Pickleball Fridays are back! We will have the Pickleball nets set up in Payne Gymnasium every Friday from 11:30am-1:30pm from now through June 10th. Just show up and play for fun! We are happy to keep Pickleball Friday going as long as people show up to play!

SUMMER OF INSANITY
It's not too late to sign up for the Summer of INSANITY! Class meets Tuesday's & Thursday's from 7-8am May 3-June 2. The cost is $50 which will be refunded IN FULL if you attend all classes. Sign up online today!

MAY HOURS
During the month of May the center will be open the following hours: Monday-Friday: 6am-9pm Saturday: 9am-5pm Sunday: 9am-7pm.
Visit our website for a detailed calendar of Center hours, Aquatic Center hours and Climbing wall hours or see the attached handout.
We will be CLOSED on Memorial Day!

MAY & SUMMER GROUP EXERCISE
The May/Summer Group Exercise Schedule goes into effect Monday, May 2! A second Hip Hop class was just added to the schedule!
The regular schedule ends Friday, April 29.
FREE MAY/SUMMER MEMBERSHIPS FOR STUDENTS
Undergraduates: Your membership is active through Sunday, June 5th. Any student (graduate or undergraduate) who is taking a Summer class gets a free membership! If you are an undergraduate or graduate student taking summer classes and want to take advantage of your free membership stop by the Reception Desk to have your membership updated. Summer undergraduate classes begin June 6th and graduate classes begin Monday, May 9th.

CRUSH SPECIAL EDITION
"Special Edition" CRUSH is back this summer! What makes it special? Class is only 30-40 minutes and the program includes FREE 1-on-1 nutrition counseling with Laura (if you choose) to help you reach your goals this summer! The workouts are only as intense as YOU make them. All fitness levels are encouraged to participate and get in on this fun and supportive community.

- Class will meet Mondays & Wednesdays from 5-5:30pm in the Eccles HWAC.
- May 2-June 1.
- Cost: $50 which will be refunded IN FULL if you attend all 9 classes.
- Sign up at the Reception Desk in the Eccles Health Wellness & Athletic Center or online.

WE ARE ONE OF 11 TOP COLLEGES PUTTING HEALTH AND WELLNESS FIRST!!
Westminster College was just rated one of the Top 11 Colleges Putting Health & Wellness First! Here is what the survey had to say about us:
"If skiing and snowboarding are your idea of staying fit, active, and focusing on wellness, then Westminster College in Salt Lake City, UT might just be the perfect fit. Located incredibly close to 7 different ski resorts, there is no shortage of places for students to hike, mountain bike, ski, and snowboard. And the college’s schedule makes it easy for students to spend their weekends on the slopes in any season.
If you’re not feeling a trip into the mountains, the recreation center offers loads of options of classes, personal training, and intramural sports. The school also offers counseling services to all of their students in everything from nutritional health, to emotional support."
Read the full article here!

WEIGHT WATCHERS AT WORK
Are you interested in having Weight Watchers meetings on campus? If so, email Laura. In order to have meetings on campus we need at least 20 paid Weight Watchers members to sign up so let us know if you would want to sign up.
GIRLS SPORTS & REC CAMP
Registration is open for our summer Girls Sports & Rec Camp! The camp is for girls ages 6-14 and will be held June 6-9 from 8:15am-Noon. An afternoon camp is also offered for those who want a full day option. Westminster Employees receive special pricing with code: EMPLOYEEAM for the morning camp and EMPLOYEEPM for the afternoon camp and EMPLOYEEAMPM for the full day camp.
Regular price is $145 for morning only and $265 for all day. Employee price is $72.50 for morning only and $147.50 for all day.
For more details or to register your child visit our website.

MAY SWIM LESSONS
Registration for May Swim Lessons are now open!
MAY 2016 SCHEDULE - $25.00
TUESDAYS & THURSDAYS, MAY 10 - JUNE 2
6:00 - 6:30 PM: Parent Tot and Level 1 (Tadpoles)
6:30 - 7:00 PM: Level 2 (Minnows) and Level 4 (Dolphins)
7:00 - 7:30 PM: Level 3 (Stingrays) and Level 5/6 (Sharks/Swordfish)
View all the details and register online!

CPR & FIRST AID CLASSES
This is your chance to get CPR certified for your summer job, summer camp or to renew. We will not be holding any more classes until fall so sign up now!
ADULT AND CHILD CPR/AED/FIRST AID = $50.00
Tuesday, May 24, 2016 6:00 - 9:30 pm
ADULT AND CHILD CPR/AED/FIRST AID = $50.00
Wednesday, May 25, 2016 5:30 - 8:30 pm
Friday, June 3, 2016 10:00am-1:30pm
CPR/AED/FIRST AID REVIEW CLASS = $25.00
Tuesday, May 17 5 - 7 pm
Wednesday, May 18th 3 - 5 pm
Register online now!

LOCKER RENTAL
If you are currently renting a locker please have it cleared out by Friday, June 3rd. Be sure to remove your items by that date or else there will be a $10 fee to claim your items! Summer lockers will be available Monday, June 6th. All lockers are just $10 for summer!
QUINOA & VEGGIE COLLARD WRAP RECIPE

With warm weather just around the corner, it's just about time to start making wraps using collard greens! Have you ever tried this? It looks scary, right? Collard greens are the leaves the size of a big tortilla. They really aren't as scary as they look. Give this veggie wrap a try!