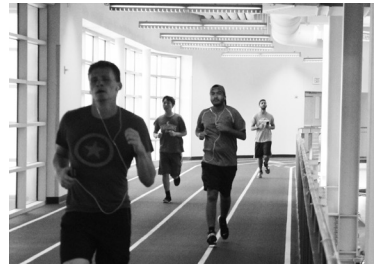



*Fall 2017 Brochure*

# REC SPORTS

— POHL REC CENTER —



 RECREATIONAL SPORTS

**UNT**<sup>®</sup>  
EST. 1890

**UNT Pohl Rec Center**  
1900 Chestnut Street  
Denton, TX 76201  
940.565.2275 or 940.369.8347  
RecSports.unt.edu



**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!

# MEMBERSHIPS

## LOCKER RENTAL

	HALF LOCKER	FULL LOCKER
<b>FALL SEMESTER</b> (Aug. 15-Dec. 23)	<b>\$25</b>	<b>\$45</b>
<b>2 SEMESTERS</b> (Aug. 15-May 12)	<b>\$35</b>	<b>\$55</b>
<b>ANNUAL</b> (Aug. 15-Aug. 10)	<b>\$45</b>	<b>\$65</b>

## TOWEL SERVICE

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

<b>FALL SEMESTER</b> (Aug. 15-Dec. 23)	<b>\$10</b>
<b>2 SEMESTERS</b> (Aug. 15-May 12)	<b>\$20</b>
<b>ANNUAL</b> (Aug. 15-Aug. 10)	<b>\$30</b>

## DAY GUEST PASSES

Ages 5 and under are FREE.

<b>UNIVERSITY GUESTS</b> Current UNT students, faculty, and staff not paying the Rec Fee and their immediate family	<b>\$5</b>
<b>NON-UNIVERSITY GUESTS</b> All other guests	<b>\$8</b>

**ANNUAL** AUG. 15-AUG. 10    **2 SEMESTERS** AUG. 15-MAY 12    **FALL** AUG. 15-DEC. 23

	ANNUAL AUG. 15-AUG. 10	2 SEMESTERS AUG. 15-MAY 12	FALL AUG. 15-DEC. 23
<b>FACULTY &amp; STAFF</b>	<b>\$240</b>	<b>\$180</b>	<b>\$90</b>
<b>RETIREE</b>	<b>\$210</b>	<b>\$160</b>	<b>\$80</b>
<b>ALUMNI</b> Must present alumni membership card	<b>\$400</b>	<b>\$270</b>	<b>\$135</b>
<b>CONTINUING STUDENT</b>	-	-	<b>\$78</b>
<b>PLUS ONE</b> Of faculty/staff, retirees, and students	<b>\$260</b>	<b>\$200</b>	<b>\$100</b>
<b>DEPENDENT</b> Age 16-24	<b>\$240</b>	<b>\$180</b>	<b>\$90</b>

Students who are enrolled in the current semester, and who have classes on campus, are automatically members of the Rec Center through the \$78 recreation fee added to tuition. Just bring your student ID!

Fall semester memberships, lockers, climbing wall passes, and unlimited group exercise passes are discounted to half price on October 23 (10x and 20x passes will no longer be available). Payroll deductions are available for faculty and staff at the beginning of each semester.

Payroll deduction deadlines are September 13 and October 12. Please visit the Rec Sports Office for further details.

# AQUATICS

## SWIM INSTRUCTION

### SWIMMING 101

Learn the basics of swimming from experienced swim instructors. This class is for adults only with little to no experience swimming.

**SESSION I: SEPTEMBER 18-OCTOBER 11**

Register by September 15

**MON/WED | 6:30PM-7:20PM**

**SESSION II: OCTOBER 17-NOVEMBER 9**

Register by October 16

**TUE/THU | 6:30PM-7:20PM**

**\$45 STUDENTS & MEMBERS**



### PRIVATE SWIM LESSONS

Individuals receive personal, one-on-one attention from a swim instructor to develop, improve, and refine strokes. Each session is 30 minutes.

NUMBER OF SESSIONS	STUDENTS & MEMBERS	NON-MEMBERS*
1	\$13	\$18
3	\$33	\$48
6	\$60	\$90

### KIDS LEARN TO SWIM

#### PRE-SCHOOL

For children 3-5 years old focusing on safety and comfort in and around water.

**TUE/THU | 5:30PM-6:00PM**

#### LEVEL 1—INTRO TO WATER SKILLS

For children 6+ years old who have little to no experience around water. Focuses on comfort around water and basic swimming skills.

**TUE/THU | 5:30PM-6:00PM**

#### LEVEL 2—FUNDAMENTAL AQUATIC SKILLS

Builds upon the Level 1 skills while focusing on basic stroke competency. Children must demonstrate all requirements from Level 1 and be able to float independently with basic kick.

**TUE/THU | 6:10PM-6:40PM**

#### LEVEL 3—STROKE DEVELOPMENT

Builds upon the Level 2 skills while focusing on expanded knowledge, safety, and practice. Children must demonstrate all requirements from Level 2 and be able to do a recognizable stroke with basic breathing technique.

**TUE/THU | 6:50PM-7:30PM**

#### ALL LEVELS

**SEPTEMBER 12-OCTOBER 5**

Register by September 11

**\$45 STUDENTS, MEMBERS, & NON-MEMBERS\***



## LIFEGUARDING

### LIFEGUARDING & CPR CERTIFICATION

Participants who successfully pass will receive the American Red Cross Lifeguarding/First Aid and CPR/AED for the Professional Rescuer certificate. *Participants must attend all four days of training.*

**OCTOBER 7-8 & OCTOBER 14-15**

Register by September 29

**9:00AM-6:00PM EACH DAY**

**\$125 STUDENTS**

**\$220 MEMBERS**

**\$240 NON-MEMBERS\***

### LIFEGUARDING & CPR RECERTIFICATION

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

**SUNDAY | OCTOBER 22 | 8:30AM-6:30PM**

Register by October 16

**\$75 STUDENTS**

**\$110 MEMBERS**

**\$130 NON-MEMBERS\***

## FREE PROGRAMS

### STROKE WORKSHOP

Brush up on your stroke or get pointers from one of our certified swim instructors. These one hour workshops are designed to make you a more confident swimmer.

**WEDNESDAY | SEPTEMBER 6 | 5:30PM**

**THURSDAY | SEPTEMBER 7 | 12:30PM**

**FREE**

### SWIM CHALLENGE

#### SWIM THE GOLDEN TRIANGLE

Swim through the traffic of the metroplex as you travel down I-35 W to Ft. Worth, across I-30 to the heart of Dallas, and back up I-35 E to Denton. See the Aquatics staff to log your laps during the month of October.

**OCTOBER 1-NOVEMBER 4**

**FREE**

### DIVE-IN MOVIE

#### CHRISTMAS VACATION

After two disastrous vacations, Clark Griswold plans the most fun-filled family Christmas...but things never run smoothly. Bring your friends and a float to the leisure pool as we watch it all unfold during this fun movie night.

**TUESDAY | DECEMBER 5 | 8:00PM**

**FREE**

*\*Non-members must be UNT Faculty, Staff or Retirees. Community may only register for the Lifeguard Course and Recertification Course at the Non-member rate. Classes may be combined or cancelled due to low enrollment.*

# FITNESS

## SPECIAL PROGRAMS

### BOOT CAMP

Boot camp is an intense cardiovascular and muscle strengthening program led by one of our certified personal trainers.

**MON/WED/FRI | 6:30AM-7:30AM | \$45**

**Session I: September 11-October 6**

*Register by September 8*

**Session II: October 23-November 17**

*Register by October 20*

### KETTLEBELL

This kettlebell program is a great way to improve balance, strength, flexibility, and endurance. All fitness levels are welcome!

**TUE/THU | 6:30AM-7:30AM | \$35**

**Session I: September 12-October 5**

*Register by September 8*

**Session II: October 24-November 16**

*Register by October 20*

### YOGA ROCKS

Come enhance your yoga practice and climbing techniques while developing strength, balance, endurance, and flexibility. All fitness levels welcome. No climbing experience needed. All participants will receive a complimentary belay certification at the climbing wall.

**TUE/THU | 8:30PM-10:00PM | \$45**

**October 3-26**

*Register by September 29*

### BENCH PRESS COMPETITION 2 FIT

Register for our bench press competition! Divisions for men and women with various weight classes are available. Participants must register by the deadline - no late entries will be accepted! *\*\*This event will be at the Indoor Basketball Courts\*\**

**WEDNESDAY | 6:00PM-8:00PM | FREE**

**October 18**

*Register by October 17*

Get fit with a friend! Led by one of our certified personal trainers, this program is designed to be engaging and challenging through tandem style, functional workouts for you and your partner.

**TUE/THU | 5:30PM-6:30PM | \$35**

**October 24-November 16**

*Register by October 20*



## FACULTY/STAFF FITNESS PROGRAM

### NEED MORE TIME TO WORK OUT?

As a member of the program, a full-time 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 (*form is also available at recsports.unt.edu*).

### BURN & EARN

With every visit to the Rec Center, you will receive one point. Earn your Fitness prizes with every 50 points earned!

**ALL SEMESTER  
FREE**

### PRESSURE POINTS

Free blood pressure readings are available at the Rec Center. Contact the Rec Sports office for more info on how to get your department involved.

**ALL SEMESTER  
FREE**

## PERSONAL TRAINING

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

NUMBER 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!*

### PERSONAL TRAINER 101

This 2 hour course will provide you with an overview of a fitness assessment and a training session. This class will also explore the different personal training certifications and give you insight into which may be best for you!

Sign up for this class at Member Services up until the class begins.

**THURSDAY | 3:00PM-5:00PM | FREE  
November 9**



# GROUP EXERCISE

## GROUP EX CLASSES

### ABS & BACK

Tighten and tone your entire core with targeted, effective abdominal and lower back exercises.

### ATHLETIC CONDITIONING

A fun, intense class using plyometrics, agility, and sprints to improve coordination, explosiveness, and speed.

### CYCLE

A high intensity, low impact stationary cycle class that involves cardio challenges by varying speed and resistance.

### GLUTES & GUTS

A quick, high energy muscle conditioning class that targets and tones your entire core and lower body.

### CARDIO KICKBOXING

Kick, punch, and groove the calories away in this fun and effective cardio workout.

### PILATES

A mat-based class to tone and tighten your entire body for long, lean muscles.

### RIPPED

This strength training class combines various weight loads with simple movements to strengthen your entire body.

### STEP EXPRESS

A great cardiovascular workout using adjustable steps and choreography.

### SWEATSHOP

A powerhouse workout alternating between functional strength training and high intensity cardio intervals.

### T-30

This class is a high intensity, total body tabata workout designed to build your anaerobic capacity and strength.

### 3-2-1 BURN

A class that combines cardio, strength, and core intervals to get a high intensity workout in a short period of time.

### YOGA

This class combines poses and stretches to create a mind and body connection. Mats are provided, but we encourage you to bring your own.

Slow Yoga Flow: Beginner

Vinyasa Yoga Flow: Intermediate

Yin Yoga: Intermediate

*Invites you to slow down and create space for stillness while nourishing joints, ligaments, tendons and fascia. Poses are held for 2-5 minutes allowing joints and fascia to release.*

Weekend Warrior: Intermediate

*This 75-minute class will focus on increasing balance, flexibility, and breathing capacity.*

### ZUMBA

This dance-style class features rhythms set to high-energy Latin and international beats.



## GROUP EX INSTRUCTOR 101

This 2-hour course will cover the basics on where to begin and what's important for an instructor to know before teaching. No matter your interest, this class will provide the opportunity to see if teaching group exercise is for you.

Register for each session at Member Services up until the class begins.

**THURSDAY | 3:00PM-5:00PM | \$25**

**Session I: September 21**

**Session II: November 2**

*(A 10x group ex pass is included in the fee; if you already have a Fall 2017 group ex pass this course is FREE.)*

## GROUP EX PASSES

Fall group exercise passes are valid September 3 thru December 9 and may be purchased at the Member Services desk in the Rec Center.

<b>FALL SEMESTER</b>	<b>\$55</b>
<b>20 CLASSES</b>	<b>\$35</b>
<b>10 CLASSES</b>	<b>\$25</b>
<b>SINGLE CLASS</b>	<b>\$3</b>

## MARK YOUR CALENDARS

**AUG. 15-SEP. 2**

**SEPTEMBER 4**

**OCTOBER 15-21**

**NOVEMBER 22, 24-25**

**DECEMBER 10-22**

**DECEMBER 23**

**All GX classes FREE**

**Modified GX schedule**

**Dollar Days**

**Modified GX schedule**

**Modified GX schedule and all classes FREE**

**No GX classes**

Visit [recsports.unt.edu/group\\_ex](http://recsports.unt.edu/group_ex) for the Fall 2017 group ex schedule!



## FREE EVENTS

### ZUMBA PARTY

Come join the party and enjoy 1.5 hours of FREE Zumba! Zumba Party will be held on our indoor basketball court, so you can come and go as you please. Sample all of our Zumba instructors as they play your favorite songs.

**WEDNESDAY | 8:00PM-9:30PM | FREE**  
**September 6**

### DANCE PARTY

This 1.5 hour ultimate dance party is a fun cardio workout featuring music from genres including hip hop, funk, jazz, oldies, latin, Top 40, and more! No dance experience required! This class will be held outside in the "backyard."

**WEDNESDAY | 8:00PM-9:30PM | FREE**  
**October 25**

### MOONLIGHT YOGA

Align with the stars and stretch to the moon and back with Moonlight Yoga. Pair this class with Vertical Happy Hour at the Climbing Wall for an evening of free climbing and yoga! This class will be held outside in the "backyard."

**8:00PM-9:00PM | FREE**  
**September 11**  
**October 9**  
**November 6**  
**December 4**



# OUTDOOR PURSUITS

## ADVENTURE TRIPS

### DAY CANOE

ELM FORK, TRINITY RIVER, TX

Have you ever wanted to canoe? Spend a day with us while we teach the basics of paddling on the beautiful Elm Fork of the Trinity River. Paddlers of every skill level are welcome on this fun trip close to Denton!

**SATURDAY | SEPTEMBER 30 | \$12**

Register September 11-September 25

### DAY HIKE

LBJ GRASSLANDS, TX

LBJ Grasslands offers a beautiful expanse of the grasslands that once covered North Texas! Join us for the day as we hike through this historic landscape intermixed with free ranging cattle and diverse plant life.

**SATURDAY | OCTOBER 14 | \$12**

Register September 25-October 9

### WILDERNESS BACKPACKING

OUACHITA NATIONAL FOREST, AR

Learn the basics of wilderness backpacking on our most popular trip! This weekend get-away to Western Arkansas offers some amazing views and great river crossings.

**FRI-SUN | NOVEMBER 10-12 | \$115**

Register October 23-November 6

### DAY CLIMB

LAKE MINERAL WELLS STATE PARK, TX

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

**SUNDAY | OCTOBER 8 | \$30**

Register September 18-October 2

### WEEKEND CANOE CAMPING

BRAZOS RIVER, TX

Float along the same historic river the conquistadors explored and the Comanche Indians used to hide from US Cavalry. This two day trip will show you 20 miles of the "Mississippi of Texas."

**SAT-SUN | OCTOBER 21-22 | \$65**

Register October 2-October 16

### DAY HIKING AND HORSEBACK RIDING

PRINCETON, TX

Join us for a day of hiking and horseback riding! We'll take a guided tour over hills and through trees on horseback after a morning hike in the LLELA Nature Preserve.

**SATURDAY | NOVEMBER 18 | \$52**

Register October 30-November 13



## FREE CLINICS

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

### WHERE TO GO IN NORTH TEXAS

THURSDAY | OCTOBER 5 | 5:00PM

### SLACKLINING

MONDAY | OCTOBER 16 | 8:15PM

### KAYAK BASICS

WEDNESDAY | NOVEMBER 1 | 5:00PM

### CLIMBING & BOULDERING TECHNIQUES

TUESDAY | NOVEMBER 7 | 8:15PM

### STAR GAZING

THURSDAY | NOVEMBER 16 | 7:00PM

### ALL ABOUT CAMPFIRES

MONDAY | DECEMBER 18 | 7:00PM



## WINTER BREAK ADVENTURE

BIG BEND NATIONAL PARK, TX

Experience the adventure through a beautiful National Park as we travel to the Big Bend back country! This 5 day trip will take you across the vast Chihuahuan Desert, through the wooded Chisos Basin, and up one of the tallest mountains in Texas.

**FRIDAY-TUESDAY | JANUARY 5-9 | \$220**

Register November 13-November 27

## CLIMBING WALL

### CLIMBING WALL PASSES

Valid August 15-December 23

FALL SEMESTER

\$35

DAY PASS

\$5

### CLIMBING CLASSES

SKILLS CHECK (30 mins)

\$5

INTRO TO CLIMBING (2 hrs)

\$10

INTRO TO LEAD CLIMB (3 hrs)

\$10

### CLIMBING SPECIALS

VERTICAL HAPPY HOUR

(Free climb during open hours)

Monday, September 11

Monday, October 9

Monday, November 6

Monday, December 4

**LADIES NIGHT | 8:00PM-10:00PM**

Tuesday, September 19

Tuesday, November 14

**GUYS NIGHT | 8:00PM-10:00PM**

Monday, October 16

Tuesday, December 5



## RENTAL CENTER

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.

Canoes

Tents

Stoves

Coolers

Sit-on-top Kayaks

Sleeping Bags

Headlamps

Backpacks

Visit [recsports.unt.edu/outdoor/equipment](http://recsports.unt.edu/outdoor/equipment) for a complete list of equipment and pricing.

# INTRAMURALS

## FALL INTRAMURAL EVENTS

LEAGUES	SIGN UP	FEE
FLAG FOOTBALL (M,W,CR)	MON 8/28 - TUE 9/12	\$45/TEAM
VOLLEYBALL (M,W,CR)	MON 9/18 - TUE 10/3	\$35/TEAM
OUTDOOR SOCCER (M,W,CR)	MON 10/2 - TUE 10/17	\$45/TEAM

SINGLE DAY FREE EVENTS	SIGN UP	EVENT DATE
NO LIMIT TEXAS HOLD'EM	MON 8/21 - WED 8/23	WED 8/23 @ 7:00PM
3-POINT BASKETBALL CONTEST	MON 9/4 - THU 9/21	THU 9/21 @ 4:30PM
3 ON 3 OUTDOOR BASKETBALL	MON 9/18 - THU 10/5	THU 10/5 @ 4:30PM
FOOSBALL TOURNAMENT	MON 10/2 - THU 11/2	THU 11/2 @ 4:30PM
CLIMBING COMPETITION	MON 10/16 - THU 11/9	THU 11/9 @ 8:00PM
HOMECOMING FUN RUN	MON 10/16 - SAT 11/11	SAT 11/11 @ 7:15AM

M = MEN'S W = WOMEN'S CR = CO-REC

### INTRAMURAL EVENT REGISTRATION

Register for all IM events by creating an account on [imleagues.com](http://imleagues.com). To pay league fees stop by the Rec Sports main office (located in the Rec Center) during the sign up period. Participants can sign up a team or as a free agent.

## OFFICIALS 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. The last day for each clinic serves as an interview for anyone wishing to become an official. Apply online through Eagle Careers before the start of the clinics.

### FLAG FOOTBALL

REC CENTER 205/207  
TUESDAY, SEP. 5 | 4:30PM

### IM FIELDS

WEDNESDAY, SEP. 6 | 6:30PM  
THURSDAY, SEP. 7 | 6:30PM  
MONDAY, SEP. 11 | 6:30PM

### VOLLEYBALL

REC CENTER 205/207  
TUESDAY, SEP. 26 | 4:30PM

### P.E.B. GYM

WEDNESDAY, SEP. 27 | 7:00PM  
THURSDAY, SEP. 28 | 7:00PM

### OUTDOOR SOCCER

REC CENTER 205/207  
MONDAY, OCT. 9 | 4:30PM

### EAGLE POINT FIELDS

TUESDAY, OCT. 10 | 6:30PM  
WEDNESDAY, OCT. 11 | 6:30PM  
THURSDAY, OCT. 12 | 6:30PM

## ESPORTS EVENTS

**PS4 MADDEN 18 TOURNEY**  
Thursday, September 14  
REGISTER: August 28-September 14

**ROCKET LEAGUE TOURNEY**  
Wednesday, September 20  
REGISTER: August 28-September 15

**Wii U SUPER SMASH BROS TOURNEY**  
Thursday, October 19  
REGISTER: September 25-October 19

**PS4 STREET FIGHTER V TOURNEY**  
Thursday, October 26  
REGISTER: October 2-October 26

**PS4 FIFA 18 TOURNEY**  
Thursday, November 16  
REGISTER: October 23-November 16



**THE NEST**

# SPORT CLUBS

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  
ICE HOCKEY

MEN'S LACROSSE  
MEN'S RUGBY  
MEN'S SOCCER  
MEN'S ULTIMATE  
MEN'S VOLLEYBALL  
PAINTBALL  
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



# FALL 2017 HOURS

AUGUST 20 - DECEMBER 16

## POHL RECREATION CENTER

Monday–Thursday 6:00am–12:00am  
Friday 6:00am–10:00pm  
Saturday 10:00am–7:00pm  
Sunday 12:00pm–12:00am

## CLIMBING WALL

Sunday–Friday 3:00pm–8:00pm  
Saturday 3:00pm–7:00pm

## OUTDOOR PURSUITS CENTER

Sunday–Saturday 1:00pm–6:00pm

## LEISURE POOL & SPA

Monday–Thursday 6:30am–9:00am  
12:00pm–10:00pm  
Friday 6:30am–9:00am  
12:00pm–9:00pm  
Saturday 1:00pm–5:00pm  
Sunday 1:00pm–9:00pm

## LAP POOL

Mon | Wed | Fri 11:00am–2:00pm  
4:00pm–7:00pm  
Tue | Thu 9:00am–2:00pm  
4:00pm–7:00pm  
Saturday & Sunday 1:00pm–5:00pm

## WARANCH TENNIS CENTER

Monday–Thursday 5:00pm–9:00pm  
Friday 5:00pm–8:00pm  
Saturday 2:00pm–6:00pm  
Sunday 3:00pm–8:00pm

## INFORMAL REC

### WEST TENNIS COURTS

Monday–Thursday 4:00pm–11:00pm  
Friday 2:00pm–9:00pm  
Saturday 11:00am–6:00pm  
Sunday 1:00pm–11:00pm

### P.E.B. RACQUETBALL

Monday–Thursday 5:00pm–9:00pm  
Friday 4:00pm–8:00pm  
Saturday | Sunday 2:00pm–6:00pm

### BADMINTON

Friday (P.E.B.) 5:00pm–9:30pm  
Sunday (Rec Center) Starting at 5:00pm

### VOLLEYBALL NET NIGHT

Pohl Recreation Center Courts 1 & 2  
Tuesday | Thursday Starting at 6:30pm



## MARK YOUR CALENDAR

**AUG. 15-SEP. 2** Free group exercise & climbing  
**AUGUST 20** Fall hours begin  
**AUGUST 23** Rec Extravaganza 6:30pm-9:00pm  
**SEPTEMBER 13** Deadline for payroll deduction  
**OCTOBER 12** Deadline for payroll deduction  
**OCTOBER 15-21** Group Exercise Dollar Days  
**NOVEMBER 22** Closed at 6:00pm for Thanksgiving  
**NOVEMBER 23** Closed for Thanksgiving  
**NOVEMBER 24** Reduced hours (see [recsports.unt.edu](http://recsports.unt.edu))  
**DECEMBER 4** Spring memberships on sale  
**DECEMBER 10-22** All Group Exercise classes are free  
**DECEMBER 17-23** Reduced hours (see [recsports.unt.edu](http://recsports.unt.edu))  
**DEC. 24-JAN. 1** Closed for Winter Break  
**JANUARY 2-13** Reduced hours (see [recsports.unt.edu](http://recsports.unt.edu))  
**JANUARY 14** Spring hours begin

# SPECIAL EVENTS

## FIRST FRIDAYS

Come enjoy free coffee and fruit in the morning while exploring an art gallery featuring current UNT artists. Throughout the entire day members can also bring one free guest to use the Rec Center with them, including free group ex classes and free climbing (during open wall hours).

**SEPTEMBER 1 | 7:30AM-12:00PM | ART GALLERY OPEN**  
Artist: Chase Duncan - *Painting and Sculptures*

**OCTOBER 6 | 7:30AM-12:00PM | ART GALLERY OPEN**  
Artist: Teresa Schofield - *Sketch Art*

**NOVEMBER 3 | 7:30AM-12:00PM | ART GALLERY OPEN**  
Artist: Ginnie Potts - *Fiber Art*

## FACULTY AND STAFF FREE WEEK

Our commitment to inspiring the health and wellness of the entire UNT Community doesn't stop with our students. This week we encourage all faculty and staff to come explore what Rec Sports has to offer, from a variety of group exercise classes to swimming, climbing, and more.

**OCTOBER 16-20**

## FINALS SURVIVAL WEEK

During finals week we offer a wide array of stress-reducing events all free for you. From coffee and breakfasts to therapy dogs, graduation cap decorating to a video game lounge...bring it on, finals!

**DECEMBER 11-15**



RECREATIONAL SPORTS

[www.recsports.unt.edu](http://www.recsports.unt.edu)

940-565-2275 | 940-369-8347

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