

# FEBRUARY 2019

## REC CENTER HOURS

### Spring 2019

Mon. - Thu. ....	6am - 12am
Fri. ....	6am - 11pm
Sat. ....	8am - 11pm
Sun. ....	12pm - 12am

Visit [recsports.tamu.edu/facilities](http://recsports.tamu.edu/facilities) for a complete list of Spring 2019 hours.

## AQUATICS

- **Adult Learn To Swim:**  
Feb. 11 - Mar. 7 | M/W, T/TH | 7:30pm - 8:30pm
- **Lifeguard Certification 1:**  
Feb. 8 - 10 | Classroom  
- Fri., 5pm - 10pm  
- Sat., 9am - 6pm  
- Sun., 12pm - 9pm
- **Lifeguard Certification Renewal:**  
Sat. Feb. 23 | 12pm - 9pm | Classroom

## INTRAMURAL SPORTS

Sign up at [imleagues.com/tamu](http://imleagues.com/tamu), 12pm - 6pm on:

- Mon., Feb. 4  
- Slowpitch Softball | Flag Football (4-on-4)
- Mon., Feb. 18  
- Kickball | Indoor Volleyball (6-on-6)

## STRENGTH & CONDITIONING

### Small Group Training, Session 1:

- Registration Closes: Feb. 3 @ 5pm
- Classes Meet: Feb. 4 - Mar. 7

### Programs Offered:

- **HIIT It Hard:**  
- M/W | 6:30am - 7:30am *OR*  
- T/TH | 5:30pm - 6:30pm
- **Varsity Strength & Conditioning:**  
- M/W | 5:30pm - 6:30pm
- **Lifting 101:**  
- T/TH | 6:30am - 7:30am

## FITNESS EVENTS & CERTIFICATIONS

- **YogaFit Certifications & Workshops:**  
- YogaFit Senior | Feb. 1 | 8am - 6pm  
- YogaFit Level 1 | Feb. 2 - 3 | 8am - 6pm
- **Fitness Instructor Training Info Meetings:**  
- Tue., Feb. 5 | 7pm - 8pm | SRC 255  
- Wed., Feb. 6 | 7pm - 8pm | SRC 255
- **Barre Above Certification:**  
- Sat., Feb. 9 | 9am - 6pm
- **Valentine's Day FREE Group RecXercise Classes**  
- Thu., Feb. 14 | All Day

## CPR CLASS

- **BLS For Health Care Professionals:**  
- Sun., Feb. 3 | 2pm - 7pm | SRC 281

## OUTDOOR ADVENTURES

- **Lead Climbing Clinic | Feb. 10**  
- Register by Feb. 8
- **Rock Climbing Day Trip - Hill Country | Feb. 23**  
- Register by Feb. 19
- **Kayak Clinic | Feb. 24**  
- Register by Feb. 22
- **SPRING BREAK TRIPS | SIGN UP NOW!**  
- Backpacking in the Gila Wilderness | Mar. 10 - 16  
- Canoe & Camp the Buffalo River | Mar. 11 - 16

## SPORT CLUBS

- **Ice Hockey vs. Texas**  
- Feb. 2 | 7:30pm | Spirit Ice Arena
- **Gymnastics - Texas A&M Invitational**  
- Feb. 9 | 9:30am | PEAP
- **Cycling - Dirty Dowling Crit**  
- Feb. 16 | 2pm - 5pm | West Campus, Lot 110
- **Judo - 2019 NCJA Southwest Regional Championships**  
- Feb. 23 | 9am | PEAP

