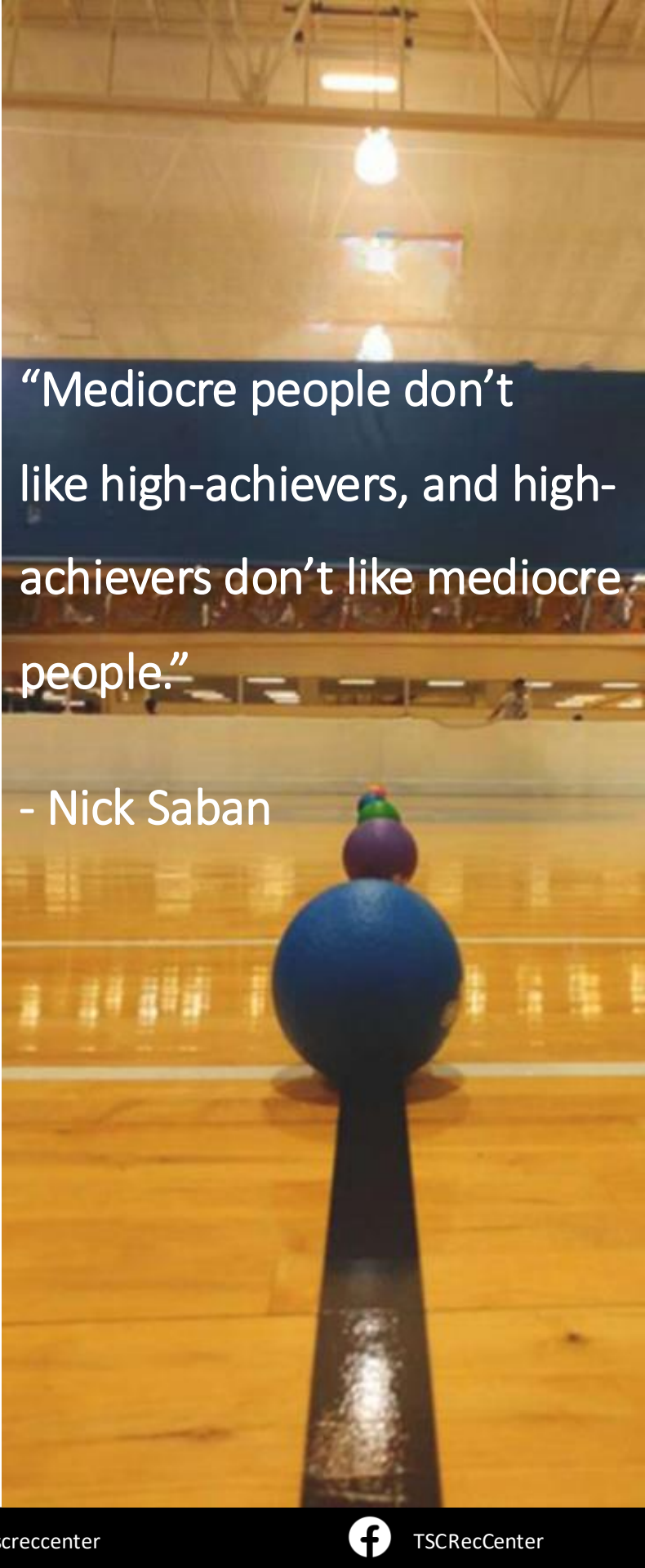


DIVISION OF STUDENT SERVICES



# CONTENTS

• MISSION & VISION	03
• HOURS OF OPERATION	04
• MEMBERSHIP	05
• FACILITY FEATURES	06
• CONTACT INFORMATION	07
• FITNESS & WELLNESS	08
• INTRAMURAL SPORTS	09
• GROUP EXERCISE CLASSES	11
• CLUB SPORTS	12
• OUTDOOR POOL	13
• RACQUETBALL COURTS	14
• BOXING ROOM	15
• POWERLIFTING ROOM	16
• INDOOR TRACK	17
• MULTI-PURPOSE STUDIO	18
• BASKETBALL COURT	19
• SOCCER COURT	20
• VOLLEYBALL COURT	21
• RELAXATION LOUNGES & STUDY AREA	22
• FITNESS FLOORS (LOWER & UPPER)	23-24
• MULTI-PURPOSE FIELDS (SOCCER & BASEBALL)	25-26



“Mediocre people don’t  
like high-achievers, and high-  
achievers don’t like mediocre  
people.”

- Nick Saban



# **INDOOR SOCCER RACQUETBALL BASKETBALL VOLLEYBALL**





# RECREATION CENTER

## MISSION

The Office of Recreation & Athletics enhances the student experience through the development of innovative and quality programs, services, and facilities.

## VISION

We enrich student life, encourage health and wellness for the college and community, and optimize student development by providing leadership opportunities.

We offer comprehensive programs in informal Recreation, Intramural Sports, Fitness & Wellness, and Aquatics, for our students, staff, faculty, and alumni.



# HOURS OF OPERATION

## Fall / Spring: Facility Hours

Monday – Thursday:	7 am – 9 pm
Friday:	7 am – 8 pm
Saturday:	11 am – 3 pm
Sunday:	<b>CLOSED</b>

## Summer & Winter: Facility Hours

Monday – Friday:	8 am – 7 pm
Saturday:	11 am – 3 pm
Sunday:	<b>CLOSED</b>

## \*Pool Hours



*\*Our pool hours vary each semester based on lifeguards schedules.  
Please check for updates at front desk for our latest schedule.*

# MEMBERSHIPS

Membership Type	Monthly Fee	Payment Options
TSC Faculty/Staff	\$25.50	Payroll Deduction or Online Payment
TSC Faculty/Staff (Spouse)	\$25.50	Payroll Deduction or Online Payment
UTRGV Faculty/Staff	\$25.50	Automatic Withdrawal or Online Payment
UTRGV Faculty/Staff (Spouse)	\$25.50	Automatic Withdrawal or Online Payment
Alumni (TSC, UTRGV, or UTB)	\$29.75	Automatic Withdrawal or Online Payment
Alumni Spouse (TSC, UTRGV, or UTB)	\$29.75	Automatic Withdrawal or Online Payment

1. Spouse Memberships: You may **NOT** purchase a single membership for your spouse.
2. Alumni Memberships: You can purchase a parking permit at the TSC cashier's office.
3. Payroll Deduction and Automatic Withdrawal options: these options allow you to sign-up for recurring billing until **YOU** cancel.
4. Link for Online Payment:  
[https://secure.touchnet.net/C20456\\_ustores/web/store\\_main.jsp?STOREID=8&SINGLESTORE=true](https://secure.touchnet.net/C20456_ustores/web/store_main.jsp?STOREID=8&SINGLESTORE=true)

**THERE ARE NO REFUNDS ON MEMBERSHIPS!**



# FACILITY FEATURES



## To enter the Recreation Center:

- Students: present your TSC or UTRGV ID
- Faculty/Staff: present your TSC or UTRGV ID
- Alumni: present any picture ID
- Spouse: present any picture ID



## Where can I put my belongings?

- Weekly-use lockers are available when using the facility
- You must bring your own lock
- Lockers must be emptied each Saturday



## What should I wear?

- Activity Space: No high heels or steel toe work boots allowed
- Fitness Floors & Powerlifting Room: No sandals, flip flops, or jeans allowed
- Pool: No gym shorts or sport bras allowed



## Facility Access:

- Outdoor Pool
- Basketball Court
- Soccer Court
- Volleyball Court
- Kickboxing Room
- Powerlifting Room
- 2 Racquetball Courts
- Indoor Track (9 laps = 1 mile)
- Locker Rooms
- Showers
- Dance Studio
- Study Lounge
- Fitness Floors with cardio and weight equipment
- 2 Outdoor Fields
- Game Activities areas:
  - Ping Pong tables
  - Air Hockey
  - Foosball
  - Giant Chess



# CONTACT INFORMATION



**Main Line**  
(956) 295-3710



**Executive Director of Athletics & Civility**  
Dr. Armando Ponce  
(956) 295-3570



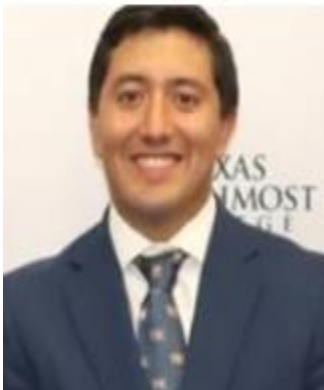
**Men's & Women's Soccer Coach**  
Mario Zamora  
(956) 295-3599



**Recreation Center Coordinator**  
Raul Cano  
(956) 295-3709



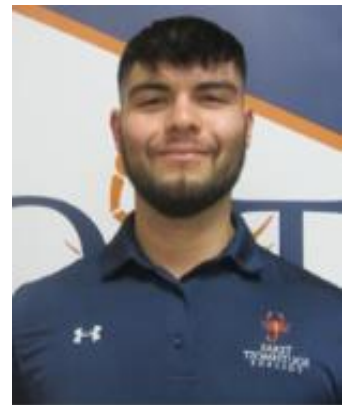
**Coordinator of Intramural Sports**  
Ruben Santibanez  
(956) 295-3659



**Recreation & Athletics Specialist**  
Edward Rojas  
(956) 295-3711



**Administrative Assistant**  
Kimberly Flores  
(956) 295-3718



**Recreation & Athletics Specialist**  
Kenneth Rojas  
(956) 295-3564



# FITNESS & WELLNESS

The Fitness & Wellness Program strives to promote positive, healthy lifestyles through physical activity and educational programs. We provide a selection of diverse fitness opportunities, which include Group Fitness classes, educational programs, and motivating Incentive programs. Fitness & Wellness offers something for everyone.

## EQUIPMENT ORIENTATION

Need a little extra help learning how to use some of our machines? One of our staff members will walk you through our weight and cardio areas explaining different types of equipment and demonstrate you how to use them. This is a great way to familiarize yourself with the machines in a safe and controlled environment.

## FITNESS ASSESSMENTS

Having a Fitness Assessment is a great way to help you measure your overall health and can also be used as a great weight management tool. Please speak with one of our staff members to sign up for an available time.



## IMPORTANT

**Please consult your physician before exercise. If you need help, please seek assistance from a staff member.**

# INTRAMURAL SPORTS

We provide a fun, yet competitive, atmosphere for all levels of competitors in a wide range of activities. Sports range from traditional leagues in soccer, basketball, volleyball, flag football, and softball to unique offerings in tournaments for dodgeball, tennis, racquetball, pingpong, and many more.

Intramural Sports offers something for everyone and is a great way to socialize with friends, meet new people, compete in sports you love and get a little exercise along the way. Be part of the atmosphere that makes Intramural Sports a fun and exciting part of your college experience.

This program provides an exciting opportunity for all members to participate together in sports during the Fall, Spring, & Summer semesters. The Recreation Center encourages fair play, participation, lifelong learning, and opportunities for all. This program offers innovative opportunities with a fun filled environment which provides physical, social, and emotional benefits outside a classroom setting. The Intramural Sports Program provides league play and tournaments for Men's, Women's, & Co-Ed Divisions.

## REGISTRATION

Registration is available through our online platform "IM Leagues," which enable users to sign up for register to our leagues and tournaments while also providing access to team schedules and results.

## OTHER GUIDELINES

- Proper school identification is required to participate.
- No alcohol or tobacco use is permitted in or around Intramural Sports events.
- Good sportsmanship is expected and required of all participants, coaches, and spectators.





# GROUP EXERCISE PROGRAMS

Group Exercise is a great way to meet your fitness goals, develop healthy habits, and learn a new skill. Our Fitness Instructors are committed to catering to all fitness levels and abilities by providing modifications for beginners as well as progressions for ***more advance exercisers.***



If you are looking to improve your cardiovascular endurance, try our high intensity classes such as as Zumba, Kickboxing, or Step classes.

If you would like to improve your muscular physique try any of our “sculpting” classes such as Muscle Sculpt, Cardio Sculpt, Book Camp, and many more.

To relax, rejuvenate and refresh your body to help reduce stress and improve flexibility consider trying our mind/body classes such as a Yoga or Pilates.





# CLUB SPORTS

The Recreation Center is committed to the development and promotion of Club Sports. Club Sports are an important part of the college experience for many students. Club Sports improve health, physical fitness, and leadership skills which enhances the life of students even after graduation.



# OUTDOOR POOL

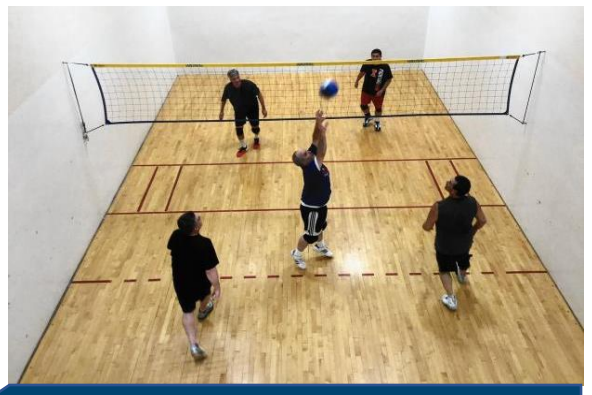
Come swim in our six-lane, 25 yard pool which ranged from 4 feet deep to 7 feet deep. The pool deck has a lounge area with sun and shade for relaxing and enjoyable area. Pool hours vary each semester.





# RACQUETBALL COURTS

Two regulation racquetball courts for members to use. Glass window and doors open the courts for spectators to view the activity taking place within the courts. These two courts are also designed to play wallyball.



# BOXING ROOM

Our Boxing Room is a dedicated space to train, practice technique, and improve your fitness. Equipped with heavy bags, speed bags, and a functional training area, it caters to all skill levels, from beginners to experienced boxers. Whether you're looking to build strength, enhance endurance, or refine your boxing skills, this dynamic space provides the perfect environment for an intense and rewarding workout.





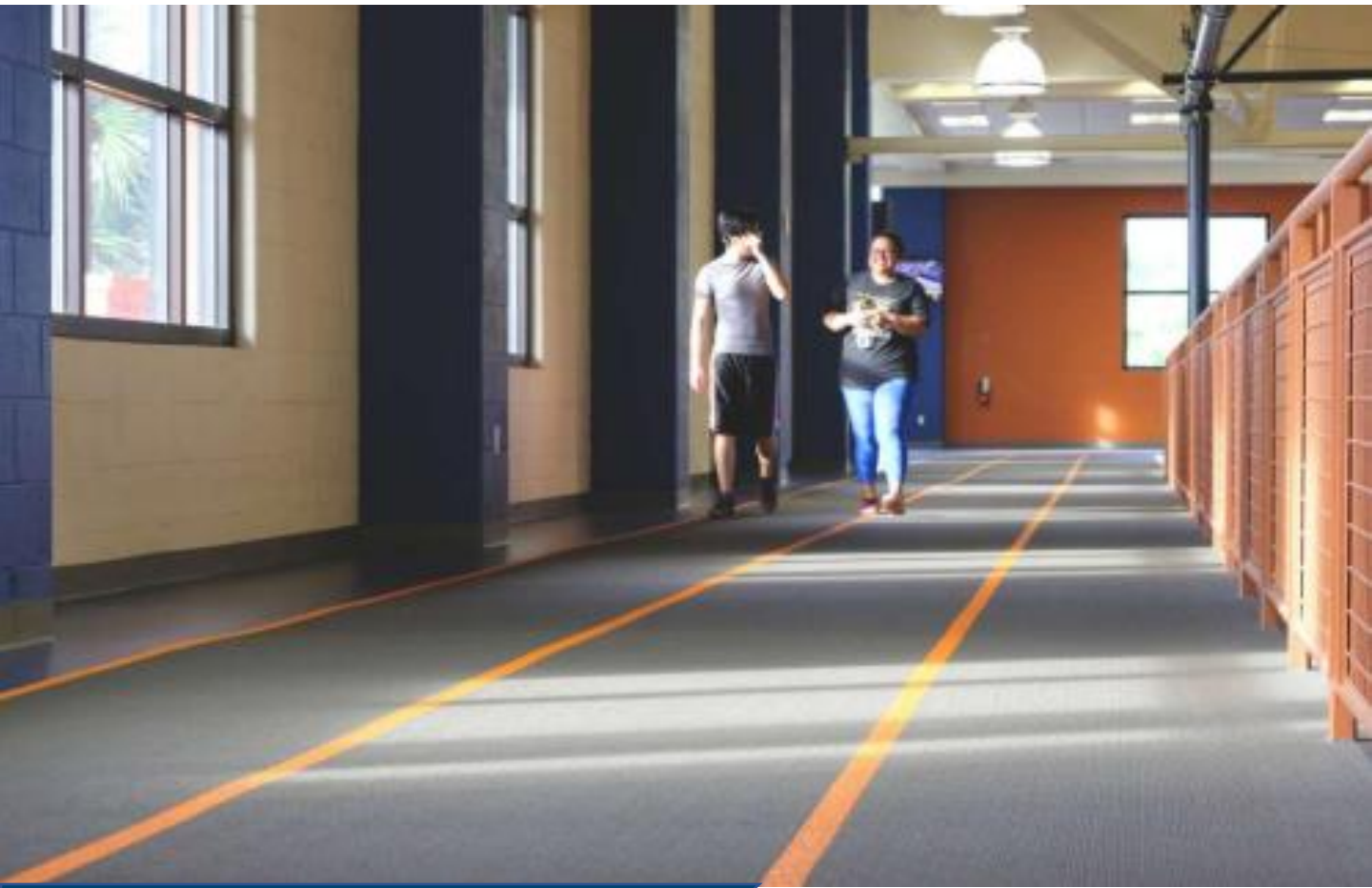
# POWERLIFTING ROOM

Our Powerlifting Room is a specialized training space designed for strength athletes and fitness enthusiasts. Equipped with competition-grade squat racks, benches, deadlift platforms, and a variety of free weights, this area supports serious strength training and powerlifting. Whether you're focusing on building strength, improving technique, or preparing for competition, this room provides the perfect environment for achieving your fitness goals.



# INDOOR TRACK

Our Indoor Track is three lanes wide and is used for running, jogging or walking purposes. 9 laps on our track is equal to 1 mile.



# MULTI-PURPOSE STUDIO

Designed for an active classroom environment with a custom low-impact hardwood flooring and sound system. Some of the activities housed in this area include Group Fitness Classes, Circuit Training, and any physical activity that can be taught in a group setting environment.



# BASKETBALL COURT

The basketball court is designed for you to enjoy competitive and recreational play. Featuring high-quality hardwood flooring and regulation hoops, the court is perfect for pick-up games, intramural leagues, and skill development. Whether you're looking to practice, compete, or just have fun, this dynamic space is the heart of campus basketball activities.





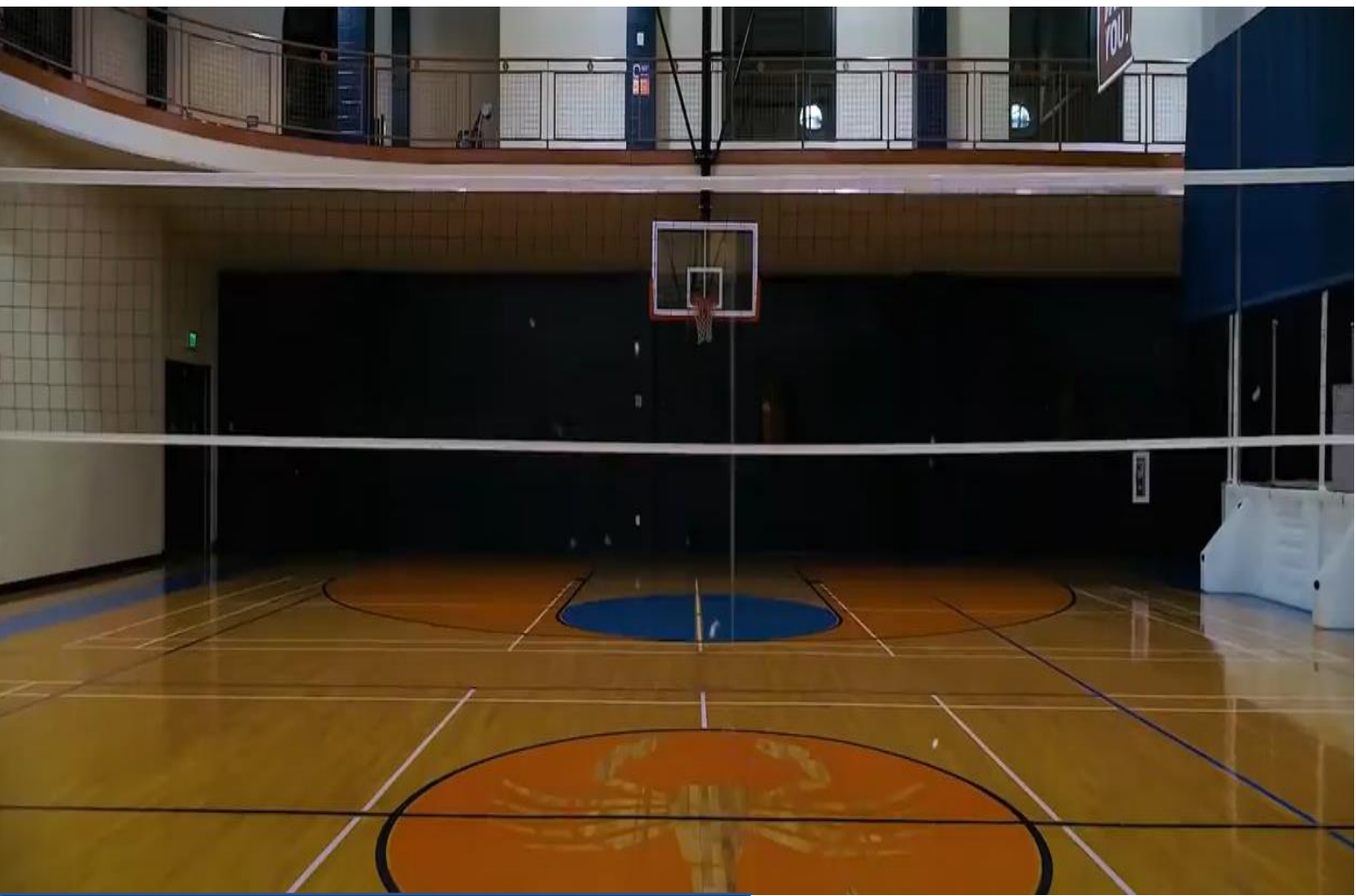
# SOCCER COURT

The soccer court provides a fast-paced, all-weather space for you to enjoy the game. Featuring a smooth, durable playing surface, boundary walls for continuous play, and regulation-sized goals, the court is ideal for pick-up games, intramural leagues, and skill development. Whether you're a seasoned player or just looking for a fun way to stay active, this court offers an exciting soccer experience year-round.



# VOLLEYBALL COURT

The volleyball court is a vibrant space designed for both recreational and competitive play. Equipped with regulation nets and a high-quality floor, the court is perfect for pick-up games, intramural leagues, and skill development. Whether you're spiking, serving, or just having fun, this court offers a dynamic environment for players of all skill levels to enjoy the game year-round.



# RELAXATION LOUNGES

## & STUDY AREA

Our relaxation lounges serves as the main entrance into the TSC Recreation Center. Available for relaxing in between classes. Our Study Area is located on the second floor; furnished with lounge chairs and cubicles (W-Fi available in both areas).

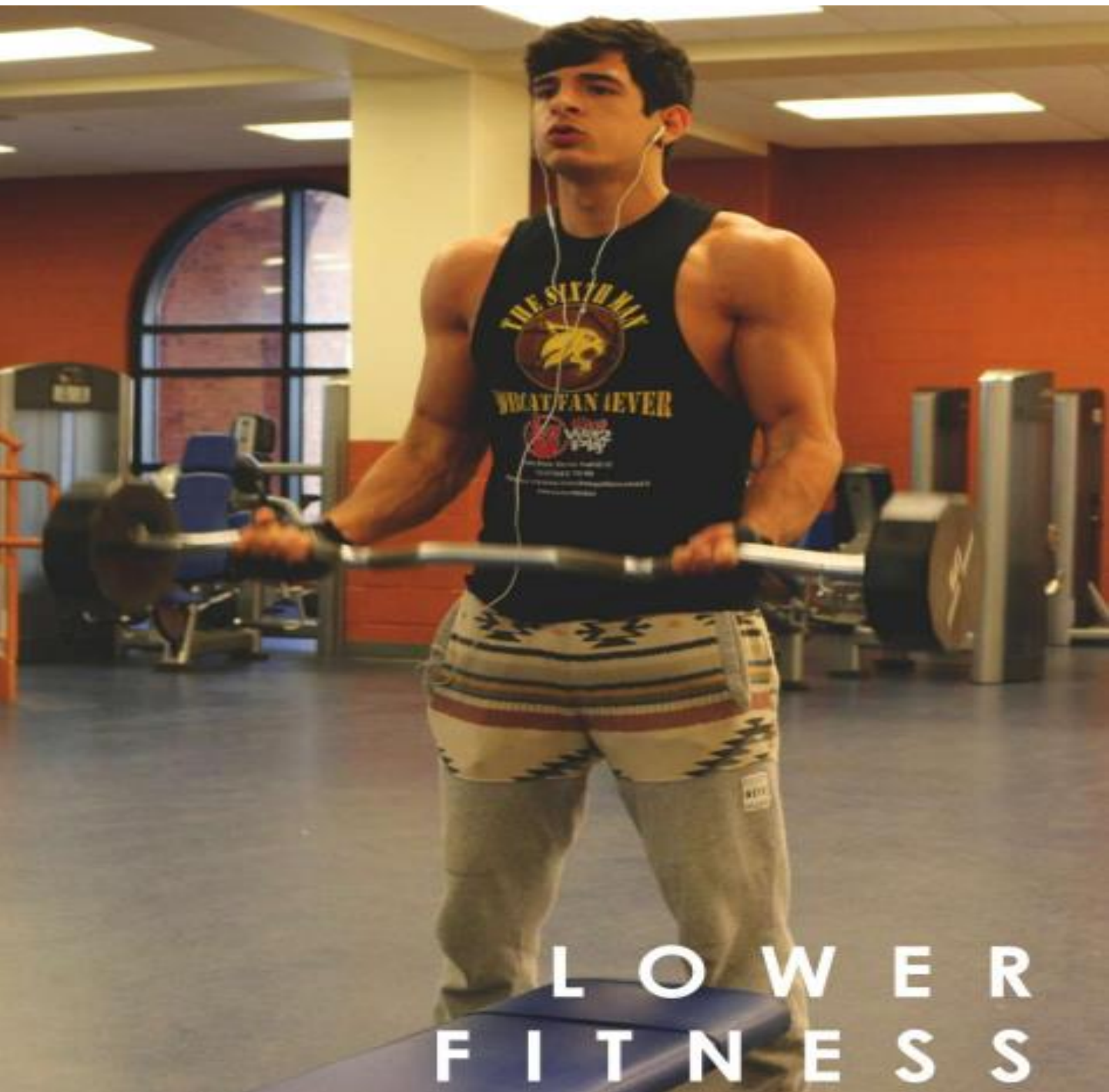




# FITNESS FLOORS

## (LOWER)

Our Lower Fitness Floor is complete with a variety of machines and free weights: holds plate loaded lifting stations, dumbbells, barbells, and an eight-station cable crossover.





# FITNESS FLOORS

## (UPPER)

Our Upper Fitness holds Synergy 360, weight equipment, and areas for stretching /abdominal workouts. Also includes our cardio equipment: treadmills, ellipticals, rowers, upright and recumbent bikes, steppers, and much more.



# MULTI-PURPOSE FIELDS

## (SOCCER)

Our Soccer Field, located next to our Recreation Center, serves as the home ground for our TSC Soccer team, competing in the NJCAA. This well-maintained field provides a top-tier playing surface for both competitive matches and recreational use. This field is also used for our Intramural Events.



# MULTI-PURPOSE FIELDS

## (BASEBALL)

Our Baseball Field, located next to our Recreation Center, is the future home of the TSC Baseball team as they compete in the NJCAA. Designed for both competitive play and training, this field offers a high-quality playing surface and excellent facilities for athletes and spectators alike. Whether you're watching a game or honing your skills, this venue provides an exciting atmosphere for baseball enthusiasts. This field is currently used for our Intramural Events.



