

Time Well Spent

Rec Sports

Spring '98 Live It Up!



Aquatics Fitness Feature Programs Sport Clubs Intramurals Golf Course Ultimate Adventures Student Rec Center

Intramurals

	Registration
Basketball	Jan. 19-27
Three Point Shot	Jan. 19-27
Pre-Season Basketball	Jan. 19-27
Wallyball	Jan. 19-27
Team Bowling	Jan. 19-27
Pre-Season Soccer	Jan. 26-Feb. 3
Outdoor Soccer	Jan. 26-Feb. 3
Pre-Season Softball	Jan. 26-Feb. 3
Slow Pitch Softball	Jan. 26-Feb. 3

Teams who register early receive a better choice of playing days and times. Don't wait and play late!

Jobs, Jobs and More Jobs

Officials Needed: If you need a job, we have one for you -- become a Rec Sports Intramural Official. Applications will be taken at these following meetings:

Basketball	Jan. 20 (today)	7 PM
Outdoor Soccer	Jan. 26	7 PM
Slow Pitch Softball	Jan. 26	7 PM
4-on-4 Flag Football	Feb. 23	7 PM

All meetings are held in room 281 of the Rec Center.

Maintenance Jobs: The Department of Recreational Sports is looking for energetic students to work in field maintenance and facility repair and construction. All students are encouraged to apply; however, students with Turf Management, Ag Systems Management, and Construction Science majors are targeted. Applications available in Room 202 of the Rec Center.

Tai Chi Instructors and Certified Personal Trainers are needed. Please contact DeAun Woosley at 862-3995.

Medics Wanted: EMT-B or higher certification required. Applications available in the Medic Room at the Rec Center.

Ultimate Adventures with TAMU Outdoors

	Activity Date	Registration
Hiking Day Trip	Feb. 21	Feb. 2 - 17
2nd Annual Outdoor Jamboree	Feb. 28	n/a
Intro to Rock Climbing Clinic	Feb. 28	Feb. 9 - 24
Horseback/Hiking Day Trip	Mar. 7	Feb. 16 - Mar. 3
Backpacking Trip	Mar. 7 - 8	Feb. 16 - Mar. 3
Rock Climbing Day Trip	Mar. 8	Feb. 16 - Mar. 3

SPRING BREAK TRIPS

	Activity Date	Registration
Rocky Mountain Adventure, Colorado	Mar. 14 - 22	Jan. 26 - Mar. 4
Horseback the Texas Frontier, Big Bend	Mar. 18 - 22	Jan. 26 - Mar. 2

Spring Break trip prices include a \$25 discount for participants making the full payment on or before February 23

MAY BREAK TRIPS

	Activity Date	Registration
Backpack the Grand Canyon	May 23 - 31	Feb. 9 - May 1

The Grand Canyon trip price includes a \$25 discount for participants making the full payment on or before April 24

Sail/SCUBA the Bahamas	May 23 - 29	Jan. 20 - Mar. 23
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Aquatics

	Program Date	Registration
• Intro to Springboard Diving	Feb. 2-5 & 9-12	Jan. 8 - 30
• CPR for the Professional Rescuer	Feb. 11	Jan. 20-Feb. 9
	Mar. 25	Mar. 2 - 23
• Adult Learn to Swim	Mar. 2-5 & 9-12	Feb. 9 - 26
• Intro to Platform Diving	Mar. 2-5 & 9-12	Feb. 9 - 26
• Advanced Adult Learn to Swim	Mar.23-26,30, Apr.2	Feb.26-Mar.19
• Advanced Springboard Diving	Mar.23-26,30, Apr.2	Feb.26-Mar.19
• Basic SCUBA Diver Course	Mar.27-29, Apr.3-5	Mar. 4-25

Register at Rec Center Member Services Desk

Feature Programs

Beginning in January and February. Register or inquire at the Rec Center Member Services Desk.

- Yoga • Body Basics • Fresh Start Total Wellness • Start Smart

Golf

Freezer Open: Two person teams in an alternating shot format will hit the course for this cool contest. The Freezer Open at Texas A&M Golf Course includes breakfast, green fee, cart, contest holes, door prizes and tournament prizes. Entry deadline Jan. 29 at the golf course. Only \$30 per person.

Aerobics at the Rec Center

- All aerobics classes are FREE the first week of classes.
- Two New Classes (pickup schedule for class times):
 - Rec Cycling:** Give your workout an exciting change of pace with our newest Aerobic class. REC Cycle takes all the boredom out of traditional stationary cycling and all the road blocks of outdoor cycling for a effective, enjoyable, and dynamic workout. Come join the fun!
 - Body Basics:** Body Basics is geared to the "new" fitness enthusiast of any age. Learn the core steps and aerobic moves plus sculpting basics. One step insert maximum. Workout clothes, and cross training or aerobic shoes are required. Classes meet Monday/Wednesday at 4:30 pm in room 303 Rec Center. Open to all Rec Members free.
- Various fitness passes are now available. An unlimited pass is only \$50 for the entire semester.

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.

Sport Clubs

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

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

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

FOR INFORMATION CALL 845-7826
 OR VISIT OUR HOMEPAGE AT
[HTTP://RECSports.TAMU.edu](http://RECSports.TAMU.edu)