

work and play everyday



intramurals



fitness&classes



outdoors



sport clubs



aquatics



golf

W I T H

recsports.tamu.edu



WELCOME BACK AGGIES!

- **FREE WEEKLY PLANNERS**—Aggies come pick up your FREE Rec Sports Weekly Planner for 2001-2002! These planners are packed with important University dates, an address book, training logs, important Rec phone numbers, Intramural listings, and lots of writing space!
- **MSC Open House**—Visit us at Open House on Sunday, September 2nd from 1-6pm. We will have all the information you'll need to get involved with Rec Sports and a hullabaloo of FREE Rec Sports stuff!
- **Need Help Parking?**—West Campus Garage construction has begun, please take caution around the site when approaching the Rec Center. On-campus students are encouraged to use the bus system to get to the Rec. Rec Members may enter the Rec Center through the Backyard west side entrance (facing Reed Arena) beginning August 27th, Monday-Friday from 11:30am-8:00pm. **Parking**—Valid parking tags are still required, the closest yellow/blue lots to the Rec are now lots 103 and 104. Commuter students are advised to park in Olsen lot 63 or Reed Arena lots 101, 102N, 102S, 102E and 102W. For the most up-to-date campus parking information call PTTs at 862-PARK.

COOL OFF WITH AQUATICS

- **NEW!-MASTERS Swimming Program**—Workouts are tailored to meet the individual's goals, whether you seek to increase your fitness, improve your stroke or have a desire to compete. Morning and evening practice times are offered as well as a Saturday workout. \$50 for 25 workout passes. Program starts on September 3rd.
- **NEW & FREE!-Polar Bear Club**—The 'Polar Bear Club' is a self-paced aquatics fitness program. It is designed to motivate all levels of swimmers and water exercise enthusiasts in a fun, supportive environment. To sign up ask ANY aquatics staff member. After completion of 100 miles or 100 hours of workout—you will be inducted into the club—great prizes will be given away in May '02.
- **Adult Learn To Swim**—Learn to swim with an experienced instructor in a safe and comfortable environment. Register August 27th-September 16th. Classes will be held September 17th-30th from 7:30-8:15 p.m. Cost starts at \$25 for Rec Members. *Advanced Adult Learn To Swim* also offered with registration ending October 14.
- **Basic Scuba**—Become a S.C.U.B.A. diver with this certification course. Classes will be held September 17-27, Mondays-Thursdays from 6:00-10:00 p.m. & Open Water Training dates to be decided the first day of class. Cost starts at \$225 for Rec Members. *Advanced Scuba* is also offered with registration ending October 3rd. Rescue Scuba offered as well, registration ending October 10.
- **Springboard Dive Course**—Introduces students to the techniques involved with forward, inward, reverse and back dives from both the springboards. Held October 15-25, 8:15-9:15 pm, on Mondays through Thursdays. Register August 27th-October 14 at Member Services, cost starts at \$25. *Advanced Springboard Dive* also offered with registration ending November 4.

PLAY EVERYDAY WITH INTRAMURALS

- **Need a Competitive Outlet?**—Our Intramural offerings include several classes of play for all skill abilities, and it has never been easier to play with our 'Free Agent Program' or get a group together and form a team!
- | Program | Registration | Cost |
|--------------------------|------------------|-------------|
| Indoor Soccer | Aug. 27-Sept. 4 | \$40/team |
| Racquetball (league) | Aug. 27-Sept. 4 | \$5/person |
| Fantasy Football | Aug. 27-Sept. 4 | \$5/person |
| 3-on-3 Basketball | Aug. 27-Sept. 4 | \$10/team |
| Pre-Season Flag Football | Sept. 3-Sept. 11 | \$10/team |
| Flag Football | Sept. 3-Sept. 11 | \$40/team |
| Badminton | Sept. 3-Sept. 11 | FREE |
| Golf | Sept. 3-Sept. 11 | \$35/person |

GET FIT WITH FITNESS & CLASSES

- **FREE WEEK OF AEROBICS**—Drop in today and try any of our over 90 weekly aerobic class offerings at no cost to you! Grab a friend and join us! One week only from Sunday, August 26th-Saturday, September 1st. For a complete aerobic schedule pick up a Fitness Brochure in our lobby or visit our website and click on the 'fitness' link.
- **NEW & FREE!-Weight Room Orientation**—Our newest FREE programming offering is available every Saturday at 11:00 a.m. Perfect for weight room beginners or those looking to improve their skills. Orientations last approximately one hour and everyone needs to have a towel to enter the Weight & Fitness Room.
- **'Jump Start!' YOUR Fall Fitness Goals**—Let the Rec Sports personal trainers give you the platform that will begin your healthy lifestyle with: 1 personal training session, complete fitness profile, nutrition consultation with the "food processor" and more for only \$30! Please visit Member Services to register.
- **Personal Training Sessions**—Your goals can become a reality with our help! Check out our competitive rates starting at \$30 for two sessions for one person. We also offer partner rates. Drop by Member Services to sign up today.
- **Marathon Training Program**—Ready, set, go! Registration begins September 26 after a 7:00pm informational meeting. Please do not hesitate to contact DeAun Woosely, 862-3995 for more information.
- **AFAA Resistance Training Specialist Workshop**—This unique program will be offered once on Sunday, September 9th. Call 862-3995 for more information.
- **Instructional Classes**—Elevate yourself to a new level of wellness with one of our unique Instructional Class offerings. Fall 2001 offers: *Yoga, Pilates, Salsa Dance, & Swing Dance*. Please register at Member Services, registration closes on September 6th for all programs.
- **Weight Watchers "At Work" Program**—The Weight Watchers plan gives participants, who have more than 10 pounds to lose based on the Weight Watchers weight chart, the support they need to learn good habits, lose weight and become more fit and healthy. Registration for this unique offering is open until September 10th and can be completed at Member Services.

EXPLORE WITH TAMU OUTDOORS

- **Back To School GEAR SALE!**—Come by TAMU Outdoors to enjoy savings on clearance items as well as on our climbing gear packages. We will also be offering our Arc'Teryx backpacks and guidebooks at unbelievable savings. Sale runs September 3-12, Outdoors is located behind the Rec Center across from Olsen Field.

Upcoming Event	Registration	Event Date
Fly Fishing By Canoe	Sept. 3-Sept. 25	Sept. 29
Kayak Clinic/Practice	Sept. 3-Sept. 17	Sept. 18
Lead Climbing	Sept. 3-Sept. 17	Sept. 18
Rock Climb Enchanted Rock	Sept. 3-Sept. 25	Sept. 28-30

GET VALUE WITH A&M GOLF COURSE

- **Executive Women's Golf Clinic**—Every Tuesday from 5:30-7:00pm, beginning September 4, women are invited to participate in this 6 week clinic that will cover all aspects of the game. Cost is \$100 and limited to the first 16 golfers.

A&M Golf Course is located on the Southside of campus, open daily, and always to the public!

GET A JOB WITH REC SPORTS

- **Maintenance Assistants**—Help maintain Rec Sports facilities. Applications available in room 202.
- **Lifeguards Needed**—Applications available in room 202. E-mail clogan@rec.tamu.edu for more information.
- **Facility Attendant/Receptionist**—This is a great starter job! Flexible hours with diverse responsibilities. Applications available in room 202. \$5.15/hr starting pay.
- **Personal Trainers Needed**—Help shape healthier Aggies! Applications are available in room 202 and current Personal Trainer/CPR Certification is required.
- **Rec Sports Medics**—Applications available in room 202, due in room 158, your questions can be e-mailed to medicsup@hotmail.com.
- **Marketing Assistant**—Pick up an application in room 202 or email astanton@rec.tamu.edu for more information, position is open until filled. \$5.85/hr starting pay.
- **Accounting Assistant**—Requires 10-15 hours per week with preference for available afternoon schedules. Must have high Word and Excel skills. Applications available in room 202, position will be open until it is filled. \$5.15/hr starting pay.
- **Intramurals Team Sports Supervisor**—Previous officiating and supervising in A&M Intramurals is required to apply. Applications are available in room 202, and are due to Mike Waldron in 225 by August 29th.
- **Special Event Crew**—Hiring meetings will be held on August 27th from 5-6pm, August 28th from 5-6pm, September 3rd from 4-5pm and September 5th from 5:30-6:30pm. You must attend a hiring meeting and prior to attending you must go on-line and fill out the information required for the 'New Student Employee Orientation' at <http://faid.tamu.edu>. For more information e-mail popal@rec.tamu.edu or drop by room 202. \$5.75/hr starting pay.