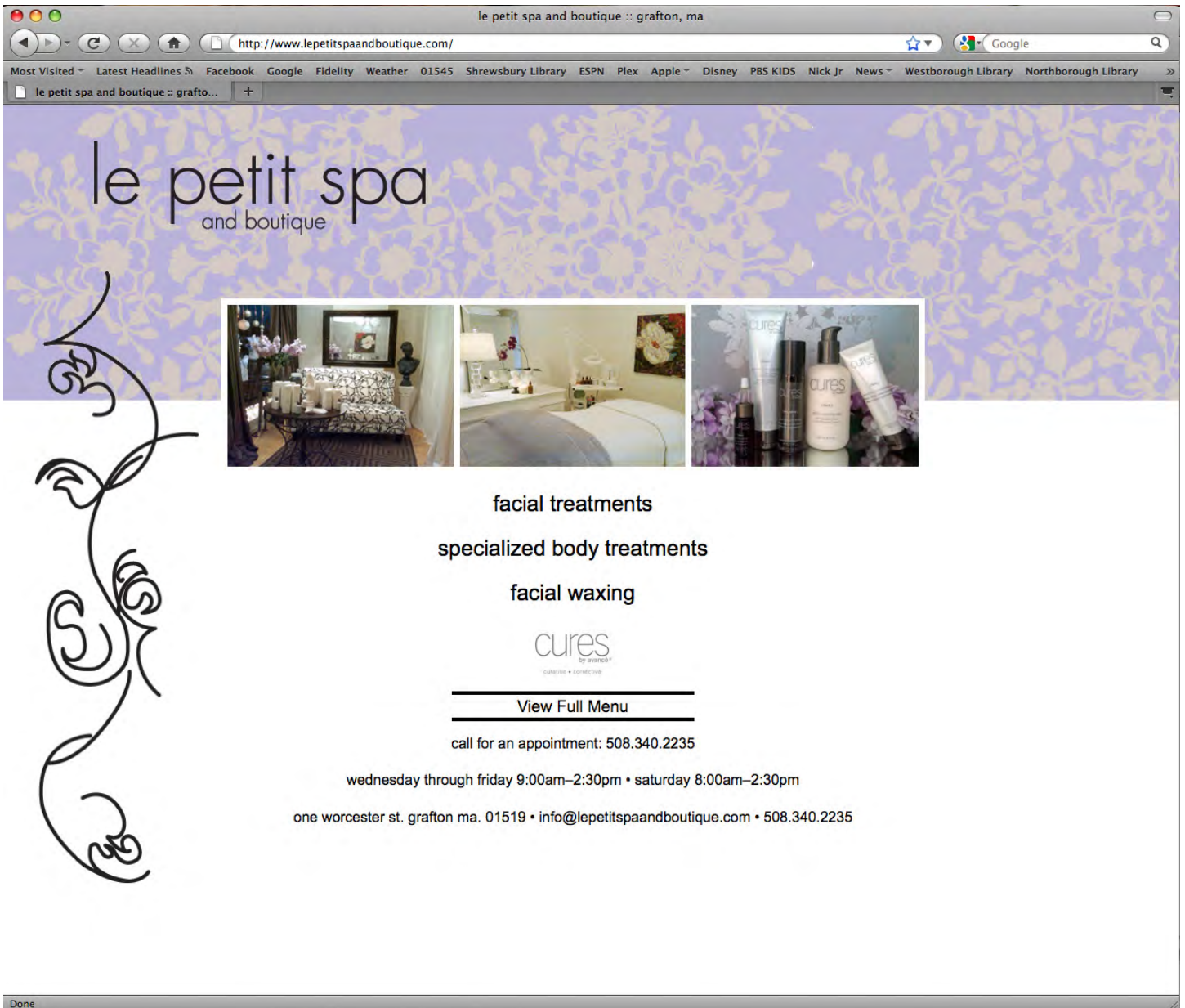
Build A Bridge to Opportunity

PARTNERS

CVS/pharmacy

HOME | CAREERS | CONTACT US | PRIVACY POLICY
<https://secure.groundspring.org/dn/index.php?id=1326&referer=http://yearup.org/investors.htm>

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http://www.lepetitspaandboutique.com/

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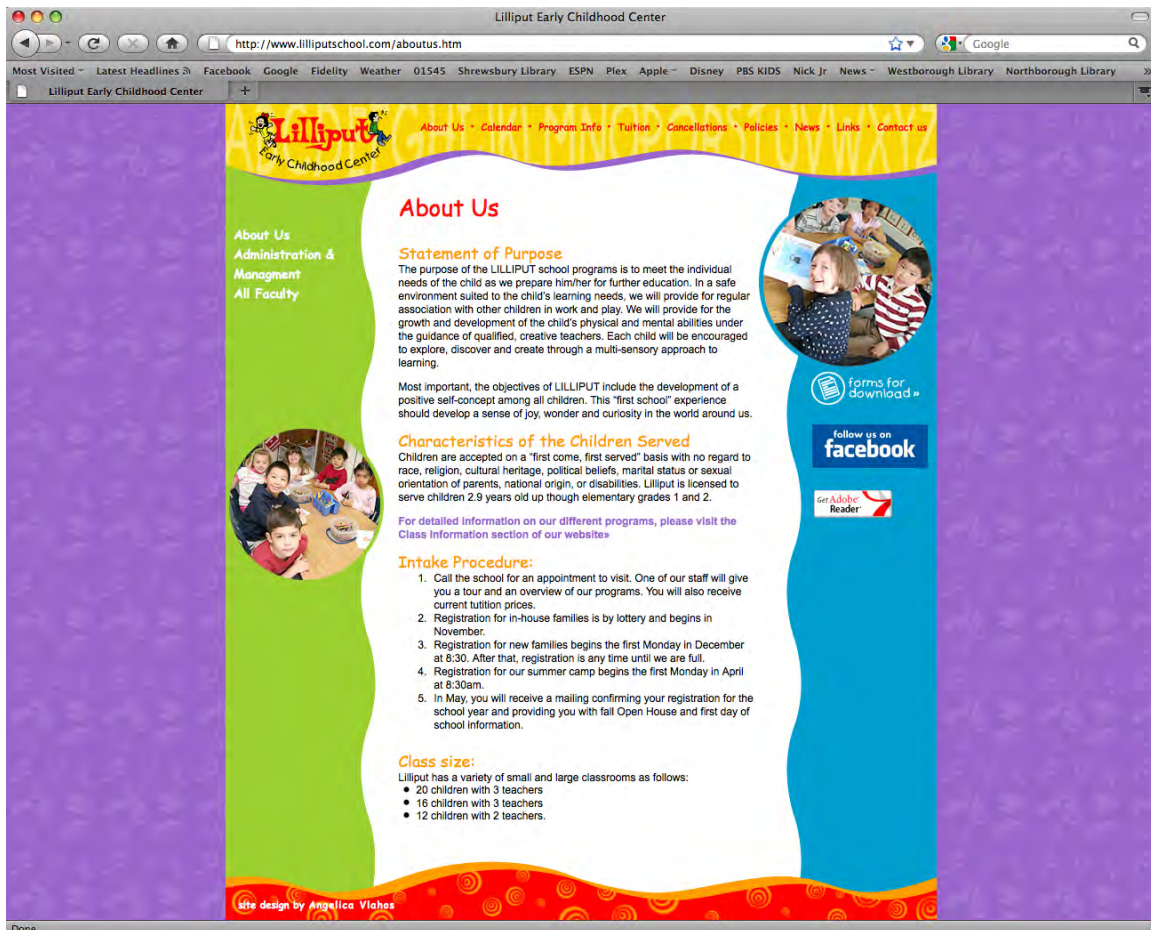
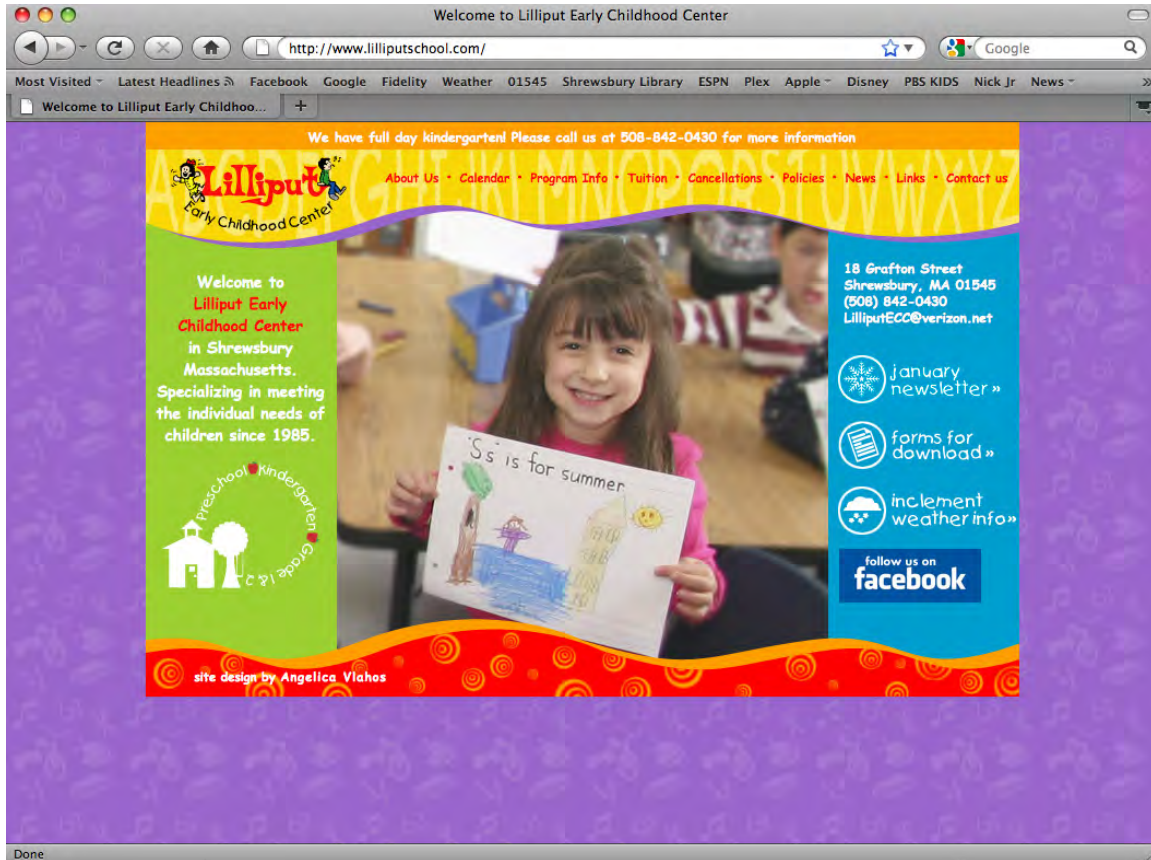
call for an appointment: 508.340.2235

wednesday through friday 9:00am–2:30pm • saturday 8:00am–2:30pm

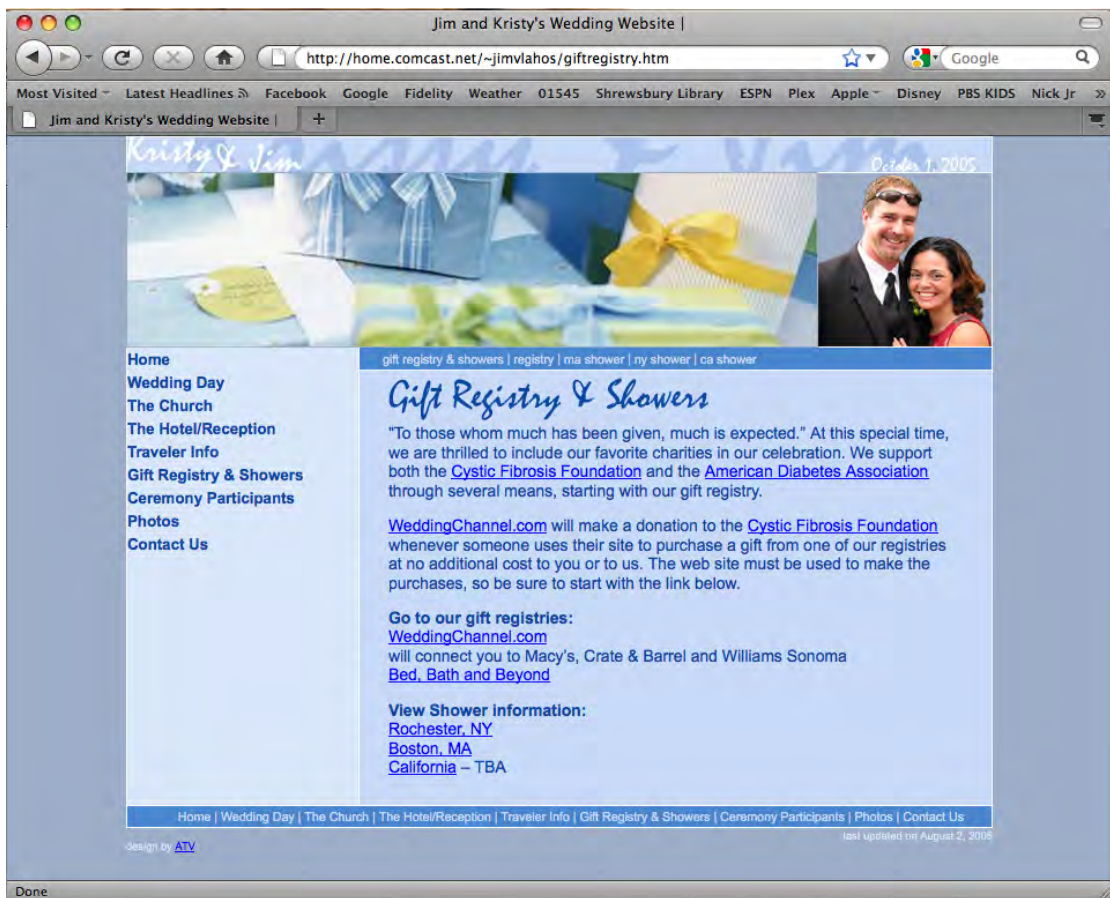
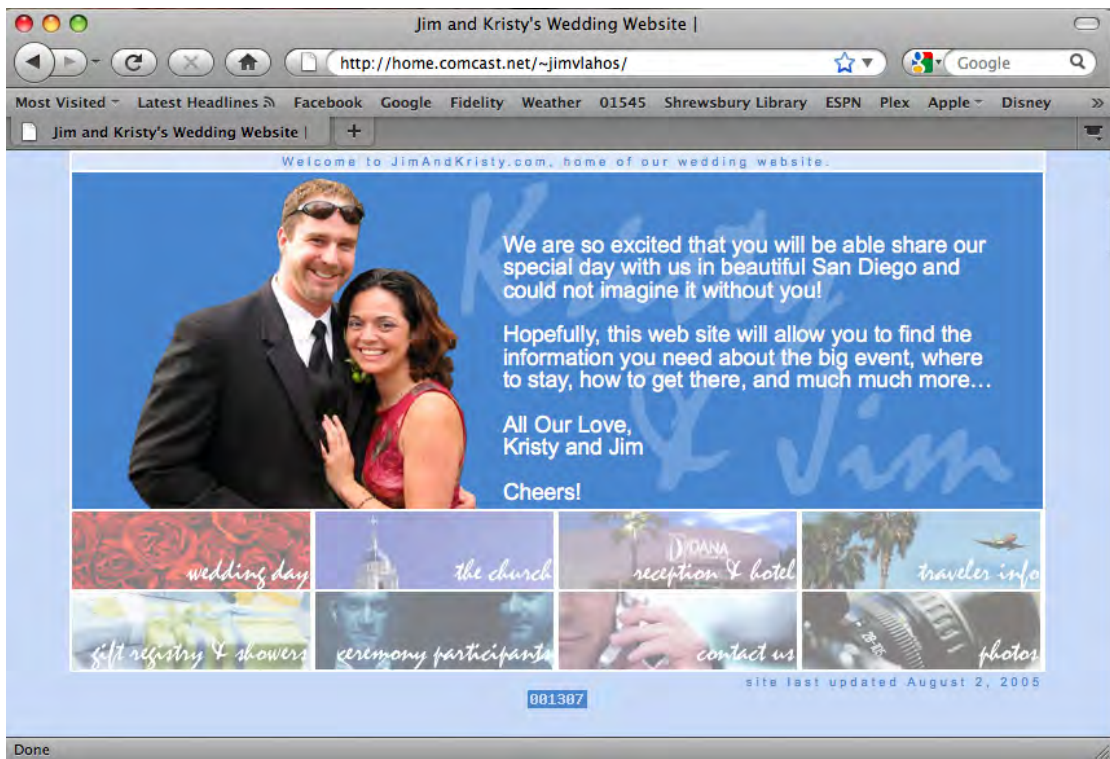
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Website Design & Photography



Website Design



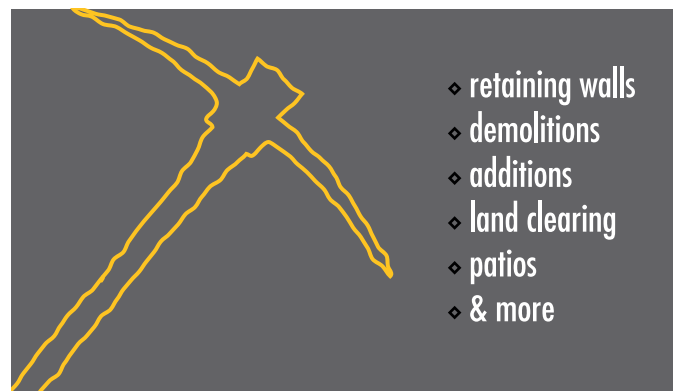
Business Card Design



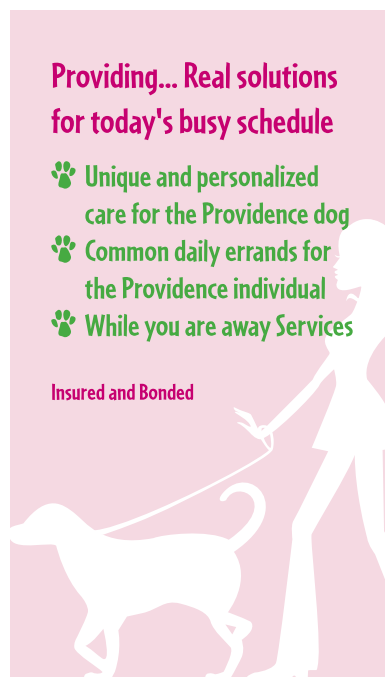
Logo design



Logo Design & Business Card



Logo Design & Business Card



Corporate Identity



**DANCE
IT UP!**

Stephanie Mack * 36 North Main Street, North Grafton, MA 01536 * P: 508.839.1649 * F: 508.839.5946 * danceandplay@gmail.com * www.danceitup.com

Stephanie Mack
President & Director

36 North Main Street
North Grafton, MA 01536
P: 508.839.1649
F: 508.839.5946
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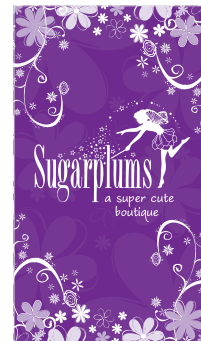
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Corporate Identity



RICHARD AND SUSAN SMITH FAMILY FOUNDATION

MISSION MAP 2010 | Smith Family Foundation Capacity Building Grantees



<p>Empowering low-to-moderate income business owners through access to capital and financial education.</p>	<p>By reversing summer learning loss and accelerating children's academic and social growth during the school year, BELL's summer and after school programs narrow the achievement gap and empower children to fulfill their potential.</p>	<p>The Boston Teacher Residency recruits, prepares and sustains excellent teachers in and for the Boston Public Schools.</p>	<p>Helping low income and first generation students get in to college, graduate from college and go far in life.</p>	<p>An innovative arts education organization that harnesses the power and joy of music to unite our city's diverse communities and inspire social change.</p>	<p>Providing food and nutrition services throughout Massachusetts to individuals and families living with critical and chronic illnesses</p>
<p>Equips homeless and in need children with everyday essentials through grass roots civic engagement and tangible volunteer opportunities.</p>	<p>Transforming youth... transforming community.</p>	<p>Stimulates economic revitalization in lower income urban communities by giving existing small business owners the knowledge and connections they need to create jobs and develop as community leaders.</p>	<p>Through year-long relationships, using a research-backed curriculum and strategic partnerships, Jumpstart is working toward the day every child in America enters school prepared to succeed.</p>	<p>Empowers individuals from diverse communities to find employment and build careers; and partners with employers to hire, develop, and retain productive workforces.</p>	<p>Empowers youth in foster care, court-involved, homeless or out of school to take charge of their lives by taking charge of a business.</p>
<p>Promoting solutions that break the cycle of poverty and homelessness for Massachusetts families.</p>	<p>Empowering families to provide their children an equal opportunity for school success by engaging in daily book sharing from birth to age 5.</p>	<p>Roca's mission is to help disengaged and disenfranchised young people move out of violence and poverty.</p>	<p>The Steppingstone Foundation prepares underserved students for educational opportunities that lead to college.</p>	<p>Providing low-income high school students with mentoring, summer experiences, and college advising, so they gain the skills to succeed in college and improve their life prospects.</p>	<p>Igniting and sustaining the ambition of Lowell's most disengaged youth to trade violence and poverty for social and economic success.</p>
<p>Empowering urban talent to reach their potential through career training and higher education.</p>					

CEO LEADERS

Erika Eukus, ACCION USA	James Cleveland, JUMPSTART
Tiffany Cooper Guey, BELL	Jodi Rosenbaum Tillinger, MORE THAN WORDS
David Howse, BOSTON CHILDREN'S CHORUS	Stephen Pratt, MY TURN
Jesse Solomon, BOSTON TEACHER RESIDENCY	Denise Durham Williams, ONE FAMILY, INC.
Gregory Johnson, BOTTOM LINE	Donna DiFilippo, RAISING A READER—MA
John Werner, CITIZEN SCHOOLS-BOSTON	Molly Baldwin, ROCA
David Waters, COMMUNITY SERVINGS	Michael Danziger, THE STEPPINGSTONE FOUNDATION
Lynn Margherio, CRADLES TO CRAYONS	Debbie Krause, SUMMER SEARCH BOSTON
Claudio Martinez, HYDE SQUARE TASK FORCE	Gregg Croteau, UNITED TEEN EQUALITY CENTER
Jean Horstman, INTERISE	Casey Recupero, YEAR UP-BOSTON
Jerry Rubin, JEWISH VOCATIONAL SERVICE	

SMITH FAMILY FOUNDATION

Trustees:
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 Susan F. Smith, Co-Chair
 Amy Berylson
 John Berylson
 James Berylson
 Jennifer Berylson
 Elizabeth Berylson
 Debra Knez
 Jessica Knez
 Robert Smith
 Dana Smith

Staff:
 David Ford, Executive Director
 Lynne Doblin, Program Director
 Leona Young, Executive Assistant

Logo and t-shirt and design; forms

The 2nd Annual Bill Goguen



The 2nd Annual Bill Goguen



REGISTRATION

Name		
Address		
Phone		
Email		
Team members (if applicable)	T-shirt size	
1		
2		
3		
4		

Cost: \$125.00 per person. Cost includes golf, scramble format, cart, lunch, raffles and an awards presentation immediately following.

Please make checks payable to:
The W. Goguen Memorial Golf Tournament

Please mail completed form with payment to:
Susan Adams
5 Horseneck Road
Shrewsbury, MA 01545


If you are unable to join us for the day but would like to make a contribution, all donations will be kindly accepted and donated via the tournament in Bill's memory to Jason's Education Fund.

Thank you for your support.

The Hybrid Movement Company Presents

MOVEMENT AS METAPHOR

Summer Intensive Workshop at Dance It Up!



Dance It Up! Dance Center presents a third year of intensive work under the guidance of international ballet instructor Joanna Duncan, Royal Academy of Dance.

Designed for the serious student, participants will learn moving the body in unique ways, using physical disciplines such as ballet, contemporary dance, break dance, ground, and aerial acrobatics. Classes will be divided into three levels by age. For ages 9 & up!


DATES:
July 11–29, 2011
Monday–Friday, 9 am–5 pm

INSTRUCTORS:
Joanna Duncan, A.R.A.D.; Francoise Voranger, Jillian St. Germain, Gavin Mark McNally and Ronnie Terrell Thomas of Hybrid Movement Company

CLASSES:
Ballet Technique, Ballet Repertoire, Pas de Deux, Equilibric Technique, Acrobatic Balancing, Break-Dancing, Aerial Dance (including split silks) and Muscle Conditioning.

36 North Main St.
North Grafton, MA
(508) 839-1648
www.danceitup.com
danceandplay@gmail.com

For more information please contact us.



Have a Wonderful Funderful Summer at



DANCE IT UP!

Intro to Dance
Ages 4-5
Join us for a 4-week Mini Session! July 7-29, 2010
Wednesdays, 9:30-10:30am or Thursdays, 10:30-11:30am
\$60/session
An introduction to dance through imagination and self-expression. This class is designed to develop coordination, rhythm flexibility and love for music and dance.

Dance 'N Play
Ages 2.5-4
July 7-29, 2010
Wednesdays, 9:15-10:45am or Thursdays, 10:45am-12:15pm
\$100/session
Uniquely magical movement program designed to promote preschool readiness. Geared to provide social interaction in a fun, creative and exciting atmosphere.

Dance 'N Play' for a Day!
Choose 1 or all 4 days:
Tuesdays, August 3,10,17,24 from 10:00-11:30am
\$25/day

Intro to Dance for a Day!
Choose 1 or all 4 days:
Tuesdays, August 3,10,17,24 from 10:00-11:00am
\$15/day

508.839.1648 * 36 North Main Street Rt. 140 * North Grafton, MA * www.danceitup.com

DANCE IT UP!

Classes begin September 8, 2009

36 N. Main St., North Grafton, MA 01536 * 508.839.1648



Dance 'N Play
A unique magical program of movement, music, imagination and self expression. Ages 2 1/2 - 4. Only at Dance It Up!



Team Dance It Up!
An innovative group allowing students to experience dance as a performing art. Ages 7 and Up.



Classical Ballet
Instruction and private coaching by international ballet instructor Joanna Duncan A.R.A.D. Solo Seal.



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www.danceitup.com * danceandplay@gmail.com

Ballet * Tap * Jazz * Modern * Hip Hop * Irish Step * Ages 1/2 - Adult

Experience Dance It Up!



DANCE IT UP!

36 North Main St., North Grafton, MA 01536

***Massachusetts' 1st Ever Children's Aerial Ballet Nutcracker** in association with The Hybrid Movement Co. of NYC, **Hanover Theater, Dec. 4th.** Ongoing auditions for Irish Step & Hip Hop.

***Dance 'N Play** © Ages 2.5 to 4 Uniquely Magical Movement Program providing learning and fun.

***Team Dance It Up!** Ages 7 & Up Non competitive, innovative performance ensemble.

***Character Dance** Ages 11 & Up Stylized theatrical representation of traditional folk/national dance.

***Plus** Tap, Jazz, Modern, Hip Hop & Irish Step!

***Specialized Classical Ballet Program** Ages 8 & Up. Build a strong classical technique. Learn different genres. Training for the serious student.

Visit us at www.danceitup.com, call (508) 839-1648 or email danceandplay@gmail.com.

Classes begin September 7. Please register early!



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Raising A Reader
MASSACHUSETTS

Imagine....

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Every child spending hours each week **in a parent's lap** sharing favorite books and stories

Every child arriving to kindergarten with a **love of books** and ready to learn

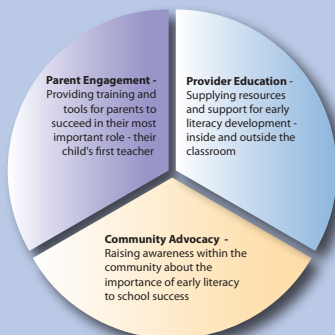
...Imagine
Raising A Reader MA

About Us:

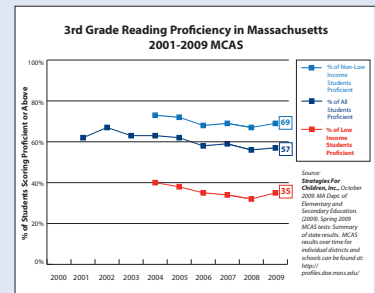


- Raising A Reader MA focuses on families in communities where 65% of the 8 year-olds are already failing.
- Raising A Reader empowers families to provide their children an equal opportunity for school success by engaging in daily book sharing from birth to age 5.
- Raising A Reader five-year-olds in Head Start scored 69% higher in pre-reading and 59% higher in book knowledge than Head Start five-year-olds without Raising A Reader.

Our Model:



The Need:



Experience
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Adult Dance & Fitness
Classes include:

- * Ballet-Based Fitness For a Beautiful Body
- * Hip Hop
- * Muscle Conditioning
- * Power Pilates
- * Zumba

Discounts for enrolling in more than one class or if your child is enrolled at **Dance It Up!** Classes are conveniently scheduled during children's class times.

For more information, visit our website at:
www.danceitup.com/aclasses.html

Dance It Up!, 36 North Main Street, North Grafton, MA 01536
 (508) 839-1648 * danceandplay@gmail.com



Summer Intensive Workshops
 For ages 10 & Up

Dance It Up! Dance Center presents a second year of intensive work under the guidance of international ballet instructor Joanne Duncan, Royal Academy of Dance.

Designed for serious dance students, class placement is determined by instructors.

Daily curriculum will include classical ballet technique, stretch and strengthen classes, aerial training/acrobatics, introduction to break dancing and more!

DATES: July 12-30, 2010, Monday-Friday, 9AM-5PM

INSTRUCTORS: Joanne Duncan, A.R.A.D., Françoise Voranger, Jillian St. Germain, Boston Ballet; Omer Thomas, Quilometer Fusion.

CLASSES: Classical Ballet (1.5-2 hours depending on level), Stretch and Strengthen, Aerial Training (featuring break dance).

For information please visit our website www.danceitup.com or contact us at (508) 839-1648 or by email at danceandplay@gmail.com.

Classical Ballet

Stretch & Strengthen

Aerial Training

Breakin' 101

36 North Main St.
 North Grafton, MA



DANCE IT UP!

HAVE A WONDERFUL, FUNDERFUL SUMMER AT DANCE IT UP!

Intro to Dance
 Ages 4-5
 Join us for a 4-week Mini Session!
 July 8-30, 2009
 Wednesdays, 9:30-10:30am
 or Thursdays, 10:30-11:30am
 \$60/session
 An introduction to dance through imagination and self-expression. This class is designed to develop coordination, rhythm flexibility and love for music and dance.

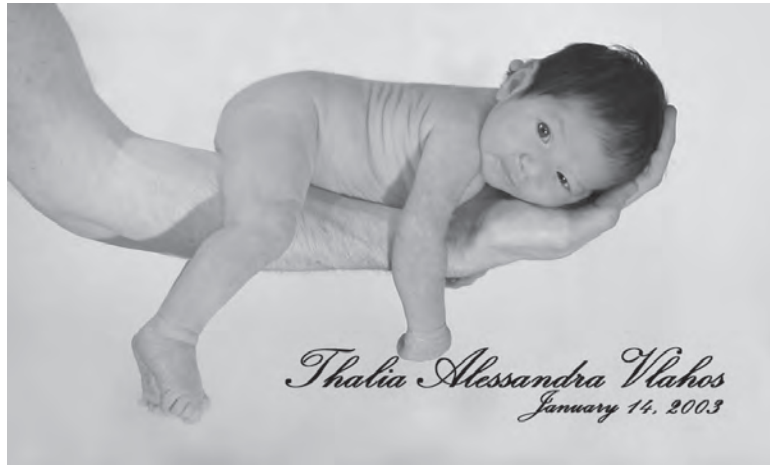
Dance 'N' Play®
 Ages 2.5-4
 July 8-30, 2009
 Wednesdays, 9:15-10:45am or
 Thursdays, 10:45am-12:15pm
 \$100/session
 Uniquely magical movement program designed to promote preschool readiness. Geared to provide social interaction in a fun, creative and exciting atmosphere.

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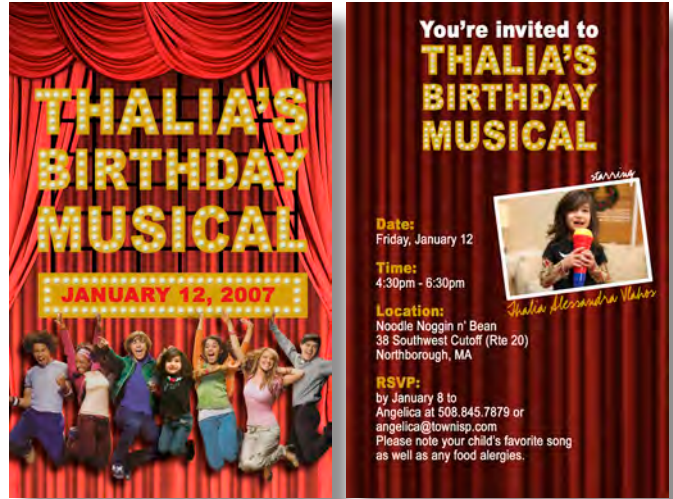
Intro to Dance for a Day!
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 from 10:00-11:00am
 \$15/day

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photography & announcements



cards & invitaitons



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- On Probe Activation Switch
- USB Connection to Computer
- 12MHz Transducer
- Full 2-Year Warranty

www.sonomedinc.com
800.227.1285

Features

ON SCREEN ANNOTATION
Ideal tool for consult and/or training and presentations. Utilizes both text and Graphics.

TRIMMABLE IMAGES & VIDEO CLIPS
Reveal both Video Clips for playback and/or the best individual images selected from the clip. Scrolling images for easy scrolling.

ADJUSTABLE NEAR AND-FAR GAINS
Adjustable gain curve which provides the user complete control for enhanced diagnostic capability.

HORIZONTAL AND VERTICAL SCALES
Allows for quick and easy approximate distance measurements.

TRIMMABLE IMAGES & VIDEO CLIPS
Reveal both Video Clips for playback and/or the best individual images selected from the clip. Scrolling images for easy scrolling.

MULTIPLE CALIPER TOOLS FOR INTRA-OCULAR DISTANCE MEASUREMENTS
Make multiple accurate measurements on a single image using the calipers or angle measurement tool.

ON SCREEN NOTATION CAPABILITY
Display notes or comments directly on screen images. Notes can be edited at a later time for most up to date comments.

To Order Call: 1-800-227-1285

- Most Portable "B-scan" Available
- Resolution: 0.05mm
- Electronic Resolution: 0.1mm
- Advanced Post-Processing Tools
- Multiple Locations / ONE price!

A Subsidiary of Excimer Medical Corp.
979 Marcus Avenue, Suite C105
Lake Success, NY 11042
Phone: 1-800-227-1285 or 516-334-9924
Fax: 516-334-9924
E-mail: info@sonomedinc.com

Master-Vu Portable Ophthalmic B-Scan

- On Probe Activation Switch
- USB Connection to Computer
- 12MHz Transducer
- Full 2-Year Warranty

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800.227.1285

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MF35-30 SUBM PROBE	
Type:	Motor-driven, compact monochromatic transducers
Transducer Frequency:	35 MHz and/or 50 MHz
Scanning Method:	Variable field sector scanner
Sector Angle:	38° or 20° fields
Scanning Speed:	Variable 12.5 frames per second (fps)
Observable Range (Variable):	18.5 mm wide x 14 mm deep in 38° field 12.0 mm wide x 14 mm deep in 20° field
Display:	Dual screen simultaneous display with the user and standard screen display
ELECTRONIC	
in 38° Field:	Axial: 0.027 mm Lateral: 0.023 mm
in 20° Field:	Axial: 0.027 mm Lateral: 0.023 mm
ACOUSTIC AXIAL RESOLUTION	
35 MHz Transducer:	0.048 mm
50 MHz Transducer:	0.050 mm
Gain Curves:	Logarithmic with user-selectable window (contrast) and level (brightness) control
MEASUREMENTS	
Distance Measurements:	Angle-to-angle, radius-to-radius, central thickness, and scleral thickness
Anterior Segment Biometry:	Single measurement of corneal thickness, anterior chamber depth (ACD), and lens thickness A scan profile with two markers / dual calipers measurements Angle in degrees
DYNAMIC RECORDING	
Scan Time:	45 seconds (depending on RAM)
Recording Frame Rate:	12.5 or 25 fps
ELECTRICAL	
Voltage:	90 - 240 VAC
Frequency:	50/60 Hz
Maximum Current:	6.5 A line voltage range or 3.5 A high voltage range
MONITOR	
Type:	Liquid crystal display (LCD) flat panel monitor
Viewable Size:	15"
Resolution:	1024 x 768
Pixel Pitch:	0.297mm
Contrast Ratio:	450:1
DIMENSIONS	
Computer:	17" H x 8" W x 18.4" D
Monitor:	15.4" H x 16.1" W x 4.7" D
WEIGHT	
Computer:	42 lbs
Monitor:	8.5 lbs

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AQUATICS REC PLEX

GET CERTIFIED

LIFEGUARD TRAINING REVIEW
12/1-12/9

FIRST AID
12/9

SIGN UP NOW!

For more information contact Caitrina Taylor at tcaylor@bc.edu

First Aid Topics: Learn the skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until advanced medical personnel arrive and take over. This course does not include information on breathing or cardiac emergencies.

Cost: Members: \$30, Non Members: \$50

First Aid Topics: Achieve certification in Lifeguard Training without having to take the full content course. This review course includes First Aid and CPR for the Professional Rescuer.

Date: 12/1-12/9

Times: 8:00am-9pm, Sat & Sun 10am-6pm

Cost: Members: \$75, Non Members: \$125

Price does not include book or pocket mask. www.bc.edu/plex priced by the REC membership office.

GREAT PEOPLE. GREAT PROGRAMS. GREAT PLACES...

Try us for Free

Come to the Plex and try out our facilities and programs for **FREE**, September 3 to September 16, 2007 with a valid BC ID.

Have questions about our offerings, programs or membership? Come in and talk to one of our staff members:

Tuesday, 9/4/07
12:00pm - 1:00pm

Wednesday, 9/12/07
12:00pm - 1:00pm
5:00PM - 6:00PM

www.bc.edu/plex 617.552.3035

REC PLEX

AQUATICS GREAT PEOPLE. GREAT PROGRAMS. GREAT PLACES. FLYNN COMPLEX

ADULT SWIM LESSONS

Beginning Swim 5:15pm-6:00pm
Intermediate Swim 6:00pm-7:00pm
Fitness Swimming 1:00pm-2:00pm

Mondays and Wednesdays
March 20 - April 26

FREE to members
Available in the Membership Office

ALSO CHECK OUT OUR OTHER PROGRAMS:

FOR MORE INFORMATION, CHECK OUT OUR WEBSITE @ www.bc.edu/plex OR CONTACT CAITRINA TAYLOR AT TCAYLOR@BC.EDU

PROGRAMS REC PLEX

GET YOUR COPY NOW!

FALL 07

Pick up a copy of our Fall 2007 Brochure and see our **MULTI-MEDIA** programs.

Be sure to check out some of our new offerings:

- Pleasurecruises
- Canoing
- Hiking
- Rock Climbing
- Co-ed Dodge Ball League
- Men's Ice Hockey Club
- Beginner Salsa Dancing
- Racquetball
- Snowboarding
- Tennis Serve
- Pleaverick
- Boot Camp
- Zumba

www.bc.edu/plex 617.552.3035

GREAT PEOPLE. GREAT PROGRAMS. GREAT PLACES...

FITNESS AND WELLNESS REC PLEX

fitness & wellness lecture series

GOT GOALS?

Learn how to keep your workouts working for you!

Date: Friday 2/16/2007
Time: 12pm - 1pm
Location: MPR B/C Flynn Rec Plex

No registration required. For more information contact us at fitness.center@bc.edu

NUTRITION: HOW TO FUEL YOUR BODY FOR AN ACTIVE LIFESTYLE.

Date: Friday 2/23/2007
Time: 12pm - 1pm
Location: Yawkey Athletics Center Murray Room

No registration required. For more information contact fitness.center@bc.edu

GREAT PEOPLE. GREAT PROGRAMS. GREAT PLACES...

WELLNESS REC PLEX

STUDENT WELLNESS & ENDURANCE LECTURE SERIES

COLLEGE EATING: A guide to healthy eating and weight management
Tuesday, September 18
5:00 PM - 6:00 PM
Media Press Room, Conte Forum

FITNESS 101: Tips for creating quick, effective workouts
Tuesday, September 25
5:00 PM - 6:00 PM
Media Press Room, Conte Forum

PROTINE BODY MAKE: Presented by the Body Confidence Committee
Tuesday, October 25
5:00 PM - 6:00 PM
Media Press Room, Conte Forum

5K FOR BEGINNERS AND INTERMEDIATES: Learn how to improve your 5K time.
Friday, September 21
12:00 PM - 12:45 PM
Shea Room, Conte Forum

CORE TRAINING FOR FITNESS WORKSHOP: Learn exercises to improve your running form. Fitness Attire recommended.
Friday, October 19
12:00 - 12:45 PM
Fitness Area

Wellness Series: Our Student Series is designed to help promote physical, academic, and personal happiness.

Endurance Lecture Series: Our Endurance Series is designed to increase your endurance and give you training and recovery tips.

For more info: fitness.center@bc.edu

GREAT PEOPLE. GREAT PROGRAMS. GREAT PLACES...

FITNESS REC PLEX

Spring is in the Air

FEEL GREAT, KEEP GOING, KEEP MOVING!

Move towards achieving your fitness goals. Let a certified, experienced fitness professional create a program that works for you! Call us at 617.552.6136 to make an appointment for one of our many fitness services.

- Fitness Consultation & Evaluation
- Body Fat Testing
- Fitness Program Design
- Weight Room Orientation
- And many more!

These services are **free** to all members.

Introducing our new Fitness Trainer:

Gregg Smith, Fitness Trainer

"Having run three marathons I understand the importance of a sound training regimen! My marathon training programs include flexibility, post workout nutrition, injury prevention and more!"

GREAT PEOPLE. GREAT PROGRAMS. GREAT PLACES...

FITNESS REC PLEX

IRON EAGLE CHALLENGE

DO YOU HAVE WHAT IT TAKES TO BE AN IRON EAGLE?

Complete strength and endurance events that take place over 3 days to win various prizes and the title of Iron Eagle. Members can compete as individuals or in teams. Teams will include 3 categories: All Males, All Female, and Co-Ed (2 male & 2 female). Top 4 scores in each event will count toward team points. Contestants must compete in 5 of the 10 events to qualify for the grand prizes. Top 5 in each event will receive points (1st=10pts, 2nd=8pts, 3rd=6pts, 4th=4pts, 5th=2pts)

DATES:
Tuesday, April 17: Bench Press, Farmer's Walk, Medicine Ball Toss
Wednesday, April 18: Dead Lift, Pushups, Broad Jump
Thursday, April 19: 200 Meter Run or Relay, Dips, Vertical Jump

TIME: 6pm-9pm, all days

LOCATION: Fitness Area

Individual Awards:
Event Prizes Intramural Champion T-Shirts

Individual Grand Prizes:
1st place \$40 City Sports gift certificate
2nd place \$25 City Sports gift certificate
3rd place \$15 City Sports gift certificate

Team Awards:
Event Prizes Intramural Champion T-Shirts

Team Grand Prize:
Intramural Championship Mug

REDAEMPTION: Prizes can be picked up in the Intramural Office or in Fitness if you have questions contact smithg@bc.edu

GREAT PEOPLE. GREAT PROGRAMS. GREAT PLACES...

REC PLEX BOSTON COLLEGE

Interested in working in a fun environment? Then attend one of our job recruitment information sessions at the Plex: *

Sunday 9/3/06 7:00 pm
Monday 9/4/06 8:00 pm
Wednesday 9/6/06 7:00 pm

*You must attend one information session in October to be considered an official candidate. You will receive an e-mail with the information session details and instructions on how to attend. Please call our Employment Services at our website: www.bc.edu/plex or visit our recruitment website.

'06 '07

GREAT PEOPLE. GREAT PROGRAMS. GREAT PLACES...

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EMPLOYMENT PLEX

FALL OF 07 JOBS at THE PLEX

Looking for a great place to work next year? Get a job at the Plex! Attend our Recruitment Session for more information and to receive an application on **Sunday, April 29th from 6:00PM-6:45PM in MPR B/C**. Anyone looking to apply for an academic year position must attend.

REGISTRATION & CONTACT INFO
 Register and pay for each Plex Membership in the Plex Membership Office, Monday - Friday 9am - 5pm. Payment may be made by check, MasterCard or Visa only. Each participant must be present at registration and have a valid BC ID. Questions? Contact Eric Lockman at erlockman@bc.edu.

GREAT PEOPLE, GREAT PROGRAMS, GREAT PLACES... *Planet Fitness*

WELLNESS PLEX

fitness & wellness lecture series

HOW TO WORK OUT WITHOUT A GYM

Learn an on-the-go routine using stretch bands!

Date: Friday April 13th
 Time: 12pm - 1pm
 Location: Flynn Rec Plex

No registration required. For more information contact us at fitness.center@bc.edu

MARATHON: 30 DAYS AND COUNTING!

HOW TO PREPARE IN THE FINAL DAYS OF THE BOSTON MARATHON

Date: Friday March 23rd
 Time: 12pm - 1pm
 Location: Conte Forum 6th Floor Suite

No registration required. For more information contact us at fitness.center@bc.edu

GREAT PEOPLE, GREAT PROGRAMS, GREAT PLACES... *Planet Fitness*

MEMBERSHIP PLEX

MEMBERSHIP SEMESTER RATES

Student Individual (part-time and graduate)	\$120.00
Student Sponsor	\$120.00
Employee Individual	\$140.00
Employee Sponsor	\$140.00
Full-Time Undergraduate	\$ 20.00

MEMBERSHIP ACADEMIC YEAR RATES

Student Individual (part-time and graduate)	\$120.00
Student Sponsor	\$120.00
Employee Individual	\$140.00
Employee Sponsor	\$140.00
Full-Time Undergraduate, Year	\$ 20.00
Full Length Locker	\$ 45.00

GENERAL
 Full-time Undergraduate Students: All full-time Boston College undergraduate students are automatically members of "The Plex" and have full use of the facilities and programs effective at the time of their admission through May of Senior Year.

MEMBERSHIP OFFICE HOURS

Monday - Friday	9:00AM - 5:00PM
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GENERAL PLEX HOURS

Monday	8:00AM - 10:00PM
Tuesday - Saturday	6:00AM - 11:00PM
Fri Day	6:00AM - 10:00PM
Sunday	9:00AM - 6:00PM

CONTACT INFORMATION
 15th St: www.bc.edu/plex
 60 South St: plexmem@bc.edu
 Hotline: 417-353-3033

GREAT PEOPLE, GREAT PROGRAMS, GREAT PLACES... *Planet Fitness*

PLEXCURSIONS PLEX

COME WITH US!

The Plex introduces PLEXCURSIONS half day, off campus recreational trips and activities.

CANOEING ON THE CHARLES RIVER
 Description: Enjoy scenic views of Boston from a canoe in the middle of the Charles River. No canoeing experience necessary but participants must be comfortable with water. This is a great way to spend a Saturday outdoors before the winter months!
 Date: Saturday, September 15
 Time: 8:30AM - 2:00PM
 Fee: \$15.00
 Note: Space will be limited to the first 30 students.

BLUE HILLS RESERVATION HIKING TRIP
 Description: Located only minutes from the heart of downtown Boston, Blue Hills Reservation offers hiking for the outdoor enthusiast. Blue Hills stretches over 1000 acres providing a green oasis in an urban environment. All hikers are welcome, but you must be able to walk 5 miles comfortably.
 Date: Saturday, October 20
 Time: 8:30AM - 2:00PM
 Fee: \$15.00
 Note: Space will be limited.

LEARN TO CLIMB AT METRODOCK
 Description: If you are interested in learning how to rock climb, the Metro Rock in Everett will provide a lesson and help test new ropes and ropes skills in can practice climbing on the indoor wall that reaches heights of 45 feet. No climbing experience is necessary.
 Date: Saturday, November 17
 Time: 9:30AM - 2:00PM
 Fee: \$20.00
 Note: Space will be limited to the first 40 students.

REGISTRATION & CONTACT INFO
 Register and pay for each Plex Membership in the Plex Membership Office, Monday - Friday 9am - 5pm. Payment may be made by check, MasterCard or Visa only. Each participant must be present at registration and have a valid BC ID. Questions? Contact Eric Lockman at erlockman@bc.edu.

GREAT PEOPLE, GREAT PROGRAMS, GREAT PLACES... *Planet Fitness*

AQUATICS PLEX

AQUATIC CLASSES SESSION 2 REGISTRATION STARTS NOW!

Visit membership office to sign up.

SWIM TRAINING:
 Beginning Swim, Intermediate Swim, Fitness Swimming, Triathlon Training

WATER FITNESS:
 Water Yoga, Aqua Jogging, Shallow Water Workout

AMERICAN RED CROSS:
 CPR, First Aid, Lifeguard Training

Questions?
 Contact Caitrina Taylor at taylorcm@bc.edu
 Plus, check out our new website!

GREAT PEOPLE, GREAT PROGRAMS, GREAT PLACES... *Planet Fitness*

EMPLOYMENT PLEX

Looking for a great place to work this summer? Get a job at the Plex! Attend our Recruitment Session for more information and to receive an application on **Monday, April 9th from 2:00PM-2:45PM in MPR B/C**. Anyone looking to apply for summer position must attend.

SUMMER JOBS at THE PLEX

GREAT PEOPLE, GREAT PROGRAMS, GREAT PLACES... *Planet Fitness*

MEMBERSHIP PLEX

MEMBERSHIPS NOW ON SALE

2006-2007 ANNUAL ACADEMIC SUMMER

also check out our summer brochure:

Payroll deduction dates for annual or academic memberships are May 18 to June 22. For more information, contact our membership office at 617.552.0797 or plexmem@bc.edu

GREAT PEOPLE, GREAT PROGRAMS, GREAT PLACES... *Planet Fitness*

MEMBERSHIP PLEX

TRY US OUT FOR FREE!

May 29th - June 10th with valid BC Eagle-one ID

For information about our programs and rates, check out our web site or stop by the Membership Office for information.

GREAT PEOPLE, GREAT PROGRAMS, GREAT PLACES... *Planet Fitness*

AQUATICS PLEX

SWIM TRIATHLON TRAINING

Learn pack swimming, swim starts, buoy turns, transitions, running after the bike & more!

Tuesday & Thursday
 6:15 - 7:45PM

Sept. 26th to Nov. 16th

For more information visit the plex website: www.bc.edu/plex

GREAT PEOPLE, GREAT PROGRAMS, GREAT PLACES... *Planet Fitness*