

POHL REC CENTER

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.

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, and look forward to supporting you in your fitness journey. You deserve, and can achieve, a happier and healthier you!



MEMBERSHIP TYPES

	SUMMER SEMESTER 3 WEEK and 10 WEEK	MAYMESTER 3 WEEK ONLY	SUMMER I or II 5 WEEK I or 5 WEEK II	SUMMER I and II 10 WEEK or 5 WEEK I and 5 WEEK II
FACULTY STAFF PLUS ONE DEPENDENT	\$86	\$22	\$43	\$86
RETIREE RETIREE SPOUSE	\$68	\$15	\$34	\$68
ALUMNI	\$130	\$30	\$65	\$130
CONTINUING STUDENT	\$85.78	\$21.45	\$42.89	\$85.78

Most students currently enrolled in classes on campus are members of the Rec Center through the \$85.78 recreational facility fee. 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 for faculty and staff throughout the year. Deduction amounts are based on the membership type and date of purchase. Please visit Member Services for further details.

SUMMER SESSIONS

MAYMESTER 10 WEEK	May 12-June 1 June 2-August 9
SUMMER I	June 2-July 6
SUMMER II	July 7-August 9

GUEST PASSES

GUEST PASSES	\$10/day
Members can bring in two children, 15 years old and younger, for free each day.	

LOCKER RENTAL

(May 12-August 9)	
BOTTOM HALF	\$20
TOP HALF	\$25
FULL LOCKER	\$45

TOWEL SERVICE

(May 12-August 9)	
ALL SUMMER	\$10
Sweat towels are available to purchase for \$1 at the Member Services desk.	

SUMMER HOURS

MAY 12-AUGUST 9

POHL RECREATION CENTER

MONDAY-THURSDAY	6AM-10PM
FRIDAY	6AM-9PM
SATURDAY	10AM-7PM
SUNDAY	12PM-10PM

LAP POOL

VISIT [RECSPORTS.UNT.EDU](https://recsports.unt.edu) FOR UPDATED HOURS

LEISURE POOL & SPA

VISIT [RECSPORTS.UNT.EDU](https://recsports.unt.edu) FOR UPDATED HOURS

CLIMBING WALL

SUNDAY-SATURDAY	3PM-7PM
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OUTDOOR PURSUITS CENTER

SUNDAY-SATURDAY	1PM-6PM
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INDOOR VOLLEYBALL

TUE/THU	BEGINS @6:30PM
Pohl Recreation Center Court 1	

P.E.B. RACQUETBALL

MONDAY-THURSDAY	5PM-9PM
FRIDAY	4PM-8PM
SATURDAY	2PM-6PM
SUNDAY	2PM-6PM

P.E.B FIELD

MONDAY-THURSDAY	4PM-9PM
FRIDAY	2PM-8PM
SATURDAY	11AM-6PM
SUNDAY	1PM-9PM

WARANCH TENNIS CENTER

MONDAY-THURSDAY	5PM-9PM
FRIDAY	5PM-8PM
SATURDAY	2PM-6PM
SUNDAY	3PM-8PM

WEST TENNIS COURTS

MONDAY-THURSDAY	4PM-9PM
FRIDAY	2PM-8PM
SATURDAY	11AM-6PM
SUNDAY	1PM-9PM

BADMINTON

FRI/SUN	BEGINS @5PM
Pohl Recreation Center Courts 1 & 2	

MARK YOUR CALENDAR

MAY 11	Locker Cleanout
MAY 27	Rec Center Open 6AM-10PM
JULY 4	Rec Center Open 6AM-7PM
JULY 29	Fall Memberships and Items on Sale
AUGUST 9	Locker Cleanout
AUGUST 10-12	Rec Center Closed for Maintenance
AUGUST 13	Fall Memberships Begin
AUGUST 13-17	Rec Center Reduced Hours
AUGUST 18	Rec Center Fall Hours Begin
AUGUST 26	First Day of Classes



REC SPORTS

Summer 2019
Programs & Events



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EST. 1890

RECREATIONAL SPORTS
Division of Student Affairs

1900 Chestnut Street | Denton, TX 76201
[RecSports.unt.edu](https://recsports.unt.edu) | 940.565.2275 | 940.369.8347

AQUATICS

AMERICAN RED CROSS COURSES

LIFEGUARDING

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

SESSION I: MAY 3-5
REGISTER BY APRIL 26

SESSION II: MAY 31-JUNE 2
REGISTER BY MAY 26

CLASS TIMES FOR ALL SESSIONS
FRI | 5:00PM-9:00PM
SAT/SUN | 9:00AM-6:00PM

COST: \$125 Students
\$220 Members
\$240 Non-Members+

WATER SAFETY INSTRUCTOR

This course will certify participants to teach American Red Cross swim lessons.

SESSION I: MAY 13-17
REGISTER BY MAY 5
MON-FRI | 9:00AM-4:00PM

SESSION II: MAY 28-31
REGISTER BY MAY 19
TUE-FRI | 8:00AM-6:00PM

COST: \$150 Students
\$245 Members
\$270 Non-Members+

+Non-members may only register for American Red Cross courses. Classes may be combined or canceled due to low enrollment.



AMERICAN RED CROSS SWIM LESSONS

PARENT AND CHILD AQUATICS

Builds basic water skills for both parents and children, helping infants and young children ages 9 months to approximately 3 years become comfortable in and around the water environment.

5:00PM-5:25PM
COST: \$35

KIDS PRE-SCHOOL

Gives young children ages 3-5 years a positive, developmentally appropriate aquatics learning experience that emphasizes water safety, survival, and foundational swimming concepts.

LEVEL: 1 | 5:00PM-5:25PM
LEVELS: 2, 3 | 5:30PM-5:55PM
COST: \$35

SESSION I	SESSION II	SESSION III	SESSION IV
JUNE 3-13	JUNE 17-27	JULY 8-18	JULY 22-AUG 1
REGISTER BY MAY 29	REGISTER BY JUNE 12	REGISTER BY JULY 3	REGISTER BY JULY 17
DAYS: MON-THU	DAYS: MON-THU	DAYS: MON-THU	DAYS: MON-THU

LIFEGUARD & CPR RECERTIFICATION

Designed to update current CPR and Lifeguarding certifications. Participants who successfully pass will receive the American Red Cross Lifeguarding/First Aid and certificate.

SESSION I: MAY 18
REGISTER BY MAY 12

SESSION II: JULY 13
REGISTER BY JULY 7

CLASS TIMES FOR ALL SESSIONS
SAT | 8:30AM-6:30PM

COST: \$75 Students
\$110 Members
\$130 Non-Members+

LIFEGUARD INSTRUCTOR

This course will certify participants to teach American Red Cross lifeguard classes.

JUNE 14-16
REGISTER BY JUNE 7

CLASS TIMES
FRI | 4:00PM-9:00PM
SAT/SUN | 10:00AM-7:00PM

COST: \$150 Students
\$245 Members
\$270 Non-Members+



PRIVATE LESSONS

One-on-one lessons designed to develop, refine, and improve strokes and endurance. Times will be scheduled between you and your swim instructor.

SINGLE LESSONS
STUDENT/MEMBER: **\$13**
NON-MEMBER: **\$18**

BUNDLE OF 5 LESSONS
STUDENT/MEMBER: **\$50**
NON-MEMBER: **\$75**

FITNESS

GROUP EXERCISE

GROUP EX PASSES

Summer group ex passes are valid May 20 through August 9 and can be purchased at the Member Services desk inside the Rec Center.

SINGLE TIME PASS \$5
SUMMER UNLIMITED \$15
BUNDLE PACKAGE* \$35

*The NEW bundle package includes an unlimited group ex pass and one specialty class of your choice. The unlimited group ex pass and specialty class must be purchased at the same time.

Visit recsports.unt.edu/group_ex for our complete Summer 2019 group exercise schedule!



SPECIALTY CLASSES

TREAD AND TRAIN

The class alternates between short bursts of treadmill intervals and functional training on the floor. Walkers, joggers & runners all work on the same interval but at their own pace.

JUNE 11-JULY 2
TUE/THU | 6:30AM-7:30AM
REGISTER BY JUNE 7
COST: \$25

BOOT CAMP

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

JULY 15-AUGUST 7
MON/WED | 6:30AM-7:30AM
REGISTER BY JULY 12
COST: \$25

TRX CIRCUIT

With exercises done using body weight and the TRX suspension trainer, this class will help you improve your muscular endurance, strength, stability, and body control.

JULY 16-AUGUST 8
TUE/THU | 12:00PM-12:45PM
REGISTER BY JULY 12
COST: \$25

PERSONAL TRAINING

INDIVIDUAL TRAINING

From designing a customized workout plan to providing ongoing motivation and support our trainers are dedicated to helping you achieve your fitness goals!

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

New clients receive a **FREE fitness assessment** with the purchase of 1 or more sessions!

BODY COMPOSITION TEST

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

COST: \$5

ASK A TRAINER

Have a question for a personal trainer? Stop by to ask general fitness questions, get help with exercise technique and have your blood pressure and body fat measurements taken.

JUNE 5, JULY 10, AND JULY 31
5:00PM-7:00PM
COST: FREE



SPECIAL DATES

MAYMASTER GX SCHEDULE DATES
MAY 13-JUNE 1

FREE GROUP EXERCISE
MAY 13-MAY 18

SUMMER I GX SCHEDULE DATES
JUNE 3-JULY 6

NO GROUP EX CLASSES
JULY 4

SUMMER II GX SCHEDULE DATES
JULY 8-AUGUST 9

INTERIM GX SCHEDULE DATES
AUGUST 13-AUGUST 24



SUNSET CYCLE

Join us as we move our indoor cycle bikes outside for an evening! End your day by tackling hills and sprints all while enjoying the sunset.

JUNE 27
8:00PM-9:00PM
REGISTER BY JUNE 26
COST: FREE

SUNSET YOGA

Unwind from your day with a vinyasa flow that will nourish your body and mind all while enjoying the beautiful sunset.

JULY 18
8:00PM-9:00PM
REGISTER BY JULY 17
COST: FREE



OUTDOOR PURSUITS

FREE CLINICS

SLACKLINING BASICS

Learn everything you need to know about slacklining, from setting it up to walking the line, with guided instruction.

MON | JUNE 3 | 7:00PM-9:00PM

CAMPFIRE BUILDING BASICS

This fun clinic teaches the basics of fire starting including structures, techniques, and safety.

WED | JUNE 19 | 7:00PM-9:00PM

WHITE WATER KAYAKING BASICS

This introduction clinic covers basic strokes, t-rescues, wet exits and more. Be sure to bring your swim suit.

FRI | JULY 12 | 6:00PM-8:00PM

BACKCOUNTRY COOKING

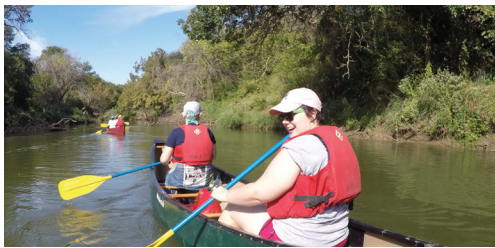
This clinic will cover various ways to cook food in the backcountry, the gear needed, and a few "go to" recipes to keep you fueled with flavor!

MON | JULY 22 | 6:30PM-8:30PM

BACKCOUNTRY PROBLEM SOLVING

Learn how to handle injury, cold, discomfort, and other common problems that may arise on your adventures into the wilderness.

THU | AUGUST 15 | 7:00PM-9:00PM



INTRAMURAL SPORTS

SUMMER I

3-POINT CONTEST

ENTRIES OPEN: JUNE 3-17
START DATE: JUNE 17 @5:30PM
CAPTAIN'S MEETING: JUNE 17 @5:30PM
COST: FREE

PS4 NBA2K19 TOURNAMENT

ENTRIES OPEN: JUNE 3-24
START DATE: JUNE 24 @5:30PM
CAPTAIN'S MEETING: JUNE 24 @5:30PM
COST: FREE

SUMMER II

BAGS TOURNAMENT

ENTRIES OPEN: JULY 8-22
START DATE: JULY 22 @5:30PM
CAPTAIN'S MEETING: JULY 22 @5:30PM
COST: FREE

PS4 MADDEN 19 TOURNAMENT

ENTRIES OPEN: JULY 8-29
START DATE: JULY 29 @5:30PM
CAPTAIN'S MEETING: JULY 29 @5:30PM
COST: FREE

CLIMBING WALL

CLIMBING WALL PASSES

Valid May 12-August 9

DAY CLIMB \$5

SUMMER SEMESTER \$25

CLIMBING CLASSES

SKILLS CHECK (30 MINS.) \$5

INTRO TO CLIMBING (2 HRS.) \$10

INTRO TO LEAD CLIMBING (3 HRS.) \$10

FREE CLIMBS

JUNE 3, JULY 1, AUGUST 5



ADVENTURE TRIPS

DAY CLIMB

Lake Mineral Wells State Park, TX

Learn the basics of outdoor climbing at the park's famous "Penitentiary Hollow" climbing area featuring top rope climbing opportunities on conglomerate rock for all skill levels!

SUN | JUNE 23 | \$30

REGISTER JUNE 3-17

DAY HIKE AND SWIM

Eisenhower State Park, TX

Hike the rugged trails that wind along the shores of Lake Texoma and end the day swimming and relaxing with us under the native black jack oak trees!

SAT | JULY 27 | \$12

REGISTER JULY 8-22

DAY CANOE AND SWIM

Chupacabra Point, Runaway Bay, TX

Paddle with us through the southern end of Lake Bridgeport as we explore the nearby tributaries for three uniquely different ecological experiences!

SAT | AUGUST 3 | \$10

REGISTER JULY 15-29

RENTAL CENTER

Located just behind the climbing wall and open from 1PM-6PM every day, the Outdoor Pursuits Center offers high quality rental equipment for all of your outdoor trip and camping needs including:

- Canoes
- Sleeping Bags
- Sit-on-top Kayaks
- Tents
- Backpacks
- Coolers
- Stoves
- Hammocks

Visit recsports.unt.edu/outdoor/equipment for a complete list of our equipment and pricing, including our new equipment bundles.

