**SPRING HOURS**

Sunday: 12pm - 12am
Monday - Thursday: 6am - 12am
Friday: 6am - 11pm
Saturday: 8am - 11pm

Visit [recsports.tamu.edu/facilities](http://recsports.tamu.edu/facilities) for a complete list of spring hours.

**OUTDOOR ADVENTURES**

- **Texas Cave & Camp Weekend:** Feb. 10 - 12, Carta Valley, TX
- **Fort Parker Paddle & Camp:** Feb. 18 - 19, Fort Parker, TX
- **Backpacking Weekend:** Feb. 25 - 26
- **Climbing Clinic:** Feb. 26

**INTRAMURAL SPORTS**

Register at imleagues.com/tamu from 12pm - 6pm on dates below.

- **Outdoor Soccer:** Feb. 1
- **4-on-4 Flag Football:** Feb. 6
- **Softball:** Feb. 8
- **6-on-6 Indoor Volleyball:** Feb. 13
- **Ultimate Sundays:** Feb. 13
- **Dodgeball Wednesdays:** Feb. 13
- **Tennis Tuesdays:** Feb. 13

**STRENGTH & CONDITIONING**

Let one of our nationally-certified personal trainers develop an exercise program just for you! Sign up at Member Services today!

**AQUATICS**

- **Adult Learn To Swim:**
  - Feb. 6 - 16 | Mon. - Thu.
  - 7:30pm - 8:30pm
  - Feb. 20 - Mar. 2 | Mon. - Thu.
  - 7:30pm - 8:30pm
- **Lifeguard Training:**
  - Feb. 10 - 13 | Fri. - Mon.
  - (visit our website for class times)

**SPECIALTY PROGRAMS**

**YogaFit Certifications and Workshops:**
- **YogaFit Senior:** Feb. 3
- **Level 1:** Feb. 4 & 5
  
Visit [www.yogafit.com](http://www.yogafit.com) to register.

**CPR CLASSES**

- **HeartSaver CPR/AED:**
  - Fri. | Feb. 10 | 5pm - 9pm
- **HeartSaver CPR/AED & First Aid:**
  - Mon. | Feb. 13 | 5pm - 11pm
- **BLS for Healthcare Providers:**
  - Sun. | Feb. 5 | 2pm - 7pm
- **Heartsaver CPR/AED & First Aid (Rec Sports Employees Only):**
  - Wed. | Feb. 8 | 5pm - 11pm

**SPORT CLUBS**

- **Ice Hockey vs. Texas:**
  - Fri. | Feb. 3 | 7:30pm
  - Spirit Ice Arena
- **Men’s Lacrosse vs. Texas:**
  - Sat. | Feb. 11 | 7pm
  - Penberthy Rec Sports Complex

**MASSAGE THERAPY**

Stressed? Let us help you relax with a massage at the Rec!

- **A&M Students/members:** $40/session
- **Non-members/public:** $60/session

Book your one-hour appointment at Member Services.

**REC SPORTS ONLINE PROGRAM REGISTRATION:**

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