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

Fitness Programs

- Aerobics Classes are FREE for the first week of classes!
 - New passes are required on Sunday, Sept. 6.
 - Unlimited Aerobic Passes on sale now for only \$50! Good for the entire semester.
 - Personal trainers WANTED. Must be nationally certified and Kinesiology Majors preferred.
- Call DeAun Woosley at 862-3995 for more information.

Feature Programs

- Jitterbug & Two-Step for Beginners-classes begin Sept. 21, every Mon. and Wed., 8:15-9:30pm.
 - Tai Chi-classes begin Sept. 21, every Mon. and Wed., Level 1: 5:45-6:45pm, and Level 1: 7-8pm, in room 303 of the Rec Center.
 - Yoga-classes begin Sept. 22, Level 1: 6-7pm plus another Level 1: 7-8pm, in room 303 of the Rec Center. Classes limited to 35 participants. Register at Member Services during the first week of school until space in classes fill up.
- Call DeAun Woosley at 862-3995 for more information.

Aquatics

Program	Program Date	Registration
• Basic S.C.U.B.A Diver Course	Sept. 14-17 & Sept. 21-24	Sept. 1-10
• CPR for the Professional Rescuer	Sept. 30	Sept. 14-28
• Basic S.C.U.B.A Diver Course	Oct. 5-8 & Oct. 12-15	Sept. 18-Oct. 1
• Rescue S.C.U.B.A. Diver Course	Oct. 5-9	Sept. 1-30

Intramurals

Activity	Registration
Pre-season Flag Football	Aug. 31 - Sept. 8
Flag Football	Aug. 31 - Sept. 8
Fantasy Football	Aug. 31 - Sept. 8
3 on 3 Basketball	Aug. 31 - Sept. 8
Indoor Soccer	Sept. 7-15
Racquetball	Sept. 7-15
Table Tennis	Sept. 7-15
Tennis	Sept. 14-22
Golf (Match Play)	Sept. 14-22
CoRec Two-Pitch Softball	Sept. 21-29
Putt Putt Golf	Sept. 21-29
Pickleball	Sept. 21-29
Badminton	Sept. 21-29
Handball	Sept. 28 - Oct. 6
Volleyball	Sept. 28 - Oct. 6
Horseshoes	Sept. 28 - Oct. 6

Sport Clubs

Archery	Bowling	Cycling
Fencing	Gymnastics	Handball
Judo	Pistol	Polo
Men's Lacrosse	Women's Lacrosse	Wrestling
Racquetball	Roadrunners	Men's Rugby
Women's Rugby	Sailing Team	Men's Soccer
Women's Soccer	Ultimate Frisbee	Trap & Skeet
Men's Volleyball	Women's Volleyball	Water Polo
Women's Water Polo	Waterski	Weightlifting

For more information and to secure the names of the current club representatives, please call 845-7826.

Ultimate Adventures with TAMU Outdoors

Activity	Activity Date	Registration
Windsurfing FUNdamentals	Sept. 19	Aug. 31 - Sept. 23
Kayak Roll-Instructional Clinic	Sept. 22	Sept. 23
Outdoor Pursuits Series: Gear Selection & Purchasing	Sept. 24	
Rock Climbing at Enchanted Rock	Sept. 25-27	Sept. 23
Canoeing Day Trip	Sept. 26	Sept. 23
Solo Canoe	Sept. 29 & Oct. 3	Sept. 23
Rock Climbing Day Trip	Oct. 3	Sept. 23
Kayak Roll-Instructional Clinic	Oct. 6	Sept. 23
Backpacking in Lost Maples	Oct. 9-11	Oct. 3
Intro to Rock Climbing at the Rec	Oct. 10	Sept. 23
Hiking at Bastrop State Park	Oct. 11	Sept. 23
Solo Canoe Roll-NEW!	Oct. 13	Sept. 23
Outdoor Pursuits Series: Outdoor Photography	Oct. 15	Oct. 3
Windsurfing in Corpus Christi	Oct. 16-18	Sept. 23
Caving in Austin	Oct. 17	Sept. 23
Trips with TAMU Outdoors		
Backpacking the Guadalupe Mountains	Nov. 25-29	Sept. 23
Canoe the Rio Grande, Big Bend	Nov. 25-29	Sept. 23
Sail and Dive the Bahamas	Aug. 21-27, 1999	Now - June



Check out our flyers for more details on our programs
For Information call 845-7826 or Visit our Homepage <http://recsports.tamu.edu>