

NOVEMBER 2018

REC CENTER HOURS

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

Visit recsports.tamu.edu/facilities for a complete list of Fall 2018 hours, including Thanksgiving Break hours.

AQUATICS

- Basic SCUBA Referral
Sat., Nov. 3 & Sun., Nov. 4 | All Day | Lake Travis, Austin, TX
- Rescue SCUBA Referral
Sat., Nov. 3 & Sun., Nov. 4 | All Day | Blue Lagoon, Huntsville, TX

SPORT CLUBS

- Basketball vs. Prairie View A&M | Nov. 2 | 7pm | SRC
- Racquetball: Fall Aggieland Classic | Nov. 3 - 4 | 8am/9am | SRC
- Ice Hockey vs. Texas State | Nov. 16 | 7:30pm | Spirit Ice Arena

STRENGTH & CONDITIONING

Let a nationally certified Rec Sports personal trainer design a comprehensive exercise program just for you! Sign up at Member Services today.

FITNESS EVENTS

- Schwinn Indoor Cycle Coach Certification: Sun., Nov. 19 | 9am - 6pm

OUTDOOR ADVENTURES

- Nov. 3 - 4 | Overnight Paddling and Camping Trip
- Nov. 4 | Hill Country Hiking Day Trip
- Nov. 11 | San Marcos River Day Trip
- Nov. 11 | Lead Climbing Clinic
- Nov. 18 | Hill Country Rock Climbing Day Trip
- Nov. 18 | Kayak Clinic
- Nov. 20 - 25 | Eagle Rock Loop Backpacking
- Nov. 30 - Dec. 2 | PCIA Climbing Wall Instructor Course

CPR CLASSES

- BLS for Healthcare Professionals: Sun., Nov. 18 | 2pm - 7pm | SRC 281

COMING UP SOON!

DE-STRESS FEST

DEC. 6 | STUDENT RECREATION CENTER | 3PM - 6PM

CELEBRATE YOUR HARD WORK AND SUCCESS THIS SEMESTER!
A DIVERSE RANGE OF FUN, FREE EVENTS WILL BE OFFERED.

BROUGHT TO YOU BY: Rec Sports, Student Counseling Service, Student Health Services, Residence Life, Health Promotion, and Physical Education Activity Program (PEAP)