RUNDOWN

July 2017

OUTDOOR ADVENTURES
There are several trips being offered during the month of July, including Backpacking, Stand Up Paddleboarding, Hiking, and more. Visit reconncet.bc.edu to view dates/times and sign up.

SESSION II PROGRAMS BEGIN JULY 10
Registration for Summer Session II is open. Courses are filling up, so sign up soon. View details and register at reconncet.bc.edu.

Open classes include:
- Adult Intermediate Swim
- Aqua Yoga
- Master’s Swim
- Fit Over 40
- Synergy Circuit Training
- Group Tennis (Beginner & Intermediate) *New 7 am beginner class time!

We are also offering a variety of Personal Training packages this summer 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.

We have more than 20 free group fitness classes available each week at the Plex. View the schedule at bc.edu/rec, no sign up necessary, just drop in!

PURCHASE YOUR MEMBERSHIP TODAY
Summer, annual, and monthly memberships are on sale! Visit bc.edu/rec for pricing and more information and stop by Member Services or call 617-552-0797 to get your membership today.

SUMMER PROGRAMS FOR KIDS
Alongside camp, we are offering group tennis lessons for youth on Saturdays and group swim lessons for youth on Sundays. Lessons begin July 15. Get more information on reconncet.bc.edu. Open to members and non-members.

FULL- AND HALF-SIZE LOCKERS & TOWEL SERVICE
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? Half & full-size lockers are available. Rent a full-size locker for $45 a semester or $80 a year or a half-size locker for $30 a semester or $70 a year. Lockers go quick, especially full-size, so stop by Member Services and get yours today! Don’t forget to add towel service for $35 a semester or $65 for the year.

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 just $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.

JULY @ BC REC

4  Plex closed
   Happy Independence Day!

10 Summer Session II Begins!

8  Eaglets Meet #1 at BC

15 Eaglets Meet #2 in Concord

22 Eaglets Meet #3 in Groton

BC FIT BC ACTIVE BC WELL