February 2016

BC Rec RUNDOWN

OA SPRING BREAK TRIPS
Looking for something adventurous to do over spring break this year? Join us on Assateague Island! Our Outdoor Adventures program will be running two trips: backpacking and sea kayaking. Explore sandy beaches, salt marshes, maritime forests, and coastal bays. You’ll have the chance to see bald eagles, wild horses, and other wildlife. Both trips will travel to new campsites on the island each day.

The trip runs March 5-11 and is $450. 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 7.

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

BC REC PROGRAMS
Registration for Session II programs begins on February 8. Courses will fill quickly, so sign up early!

Courses include: BC FitWomen, Swim & Tennis, Fit Over 40, Salsa, Bachata, TRX Bootcamp, TRX & Kettlebell Fusion, Synergy Circuit Training, Master’s Swim, Jiu-Jitsu, and Lifeguard & WSI Certifications.

A complete listing of programs and registration is available online at reconnect.bc.edu.

We are also offering a variety of Personal Training packages this spring 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. Sign up in Member Services at the Plex and learn more at www.bc.edu/rec.

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 $280 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 SPRING BREAK PHOTO CONTEST
This year we are shaking up the 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 iWatch or Kindle Fire! Contest runs March 4-13. 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 18. One winner goes to the person who posts the photo with the most activity and the second winner will be selected randomly from all of the other entries. Winners will be able to choose between the iWatch and Kindle Fire. Questions? Contact us on any of our social media platforms.

*Contest is open to all BC undergrads & BC students with a Campus Rec graduate student membership.