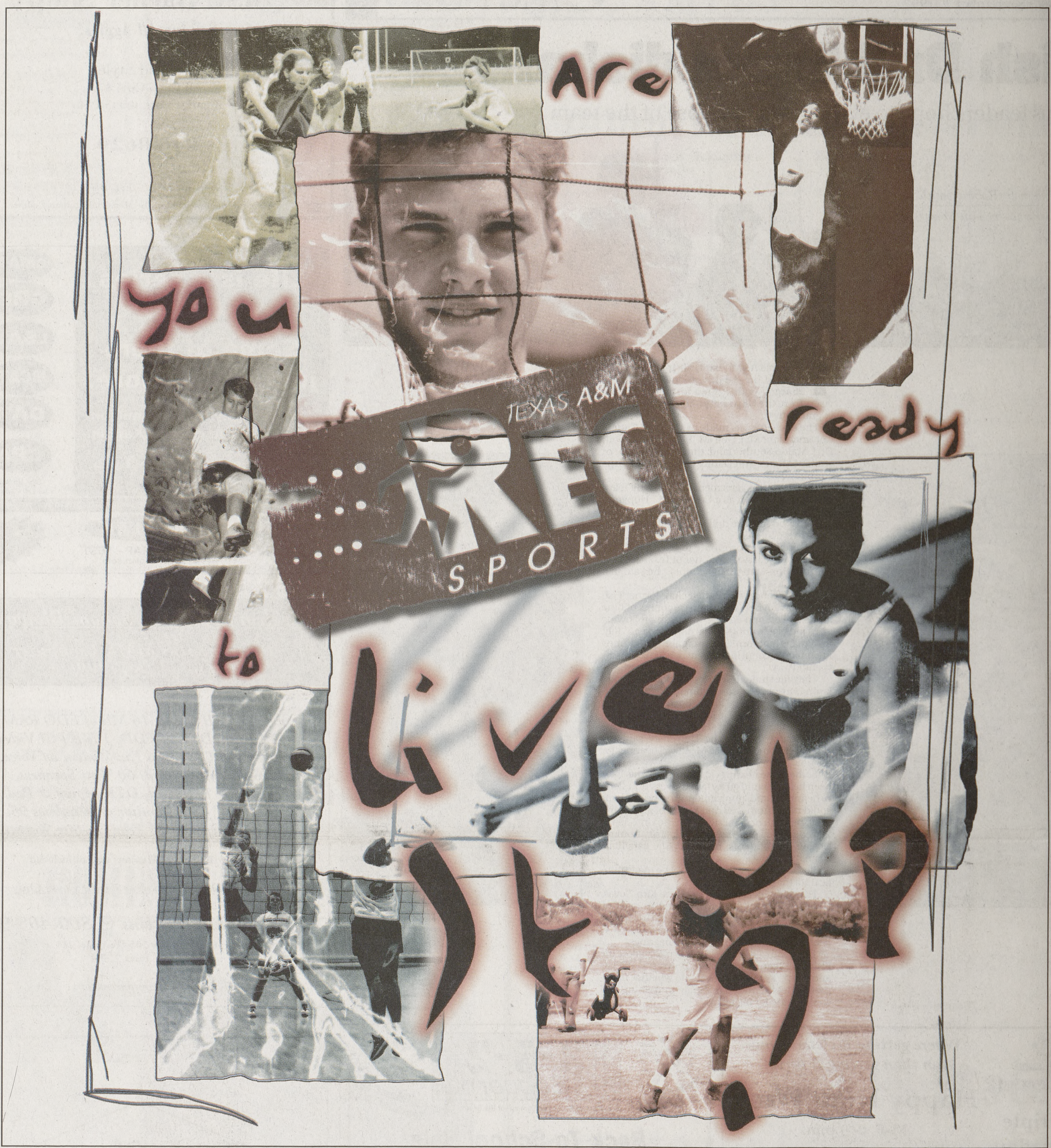


Intramurals Fitness Feature Programs Aquatics Sport Clubs Ultimate Adventures Golf Course Intramurals Fitness Feature



Intramurals

- | | |
|---------------------|------------|
| Fantasy Football | Sept. 1-9 |
| 3-on-3 Basketball | Sept. 1-9 |
| Indoor Soccer | Sept. 1-9 |
| Pre-Season Football | Sept. 8-16 |
| Flag Football | Sept. 8-16 |
| Racquetball | Sept. 8-16 |

NEW! Women's Flag Football Clinic
 Wed., September 10, 7:00pm-9:00pm
 Female instructors teach strategy, rules of the game and all the basics needed to play.
 For more information call 862-1857.

Aerobics

- All aerobics classes are FREE the first week of school.
- Various fitness passes are now available. An unlimited pass is only \$50 for the whole semester.
- AFAA Step Aerobics Instructor Certification held on Sept. 27-28. Call DeAun 862-3995

Personal Training

- One-on-one individualized attention
 - Learn proper lifting techniques
 - Increase Efficiency of your work out
 - Learn exercises you can do at home
 - Improve sports performance
 - Learn how diet affects your success
- Please call DeAun Woosley at 862-3995 for more information.

- Registration
- | |
|------------|
| Sept. 1-9 |
| Sept. 1-9 |
| Sept. 1-9 |
| Sept. 8-16 |
| Sept. 8-16 |
| Sept. 8-16 |

Ultimate Adventures with TAMU Outdoors

Clinics	Date	Registration
Windsurfing Fundamentals	Sept. 27	Sept. 8-23
Intro to Rock Climbing	Sept. 27	Sept. 8-23
Kayak Roll	Sept. 30	Sept. 15-29
Trips		
Thanksgiving Break:		
Canoe the Rio Grande, Big Bend	Nov. 26-30	Sept. 8-Nov. 10
Backpacking New Mexico	Nov. 26-30	Sept. 8-Nov. 10
Winter Break:		
Backpack Copper Canyon, Mexico	Jan. 2-10	Sept. 8-Dec. 2
Canoe the Everglades, Florida	Jan. 9-18	Sept. 8-Dec. 2
Caribbean Trip to Cozumel, Mexico	Jan. 11-15	Sept. 8-Oct. 31

Aquatics

- | | |
|-----------------------------------|--------------|
| • Adult Learn-to-Swim | Registration |
| Mon-Thurs., Sept. 15-25 | Sept. 1-10 |
| • CPR for the Professional Rescue | Sept. 1-15 |
| Wed., Sept. 17 | |
| • Water Babies | Sept. 1-17 |
| M-W-F, Sept. 22-Oct. 8 | |
| • Basic SCUBA Diver Course* | Sept. 1-17 |
| Mon.-Fri., Sept. 22-Oct. 1 | |

Feature Programs

Beginning the third week of September:
 • Yoga • Beginner Jitterbug/Two Step • Taekwondo

Equipment Etc.

Rec Sports also has equipment available to be purchased or for rent. Located in the Student Rec Center, Equipment Etc. carries everything from swim caps and goggles to racquetballs and rackets.

Sport Clubs

Raise your skills to the next level and join a Sport Club

• Archery	• Lacrosse	• Trap & Skeet
• Badminton	• Pistol	• Ultimate Frisbee
• Bowling	• Polo	• Volleyball
• Cycling	• Racquetball	• Waterpolo
• Fencing	• Roadrunners	• Waterski
• Gymnastics	• Rugby	• Weightlifting
• Handball	• Sailing Team	• Wrestling
• Judo	• Soccer	

For more information please call 845-7826 and ask about your specific team.

Golf

Grab your sticks and hit the links!
 The Texas A&M University Golf Course and Driving Range offers special student rates, putting and chipping greens, golf carts, clubhouse with proshop and snack bar, and equipment rental and repair.
 Hours of operation are from 7am to dusk everyday.

Job Opportunities

- Certified Personal Trainers contact DeAun Woosley at 862-3995
- Driving Range Workers contact Johnny Andrews at 845-1723

FOR INFORMATION CALL 845-7826

OR VISIT OUR HOMEPAGE AT [HTTP://RECSPORTS.TAMU.EDU](http://RECSPORTS.TAMU.EDU)

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