APRIL 2016

FITNESS PROGRAMS
Group RecXercise Unlimited Pass Sale:
Passes on sale for $35 at Member Services!
Group Fitness Instructor Training:
Sundays Apr. 3, 10, 17 & 24, 5pm - 8:30pm,
& Sat., Apr. 30, 2pm - 5pm. Group RecXercise instructor auditions take place May 1.
Bring Some-Buddy to Dance Week:
Apr. 4 - 12 | See website for details!
Spring Dance Party—Show Your Glow:
Apr. 13, 5:45pm - 7pm, Rec Archery Room

OUTDOOR ADVENTURES
Climbing Basics Orientation Classes:
Monday - Friday @ 4pm & 7pm
Indoor Climbing 1-on-1 Lessons:
By Appointment
First Friday Courteous Mass Ride:
First Friday of Each Month
Climbing Basics Kickstart: Apr. 9
Lead Climbing Kickstart: Apr. 10
Kayak Basics Kickstart: Apr. 17
Backpacking Weekend at Lake Georgetown:
Apr. 15 - 17 (register by Apr. 13)
Inks Lake/Longhorn Cavern Hiking & Caving:
Apr. 22 - 24 (register by Apr. 20)
Coming Up! Canoeing the Boundary Waters:
May 15 - 23 (register by May 4)

STRENGTH & CONDITIONING
Let a nationally-certified personal trainer develop a program for you! Sign up today!

SPORT CLUBS
Baseball vs. Texas: April 2 - 3 @ 12pm (noon), American Momentum Ballpark

AQUATICS
Adult Learn to Swim:
Offered Apr. 4 - 14 and
Apr. 18 - 28
M - TH, 7:30pm - 8:30pm
Lifeguard Training:
Apr. 10 - 14 | Sun. 3pm - 8pm
and M - TH, 5pm - 10pm
Basic SCUBA: Apr. 4 - 14
M - TH, 6pm - 10pm;
Check-out dives Apr. 16 & 17
(all day both days)
Basic SCUBA Referral:
Apr. 16 & 17 (all day both days)
Basic SCUBA Referral:
Apr. 23 & 24 (all day both days)
Advanced SCUBA: Apr. 19 & 20
Tue & Wed, 6pm - 10pm;
Check-out dives Apr. 23 & 24
(all day both days)
Advanced SCUBA Referral:
Apr. 23 & 24 (all day both days)
Rescue SCUBA: Apr. 26 & 27
Tue & Wed, 6pm - 10pm;
Check-out dives Apr. 30 & May 1
(all day both days)
Rescue SCUBA Referral:
Apr. 30 & May 1 (all day both days)

MASSAGE THERAPY
Book a 1-hour massage at Member Services!
$40/session: A&M students/Rec members;
$60/session for the public and non-members

CPR CLASSES
BLS for Healthcare Provider:
Apr. 3 | 2pm - 7pm
Heartsaver CPR/AED: Apr. 13 | 5pm - 9pm
Heartsaver CPR/AED & First Aid:
Apr. 23 | 10am - 4pm
Heartsaver CPR/AED & First Aid for
Rec Sports Employees and Sport Clubs Only:
Apr. 27 | 5pm - 11pm

INTRAMURAL SPORTS
Swim Meet: Tuesday, Apr. 12 (FREE!)
Register April 11 from 12pm - 6pm at
imleagues.com/tamu

ONLINE PROGRAM REGISTRATION:
recconnect.tamu.edu

@RecSports
Texas A&M Rec Sports

recsports.tamu.edu