



SUMMER TRIP TO ALASKA

Join our Outdoor Adventure team on a 12-day multi-sport Alaska expedition this summer, July 22 - August 2! This will be a life changing opportunity for you to experience wilderness first hand in a way that is not possible anywhere else on earth. You will come away with a new appreciation of the awesome power and fragile nature of life on our planet and will have the chance to experience something totally unique.

We will meet in the spring so everyone can get to know each other and become comfortable with all the logistics and requirements for the trip. No experience is needed, but students must be able to swim and have a sense of adventure.

For more information and to register visit, reconnect.bc.edu.

OPEN RECREATION HOURS

Campus Recreation has scheduled open rec hours for Table Tennis, Badminton, Futsal, and Volleyball that run until May 19.

To view the detailed hours, visit the Open Recreation page on our website: bc.edu/rec/about-us/hours/open.

BC REC SPRING BREAK PHOTO CONTEST

Take a photo wearing a BC Rec or Boston College shirt during Spring Break and enter to win an **Apple Watch!** Contest runs March 3 - 12. Here's how you enter:

1. Like/Follow @BCRecreation on Facebook, Twitter, or Instagram
2. Bring a BC Rec or BC shirt with you on your Spring Break adventure
3. Snap a photo of yourself in your BC shirt and post it on our FB page, tweet it to us, or tag us on Instagram. Be sure to include #BCSpringBreak (Note: if BC Rec doesn't like your photo, that means your privacy settings aren't letting us view it.)

Two winners will be announced on Friday, March 17. One winner is the person whose photo has the most activity and the second will be selected randomly from all entries. Contact us on social media with questions. Note: Contest is open to BC undergrads & BC students with a Campus Rec student membership.



BC REC DAY CAMP

Don't let your kids be couch potatoes this summer, keep them active and entertained at the BC Rec Day Camp. Children will have a safe and fun place where they can participate in a variety of sports, games and group activities, meet new friends, and spend time outdoors. Camp sessions are \$285 per week and, if you need a little extra time in the afternoon, Extended Day runs from 3 - 5:30 pm (\$85). Extended Day campers also have the option to add on group tennis or swim lessons for \$20 each. Learn more at www.bc.edu/rec.



BC REC PROGRAMS

Registration for Session II programs opens on February 20. Courses will fill quickly, so sign up early! Courses include: Pre-Master's & Master's Swim, Beginner & Intermediate Swim, Lifeguard Certification, Water Safety Instruction, Salsa & Latin Medley, Jiu-Jitsu, Beginner Ice Skating, Beginner & Intermediate Tennis, Intro to (Power)lifting, Women in Weights, HIIT, Strength + Mobility for Runners, Synergy Circuit Training, and Fit Over 40. A complete listing of programs and registration is available online at reconnect.bc.edu.

We also offer a variety of Personal Training packages for those who are ready to take their fitness routine to the next level. Personal training sessions consist of focused, personalized workouts with our certified trainers. Learn more at www.bc.edu/rec.

Don't forget that we also offer over **70 FREE** group fitness classes a week! View the spring schedule online: bc.edu/rec/programs/fitness/group.



STOP BY THE EQUIPMENT DESK AT THE PLEX

Need a t-shirt or shorts to workout in? Forgot a water bottle or headphones? Want a protein shake or snack after your workout? We've got you covered! Stop by the Equipment Desk at the Plex. We accept Eagle Bucks!

FEBRUARY @ BC REC

- 4 Plexapalooza (Basketball wing closure)
- 14 Happy Valentine's Day
- 15 Fencing Competition (Tennis wing closure)
- 20 Session II programs on sale
- 20 BC Day Camp on sale
- 22 Water Safety Instruction Certification Course Begins
- 22 Rec Day at the Plex
- 25 IM Tournament: Badminton