



recsports.tamu.edu



all in one spot: SRC

EVERYTHING YOU NEED TO KNOW ABOUT RECREATION

**START THE FALL OUT RIGHT!**

• **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**

• **FACULTY/STAFF MEMBERSHIPS**—Now has never been a better time to check out Rec Center memberships. Rec Sports makes living a healthier life even easier with bank draft options for membership and locker payments. Come by and see what Rec Sports has to offer, visit the Rec Sports web site at <http://recsports.tamu.edu> or the Member Services Desk TODAY!

• **FREE Week of Rec Aerobics**—Sunday, August 31 through Saturday September 6, 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, September 7th starting at 2:00 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.

The Department of Rec Sports tests its Lightning Prediction System on the second Tuesday of every month at Penberthy IM Sports Center, the Student Rec Center or the Texas A&M Golf Course.

**GET A JOB WITH REC SPORTS**

• **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](mailto:astanton@rec.tamu.edu) for more information.

• **Accounting Student Assistant**—This is the perfect opportunity for accounting/finance majors. 1/7:00 p.m./281 Rec Center or visit <http://recsports.tamu.edu> for an application.

• **Rec Center Lifeguards**—Apply by September 1st and you could be working in one of the premier aquatic facilities in the country. Applications available in room 202 of the Rec Center or in the Natatorium.

• **Rec Center Medics**—Seeking qualified EMT/medics. Apply at the Rec Medic station just past the Rec Rock Wall, down the indoor soccer court hall.

• **Intramural Officials**—No experience necessary. Make money working flexible hours, meeting new people, and receive paid training! Attend an orientation clinic to be hired.

**BECOME AN INTRAMURAL OFFICIAL**—No experience necessary.

| IM Orientation Clinics | Date/Time/Location         |
|------------------------|----------------------------|
| Indoor Soccer          | Sept. 1/7:00 p.m./281 Rec  |
| Flag Football          | Sept. 8/7:00 p.m./281 Rec  |
| CoRec Softball         | Sept. 15/7:00 p.m./281 Rec |
| Volleyball             | Sept. 29/7:00 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      |
|---------------------|------------------|-----------|
| Indoor Soccer       | Sept. 1-Sept. 9  | \$45/team |
| Fantasy Football    | Sept. 1-Sept. 9  | \$5/team  |
| 3-on-3 Basketball   | Sept. 1-Sept. 9  | \$15/team |
| Penberthy Preseason |                  |           |
| Flag Football       | Sept. 8-Sept. 16 | \$10/team |
| Flag Football       | Sept. 8-Sept. 16 | \$45/team |
| Badminton           | Sept. 8-Sept. 16 | FREE      |

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! Save \$10 off the regular price Sunday, August 31 through Saturday, September 6. Have unlimited access to our always convenient, always fun classes. Over 80 classes are offered each week! Regular price resumes on the 7th.

**Instructional Classes**  
Registration runs from September 1st-14th. Most classes begin the week of September 15th. For more information please go to the Member Services Desk.

| Fall 2003 Offerings | Class Cost |
|---------------------|------------|
| Beginning Yoga      | \$50       |
| Power Yoga          | \$50       |
| Pilates             | \$50       |
| Pilates/Yoga Combo  | \$50       |
| Pilates/Ball Combo  | \$50       |
| Jazz Dance I & II   | \$30       |
| Hip Hop             | \$15       |
| Belly Dance         | \$30       |

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 5:30 p.m. The first lecture takes place October 1st.

• **REC WALKERS**—New program for the Fall. Join Fitness and Personal Training Staff each lunch hour for a brisk walk around campus. To learn more, attend the information meeting September 15 at 12:15 p.m. in room 281 Rec Center or visit the Rec Sports web site at <http://recsports.tamu.edu>.

• **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 \$40 for Rec Members, \$50 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 novice and fitness enthusiast that wants to train for the HP Marathon in Houston. Attend the information meeting Monday, September 22 at 6:00 p.m. in room 281 Rec Center. Program limited to the first 75 people signed up.

**EXPLORE WITH TAMU OUTDOORS**

| Upcoming Events           | Registration at event | Event Date |
|---------------------------|-----------------------|------------|
| Climbing Technique Clinic | Sept. 1-17            | Sept. 18   |
| Rock Climb 101 Clinic     | Sept. 1-22            | Sept. 23   |
| Kayak Roll Clinic         | Sept. 1-23            | Sept. 24   |
| Fly Fishing Day Trip      | Sept. 1-29            | Sept. 30   |
| Back Country Cooking      | Sept. 1-30            | Sept. 31   |
| Lead Climbing Clinic      | Sept. 1-30            | Oct. 3-5   |
| Rock Climb Enchanted Rock | Sept. 1-30            | Oct. 4     |
| Rafting Day Trip          | Sept. 1-30            | Oct. 4     |

**BREAK TRIPS**

| Event                 | Registration    | Event Date  |
|-----------------------|-----------------|-------------|
| Horsepacking Big Bend | Sept. 1-Nov. 7  | Nov. 26-30  |
| Ski Colorado          | Sept. 1-Dec. 1  | Jan. 11-17  |
| Costa Rica Adventure  | Sept. 1-Dec. 12 | March 14-21 |

**El Cap Club**  
Two Person Climbing Event—Registration begins September 8 and runs through September 26th for this challenging and fun team event. The team that logs the most vertical feet can claim the prize and the bragging rights. Register at the Rock Wall Desk.

**REC CENTER ROCK WALL HOURS OF OPERATION**

| Day             | Hours           |
|-----------------|-----------------|
| Sunday-Thursday | 3:00-10:00 p.m. |
| Friday          | 3:00-8:00 p.m.  |
| Saturday        | noon-5:00 p.m.  |

In order to take advantage of this resource, you need to sign up for an orientation class or skill check, depending on your climbing experience. Classes are taught Mondays-Thursday, 3:30 p.m.-7:00 p.m. or on Fridays at 3:30 p.m. If you are an experienced climber, you may skip the short skills check instead. Visit the Rock Wall Desk 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**

• **NEW Full Length Driving Range**—Come by and enjoy one of the Golf Course's newest additions, the full length driving range. Buy a bucket of balls and practice your swing warm up before a round of 18 holes or just work up a sweat on a warm and balmy Texas night.

• **Lessons with the Pro**—On your own, with a partner or in a group—lessons with the Golf Course Pro will get your game on track.

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        |
|---------------------|--------------|-------------|
| Adult Learn to Swim | NOW-Sept. 8  | \$25/\$35   |
| Basic SCUBA         | NOW-Sept. 29 | \$225/\$245 |
| Springboard Diving  | NOW-Oct. 13  | \$25/\$35   |
| Polar Bear Club     | All semester | FREE        |

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"I know have a lot work to do said A& coach Denn Franchione. so many wa in a first ga with a ne offense and new defen there were a of positives a I certain don't want tives, but we to work on."

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