

# Find fun, fitness and excitement at YOUR Rec Center!



EVERYTHING YOU NEED TO KNOW ABOUT RECREATION.



## START THE YEAR 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!
- **MSC Open House**—Visit us at Open House on Sunday, January 25th 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.
- **Lightning Prediction System**—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 and the Texas A&M Golf Course.
- **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.

## GET A JOB WITH REC SPORTS

- **Personal Trainers**—Now hiring certified personal trainers to serve on our Rec Sports staff. Contact Jerod Wilson at 845-3058 for more information and application details.
  - **Accounting Student Assistant**—This is the perfect opportunity for accounting/finance majors. Apply in room 202 of the Student Rec Center or visit <http://recsports.tamu.edu> for an application.
  - **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. 26 / 7:00 p.m. / 281 Rec |
| Outdoor Soccer         | Feb. 2 / 7:00 p.m. / 281 Rec  |
| Slow Pitch Softball    | Feb. 2 / 7:00 p.m. / 281 Rec  |
| Sand Volleyball        | Feb. 16 / 7:00 p.m. / 281 Rec |
| 4-on-4 Flag Football   | Feb. 23 / 7:00 p.m. / 281 Rec |
- **Lifeguards**—The Aquatics Department is hiring lifeguards for the Spring. If you are interested please pick up an application located on the pool deck. Contact Charles Logan 862-3224 or a lifeguard for more info.

## PLAY EVERYDAY WITH INTRAMURALS

- **Need a Competitive Outlet?**—It has never been easier to play with our 'Free Agent Program' or get a group together and form a team! Don't miss registration!
- | Program                         | Registration   | Cost      |
|---------------------------------|----------------|-----------|
| Penberthy Pre-Season Basketball | Jan. 26–Feb. 3 | \$10/team |
| Basketball                      | Jan. 26–Feb. 3 | \$45/team |
| Outdoor Soccer                  | Feb. 2–Feb. 10 | \$45/team |
| Slow Pitch Softball             | Feb. 2–Feb. 10 | \$45/team |
| Wallyball                       | Feb. 2–Feb. 10 | \$10/team |
| Table Tennis                    | Feb. 2–Feb. 10 | FREE      |
| Racquetball (tournament)        | Feb. 2–Feb. 10 | 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 Thursday, January 15 through Monday, January 26. Have unlimited access to our always convenient, always fun classes. Over 80 classes are offered each week! Regular price resumes on the 27th.
  - **FREE Week of Rec Aerobics**—Tuesday, Jan 20 through Monday January 26, ALL of over 80 group exercise classes are FREE for you to try! Something for everyone to start the New Year off right! Visit us online for a complete class schedule or pick up the Rec Fitness & Classes brochure in the Rec Center lobby.
  - **Instructional Classes**  
Registration runs NOW—day prior to first day of classes. Most classes begin the week of January 26th. For more information please go to the Member Services Desk.  
**Spring 2004 Offerings**
- | Class                | Cost |
|----------------------|------|
| Belly Dance          | \$30 |
| Pilates              | \$50 |
| Pilates/Yoga Combo   | \$50 |
| Beginning Power Yoga | \$50 |
| Yoga (Raja)          | \$50 |
| Int. Power Yoga      | \$50 |
| Yoga (Kundalini)     | \$50 |
| Yoga (Hatha)         | \$50 |
| Pilates Ball         | \$50 |
| Hip Hop              | \$15 |
| Jazz Dance I         | \$30 |
| Jazz Dance II        | \$30 |
| Funky Jazz           | \$15 |
- Unless specified, most programs are for Rec Members only.
- **REC WALKERS**—Info meeting is Wed, Jan. 28th at noon in Rec rm 281. Walk by joining Rec Walkers, a lunch time fitness program. Cost for returning walkers is \$25/35 and new walkers is \$35/45. Program begins Mon, Feb. 2. For more info call 862-3995 or visit [recsports.tamu.edu](http://recsports.tamu.edu)
  - **Triathlon Training Program**—Info meeting Sunday, Feb. 1 at 7:00pm in Rec room 281. Registration begins after the info meeting. Program meets on Tuesday and Thursdays from 2:00–3:30pm and Sunday evenings. Rec Members only. Registration fees are \$55 for returning Triathletes and \$65 for new participants. Call 862-3995 or go to <http://recsports.tamu.edu> for more info.

## EXPLORE WITH TAMU OUTDOORS

Upcoming Events	Registration	Event Dates
Rock Climb 101 Clinic	Jan. 20–Jan. 29	Jan. 20–29
Lead Climbing Clinic	Jan. 20–Feb. 9	Feb. 9–11
Intro to Fly Fishing Wkshp	Jan. 20–Feb. 11	Feb. 11–17
Climb Technique Clinic	At Event-FREE	Feb. 17–23
Backpacking Trip	Jan. 20–Feb. 17	Feb. 23–29
Kayak Roll Instructional Clinic	Jan. 20–Feb. 23	Feb. 23–29
Aggie Pumpfest	Jan. 20–Feb. 25	March 1–7

SPRING BREAK TRIPS	Registration	Event Dates
Boulder Hueco Tanks	Jan. 20–March 8	March 14–17
Canoe the Rio Grande Big Bend	Jan. 20–March 2	March 14–17

FREE One time Climbs!	Registration	Event Dates
Tuesday	Feb. 3	3:30–6:30 p.m.
Wednesday	Feb. 4	6:30–9:30 p.m.
Thursday	Feb. 5	3:30–9:30 p.m.

REC CENTER ROCK WALL HOURS OF OPERATION	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 check, depending on your climbing experience. Classes are taught Mondays–Thursdays, 3:00–7:00 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 site for a complete listing of sports and their home pages for additional contact information.

## GREAT VALUE AT THE A&M GOLF COURSE

- **NEW Full Length Driving Range**—Come by and enjoy 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 group—lessons with the Golf Course Pro will get your golf on track.
- **Students**—Golf memberships are now available as an option at registration. Don't forget to sign up NOW through January 30!

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–Feb. 1	\$25/\$30
Basic SCUBA	NOW–March 21	\$225/\$250
Lifeguard Training	NOW–April 11	\$110/\$125
Lifeguard Challenge	NOW–April 11	\$25/\$30
Springboard Diving	NOW–April 11	\$25/\$30

[recsports.tamu.edu](http://recsports.tamu.edu)