

SPRING 2018 BROCHURE



RECREATIONAL
SPORTS
Division of
Student Affairs
UNT
EST. 1890

Pohl Recreation Center
1900 Chestnut Street
Denton, TX 76201
RecSports.unt.edu
940.565.2275
940.369.8347





POHL REC CENTER

FACULTY AND STAFF

NEW YEAR'S RESOLUTION MEMBERSHIP

The New Year's Resolution Membership gets you Rec Center access for the month of January. Whether you're trying to stick to your resolutions or just want to "try before you buy," this membership is a great place to start!

Membership Valid January 2-31, 2018

COST: \$20

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!

LOCKER RENTAL

	HALF LOCKER	FULL LOCKER
SPRING SEMESTER JANUARY 2-MAY 12	\$25	\$45
2 SEMESTER JANUARY 2-AUGUST 10	\$35	\$55

TOWEL SERVICE

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

SPRING SEMESTER JANUARY 2-MAY 12	\$10
2 SEMESTER JANUARY 2-AUGUST 10	\$20

MEMBERSHIPS

	SPRING (JANUARY 2-MAY 12)	2 SEMESTERS (JANUARY 2-AUGUST 10)	13 WEEK (MAY 13-AUGUST 10)
FACULTY & STAFF	\$90	\$175	\$86
RETIREE	\$80	\$148	\$68
ALUMNI <small>Must present alumni membership card</small>	\$135	\$280	\$145
CONTINUING STUDENT	\$78	-	\$85.78
PLUS ONE <small>Of faculty, staff, retirees & students</small>	\$100	\$197	\$97
DEPENDENT <small>(Age 16-24)</small>	\$90	\$175	\$86

Most UNT students who are currently enrolled in classes on campus are members of the Rec Center through the \$78 Recreation Fee in their tuition. A current UNT ID card is required for entrance into the facility.

Spring semester memberships, lockers, climbing wall passes and group exercise passes are discounted to half price March 19. Payroll deductions are available for faculty and staff at the beginning of each semester. Deduction deadlines are January 12 and February 13. Please visit the Rec Sports Office for further details.

DAY GUEST PASSES

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

AGES 5 AND UNDER ARE FREE



AQUATICS PROGRAMS

SWIM INSTRUCTION

SWIMMING 1.0

Learn the basics of swimming with an experienced swim instructor. This class is for adults only with little to no experience swimming. Each session has two class sections available to choose from.

SESSION I | REGISTER BY: FEBRUARY 9

MON/WED | FEB 12-MAR 7 | 7:00PM-7:50PM
TUE/THU | FEB 13-MAR 8 | 6:00PM-6:50PM

SESSION II | REGISTER BY: MARCH 30

MON/WED | APR 2-25 | 6:00PM-6:50PM
TUE/THU | APR 3-26 | 7:00PM-7:50PM

\$45 STUDENTS & MEMBERS



SWIMMING 2.0

Build on the basics of swimming and increase comfort levels with an experienced swim instructor. This class is for adults only with little experience swimming and who are comfortable in the water.

MON/WED | 6:00PM-6:50PM

SESSION I: FEBRUARY 12-MARCH 7
REGISTER BY: FEBRUARY 9

TUE/THU | 6:00PM-6:50PM

SESSION II: APRIL 3-26
REGISTER BY: MARCH 30

\$45 STUDENTS & MEMBERS

PRIVATE LESSONS

CHILDREN'S SWIMMING

For ages 3+ yrs old who have little to no experience around water or need a brush up on skills before summer. They will receive personal one-on-one attention during the 30 minute sessions.

FEBRUARY 1-APRIL 30

TIMES AVAILABLE: 3:30PM-5:30PM

ADULT SWIMMING

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

ALL SEMESTER

TIMES AVAILABLE: 3:30PM-5:30PM

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

LIFEGUARD PROGRAM

LIFEGUARD & CPR RE-CERTIFICATION

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.

ALL CLASSES: 8:30AM-6:30PM

SESSION I: SUNDAY, FEBRUARY 25
REGISTER BY: FEBRUARY 19

SESSION II: SATURDAY, MARCH 24
REGISTER BY: MARCH 19

SESSION III: SATURDAY, APRIL 21
REGISTER BY: APRIL 16

SESSION IV: SATURDAY, MAY 26
REGISTER BY: MAY 21

\$75 STUDENTS

\$110 MEMBERS

\$130 NON-MEMBERS*

LIFEGUARDING

Participants who successfully pass will receive the American Red Cross Lifeguarding/First Aid and CPR/AED for the Professional Rescuer certificate. Minimum age is 15 years old.

WED-SAT | 9:00AM-6:30PM

SESSION I: MARCH 14-17
REGISTER BY: MARCH 9

THU/FRI | 5:30PM-9:30PM SAT/SUN | 9:00AM-6:00PM

SESSION II: APRIL 5-8
REGISTER BY: MARCH 30

FRI | 4:00PM-10:00PM SAT/SUN | 8:30AM-7:30PM

SESSION III: MAY 18-20
REGISTER BY: MAY 11

\$125 STUDENTS

\$220 MEMBERS

\$240 NON-MEMBERS*

FREE EVENT

SWIM CHALLENGE SWIM THE BERING SEA

Plunge into the frigid waters off the coast of Wales, Alaska and set out across one of the most unforgiving bodies of water on earth, the Bering Strait. Break through the once famous "Ice Curtain" between the Diomed Islands and set your watch forward 23 hours as you cross the international date line to the shores of Naukan, Russia...54 miles away. See the Aquatics staff to log your laps.

FEBRUARY 1-APRIL 15



*Community may only register for Lifeguard Course and Recertification Course. Classes may be combined or canceled due to low enrollment.

FITNESS PROGRAMS

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 5:30PM-6:30PM

\$45 SESSION I: FEBRUARY 5-MARCH 2
REGISTER BY: FEBRUARY 2

\$45 SESSION II: APRIL 2-APRIL 27
REGISTER BY: MARCH 30

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: FEBRUARY 6-MARCH 1
REGISTER BY: FEBRUARY 2

GET UP & MOVE

Wake up both body and mind through 20 minute sections of resistance, cardio and flexibility training.

TUE/THU 6:30AM-7:30AM

\$35 SESSION I: APRIL 3-26
REGISTER BY: MARCH 30



PERSONAL TRAINING PROGRAMS

From designing a customized workout plan to providing ongoing motivation and support, our trainers are dedicated to helping 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!

FACULTY/STAFF FITNESS

NEED MORE TIME TO WORK OUT?

Full-time faculty and staff members of the program are eligible for 20 minutes of administrative leave for each day of participation as approved by their supervisor per University policy 05.058.

BURN & EARN

With every visit to the Rec Center, you will receive one point. Every 50 points earns you a prize!

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

WORKSHOP WEDNESDAYS

Join us every first Wednesday from February-April for a one hour fitness workshop. The workshops will be run by our personal trainers from **7:00PM-8:00PM**. All classes are **FREE!**

ASSEMBLING A WORKOUT

Learn the basic approach to forming a personal workout program with emphasis on safety, exercise specificity, modification, and progression to reach your fitness goals.

WEDNESDAY, FEBRUARY 7

CALIS DEMICS

This workshop will discuss the basics of incorporating simple, yet effective body-weight exercises into your workout. Learn how to assemble an effective and intense workout with no equipment.

WEDNESDAY, APRIL 4

CARDIO TIME

Learn the different theories behind slow-duration cardio, interval training, and anaerobic conditioning and how each can work into your specific fitness goals.

WEDNESDAY, MARCH 7

RECOVERY TIME

Come and discuss the various approaches to jump start the recovery process after a grueling workout. This workshop will discuss basic principles behind many recovery techniques including stretching, foam rolling, trigger point, and more.

WEDNESDAY, MAY 2



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!

3:00PM-5:00PM | FREE

SESSION I: FRIDAY, FEBRUARY 23
REGISTER BY: FRIDAY, FEBRUARY 16

SESSION II: FRIDAY, APRIL 20
REGISTER BY: FRIDAY, APRIL 13

BODY COMPOSITION TESTING

Body fat percentage is a leading indicator of fitness level and disease risk. A caliper is used to measure the thickness of skinfolds at many parts of the body.

STUDENTS AND MEMBERS: \$5

GROUP EXERCISE

GROUP EXERCISE PASSES

Spring group exercise passes are valid January 21-May 12 and may be purchased at the Member Services desk in the Pohl Recreation Center.

GROUP EX PASSES

SPRING UNLIMITED	\$55
20 CLASSES	\$35
10 CLASSES	\$25
SINGLE CLASS	\$3

Visit recsports.unt.edu/group_ex for the Spring 2018 group exercise schedule!

MARK YOUR CALENDARS

JANUARY 2-20	All GX classes FREE
JANUARY 15	No GX classes
FEBRUARY 11-17	Dollar Days
FEBRUARY 14	Share the Love Day*
MARCH 10-12	No GX classes
MARCH 13-16	Reduced GX schedule
MAY 6-11	All GX classes FREE

*Share the Love Day allows anyone with a group ex pass to bring someone to a class with them for free.



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 your Zumba instructors as they play your favorite songs.

WEDNESDAY, JANUARY 31
WEDNESDAY, MARCH 28

TIME: 8:00PM-9:30PM

MOONLIGHT YOGA

Align with the stars and stretch to the moon and back with Moonlight Yoga. This class will be held outside in the "backyard."

MONDAY, MARCH 5
MONDAY, APRIL 2
MONDAY, APRIL 30

TIME: 8:00PM-9:00PM

GROUP EX INSTRUCTOR 101

Ever wonder what it takes to become a group fitness instructor? This 2-hour course will provide you with the basics on where to begin and what's important for an instructor to know before they teach. No matter what your interest, this class will provide the opportunity to see if teaching a group exercise class is for you.

(A 10x group exercise pass is included in the fee; if you already have a Spring 2018 group exercise pass this course is FREE)

ALL CLASSES: 3:00PM-5:00PM

\$25 **SESSION I: THURSDAY, FEBRUARY 22**
REGISTER BY: FEBRUARY 16

\$25 **SESSION II: THURSDAY, APRIL 5**
REGISTER BY: MARCH 30



YOGA WORKSHOPS

These **FREE** workshops cover a variety of yoga activities that focus on progress, relaxation, and flexibility.

ACRO YOGA

This class is a dynamic partner practice that blends the wisdom of yoga, the dynamic power of acrobatics and the loving kindness of the healing arts. No experience necessary, you can come with a partner or meet some new people at the workshop.

WEDNESDAY, FEBRUARY 14
TIME: 4:00PM-5:00PM

INVERSION CLASS

Inversions and arm balances bring a sense of growth and progress in your yoga practice. Inversions in particular are also incredibly uplifting to your mood. In this workshop you'll discover everything you need to know to turn your practice upside down and balance on your hands. Some personal yoga experience preferred.

SATURDAY, MARCH 24
TIME: 1:00PM-2:00PM

INTRO TO MEDITATION

Meditation has been clinically demonstrated to increase relaxation, relieve stress, reduce anxiety and bolster self-esteem. It is an ancient spiritual practice that has physical, psychological and spiritual benefits. No experience necessary.

WEDNESDAY, APRIL 18
TIME: 4:00PM-5:00PM

OUTDOOR PURSUITS

ADVENTURE TRIPS

DAY HIKE

LAKE MURRAY STATE PARK, OK

\$20

SATURDAY, FEBRUARY 24
REGISTER: FEBRUARY 5-19

WEEKEND CAMPING & BOULDERING

ENCHANTED ROCK STATE NATURAL AREA, TX

\$125

FRIDAY, MARCH 30 - SUNDAY, APRIL 1
REGISTER: MARCH 12-26

DAY CLIMB

LAKE MINERAL WELLS STATE PARK, TX

\$30

SUNDAY, APRIL 8
REGISTER: MARCH 19-APRIL 2

DAY HIKE

DINOSAUR VALLEY STATE PARK, TX

\$24

SATURDAY, APRIL 14
REGISTER: MARCH 26-APRIL 9

DAY CANOE

ELM FORK, TRINITY RIVER, TX

\$12

SATURDAY, APRIL 28
REGISTER: APRIL 9-23



SPRING BREAK TRIPS

TEXAS CANYON ADVENTURE

PALO DURO CANYON STATE PARK, TX

Hike 800 feet down to the famous Lighthouse formation, view the colorful slopes called "Spanish Skirts," and head out on horseback for a guided tour of these ancient cliffs.

SATURDAY - MONDAY, MARCH 10-12

REGISTER: FEBRUARY 19-MARCH 5
COST: \$175



TEXAS RIVER ADVENTURE

BRAZOS RIVER, TX

Paddle this historic river once used and explored by conquistadors, Comanche Indians, and the U.S. Cavalry. This trip will show you 20 miles of the "Mississippi of Texas."

THURSDAY - FRIDAY, MARCH 15-16

REGISTER: FEBRUARY 19-MARCH 5
COST: \$65



SIGN UP FOR BOTH TEXAS ADVENTURES
(A \$240 VALUE) FOR ONLY \$200!

CLIMBING WALL

CLIMBING WALL PASSES

VALID JANUARY 2-MAY 12

SPRING SEMESTER DAY PASS \$35
\$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 CLIMBING)
MONDAY, FEBRUARY 5 MONDAY, APRIL 2
MONDAY, MARCH 5 MONDAY, APRIL 30

GUYS NIGHT | 8:00PM-10:00PM
TUESDAY, FEBRUARY 6
TUESDAY, APRIL 3

LADIES NIGHT | 8:00PM-10:00PM
TUESDAY, MARCH 6
TUESDAY, MAY 1

RED POINT RIOT CLIMBING COMPETITION
SUNDAY, APRIL 22

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 like:

- Canoes
- Sit-on-Top Kayaks
- Whitewater Kayaks
- Backpacks
- Stoves
- Sleeping Bags
- Tents
- Coolers
- Headlamps

Visit recsports.unt.edu/outdoor/equipment for a complete list of our equipment and pricing!

FREE CLINICS

Register for all clinics at the Outdoor Pursuits Center located behind the climbing wall by 6:00PM Monday the week of each clinic.

STAR GAZING

THURSDAY, FEBRUARY 15
TIME: 7:30PM

ALL ABOUT CAMPIRES

TUESDAY, FEBRUARY 27
TIME: 5:00PM

BIKE MAINTENANCE WORKSHOP

WEDNESDAY, MARCH 21
TIME: 6:30PM

CLIMBING DRILLS & TRAINING METHODS

MONDAY, MARCH 26
TIME: 8:15PM

OUTDOOR PHOTOGRAPHY TIPS

TUESDAY, APRIL 3
TIME: 5:00PM

CLIMBING & BOULDERING TECHNIQUES

THURSDAY, APRIL 12
TIME: 8:15PM

NATIVE TEXAS WILDLIFE

FRIDAY, APRIL 20
TIME: 5:00PM

KAYAK BASICS

WEDNESDAY, APRIL 25
TIME: 5:00PM

INTRAMURAL SPORTS

EVENTS SCHEDULE

MINI-LEAGUES	SIGN UP	FEE
ULTIMATE DISC (M,W,CR) 4-ON-4 FLAG FOOTBALL (M,W,CR) SAND VOLLEYBALL (M,W,CR)	TUE 1/16-TUE 2/6 MON 3/5-TUE 3/27 MON 3/19-TUE 4/3	\$25 \$25 \$25
SINGLE DAY FREE EVENTS	SIGN UP	EVENT DATE
RACQUETBALL SINGLES TOURNEY 3-POINT CONTEST TENNIS SINGLES TOURNEY BATTLESHIP 5v5 TEAM HANDBALL	MON 1/22-THU 2/8 MON 1/22-THU 2/15 MON 2/26-THU 3/22 MON 3/19-THU 4/5 MON 3/19-THU 4/19	THU 2/8 @6:00PM THU 2/15 @4:30PM THU 3/22 @4:30PM THU 4/5 @4:30PM THU 4/19 @4:30PM

EVENT REGISTRATION

Register for all IM events by creating an account on imleagues.com. To pay league fees stop by the Rec Sports main office (located in the Rec Center; open M-F, 8AM-5PM) during the sign up period. Participants can sign up a team or as a free agent.

OFFICIALS' CLINICS

To apply online, Search for Rec Sports on the UNT Career Center website and submit your application through Handshake.

BASKETBALL

REC CENTER ROOM 205/207
 MONDAY, JANUARY 22 @4:30PM

P.E.B. GYM

TUESDAY, JANUARY 23 @6:00PM
 WEDNESDAY, JANUARY 24 @6:00PM
 *THURSDAY, JANUARY 25 @6:00PM

SOFTBALL

REC CENTER ROOM 205/207
 MONDAY, FEBRUARY 26 @4:30PM

REC SPORTS COMPLEX

TUESDAY, FEBRUARY 27 @6:00PM
 *WEDNESDAY, FEBRUARY 28 @6:00PM

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

INTRAMURAL LEAGUES

BASKETBALL (M,W,CR)

START DATE: MONDAY, FEBRUARY 5

\$45

REGISTER: JANUARY 16-30
CAPTAINS MEETING: JANUARY 31 @5:00PM

INDOOR SOCCER (M,W,CR)

START DATE: MONDAY, FEBRUARY 19

\$35

REGISTER: JANUARY 29-FEBRUARY 13
CAPTAINS MEETING: FEBRUARY 14 @5:00PM

SOFTBALL (M,W,CR)

START DATE: MONDAY, MARCH 19

\$45

REGISTER: FEBRUARY 19-MARCH 6
CAPTAINS MEETING: MARCH 7 @5:00PM

eSPORTS EVENTS

PS4 NBA 2K18 TOURNEY I
 THURSDAY, FEBRUARY 1 @4:30PM
 REGISTER: JANUARY 16-FEBRUARY 1

OVERWATCH 6v6
 MONDAY, FEBRUARY 19 | ONLINE
 REGISTER: JANUARY 16-FEBRUARY 13

Wii U SUPER SMASH CREW BATTLE 🏆
 THURSDAY, FEBRUARY 22 @5:00PM
 REGISTER: FEBRUARY 5-FEBRUARY 22

LEAGUE OF LEGENDS
 MONDAY, MARCH 26 | ONLINE
 REGISTER: JANUARY 29-MARCH 20

PS4 FIFA 18 TOURNEY
 THURSDAY, MARCH 29 @4:30PM
 REGISTER: MARCH 5-MARCH 29

OVERWATCH 3v3 🏆
 THURSDAY, APRIL 12 @5:00PM
 REGISTER: MARCH 19-APRIL 12

PS4 NBA 2K18 TOURNEY II
 THURSDAY, APRIL 26 @4:30PM
 REGISTER: APRIL 2-APRIL 26

ROCKET LEAGUE 🏆
 MONDAY, APRIL 30 @5:00PM
 REGISTER: APRIL 16-APRIL 30

EACH EVENT MARKED WITH 🏆 IS LOCATED AT THE NEST IN CHILTON HALL MEDIA LIBRARY.

SPORT CLUBS



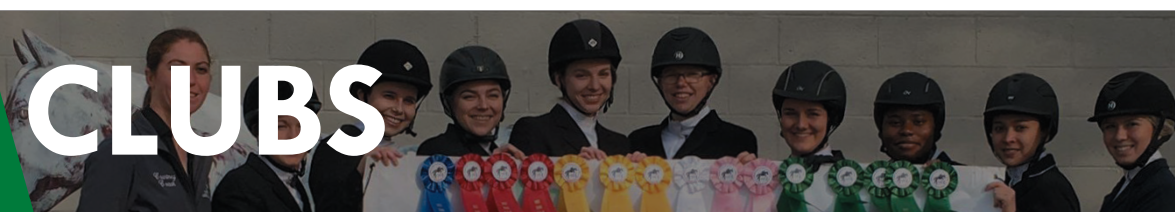
ARCHERY
 BASEBALL
 BOWLING
 CLIMBING
 CYCLING
 DISC GOLF
 DODGEBALL

EQUESTRIAN
 FENCING
 GOLF
 ICE HOCKEY
 MEN'S LACROSSE
 MEN'S RUGBY
 MEN'S SOCCER

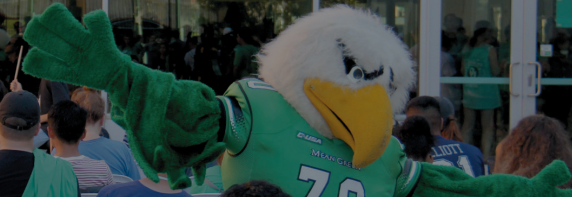
MEN'S ULTIMATE
 MEN'S VOLLEYBALL
 PAINTBALL
 POLO
 POWERLIFTING
 RUNNING
 SAILING

SWIMMING
 TABLE TENNIS
 TENNIS
 TRIATHLON
 WAKE
 WOMEN'S LACROSSE
 WOMEN'S RUGBY

WOMEN'S SOCCER
 WOMEN'S ULTIMATE
 WOMEN'S VOLLEYBALL
 WRESTLING



SPRING 2018 HOURS



POHL REC CENTER

FACILITY

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
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LAP POOL

MONDAY WEDNESDAY FRIDAY	11:00AM-2:00PM 4:00PM-7:00PM
TUESDAY THURSDAY	9:00AM-2:00PM 4:00PM-7:00PM
SATURDAY SUNDAY	1:00PM-5:00PM

LEISURE POOL & SPA

MONDAY-THURSDAY	6:30AM-9:00AM (SPA ONLY) 12:00PM-2:00PM 2:00PM-10:00PM
FRIDAY	6:30AM-9:00AM (SPA ONLY) 12:00PM-2:00PM 2:00PM-9:00PM
SATURDAY	1:00PM-5:00PM
SUNDAY	1:00PM-9:00PM

MARK YOUR CALENDAR

JANUARY 2-13	Reduced hours (see recsports.unt.edu)
JANUARY 2-20	Free group exercise
JANUARY 12	Payroll deduction deadline
JANUARY 14	Spring hours begin
JANUARY 14-20	Free climbing
FEBRUARY 13	Payroll deduction deadline
MARCH 10-12	Rec Center closed for maintenance
MARCH 13-17	Reduced hours (see recsports.unt.edu)
MARCH 19	Spring memberships are half price
APRIL 1	Open regular hours for Easter
MAY 1	Summer memberships on sale
MAY 6-11	All group exercise classes free
MAY 13	Summer hours begin

INFORMAL RECREATION

BADMINTON

FRIDAY (P.E.B.)	5:00PM-9:30PM
SUNDAY (REC CENTER)	START AT 5:00PM

WEST TENNIS COURTS

MONDAY-THURSDAY	4:00PM-11:00PM
FRIDAY	2:00PM-9:00PM
SATURDAY	11:00PM-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

VOLLEYBALL NET NIGHT REC CENTER COURTS 1 & 2

TUESDAY | THURSDAY START AT 6:30PM

TAILGATE GAMES NIGHT REC CENTER BACKYARD

WEDNESDAY START AT 6:00PM

WARANCH TENNIS CENTER

MONDAY-THURSDAY	5:00PM-9:00PM
FRIDAY	5:00PM-8:00PM
SATURDAY	2:00PM-6:00PM
SUNDAY	3:00PM-8:00PM

SPECIAL EVENTS

FIRST FRIDAYS

Come enjoy free coffee and breakfast while exploring an art gallery featuring current and former UNT artists. Throughout the entire day members can also bring one free guest to use the Rec Center with them.

7:00AM-12:00PM | ART GALLERY OPEN | FREE

FEBRUARY 2

Keara Soller
Relief Printmaking
(Available for purchase)

MARCH 2

Cameron Brown
Drawing

APRIL 6

Nerd & Brawler:
Kara Herman and Megan Harris
Quirky Handmade Embroidery
(Available for purchase)

FINALS SURVIVAL WEEK

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

MAY 7-11 | FREE

MOVIE UNDER THE STARS

DEEPWATER HORIZON (PG-13)
This highly nominated movie, inspired by true events, sheds light on the largest oil spill in U.S. history. Join us for this edge-of-your-seat movie...we'll bring the popcorn.

APRIL 19 | 8:30PM | FREE



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EST. 1890