



REC SPORTS

FALL 2018 • PROGRAMS AND EVENTS



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RECREATIONAL SPORTS
Division of Student Affairs

1900 Chestnut Street | Denton, TX 76201
RecSports.unt.edu | 940.565.2275 | 940.369.8347



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

MEMBERSHIP TYPES

	ANNUAL (AUG. 14-AUG. 9)	2 SEMESTER (AUG. 14-MAY 11)	FALL (AUG. 14-DEC. 23)
FACULTY STAFF PLUS ONE DEPENDENT	\$264	\$198	\$99
RETIREE RETIREE SPOUSE	\$180	\$140	\$70
ALUMNI	\$400	\$270	\$135
CONTINUING STUDENT	-	-	\$85.78



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

	ANNUAL	TWO SEMESTER	ONE SEMESTER
FULL LOCKER	\$65	\$55	\$45
TOP HALF	\$45	\$35	\$25
BOTTOM HALF	\$40	\$30	\$20

TOWEL SERVICE

	ANNUAL	TWO SEMESTER	ONE SEMESTER
SHOWER TOWEL	\$30	\$20	\$10

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 PROGRAM

NEED MORE TIME TO WORK OUT?

As a member of the 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.

FACULTY/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. Just bring your UNT ID to enter!

OCTOBER 15-19



AQUATICS

ADULT SWIM CLASSES

SWIMMING 1.0

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

SEPTEMBER 17-OCTOBER 10

Register by September 14
MON/WED | 6:30PM-7:20PM

\$45 STUDENTS & MEMBERS

SWIMMING 2.0

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

OCTOBER 15-NOVEMBER 7

Register by October 12
MON/WED | 6:30PM-7:20PM

\$45 STUDENTS & MEMBERS

FREE EVENT

SWIM CHALLENGE CARIBBEAN ISLAND HOPPING

Swim the warm, crystal blue waters of the Caribbean as you travel from one island to the next, including Anguilla, St. Martin, Martinique and more! Participation and accomplishment level prizes will be awarded, so see the Aquatics staff for details and start logging your miles!

OCTOBER 1-NOVEMBER 12

LIFEGUARDING COURSES

LIFEGUARDING & CPR CERTIFICATION

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

OCTOBER 12 | 5:00PM-9:00PM
OCTOBER 13 | 10:00AM-6:00PM
OCTOBER 14 | 2:00PM-6:00PM
Register by October 8

\$125 STUDENTS
\$220 MEMBERS
\$240 NON-MEMBERS*

LIFEGUARDING & CPR RECERTIFICATION

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

OCTOBER 21 | 8:30AM-6:30PM
Register by October 18

\$75 STUDENTS
\$110 MEMBERS
\$130 NON-MEMBERS*

*Non-members must be UNT faculty, staff or retirees. Members of the community may only register for the Lifeguarding Courses at the Non-member rate. Classes may be combined or canceled due to low enrollment.

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 SWIM CLASSES

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 18-OCTOBER 11
Register by September 17

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

Please note: Children will be placed in the appropriate levels after the first day of class.





FITNESS

SPECIALTY CLASSES

BOOT CAMP

This high-intensity cardio and strength conditioning class includes military-style and athletic drills while teaching correct technique and modifications for all fitness levels. Want to make sure this class is right for you?

NEW Try it FREE on 9/12 or 10/17 at 6:30am!

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

Session I: September 17-October 12

Register by September 14

Session II: October 22-November 16

Register by October 19

WOMEN ON WEIGHTS

A four week introductory weight lifting class designed to empower and assist women in improving their posture, strength, and reducing their body fat. Want to make sure this class is right for you?

NEW Try it FREE on 9/11 at 6:30am!

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

September 18-October 11

Register by September 14

PROTECT YOURSELF

An in-depth, self-defense workout focused on teaching tactics and skills, why and how to use them, and drills and combinations rooted in Taekwondo for the ultimate group workout. Want to make sure this class is right for you?

NEW Try it FREE on 10/16 at 6:30am!

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

October 23-November 15

Register by October 19



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

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!

FREE EVENTS

GROUP EXERCISE PREVIEW

Sample 15 minute segments of multiple class formats to find the classes you love most!

MON | AUG. 20

7:00PM-8:15PM

80's DANCE PARTY

1.5 hours of fun cardio set to all the top hits from the 1980's!

WED | SEP. 5

8:00PM-9:30PM

EAGLES ON WEIGHTS

An introductory course to using the weight room led by a personal trainer.

FRI | SEP. 14

6:30AM | 8:00AM | 10:00AM

12:00PM | 2:00PM | 5:30PM | 7:00PM

ASK A TRAINER

Speak with a personal trainer who can answer general questions, help with exercise technique, and perform blood pressure and body fat measurements.

SEP. 21 | OCT. 12 | NOV. 9

11:00AM-1:00PM

FIRST FRIDAY YOGA

These free yoga classes are designed to explore various yoga formats in a group setting. No registration required!

TRAP YOGA

Traditional yoga movements combined with energizing and rhythmic music.

SEP. 7 | 4:00PM-5:00PM

PARTNER YOGA

Fun poses and sequences performed with a partner. Bring a friend or meet someone new!

NOV. 2 | 4:00PM-5:00PM

POWER YOGA

Strength, endurance, and flexibility through a series of heat-inducing poses.

OCT. 5 | 4:00PM-5:00PM

CHAKRA YOGA

Asanas, meditation, and breathing exercises to help bring renewed focus and energy.

DEC. 7 | 4:00PM-5:00PM

GROUP EXERCISE

GROUP EX PASSES

Fall group exercise passes are valid September 2 through December 8 and may be purchased at the Member Services desk in the Rec Center.

NEW FALL SEMESTER	\$25
SINGLE CLASS	\$5

For a complete list of the Fall 2018 group exercise schedule and class descriptions pick up a copy at the Member Services desk at the Rec Center or visit recsports.unt.edu/group_ex

MARK YOUR CALENDARS

AUG. 14-SEP. 1	All GX classes are FREE
SEP. 3	Modified GX schedule
OCT. 14-20	Dollar Days
NOV. 21, 23-24	Modified GX schedule and all GX classes are FREE
DEC. 22-23	No GX classes



INTRAMURAL SPORTS

ESPORTS EVENTS

PS4 MADDEN 19 TOURNEY
THU | 9/13 | REC CENTER
Register Monday 8/27-Thursday 9/13

ROCKET LEAGUE TOURNEY
WED | 9/19 | ON-LINE
Register Monday 8/27-Friday 9/14

COUNTER-STRIKE: GLOBAL OFFENSIVE
WED | 9/26 | ON-LINE
Register Monday 9/3-Friday 9/21

Wii U SUPER SMASH BROS TOURNEY
THU | 10/18 | THE NEST
Register Monday 9/24-Thursday 10/18

PS4 STREET FIGHTER V TOURNEY
THU | 10/25 | THE NEST
Register Monday 10/1-Thursday 10/25

PS4 FIFA 19 TOURNEY
THU | 11/15 | REC CENTER
Register Monday 10/22-Thursday 11/15



FREE EVENTS

NO LIMIT TEXAS HOLD'EM
MON | 8/20 | 7:00PM
Register Monday 8/20

3-POINT BASKETBALL CONTEST
THU | 9/20 | 6:30PM
Register Monday 9/3-Thursday 9/20

3 ON 3 INDOOR BASKETBALL
THU | 10/4 | 7:00PM
Register Monday 9/17-Thursday 10/4

FOOSBALL TOURNAMENT
THU | 11/1 | 6:30PM
Register Monday 10/1-Thursday 11/1

CLIMBING COMPETITION
THU | 11/8 | 8:00PM
Register Monday 10/15-Thursday 11/8

LEAGUE SCHEDULE

Intramural leagues play one night a week and have men's, women's, and co-rec team divisions. All Intramural League fees are now only \$35 per team!

FLAG FOOTBALL

REGISTER
MON 8/27-TUE 9/11

CAPTAINS MEETING
WED 9/12 @5PM

LEAGUE BEGINS
MON 9/17

VOLLEYBALL

REGISTER
MON 9/17-TUE 10/2

CAPTAINS MEETING
WED 10/3 @5PM

LEAGUE BEGINS
MON 10/8

OUTDOOR SOCCER

REGISTER
MON 10/1-TUE 10/16

CAPTAINS MEETING
WED 10/17 @5PM

LEAGUE BEGINS
MON 10/22

INTRAMURAL SPORTS 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) during the registration period. Participants can sign up teams or as a free agent.

INTRAMURAL OFFICIATING

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 by visiting the UNT Career Center and submitting your application through Handshake...just search for Rec Sports. College work study positions available as well!

FLAG FOOTBALL

REC CENTER 205/207
TUE | SEP. 4 | 6:30PM

IM FIELDS
WED | SEP. 5 | 6:30PM
THU | SEP. 6 | 6:30PM
MON | SEP. 10 | 6:30PM

VOLLEYBALL

REC CENTER 205/207
TUE | SEP. 25 | 7:00PM

P.E.B. GYM
WED | SEP. 26 | 7:00PM
THU | SEP. 27 | 7:00PM

OUTDOOR SOCCER

REC CENTER 205/207
TUE | OCT. 9 | 6:30PM

IM FIELDS
WED | OCT. 10 | 6:30PM
THU | OCT. 11 | 6:30PM





OUTDOOR PURSUITS

ADVENTURE TRIPS

DAY HIKE

FORT WORTH NATURE CENTER & REFUGE, TX

Spend the day hiking with us as we explore the forests, prairies, and wetlands in this ecological island in the city!

SAT | SEPTEMBER 29 | \$20

Register September 10-24

DAY HIKE

LAKE MURRAY STATE PARK, OK

Lake Murray's deep blue waters, extensive Cross Timbers trail system, and dense wildlife population is a hikers dream!

SAT | OCTOBER 20 | \$20

Register October 1-15

WEEKEND HIKING & CAMPING

WICHITA NATIONAL WILDLIFE REFUGE, OK

With nearly 60,000 acres of habitat, the Wichitas provide the unique experience of seeing what America was like before pioneers.

SAT-SUN | NOVEMBER 17-18 | \$65

Register October 29-November 12

DAY CANOE

ELM FORK, TRINITY RIVER, TX

Ever wanted to learn how to canoe? Join us while we teach the basics of paddling on the beautiful Elm Fork of the Trinity River.

SAT | OCTOBER 6 | \$10

Register September 17-October 1

DAY CLIMB

LAKE MINERAL WELLS STATE PARK, TX

Learn the basics of outdoor climbing at the park's famous "Penitentiary Hollow" climbing area. All skill levels welcome!

SUN | NOVEMBER 4 | \$30

Register October 15-29

PINEY WOODS BACKPACKING

SAM HOUSTON NATIONAL FOREST, TX

Backpack through the beautiful southeastern piney woods in one of only 4 national forests in the state of Texas!

FRI-SUN | NOVEMBER 30-DECEMBER 2 | \$70

Register November 5-26

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, as well as books and DVD's to check out for free.

**Canoes
Tents
Stoves
Coolers**

**Sit-on-top Kayaks
Sleeping Bags
Headlamps
Backpacks**

For a complete list of equipment and pricing visit recsports.unt.edu/outdoor/equipment

WINTER BREAK ADVENTURE

CAPROCK CANYONS STATE PARK, TX

Get ready for adventure as you head to beautiful Caprock Canyons State Park for several days of hiking and camping! This trip takes you hiking through gorgeous redrock canyons with abundant wildlife, including the Texas State Bison Herd! After a full day of hiking, you'll get to unwind with amazing views of the night sky.

SAT-TUE | JANUARY 5-8 | \$96

Register November 26-December 17

CLIMBING WALL

CLIMBING WALL PASSES

Fall climbing wall passes are valid September 2 through December 23 and can be purchased at the climbing wall desk during open hours.

**FALL SEMESTER \$35
DAY PASS \$5**

CLIMBING CLASSES

Climbing classes can be scheduled at the climbing wall desk. 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**

CLIMBING EVENTS

VERTICAL HAPPY HOUR

Join us at the wall for free climbing during open hours!

**SEP. 10 | OCT. 8 | NOV. 5
3:00PM-8:00PM**

NIGHT CLIMB

Come explore the wall at night for free under the green dome!

**SEP. 18 | OCT. 15 | NOV. 13 | DEC. 4
8:00PM-10:00PM**

FREE CLINICS

CLIMBING & BOULDERING TECHNIQUES

WED | SEPTEMBER 26 | 8:15PM

CLIMBING DRILLS & TRAINING METHODS

WED | OCTOBER 3 | 8:15PM

BIKE MAINTENANCE: FIX A FLAT!

TUE | OCTOBER 16 | 6:30PM

BIKE MAINTENANCE: MAINTAINING BRAKES & CHAINS

TUE | OCTOBER 23 | 6:30PM

SURVIVAL PART 1: FORAGING FOR FOOD

THU | NOVEMBER 1 | 6:30PM

SURVIVAL PART 2: SHELTER BUILDING

THU | NOVEMBER 8 | 6:30PM

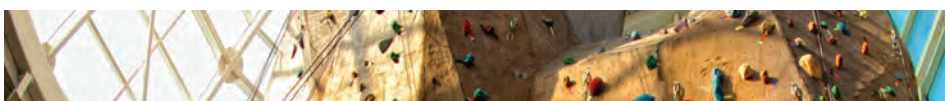
CAMP COOKIN': BREAKFAST AND LUNCH

MON | NOVEMBER 26 | 5:00PM

CAMP COOKIN': DINNER AND DESSERT

MON | DECEMBER 3 | 5:00PM

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.





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.

SPORTS-A-PALOOZA

SEPTEMBER 10 | 10:30AM-2:00PM

Come out to the Library Mall and talk with members from our 33 different clubs to learn more about them and how to join!



- 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
- SQUASH
- 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.



THE NEST



For more information about each of the teams, how to get involved, or the Esports program in general, find us on social media!





FACILITY HOURS

AUGUST 19-DECEMBER 15

POHL RECREATION CENTER

MON-THU	6:00AM-12:00AM
FRI	6:00AM-10:00PM
SAT	10:00AM-7:00PM
SUN	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
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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

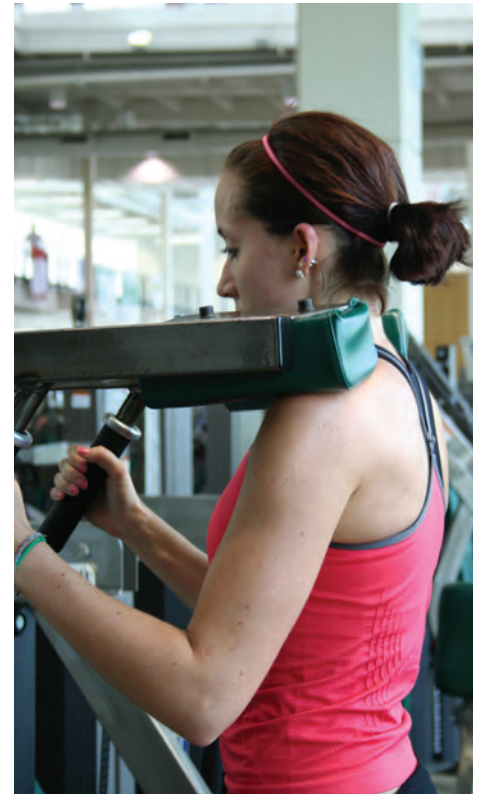
Rec Center Courts 1 & 2	
TUE THU	Starting @6:30PM

TAILGATE GAMES NIGHT

Rec Center Backyard	
WED	Starting @6:00PM

BADMINTON

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



MARK YOUR CALENDAR

- AUG. 14-SEP. 1** Free Group Exercise and Climbing
- AUGUST 19** Fall hours begin
- AUGUST 20** Rec Extravaganza 6:30pm-9:00pm
- OCTOBER 14-20** Group Exercise Dollar Days
- OCTOBER 15-19** Faculty/Staff Free Week
- OCTOBER 22** Fall memberships and climbing wall passes half price
- NOVEMBER 21** Closed at 6:00pm for Thanksgiving
- NOVEMBER 22** Closed for Thanksgiving
- NOVEMBER 23** Reduced hours (see recsports.unt.edu)
- DECEMBER 3** Spring memberships and items on sale
- DECEMBER 9-21** Free Group Exercise classes
- DECEMBER 16-23** Reduced hours (see recsports.unt.edu)
- DECEMBER 23** Locker clean-out
- DEC. 24-JAN. 1** Closed for Winter Break
- JANUARY 2-12** Reduced hours (see recsports.unt.edu)
- JANUARY 13** Spring hours begin



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