March 2018

RecSports.tamu.edu
ONLINE PROGRAM REGISTRATION: recconnect.tamu.edu

Rec Sports

Aquatics
• Adult Learn to Swim: Mar. 19 - Apr. 11 | M - W | 7:30pm - 8:30pm
  Mar. 20 - Apr. 12 | T - TH | 7:30pm - 8:30pm
• Lifeguard Review: Mar. 19 - 20 | M - TUE | 5:30pm - 10pm
• Basic SCUBA: Mar. 26 - Apr. 5 | M - TH | 6pm - 10pm
  Check-out Dives Apr. 7 - 8 @ Blue Lagoon, Huntsville, TX
• Learn To Swim (for kids): Mar. 25 - Apr. 29 | SUN | 1pm - 4:15pm
  (no class on Apr. 22; see website for more information)

Sport Clubs
• Men's Lacrosse vs. BYU: Mar. 7 | 6pm | Penberthy Rec Sports Complex
• Men's Rugby vs. Texas: Mar. 24 | 12pm | Penberthy Rec Sports Complex
• Baseball vs. Texas State: Mar. 25 | 12pm | Nutrabolt Stadium

Outdoor Adventures
• Eagle Rock Loop Backpacking: Mar. 11 - 15
  Ouachita National Forest, Western Arkansas
• Texas River Paddling Day | Mar. 24
• Piney Woods Hiking Day Trip | Mar. 25
• Women's Lead Climbing Clinic | Mar. 25
• Kayak Clinic | Mar. 25
• Reading Day Rock Climbing Trip | Mar. 30

CPR Classes
BLS for Healthcare Professionals
• Mar. 18 | 2pm - 7pm | SRC 281

Strength & Conditioning
Let a Rec Sports personal trainer design a program just for you! Sign up at Member Services.

Small Group Training, Session 2:
Classes Meet Mar. 26 - Apr. 27; Register by Mar. 24
• FREE WEEK: Mar. 16 - 23
• High Intensity Training: M/W | 6:30am
• Athletic Performance Training: M/W | 5:30pm
• Training for Weight Loss: T/TH | 6:30am
• Intro to Resistance Training: T/TH | 5:30pm

Intramural Sports
Register at imleagues.com/tamu from 12pm - 6pm on Mon., Mar. 19 for:
• Battleship
• Kickball Thursdays

Spring Break Hours
Fri., Mar. 9...................................................... 6am - 8pm
Sat., Mar. 10...................................................... 10am - 8pm
Sun., Mar. 11.................................................. 12pm - 8pm
Mon., Mar. 12 - Tue., Mar. 13.......... 6am - 8pm
Wed., Mar. 14 - Sat., Mar. 17.......... 10am - 8pm
Sun., Mar. 18........................................ 12pm - 12am

Visit recsports.tamu.edu/facilities for a complete list of Spring 2018 hours.

Specialty Programs
Boot Camp
• 2nd Session: Mar 19 - Apr. 20 | M/W/F
  6am - 7am

Boxing Boot Camp
• 2nd Session:
  -Mar. 19 - Apr. 18 | M/W (intermediate) | 6:30pm - 7:30pm
  -Mar. 20 - Apr. 19 | T/TH | 6:15am - 7:15am
  -Mar. 20 - Apr. 19 | T/TH | 5:30pm - 6:30pm

Bikini Fit Camp
• Second Session:
  -Mar. 20 - Apr. 19 | T/TH | 6:45pm - 7:45pm

Specialty Classes
Fitness Instructor Training
Class Dates:
Sun., Mar. 25 | 5pm - 8:30pm | SRC 1132
Sun., Apr. 8 | 5pm - 8:30pm | SRC 304
Sun., Apr. 15 | 5pm - 8:30pm | SRC 304
Sun., Apr. 22 | 5pm - 8:30pm | SRC 304
Sat., Apr. 28 | 2pm - 5:30pm | Instr. Pool
Group Exercise Instructor Auditions:
Sun., Apr. 29 | 1pm - 4pm | Location TBA

YogaFit Certifications & Workshops
YogaFit Prenatal | Mar. 2
Level 2 | Mar. 3 & 4
Visit www.yogafit.com to register.

Massage Therapy
Book a relaxing one-hour massage!
• A&M students/members: $40/session
• Non-members/public: $60/session