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fun
fitness
recreation
all in one spot: SRC

EVERYTHING YOU NEED TO KNOW ABOUT RECREATION

NEW YEAR, NEW INFORMATION!

• RECSports.TAMU.EDU—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 18th, ALL of over 80 group exercise classes are FREE for you to try! Visit us online for a complete class schedule or pick up the Rec Fitness & Classes brochure in the Rec Center lobby.
- **MSC Open House**—Visit us at Open House on Sunday, January 26th starting at 1:00 p.m. We will have all the information you'll need to get involved with Rec Sports through Intramurals, Outdoors, Fitness & Classes, Aquatics, Sport Clubs and the Golf Course.
- **Lightning Prediction Test**—Rec Sports will be testing our lightning prediction system that is housed at the Student Recreation Center, Penberthy Intramural Center and at the Texas A&M Golf Course on Tuesday, January 14th around 12:30 p.m. You will hear horn blasts that will mimic the blasts that will warn of inclement weather and people participating in outdoor activities should stop and find appropriate cover. When the danger has passed, the all-clear will sound with another horn blast. For more information on the Lightning Prediction System, please pick up a flyer in the lobby of the Student Recreation Center.

GET A JOB WITH REC SPORTS

- **Lifeguards**—Make a difference today in the Student Rec Center Natatorium. Lifeguards save lives. Interested? Apply today in room 202 or call Elizabeth at 862-4968.
- **Maintenance Assistants**—Help maintain Department of Recreational Sports facilities. Applications are available in room 202.
- **Marketing Assistant**—Rec Sports is looking for a creative and energetic marketing major to work on projects that include customer satisfaction research and marketing plans. Interested? Apply in room 202 of the Rec Center or email astanton@rec.tamu.edu for more information.
- **Photographers**—We need qualified action photographers to capture the excitement that is Rec Sports. Color 35mm and digital photography experience preferred. Be prepared to show samples of your work. Apply in room 202 or email astanton@rec.tamu.edu for more information.
- **Intramural Officials**—No experience necessary. Make money working flexible hours, meeting new people, and receive paid training! Attend an orientation clinic to be hired.

IM Orientation Clinics	Date/Time/Location
Basketball	Jan. 21/7:00 p.m./281 Rec
Outdoor Soccer	Jan. 27/7:00 p.m./281 Rec
Slow Pitch Softball	Jan. 27/7:00 p.m./281 Rec
Sand Volleyball	Feb. 10/7:00 p.m./281 Rec
4/4 Flag Football	Feb. 17/7:00 p.m./281 Rec

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. 13-Jan. 21	FREE
Pre-Season Basketball	Jan. 21-Jan. 28	\$10/team
Basketball	Jan. 21-Jan. 28	\$40/team
Outdoor Soccer	Jan. 27-Feb. 4	\$40/team
Slow Pitch Softball (M&W)	Jan. 27-Feb. 4	\$40/team
Wallyball	Jan. 27-Feb. 4	\$10/team
Table Tennis	Jan. 27-Feb. 4	FREE
Team Bowling	Feb. 3-Feb. 11	\$40/team

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

GET FIT WITH FITNESS & CLASSES

- **SALE! UNLIMITED Aerobics Passes**—On sale now at Member Services for \$40/\$45, January 12-18 at Member Services. Have unlimited access to our always convenient, always fun classes. Over 80 classes are offered each week! Regular price resumes on the 19th.
- **Instructional Classes**—Registration runs from January 6th-20th. Most classes begin the week of January 21st. For more information please go to the Member Services Desk.

Spring 2003 Offerings	Class Cost
Beginning Yoga	\$50
Beginning & Intermediate Power Yoga	\$50
Yoga for Relaxation I & II	\$50
Pilates	\$50
Jazz Dance I & II	\$30
Beginning Jitterbug Dance	\$15/\$25*
Beginning Country Western Dance	\$15/\$25*
Texas Push	\$15/\$25*

Unless specified, most programs are for Rec Members only. *Lower price if current A&M student or Rec Member. You must sign up for dance classes as couples.

- **FREE Healthy Living Lectures**—All lectures are held in the Student Rec Center room 281 at 5:30 p.m. First lecture takes place February 12th—*Me Tarzan, You Jane: Communication skills between men and women.*
- **PERSONAL TRAINING SALE**—Your goals can become a reality with our help! From January 13-26 receive 10 sessions for \$105 or 15 sessions for \$150. Save on partner sessions as well. 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 1,000 meter swim, 15.5 mile bike ride and a 3.1 mile run. Registration opens January 30th at 6:00 a.m. There is an informational meeting January 29th at 7:15 p.m. in room 281. Program limited to the first 50 people signed up.

EXPLORE WITH TAMU OUTDOORS

Upcoming Events	Registration	Event Date
Lead Climbing Clinic	Jan. 13-Jan. 27	Jan. 28
Rock Climbing 101	Jan. 21-Jan. 28	Feb. 1
Lead Climbing Clinic	Jan. 21-Feb. 17	Feb. 18
Rock Climbing 101	Jan. 21-Feb. 18	Feb. 22
Women's Rock 101	Jan. 21-Feb. 18	Feb. 23
Backpacking Trip	Jan. 21-Feb. 18	Feb. 22-23
Rock Climbing Day Trip	Jan. 21-Feb. 25	March 1
Horseback/Hiking Day	Jan. 21-Feb. 25	March 2

SPRING BREAK TRIPS	Registration	Event Date
Canoe Big Bend's Rio Grande	Jan. 21-Feb. 27	March 8-13
Climb Hueco Tanks	Jan. 21-Feb. 27	March 9-14
Horseback Big Bend	Jan. 21-Feb. 27	March 12-16

REC CENTER ROCK WALL HOURS OF OPERATION	Hours
Monday-Thursday	2:00-10:00 p.m.
Friday	2:00-8:00 p.m.
Saturday	noon-6:00 p.m.
Sunday	2:00-10:00 p.m.

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 2:00 p.m.-7:00 p.m. or on Fridays at 3:00 p.m. If you are an experienced climber, you may take a 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.

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.

GREAT VALUE AT THE A&M GOLF COURSE

• **PGA Golf for Business and Life**—14 two-hour group lessons include: full swing practice, pitching, chipping, bunker play, mental game, history of golf, rules, business application and on-course instruction. The info meeting takes place January 21st at 7:00 p.m. Classes will be limited to 24 players on Tuesdays and Wednesdays at noon for beginners and intermediates. Course cost: \$75. For more information, please contact Mark Haven at 862-8403. Open to the public! We are located on the south side 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

Program	Registration	Cost
Basic SCUBA	Jan. 13-March 31	\$225/\$245
Adult Learn to Swim	Jan. 13-March 31	\$25/\$35
Water Babies	Jan. 13-May 12	\$25/\$35
Lifeguard Training	Jan. 13-March 24	\$110/\$130
Lifeguard Challenge	Jan. 13-March 27	\$25/\$35
AED/PDT/OA Training	Jan. 13-May 3	\$50/\$75
CPR-Pro Rescuer Challenge	Jan. 13-April 3	\$25/\$35
Masters Swimming	All semester	\$50
Polar Bear Club	All semester	FREE

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