

# 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!

# MEMBERSHIPS

	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	\$86	\$22	\$43	\$86
RETIREE	\$68	\$15	\$34	\$68
ALUMNI	\$130	\$30	\$65	\$130
CONTINUING STUDENT	\$85.78	\$21.45	\$42.89	\$85.78
PLUS ONE	\$88	\$28	\$44	\$88
DEPENDENT AGE (Ages 16 - 24)	\$86	\$22	\$43	\$86

Most UNT 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.

Summer semester climbing wall passes and unlimited group exercise passes are discounted to half price on July 8 (10x and 20x passes will no longer be available). Payroll deduction is available for faculty and staff at the beginning of each semester. The deadlines for payroll deduction are May 11, June 13, and July 11. Please visit the Rec Sports office for further details.

SUMMER SESSIONS	DAY GUEST PASSES	LOCKER RENTAL	SHOWER TOWEL SERVICE
<b>MAYMESTER 10 WEEK</b> May 13 - June 2	<b>UNIVERSITY GUESTS \$5</b> For current UNT students, faculty, and staff not paying the Rec Fee and their immediate family	(May 13 - August 10) <b>HALF LOCKER \$25</b> <b>FULL LOCKER \$45</b>	(May 13 - August 10) <b>ALL SUMMER \$10</b>
<b>SUMMER I</b> June 3 - August 10	<b>NON-UNIVERSITY GUESTS \$8</b> All other guests		Sweat towels are available to purchase for \$1 at the Member Services desk
<b>SUMMER II</b> June 3 - July 7 July 8 - August 10			
	<b>Ages 5 and under are FREE</b>		

# SUMMER HOURS

MAY 13 - AUGUST 10

## POHL RECREATION CENTER

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

## LAP POOL

Visit [RecSports.unt.edu](http://RecSports.unt.edu) for updated hours

## LEISURE POOL & SPA

Visit [RecSports.unt.edu](http://RecSports.unt.edu) for updated hours

## CLIMBING WALL

SUNDAY - SATURDAY 3PM - 7PM

## OUTDOOR PURSUITS CENTER

SUNDAY - SATURDAY 1PM - 6PM



## 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

## TAILGATE GAMES NIGHT

WEDNESDAY BEGINS @6PM

## INDOOR VOLLEYBALL

TUESDAY/THURSDAY BEGINS @6:30PM  
Pohl Recreation Center Court 1

## BADMINTON

FRIDAY/SUNDAY BEGINS @5PM  
Pohl Recreation Center Courts 1 & 2

## P.E.B. RACQUETBALL

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



## MARK YOUR CALENDAR

MAY 11	Payroll Deduction Deadline
MAY 12	Locker Cleanout
MAY 28	Rec Center Open 6AM - 10PM
JUNE 13	Payroll Deduction Deadline
JULY 4	Rec Center Open 6AM - 7PM
JULY 11	Payroll Deduction Deadline
JULY 30	Fall Memberships and Items on Sale
AUGUST 10	Locker Cleanout
AUGUST 11 - 13	Rec Center Closed for Maintenance
AUGUST 14	Fall Memberships and Items Begin
AUGUST 14 - 18	Rec Center Reduced Hours
AUGUST 19	Rec Center Fall Hours Begin
AUGUST 27	First Day of Classes

# REC SPORTS SUMMER 2018

## PROGRAMS & EVENTS



### UNT Pohl Rec Center

1900 Chestnut Street, Denton, TX 76201

RecSports.unt.edu | 940.565.2275 | 940.369.8347

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EST. 1890

RECREATIONAL SPORTS  
Division of Student Affairs

# AQUATICS

+Non-members may only register for lifeguarding certification and recertification courses. Classes may be combined or canceled due to low enrollment.

## LIFEGUARDING

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

**MAY 18 - 20**  
FRI | 4:00PM - 10:00PM  
SAT/SUN | 8:30AM - 7:30PM  
Register by May 14

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

## 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 CPR/AED for the Professional Rescuer certificate.

**MAY 26**  
SAT | 8:30AM - 6:30PM  
Register by May 21

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

For information about receiving your lifeguarding certification for free, call (940) 565-2275!

## KIDS LEARN-TO-SWIM

### PRE-SCHOOL

For children 3-5 years of age to help them feel comfortable in and enjoy the water safely.  
**Class Times:** 5:30PM - 6:00PM

### LEVEL 2 - FUNDAMENTAL AQUATIC SKILLS

Successfully build on the fundamental skills from level 1. Participants will work toward basic stroke competencies.\*  
**Class Times:** 6:15PM - 6:50PM

\*Pre-requisites: participants must demonstrate all the completion requirements in Level 1 and float independently with basic kick.

### LEVEL 1 - INTRO TO WATER SKILLS

Increase student's comfort level around water in a safe environment.  
**Class Times:** 5:30PM - 6:00PM

### LEVEL 3 - STROKE DEVELOPMENT

This class builds on the skills developed in Level 2 while expanding knowledge and safety.\*\*  
**Class Times:** 6:15PM - 6:55PM

\*\*Pre-requisites: participants must demonstrate all the completion requirements in Level 2 and do a recognizable stroke with basic breathing technique.

### ALL LEVELS KIDS LEARN-TO-SWIM | \$45

**SESSION I**  
JUNE 4 - 14  
Register by June 1  
DAYS: MON - THU

**SESSION II**  
JUNE 18 - 28  
Register by June 15  
DAYS: MON - THU

**SESSION III**  
JULY 9 - 19  
Register by July 6  
DAYS: MON - THU

## SWIMMING 1.0

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

**SESSION I: JUNE 4 - 27**  
MON/WED | 7:00PM - 7:40PM  
Register by June 1

**SESSION II: JULY 3 - 26**  
TUE/THU | 7:00PM - 7:40PM  
Register by June 29

\$45 Students & Members



# INTRAMURALS



## SUMMER I

### 3-POINT CONTEST

Entries Open: 6/4 - 6/13  
Start Date: WED 6/13  
Captain's Meeting: 6/13 @5PM  
Cost: FREE

### PS4 NBA2K18 TOURNEY

Entries Open: 6/4 - 6/28  
Start Date: THU 6/28  
Captain's Meeting: 6/28 @5PM  
Cost: FREE

## SUMMER II

### BEAN BAG TOSS TOURNEY

Entries Open: 7/9 - 7/18  
Start Date: WED 7/26  
Captain's Meeting: 7/18 @5PM  
Cost: FREE

### PS4 MADDEN 18 TOURNEY

Entries Open: 7/9 - 7/26  
Start Date: THU 7/26  
Captain's Meeting: 7/26 @5PM  
Cost: FREE

# FITNESS

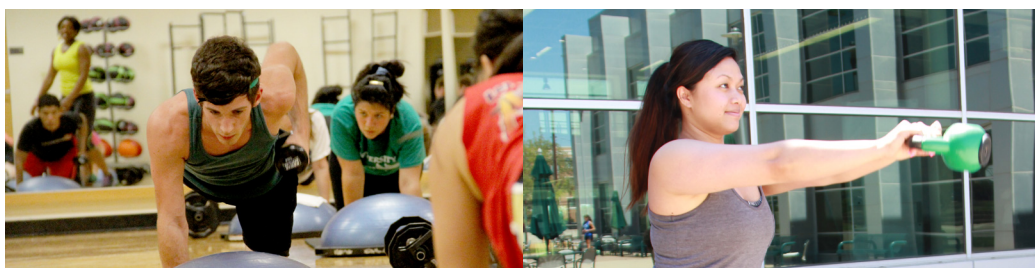
## SPECIALTY CLASSES

### BOOT CAMP

This intense cardiovascular and muscle strengthening workout will include the use of equipment. Come work with one of our certified personal trainers in this indoor/outdoor boot camp.

**SESSION I: JUNE 11 - JULY 2**  
MON/WED | 6:30AM - 7:30AM  
Register by June 8  
Cost: \$35

**SESSION II: JULY 16 - AUGUST 8**  
MON/WED | 6:30AM - 7:30AM  
Register by July 13  
Cost: \$35



### KETTLEBELL

This program is one of the most popular ways to improve balance, strength, power, flexibility and endurance. This class will help you quickly get in shape! Kettlebell is challenging, efficient and you only need one piece of equipment! All fitness levels welcome.

**JUNE 12 - JULY 5**  
TUE/THU | 6:30AM - 7:30AM  
Register by June 8  
Cost: \$35

## GROUP EXERCISE

### GROUP EXERCISE PASSES

SUMMER UNLIMITED	\$45
20 CLASSES	\$35
10 CLASSES	\$25
SINGLE CLASS	\$3



### GROUP EXERCISE PASSES

Summer group exercise passes are valid June 3 - August 10 and can be purchased at the Member Services desk inside the Pohl Recreation Center.

Visit [recsports.unt.edu/group\\_ex](http://recsports.unt.edu/group_ex) for our complete Summer 2018 group exercise schedule!

## 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!

### ASK A TRAINER

Have a question for a personal trainer? Every Friday during the summer a personal trainer will be available for you to ask general questions, to help with exercise technique, and to perform blood pressure and body fat measurements.

**MAY 18 - AUGUST 10**  
EVERY FRIDAY | 11:00AM - 1:00PM  
Cost: Free

### 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.

\$5 Students & Members

## SPECIAL DATES

**MAY 13 - JUNE 2**  
Group Ex Classes FREE

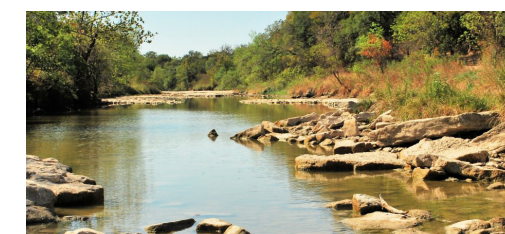
**MAY 28**  
Group Ex Schedule Reduced

**JULY 4**  
Group Ex Schedule Reduced

**AUGUST 14 - 25**  
Group Ex Schedule Reduced  
(all classes FREE)

# OUTDOOR PURSUITS

## ADVENTURE TRIPS



### DAY CANOE

**Elm Fork, Trinity River, TX**  
Have you ever wanted to try canoeing? Come spend a day with us while we teach the basics of paddling on the beautiful Elm Fork of the Trinity River.

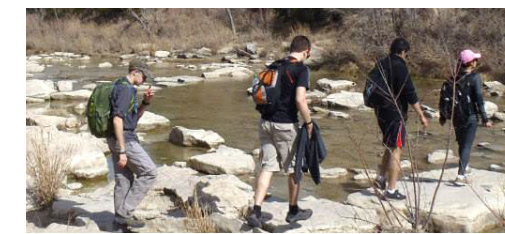
**SAT | JUNE 9 | \$10**  
Register May 21 - June 4



### DAY CLIMB

**Lake Mineral Wells State Park, TX**  
Learn the basics of outdoor climbing at the famous "Penitentiary Hollow" climbing area. The area features top rope climbing on conglomerate rock for all skill levels!

**SUN | JUNE 24 | \$30**  
Register June 4 - June 18



### 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 native black jack oak trees!

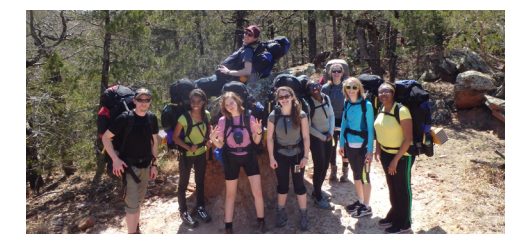
**SAT | JULY 14 | \$12**  
Register June 25 - July 9



### DAY CANOE #2

**Chupacabra Point, Runaway Bay, TX**  
Paddle with us through the southern end of Lake Bridgeport as we explore the nearby distributaries for three uniquely different ecological experiences!

**SAT | JULY 29 | \$10**  
Register July 9 - July 23



### DAY HIKE AND SWIM #2

**Cross Timbers Hiking Trail, Gordonville, OK**  
Explore the shores of Lake Texoma and view the exposed bedrock from the 100 million year old Cretaceous Sea that once covered this region of Texas!

**SAT | AUGUST 11 | \$10**  
Register July 23 - August 9

Adventure trip spots are limited, so sign up early! All registrations are handled in the Outdoor Pursuits Center.

## OUTDOOR PURSUITS CENTER



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

Looking to get outside but need equipment? Located just behind the Climbing Wall and open from 1:00PM - 6:00PM every day, the Outdoor Pursuits Center offers high quality equipment for all of your outdoor trip and camping needs including:

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

## CLIMBING WALL

### CLIMBING WALL PASSES

Valid May 13 - August 10

SUMMER SEMESTER	\$30
DAY CLIMB	\$5

### CLIMBING CLASSES

SKILLS CHECK (30 MINS.)	\$5
INTRO TO CLIMBING (2 HRS.)	\$10
INTRO TO LEAD CLIMBING (3 HRS.)	\$10

### VERTICAL HAPPY HOUR

(Free Climbing)

May 21, June 26, July 25

### FALL KICKOFF

(Free Climbing)

August 19 - September 1

## FREE CLINICS

### WHERE TO GO IN NORTH TEXAS

Want to plan a trip close to home? This clinic will go over a variety of places to recreate in the area and provide you with the tools, information and handouts to find new places to explore around North Texas!

MON | JUNE 11 | 5:00PM

### SLACKLINING BASICS

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

WED | JULY 11 | 7:00PM

### KAYAKING BASICS

This introduction clinic covers basic strokes, rescues, wet exits and more. Perfect for both beginners and experienced kayakers!

TUE | JULY 31 | 5:00PM

### BACKCOUNTRY COOKING

This clinic will cover various ways to cook food in the backcountry and all the gear necessary to prepare a great meal. We'll also provide you with a few "go to" recipe ideas to keep you fueled for your next adventure!

MON | AUGUST 6 | 6:00PM