



REC REPORT

FACILITY GUIDELINES: REC.SIU.EDU/GUIDELINES

**Group Fitness classes are offered ONLINE ONLY
11/21/20 - 1/16/21. See Fitness Schedule online at rec.siu.edu**



FINALS LEAP OF FAITH NOVEMBER 17 & 18

6 - 6:40 p.m. or 6:50 - 7:30 p.m.

Take YOUR leap into finals! Face your fears and take the plunge off of the SIU dive platform with the help of our SIUC Aquatics Team. Our Lifeguard staff will be here to coach you to that first step. 1 meter, 3 meter, 5 meter, splash! Gain the confidence you need to get through Final

Exams. Face off with gravity and post the proof. Follow us @siureccenter OR like the SIU Student Recreation Center on Facebook. #SalukiLeap

IM SPORTS UPDATE:

Our 4v4 Flag Football Tournament was a great success. Two teams, 4th Floor Steagall and Scrambled Legs, vied for the Co-Recreational championship on Sunday, 10/25. 4th Floor Steagall barely edged out their opponent, beating Scrambled Legs by one point.



Five teams played in the Fall 2020 Intramural Greek 4v4 Flag Football Tournament, and seven teams entered the Fall Intramural Open 4v4 Flag Football Tournament. Due to the double elimination format, teams were guaranteed two games. Our Greek tournament champions Sigma Chi and Open tournament champions With Ourselves did not lose a single game on the path to the championship games on Sunday, November 1st. Unfortunately, Sigma Chi's opponent was forced to forfeit the championship game. With Ourselves dominated their opponent, winning the game by a score of 30 to 6.

Congratulations to 4th Floor Steagall, Sigma Chi, and With Ourselves for winning their respective Fall 2020 Intramural 4v4 Flag Football Tournaments!



**RSS OFFERS
COMPLIMENTARY
ACCESS TO FITBOD**

SIU Recreational Sports and Services has partnered with FITBOD, a popular fitness app, to offer complimentary access to the full version of the app to all valid SIU Students and current Members of the Student Recreation Center. As we continue to navigate the changes in our world, brought on by the COVID-19 pandemic, we are committed to providing our students and members with the resources needed to maintain their physical fitness, health, and well-being. Sign up before December 1 and the REC will support your access to Fitbod through May 31, 2021. To sign up for access to your free fitbod membership, please visit this webpage:

REC.SIU.EDU/CLASSES-AND-EVENTS/FITBOD.PHP

VETERAN'S DAY HOURS

The building is open from 4 to 8 p.m.
The pool is open from 4 to 7:30 p.m.

REMOTE LEARNING/BREAK PERIOD

Effective Dates: Nov. 21, 2020 - Jan. 16, 2021

Mondays	
Building Hours	4:00 p.m. - 8:00 p.m.
Pool Hours	4:00 p.m. - 7:30 p.m.
Member Services Hours	4:30 p.m. - 6:30 p.m.
Tuesdays	
Building Hours	6:00 a.m. - 10:00 a.m.
Pool Hours	6:00 a.m. - 9:30 a.m.
Member Services Hours	8:00 a.m. - 9:30 a.m.
Wednesdays	
Building Hours	4:00 p.m. - 8:00 p.m.
Pool Hours	4:00 p.m. - 7:30 p.m.
Member Services Hours	CLOSED
Thursdays	
Building Hours	6:00 a.m. - 10:00 a.m.
Pool Hours	6:00 a.m. - 9:30 a.m.
Member Services Hours	CLOSED
Fridays	
Building Hours	4:00 p.m. - 8:00 p.m.
Pool Hours	4:00 p.m. - 7:30 p.m.
Member Services Hours	4:30 p.m. - 6:30 p.m.
Saturdays	
Building Hours	8:00 a.m. - Noon
Pool Hours	8:00 a.m. - 11:30 a.m.
Member Services Hours	9:00 a.m. - 10:30 a.m.
Sundays	
CLOSED	

BUILDING CLOSURES

Nov. 25 - 29 CLOSED
Dec. 24, 2020 - Jan. 3, 2021 CLOSED

MEMBER SERVICES CLOSURES

Dec. 20, 2020 - Jan. 3, 2021 CLOSED

Employee
of

THE MONTH



October 2020

MARIELA D'ALESSANDRO