SPRING BREAK HOURS AND SCHEDULE
Spring Break is just around the corner, March 7-15!
Group Exercise classes will not be held during break.
The Eccles Health Wellness and Athletic Center will be open from 6am-7pm Monday-Thursday and
9am-2pm on Saturdays and Sundays. Note: we will be CLOSED Friday, March 13.
For a detailed calendar with Aquatic Center and Climbing Wall hours, visit our website.

TAKE OUR WELLNESS SURVEY
If you haven't taken our Wellness Survey yet, please take about 3 minutes to fill it out. We know your
time is valuable and we really appreciate the feedback we are receiving from everyone!

WILDERNESS PHOTOGRAPHY CLASS
This workshop will introduce participants to the skills and techniques they can use to create professional quality
images documenting their wilderness adventures. Topics will include exposure control and light metering, the
principles of composition, the qualities of natural light, and the philosophy and tradition of the artist in nature.The program will incorporate slide-
illustrated lectures, group discussion, a field trip, and student feedback and
critiques. No experience necessary. Contact Jonathan Duncan for class specific questions. Register ONLINE.
- Cost: $95
- Dates: Thursdays, March 5 - March 26
- Time: 6:30 - 8:30 PM
- Place: Eccles HWAC 352
- Minimum # Students: 5
- Maximum # Students: 20

INTRAMURAL VOLLEYBALL
The Registration Deadline for Intramural Volleyball is Wednesday, March 18 by Midnight.
Matches will be held on Wednesday's, March 25-April 22.
For more information visit our website, or sign up on IMLeagues.
**INTRAMURAL BADMINTON**
The Registration Deadline for Intramural Badminton is Wednesday, March 18 by Midnight. Games will be held on Monday, March 23 & 30. To view more details visit our website, or sign up on IMLeagues.

**LIFEGUARD CERTIFICATION COURSE**
This course teaches participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Upon successful completion of the requirements of the course the student will receive their American Red Cross Lifeguarding and First Aid certification along with their CPR/AED for Lifeguard certification.

**Course Prerequisite:** The course prerequisites will be tested on the first day. In order to be eligible for American Red Cross Certification the Prerequisites must be passed. **Minimum age to attend the class at Westminster College is 17 years of age.**

- Cost: $175
- Thursday, March 19, 26, April 2, 9, 16, 23 and Saturdays, March 21 and 28
- Thursdays, 6 - 10 pm and Saturdays, 9 am - 4 pm
- Location: Eccles Health, Wellness, and Athletic Center and Dive Utah (4679 South 2225 East)

Register online now!

**INTERCOLLEGIATE BOULDER COMPETITION**
The Intercollegiate Bouldering Competition will be held on Wednesday, March 25 at 4PM. It's FREE to participate in this event! Online registration will be available soon on our website. For questions, contact Jason Blauch.

**INTRAMURAL PICKLEBALL**
The Registration Deadline for 2-on-2 Pickleball is Wednesday, April 1 by Midnight. Games will be held on Monday, April 6 & 13. Pickleball is really gaining popularity at Westminster. Everyone who plays loves it! **Stay tuned for more information on Pickleball practice and coaching!** For more information visit our website, or sign up on IMLeagues.
GRiffin splASH AnD DASH triAthLetON
Our 3rd annual Griffin Splash & Dash Triathlon will be held on Saturday, April 18 starting at Noon. This is a perfect opportunity for anyone who wants to "try a tri". The race consists of a 60 meter swim in the pool, riding 10 miles on a spin bike and running/walking 2.6 miles around campus. This event is open to everyone and it is a lot of fun! Cost is just $10 for individuals and $15 for relay teams. All participants will receive a t-shirt!
For more information or to register, visit our website.

sALt LAKE mAraThON, hALF, 5k ANd BIKE TOUr
The Salt Lake City Marathon, Half Marathon, 5K, 10K Skate and Bike Tour will be held on Saturday, April 18. If you are interested in participating in any of the events or volunteering, visit their website.

leTTUCe WrAP RECIPe
This is one of our favorite easy, healthy lunch recipes. Perfect for anyone with a busy schedule since you just toss all the ingredients in the slow-cooker and end up with lunch for a week! Check it out!