

GET ACTIVE W/ CAMPUS REC FALL 2022

INTRAMURAL SPORTS

LEAGUES

SPORTS	DIVISIONS	REGISTER BY	STARTS
ULTIMATE FRISBEE	OPEN	SEPT. 8	SEPT. 12
FLAG FOOTBALL	M/W/CR	SEPT. 13	SEPT. 19
TENNIS SINGLES	OPEN	SEPT. 13	SEPT. 19
TENNIS DOUBLES	OPEN	SEPT. 20	SEPT. 26
PICKLEBALL	OPEN	OCT. 4	OCT. 10
SOCCER	M/W/CR	OCT. 18	OCT. 24
VOLLEYBALL	M/W/CR	OCT. 25	OCT. 31- NOV. 30

M - MEN'S, W - WOMEN'S, CR - COED, OPEN - ANY GENDER

TOURNAMENTS

SPORTS	DIVISION	REGISTER BY	DATES
SAND VOLLEYBALL	OPEN	SEPT. 8	SEPT. 13-14
BADMINTON	OPEN	SEPT. 15	SEPT. 20-21
ROCKET LEAGUE	OPEN	SEP. 22	SEP. 27-28
SPIKEBALL	OPEN	OCT. 6	OCT. 11-12
KEY LOG ROLL	OPEN	OCT. 18	OCT. 19
DODGEBALL	OPEN	OCT. 20	OCT. 25-26
SUPER SMASH BROS ULTIMATE	OPEN	OCT. 27	NOV. 1-2
CRICKET	OPEN	NOV. 10	NOV. 15-16
TABLE TENNIS SINGLES	OPEN	NOV. 22	NOV. 29-30

SIGN UP FOR INTRAMURAL
SPORTS ON THE LION REC SPORTS APP



CLUB SPORTS

BASKETBALL CLUB
INTEREST MEETING
SEPT. 7 5-6PM
MRC CLASSROOM

VOLLEYBALL CLUB
INTEREST MEETING
SEPT. 8 5-6PM
MRC CLASSROOM

SOCCER CLUB
INTEREST MEETING
SEPT. 9 5-6PM
MRC CLASSROOM



Campus
Recreation
A&M-COMMERCE

OUTDOOR ADVENTURE (OA)

EVENTS

EVENT	DATES/TIMES	LOCATION
GLOW IN THE DARK PADDLING	SEPT. 15 (8-10PM)	CAIN POND
DUTCH OVEN COOKOUT	OCT. 13 (5-7PM)	OA CENTER
EVENING ZIPLINE	OCT. 20 (7:30-10PM)	CHALLENGE COURSE
BLACKLIGHT BOULDERING	OCT. 27 (6-10PM)	CLIMBING WALL
SMORES & STARGAZING	NOV. 29 (8-10PM)	OA CENTER

OVERNIGHT TRIPS

TRIP	DATE	LOCATION	COST
BIKE CAMPING	OCT. 15-16	FARMERSVILLE, TX	\$30
CLIMBING	OCT. 7-9	HORSESHOE CANYON, AR	\$45
HIKE AND YOGA	NOV. 11-13	ENCHANTED ROCK, TX	\$45
BEGINNER CAMPING	NOV. 19-20	DINO VALLEY STATE PARK, TX	\$30
HORSEBACK ADVENTURE	DEC. 18-21	BIG BEND, TX	\$400

DAY TRIPS

TRIP	DATE	LOCATION	COST
PADDLING	SEPT. 24	BROKEN BOW, OK	\$15
FLY FISHING	OCT. 1	BROKEN BOW, OK	\$15
MOUNTAIN BIKE	OCT. 29	DALLAS AREA TRAILS	\$15

CLASSES

CLASS	DATES/TIMES	LOCATION
INTRO TO CLIMBING & BELAYING	SEPT. 7 & 13 (3-5PM)	CLIMBING WALL
INTRO TO PADDLING	SEPT. 20 (3-5PM)	CAIN POND
INTRO TO LEAD CLIMBING	SEPT. 27 (3-5PM)	CLIMBING WALL
INTRO TO FLY FISHING	SEPT. 28 (3-5PM)	OA CENTER
INTRO TO MOUNTAIN BIKING	OCT. 25 (3-5PM)	OA CENTER
INTRO TO BIKE MAINTENANCE	NOV. 2 (3-5PM)	OA CENTER

BIKE FOR COFFEE
SEPT. 2 - DEC. 2 EVERY FRIDAY
OA CENTER 7-8AM

EVENING TRAIL RIDE
SEPT. 8 - DEC. 1 EVERY THURSDAY
TAMUC TRAIL 5-6PM

POOL PADDLES
SEPT. 6 - NOV. 26 EVERY TUESDAY
MRC POOL 10AM-12PM

FITNESS & WELLBEING

WELCOME BACK GROUP
FITNESS CHALLENGE
AUG. 29-SEP. 30
ACTIVITY ROOM

GOAT YOGA
SEP. 12, 10AM-12PM
GREAT LAWN

WOMEN ON WEIGHTS
SMALL GROUP TRAINING
REGISTER BY SEPT. 18
STARTS SEPT. 19

SUNSET YOGA
SEP. 26, 6:30-7:30PM
OA CENTER LAWN

FITOBBER CHALLENGE
OCT. 1 - OCT. 31

PUMPKIN FIT
OCT. 3, 4:15-5PM
THE MAC

EXERCISE IS
MEDICINE DAY
OCT. 25, 8-12PM
ACROSS CAMPUS

HIP HOP AFTER DARK
NOV. 14, 7:00-7:45PM
MRC ACTIVITY ROOM

WEIGHT LIFTING
COMPETITION
NOV. 10, 5:30-8:30PM
WEIGHT ROOM FLOOR

VIEW THE GROUP
FITNESS SCHEDULE



AQUATICS

ALL ACTIVITIES AT THE MRC POOL

PRIVATE ADULT/YOUTH
SWIM LESSONS
SEPT. 5 - OCT. 14

SIGN UP AT
FRONT DESK

ADULT
SWIM LESSONS
SEPT. 6 - NOV. 17

TUES. & THURS.
5-6PM

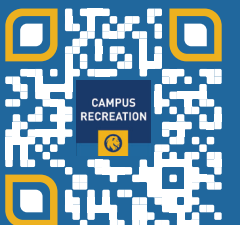
NATIONAL
GRATITUDE DAY
WEDNESDAY
SEPTEMBER 21

12PM-8PM

SWIM TO WIN
OCT. 1 - 31

TRACK YOUR POOL
ATTENDANCE

REGISTER FOR
PROGRAMS AND EVENTS
AT [RECPORTAL.TAMUC.EDU](https://recportal.tamuc.edu)
OR ON THE CAMPUS REC APP!



ACTIVE BODY. ACTIVE MIND.

If you require accommodations, please contact campusrec@tamuc.edu