



# THE REC SPORTS EXPERIENCE



Rec Sports

DIVISION OF STUDENT AFFAIRS

# FACILITY HOURS

## General Fall & Spring Hours

*All hours are subject to change.*

	Student Rec Center	Southside Rec Center	Polo Road Rec Center
Mon. - Thur.	6am - 12am	6am - 12am	6am - 9pm
Fri.	6am - 11pm	6am - 11pm	6am - 9pm
Sat.	8am - 11pm	10am - 11pm	CLOSED
Sun.	12pm - 12am	12pm - 12am	CLOSED

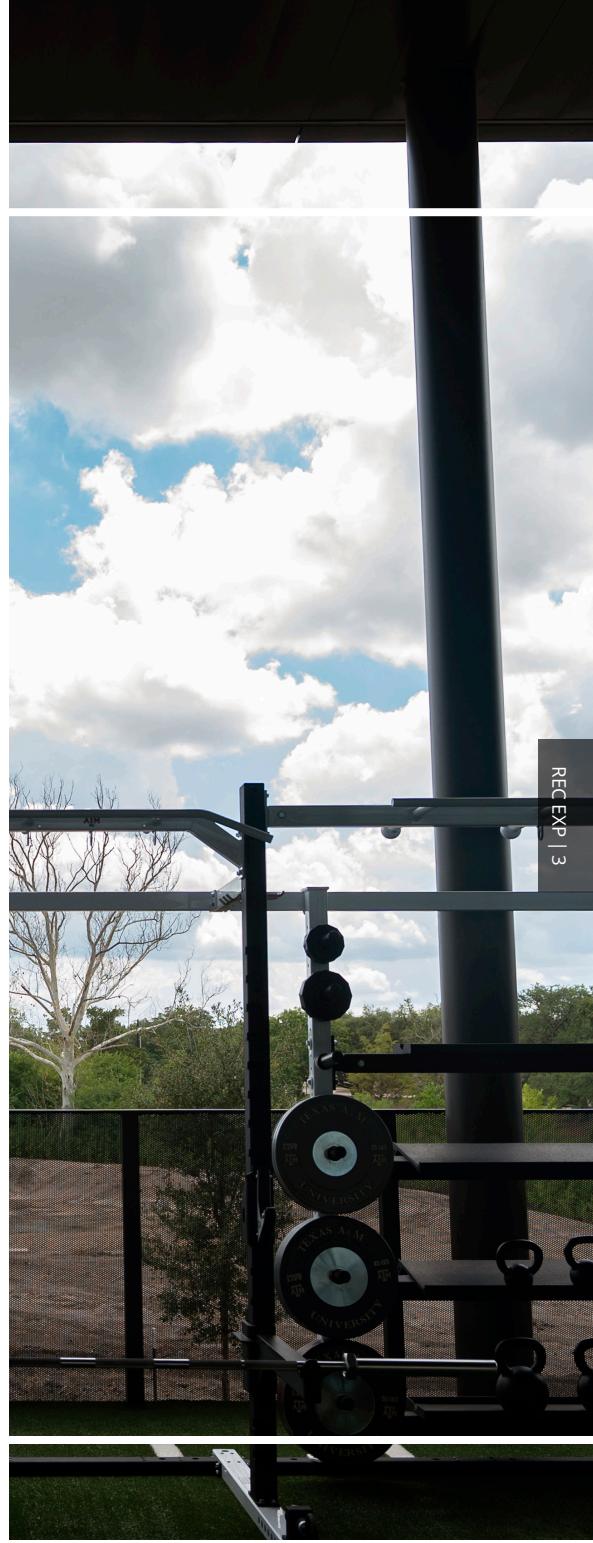
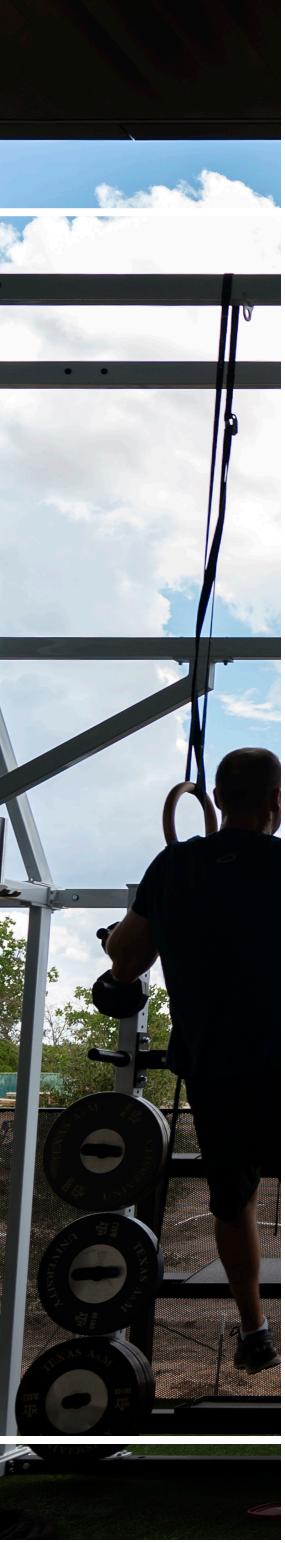
The Department of Recreational Sports oversees a multitude of facilities across Texas A&M University. The full collection of our facilities include:

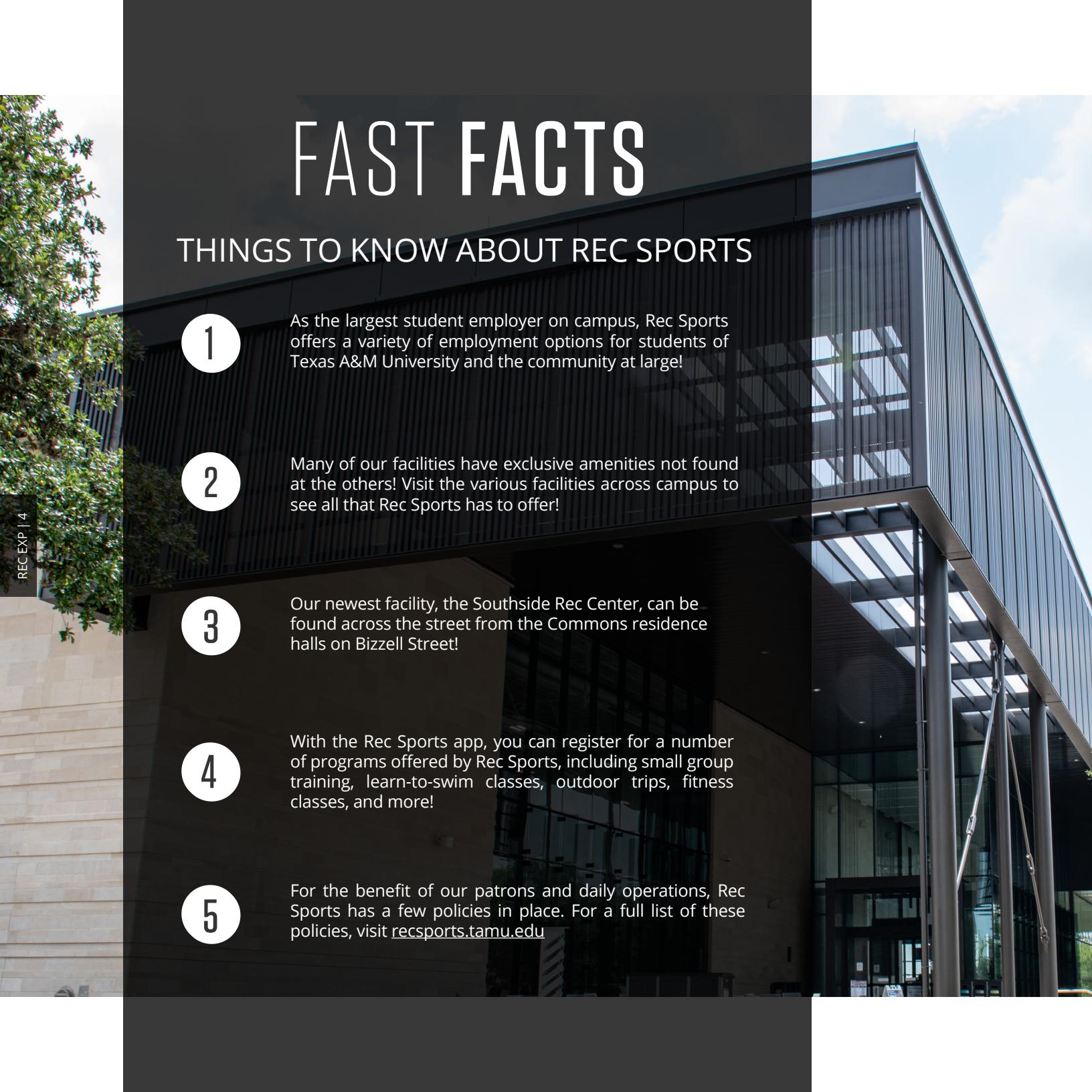
Student Rec Center  
Southside Rec Center  
Polo Road Rec Center  
Penberthy Rec Sports Complex  
Physical Education Activity Program (PEAP) Building  
Omar Smith Tennis Center

All hours are subject to change. Rec Sports facilities may have reduced hours in observance of holidays, school breaks, special events, or emergencies. For a full list of hours for all Rec Sports facilities, scan the QR code below or visit

<https://recsports.tamu.edu/facilities/>.







# FAST FACTS

## THINGS TO KNOW ABOUT REC SPORTS

1

As the largest student employer on campus, Rec Sports offers a variety of employment options for students of Texas A&M University and the community at large!

2

Many of our facilities have exclusive amenities not found at the others! Visit the various facilities across campus to see all that Rec Sports has to offer!

3

Our newest facility, the Southside Rec Center, can be found across the street from the Commons residence halls on Bizzell Street!

4

With the Rec Sports app, you can register for a number of programs offered by Rec Sports, including small group training, learn-to-swim classes, outdoor trips, fitness classes, and more!

5

For the benefit of our patrons and daily operations, Rec Sports has a few policies in place. For a full list of these policies, visit [recsports.tamu.edu](http://recsports.tamu.edu)



# VISION

To be the nation's leader in collegiate recreation, inspiring the lifelong pursuit of health and wellness.

# MISSION

To promote activity, wellness, and development by providing high quality, inclusive experiences and facilities for the students and community of Texas A&M University.

# CORE VALUES

Excellence  
Integrity  
Leadership  
Loyalty  
Respect  
Selfless Service

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# CONNECT WITH REC SPORTS

Follow us on social | Visit our website  
Download the app | Partner with us | Give back



Texas A&M Rec Sports



@RecSports



Texas A&M Rec Sports



@RecSports



Texas A&M Rec Sports

[recsports.tamu.edu](http://recsports.tamu.edu)

# INTRAMURAL SPORTS

Friendly Competition



Intramural Sports gives you the opportunity to compete against your fellow Aggies in their favorite games and sports! Each year, over 13,000 students choose from a host of leagues, tournaments, and e-sports, including basketball, volleyball, table tennis, flag football, soccer, and so much more!

## HOW TO GET STARTED

Visit [imleagues.com/tamu](http://imleagues.com/tamu) to view sports schedules, purchase a play pass, create teams, or sign up as a free agent!

## PLAY PASSES

There are three types of passes that you can purchase to participate in Intramural Sports!

Single-use (24hr) passes grant you access to one game during the semester and expire one day from purchase; tournament passes are valid for one sport during the duration of a single tournament, and unlimited play passes give you access to all leagues, special events, and tournaments during a single semester!

## BECOMING A FREE AGENT

With free agency, you can join in on the fun! Many intramural sports have teams specially made for individuals that are not yet part of a team.

## WANT TO BE AN INTRAMURAL OFFICIAL?

Hundreds of students work as officials each semester! For an employment opportunity that helps you lead and find new friends, attend one of our orientation meetings to learn more information.

# SPORT CLUBS

## Intercollegiate Showdowns

The Texas A&M Sport Clubs Association proudly encompasses over three dozen sport clubs that compete against other colleges and universities at the state, regional, and national level. Each club is led by students, meaning participants can enrich their athletic and leadership capabilities while participating in a sport club. While the Department of Recreational Sports can assist in the securing of funds and facilities, the operational and organizational success of each club lies in the hands of students.

Sport Clubs have proudly established a winning tradition over the last 50 years, winning over 300 team and single-event national championships and countless conference championships.

Participation in a sport club lets students develop their skills in a recreational setting, and individuals of various skill levels are welcome to try out for one of the myriad clubs under the Texas A&M Sport Clubs Association.

For more information, including a full list of clubs at Texas A&M Rec Sports, scan the QR code below or visit [recsports.tamu.edu/sport-clubs](http://recsports.tamu.edu/sport-clubs).





# AQUATICS

## Take the Plunge

Rec Sports Aquatics offers a collection of programs for developing your skills in the water, including learn-to-swim classes, scuba certifications, and more! Our state-of-the-art natatorium and outdoor pools are the perfect spaces to cool off and unwind! Pools are open for recreation throughout the semester, giving you plenty of space to develop and master your technique!

For more information about Rec Sports Aquatics, including pool hours, policies, and available programs, visit [recsports.tamu.edu/programs/aquatics](http://recsports.tamu.edu/programs/aquatics)! Now is the best opportunity to dive into Rec Sports Aquatics; we can't wait to see you poolside!





# STRENGTH & CONDITIONING

Optimize Your Physique



Texas A&M is proud to be one of the premier collegiate recreation facilities in the country, and our Strength & Conditioning program is no exception! With strength and conditioning areas throughout campus, you hold the key to unlocking your goals, and we have the facilities, staff, and equipment to make those goals a reality!



To learn more about Strength & Conditioning at Rec Sports, scan the QR code or visit [recsports.tamu.edu/strength-conditioning](http://recsports.tamu.edu/strength-conditioning)!



## PERSONAL TRAINING

For a more personalized approach to your fitness goals, Rec Sports offers personal training packages of 3, 5, 10, or 15 sessions. In these sessions, our nationally certified trainers can develop a comprehensive exercise program exclusively for you! Our personal trainers can assess your personal fitness goals, develop a training regimen, instruct you on proper form during your workout, and keep you motivated in your fitness goals!

## PT PREP COURSE

You can work as a personal trainer at Texas A&M Rec Sports! With the PT Prep Course, you can learn the skills necessary to prepare you for the National Strength and Conditioning Association (NSCA) personal trainer exam. Best of all, participants in the PT Prep Course will receive a discount towards their exam registration as they complete the course!



## SMALL GROUP TRAINING

Find like-minded Aggies with small group training at the Rec! These guided sessions allow attendees to work out in a small cohort in our exclusive Personal Training Suite! With small group training, you'll have access to some of the best equipment in the industry and meet great friends along the way!

# FITNESS & WELLNESS

Optimize Your Physique



Throughout the Rec Sports facilities, our Fitness & Wellness program hosts fitness classes designed to help you decompress and strengthen your mind and body. Classes include Pilates, step and sculpt, and cycle express, among others!

Group RecXercise allows you to sign up for classes as you're available, giving you the flexibility you need! Specialty fitness classes provide a more structured approach for those wanting a progressive, multi-week regimen!

Fitness classes can vary in intensity, so you can get a full range of workout experience! With Fitness & Wellness, you can start your day calmly with sunrise yoga or end the day with a high-intensity boxing bootcamp!

Each year, Fitness & Wellness offers Fitness Instructor training, giving Aggies like you the opportunity to learn the skills to become a fitness instructor. These skills can be directly applied to Rec Sports for those interested in teaching Group RecXercise classes!

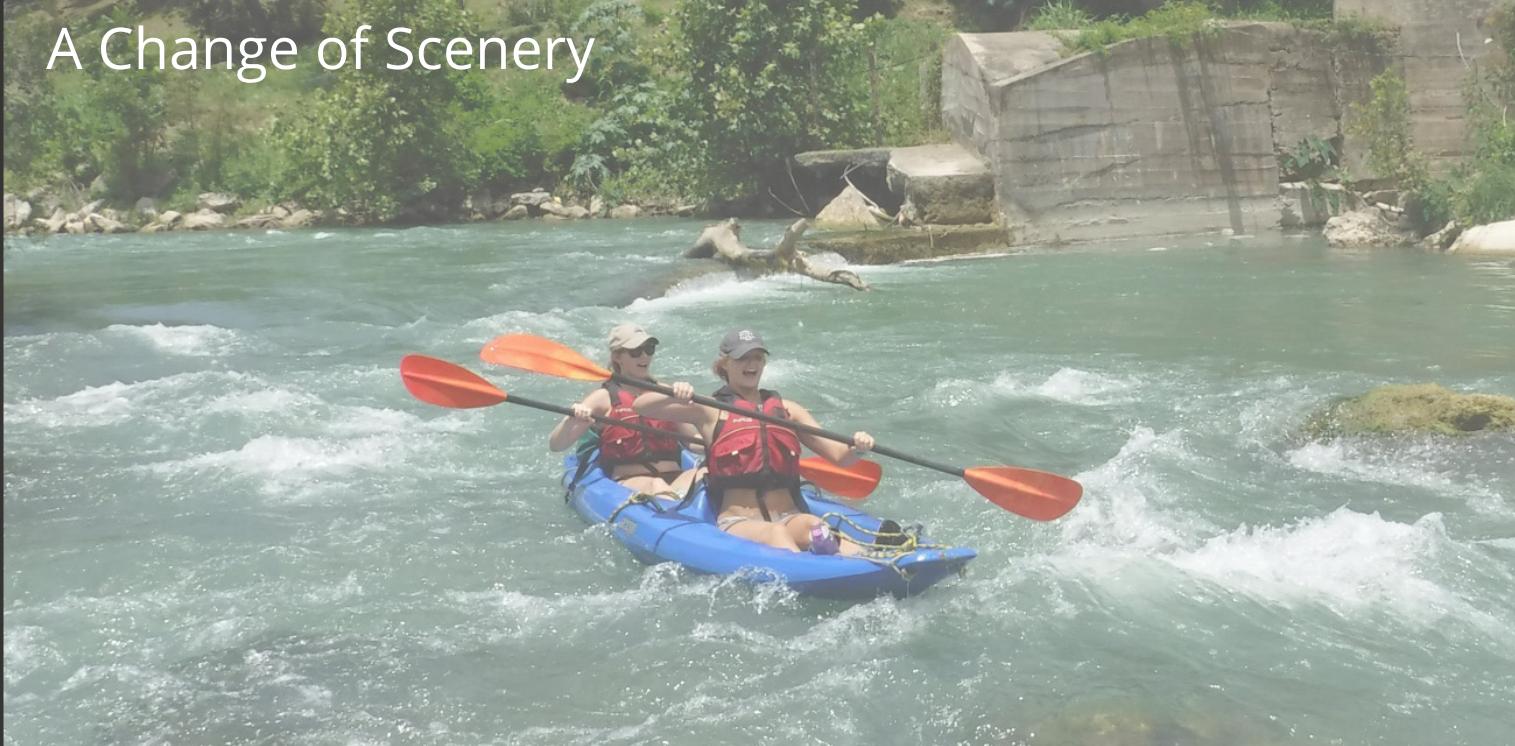
Auditions for the role are held after the general training is completed.

Beyond Group RecXercise and Specialty Fitness classes, the staff under Fitness & Wellness offer fitness outreach, wherein a nationally certified instructor can go beyond the walls of a Rec Sports facility for a private class, lecture, or special event.



# OUTDOOR ADVENTURES

## A Change of Scenery



College classes can be grueling, and when things get stressful, everyone needs time to step away and destress. With Outdoor Adventures, you can escape the hassle of daily tasks by taking a trip to the great outdoors! We have day trips, multi-day trips, and week-long getaways for all Rec Sports members. All trips are guided by specially trained personnel to ensure your safety as you go hiking, kayaking, paddling, and climbing!

# CAMPING CONCIERGE

Want to take a trip but don't know how to start? Our staff can help you plan your trip, make gear recommendations, answer your questions, and much more! No question is too small and no trek too ambitious!

# RENTAL CENTER

Located inside the Rec, the Outdoor Adventures Rental Center is the go-to spot for equipment rental needs! Here, you can rent kayaks, canoes, hiking gear, tents, lawn games, and more! The Rental Center is available for anyone within the Bryan/College Station community, so make sure you visit our website to shop for gear for your next trip!

# JOIN OUR TEAM

Outdoor Adventures staff vary in their roles, including working the Rental Center, on trips, or the climbing walls. To learn more about job opportunities with OA, visit [recsports.tamu.edu/employment](http://recsports.tamu.edu/employment).

# OUTDOOR SKILLS

Our YouTube channel houses a playlist filled with outdoor skills videos that you can apply to your next trip! Let OA help you learn to build a fire, pack a backpack, know the basics of camping, outdoor cooking, and more!

# CLIMB TO NEW HEIGHTS

At the Student and Southside Rec Centers are opportunities for unique workouts in climbing and bouldering! Scan the QR code or visit [recsports.tamu.edu/indoor-climbing](http://recsports.tamu.edu/indoor-climbing) to learn more about climbing passes and gear rental to help you in your climb to new heights!



# MORE THAN RECREATION

## BANQUET & EVENT SERVICES

Do you need a venue to host a conference, banquet, meeting, or other activity? The Department of Recreational Sports proudly offers event spaces for your various needs! Our event rooms can accommodate anywhere between 20 and 500 guests. Best of all, we are happy to provide various equipment, including chairs, tables, linens, and audio/visual equipment to make your event memorable!

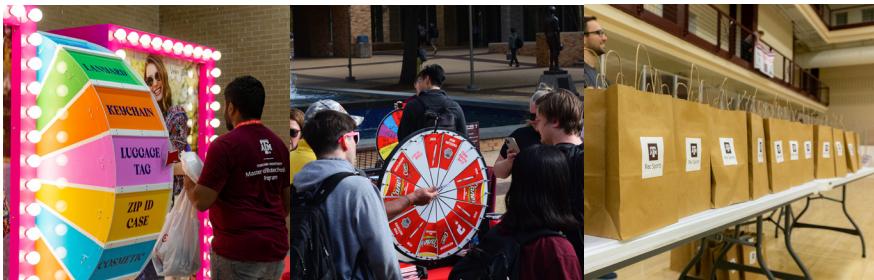
All event spaces are located in the Student Rec Center, and most offer a view outside, especially Kyle Field or Blue Bell Park. Event rooms feature hardwood floors and neutral-colored walls, making them perfect for dances, lectures, and more!

For details regarding rooms, pricing, catering, and parking information, refer to [recsports.tamu.edu/facility-reservations](http://recsports.tamu.edu/facility-reservations) or scan the QR code.



# PARTNERSHIP/ADVERTISING

We at the Rec Sports love to connect with the B/CS community! Rec Sports offers resource tables and other advertising opportunities for Texas A&M University departments, student organizations, and businesses throughout the area! If you are interested in partnering with us and becoming part of the Rec Sports story, visit [recsports.tamu.edu/partnerships!](https://recsports.tamu.edu/partnerships/)



## NEED A JOB?

As the largest student employer on campus, Rec Sports is proud to offer employment, leadership, and development opportunities to students like you! With over 1,000 student employees across the department, Rec Sports puts over \$2 million back into the hands of students!

After graduation, many student employees of Rec Sports go on to become leaders in a variety of job sectors, demonstrating excellence in states across the country. To begin the next stage of your professional development and join the Rec Sports team, visit <https://recsports.tamu.edu/employment/>

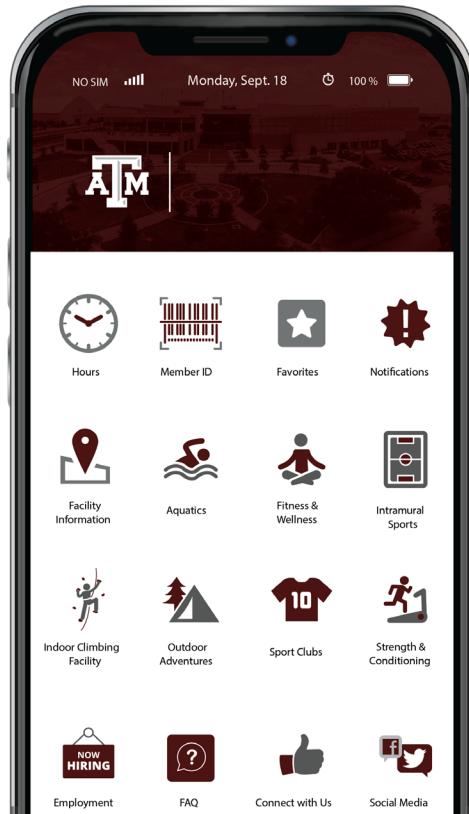


# WALK OF CHAMPIONS

Leave a legacy at Rec Sports with the Walk of Champions Brick campaign! As a student, employee, or friend of Rec Sports, you can enshrine your name at the steps of the Student Rec Center! Proceeds from the Walk of Champions Brick campaign will go towards the continued delivery of high quality programs, facilities, and experiences at the Department of Recreational Sports. With your help, current and future Aggies can develop their personal and mental health, professional skills, and memory of life in Aggieland.



To leave your mark at the Rec, contact [recsportsbricks.tamu.edu](http://recsportsbricks.tamu.edu) for more information!



## THE REC SPORTS APP

Texas A&M Rec Sports is now at your fingertips with the Rec Sports app! Available in both Google Play and the App Store, our app makes facility and program information readily accessible! In the app, you can find:

- Facility hours
- Program schedules
- A registration portal for your favorite Rec Sports programs
- A point-of-sale portal to buy various passes
- Alerts and notifications
- An online ID you can use to access any Rec Sports facility

## MAKE YOUR EXPERIENCE COUNT

Experience the best of Rec Sports with a Rec Sports membership! We offer a variety of membership options for those who want to maximize their potential in our facilities, programs, and services.

Most students at Texas A&M are automatically Rec Sports members as they pay for their tuition. Memberships are also available to continuing students; Texas A&M faculty and staff; spouses and dependents of Texas A&M students, faculty, and staff; former students; and friends of Rec Sports. Non-members can also experience Rec Sports facilities, programs, and services, but doing so will require one of our guest pass options.

To learn more about membership eligibility and pricing, visit [recsports.tamu.edu/membership!](http://recsports.tamu.edu/membership)

## FAMILY FRIENDLY RECREATION

Calling all families in the Bryan/College Station community! Rec Sports hosts programs and camps for children of various ages! With our youth programs, kids can enjoy Rec Sports facilities by participating in multiple supervised games and activities.

Children of students, staff, faculty, and members of the Texas A&M community can begin exploring college options and facilities under the guidance of Rec Sports staff! Best of all, attendees can find new friends and learn about the Aggie core values during these programs and activities.

To learn more information about our youth programs, visit our website at [recsports.tamu.edu](http://recsports.tamu.edu)!



# REC SPORTS FACILITIES

## The Places To Be



### STUDENT REC CENTER

The Student Recreation Center, nicknamed “The Rec”, is the flagship Rec Sports facility at Texas A&M University and one of the premier recreational sports facilities in the nation. Home to 540,000 square feet of recreation space, the Student Recreation Center consists of a myriad of amenities, including a strength and conditioning room spanning over 32,000 square feet, indoor track for walking and jogging, five pools for competitive and recreational swimming, diving and instructional use, and a 44-foot-high indoor climbing wall.

#### More facts about “The Rec”:

- Gymnasium areas can be used for basketball, volleyball, indoor soccer, and badminton
- Outdoor space includes a pool, basketball courts, sand volleyball courts, and shaded pavilion
- An internal Smoothie King grants easy access to sandwiches, smoothies, breakfast tacos, and more!
- Each multipurpose/activity room is outfitted with high-quality audiovisual systems that can be used various functions and events

## KEY

	Stairs
	Lockers
	Turnstiles
	Emergency Care
	Elevator
	Entrance/Exit
	Emergency Exit
	Restrooms
	AED
	Vending
	Study Friendly Area
	Support Spaces
	Open to Below
	Classrooms
	Outside Space
	Restrooms
	Member Services
	Workout Area
	Activity Room

# 1ST FLOOR

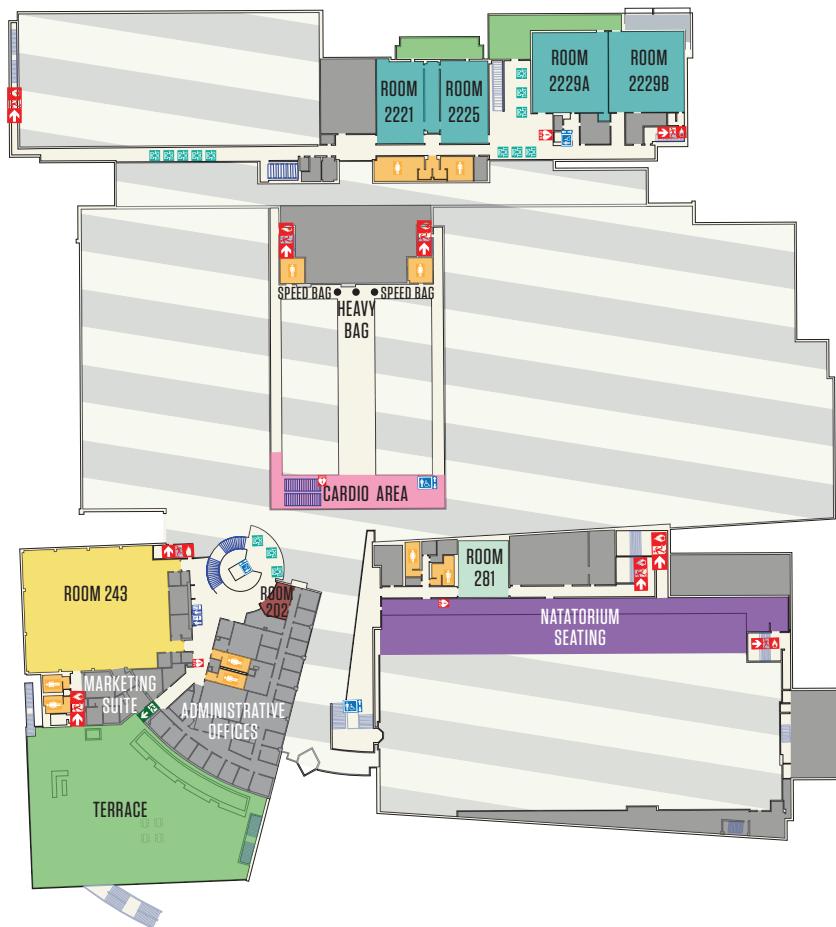


# 2ND FLOOR

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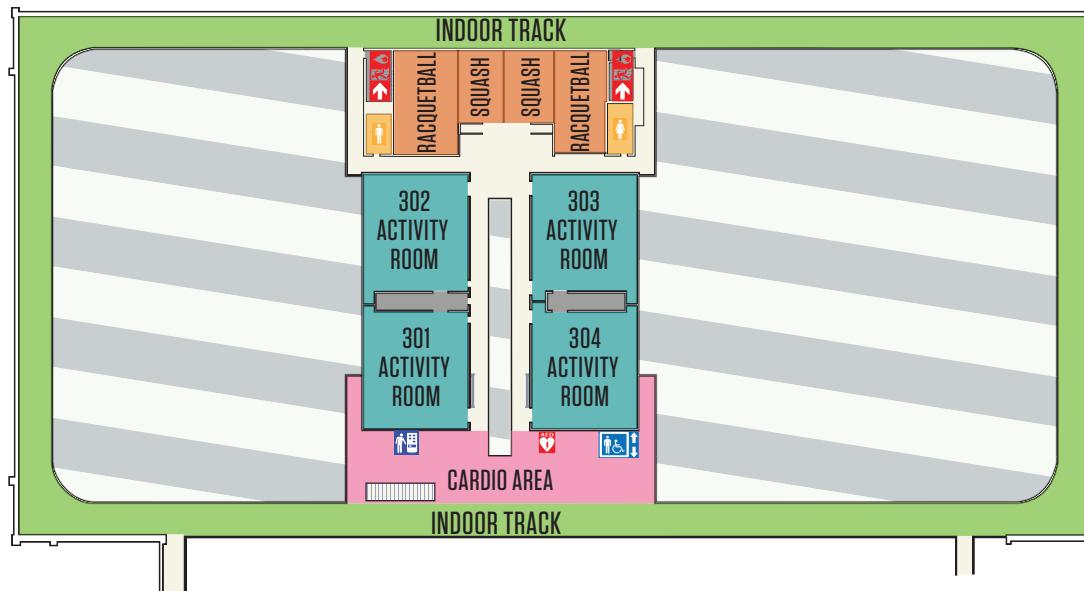
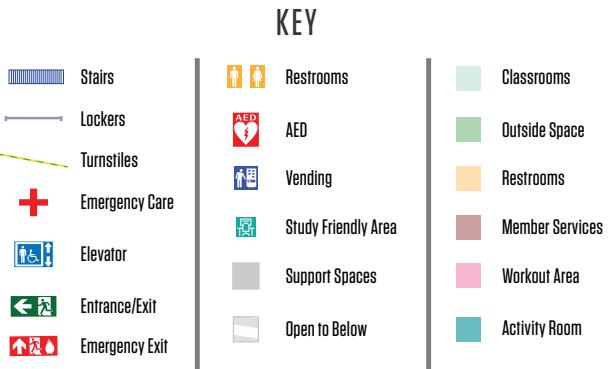
## KEY

	Stairs
	Lockers
	Turnstiles
	Emergency Care
	Elevator
	Entrance/Exit
	Emergency Exit
	Classrooms
	Outside Space
	Restrooms
	Member Services
	Workout Area
	Activity Room
	Open to Below



STUDIE

# 3RD FLOOR





## SOUTHSIDE REC CENTER

Opened in August 2022, the Southside Rec Center is the newest addition to the Rec Sports family! Located across the street from the Commons residence halls on Bizzell Street, this facility gives students additional access to recreational space and equipment on the south side of campus. The facility will include over 63,000 square feet of indoor recreational space with an additional 15,000 square feet of space for recreation outdoors. All Rec Sports members and currently enrolled students paying the Rec Sports fee will have access to this facility.

Things to look forward to:

- 25,000 square feet of strength and conditioning space
- Two multi-sport courts available for basketball, volleyball, badminton, and pickleball
- Outdoor turf area
- Two sand volleyball courts
- Lawn space for outdoor activities

## PENBERTHY REC SPORTS COMPLEX

The Penberthy Rec Sports Complex is the Department of Rec Sports' outdoor field facility, containing approximately 50 acres of playable space. Located at the corner of George Bush Drive and Penberthy Blvd., this facility hosts playing areas for sport clubs, intramural sports, and open recreation. As a courtesy, all fields are lit after sundown, and a lightning shelter/covered pavilion is present on-site in the case of inclement weather.



# FACILITIES



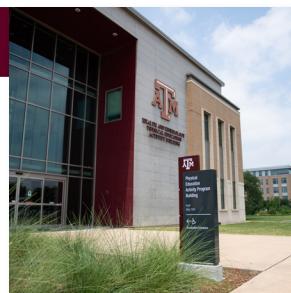
## POLO ROAD REC CENTER



The Polo Road Rec Center is another great facility for your fitness needs! Located near the intersection of University Drive and Polo Road, this facility hosts group fitness classes, open recreation, a large strength and conditioning area, and personal training services. The 28,000-square-foot facility is also conveniently located near the Zachry Engineering Education Complex!

The strength and conditioning area includes:

- Free weight areas including racks, platforms, benches, dumbbells, and a wide variety of plate-loaded equipment
- Machine/pin select strength training equipment
- Cardio equipment including treadmills, climbers, incline trainers, ellipticals, bikes, and rowers with technologically advanced monitors and entertainment options
- Indoor turf area with ab and torso training equipment, kettlebells, battle ropes, medicine balls, foam rollers, and plyo boxes
- Free day use lockers (264 total) and towel service



## PHYSICAL EDUCATION ACTIVITY PROGRAM ("PEAP") BUILDING

In partnership with the Department of Kinesiology and Sport Management, the PEAP (Physical Education Activity Program) building offers a variety of fitness and wellness classes to all students at Texas A&M. The 95,146-square-foot facility also features areas for gymnastics, fencing, yoga, self-defense, and Pilates.

## OMAR SMITH INSTRUCTIONAL TENNIS CENTER

RecSports has partnered with PEAP to give students the Omar Smith Instructional Tennis Center! This facility is home to 18 state-of-the-art tennis courts, including 12 that are lit. This facility is used for kinesiology classes as well as recreational use by Rec members.





Rec Sports  
DIVISION OF STUDENT AFFAIRS

[recsports.tamu.edu](http://recsports.tamu.edu)