

NOVEMBER 2007

CAMPUS RECREATION

4500 University Drive
WWW.UH.EDU/RECREATION
713-743-PLAY(7529)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Fundamentals of climbing @ 4:30pm Adult/Teen Swim Lessons @ 5:15pm	6 Kayak Pool Session @ 4:30pm Dutch Oven Cooking Class @ 4:30pm Adult/Teen Swim Lessons @ 6:15pm Advanced Open Water Scuba @ 6:30pm	7 Weightlifting Competition Deadline @ 5pm Ultimate Frisbee Captains' meeting @ 4pm Adult/Teen Swim Lessons @ 5:15pm Fundamentals of climbing @ 4:30pm	8 Managers' Meeting for Weightlifting Competition @ 4:30 pm Adult/Teen Swim Lessons @ 6:15pm Advanced Open Water Scuba @ 6:30pm Fundamentals of climbing @ 3:00pm	9 Limited Rec Swim Kayak Pool Session @ 10:30am Fundamentals of climbing @ 4:30pm OA Movement & Training @ 3pm	10 Limited Rec Swim Beginner's Ultimate Frisbee Clinic @ 10am USTA Houston Regional Tournament - All Day (Hoff Courts)
11 Limited Rec Swim	12 Shasta's Masters Swim Program - FREE trial week (6 - 7:15am) & registration Adult/Teen Swim Lessons @ 5:15pm Fundamentals of climbing @ 4:30pm	13 Masters Swim @ 6am Adult/Teen Swim Lessons @ 6:15pm Advanced Open Water Scuba @ 6:30pm Kayak Pool Session @ 4:30pm Dutch Oven Cooking Class @ 4:30pm	14 Masters Swim @ 6am Adult/Teen Swim Lessons @ 5:15pm Fundamentals of climbing @ 4:30pm	15 End of Shasta's Masters Swim Program FREE trial Adult/Teen Swim Lessons @ 6:15pm Advanced Open Water Scuba @ 6:30pm Houston Diving Invitational (All day) Fundamentals of climbing @ 3:00pm	16 Kayak Pool Session @ 10:30am Fundamentals of climbing @ 4:30pm OA Movement & Training @ 3pm Houston Diving Invitational (All Day)	17 UH Homecoming (UH vs. Marshall @ 2:30pm) Houston Diving Invitational (All Day)
18	19 Shasta's Masters Swim Program practice @ 6am Fundamentals of climbing @ 4:30pm	20 Shasta's Masters Swim Program practice @ 6am Kayak Pool Session @ 4:30pm Dutch Oven Cooking Class @ 4:30pm	21 Facility has reduced hours 6:00am-6:00pm Shasta's Masters Swim practice @ 6am Fundamentals of climbing @ 4:30pm	22 Facility is Closed	23 Facility is Closed	24 Facility has reduced hours Noon-8:00pm
25 Facility has reduced hours Noon-8:00pm	26 Shasta's Masters Swim Program practice @ 6am Fundamentals of climbing @ 4:30pm	27 Shasta's Masters Swim Program practice @ 6am Kayak Pool Session @ 4:30pm Dutch Oven Cooking Class @ 4:30pm	28 Spring Basketball Deadline @ 5pm Shasta's Masters Swim Program practice @ 6am Fundamentals of climbing @ 4:30pm	29 Shasta's Masters Swim Program practice @ 6am Fundamentals of climbing @ 3:00pm	30 Kayak Pool Session @ 10:30am Fundamentals of climbing @ 4:30pm OA Movement & Training @ 3pm	

WHAT'S YOUR EXCUSE? CRWC has extended its hours!

Operating Hours:

Monday-Thursday 6:00 a.m.-11:30 p.m.
Friday 6:00 a.m.- 8:00 p.m.
Saturday 10:00 a.m.-8:00 p.m.
Sunday Noon-11:30 p.m.

NOTE: Natatorium closes at 10 pm Sunday-Thursday; 7:30 pm on Friday-Saturday. Leisure Pool, Cubbie Corner and Outdoor Adventure/Climbing Wall have different hours. Please call or check the website for details.

Thanksgiving Holiday Hours

11/21 (Wednesday)

6:00 am-6:00 pm

11/22-23 (Thursday and Friday)

Facility is Closed

11/24-25 (Saturday and Sunday)

Noon-8 pm

UH Outdoor Adventure is offering a variety of new programs for FREE!

- Kayak Pool Sessions
 - Fundamentals of Climbing
 - Dutch Oven Cooking Classes
- Stop by the OA office for more info.

Check out the Group Exercise schedule online at www.uh.edu/recreation

Come Try It!

- * Yoga * GX Cycle * Boot Camp
- * Belly Dance * Turbo Kick
- * Extreme Kickbox * Much more!