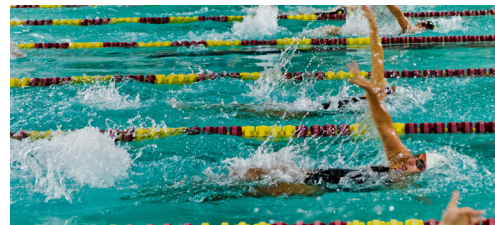
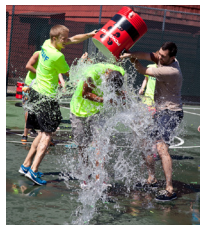


BCRec RUNDOWN

July 2015



BC REC SUMMER 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 just \$275 per week and, if you need a little extra time in the afternoon, Extended Day runs from 3 - 5:30 pm (\$80). Extended Day campers also have the option to add on group tennis or swim lessons for \$15 each.

Learn more at www.bc.edu/rec.

SUMMER HOURS

The Quonset Hut is closed until Saturday, August 29.

From May 12 - August 30, hours for the Plex are:

- **Mon - Fri:** 6 am - 8:45 pm
- **Sat - Sun:** 9 am - 5:45 pm

Visit bc.edu/rec for the most up-to-date information on hours and holiday closures.

SUMMER SESSION II STARTS JULY 13

Want to get in shape this summer? Sign up for one of our summer programs today! During session II we are offering:

- TRX Bootcamp
- Fit Over 40
- Swim & Tennis Lessons
- Master's Swim

AIR CONDITIONED CARDIO ROOM

MPR C has been converted into an air-conditioned cardio room for the summer! The room will be open at all times, unless there is a yoga class taking place in MPR A/B. Hours until August 16 are:



Monday	6:00 am - 7:00 am	8:30 am - 11:45 am	1:15 pm - 8:45 pm
Tuesday	6:00 am - 11:45 am	1:15 pm - 8:45 pm	
Wednesday	6:00 am - 11:45 am	1:15 pm - 8:45 pm	
Thursday	6:00 am - 11:45 am	1:15 pm - 8:45 pm	
Friday	6:00 am - 11:45 am	1:15 pm - 8:45 pm	
Saturday	9:00 am - 5:45 pm		
Sunday	9:00 am - 5:45 pm		

FULL- AND HALF-SIZE LOCKERS

Wouldn't it be nice to have a place at the Plex to store your yoga mat, running shoes, swimming gear, and other fitness-related belongings? Rent a half-size locker for just \$30 a semester or \$50 an academic year!

There are also a limited number of full-size lockers available for \$60 for the year. Full-size lockers go quick, so stop by Member Services and purchase yours today!

MONTHLY MEMBERSHIPS

We are now offering monthly memberships to faculty/staff and graduate/exchange students! Rates are \$45/month for faculty/staff and \$40/month for graduate/exchange students.



To join, or for more information, please call (617) 552-0797 or stop by Member Services at the Plex. Visit to learn more: bc.edu/rec/membership

Annual, academic year, summer, and semester memberships are also available. You can learn more about membership dates and pricing on our website or by contacting Member Services.

RUNDOWN IS NOW AVAILABLE ONLINE

Want to view the Rundown at home or print a copy for yourself? Now you can! Visit bc.edu/rec and click on "Monthly Rundown is Now Available Online!" We have also added an archive of previous rundowns if you want to take a stroll down Plex memory lane.

JULY @ BC REC

3 Plex closes at 5:45 pm

4 Plex closed.
Happy Independence Day!

13 Summer Session II Begins!

18 Eaglets Meet #1 in Revere

25 Eaglets Meet #2 in Groton

BC FIT

BC ACTIVE

BC WELL

BCRec