

new & improved
coming soon



EVERYTHING YOU NEED TO KNOW ABOUT RECREATION 365 24 7

A NEW YEAR, A NEW WEBSITE!

• **RECSports.TAMU.EDU**—Everything you need to know about recreation can always be found at <http://recsports.tamu.edu>. We are very proud to launch our redesigned website and get the information you need quickly and with ease. You can find everything at our site from Rec Center news, operating hours, job listings, our exclusive Intramural Headlines link, Fitness & Classes schedules, Natatorium hours, golf prices, Walk of Champions information and much more!

WELCOME BACK AGGIES

- **FREE Week of Rec Aerobics**—Now through Saturday, January 19th, ALL of over 90 group exercise classes are FREE for you to try! Visit us online for a complete class schedule or pick up a NEW Rec Fitness & Classes brochure in the Rec Center lobby.
- **MSC Open House**—Visit us at Open House on Sunday, January 27th starting at noon. We will have all the information you'll need to get involved with RecSports through Intramurals, Outdoors, Fitness & Classes, Aquatics, Sport Clubs and the Golf Course. Information on job opportunities will also be available.
- **E-Z ACCESS!!!—NEW Westside Entrance**—Rec Members may enter the Rec Center through the Backyard West Side Entrance (facing Reed Arena), Monday–Friday from 11:30am–11:00pm. **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. On-campus students are encouraged to utilize the bus system for Rec Center access. For the most up-to-date campus parking information call PTTS at 862-PARK.

GET A JOB WITH REC SPORTS

- **Maintenance Assistants**—Help maintain Rec Sports facilities. Applications available in room 202.
 - **Personal Trainers Needed**—Help shape healthier Aggies! Applications are available in room 202 and current Personal Trainer/CPR Certification is required.
 - **Intramural Officials**—No experience necessary. Make money working flexible hours, meeting new people, and receive paid training! Attend an orientation clinic to be hired.
- | Orientation Clinic | Date/Time/Location |
|---------------------|------------------------|
| Basketball | Jan. 22/7:00pm/281 Rec |
| Slow Pitch Softball | Jan. 28/7:00pm/281 Rec |
| Sand Volleyball | Feb. 11/7:00pm/281 Rec |
| 4/4 Flag Football | Feb. 18/7:00pm/281 Rec |

FIND YOUR PASSION IN SPORT CLUBS

- **Get Involved!**—Visit us at Open House to find out about Spring Sport Club opportunities or visit our link on the web for a complete listing of sports and their home pages with additional contact information.

PLAY EVERYDAY WITH INTRAMURALS

• **Need a Competitive Outlet?**—Our Intramural offerings include several classes of play for all skill levels. It has never been easier to play with our 'Free Agent Program' or get a group together and form a team!

Program	Registration	Cost
Racquetball (tourn. only)	Jan. 14–Jan. 22	FREE
Pre-Season Basketball	Jan. 22–Jan. 29	\$10/team
Basketball	Jan. 22–Jan. 29	\$40/team
Outdoor Soccer	Jan. 28–Feb. 5	\$40/team
Slow Pitch Softball (M&W)	Jan. 28–Feb. 5	\$40/team
Wallyball	Jan. 28–Feb. 5	\$10/team
Table Tennis	Jan. 28–Feb. 5	FREE
Team Bowling	Feb. 4–Feb. 12	\$40/team

Please register for Intramurals at the Intramural Counter next to Member Services.

GET FIT WITH FITNESS & CLASSES

• **UNLIMITED Aerobics Passes**—On sale now at Member Services for \$50. Have unlimited access to our always convenient, always fun classes. Over 90 classes are offered each week! Please note that new and replacement ID cards cost \$55.

• **Instructional Classes**—Elevate yourself to a new level of wellness with one of our unique Instructional Class offerings. Registration runs from January 7th–21st. Most classes begin the week of January 21st and 28th. For more information please go to the Member Services Desk.

Spring 2002 Offerings	Class Cost
Yoga	\$50
Salsa Dance	\$25/\$35/\$45
Pilates	\$50
Country Western Dance	\$25/\$35/\$45
Power Yoga	\$50
Tai Chi	\$50
Swing Dance	\$25/\$35/\$45
Merengue	\$25/\$35/\$45

Unless specified, most programs are for Rec Members only.

- **FREE Healthy Living Lectures**—All lectures are held in the Student Rec Center room 281 at 5:30pm. First lecture is January 30th—**Triathlon Training**.
- **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 competitive partner rates. Please drop by Member Services for more information or to sign up.
- **RELAX With Massage Therapy**—Swedish massage is offered through Rec Sports. The massage consists of long strokes, kneading, friction and percussion techniques. One full hour of therapy is \$35 for Rec Members, \$45 for affiliates without a Rec Membership. Please visit Member Services to make your appointment.
- **Triathlon Training Program**—This 8 week program is geared to the novice and fitness enthusiast that wants to train for a 'sprint' distance triathlon that includes a 500 meter swim, 18.6 mile bike ride and a 3.1 mile run. Registration opens January 30th at 8:00pm. There is an informational meeting January 30th at 6:30pm in room 272. Sign up early, program limited to 50 people.

EXPLORE WITH TAMU OUTDOORS

Upcoming Events	Registration	Event Date
Intro Rock Climb	Jan. 16–Jan. 24	Jan. 26
Late Nite Rock Show	Night of Event	Jan. 29
Lead Climbing	Jan. 22–Feb. 4	Feb. 5
Women's Rock Climb	Jan. 22–Feb. 14	Feb. 16
Backpacking Trip	Jan. 22–Feb. 19	Feb. 22–24
Caving Day Trip	Jan. 22–Feb. 19	Feb. 23

• **Costa Rica Adventure**—Attend the information meeting on Tuesday, January 15 at 7pm in room 281 of the Rec Center for more details on this amazing all inclusive travel opportunity.

• **Rec Center Rock Wall**—Come climb to the highest point in the Texas A&M University Rec Center. One of the tallest climbing walls on any university campus is waiting for you!

Hours Of Operation	
Sunday–Thursday	climb from 2:00pm–10:00pm
Friday	climb from 2:00pm–8:00pm
Saturday	climb from 12:00pm noon–6:00pm

In order to take advantage of this resource, you need to sign up for an orientation class or skills check, depending on your climbing experience. Classes are taught Mondays–Thursdays 3:00pm–7:00pm or on Fridays at 3:00pm. If you are an experienced climber, you may take the short skills check instead. Visit the Rock Wall Desk at Equipment Etc. for more on-site information.

• **UNIQUE Spring Break Trips!**—You will want to sign up today for these unique and competitively priced vacation packages. Spring Break 2002 offerings include: an exotic *Costa Rica Adventure*, an intense journey to *Climb Hueco Tanks* and a peaceful *Horsepack Mexico's Frontier*. Visit TAMU Outdoors today for more information and to put down a deposit and reserve your spot!

TAMU Outdoors is located near the West Side Entrance, across from Olsen Field.

GET VALUE WITH A&M GOLF COURSE

• **It's A Great Time to PLAY!**—Before the rush of school picks up, take some time to relax with 18 holes of golf at Texas A&M Golf Course. Student and twilight rates are available along with a full line of golfing apparel in the Pro Shop. Come by today.

Open to the public! We are located on the southside of the A&M campus. Call the Pro Shop at 845-1723 & visit us online at <http://recsports.tamu.edu>.

MAKE A SPLASH WITH AQUATICS

• **Adult Learn To Swim**—Learn to swim with an experienced instructor in a safe and comfortable environment. Register January 14th–March 17th. Classes will be held March 18th–28th or May 13th–23rd from 7:30–8:15 p.m. Cost starts at \$25 for Rec Members. Appropriate swimwear is required for all pool sessions.

• **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.