BC Rec RUNDOWN

January 2016

EQUIPMENT DESK

Do you know what we sell at the Equipment Desk? Stop by and see!

DAMAGED RACQUETS

We are happy to loan our squash, racquetball, and tennis racquets so you can try out these great sports. However, these racquets are expensive so we ask that you please take good care of them. Any member who returns a racquet damaged will be charged the full price of the racquet. We appreciate you being considerate of others who would like to borrow a racquet to play!

MEMBERSHIPS

Spring semester are on sale! Stop by Member Services to purchase yours! Not ready to commit to the full semester? Get a monthly memberships!

REGISTER FOR SESSION I

Registration for session I programs is open and filling quick! Sign up for a course today to keep your energy up and your body strong. Courses start back up Jan. 19!

Courses include:

- TRX Bootcamp
- TRX & Kettlebell Fusion
- Synergy Circuit Training
- Master's Swim
- Fit Over 40
- Salsa & Bachata
- Jiu-Jitsu
- Group Tennis
- Lifeguard & WSI Certification
- Swim & Tennis lessons
- Water Safety Instruction

A complete listing of programs is available online at **recconnect.bc.edu**.

INTRAMURALS

Registration for Phase III opens at 5 pm on Jan. 22 and closes Jan. 24.

Phase III includes:

- Walleyball
- Basketball
- Indoor Soccer

Spring Tournaments:

- 4v4 Dodgeball
- Handball
- Racquetball Doubles
- Badminton Doubles
- Table Tennis
- 3v3 Basketball
- Futsal
- 4v4 Flag Football

For more information on Phase III & IV, upcoming tournament dates, and registration information, visit **bc.edu/rec/intramurals.**

JANUARY @ BC REC

DEC 24-3	Plex closed for holidays
4	Spring lockers on sale
4	Plex reopens on Winter Break hours
16	Plex Spring Hours begin
17	Hut reopens on Spring hours
18	Martin Luther King, Jr. Day Plex opens at 9 am Hut opens at noon
19	Private swim & tennis lessons go on sale!
19	Spring courses begin!
22	Intramural Phase III registration opens

PRIVATE/SEMI-PRIVATE SWIM & TENNIS LESSONS

This spring, we are offering private and semi-private lessons for all skill levels (adult & youth)! From the beginner who wants to learn the basics, to more advanced participants who want to work on technique.

HALF-PRICED PROGRAMS

HEALTHY YOU
WORKING TOGETHER FOR YOUR WELLNESS

HEALTHY YOU and BC Rec are offering many spring programs at the reduced member rate for all benefits-eligible employees! If that's not enough to get you motivated, HEALTHY YOU is also splitting the cost of a class! You pay half and HEALTHY YOU will pay the other half! Visit **recconnect.bc.edu** to see what programs are eligible and register today!

OUTDOOR ADVENTURES SPRING TRIPS

Join us on an outdoor trip this spring! For trip dates and to register visit, **recconnect.bc.edu**. Trips include:

- Rock Climbing
- Snowshoeing
- Cross Country Skiing
- Trail Running
- Hiking
- OA Leaders Course
- Wilderness First Responder Course