

## Aquatics

Swim in the Olympic-size, outdoor swimming pool. The pool is cooled in the summer, heated in the winter and open year-round. There is no lifeguard on duty! During warmer months, children are allowed to swim only during the Summer Family Swim Hours. Children under 16 must be accompanied and directly supervised by a parent/guardian at all times. During the colder months, blankets cover the shallow/deep ends of the pool. When the blankets are on, no children under 16 are allowed in the pool or even on the pool deck. Please Note: The pool always closes 30 minutes prior to the facility.

### Year-Round Adult Swim Hours

Monday–Friday:	5:30AM – 9:30PM
Saturday:	8:00AM – 7:30PM
Sunday:	10:00AM – 7:30PM

### Summer Family Swim Hours\*

Monday–Friday:	12:00PM – 8:00PM
Saturday:	8:00AM – 7:30PM
Sunday:	10:00AM – 7:30PM

**\*Winter Adult Swim Hours** are in effect when blankets are installed. At that time, no one under 16 is allowed in pool or on deck.

## Swim Lessons

Learn to swim or improve stroke technique through private or semi-private swim lessons. Lessons are available for children or adults. Registration typically opens in early May with lessons beginning in June and ending in August. Participants do not need to be current members of the Recreation Center, but must meet eligibility requirements. Lessons are open to all faculty, staff, residents, students and families of the Texas Medical Center.



## Auxiliary Enterprises Recreation Center

1832 West Road • 713-500-8420

[www.uth.edu/auxiliary-enterprises](http://www.uth.edu/auxiliary-enterprises)  
[www.uth.edu/recreation-center](http://www.uth.edu/recreation-center)

Monday-Friday 5:30 am – 10:00 pm  
Saturday 8:00 am – 8:00 pm  
Sunday 10:00 am – 8:00 pm



Auxiliary Enterprises  
**Rec Center**

## Membership Eligibility

Membership is open to all Texas Medical Center faculty, staff, residents, students, UT – system alumni and immediate families. For UTHealth students currently enrolled in class, membership is included in the Student-Service Fees. During the summer or when not enrolled in class, UTHealth students may purchase a membership. *Proof of eligibility (Texas Medical Center Institution ID or Alumni Status) required at initial enrollment. TMC Institutional ID is also required at every renewal. Payment by cash or check only. No debit or credit cards are accepted.*

## Membership Categories

### Individual or Spouse Membership

- Required for ages 6+
- Children under the age of 16 must be accompanied and supervised by a parent or guardian at all times. Children are permitted to use the athletic courts and leisure games year-round. Seasonally, children may also use the swimming pool.

### Family Membership (2+ People)

- Includes: Individual, spouse & all dependents up to the age of 20.
- UTHealth Student Family Memberships only include spouse and child(ren).

### Extended-Family Membership

- Privilege extended only to UTHealth & MDACC faculty, staff, residents & students.
- Extended-Family Member Includes: Mother, Father, Brother, Sister & Children ages 21 and up.

## Guest Options

Guest must be sponsored by eligible individual at time of purchase. Eligible individuals may also purchase guest options for personal use, instead of a membership.

- \$5 Day
- \$15 7-Days Inclusive
- \$20 Punch Card for 5-Random Visits

## Lockers

All locker room lockers require personal lock to secure items. UTHealth is not responsible for lost, stolen or damaged property.

- |                  |               |
|------------------|---------------|
| Daily-Use Locker | Complimentary |
| Rental Lockers   | \$20/Quarter  |
|                  | \$75/Year     |

## Court Reservations

Tennis, racquetball and sand volleyball courts may be reserved in advance. Reservations can be made in-person

or by telephone for 1 hour on the hour beginning at 12:00 noon, 1 day in advance. Walk-ins welcome, but reservations encouraged, especially for peak hours. Notify the front desk upon arrival to claim court. Courts not claimed within 5-minutes of reserved time will be released.

## Group Fitness

Improve flexibility, muscular strength and cardiovascular fitness through a variety of both physically dynamic and mentally focused group fitness classes. Specific classes vary each semester but include a variety of strength and conditioning, mind/body, and dance fitness classes. For a current schedule, visit [www.uth.edu/recreation-center](http://www.uth.edu/recreation-center).

## Rec Sports

Friendly, yet competitive recreational sports for both individual and team sports. Activities may be a 1-2 day tournament or a 5 – 7 week league. Depending on the season, sports offered may include: softball, soccer, flag football, basketball, sand volleyball, kickball, ultimate frisbee, tennis, racquetball, table tennis and billiards. Participants do not need to be current members of the Recreation Center, but must meet eligibility requirements. Involvement is open to all faculty, staff, residents, students and spouses of the Texas Medical Center. For a current schedule, visit the website.



## Wellness

### Personal Training

Your goals, fitness level, schedule and medical history are all vital to success! A Certified Personal Trainer will assist in attaining your goals based upon a Fitness Assessment. Build a strong foundation by boosting strength, conditioning, flexibility and cardiovascular health. Half-Hour and One-Hour sessions are available.

Please Note: Trainers not employed by the Rec Center are not allowed to train other members; however, accommodations may be possible in case of special needs.

### Initial Consult & Fitness Assessment

*Includes*

- Body Fat Composition Analysis
- Cardiovascular Endurance Test
- Muscular Strength/ Endurance Test
- Flexibility Test
- 1 Personal Training Session

### Equipment Orientation

Education for members about proper use and safety of free weights, resistance and cardiovascular equipment. Learn more about appropriate adjustment, safety precautions and correct movement.

### CPR/AED & First Aid Certification Courses

CPR/AED and First Aid are two separate courses and certifications. Upon successful completion of a course, participant will be earn certification through the American Heart Association. Classes are available on a monthly basis at the Recreation Center.

### Incentive Programs

Designed to inspire commitment, empower members to reach health-related goals and ultimately transform both mentally and physically. Programs vary by semester. Examples may include individual, partner or small group challenges to increase fitness, strength or a combination. For a current schedule, visit the website.