

// MEMBERSHIP INFORMATION

All fee paying students are members and are eligible to participate in all Campus Recreation programs and services. Membership entitles the holder to enter the Maverick Activities Center (MAC), swimming pools, Campus Recreation Fields Complex and purchase services in areas such as Intramural Sports, Fitness/Wellness, Sport Clubs and Membership Services. A MAV Express ID Card or membership card is required when entering facilities and programs.

// CAMPUS RECREATION FACILITIES

MAVERICK ACTIVITIES CENTER (MAC)

FALL & SPRING

Monday - Friday 6:00 a.m. - Midnight
Saturday & Sunday Noon - Midnight

SUMMER

Monday - Friday 6:00 a.m. - 10:00 p.m.
Saturday Closed
Sunday 2:00 p.m. - 10:00 p.m.

Students and other eligible members are welcome to drop by the MAC and create their own fun. They may choose from a variety of activities including basketball, table tennis, racquetball, weight lifting, climbing, volleyball, badminton, and more.

CAMPUS RECREATION FIELDS COMPLEX

Check out the sports complex located next to the Clay Gould Baseball Stadium. Amenities include lighted softball fields, multipurpose fields, jogging trail, guest service building and restrooms. Informal Recreation hours will be available for members during the fall and spring semesters.

// FITNESS AND WELLNESS

GROUP EXERCISE

Unlimited access to classes such as yoga, Pilates, water aerobics, step, kickboxing, interval, circuit training, body sculpting, cycling, and more.

OPTIONS

	STUDENTS & EMPLOYEES	OTHERS
Unlimited	\$30	\$40
Water	\$20	\$30
One Class Pass	\$4	\$4

FITNESS TESTING

Measures the 5 components of fitness: flexibility, muscular strength, muscular endurance, cardiovascular endurance, and body composition. Fee: \$5 per test

PERSONAL TRAINING

Certified trainers will tailor a program for you to motivate, educate, and guide your lifestyle changes. Individual goals will be set for nutrition, cardiovascular fitness, muscular strength & endurance, flexibility, body composition and behavior management.

Fee: Students & Employees - \$25 per session (approximately one hour)
Others - \$35 per session

MASSAGE THERAPY

Full body, neck and back, foot and chair massages are available to students and other members.

Fees: \$20 (20 minute session)
\$35 (45 minute session)

// INTRAMURAL SPORTS

The Intramural Sports program provides opportunities for participation in recreation, athletic and non-athletic activities. All currently enrolled students and members are eligible to participate in Intramural Sports. Individuals who wish to participate in a team or dual activity but do not have a team or partner may sign up for the free agent program. Intramural Sport activities include: Bowling, flag football, volleyball, indoor soccer, outdoor soccer, basketball, tennis, softball, racquetball, table tennis, billiards, badminton, and foosball. For a complete schedule of events, visit the Campus Recreation website. Officials are needed for flag football, indoor soccer/outdoor soccer, softball, volleyball, basketball and floor hockey.

// ADAPTIVE RECREATION

The Adaptive Recreation program is a rewarding program that brings more disability recreational programs to the students with disabilities. The program offers an intramural program that included a soccer clinic for visually impaired students, and wheelchair divisions in billiards, table tennis, badminton, 4-on-4 football, 3-on-3 basketball, bocchia, tennis doubles and more.

// SPORT CLUBS

The Sport Clubs program is designed to serve individual interests in different sports and recreational activities. These interests can be competitive or recreational. Some clubs may represent UT Arlington in intercollegiate competition and/or conduct intraclub activities such as practice, instruction and tournament play. Each club is student administered and run under the direction of the Department of Campus Recreation and the Office of Student Governance and Organizations. Some clubs include: soccer, volleyball, cycling, roller hockey, martial arts, aikido, triathlon, ultimate frisbee, and billiards.

// AQUATICS

The aquatics component provides the opportunity to swim for fitness or recreation. Water aerobics is offered through Fitness/Wellness. The pools are located at the Physical Education Building at 801 Greek Row.

FALL/SPRING (Indoor pool – 25 yards)

Swimming hours may vary during semester break and University holidays.

Monday, Wednesday

12:00 p.m. - 1:20 p.m. Lap Swim
4:30 p.m. - 6:00 p.m. Lap Swim
8:00 p.m. - 10:00 p.m. Recreational Swim

Tuesday, Thursday

6:00 p.m. - 8:00 p.m. Lap Swim
8:00 p.m. - 10:00 p.m. Recreational Swim

Friday

12:00 p.m. - 1:20 p.m. Lap Swim
4:30 p.m. - 6:00 p.m. Lap Swim

Saturday

11:00 a.m. - 1:00 p.m. Lap Swim

SUMMER (Outdoor pool – 50 meters)

Monday, Wednesday, Friday

12:00 p.m. - 1:20 p.m. Lap Swim - (Indoor Pool) (No guest passes or children)
4:30 p.m. - 7:00 p.m. Lap Swim
7:00 p.m. - 10:00 p.m. Lap Swim + Recreational Swim (Monday + Wednesday only)

Tuesday, Thursday

4:30 p.m. - 6:00 p.m. Lap Swim (no diving board use or children allowed)
6:00 p.m. - 10:00 p.m. Lap Swim + Recreational Swim

