

REC SPORTS

SPRING 2019

PROGRAMS & EVENTS



AQUATICS



FITNESS



INTRAMURALS



OUTDOOR



SPORT CLUBS



ESPORTS



MEMBERSHIPS

WELCOME TO REC SPORTS

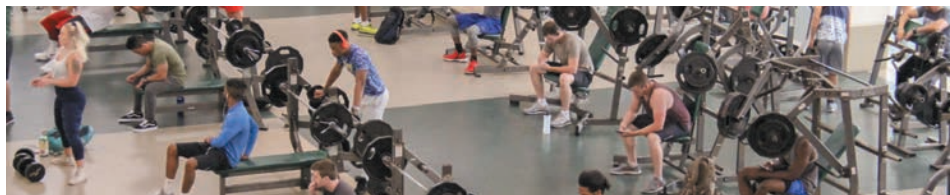
WE STRIVE TO PROVIDE THE KIND OF RECREATIONAL EXPERIENCES THAT NOT ONLY SUPPORT THE WELLNESS OF THE UNT COMMUNITY, BUT INSPIRE IT.

We're more than just a facility...more than just a place to work out. We are an active part of the UNT Community, and pride ourselves on being a welcoming, engaging, and supportive family. We want to help you commit to less stress in your life, taking a break from work and school to refresh your body and mind, and feeling better and more energetic at work and home.

So try something new. Learn a new skill. Meet new people. Or just come and hang out. Either way we're excited to have you as part of the Rec Sports Family. We want to help you discover something about yourself – that you deserve, and can achieve, a happier and healthier you!

MEMBERSHIP TYPES

	SPRING <small>(JAN. 2–MAY 11)</small>	2 SEMESTERS <small>(JAN. 2–AUG. 9)</small>	SUMMER <small>(MAY 12–AUG. 9)</small>
FACULTY STAFF PLUS ONE DEPENDENT	\$99	\$185	\$86
RETIREE RETIREE SPOUSE	\$70	\$140	\$70
ALUMNI	\$135	\$270	\$135
CONTINUING STUDENT	\$85.78	–	\$85.78



MORE INFORMATION

Most students currently enrolled in classes on campus are members of the Rec Center through the \$85.78 recreation fee in their tuition. A current UNT ID card is required for entrance into the facility.

For specific information and membership guidelines for each membership type please see our website or speak with the Member Services staff in the Pohl Recreation Center.

Payroll deductions are available throughout the year. Deduction amounts are based on the membership type and date of purchase. Please visit Member Services for further details.

ADDITIONAL SERVICES

LOCKER RENTAL

	SPRING SEMESTER	TWO SEMESTER
FULL LOCKER	\$45	\$55
TOP HALF	\$25	\$35
BOTTOM HALF	\$20	\$30

TOWEL SERVICE

	SPRING SEMESTER	TWO SEMESTER
SHOWER TOWEL	\$10	\$20

Sweat towels are available to purchase at the Member Services desk for \$1.

GUEST PASSES

GUEST PASSES \$10/day

Members can bring in two children, 15 years old and younger, for free each day.

FACULTY & STAFF FITNESS LEAVE

MORE TIME TO WORKOUT

As a registered member of the faculty and staff fitness program a full-time faculty or staff member is eligible for 20 minutes of administrative leave for each day of participation as approved by their supervisor per University policy 05.058. UNT faculty and staff must be Rec Center members to be eligible for administrative leave. Participants must register for the program in the Rec Sports main office or at the Member Services desk.

AQUATICS

ADULT SWIM CLASSES

ADULT BEGINNER

Learn the foundations of swimming and build comfort levels in and around the water. For adults with little to no swim experience.

MON/WED | 6:00PM-6:40PM | \$45

February 11-March 6

Register by 2:00pm on February 8

ADULT INTERMEDIATE

Build on the basics of swimming while learning each swimming stroke. For adults with little swim experience.

MON/WED | 6:00PM-6:40PM | \$45

March 18-April 10

Register by 2:00pm on March 15

FREE EVENTS

SWIM CHALLENGE

FEB 1-28

Explore the 36 miles from Lake Erie to Lake Ontario while you swim the Niagara River. See the aquatics staff to log your progress. Prizes will be awarded to those who complete the journey!

DIVE IN MOVIE

WED | MAR 20 | 7:30PM-10:00PM

Come relax and socialize by joining the aquatics staff for a movie in the pool!

LIFEGUARDING COURSES

LIFEGUARDING

Participants who successfully pass will receive American Red Cross Lifeguarding/First Aid and CPR/AED for the Professional Rescuer certificates.

Please note: Participants must attend all three days of training and must be at least 15 years old.

Session 1: March 8-10

Register by 2:00pm on March 1

Session 2: May 3-5

Register by 2:00pm on April 26

Class times for all sessions:

Friday | 5:00pm-9:00pm

Sat/Sun | 9:00am-6:00pm

\$125 Student | \$220 Member | \$240 Non-member*

LIFEGUARD INSTRUCTOR

Designed for currently certified lifeguards to enhance their skills by gaining the next level certification for an instructor position.

March 22-24

Register by March 20

Class times for all sessions:

Friday | 4:00pm-9:00pm

Sat/Sun | 10:00am-7:00pm

\$150 Student | \$245 Member | \$270 Non-member*

LIFEGUARD RECERTIFICATION

Designed to update near-expiring lifeguard certifications. Participants who successfully pass will receive an American Red Cross Lifeguarding/First Aid certificate.

March 23

Register by March 20

Class time:

Saturday | 8:30am-6:30pm

\$75 Student | \$110 Member | \$130 Non-member*

KIDS SWIM CLASSES

KIDS PRE-SCHOOL

This pre-school aquatics class gives children ages 3-5 a positive, developmentally appropriate learning experience that emphasizes water safety and foundational swimming concepts.

TUE/THU | 5:30PM-5:55PM | \$35*

February 12-March 7

Register by 2:00pm on February 8

KIDS LEARN TO SWIM

The kids learn to swim class is designed for swimmers age 6 and up to work through multiple progressions that enhance their water safety and swimming skills while providing a positive learning experience. Various levels are available and will be determined once the class is finalized.

TUE/THU | 6:00PM-6:40PM | \$45*

February 12-March 7

Register by 2:00pm on February 8



PRIVATE SWIM LESSONS

Private lessons are 30 minute, one-on-one structured lessons designed to develop, refine, and improve strokes and endurance. Lesson times will be scheduled between you and your swim instructor. Lessons can be purchased at the Member Services desk as single lessons or in bundles of five.

Private lessons are only for ages 4 years and older.

February 4-April 28

Register by April 1

	SINGLE LESSONS	BUNDLE OF 5 LESSONS
STUDENT MEMBER	\$13	\$50
NON-MEMBER*	\$18	\$75

***Please note:** Non-members must be UNT faculty, staff or retirees. Non-members can register for Kids Swim Classes, Lifeguarding Courses, and Private Swim Lessons.

Members of the community can only register for the Lifeguarding Courses at the Non-member rate.

Classes may be combined or canceled due to low enrollment. For more information you can speak with the Aquatics staff or call the Rec Sports main office at (940) 565-2275.

FITNESS



SPECIALTY CLASSES

BOOT CAMP

Need a push? This high-intensity cardio and strength conditioning class includes athletic and military-style drills. Class will be offered outside, weather permitting.

MON/WED/FRI | 6:30AM-7:30AM | \$25

Session 1: January 28-February 22
Register by January 25

Session 2: April 1-April 26
Register by March 29

Try it FREE on 1/23 or 3/27 at 6:30am!

PROTECT YOURSELF

With drills, combinations, and teaching tactics rooted in Taekwondo, you'll be sure to get a great workout and gain skills useful for self-defense.

TUE/THU | 6:45PM-7:45PM | \$25

January 29-February 21
Register by January 25

Try it FREE on 1/22 at 6:45pm!

H₂O CARDIO ★ NEW

This high-intensity water workout will incorporate weights and plyometric movements to get the heart pumping!

TUE/THU | 6:00PM-7:00PM | \$25

April 2-25
Register by 2:00pm on March 29

Try it FREE on 3/26 at 6:00pm!

GROUP EXERCISE

GROUP EX PASSES

Group exercise passes are valid January 20 through May 4 and may be purchased at the Member Services desk in the Rec Center.

★ NEW **SPRING SEMESTER SINGLE CLASS** **\$25**
\$5

Pick up a copy of the full Spring 2019 group exercise schedule at Member Services or on our website at recsports.unt.edu/group_ex

MARK YOUR CALENDARS

JAN 2-19	All GX classes are FREE
JAN 14	Spring GX schedule begins
JAN 21	No GX classes
MAR 9-11	No GX classes
MAR 12-16	Modified GX schedule and all GX classes are FREE
MAY 5-11	All GX classes are FREE

FUNCTIONAL TRAINING ★ NEW

This high-intensity class will be held in the weight room functional training area and will utilize TRX, sand bags, tires, and battle ropes to train the body for everyday activities.

TUE/THU | 6:30AM-7:30AM | \$25

Session 1: January 29-February 21
Register by January 25

Session 2: April 2-April 25
Register by March 29

Try it FREE on 1/22 or 3/26 at 6:30am!

WOMEN ON WEIGHTS

A four week introductory class designed to assist women in gaining knowledge and confidence with resistance training methods and techniques.

TUE/THU | 6:45PM-7:45PM | \$25

April 2-25
Register by March 29

Try it FREE on 3/26 at 6:45pm!

FREE EVENTS

GROUP EX PREVIEW

SUN | 6:00PM-8:00PM
January 13

WELLNESS WEDNESDAYS

WED | 5:00PM-7:00PM
January 23; February 20; March 20; April 17

DANCING THROUGH THE DECADES

WED | 8:00PM-9:30PM
February 13

INDOOR TRIATHLON

TUE | 6:00PM | REGISTER BY APRIL 12
April 16
Register at the Member Services desk

UNT COMBINE ★ NEW

TUE | 6:30PM | REGISTER BY MARCH 1
March 5
Register at the Member Services desk



FITNESS ON THE GO

Are you looking for a fun and healthy activity for your organization, residence hall or department? Request to have a certified group exercise instructor or personal trainer come to you for a private class, special event or presentation.

Pricing starts at \$25. Call the Rec Sports main office at (940) 565-2275 for more details!

PERSONAL TRAINING

From designing a customized workout plan to providing ongoing motivation and support, our trainers are dedicated to helping you achieve your goals! New clients receive a FREE Fitness Assessment with the purchase of 1 or more sessions!

# OF SESSIONS	STUDENTS	MEMBERS
1	\$28	\$35
3	\$69	\$88
8	\$172	\$215
16	\$340	\$425

BODY COMPOSITION TESTING

Body fat percentage is a leading indicator of fitness level and disease risk. What you can expect for the test: a caliper is used to measure the thickness of skinfolds at several sites around the body. Wear comfortable clothing.

Students and Rec Center Members | \$5

INTRAMURAL SPORTS

LEAGUE SPORTS

BASKETBALL

REGISTER MON 1/14-TUE 1/29 | \$35/TEAM
League begins Monday, February 4
Captains meeting: 1/30@5:00pm | Rec Center 205/207

INDOOR SOCCER

REGISTER MON 1/28-TUE 2/12 | \$35/TEAM
League begins Monday, February 18
Captains meeting: 2/13@5:00pm | Rec Center 205/207

SOFTBALL

REGISTER MON 2/18-TUE 3/5 | \$35/TEAM
League begins Monday, March 18
Captains meeting: 3/6@5:00pm | Rec Center 205/207

Intramural leagues play one night a week and have men's, women's, and co-rec team divisions.

MINI-LEAGUES

ULTIMATE DISC

REGISTER MON 1/14-TUE 2/5 | \$25/TEAM
League begins Monday, February 11
Captains meeting: 2/6@5:00pm | Rec Center 205/207

4-ON-4 FLAG FOOTBALL

REGISTER MON 3/4-TUE 3/26 | \$25/TEAM
League begins Monday, April 1
Captains meeting: 3/27@5:00pm | Rec Center 205/207

SAND VOLLEYBALL

REGISTER MON 3/18-TUE 4/2 | \$25/TEAM
League begins Monday, April 8
Captains meeting: 4/3@5:00pm | Rec Center 205/207

FREE EVENTS

RACQUETBALL SINGLES TOURNAMENT

THU | 2/7 | 7:00PM
Register Monday 1/21-Thursdays 2/7

BASKETBALL 3-POINT CONTEST

THU | 2/14 | 6:30PM
Register Monday 1/21-Thursdays 2/14

TENNIS SINGLES TOURNAMENT

THU | 3/21 | 7:00PM
Register Monday 2/25-Thursdays 3/21

CANOE BATTLESHIP

THU | 4/4 | 6:30PM
Register Monday 3/18-Thursdays 4/4

5V5 TEAM HANDBALL

THU | 4/18 | 6:30PM
Register Monday 3/18-Thursdays 4/18

ESPORTS EVENTS

PS4 NBA 2K19 TOURNEY

THU | 1/31 | REC CENTER 205/207 | 6:30PM
Register Monday 1/14-Thursdays 1/31

OVERWATCH 6V6

MON | 2/18 | ONLINE
Register Monday 1/14-Tuesday 2/12
Captains meeting: 2/13@6:00pm | Rec Center 205/207

WII U SUPER SMASH CREW BATTLE

THU | 2/21 | THE NEST | 6:30PM
Register Monday 2/4-Thursdays 2/21

LEAGUE OF LEGENDS

MON | 3/25 | ONLINE
Register Monday 1/28-Tuesday 3/19
Captains meeting: 3/20@5:00pm | Rec Center 205/207

PS4 FIFA 19 TOURNEY

THU | 3/28 | REC CENTER 205/207 | 6:30PM
Register Monday 3/4-Thursdays 3/28

OVERWATCH 3V3

THU | 4/11 | THE NEST | 6:30PM
Register Monday 3/18-Thursdays 4/11

PS4 NBA 2K19 TOURNEY #2

THU | 4/25 | REC CENTER 205/207 | 6:30PM
Register Monday 4/1-Thursdays 4/25

2V2 ROCKET LEAGUE

MON | 4/29 | THE NEST | 6:30PM
Register Monday 4/15-Monday 4/29

INTRAMURAL EVENT REGISTRATION

You must register for all intramural events by creating an account on imleagues.com. There you can sign up a team or as a free agent. Once registered, if the event requires a fee, stop by the Rec Sports main office (located in the Rec Center) during the registration period to pay. Payment is required to reserve your spot in the league.



OFFICIATING CLINICS

Become an official and get paid to be around the sports you love! These free clinics will teach you what you need to know. Apply online by visiting the UNT Career Center and submitting your application through Handshake...just search for Rec Sports. College work study positions available as well!

***Please note:** The last day for each clinic serves as an interview for anyone wishing to become an official.

BASKETBALL

JAN 22 | 7:00PM | REC CENTER 205/207
JAN 23 | 7:00PM | PEB GYM
JAN 24 | 7:00PM | PEB GYM
*JAN 28 | 7:00PM | PEB GYM

SOFTBALL

FEB 25 | 7:00PM | REC CENTER 205/207
FEB 26 | 7:00PM | REC SPORTS COMPLEX
FEB 27 | 7:00PM | REC SPORTS COMPLEX
*FEB 28 | 7:00PM | REC SPORTS COMPLEX

OUTDOOR PURSUITS

ADVENTURE TRIPS

DAY HIKE

DINOSAUR VALLEY STATE PARK, TX
Saturday, February 9 | \$20
Register January 21–February 4

CAMPING 101

RAY ROBERTS LAKE STATE PARK, TX
Saturday, February 23–Sunday, February 24 | \$40
Register February 4–18

DAY HIKE

BONHAM STATE PARK, TX
Saturday, March 2 | \$15
Register February 11–25

DAY CLIMB

LAKE MINERAL WELLS STATE PARK, TX
Sunday, March 24 | \$30
Register March 4–18

WEEKEND CAMPING

WICHITA NATIONAL WILDLIFE REFUGE, OK
Saturday, March 30–Sunday, March 31 | \$65
Register March 4–25

DAY HIKE & PADDLE

FORT WORTH NATURE CENTER & REFUGE, TX
Saturday, April 6 | \$20
Register March 18–April 1

DAY HIKE

LEWISVILLE LAKE ENVIRONMENTAL LEARNING AREA, TX
Saturday, April 13 | \$10
Register March 25–April 8

DAY CANOE

CHUPACABRA POINT, RUNAWAY BAY, TX
Saturday, April 20 | \$10
Register April 1–15

WEEKEND MULTI-ADVENTURE

LAKE MINERAL WELLS STATE PARK, TX
Friday, April 26–Sunday, April 28 | \$120
Register April 8–22

For more details about trips, clinics, and other outdoor events visit recsports.unt.edu/outdoor

RENTAL CENTER

Are you looking to get outside but need equipment? The Outdoor Pursuits Rental Center, located just behind the Climbing Wall, offers high quality equipment for all of your outdoor trip and camping needs, including canoes, sit-on-top kayaks, tents, sleeping bags, stoves, headlamps, coolers, backpacks, and more! You can also check out for free a wide variety of books and DVD's to help you plan, guide, and explore the outdoors. For a complete list of equipment and pricing visit recsports.unt.edu/outdoor/equipment

CLIMBING WALL

CLIMBING PASSES

Spring climbing wall passes are valid January 2–May 11 and can be purchased at the climbing wall desk during open hours.

 **SPRING SEMESTER** \$25
DAY PASS \$5

CLIMBING CLASSES

Climbing classes can be scheduled at the climbing wall desk during open hours. Skills checks are valid for one year.

SKILLS CHECK (30 mins) \$5
INTRO TO CLIMBING (2 hrs) \$10
INTRO TO LEAD CLIMB (3 hrs) \$10

FREE CLIMB DAYS

January 13–19 | All climbing is FREE
February 4 | March 4 | April 1 | May 6

NIGHT CLIMB

February 19 | March 19 | April 16
8:00pm–10:00pm

RED POINT RIOT CLIMBING

Sunday, April 14 | \$25



SPRING BREAK TRIPS

TX RIVER ADVENTURE: BRAZOS RIVER, TX

SAT–SUN | MARCH 9–10 | \$65
Register February 18–March 4

TX CANYON ADVENTURE: PALO DURO CANYON STATE PARK, TX

WED–FRI | MARCH 13–15 | \$170
Register February 18–March 4

FREE CLINICS

All clinics are FREE but need registered participants to be conducted. Register at the Outdoor Pursuits Rental Center by 4pm Monday the week of the clinic date.

BIKE MAINTENANCE: FIX-A-FLAT

Tuesday, February 12 | 7:00pm

CLIMBING DRILLS & TRAINING METHODS

Monday, February 25 | 8:15pm

SLACKLINING BASICS

Thursday, March 21 | 6:00pm

ALL ABOUT CAMPFIRES

Monday, March 25 | 6:30pm

KAYAK BASICS

Thursday, April 4 | 6:30pm

OUTDOOR PHOTOGRAPHY TIPS

Monday, April 8 | 6:30pm

BACKPACKING BASICS: CLOTHING & GEAR

Monday, April 22 | 6:30pm

BACKPACKING BASICS: SKILLS ON THE TRAIL

Monday, April 29 | 6:30pm

SPORT CLUBS



Sport Clubs provide an opportunity for UNT students to compete against other colleges and universities in the Texas region and nationally. Our 33 clubs compete recreationally and competitively and welcome all those interested in the sport, regardless of skill level.

Contact the student leader or drop by the club practices to get involved. Club leader information and club practice times can be found by visiting the Rec Sports website or by picking up a Sport Clubs contact list in the Rec Center.

- ARCHERY
- BASEBALL
- BOWLING
- CLIMBING
- CYCLING
- DISC GOLF
- DODGEBALL
- EQUESTRIAN
- FENCING
- GOLF
- ICE HOCKEY
- ICE SKATING
- MEN'S LACROSSE
- MEN'S RUGBY
- MEN'S SOCCER
- MEN'S ULTIMATE
- MEN'S VOLLEYBALL
- PAINTBALL
- POLO
- POWERLIFTING
- RUNNING
- SAILING
- SWIMMING
- TABLE TENNIS
- TENNIS
- TRIATHLON
- WAKEBOARD
- WOMEN'S LACROSSE
- WOMEN'S RUGBY
- WOMEN'S SOCCER
- WOMEN'S ULTIMATE
- WOMEN'S VOLLEYBALL
- WRESTLING

ESPORTS



Esports at UNT is a varsity program dedicated to developing, guiding, and encouraging our varsity players to compete at the highest level within the collegiate arena, as well as training and facilitating the competitive growth of each player and team. The Esports program also supports our students in the gaming community through club and intramural sports competitions.

Varsity teams include Hearthstone, League of Legends, Heroes of the Storm, and Overwatch.



Find and follow us on social media to learn more about each of the teams, how to get involved, and stay up to date on all of the action and events!



FOLLOW AND WATCH US

During the spring semester our teams will compete online against some of the best teams in the U.S.! You can watch these games live on [twitch.tv/untsports](https://www.twitch.tv/untsports)



LEAGUE OF LEGENDS TOURNAMENT

Be sure to keep an eye out for our League of Legends Community Tournament coming February 2!

FACILITY HOURS

JANUARY 13-MAY 11

POHL RECREATION CENTER

MONDAY-THURSDAY 6:00am-12:00am
FRIDAY 6:00am-10:00pm
SATURDAY 10:00am-7:00pm
SUNDAY 12:00pm-12:00am

LAP POOL

MON | WED | FRI 11:00am-2:00pm
4:00pm-7:00pm
TUE | THU 9:00am-2:00pm
4:00pm-7:00pm
SAT | SUN 1:00pm-5:00pm

LEISURE POOL & SPA

MON-THU 6:30am-9:00am
12:00pm-10:00pm
FRI 6:30am-9:00am
12:00pm-9:00pm
SAT 1:00pm-5:00pm
SUN 1:00pm-9:00pm

CLIMBING WALL

SUN-FRI 3:00pm-8:00pm
SAT 3:00pm-7:00pm

OUTDOOR PURSUITS CENTER

SUN-SAT 1:00pm-6:00pm

INFORMAL REC WARANCH TENNIS CENTER

MON-THU 5:00pm-9:00pm
FRI 5:00pm-8:00pm
SAT 2:00pm-6:00pm
SUN 3:00pm-8:00pm

WEST TENNIS COURTS

MON-THU 4:00pm-11:00pm
FRI 2:00pm-9:00pm
SAT 11:00am-6:00pm
SUN 1:00pm-11:00pm

P.E.B. RACQUETBALL

MON-THU 5:00pm-9:00pm
FRI 4:00pm-8:00pm
SAT | SUN 2:00pm-6:00pm

VOLLEYBALL NET NIGHT

Rec Center Courts 1 & 2
TUE | THU Starting @6:30pm

BADMINTON

FRI (P.E.B.) 5:00pm-9:30pm
SUN (Rec Center) Starting @5:00pm

MARK YOUR CALENDAR

JANUARY 2-12

Reduced hours (see recsports.unt.edu)

JANUARY 2-19

Free group exercise

JANUARY 13

Spring hours begin

JANUARY 13-19

Free climbing

MARCH 9-11

Rec Center closed for maintenance

MARCH 12-16

Reduced hours (see recsports.unt.edu)

MARCH 18

Spring memberships and climbing wall passes half priced

APRIL 21

Open regular hours for Easter

APRIL 29

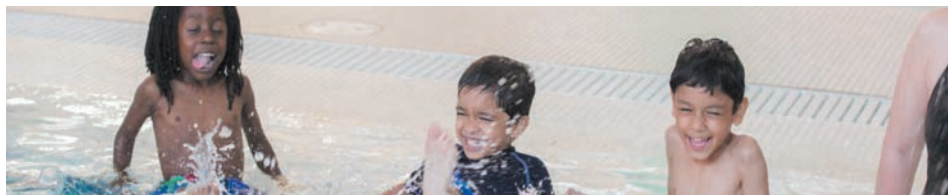
Summer memberships on sale

MAY 5-11

All group exercise classes free

MAY 12

Summer hours begin



@UNTRCSPTS

RECREATIONAL SPORTS

www.recports.unt.edu
940.565.2275 | 940.369.8347

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