

SPORTS

Get into Shape with Physical Education

Get into shape for the fall by attending one of the physical education or recreational programs offered at the University of Nevada, Las Vegas through the Division of Continuing Education.

Programs for adults, youth and children are starting from Sept. 21 through Oct. 13. Interested residents are encouraged to contact the Division of Continuing Education for information or registration.

The courses offered this fall:

--A morning "Body Mechanics" class designed to help participants maintain good health and physical fitness through general and specific exercise programs.

--"Children's Exercise" open to children between the ages of 4-7 (includes tumbling, dance, yoga, karate and drama improvisation which encourages neuro-muscular coordination, strength stamina, posture and personal discipline.)

For youth between the ages of 8-16 a "Free Style Movement for Youth" program emphasizes dance - moder, light jazz, character, ballet and social - which help improve body coordination.

--"Horsemanship," a 14-hour course with ten hours of riding experience, designed to instruct the beginner in the basic skills of riding.

--Two Saturday "Racquet ball" classes teaching the fundamentals and strategy of racquetball, designed for the beginning and experienced player, concentrating on the review and refinement of skills.

--A 60-hour "Scuba Diving" course includes 24 hours of theory-diving physics, physiology, medical aspects and scuba equipment; - 24 hours of skill training; - diving skills, procedures and techniques; - 12 hours of qualification dives.

--"Backpacking," a class with a field experience and a two-day field trip into the backcountry of Zion National Park, introducing backpacking techniques to beginning hikers.

--A combination lecture and field experience course on "Rock Climbing" to instruct and give experience to beginners on the essentials of rock climbing.

--Designed for the novice "Canoeing and Camping Adventure" covering basic canoeing theory and techniques and experience in setting up overnight camps. An overnight field trip on the Colorado River is included departing below Hoover Dam.

--Eight classes and a field trip for novice kayakers on the fundamentals of handling single kayaks in fast water and the types of boats and necessary equipment available for the sport.

Skateboard Contest

Clark County Department of parks and recreation and Southern Nevada Skateboard Association will be sponsoring a Skateboard Contest Sept. 25 from 9 a.m. to 4 p.m. at Orr Junior High school.

Courses will be set up in three events: Slalom, Cross Country and Freestyle. There will be separate events held for both boys and girls with eight age groups competing for awards. Our objective is to help promote the fundamentals of skateboard safety, to bring together skateboarders of this area, and to have some fun to include friendship and clean competition.

A special added attraction will be a demonstration of skateboard skills and technique put on by the Bains Skateboard Team from Southern California.

Applications can be picked up at the Clark County parks and recreation department office, or at Highland Outfitting.

For more information call 384-8472 or 382-5093.



The graceful elegance of sexy Cocoa Collins. Far East dancing with a touch of Black Soul. See Cocoa's performance on Oct. 1, 8 - 11 p.m. at the Convention Center's new annex building. See the Black Extravaganza Dancers, Fashions, and the Super Grey Ship Daviz. Tickets are limited for the "Cocoa Collins' Provocative Outlook Show." Buy yours today at Sight n Sound, McNeals Street Boutique, Pic a Tune, Headhunter's Wigs, and The Moulin Rouge Beauty Salon. Hurry, or you'll miss Cocoa.

NERC Public Hearings

The Nevada Equal Rights Commission (NERC) will hold three public hearings involving five claims of discrimination beginning September 21, 1976 in Reno. There are two sex discrimination charges and three charges of discrimination based on race.

NERC holds public hearings at the conclusion of staff investigations when all attempts at conciliation have proven non-productive.

Fight Against Poverty

The Economic Opportunity Board of Clark County (EOB) is the agency serving Southern Nevada in the war on poverty. Its purpose is to solve and alleviate the problems caused by economic deprivation and its efforts are toward combating the total effects of the poverty situation.

Channel 10 has produced "few are Chosen: Are We Willing or Losing the War on Poverty?" for the state of Nevada Office of Economic Opportunity (OEO). Channel 10's Public Affairs Department co-hosts Hank Tester and Lee Winston, anchor for the black and white documentary with taped local discussion.

"Few Are Chosen" depicts four case histories: an abandoned wife, mother of two children; a married couple, disabled husband with two children; grandparents with six dependents; and a single senior citizen.

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