OCTOBER 2017

REC CENTER FALL HOURS
- Monday - Thursday ........................................ 6am - 12am
- Friday ................................................................. 6am - 11pm
- Saturday ........................................................... 8am - 11pm
- Sunday .............................................................. 12pm - 12am
Visit recsports.tamu.edu/facilities for a complete list of Rec Sports facility hours.

INTRAMURAL SPORTS
Fall 2017 Intramural Team Sports and Tournaments Registration:
- Dodgeball Wednesdays: Mon., Oct. 2 (Play Begins Mon., Oct. 9)
- Battleship: Mon., Oct. 2 (Play Begins Tue., Oct. 10)
- Swim Meet: Mon., Oct. 30 (Play Begins Wed., Nov. 1)
- Aggie Action Ball: Mon., Oct. 30 (Play Begins Mon., Nov. 6)
- Cornhole (Bags): Mon., Oct. 30 (Play Begins Sun., Nov. 5)

AQUATICS
- Adult Learn To Swim: Oct. 2 - 12 | M - TH | 7:30pm - 8:30 pm
- Adult Learn To Swim: Oct. 16 - 26 | M - TH | 7:30pm - 8:30 pm
- Adult Learn To Swim: Oct. 30 - Nov. 9 | M - TH | 7:30pm - 8:30 pm
- Basic SCUBA: Oct. 2 - 12 | M - TH | 6pm - 10pm
- Check Out Dives: Oct. 14 & 15 | SAT/SUN | All Day
- Basic SCUBA Referrals: Oct. 14 & 15 | SAT/SUN | All Day
- Basic SCUBA Referrals: Oct. 20 & 22 | F/SUN | All Day
- Basic SCUBA Referrals: Oct. 27 & 29 | F/SUN | All Day
- Advanced SCUBA: Oct. 17 - 18 | T - W | 6pm - 10pm
- Check Out Dives: Oct. 20 & 22 | F/SUN | All Day
- Advanced SCUBA Referrals: Oct. 20 & 22 | F/SUN | All Day
- Rescue SCUBA: Oct. 24 - 25 | T - W | 6pm - 10pm
- Check Out Dives: Oct. 27 & 29 | F/SUN | All Day
- Rescue SCUBA Referrals: Oct. 27 & 29 | F/SUN | All Day

MASSAGE THERAPY
Book a one-hour massage at Member Services today!
A&M students/members: $40/session; Non-members: $60/session

OUTDOOR ADVENTURES
- Kayak Clinic: Oct. 1 (Register By Thu., Sept. 28)
- Lead Climbing Clinic: Oct. 8 (Register By Thu., Oct. 5)
- Moody’s Island Sea Kayaking Day: Oct. 14 (Register By Thu., Oct. 12)
- Hiking Day Trip: Oct. 15 (Register By Thu., Oct. 12)
- BTHO Gravity Bouldering Competition: Oct. 21 (Register By Thu., Oct. 19)
- Texas River Paddling Day: Oct. 29 (Register By Thu., Oct. 26)

CPR CLASSES
- Heartsaver CPR/AED: Thu., Oct. 19 | 5pm - 9pm | SRC 281
- Heartsaver CPR/AED & First Aid: Sat., Oct. 21 | 10am - 4pm | SRC 281
- BLS for Healthcare Providers: Sun., Oct. 15 | 2pm - 7pm | SRC 281
- Heartsaver CPR/AED & First Aid (for Rec Sports employees ONLY):
  - Wed., Oct. 11 | 5pm - 11pm | SRC 281
  - Mon., Oct. 23 | 5pm - 11pm | SRC 281

FITNESS EVENTS
- BTHO Alabama Indoor Cycle Distance Challenge: Mon., Oct. 2 - Thu., Oct. 5 | All cycle classes FREE
- Tabata GX Instructor Certification and Successful Bootcamp Business Training: Sat., Oct. 14 | 9am - 7pm
- Group RecXercise Halloween Costume Contest: Tue., Oct. 31 | All classes are FREE

SPECIALTY PROGRAMS
- Bootcamp - 2nd Session: Oct. 23 - Dec. 1 | M/W/F | 6am - 7am
- Boxing Bootcamp - 2nd Session: Oct. 23 - Dec. 1 | M/W | 6:30pm - 7:30pm
- Boxing Bootcamp - 2nd Session: Oct. 24 - Nov. 30 | T/TH | 6:15am - 7:15am
- Boxing Bootcamp - 2nd Session: Oct. 24 - Nov. 30 | T/TH | 5:30pm - 6:30pm
- Bikini Fitcamp 2nd Session: Oct. 24 - Nov. 30 | T/TH | 6:15am - 7:15am
- Bikini Fitcamp 2nd Session: Oct. 24 - Nov. 30 | T/TH | 6:45pm - 7:45pm

STRENGTH & CONDITIONING
Let one of our nationally certified personal trainers develop an exercise program specifically for you! Sign up at Member Services.