

Good for me???

Well, I joined the local YMCA recently (they made me an offer I couldn't refuse...), and I'm really wondering if it will be good for me. Extra exercise is appreciated, but have you ever really looked at some of the exercise equipment they have now.

My guess is that if you put that stuff in a dungeon in the middle ages, the people would look at it as they would any other 'equipment' they had. They have things that contort your body into weird shapes just to exercise certain muscle groups. (or so they say) Done another way, these devices could really hurt someone.

I am glad that they are willing to give all members a summary of all the weight equipment. I hadn't worked on anything like that since college. They machines have changed a bit since the early 80's. They still do the same things, but it looks like they've isolated the muscle groups more than they did before. I'm sure that they are safer than the ones I worked on too.

I'll write more on my experience with the weight machines when I use them for more than 5 minutes. I don't see myself getting overly fond of any of them...

I was going to put a link in for torture devices, but I found them to be too disturbing. I guess the exercise equipment doesn't look that bad now.... So here is a link to one of the pieces of equipment I used...

[Leg Press](#)

They will not be missed...

I was in conversation with another teacher and he happened to say this about the current eighth grade class. After today I would agree on this for a few students with a wish that they would grow up soon. These students are the ones teachers have in mind when they say they will never teach middle school. One of the eighth grade PE classes had a several students that could fit this category. They would *not* settle down and listen to the rules of the game they were to play. By the time they finally got started, there was less than 15 minutes left until I had to bring them back up to get changed. Yes, we were inside even though it was a fairly nice day outside- the other two classes were outside and apparently there are only two fields to play softball. I can't say, unfortunately, that eighth grade was the only issue. One of the sixth grade classes also drove me nuts. It took awhile to start with them as well, and it took a lot of time to rotate teams between games as well. Fortunately the other four classes went well (6th, 8th, and two 7th).

What we played was scooter volleyball. Two nets were set up in the room downstairs (they call it the fitness room- apt because they do that there as well, like aerobics they had to do when I was there a couple of times last year). The teams sat on scooters (those squares on four wheels/castors you plant your butt on) and played volleyball that way, using a gator-skin ball probably because the court was so shallow and the ceiling low. Most volleyball rules applied, but some were a little different like you could catch and throw the ball, not just bump or set it. It was also played in two-minute games so the one team who was rotated out wouldn't have to wait long.

Well, that's about it. I should say I am fortunate there was still another guy teacher there with me today to take over most of the duties in the locker room. When you think of a

gym locker room you might think of a place that reeks of B0. You'd be half-right. It reeks all right- of Axe and other spray deodorant. Either way, something to stay out of. At least it's not like when I was in junior high when we had to take showers. Nude of course. I think I would have to just say no to subbing for PE if that were the case. I guarantee I would not bother with making sure they all took showers. It's interesting to note that many of these schools still have the showers, even if they are no longer used. Well, used for their intended purpose. Some schools use them as storage.