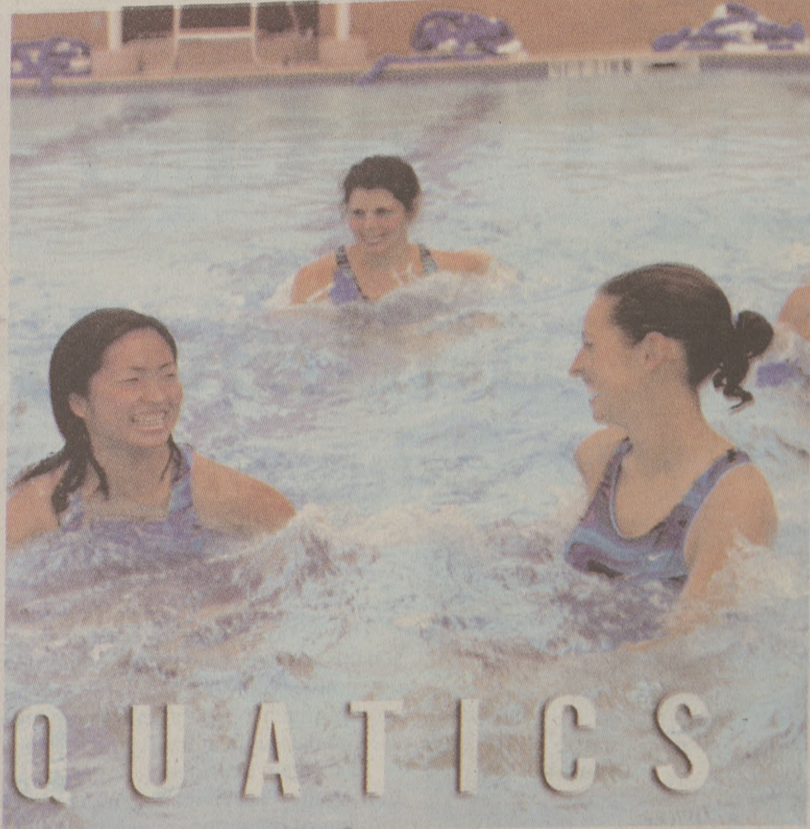




FITNESS



AQUATICS



SPORT CLUBS



OUTDOORS

6 WAYS TO PLAY, 1 PLACE TO BE



INTRAMURALS



GOLF

recsports.tamu.edu



START THE FALL OUT RIGHT!

- **RECSPORTS.TAMU.EDU**—New for Fall 2004 our new site makes it even easier to find Rec Center news, operating hours, job listings, Intramurals, 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 payroll deductions for membership payments. Come by and see what Rec Sports has to offer or visit the Rec Sports web site at <http://recsports.tamu.edu>.
- **FREE Week of Rec Aerobics**—Monday, August 30 through Sunday, 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 5th 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**—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.

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.
- **Rec Center Lifeguards**—Apply today at the Rec Center and you could be working in one of the premier aquatic facilities in the country. Applications available in room 202 of the Rec Center, in the Natatorium or online at recsports.tamu.edu.
- **Rec Center Medics**—Seeking qualified EMT/medics. Apply at the Rec Medic station just past the Rec Rock Wall to the right or online at <http://recsports.tamu.edu>.
- **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	Aug. 30	7:00 p.m.	281 Rec
Flag Football	Sept. 6	7:00 p.m.	281 Rec
CoRec Softball	Sept. 13	7:00 p.m.	281 Rec
Volleyball	Sept. 27	7:00 p.m.	281 Rec

WALK OF CHAMPIONS LEAVE YOUR MARK

Aggies, buy your Walk of Champions brick for a reduced price. Visit <http://recsports.tamu.edu> for more information and an order form. Leave your mark on the A&M campus.

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	NOW–Sept. 7	\$45/team
3-on-3 Basketball	NOW–Sept. 7	\$15/team
Penberthy Preseason		
Flag Football	Sept. 6–Sept. 14	\$10/team
Flag Football	Sept. 6–Sept. 14	\$45/team
Badminton	Sept. 6–Sept. 14	FREE
Tennis (League Play)	Sept. 13–Sept. 21	\$5/person
CoRec Softball	Sept. 13–Sept. 21	\$45/team

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

GET FIT WITH FITNESS & CLASSES

- **SALE! Personal Training Packages**—Now you can get the personal attention you need to get the best out of your workout! \$10 off 10 and 15 session Personal Training Packages Aug. 27th through Sept. 5th! Sign up at Member Services located in the Rec Center lobby.
- **SALE! UNLIMITED Aerobics Pass**—On sale now at Member Services! Save \$10 off the regular price Monday, August 30th through Sunday, September 5. Have unlimited access to our always convenient, always fun classes. Over 80 classes are offered each week!

Instructional Classes

Registration is going on NOW. Most classes begin the week of September 6th. For more information please go to the Member Services Desk.

Fall 2004 Offerings	Class Cost
Belly Dance	\$30
Belly Dance Choreography	\$50
Hip Hop	\$15
Pilates	\$50
Beg. Power Yoga	\$50
Int. Power Yoga	\$50
Yoga–Hatha	\$50
Yoga–Hatha Flow	\$50
Yoga–Hatha Raja	\$50

- **UNLESS specified, most programs are for Rec Members only.**
- **FREE Healthy Living Lectures**—Free lectures from expert speakers about exercise, nutrition, diets, and relationships! Lectures are held in the Student Rec Center room 281 at 5:30 p.m. Come early!
- **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 program is geared to the recreational runner and fitness enthusiast that wants to train to run marathons. A sound program led by experienced and motivating coaches guaranteed to get you off to a great start this semester! Don't miss the info meeting on Sept. 22 at 6:00 p.m. in room 281 of the Rec Center.

EXPLORE WITH TAMU OUTDOORS

Upcoming Events	Event	Register
Intro to Fly Fishing Clinic	Sept. 14	Aug. 30–Sept. 6
Backcountry Cooking Clinic	Sept. 21	Aug. 30–Sept. 6
Kayak Workshop/Trip	Sept. 24–26	Aug. 30–Sept. 6
Rock Climbing 101 Clinic	Sept. 25	Aug. 30–Sept. 6
Kayak Roll Inst. Clinic	Sept. 28	Aug. 30–Sept. 6
Lead Climbing Clinic	Sept. 28	Aug. 30–Sept. 6
Rafting Day Trip	Oct. 3	Aug. 30–Sept. 6
Bike 101—Flats and Maint.	Oct. 5	Aug. 30–Oct. 6
Intermediate Fly Fishing	Oct. 5	Aug. 30–Oct. 6
Rock Climbing Day Trip	Oct. 9	Aug. 30–Oct. 6
Sea Kayak the Texas Coast	Oct. 9–10	Aug. 30–Oct. 6
Thanksgiving Break Trip		
Horsepacking Big Bend	Aug. 30–Nov. 8	Nov. 24–Oct. 6

- **El Cap Club**—Two Person Climbing Event—Registration going on NOW through September 30th 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.
- **Back to class SALE!**—Mon, Sept. 6–Fri, Sept. 17 Mad Flash Shoes are on sale for \$59.95, Climbing Packages are 10% off, Clearance Items and FREE shipping on special order items! Don't miss this sale!

REC CENTER ROCK WALL HOURS OF OPERATION

Sunday–Friday	3:00–10:00 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, 7:00 p.m. or on Fridays at 3:30 p.m. If you are an experienced climber, you may opt for short skills check instead. Visit the Rock Wall Desk for more on site information. TAMU Rec Center is located near the West Side Entrance, across from Olsen Field.

FIND YOUR PASSION IN SPORT CLUBS

- **Get Involved!**—Visit us at MSC Open House to find out about Fall Sport Club opportunities or visit our link on our 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 of 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 golf 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. 13	\$30
Basic SCUBA	NOW–Sept. 27	\$250/\$275
Springboard Diving	NOW–Sept. 13	\$40/\$55
Polar Bear Club	All semester	FREE

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