The Recreational Sports Department provides facilities, equipment, and opportunities for participation in a variety of sports, recreational and social activities designed to accommodate all ages, skill levels, gender, and sports interests for the University community.

Participation facilitates educational interaction outside the classroom among students, faculty and staff. The activities stimulate a sense of community; provide leadership and development opportunities; and promote individual wellness.

The department is a part of the Division of Student Affairs and is an institutional member of the National Intramural-Recreational Sports Association. Recreational Sports offers a number of programs in the areas of intramural sports, fitness and wellness, aquatics, sport clubs, outdoor adventure and open recreation.

**Recreational Sports Advisory Board**
The Recreational Sports Advisory Board (RSAB) consists of faculty, staff, and student members of TAMU-CC. The RSAB meets periodically throughout the year to receive updates on the department’s progress and make recommendations in reference to programs, budgets, operational policies and procedures, and discipline issues.

**Eligibility**

**Students**
Currently enrolled students pay a Recreational Sports fee as part of their tuition and fee package, to access the facilities and programs. Students must present their SandDollar ID card upon entering all facilities.

**If you’re not a student, how can you obtain a membership pass?**
Membership passes may be purchased in the Recreational Sports Office (DWC 107) upon establishment of affiliation. Types of affiliation are described below. The department accepts cash, checks, payroll deduction, and SandDollar payment. The Business Office located in the Student Services Center will take credit card payments. Everyone except students, faculty, and staff must sign a waiver of liability. Once payment has been made, each member must obtain a SandDollar ID card at the University Center and present it upon entering the facilities.

**Faculty, Staff, Retirees and University Affiliates**
Faculty, Staff, Retirees, and University affiliates are eligible to purchase a membership pass.

**Spouses**
Spouses of faculty, staff, and students may purchase a membership pass to use the facilities. The sponsor must purchase a membership pass for the same time period (or match with the semester of enrollment for student sponsors).
Reservations
Recreational Sports facilities may be reserved for events and programs by campus departments and student organizations. Requests for facility reservations can be made in the Rec Sports Office. All arrangements for off-campus groups and organizations are made through University Outreach at 825-2778.

Recreational Sports reserves the right to limit or deny reservations that would impact existing programs or overcrowd facilities.

Scheduled activities in all Recreational Sports facilities have priority over informal use. Schedules are posted in each facility for reference; however, are subject to change on short notice for maintenance or special reservations. Call 825-2454 to confirm facility availability.

Children (17 and under) of members or students are admitted at no charge. They must be accompanied by an eligible user (legal guardian) at all times. Children are not allowed in the weight equipment or cardiovascular equipment areas located in the Dugan Wellness Center.

Adult Dependents (18-25yrs) may purchase a membership pass to gain access to the facilities. The sponsor must purchase a membership pass for the same time period (or match with the semester of enrollment for student sponsors). Price: $90/Semester.

Currently enrolled students and individuals who have purchased a membership pass are allowed to bring guests. The cost is $5 at the door or they may purchase a punch card that allows 5 visits/$10. Punch cards may only be purchased in advance in the Recreational Sports Office, at the DWC, during business hours.

Faculty, Staff, Retirees, University Affiliates, Spouses:
$90/semester

Alumni:
$180/semester

Dugan Wellness Center
The gymnasium, weight room with cardio equipment, group exercise rooms, Intercollegiate Athletic Offices, locker rooms, welcome desk, and Recreational Sports Offices are located inside the Dugan Wellness Center. Academic classes, intramural contests, and sport club practices also take place in this building.

Gymnasium
The gymnasium can hold volleyball, basketball, badminton, special events and activities.

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$90/semester

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AMENITIES
• 70,000 gross square feet of space
• Gymnasium
• 9,000 square foot, two level, weight and cardio area
• 2 group exercise rooms, each 2000 square feet
Multipurpose Playing Fields
These fields are located just east of the outdoor pool and can be configured to accommodate a number of sports and events such as flag football, soccer, and softball. Academic classes, intramural contests, and sport club practices are held regularly on these fields.

Hike & Bike Trail
The Hike & Bike Trail winds along the perimeter of Ward Island and covers a total of 1.3 miles. It is designed to be enjoyed by both fitness and nature enthusiasts. It may be accessed behind the Natural Resource Center on the west side of campus or by the security kiosk at the east entrance. The trail is lighted from dusk to dawn. Trail maps are available at the Dugan Wellness Center.

Outdoor Pool
Open late April through October, the outdoor pool is available for lap swimming and recreational use when weather permits. Academic classes, swim lessons, lifeguard certification, special events, and non-credit water aerobics classes are held in the pool.

General Info
Weather permitting, the Outdoor Pool is open from late April until late October. It is open for lap swimming, recreational use, academic classes, water aerobics, swim lessons, non-credit instructional courses, and various special events.

Swim Across Texas Incentive Program
Choose a destination, swim your laps, and have a chance at winning monthly prizes. The first 20 participants to complete swimming 1 mile will receive a T-shirt. The program will last until the pool closes for the season, so come out and get fit as you SWIM ACROSS TEXAS!

1 swimming mile = 35 laps (up & back) = 20 miles traveled
Throughout the year there are special events that the Recreational Sports Department plans and hosts. These events range from fitness & wellness events to flag football to dive in movies.

For dates and times please visit: recsports.tamucc.edu

During the month of October Rec Sports teams up with the Women’s Center to host the **Paws for a Cause** fitness walk and to raise awareness of breast cancer.

Each fall Rec Sports hosts the **Island Bowl Tournament** where intramural teams from schools around the region come to participate in a flag football competition.

Before Islanders head home for the Thanksgiving holiday, they can participate in our annual **Turkey Trot** fun run.

**Dive In movies** are held in the pool during the warmer months, late April through October.

The month April plays host to the **Wellness Expo**. Vendors from Texas A&M University, as well as the Corpus Christi community host booths where they offer services, information, and wellness resources to students, faculty, and staff.

**Family Fun Day Series** is geared towards promoting active lifestyles for families! These free events are generally scheduled one Saturday per month and are open to students, faculty, staff, and their families.
Information about Intramurals:
As first time, or current students, make their adjustment to college life it is important to keep physical health, as well as the competitive spirit in mind. Rec Sports invites you to participate one of our many Intramural Sports activities to stay physically active in a competitive sport.

Free Agents
Individuals desiring to play team sports, but not affiliated with a team, may register with the Recreational Sports Office as a free agent. Every effort will be made for placement on a team; however, a spot is not guaranteed.

Objectives:
To offer students an opportunity to develop their skills and knowledge in a particular sport through group practice and/or competition.
To provide students with leadership opportunities in managing a club by scheduling facilities for club meetings, practices and games, organizing meetings, and communicating with others.
To allow students to engage in a sport while making friends that have the same sport interest.

Choose from any of the following sports:
- Flag Football
- Basketball
- Softball
- Table Tennis
- Badminton
- Dodgeball
- Outdoor Soccer
- 9-Ball Billiards
- Texas Hold’em
- Volleyball
- Nintendo Wii

If you are interested in learning a new sport, improving skills or competition, Sport Clubs are for you. Call or stop by the Recreational Sports Office to inquire about forming a new sport club. You can also visit us on the web at recsports.tamucc.edu

Clubs:
- Men’s Soccer
- Islander Corps Auxiliary Performers
- Volleyball
- Mixed Martial Arts
- Ultimate Frisbee
- Ducks Unlimited
- Trap & Skeet
- Bass Masters
- Chess
- Table Tennis
- Ballroom Dance
- Middle Eastern Dance
- Kiteboarding
- Wrestling
- SCUBA
Recreational Sports offers equipment for different activities for the outdoor enthusiast. The types of equipment include kayaks, tents, sleeping bags, surfboards, and camping gear.

Activities include “how to” sessions on backpacking, fishing, outdoor photography, and topographical mapping. “Hands on” experiences with activities, such as surfing and kayaking basics programs are also offered.

These programs, as well as the rental equipment, are available to all students and Recreational Sports membership pass holders. For more information and rental rates, please contact the Recreational Sports Office or visit our website at recsports.tamucc.edu.

Group Fitness Classes are taught by nationally certified Group Fitness Instructors. These classes are free to valid SandDollar$ holders.

The classes offered include:

- **Step and Tone** Step aerobics that will tone your body. For all fitness levels.
- **Total Body** Increase strength while improving cardiovascular fitness in a total body workout!
- **Pilates** This mind-body exercise class stretches and strengthens in a non-impact and balanced way.
- **Cardio Sculpt** Tone the body by creating basic muscular strength and cardiovascular endurance!
- **Aerobic Dance** Get in shape while following fun dance moves and strengthening exercises!
- **PiYo** Combine Yoga poses with Pilates mat exercises to build core strength. Faster pace than Yoga.
- **Circuit Training** Train all major muscle groups using several pieces of resistance equipment!
- **On the Ball** Build and tone the entire core of the body with the balance ball!
- **Insane Abs** Get insane abs with this intense abdominal workout!
- **Sweat & Burn** This full body burnout class combines a variety of cardio, body sculpting, and abs!

Current schedule on: recsports.tamucc.edu
T.A.C.K.L.E. (Take an Active Challenge to Keep Life Exciting) is an incentive based program to help keep people active that is open to all students, faculty & staff! Participants are awarded t-shirts, shorts, water bottles and other gear when they acquire enough points through activity during the semester.

Run a mile, weight train, walking/running, elliptical, cycling, swimming, jump rope, attend group fitness classes, participate in intramurals, attend a wellness seminar, and earn points!

Register online, at home, or on campus at: recsports.tamucc.edu/fitness_wellness/Tackle_Project/tackleprogram.htm

Fitness Assessment:
Assessment includes cardiovascular fitness, body composition, muscular endurance, muscular strength, and flexibility.

Personal Training Program:
Sessions will be constructed to help you meet your personal goals. Sessions may include individualized instruction on cardiovascular fitness, resistance training, and stretching.

Additional fees apply

Nationally-Certified trainers at a very affordable price!