

a f g i o s

aquatics fitness and classes golf course intramurals outdoors sport clubs

<http://recsports.tamu.edu>

PICK UP YOUR

2002-2003

FREE Rec Sports PLANNER AT THE STUDENT REC CENTER

FREE WEEKLY PLANNERS

• **Rec Sports Weekly Planners available NOW!**—Pick up your FREE copy of the Rec Sports Weekly Planner in the lobby of the Student Recreation Center NOW! These planners are great for students, faculty and staff and include all the information you need to lead a healthy lifestyle with Rec Sports registration dates, schedules, prices and workout logs. Don't miss out—these planners won't last long.

GET READY FOR THE FALL OF 2002

- **Lightning Prediction Tests**—On the second Tuesday of every month the Department of Rec Sports will test their lightning prediction equipment at the Student Rec Center, Penberthy IM Center and the Texas A&M Golf Course. Around 12:30 p.m., you will hear a series of horn blasts that will mimic a lightning warning.
- **MSC Open House**—Visit us at Open House on Sunday, September 8th from 2:00–6:00 p.m. We will have all the information you'll need to get involved with Rec Sports through Intramurals, TAMU Outdoors, Fitness & Classes, Aquatics, Sport Clubs and the Golf Course. Information on job opportunities will also be available.
- **Westside Rec Center Entrance**—Rec Members may enter the Rec Center through the Backyard West Side Entrance (facing Reed Arena), Monday–Thursday from 11:30 a.m.–11:00 p.m. and Friday–Sunday from 11:30 a.m.–8:00 p.m. For the most up-to-date campus parking information call PTTS at 862-PARK.

GET A JOB WITH REC SPORTS

- **Rec Center Medics**—Medics needed at the Student Rec Center. Apply in room 158 or call 862-4145 for more information.
 - **Aquatics needs Lifeguards**—Trained lifeguards save lives. Apply in room 202 of the Student Rec Center or call Elizabeth at 862-4968.
 - **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 Clinics | Date/Time/Location |
|---------------------|-------------------------|
| Indoor Soccer | Sept. 2/7:00pm/281 Rec |
| Flag Football | Sept. 7/7:00pm/281 Rec |
| CoRec Softball | Sept. 16/7:00pm/281 Rec |
| Volleyball | Sept. 30/7:00pm/281 Rec |

SPORT CLUB TRYOUTS

- **Get Involved!**—Don't miss out on a chance to compete.
- | Tryouts | Date/Time/Location |
|------------------|-------------------------------|
| Men's Lacrosse | Sept. 9th/4:00 p.m./Penberthy |
| Women's Lacrosse | M, W, Th./7:00 a.m./Penberthy |
| Men's Rugby | Sept. 3rd/6:00 p.m./Penberthy |
| Women's Rugby | TSHOOPS40@aol.com |
| Men's Soccer | Sept. 3rd/8:00 p.m./Penberthy |
| Women's Soccer | Sept. 3rd/7:30 p.m./Penberthy |

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
Indoor Soccer	Sept. 2–10	\$40/team
Racquetball (league play)	Sept. 2–10	\$5/person
Fantasy Football	Sept. 2–10	\$5/person
3-on-3 Basketball	Sept. 2–10	\$10/team
Pre-Season Flag Football	Sept. 9–17	\$10/team
Flag Football	Sept. 9–17	\$40/team
Badminton	Sept. 9–17	FREE
Golf	Sept. 9–17	\$35/person

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

FITNESS & CLASSES AT A FALL VALUE

- **FALL FITNESS SALE**—Begins September 1 on all Unlimited Rec Aerobics Passes and select Personal Training Packages. Get an Unlimited Aerobics Pass for \$40/\$45 or 10/15 personal training sessions for \$10 off. Hurry—this deal won't last long. For more information come by the Member Services Desk.
- **FREE Week of Rec Aerobics**—Saturday, September 1 through Saturday, September 7, ALL of over 80 group exercise classes are FREE for you to try! Visit us online for a complete class schedule or pick up a Rec Fitness & Classes brochure in the Rec Center lobby.
- **FREE Healthy Living Lectures**—All lectures are held in the Student Rec Center room 281 at 5:30pm. First lecture is September 25th—*Body Image*.
- **Personal Training Sessions**—Your goals can become a reality with our help! Check out our competitive rates starting at \$40 for three 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**—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.
- **Marathon Training Program**—This 16 week program is geared to the runner that wants to train for the HP Houston Marathon on January 19, 2003. Registration begins September 18 after the information meeting at 5:30 p.m. This program is limited to the first 75 runners. Cost: \$55/\$65/\$75/\$85. The program begins Sept. 28 and runners should be running 15-20 miles per week.

Fall 2002 Instructional Class Offerings

Program	Registration	Cost
Yoga		\$50
Pilates		\$50
Pilates & Ball		\$50
Country Western Dance		\$25/\$35/\$45
Jitterbug Dance		\$25/\$35/\$45
Power Yoga		\$50
Baby Massage		\$35/\$40

Unless specified, most programs are for Rec Members only.

EXPLORE WITH TAMU OUTDOORS

Upcoming Events	Registration	Event Dates
Lead Climb Clinic	Sept. 2–16	Sept. 17
Rock Climbing 101	Sept. 2–18	Sept. 22
Kayak Roll Clinic	Sept. 2–23	Sept. 24
Women's Rock Climb	Sept. 2–23	Sept. 27–28
Fly Fish Llano River	Sept. 2–23	Sept. 28–29

• **Rec Center Rock Wall**—Now is the time to renew your Rock Wall pass. Classes start on Monday, Sept. 2 and are held at 3:00 p.m. and 7:00 p.m. Monday–Thursday and at 3:00 p.m. on Friday for only \$5. Make climbing your new goal—stay healthy and have fun while rock climbing.

Hours of Operation	Cost
Sunday–Thursday	climb from 2:00pm–10:00pm
Friday	climb from 2:00pm–8:00pm
Saturday	climb from 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. If you are an experienced climber, you may skip the short skills check instead. Visit the Rock Wall Desk at Equipment Etc. for more on-site information.

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

GETTING BETTER—A&M GOLF COURSE

• **It's A Great Time to PLAY!**—So many changes are underway at your Texas A&M Golf Course—paved cart paths, improved putting greens, new driving range. There is a reason that this tradition will continue for another 50 years. Student and twilight rates are available along with a full line of golfing apparel in the Pro Shop. **OPEN TO THE PUBLIC!** Call the Pro Shop at 845-1723 and visit us online at <http://recsports.tamu.edu>.

MAKE A SPLASH WITH AQUATICS

Program	Registration	Cost
Polar Bear Club	Begin of semester	FREE
Masters Swimming	-All semester	\$50
Springboard Diving	NOW–Sept. 9	\$25/\$30/\$35
Basic SCUBA	NOW–Sept. 30	\$225/\$235/\$245
Adv. SCUBA	NOW–Oct. 9	\$110/\$120/\$130
Rescue SCUBA	NOW–Oct. 16	\$110/\$120/\$130
Adv. Springboard Diving	NOW–Oct. 21	\$25/\$30/\$35
Adult Learn to Swim	Multiple Sessions	\$25/\$30/\$35

STUDENT REC CENTER

- The Division of Student Affairs Information Center is located in the lobby of the Student Rec Center and provides information about the 13 departments within the Division. Students can visit or call the Center between the hours of 3:00–9:00 p.m., Sunday–Thursday. 458-0871.
- **Walk of Champions**—Have your name etched in stone in the Walk of Champions Plaza. A&M students don't miss out on discounted prices—\$100. Call 862-1856 for more info. Walk of Champions order forms available at <http://recsports.tamu.edu>.

