



# SIU Student Recreation Center

# R.E.C. REPORT

Recreate. Energize. Connect.

### Welcome back new and returning Salukis!

The Rec Report is a monthly newsletter to help you stay up to date with upcoming events, classes, programs, and news about the staff. If you haven't already, check out our website at [REC.SIU.EDU](http://REC.SIU.EDU) for detailed information on what we have to offer. There is something for everyone. For questions or concerns, you can always call 618-453-1277 or email [recntr@siu.edu](mailto:recntr@siu.edu). Stay up to date with our social media accounts:



### Welcome back from the Director



Corné Prozesky, RSS Director

We are excited for an awesome Fall semester. We hope you will enjoy our program offerings as they are designed to enrich your college experience and provide diverse opportunities that promote a sense of community, and encourage the pursuit of a healthy, active lifestyle. The REC programs will help you meet new friends, develop new interests, and will provide you the opportunity to reach a more rewarding academic year through a balanced lifestyle that includes physical exercise and FUN!

# Can you survive?

# NIGHT OF THE LIVING DAWG

## ZOMBIE 5K RUN

Saturday, October 26

Registration now open at  
[rec.siu.edu/zombie5k](http://rec.siu.edu/zombie5k)

Runners and Walkers are welcome.

Proceeds from this event will benefit the Saluki Strength Breast Cancer Scholarship.

Employee of the Month: May 2019

**Riley Riggs**



Employee of the Month: June 2019

**Nate Linker**



### Upcoming Dates:

- Aug. 13 - Sep. 4**  
Softball League Registration Begins  
[rec.siu.edu/imsports](http://rec.siu.edu/imsports)
- Aug. 15**  
Fall Building Hours Begin  
[rec.siu.edu/hours](http://rec.siu.edu/hours)
- Aug. 15**  
Light up the Lake  
Becker Pavilion, 7 - 10 p.m.
- Aug. 19**  
Group Fitness Schedule Begins
- Aug. 21 - Sep. 4**  
Tennis Tourn. Registration Begins  
[rec.siu.edu/imsports](http://rec.siu.edu/imsports)
- Aug. 23**  
Welcome Fest, 4 - 6 p.m.
- Aug. 24**  
Family Carnival, 10 a.m. - Noon
- Aug. 30**  
Game Night, 5 - 9 p.m.
- Sep. 1 - 30**  
Membership Promo: Refer a friend
- Sep. 2**  
Labor Day Holiday Hours  
10 a.m. - 10 p.m.
- Sep. 3**  
GPP Training Beginner - \$ Fee  
5:30 - 6:30 p.m.  
Sign up online at [rec.siu.edu](http://rec.siu.edu)
- Sep. 7**  
Youth Climb Lessons - \$ Fee  
10 a.m. - Noon  
Sign up online at [rec.siu.edu](http://rec.siu.edu)
- Sep. 7**  
Youth Swim Lessons - \$ Fee  
10 a.m. - Noon  
Sign up online at [rec.siu.edu](http://rec.siu.edu)
- Sep. 9**  
Boxing - \$ Fee  
5 - 6:30 p.m.  
Sign up online at [rec.siu.edu](http://rec.siu.edu)
- Sep. 9**  
Thai Boxing - \$ Fee  
6:30 - 6:30 p.m.  
Sign up online at [rec.siu.edu](http://rec.siu.edu)
- Sep. 10**  
Salsa Lessons - \$ Fee  
7 - 8:30 p.m.  
Sign up online at [rec.siu.edu](http://rec.siu.edu)
- Sep. 10**  
Kick Boxing - \$ Fee  
6 - 7 p.m.  
Sign up online at [rec.siu.edu](http://rec.siu.edu)
- Sep. 11**  
Adult Swim Lessons - \$ Fee  
6 - 7 p.m.  
Sign up online at [rec.siu.edu](http://rec.siu.edu)