Promote a safe and tolerant community at UC San Diego by reporting bias-motivated incidents.

You may report bias incidents or other acts of intolerance to reportbias.ucsd.edu
ophd@ucsd.edu

BE THE VOICE

This is a FREE program offered to current students. Eight weeks of small group sessions, with each week dedicated to a different topic/workout. A personalized workout will be designed for each participant at the end of the class. Check us out on page 24 or online at recreation.ucsd.edu

You may only register for this program once. Student personal wellness is offered during fall, winter, and spring quarters only.
# YOGA FEST

**Thursday, OCTOBER 5**  
5–7:30 PM – RIMAC

A **FREE** intro to a variety of yoga styles with Recreation FitLife instructors.  
Come try one and stay for another!

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity Room 2</th>
<th>Activity Room 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:05–5:30pm</td>
<td>Vinyasa Yoga with Laura McIntire</td>
<td></td>
</tr>
<tr>
<td>5:15–5:40pm</td>
<td>Hatha Yoga with Ricky Paniagua</td>
<td></td>
</tr>
<tr>
<td>5:35–6:00pm</td>
<td>Acro Fit Yoga with Laura McIntire</td>
<td>Meditation with Vou Athens</td>
</tr>
<tr>
<td>6:05–6:30pm</td>
<td>Vinyasa Yoga with Rachel Schorr</td>
<td>Thai Massage with Jane Harb</td>
</tr>
<tr>
<td>6:15–6:40pm</td>
<td>Yoga Sculpt with Keith Van Der Walde</td>
<td>Zen Vinyasa Yoga with Nick Capobianco</td>
</tr>
<tr>
<td>6:35–7:00pm</td>
<td>Yoga Foundations with Brandy Proppe</td>
<td></td>
</tr>
</tbody>
</table>

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**ARE YOU READY FOR THE WEEKEND?**

## FALL TRITON FEST

- **Sunday, September 24th**  
  ASCE Presents: Fall Y'all Welcome Festival  
  Warren Mall
- **Friday, September 29th**  
  University Centers Presents: First Friday  
  Price Center
- **Saturday, September 30th**  
  Fair at the Square  
  Matthews Quad & Town Square
- **Friday, October 6th**  
  Streetside Cinema  
  Warren Mall
- **Saturday, October 7th**  
  Haunted Hoedown  
  Muir Rec Gym
- **Friday, October 13th**  
  Comedy Night  
  PC West Ballroom
- **Saturday, October 14th**  
  ASCE presents Poolside Cinema  
  Canyonview Pool

**WINTER TRITON FEST**  
Weekends in January

Triton Fest is UC San Diego’s late night event series held on weekend nights of the fall and winter quarters. From touring musical acts to delicious cuisine to hilarious comedy, there’s something for everyone at Triton Fest.

**MOST EVENTS START AT 8pm**

Visit tritonfest.ucsd.edu for more information.
FALL 2017 HOURS

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3–4 Fall 2017 Rec Events
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Visit our website recreation.ucsd.edu

Look for us on Facebook facebook.com/UCSDRec

Follow us on Twitter and Instagram @UCSDRec

Sign up for our newsletter to get the latest from Recreation.

Check out our blog recreation.ucsd.edu (on the home page!)

Recreation is helping support our environment by using paper from responsible and legal sources.

FACILITY HOURS  September 24 – December 9

Complex Hours
CANYONVIEW AQUATIC CENTER
Monday–Thursday, 6am–10pm
Friday, 6am–8pm

MAIN GYM
Monday–Friday, 7am–11pm
Saturday, 7:30am–10pm
Sunday, 9:30am–11pm

RIMAC
Monday–Thursday, 5:30am–1am
Friday, 5:30am–11pm
Saturday, 7:30am–10pm
Sunday, 9:30am–1am

SPANOS ATHLETIC PERFORMANCE CENTER
Monday–Thursday, 6:30–10pm
Friday–Sunday, CLOSED

Outback Climbing Center
Monday–Friday, 1–10pm
Closed Saturday, CLOSED
Sunday, 6–10pm

Outback Rental Shop
Monday–Friday, 12–6pm
Saturday–Sunday, CLOSED

RIMAC Wellness Studio
Monday–Thursday, 5:30am–1am
Friday, 5:30am–11pm
Saturday, 7:30am–10pm
Sunday, 9:30am–1am

Weight Room Hours
Canyonview Weight Room
Monday–Friday, 9am–8pm
Saturday–Sunday, 11am–4pm

Canyonview features a smaller weight room with a variety of equipment and a view of Canyonview pool.

Main Gym Weight Room
Monday–Friday, 7am–11pm
Saturday, 7:30am–10pm
Sunday, 9:30am–11pm

The Main Gym Weight Room overlooks the Main Gym basketball courts and has a full range of aerobic and weight training equipment.

RIMAC Weight Room
Monday–Thursday, 5:30am–1am
Friday, 5:30am–11pm
Saturday, 7:30am–10pm
Sunday, 9:30am–1am

The largest Weight Room on campus, RIMAC Weight Room features the latest aerobic and free weight equipment, as well as floor exercise space. There are also additional elliptical trainers and treadmills on the 2nd floor of RIMAC.

Spanos Weight Room
Monday–Thursday, 6:30–10pm
Friday–Sunday, CLOSED

The newest weight room on campus. Located on the north end of the north campus Track and Field locker facility.

Complex Hours
CANYONVIEW AQUATIC CENTER
Monday–Thursday, 6am–10pm
Friday, 6am–8pm

MAIN GYM
Monday–Friday, 7am–11pm
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The newest weight room on campus. Located on the north end of the north campus Track and Field locker facility.
FALL 2017 REC EVENTS

SEPTMBER 27

Unolympics

When: Wednesday, September 27th, 2017 from 1:00–4:00pm
Where: Spanos Track and Field
Who: All are welcome to attend, students who want to participate should contact their college’s CSA
What: Unolympics is one of UC San Diego’s oldest running events at 37 years and counting. All six colleges gather and compete in 3 different team-based field games followed by a large choreographed dance. Judges score the games and dance and determine the winner of the Golden Shoe, arguably UC San Diego’s most sought after trophy. For more information about this event check out our Facebook events page at facebook.com/UCSDrec

INTERCOLLEGE DODGEBALL

When: Monday nights from 8:00-11:00pm starting October 16th
Where: RIMAC Aux gym
Who: All UCSD Students
What: A dodgeball league for the colleges. Each college will field a team each week and face off against another college, playoffs at the end of the season will determine a champion. For more information about this event check out our Facebook events page at facebook.com/UCSDrec

OCTOBER 31

Halloween Scavenger Hunt

When: Tuesday, October 31st at 2:00pm
Where: All over campus
Who: All UCSD Students
What: A Halloween scavenger hunt with teams of up to 5. There will be physical items to collect and different places to visit (proven with digital pictures). The list of items and places will be released via email at 7pm on Halloween. Prizes for teams that finish within the time limit and prizes for the best team costumes. For more information about this event check out our Facebook events page at facebook.com/UCSDrec

MEET THE BEACH

Saturday, September 30, 2017
11:00am – 4:00pm

1. GET YOUR WRISTBAND

Pick-Up: September 28-29 (Thu/Fri) from 10am–4pm at RIMAC & Main Gym.

2. RIDE THE SHUTTLE

Shuttle Pick-Up: Sun God Lawn
Shuttles start beach drop-off @ 11:00am
Last shuttle back to campus @ 5:00pm

3. COUNT ON A FUN DAY in the sun, sand & surf featuring FREE...

- Lunch
- Beach Towels
- Surf Lessons
- Kayaking
- Muscle Beach
- Photobooth
- Beach Games
- Tide pool tours
- Chair Massage
- Surfing Dogs
- Zumba
- Yoga

*Must have wristband to enjoy sponsored activities & giveaways!

More details at Facebook.com/UCSDrec

INCOMING FRESHMEN, TRANSFER & GRAD STUDENTS
JOIN US AT THE TENTH ANNUAL
Beginning in Fall 2017, UC San Diego Recreation is offering reduced pricing on all Rec Memberships! Simply sign up for auto-pay through your credit card of choice or UCSD employee payroll deduction. UCSD employees choosing payroll deduction will have the membership fee deducted from their paycheck either monthly or biweekly (1/2 the monthly membership fee per paycheck) depending on their pay period.

Belong to a Vice Chancellors Area? Get a membership for half the price, and you can make payments easily by enrolling in our payroll deduction program. VC Area’s include Resource Management & Planning, Academics, Student Affairs, CFO, and the Chancellors Office. For more information visit the RIMAC Sales Desk to see if you qualify for the VC Area discount.

REMEMBER MEMBERSHIP
Currently enrolled UCSD undergraduate and graduate students are automatically eligible to use all our recreation facilities by presenting their student ID. All others, including university extension students, need to purchase a membership, guest pass, or multi-visit pass. Please note that first time members must complete the membership process in person, after which renewals may be made online.

Memberships may be purchased or renewed in-person at the following recreation locations: RIMAC – on the northwest side of campus close to the Rady’s School of Business, Main Gym – on the south–west side of campus by Muir college, and Canyonview – on the east side of campus by the Jacobs School of Engineering.

Our memberships include: • Access to all public facilities during hours of operation, the use of locker rooms, pools, sauna, jacuzzis, weight rooms, cardio machines, and indoor/outdoor courts • Discounts on Fit–Yoga Pass and Rec classes • Discounts on Outback Adventures and Mission Bay Aquatic Center rentals and trips • Non-students gain eligibility to play intramural sports.

For a complete list of prices, visit our website at recreation.ucsd.edu

REMEMBER MEMBERSHIP: AUTO-PAY PRICING

<table>
<thead>
<tr>
<th></th>
<th>Auto Pay (monthly)</th>
<th>Annual Savings</th>
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</thead>
<tbody>
<tr>
<td>Community Member</td>
<td>$42</td>
<td>36</td>
</tr>
<tr>
<td>Faculty/Staff/Alumni/Senior</td>
<td>$36</td>
<td>48</td>
</tr>
<tr>
<td>University Extension Students</td>
<td>$35</td>
<td>NA</td>
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REMEMBER MEMBERSHIP: STANDARD PRICING

<table>
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<tr>
<th></th>
<th>Day</th>
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<th>6 weeks</th>
<th>Quarter</th>
<th>Year</th>
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<tbody>
<tr>
<td>Community Member</td>
<td>$10</td>
<td>$55</td>
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<td>$135</td>
<td>$540</td>
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<tr>
<td>Faculty/Staff/Alumni/Senior</td>
<td>$10</td>
<td>$55</td>
<td>NA</td>
<td>$120</td>
<td>$480</td>
</tr>
<tr>
<td>University Extension Students</td>
<td>$10</td>
<td>$55</td>
<td>NA</td>
<td>$105</td>
<td>$420</td>
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<tr>
<td>Student (summer only)</td>
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<td>$35</td>
<td>$50</td>
<td>$100</td>
<td>NA</td>
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</tbody>
</table>

For more information please email recreation@ucsd.edu or call (858) 534-3557. Please visit recreation.ucsd.edu for membership renewals, and complete information regarding waivers, liability, guidelines for use and personal conduct, and special needs access.

Rec Mem Passes

Buy a flex pass and save with every visit purchased! Grants access to all Recreation facilities!
No expiration date!
Standard: $7/visit (5 visit minimum)
Student (summer only): $2/visit (5 visit minimum)
Passes are non-refundable.
Pass holders do not gain eligibility for member pricing on other products or services.

For a complete list of passes, visit our website at recreation.ucsd.edu

Fit–Yoga Pass
Take UNLIMITED classes all quarter! Choose from over 70 classes each week for a NEW low price!
• Not valid for special events, workshops or Studio/Small Group Training.
• Passes are non-refundable.
• Instructor reserves the right to suggest the appropriate level of class.
• First come first served.

Valid 10/7-12/8 $65/125/150

Climbing Center Pass
FREE FOR YOUR FIRST TIME!
Free day pass and rental gear for current UC San Diego students who haven’t tried the OCC yet. Stop by during any open hours to give it a try. All levels are welcome! We are located at the Canyonview Aquatics Facility, just inside the double doors.

Students Members Non-Members
Day Pass $5 $6 $7
10 Day Pass $45 $50 $55
Quarter Pass $50 $55 $60

Climbing shoe rentals are also available.

Masters Sports Pass
FREE FOR YOUR FIRST WEEK!
Each quarter, the UCSD Masters Sports program offers free workouts during the first week, to introduce our program to prospective participants. Our goal is to provide quality, professionally coached workouts for every ability level of swimmer, runner or triathlete. If you think Master’s is only for athletes in shape...c’mon in and see that it’s also for everyone trying to get in shape too!

Check out our full schedule and pricing list online at recreation.ucsd.edu

For a complete list of prices, visit our website at recreation.ucsd.edu
# FIT-YOGA PASS SCHEDULE

### FALL 2017

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00–7:55am</td>
<td>Cardio Music Camp</td>
<td>RIMAC Weight Room</td>
</tr>
<tr>
<td>7:30–8:25am</td>
<td>Cycle Fit</td>
<td>RIMAC Wellness Studio</td>
</tr>
<tr>
<td>8:00–8:55am</td>
<td>Cardio Sculpt</td>
<td>RIMAC Activity Room 3</td>
</tr>
<tr>
<td>8:30–9:25am</td>
<td>INTRO TO PILATES</td>
<td>RIMAC Wellness Studio</td>
</tr>
<tr>
<td>9:00–9:55am</td>
<td>Belt Cafe</td>
<td>RIMAC Activity Room 3</td>
</tr>
<tr>
<td>9:30–10:25am</td>
<td>Cardioblast</td>
<td>RIMAC Activity Room 3</td>
</tr>
<tr>
<td>10:00–10:55am</td>
<td>Belt Cafe</td>
<td>RIMAC Wellness Studio</td>
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<tr>
<td>10:30–11:25am</td>
<td>Cardioblast</td>
<td>RIMAC Activity Room 3</td>
</tr>
<tr>
<td>11:00–11:55am</td>
<td>INTRO TO PILATES</td>
<td>RIMAC Wellness Studio</td>
</tr>
</tbody>
</table>

### Location Key:
- RIMAC Conference Room
- OPC: Outdoors – Price Center
- RA1: Main Gym Fitness Room
- RA3: RIMAC Activity Room 3
- RCR: RIMAC Activity Room 2
- SW: Spanos West
- WS: RIMAC Wellness Studio
- WC: RIMAC Wellness Classroom

---

**Fit-Yoga Pass**

- Take unlimited classes all quarter! Choose from over 70 classes each week for a NEW low price!
- Not valid for special events, workshops or Strength & Small Group Training.
- Passes are non-refundable.
- Instructor reserves the right to suggest the appropriate level of class.
- First come first served.

**10-Time Fitness-Yoga Pass**

- A 10-time use pass for Fitness and Yoga classes.

---

**Class descriptions can be found on our website at recreation.ucsd.edu**
Informal Recreation is fitness and fun on your own time. As a current UC San Diego student you can play basketball, badminton, volleyball, racquetball, squash, tennis, table tennis, lift weights, use the cardio machines or swim—all for free!

**RIMAC PIT SCHEDULE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>5:30am</td>
<td>Open Rec</td>
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<td>6-7am</td>
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<td>7-8am</td>
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<td>8-9am</td>
<td>Open Rec</td>
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<td>9-10am</td>
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<td>10-11am</td>
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<td>11am-12pm</td>
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<td>3-4pm</td>
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<td>5-6pm</td>
<td>FitLife</td>
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<td>6-7pm</td>
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<td>7-8pm</td>
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<td>8-9pm</td>
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<td>9-10pm</td>
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<td>10-11pm</td>
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<td>11pm-12am</td>
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**EQUIPMENT INFORMATION**

- **Men’s/Women’s Locker Room Rental:**
  - Full Size Locker: $20 per quarter
  - Cubicle Lockers: $3 per quarter

- **RIMAC Equipment Rentals:** (858) 534-3486
  - Information on locker rental, items for sale, or reserve a racquetball, squash or tennis court.

- **Main Gym Equipment Rentals:** (858) 822-4815
  - Information on locker rental, check out equipment and purchase convenience items.

- **Canyonview Aquatic Center:** (858) 534-5375
  - There are only day use lockers available at the Canyonview Aquatic Complex. Please bring your own lock. Locks left on lockers will be cut off and items will be cleared at the end of the business day.

---

**FitLife**

Time Monday Tuesday Wednesday Thursday Friday Saturday Sunday

6–7am Open Rec Open Rec Open Rec Open Rec Open Rec Open Rec

9–10am Open Rec Open Rec Open Rec Open Rec Open Rec Open Rec

11am–12pm Open Rec Open Rec Open Rec Open Rec Open Rec Open Rec

1–2pm Open Rec Open Rec Open Rec Open Rec Open Rec Open Rec

2–3pm Open Rec Open Rec Open Rec Open Rec Open Rec Open Rec

3–4pm Open Rec Open Rec Open Rec Open Rec Open Rec Open Rec

4–5pm Open Rec Open Rec Open Rec Open Rec Open Rec Open Rec

5–6pm FitLife Open Rec Open Rec Open Rec Open Rec Open Rec Open Rec

6–7pm Open Rec Open Rec Open Rec Open Rec Open Rec Open Rec

7–8pm Open Rec Open Rec Open Rec Open Rec Open Rec Open Rec

8–9pm Open Rec Open Rec Open Rec Open Rec Open Rec Open Rec

9–10pm Open Rec Open Rec Open Rec Open Rec Open Rec Open Rec

10–11pm Open Rec Open Rec Open Rec Open Rec Open Rec Open Rec

11pm–12am Open Rec Open Rec Open Rec Open Rec Open Rec Open Rec

12–1am Open Rec Open Rec Open Rec Open Rec Open Rec Open Rec

**Swim Incentive Program**

Swim to Santa Barbara with Recreation—all swimming is done in Canyonview pool. Track your progress on a chart at the pool. Swim 200 miles and receive a recognition T-shirt.
FITLIFE OCCUPATIONAL

WorkStrong is a University of California system-wide program developed with the expertise and collaborative support of Workers’ Compensation, Occupational Health Providers and Campus Recreation Fitness Professionals. The 12-week program is free for employees who have sustained a work-related injury. WorkStrong offers several unique health and well-being benefits including:

- Stretching and Mobility
- Post Rehabilitation Training
- Stress Reduction
- Nutritional Services
- Massage Therapy

Our team has extensive knowledge in injury prevention and will work within your doctor and physical therapist’s guidelines. Scheduling is very flexible and our team can accommodate most schedules.

Get Healthy, WorkStrong

For more information, contact Jonna Haupu at jhaupu@ucsd.edu or (858) 822-7818.

FITLIFE MOBILE

Work Out in Your Office, We Come to You!

Nutrition

Basic $85/120/155
Custom $180/240/325
Interactive workshop
Additional $5/personal surcharge for cooking demos

Great for retreats, special events and office morale
Contact Tiffany Caddell at tcaddell@ucsd.edu for more information today!

Wellness Services

Fitness

Yoga | Pilates | Qigong | Core | Zumba | Bootcamp | Injury Prevention
Weekly Class $55/55/65
Session/Workshop $75/90/105

Massage

Chair Massage $75/90/105 *per hour
Relaxation Massage Workshop $110/135/155

Workshop

Relaxation Massage
Chair Massage $75/90/105 *per hour

Session/Workshop $75/90/105

Weekly Class $55/55/65

Additional $5/personal surcharge for cooking demos

Great for retreats, special events and office morale
Contact Tiffany Caddell at tcaddell@ucsd.edu for more information today!

FALL WORKSHOPS

1 DAY WORKSHOPS

Cooking – Tamale Workshop
Monday, Oct 23
5–7pm $25
Learn the art of tamale making. In this workshop, you will be introduced to banana leaf tamales, two other types of tamales in the husks and the accompanying fillings and toppings. A must for the tamale lover! Lots of sampling. Yum!

Cooking – Mexican Food on a Budget
Monday, Nov 13
5–7pm $25
Easy to make, budget friendly, real Mexican food like your mom would make!

Yoga – Yoga Meditation and the Brain with Michele Herbert
Saturday, Nov 18
12-3pm $25/35/45
In this workshop you will learn practice meditation from the Vedic or Yoga tradition, a classical focus on the breath and mantra, with the breath as the chariot we ride into our innermost center of being. The goal is to establish a daily practice that connects you with Spirit and Self that provides greater awareness, consciousness and joy into your daily life experience. We will cover, history of yoga meditation, brain science and meditation, mantras and malas, chanting and pranayama and asanas to prepare for meditation.

Please bring your mala beads to the session. Michele will guide you on how best to practice with them. All levels of ability (beginners to advanced practitioners of meditation) welcome - For Yoga Teachers, Yoga Practitioners and Meditators looking to deepen their spiritual practice.

MULTI DAY WORKSHOPS

Guitar – Beginning
M/W, 10/9–12/4
3–4pm $64/79
Develop the skills to learn your favorite songs and compose your own material built on a solid base of fundamentals.

Drawing – Beginning
Tuesday, 10/10–11/28
4:30–6pm $45/60
Introduction to form, seeing shape as opposed to symbol, shading, and technique: all while working from still life and campus views (weather permitting).

Individual skill level is respected. Optional use of color and even basic engraving is offered as class progresses, to help get a visual grip on your progress!

Sewing – Learn to Sew Sec #1
M/W, 10/9–10/25
5–7pm $45/60
This course covers the basic sewing skills needed for machine stitching including: how to use a machine, following a pattern, creating seams, altering and hemming, all while working on fun projects.

Sewing – Learn to Sew Sec #2
M/W, 10/30–11/15
5–7pm $45/60
This course covers the basic sewing skills needed for machine stitching including: how to use a machine, following a pattern, creating seams, altering and hemming, all while working on fun projects.

Yoga – Thai Yoga Massage with Jane Harb
Saturday, Oct 14
12–3pm $25/35/45
This is a partnered hands-on workshop that will leave you feeling refreshed, blissful and calm. This is also an opportunity for yoga teachers to learn some hands-on adjustments. Thai body work dates back to the time of the Buddha and is a combination of massage, acupressure, assisted stretching and energy work. Please bring water to drink, a yoga mat and a blanket. Note: We will be working on the floor and participants should be free of limiting injuries, major illness and in good general health. Please join us!

Nelsen Yoga – Yoga Meditation and the Brain with Michele Herbert
Saturday, Nov 18
12-3pm $25/35/45
In this workshop you will learn and practice meditation from the Vedic or Yoga tradition, a classical focus on the breath and mantra, with the breath as the chariot we ride into our innermost center of being. The goal is to establish a daily practice that connects you with Spirit and Self that provides greater awareness, consciousness and joy into your daily life experience. We will cover, history of yoga meditation, brain science and meditation, mantras and malas, chanting and pranayama and asanas to prepare for meditation.

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FITLIFE MOBILE

Work Out in Your Office, We Come to You!

Nutrition

Basic $85/120/155
Custom $180/240/325
Interactive workshop
Additional $5/personal surcharge for cooking demos

Great for retreats, special events and office morale
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ADULT—PRIVATE LESSONS

Private Surf Instruction
Private and semi-private 1 hour lessons are available for beginning to advanced students. Lesson times arranged with an instructor, all ages.
1 participant – $42
Add $14 for each additional person.
For groups larger than 5, please call (858) 534-3772 To request a private lesson, email rclasses@ucsd.edu with your name and phone number.

Private Scuba Classes
The following courses can be taught on request: Advanced Diver, Rescue Diver, Enriched Air Nitrox and Divemaster
Email o2bndc@san.rr.com for more information.

Private Swim Lessons
Private ½ hour swim lessons for adults. Lessons concentrate on all levels of swimming from overcoming fear of the water to mechanics of competitive strokes.
$36 per lesson for one participant
$43/two participants $54/three participants
To request a private lesson, email swimsclasses@ucsd.edu with your name and phone number.

Private Tennis Lessons
Private and semi-private tennis lessons available through our qualified staff.
$45/hour for one participant
$65/hour for two participants
$80/hour for three participants
To request a private lesson, email rclasses@ucsd.edu with your name and phone number.

PRIVATE SESSIONS

YOUTH—PRIVATE LESSONS

Private Swim Lessons
Private ½ hour swim lessons for kids. Lessons concentrate on all levels of swimming from overcoming fear of the water to mechanics of competitive strokes.
$36 per lesson for one participant
$43/two participants $54/three participants
To request a private lesson, email swimsclasses@ucsd.edu with your name and phone number.

Duet Pilates
We now offers Duet Pilates training where clients can work out with a friend or family member while still receiving quality and professional instruction.

Pricing
$35/40/50 per person
Buy 10 Duet Pilates Sessions, Get One Free!
10 Duet Private Pilates Sessions $350/400/500 per person
To find out how to schedule an appointment or to review our scheduling policies go to recreation.ucsd.edu

Private Pilates
Pilates is an elegant way to train your body and mind. Enjoy a private session with one of our experienced trainers to address your personal needs. A session will include assessment, mat work and training on the Reformer.

Pricing
$50/60/72
Buy a package of 10 and get the 11th session FREE!

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Email o2bndc@san.rr.com for more information.
### SNOW EQUIPMENT

<table>
<thead>
<tr>
<th>Rental Item Description</th>
<th>One Day</th>
<th>Additional Day</th>
<th>Weekend</th>
<th>Week</th>
<th>Deposit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snowboard package</td>
<td>$24/26/30</td>
<td>$31/34/37</td>
<td>$53/60/67</td>
<td>$75/85/95</td>
<td></td>
</tr>
<tr>
<td>Snowboard only</td>
<td>$17/20/23</td>
<td>$20/23/26</td>
<td>$37/45/49</td>
<td>$50/60/65</td>
<td></td>
</tr>
<tr>
<td>Snowboard boots only</td>
<td>$12/14/16</td>
<td>$16/19/22</td>
<td>$28/34/41</td>
<td>$30/40/45</td>
<td></td>
</tr>
<tr>
<td>Helmets</td>
<td>$10/12/13</td>
<td>$15/18/21</td>
<td>$27/33/38</td>
<td>$30/40/45</td>
<td></td>
</tr>
<tr>
<td>Board Bag (for boards or ski up to 185 cm)</td>
<td>$5/7/9</td>
<td>$8/10/12</td>
<td>$13/15/18</td>
<td>$20/25/30</td>
<td></td>
</tr>
<tr>
<td>Snowboard/Ski (jacket or pants)</td>
<td>$11/13/15</td>
<td>$15/18/21</td>
<td>$27/33/38</td>
<td>$30/40/45</td>
<td></td>
</tr>
<tr>
<td>Snow Goggles</td>
<td>$10/12/13</td>
<td>$15/18/21</td>
<td>$27/33/38</td>
<td>$30/40/45</td>
<td></td>
</tr>
<tr>
<td>Snowboard (includes poles)</td>
<td>$10/12/14</td>
<td>$15/18/21</td>
<td>$27/33/38</td>
<td>$30/40/45</td>
<td></td>
</tr>
<tr>
<td>Snow saw</td>
<td>$5/7/9</td>
<td>$8/10/12</td>
<td>$13/15/18</td>
<td>$20/25/30</td>
<td></td>
</tr>
<tr>
<td>Snow shovel</td>
<td>$7/9/11</td>
<td>$10/13/16</td>
<td>$15/19/23</td>
<td>$25/35/45</td>
<td></td>
</tr>
<tr>
<td>Snow Goggles</td>
<td>$9/11/13</td>
<td>$13/16/19</td>
<td>$20/25/34</td>
<td>$30/40/45</td>
<td></td>
</tr>
</tbody>
</table>

### SNOW SERVICES

<table>
<thead>
<tr>
<th>Rental Item Description</th>
<th>One Day</th>
<th>Additional Day</th>
<th>Weekend</th>
<th>Week Deposit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Babysitting set</td>
<td>$7/10/13</td>
<td>$3.5/4.5</td>
<td>$11/14/17</td>
<td>$11/23/29</td>
</tr>
<tr>
<td>Babysitting set</td>
<td>$3/4/5</td>
<td>$3.5/4</td>
<td>$6/10/14</td>
<td>$10/15/20</td>
</tr>
<tr>
<td>Horseback Set</td>
<td>$3/4/5</td>
<td>$3.5/4</td>
<td>$6/10/14</td>
<td>$10/15/20</td>
</tr>
<tr>
<td>Softball Set (2 bats, 2 balls, 4 bases, 9 gloves)</td>
<td>$11/13/15</td>
<td>$15/18/21</td>
<td>$25/32/37</td>
<td>$250</td>
</tr>
<tr>
<td>Tug-a-war rope</td>
<td>$6/8/10</td>
<td>$3.5/5</td>
<td>$10/13/16</td>
<td>$15/21/27</td>
</tr>
<tr>
<td>Volleyball and net (no upright poles)</td>
<td>$7/10/13</td>
<td>$3.5/5</td>
<td>$11/14/17</td>
<td>$17/23/29</td>
</tr>
</tbody>
</table>

### WATERSPORTS EQUIPMENT

<table>
<thead>
<tr>
<th>Rental Item Description</th>
<th>One Day</th>
<th>Additional Day</th>
<th>Weekend</th>
<th>Week Deposit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wetsuit (full-4mm)</td>
<td>$13/15/18</td>
<td>$15/17/19</td>
<td>$20/23/26</td>
<td>$25/28/34</td>
</tr>
<tr>
<td>Wetsuit (full-3mm)</td>
<td>$10/13/16</td>
<td>$6/7/9</td>
<td>$16/20/23</td>
<td>$26/30/38</td>
</tr>
<tr>
<td>Wetsuit (spring-2mm)</td>
<td>$8/10/12</td>
<td>$6/7/9</td>
<td>$13/16/19</td>
<td>$20/25/34</td>
</tr>
<tr>
<td>Surfboard (7’-9”- Footboards only)</td>
<td>$3/5/7</td>
<td>$6/10/14</td>
<td>$15/20/24</td>
<td>$20/25/30</td>
</tr>
<tr>
<td>Rock Climbing Crash Pad</td>
<td>$12/14/16</td>
<td>$6/7/8</td>
<td>$16/20/24</td>
<td>$26/30/38</td>
</tr>
<tr>
<td>Rock Climbing Crash Pad</td>
<td>$5/7/9</td>
<td>$3/4/5</td>
<td>$7/11/15</td>
<td>$12/17/22</td>
</tr>
<tr>
<td>Park-Jacket (lightweight)</td>
<td>$5/7/9</td>
<td>$3/4/5</td>
<td>$7/11/15</td>
<td>$12/17/22</td>
</tr>
<tr>
<td>Park-Jacket (lightweight)</td>
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<td>Park-Jacket (lightweight)</td>
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<td>$3/4/5</td>
<td>$7/11/15</td>
<td>$12/17/22</td>
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### CAMPING/OUTDOOR EQUIPMENT

<table>
<thead>
<tr>
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<th>One Day</th>
<th>Additional Day</th>
<th>Weekend</th>
<th>Week Deposit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tarp/ground cloth</td>
<td>$2/5/8</td>
<td>$1/2/3</td>
<td>$3/7/11</td>
<td>$6/12/18</td>
</tr>
<tr>
<td>Tent (3–4 person, 4-season, 11 lbs. 9 oz.)</td>
<td>$20/22/24</td>
<td>$11/12/13</td>
<td>$30/33/36</td>
<td>$50/55/60</td>
</tr>
<tr>
<td>Tent (5–6 person, 14lbs. 14oz.)</td>
<td>$20/22/24</td>
<td>$11/12/13</td>
<td>$30/33/36</td>
<td>$50/55/60</td>
</tr>
<tr>
<td>Tent (3–4 person, 10lbs. 8oz.)</td>
<td>$16/18/20</td>
<td>$8/10/12</td>
<td>$24/28/32</td>
<td>$40/46/52</td>
</tr>
<tr>
<td>Tent (2 person, 5lbs. 6oz.)</td>
<td>$13/15/17</td>
<td>$7/8/9</td>
<td>$20/23/26</td>
<td>$32/38/44</td>
</tr>
<tr>
<td>Wetsuit (Full–3mm/2mm)</td>
<td>$9/11/13</td>
<td>$5/6/7</td>
<td>$16/20/24</td>
<td>$26/32/38</td>
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<tr>
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### SERVICES

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<thead>
<tr>
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<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inflatable boats, bicycle tires</td>
<td>FREE!</td>
</tr>
<tr>
<td>Laundry service : SYNTHETIC comforters</td>
<td>$10</td>
</tr>
<tr>
<td>Laundry service : DOWN comforters</td>
<td>$10</td>
</tr>
</tbody>
</table>

Outdoor Recreation resource books and maps

Free Checklist

Shop time (repairs by estimate)

Hot Spot Wax (clean and hot wax base)

Hot Spot Wax & Edge (clean base, edge and hot wax base)

Base Tune (clean base, P-tex repairs, belt grind base, tune edges, hot wax base)

F-Score only

Base Grit Only

Major service & Repair (refer to other shop for blown edges, large core shots, ski binding mount and other extensive service)

ASK

A complete list of rental items can be found on our website at recreation.ucsd.edu

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**For More Information:**

recreation.ucsd.edu

Fall Hours: Monday–Friday 12–6pm, Closed weekends & all campus holidays
NEW REGISTRATION SYSTEM FOR 2017-2018

Beginning in Fall 2017, UC San Diego Recreation migrates to a new registration software. UCSD students, staff and faculty will login using their single sign-on credentials. All community members will need to create new online profiles. See below for our quick reference guides to the new registration software.

HOW TO REGISTER

UCSD student/staff/faculty: Login using single sign-on
Community Members: Create a profile on the Recreation Online Store rec.ucsd.edu

Activate your profile – you’ll automatically be sent an email with a dedicated link to verify and activate your account
1. Add your dependents to your profile
2. Add your preferred credit card to your account
3. Register for your favorite programs and trips!

ADDING YOUR DEPENDENT(S) TO YOUR PROFILE

1. Login in to the Recreation Online Store rec.ucsd.edu
2. Click the dropdown under your user name
3. Click Profile
4. Click Add Dependent at the bottom of the page
5. Complete the required information

Your dependent(s) will now be tied to your profile and displayed as an available option when registering for the program(s) of your choosing.

ADDING A CREDIT CARD TO YOUR ACCOUNT

1. Login in to the Recreation Online Store rec.ucsd.edu
2. Click the dropdown under your user name
3. Click Profile
4. Click Save Payment Info from the options on your left
5. Click Save Card and complete the requested information

QUESTIONS? Call the RIMAC Sales Desk at (858) 534-3557 recreation.ucsd.edu // @UCSDREC

For Complete policies regarding registration, cancellation and general information, please visit RECREATION.UCSD.EDU/FAQS/
INSTRUCTOR TRAINING

Fitness Instructor Training Program
Learn how to teach group exercise and become a certified instructor! Program offered during Fall through Spring quarters only. For more information, please contact Alexia Cervantes at alexia@ucsd.edu

Yoga Teacher Training Program
Learn how to teach yoga in this Yoga Alliance Recognized program. New curriculum starting January 2018. For more information, please contact Alexia Cervantes at alexia@ucsd.edu

CPR, AED, & First Aid
Sat 10am–12pm
9/9
Marcos
CVC
$85

CPR, AED, & First Aid
Sat 10am–12pm
9/23
Marcos
CVC
$85

CPR, AED, & First Aid
Sun 10am–12pm
9/24
Rachelle
CVC
$85

CPR, AED, & First Aid
Sun 10am–12pm
10/15
Staff
CVC
$85

CPR, AED, & First Aid
Sat 12:30-2:30pm
10/21
Staff
CVC
$85

CPR, AED, & First Aid
Sat 10am–12pm
10/21
Staff
CVC
$85

Recertification Test for CPR, AED, & First Aid
Sat 10am–12pm
11/4
Staff
CVC
$45

Recertification Test for CPR, AED, & First Aid
Sun 12:30–2:30pm
10/21
Staff
CVC
$85

Recertification Test for CPR, AED, & First Aid
Sat 10am–12pm
10/21
Staff
CVC
$85

Recertification Test for CPR, AED, & First Aid
Sat 10am–12pm
11/4
Staff
CVC
$45

SCUBA

Basic Open Water Certification
Fees: $285
Additional Costs: Rental of scuba gear, book kits, and certification ($165) from dive store.

(A ALL MEETINGS REQUIRED):
Mandatory Swim Try-outs: Sat, Oct 7, 5pm Natorium You may attend swim try-outs even if you are not registered for the course.

Orientation: Tue, Oct 10, 5:30–9pm
Ocean Enterprises, 7710 Balboa Ave
Bring swimsuit to try on wetsuit

Classroom: Thu, Oct 19, 26 & Nov 2, 6–9pm
Canyonview Classroom

Pool: Sat, Oct 21, 28 & Nov 4, 4:30–10pm
Natorium

Ocean Dives: Sun, Oct 29, Nov 5 & Sat Nov 11, 7am–1pm
La Jolla Shores
For additional information: call (858) 534-3772 or email o2bindc@san.rr.com

Advanced Open Water Dive
Fees: $175

Schedule:
Mandatory Orientation: Wed, Nov 8, 6–9pm
Bring open water certification card, dive log, and calendar.

Ocean Enterprises, 7710 Balboa Ave

Pool: Sat, Nov 11, 4:30–9pm
Natorium

Ocean Dives:
Nov 12, 7am – Navigation Dive
Nov 18, 5pm – Boat/Wreck Dives
Nov 19, 8am – Deep Dive
Dec 2, 6pm – Night Dive
Dec 3, 7am – Make-ups
For additional information: call (858) 534-3772 or email o2bindc@san.rr.com

OUTBACK ADVENTURES

Earlybird: Register by October 17

<table>
<thead>
<tr>
<th>Class</th>
<th>Days &amp; Time</th>
<th>Earlybird/Regular Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Challenge Course Facilitator Training</td>
<td>Wed 9/20, Fri–Sun 9/22-24</td>
<td>Contact us for more information.</td>
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<table>
<thead>
<tr>
<th>Class</th>
<th>Days &amp; Time</th>
<th>Earlybird/Regular Price</th>
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<tbody>
<tr>
<td>Outdoor Leadership Certificate Info Session</td>
<td>Mon 10/2</td>
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<tr>
<td>Moonlight Kayak Mission Bay</td>
<td>Fri 10/6</td>
<td>$29/35</td>
</tr>
<tr>
<td>Moonlight Hike Cowles Mountain</td>
<td>Sat 10/7</td>
<td>$15/18</td>
</tr>
<tr>
<td>Moonlight Kayak Mission Bay</td>
<td>Sun 10/8</td>
<td>$29/35</td>
</tr>
<tr>
<td>Challenge Course Open House</td>
<td>Wed 10/11</td>
<td>Free</td>
</tr>
<tr>
<td>Snorkel La Jolla Cove</td>
<td>Sat 10/21</td>
<td>$29/35</td>
</tr>
<tr>
<td>Rock Climb Mission Gorge</td>
<td>Sun 10/22</td>
<td>$29/35</td>
</tr>
<tr>
<td>Anza Borrego Caves &amp; Hot Springs</td>
<td>Sat 10/28 - Sun 10/29</td>
<td>$75/90</td>
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<tr>
<td>Reel Rock Film Tour @ La Paloma Theatre</td>
<td>Sun 11/5</td>
<td>$10 presale/12 door</td>
</tr>
<tr>
<td>Moonlight Hike Cowles Mountain</td>
<td>Fri 11/3</td>
<td>$29/35</td>
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<tr>
<td>Moonlight Hike Cowles Mountain</td>
<td>Fri 11/3</td>
<td>$15/18</td>
</tr>
<tr>
<td>Reel Rock Film Tour @ SDNHM</td>
<td>Sat 11/4</td>
<td>$10 presale/12 door</td>
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<tr>
<td>Backpack Mount San Gorgonio</td>
<td>Fri 11/10–Sun 11/12</td>
<td>$95/120</td>
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<tr>
<td>Rock Climb Mission Gorge</td>
<td>Sun 11/19</td>
<td>$29/35</td>
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<tr>
<td>Anza Borrego Caves &amp; Hot Springs</td>
<td>Sat 11/18–Sun 11/19</td>
<td>$75/90</td>
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<tr>
<td>Surf Safari, Baja California</td>
<td>Thu 11/23-3Sun 11/26</td>
<td>$295/325</td>
</tr>
<tr>
<td>Black Canyon Canoe and Hot Springs</td>
<td>Thu 11/23-3Sun 11/26</td>
<td>$245/275</td>
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<tr>
<td>Baja on Horseback</td>
<td>Fri 11/24–Sun 11/26</td>
<td>$295/325</td>
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<td>$15/18</td>
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<tr>
<td>Moonlight Hike Cowles Mountain</td>
<td>Sat 11/2</td>
<td>$29/35</td>
</tr>
<tr>
<td>California National Parks Road Trip</td>
<td>Sat 3/24-Sat 3/31</td>
<td>$495/550</td>
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<tr>
<td>Catalina Island Service Adventure</td>
<td>Sun 3/25-Fri 3/30</td>
<td>$345/395</td>
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<tr>
<td>Black Canyon Kayak and Hot Springs (Spring Break)</td>
<td>Sun 3/25-Fri 3/30</td>
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GROUP ADVENTURES

Outback can plan, outfit and lead customized outings and team building events. We provide experienced and trained guides, flexible and action-packed trip schedules, all group equipment, great food and cooking equipment and transportation from Outback Adventures. Group adventures are open to anyone. For more information on the Group Adventure package or to book your group, contact Simon Teale, Outdoor Leadership Coordinator, at (858) 534-3534, email steale@ucsd.edu or visit recreation.ucsd.edu

OUTDOOR LEADERSHIP

OUTDOOR LEADERSHIP CERTIFICATION
For program details visit: recreation.ucsd.edu

Information Session – Monday, October 2, 6pm at the Outback Rental Shop

TRIPS

recreation.ucsd.edu
### After Summer Interim Class Schedule

#### Classes

<table>
<thead>
<tr>
<th>Class</th>
<th>Days &amp; Time</th>
<th>Date</th>
<th>Instructor</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Okinawan Karate-Beginning</td>
<td>M/W 6-7pm</td>
<td>9/6-10/4</td>
<td>Alfonso Gomez</td>
<td>MG</td>
<td>$24/34</td>
</tr>
<tr>
<td>Gymnastics-Adult Open Workout</td>
<td>M/W 6:30-8pm</td>
<td>9/6-10/4</td>
<td>Matt Kohls</td>
<td>MG</td>
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</tr>
<tr>
<td>Okinawan Karate-Advanced</td>
<td>M/W 7-8pm</td>
<td>9/6-10/4</td>
<td>Alfonso Gomez</td>
<td>MG</td>
<td>$24/34</td>
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<tr>
<td>Archery-Open Workout</td>
<td>T/Th 5:30-7pm</td>
<td>Sun 15am-12pm</td>
<td>Staff</td>
<td>SPD</td>
<td>$14</td>
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<tr>
<td>Aonagi</td>
<td>T/Th 6-7pm</td>
<td>9/5-10/5</td>
<td>Neville Billmoria</td>
<td>MG</td>
<td>$24/34</td>
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<tr>
<td>Kobudo-Beginning</td>
<td>Sat 11am–12pm</td>
<td>9/9-9/30</td>
<td>Alfonso Gomez</td>
<td>MG</td>
<td>$10/20</td>
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#### Aquatics

**Swim Conditioning**

<table>
<thead>
<tr>
<th>Class</th>
<th>Days &amp; Time</th>
<th>Date</th>
<th>Location</th>
<th>Price</th>
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<tbody>
<tr>
<td>Swim Conditioning (1/week)*</td>
<td>Fri 8:30-9:30am</td>
<td>10/13-12/8</td>
<td>Nat</td>
<td>$25/35</td>
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<tr>
<td>Swim Conditioning (1/week)</td>
<td>Sat 7:45-8:45am</td>
<td>10/7-12/2</td>
<td>Nat</td>
<td>$29/39</td>
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<tr>
<td>Swim Conditioning (2/week)</td>
<td>M/W 8:30-9:30am</td>
<td>10/9-12/4</td>
<td>Nat</td>
<td>$56/71</td>
</tr>
<tr>
<td>Swim Conditioning (2/week)</td>
<td>T/Th 9-10am</td>
<td>10/10-12/5</td>
<td>Nat</td>
<td>$56/71</td>
</tr>
<tr>
<td>Swim Lessons-Adult Level 1</td>
<td>T/Th 2:45-3:45pm</td>
<td>10/10-12/5</td>
<td>CVP</td>
<td>$56/71</td>
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<tr>
<td>Swim Lessons-Adult Level 1+</td>
<td>T/Th 5-6pm</td>
<td>10/10-12/5</td>
<td>Nat</td>
<td>$56/71</td>
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**Swim Lessons**

<table>
<thead>
<tr>
<th>Class</th>
<th>Days &amp; Time</th>
<th>Date</th>
<th>Location</th>
<th>Price</th>
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<tbody>
<tr>
<td>Adult Water Adjustment</td>
<td>Sat 1-1:50pm</td>
<td>10/7-12/2</td>
<td>Nat</td>
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<tr>
<td>Adult Water Adjustment</td>
<td>Sun 12-12:50pm</td>
<td>10/8-12/3</td>
<td>Nat</td>
<td>$54/69</td>
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<tr>
<td>Adult Water Adjustment</td>
<td>Sun 1-1:50pm</td>
<td>10/8-12/3</td>
<td>Nat</td>
<td>$54/69</td>
</tr>
<tr>
<td>Swim Lessons-Adult Level 1</td>
<td>Sat 1-1:50pm</td>
<td>10/7-12/2</td>
<td>Nat</td>
<td>$54/69</td>
</tr>
<tr>
<td>Swim Lessons-Adult Level 1+</td>
<td>Sun 1-1:50pm</td>
<td>10/8-12/3</td>
<td>Nat</td>
<td>$54/69</td>
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<tr>
<td>Swim Lessons-Adult Level 1+</td>
<td>Wed 3-3:30pm</td>
<td>10/11-12/6</td>
<td>Nat</td>
<td>Free  +</td>
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<tr>
<td>Swim Lessons-Adult Level 1+</td>
<td>Wed 3:30-4pm</td>
<td>10/11-12/6</td>
<td>Nat</td>
<td>Free  +</td>
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<tr>
<td>Swim Lessons-Adult Level 2</td>
<td>Sat 1-1:50pm</td>
<td>10/7-12/2</td>
<td>Nat</td>
<td>$54/69</td>
</tr>
<tr>
<td>Swim Lessons-Adult Level 2</td>
<td>Sun 12-12:50pm</td>
<td>10/8-12/3</td>
<td>Nat</td>
<td>$54/69</td>
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<tr>
<td>Swim Lessons-Adult Level 3</td>
<td>Sun 1-1:50pm</td>
<td>10/8-12/3</td>
<td>Nat</td>
<td>$54/69</td>
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<tr>
<td>Swim Lessons-Adult Level 3</td>
<td>Sun 12-12:50pm</td>
<td>10/8-12/3</td>
<td>Nat</td>
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<tr>
<td>Swim Lessons-Adult Level 4</td>
<td>Sat 1-1:50pm</td>
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<td>Swim Lessons-Adult Level 4</td>
<td>Sun 12-12:50pm</td>
<td>10/8-12/3</td>
<td>Nat</td>
<td>$54/69</td>
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</table>

### Aerial Silks Acrobatics

**Aeriel Silks classes are held in the West Balcony at Main Gym**

<table>
<thead>
<tr>
<th>Class</th>
<th>Days &amp; Time</th>
<th>Date</th>
<th>Instructor</th>
<th>Location</th>
<th>Price</th>
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<tbody>
<tr>
<td>Aerial Silks-Level 1</td>
<td>Mon 11:15am-12:15pm</td>
<td>10/9-11/27</td>
<td>Jesse</td>
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<tr>
<td>Aerial Silks-Level 1</td>
<td>Mon 12:15–1:15pm</td>
<td>10/9-11/27</td>
<td>Jesse</td>
<td>MG</td>
<td>$35/45</td>
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<tr>
<td>Aerial Silks-Level 1</td>
<td>Tue 9:15-10:15am</td>
<td>10/10-11/28</td>
<td>Jesse</td>
<td>MG</td>
<td>$35/45</td>
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<tr>
<td>Aerial Silks-Level 1</td>
<td>Tue 10:15–11:15am</td>
<td>10/10-11/28</td>
<td>Jesse</td>
<td>MG</td>
<td>$35/45</td>
</tr>
<tr>
<td>Aerial Silks-Level 1</td>
<td>Tue 12:15-1:15pm</td>
<td>10/10-11/28</td>
<td>Jesse</td>
<td>MG</td>
<td>$35/45</td>
</tr>
<tr>
<td>Aerial Silks-Level 1</td>
<td>Tue 1:15–2:15pm</td>
<td>10/10-11/28</td>
<td>Hector</td>
<td>MG</td>
<td>$35/45</td>
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<tr>
<td>Aerial Silks-Level 1</td>
<td>Wed 11:15am-12:15pm</td>
<td>10/11-12/6</td>
<td>Summer</td>
<td>MG</td>
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<tr>
<td>Aerial Silks-Level 1</td>
<td>Wed 12:15-1:15pm</td>
<td>10/11-12/6</td>
<td>Summer</td>
<td>MG</td>
<td>$35/45</td>
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<tr>
<td>Aerial Silks-Level 1</td>
<td>Thu 1:15–2:15pm</td>
<td>10/12-12/7</td>
<td>Hector</td>
<td>MG</td>
<td>$35/45</td>
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<tr>
<td>Aerial Silks-Level 1</td>
<td>Thu 2:15–3:15pm</td>
<td>10/12-12/7</td>
<td>Hector</td>
<td>MG</td>
<td>$35/45</td>
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<tr>
<td>Aerial Silks-Level 1</td>
<td>Sat 11:15am–12:15pm</td>
<td>10/12-12/2</td>
<td>Cara</td>
<td>MG</td>
<td>$35/45</td>
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<tr>
<td>Aerial Silks-Level 1.5</td>
<td>Wed 1:15–2:15pm</td>
<td>10/11-12/6</td>
<td>Summer</td>
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<tr>
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<td>10/11-12/6</td>
<td>Cara</td>
<td>MG</td>
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<tr>
<td>Aerial Silks-Level 1.5</td>
<td>Tue 2:15–3:15pm</td>
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<td>MG</td>
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<td>Aerial Silks-Level 1.5</td>
<td>Thu 4:15–5:15pm</td>
<td>10/12-12/7</td>
<td>Lydia</td>
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<td>Mon 10:15–11:15am</td>
<td>10/9-11/27</td>
<td>Jesse</td>
<td>MG</td>
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<tr>
<td>Aerial Silks-Level 2</td>
<td>Mon 11:15am-12:15pm</td>
<td>10/9-11/27</td>
<td>Jesse</td>
<td>MG</td>
<td>$35/45</td>
</tr>
<tr>
<td>Aerial Silks-Level 2</td>
<td>Mon 12:15–1:15pm</td>
<td>10/9-11/27</td>
<td>Jesse</td>
<td>MG</td>
<td>$35/45</td>
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<tr>
<td>Aerial Silks-Level 2</td>
<td>Fri 12:15–1:15pm</td>
<td>10/13-12/8</td>
<td>Cara</td>
<td>MG</td>
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<td>Aerial Silks-Level 3</td>
<td>Tue 11:15am–12:15pm</td>
<td>10/10-11/28</td>
<td>Jesse</td>
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<td>10/12-12/7</td>
<td>Lydia</td>
<td>MG</td>
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<tr>
<td>Aerial Silks-Level 4</td>
<td>Tue 8:15–9:45pm</td>
<td>10/10-11/28</td>
<td>Jesse</td>
<td>MG</td>
<td>$47/62</td>
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<tr>
<td>Aerial Silks-Bootcamp/Conditioning</td>
<td>Wed 9-10am</td>
<td>10/11-12/6</td>
<td>Hector</td>
<td>MG</td>
<td>$35/45</td>
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<tr>
<td>Aerial Silks-Bootcamp/Conditioning</td>
<td>Fri 9-10am</td>
<td>10/13-12/8</td>
<td>Hector</td>
<td>MG</td>
<td>$31/41</td>
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<tr>
<td>Aerial Silks-Silks Open Gym</td>
<td>Sat 12:15-1:45pm</td>
<td>10/7-12/2</td>
<td>Cara</td>
<td>MG</td>
<td>$35/45</td>
</tr>
</tbody>
</table>

**Locations Key:**

- CVC: Canyonview Classroom
- CVP: Canyonview Pool
- LC: Lutheran Church
- RA: RMAC Activity Rooms
- MG: Main Gym
- RCR: Rec Gym Conference Room
- RC: Rec Gym
- RR: RIMAC Racquetball Courts
- SPD: Sports Deck
- SW: Spanos West
- Tiki: Main Gym Tiki Room
- WS: RIMAC Wellness Studio

**Class Days & Time**

- Sept 5 – Oct 6

**AQUATICS**

- For UCSD Students Only
- **Repriced to reflect holiday cancellations**

**Locations**

- CVC: Canyonview Classroom
- CVP: Canyonview Pool
- LC: Lutheran Church
- RA: RMAC Activity Rooms
- MG: Main Gym
- RCR: Rec Gym Conference Room
- RC: Rec Gym
- RR: RIMAC Racquetball Courts
- SPD: Sports Deck
- SW: Spanos West
- Tiki: Main Gym Tiki Room
- WS: RIMAC Wellness Studio

**Registration Deadline:**

- Thursday, October 5 by 12am
### Dance

**Class**  | **Days & Time** | **Date** | **Instructor** | **Location** | **Price**
---|---|---|---|---|---
**Foundational**
- Ballet–Beginning (2/week) | T/Th 5–5:55pm | 10/10–12/5 | Vanetta Diamond | RCR | $72/92
- Ballet–Intermediate (1/week) | Sat 11am–12:30pm | 10/7–12/2 | Vanetta Diamond | RCR | $54/69
- Barre Workout | Tue 4–5pm | 10/10–11/28 | Natalie | RA | $36/46
- Barre Workout | Thu 8–9pm | 10/12–12/7 | Hector | RA | $36/46
- Barre Workout | Sat 11:30am–12:30pm | 10/7–12/2 | Olivia Koziel | RA | $36/46
- Contemporary Ballet | Sat 12:30–1:30pm | 10/7–12/2 | Olivia Koziel | RA | $36/46
- Jazz Dance–Beginning | Mon 7–7:55pm | 10/9–11/27 | Trixi Agiao | MG | $36/46
- Jazz Dance–Beginning | Sat 1:30–2:30pm | 10/7–12/2 | Olivia Koziel | MG | $36/46
- Tap Dance–Beginning | Mon 7–8pm | 10/9–11/27 | Robin Felver | RCR | $36/46
**Social**
- Argentine Tango–Fundamentals | Fri 6–7:30pm | 10/13–12/8 | Isabelle Kay | RA | $47/62
- Bachata Performance Class | Thu 8–9pm | 10/10–11/28 | Yolanda Vargas | RA | $36/46
- Ballroom–Beginning | Thu 6–7pm | 10/10–11/28 | Yolanda Vargas | RA | $36/46
- Ballroom–Couples Beginning | Tue 6–7pm | 10/10–11/28 | Yolanda Vargas | RA | $36/46
- Social Dance | Thu 7–8pm | 10/10–11/28 | Yolanda Vargas | RA | $36/46
- Club Dance–Freestyle | Wed 7–7:55pm | 10/11–12/6 | Prince Graham | MG | $36/46
- Irish Dance | Tue 4:30–5:30pm | 10/10–11/28 | Marinia McGowan | MG | $36/46
- Latin Dance–Beginning | Mon 8–9pm | 10/9–11/27 | Yolanda Vargas | RA | $36/46
- Swing Dance–Beginning | Tue 7–8pm | 10/10–11/28 | Yolanda Vargas | RA | $36/46
- Swing Dance–Intermediate | Tue 8–9pm | 10/10–11/28 | Yolanda Vargas | RA | $36/46
- Swing Dance, Lindy Hop & Charleston–Beginning | Wed 7–8:25pm | 10/11–12/6 | Joseph Bacanera | RCR | $54/69
- Swing Dance, Lindy Hop & Charleston–Intermediate | Thu 7–8:25pm | 10/12–12/7 | Joseph Bacanera | MG | $54/69

All social dance classes require a mixing and mingling of partners. (Exception: Beg. Couples Ballroom and Latin Dance) Please wear closed-toe shoes, with soft rubber soles.

---

### Fine Arts & DIY

**Class**  | **Days & Time** | **Date** | **Instructor** | **Location** | **Price**
---|---|---|---|---|---
- Cooking–Mexican Food on a Budget | Mon 5–7pm | 11/13 | Carmen Barnard Baca | LC | $25
- Cooking–Tamale Workshop | Mon 5–7pm | 10/23 | Carmen Barnard Baca | LC | $25
- Drawing–Beginning | Tue 4:30–6pm | 10/10–11/28 | Yolanda Vargas | Tiki | $45/60
- Guitar–Beginning | M/W 3–4 pm | 10/9–12/4 | Max Engelhardt | RA | $64/79
- Sewing–Learn to Sew | M/W 5–7pm | 10/9–10/25 | Marie Perroud | Tiki | $45/60
- Sewing–Learn to Sew | M/W 5–7pm | 10/30–11/15 | Marie Perroud | Tiki | $45/60

### Gymnastics

**Class**  | **Days & Time** | **Date** | **Instructor** | **Location** | **Price**
---|---|---|---|---|---
- Gymnastics–Beginning | Mon 6–7:30pm | 10/9–11/27 | MG | $69/89
- Gymnastics–Beginning | Tue 5:30–7pm | 10/10–11/28 | MG | $69/89
- Gymnastics–Intermediate | Tue 7–8:30pm | 10/10–11/28 | MG | $69/89
- Gymnastics–Intermediate | Thu 6–7:30pm | 10/12–12/7 | MG | $69/89
- Gymnastics–Bootcamp Workout | Wed 8–8:55am | 10/11–12/6 | MG | $38/48
- Gymnastics–Bootcamp Workout | Wed 5–5:55pm | 10/12–12/7 | MG | $38/48
- Gymnastics–Bootcamp Workout | Thu 5–5:55pm | 10/12–12/7 | MG | $38/48
- Gymnastics–Bootcamp Workout* | Fri 8–8:55am | 10/13–12/8 | MG | $35/45
- Gymnastics–Adult Open Workout | Mon 7:30–9pm | 10/9–11/27 | MG | $38/48
- Gymnastics–Adult Open Workout | Wed 7:30–9pm | 10/11–12/6 | MG | $38/48
- Gymnastics–Martial Arts Trickling | Thu 7:30–9pm | 10/12–12/7 | MG | $69/89
- Gymnastics–Men’s Events/Strength | Wed 6–7:30pm | 10/11–12/6 | MG | $69/89
- Training for Parkour | Fri 2–3pm | 10/13–12/8 | MG | $35/45
- Training for Parkour | Fri 3–4pm | 10/13–12/8 | MG | $35/45

Late class registration or attendance is discouraged for activities that involve progressive skills.
### MARTIAL ARTS

- **Aikido** T/Th 3:30–5:30pm 10/10–12/5 Nick Noice MG $100/120
  - **Arnis/Escrima–Filipino Martial Arts** Thu 5:30–6:55pm 10/12–12/7 Patrick Marsch RA $45/60
  - **Brazilian Jiu Jitsu–Level 1** Mon 4–5:30pm 10/9–11/27 Dan Maryanov RA $45/60
  - **Brazilian Jiu Jitsu–Level 1** Wed 4–5:25pm 10/11–12/6 Dan Maryanov RA $45/60
  - **Brazilian Jiu Jitsu–Level 1** Fri 5:30–7pm 10/13–12/8 Dan Maryanov RA $39/49
  - **Brazilian Jiu Jitsu–Level 1** Sat 12:30–2pm 10/7–12/2 Dan Maryanov RA $45/60
  - **Brazilian Jiu Jitsu with Gi** Fri 4–5:30pm 10/13–12/8 Philip Palmejar RA $39/49
  - **Capoeira–Beginning** Wed 7–8:25pm 10/11–12/6 Paula Lima RA $45/60
  - **Capoeira–Intermediate** Wed 8:30–10pm 10/11–12/6 Paula Lima RA $45/60
  - **Green Willow (Aoinagi) Karate–Beginning** T/Th 6–7:55pm 10/10–12/5 Paul Schwartz MG $60/75
  - **Hapkido–Beginning** T/Th 7–8:30pm 10/10–12/5 Stephanie Siu RA $90/110
  - **Hapkido–Intermediate** Sun 3–4pm 10/8–12/3 David Lu RA $30/40
  - **Hapkido–Advanced** Sun 4–5pm 10/8–12/3 Steven Carter MG $30/40
  - **Iaido–Japanese Swordsmanship** Sat 10–11:30am 10/12–12/2 Kako Lee RG $40/55
  - **Jeet Kune Do** Fri 3:40pm 10/13–12/8 Philip Palmejar RCR $28/36
  - **Judo** Sat 10–11:30am Mon 5:30–6:45pm 10/12–12/2 Lynn Connolly RA $75/95
  - **Kendo–Beginning** Sat 12–1:30pm 10/12–12/2 John Yamamoto RG $45/60
  - **Kendo–Advanced** Sat 12–2pm 10/12–12/2 John Yamamoto RG $60/75
  - **Kobudo–Beginning** Sat 11am–12pm 10/12–12/2 Alfonso Gomez RG $30/40
  - **Okinawan Karate–Beginning** M/W 6–7:55pm 10/9–12/4 Alfonso Gomez MG $60/75
  - **Okinawan Karate–Advanced** M/W 7–7:55pm 10/9–12/4 Alfonso Gomez MG $60/75
  - **Okinawan Karate–Kumite** Fri 6–7:30pm 10/13–12/8 Alfonso Gomez RCR $39/49
  - **San Soo Kom Fu** Mon 7–8:30pm 10/9–12/7 Tony Buhri Dan Calimin SW $45/60
  - **Tai Chi** Wed 12–12/2 Matthew Tay RCR $30/40
  - **Tai Chi** Sun 1–2pm 10/8–12/3 Matthew Tay RCR $30/40
  - **Tae kwon do - Beginning** M/W 7–8:25pm 10/9–12/4 Mark Renshaw RA $90/110
  - **Tae kwon do - Competition Workout** Mon 8:30–9:15pm Wed 8–9:15pm Fri 7:30–9pm 10/9–12/6 Young Baik SW $72
  - **Tang Soo Do Karate–Beginning** Tue 5:30–6:55pm 10/10–12/8 Miguel Soto RA $45/60
  - **Tang Soo Do Karate–Continuing** Sat 8:30–9:55am 10/7–12/2 Miguel Soto RA $45/60
  - **Women’s Self Defense** Wed 5:30–7pm 10/11–12/6 Barbara Sedgwick Billmor RA $45/60
  - **Wushu Competition Workout** Sun 3–5pm 10/8–12/3 Matthew Tay RA $40
  - **Wushu** Sun 2–3pm 10/8–12/3 Matthew Tay RA $20
  - **Wushu** Tue 8:30–10:30pm 10/10–11/28 Matthew Tay RA $40
  - **Wushu** Thu 8:30–10:30pm 10/10–12/7 Matthew Tay RA $40

### PERSONAL WELLNESS PROGRAMS

- **Personal Wellness–Undergrad Student** Mon 2–3pm 10/2–11/20 WS Free
- **Personal Wellness–Undergrad Student** Tue 3:30–4:30pm 10/3–11/21 WS Free
- **Personal Wellness–Undergrad Student** Tue 4:30–5:30pm 10/3–11/21 WS Free
- **Personal Wellness–Undergrad Student** Wed 2–3pm 10/4–11/22 WS Free
- **Personal Wellness–Undergrad Student** Wed 4–5pm 10/4–11/22 WS Free
- **Personal Wellness–Undergrad Student** Wed 5–6pm 10/4–11/22 WS Free
- **Personal Wellness–Undergrad Student** Thu 3–4pm 10/5–11/30 WS Free
- **Personal Wellness–Undergrad Student** Thu 4–5pm 10/5–11/30 WS Free
- **Personal Wellness–Undergrad Student** Fri 11am–12pm 10/6–12/1 WS Free
- **Personal Wellness–Grad Student** Mon 4–5pm 10/2–11/20 WS Free
- **Personal Wellness–Grad Student** Thu 5–6pm 10/5–11/30 WS Free
- **Personal Wellness–Grad Student** Fri 1–2pm 10/6–12/1 WS Free
- **Personal Wellness–Grad Student** Fri 2–3pm 10/6–12/1 WS Free
- **Personal Wellness–Fitness Assessment** Mon 5–5:30pm 10/2 WS Free
- **Personal Wellness–Fitness Assessment** Mon 5:30–6:45pm 10/2 WS Free
- **Personal Wellness–Fitness Assessment** Mon 6–6:30pm 10/2 WS Free
- **Personal Wellness–Fitness Assessment** Mon 6:30–7pm 10/2 WS Free
- **Personal Wellness–Fitness Assessment** Wed 5–5:30pm 10/4 WS Free
- **Personal Wellness–Fitness Assessment** Wed 5:30–6pm 10/4 WS Free
- **Personal Wellness–Fitness Assessment** Wed 6–6:30pm 10/4 WS Free
- **Personal Wellness–Fitness Assessment** Wed 6:30–7pm 10/4 WS Free
- **Personal Wellness–Fitness Assessment** Mon 5–6pm 10/9–11/27 WS $55/72/90
- **Personal Wellness–Fitness Assessment** Wed 6–7pm 10/11–11/29 WS $55/72/90

### SURFING

- **Surfing Fundamentals** Mon 9:30–10:50am 10/9–11/27 Tiki $65/85
- **Surfing Fundamentals** Mon 11am–12:20pm 10/9–11/27 Tiki $65/85
- **Surfing Fundamentals** Sat 9–10:20am 10/7–12/2 Tiki $65/85
- **Surfing Fundamentals** Sun 9:30–10:50am 10/8–12/3 Tiki $65/85
- **Surfing Fundamentals** Sun 11am–12:20pm 10/8–12/3 Tiki $65/85
- **Surfing Fundamentals** Sun 12–1:20pm 10/7–12/2 Tiki $65/85
- **Surfing Fundamentals** Sat 1:30–2:50pm 10/7–12/2 Tiki $65/85
- **Surfing Fundamentals** Sun 9:30–10:50am 10/8–12/3 Tiki $65/85
- **Surfing Fundamentals** Sun 11am–12:20pm 10/8–12/3 Tiki $65/85
- **Surfing Fundamentals** Sun 2–3:20pm 10/8–12/3 Tiki $65/85
- **Surfing Fundamentals** Wed 9:30–10:50am 10/11–12/6 Tiki $65/85
- **Surfing Fundamentals** Wed 11am–12:20pm 10/11–12/6 Tiki $65/85
- **Surfing Fundamentals** Fri 10–11:20am 10/13–12/8 Tiki $57/72
- **Surfing Fundamentals** Fri 11:30am–12:50pm 10/13–12/8 Tiki $57/72
**STRENGTH & SMALL GROUP TRAINING**

*Purchase a Strength & Small Group Training Class and get the Fit Yoga Pass for 50% off!*

<table>
<thead>
<tr>
<th>Class Days &amp; Time</th>
<th>Date</th>
<th>Instructor</th>
<th>Location</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>Strength Training-Beach Body Fitness</td>
<td>M/W 8–8:55am</td>
<td>10/9–12/6</td>
<td>Laleh Yaghoubi Pit</td>
<td>$101/121/141</td>
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<tr>
<td>Strength Training-for Women</td>
<td>M/W 5–5:55pm</td>
<td>10/9–12/6</td>
<td>Staff</td>
<td>$95/114/133</td>
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<tr>
<td>Strength Training-Olympic Weightlifting</td>
<td>M/W 6:30–7:25pm</td>
<td>10/9–12/6</td>
<td>Jason Boyd</td>
<td>$95/114/133</td>
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<tr>
<td>Strength Training-for All (2/week)</td>
<td>M/W 7:30–8:25pm</td>
<td>10/9–12/6</td>
<td>Jason Boyd</td>
<td>$95/114/133</td>
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<tr>
<td>Strength Training-Total Body Circuit (1/week)</td>
<td>Tue 6–7:15pm</td>
<td>10/9–11/28</td>
<td>Ashley Franz WS</td>
<td>$38/46/53</td>
</tr>
<tr>
<td>Strength Training-Spartan Training GSX</td>
<td>T/T 7–8:25am</td>
<td>10/10–12/7</td>
<td>Luis De La Vega NC Track</td>
<td>$95/114/133</td>
</tr>
<tr>
<td>Strength Training-Beginning</td>
<td>T/T 9–9:55am</td>
<td>10/10–12/7</td>
<td>Tris Agiao</td>
<td>$95/114/133</td>
</tr>
<tr>
<td>Strength Training-for Women</td>
<td>T/T 12–12:55pm</td>
<td>10/10–12/7</td>
<td>Jordan Mojica</td>
<td>$95/114/133</td>
</tr>
<tr>
<td>Strength Training-Total Body Circuit (2/week)</td>
<td>T/T 5–10:55am</td>
<td>10/10–12/7</td>
<td>Jordan Mojica</td>
<td>$95/114/133</td>
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<tr>
<td>Strength Training-Men</td>
<td>T/T 5–5:55pm</td>
<td>10/10–12/7</td>
<td>Jordan Mojica</td>
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<tr>
<td>Strength Training-Powerlifting</td>
<td>T/T 7–8pm</td>
<td>10/10–12/7</td>
<td>Alex Bryce</td>
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<tr>
<td>Strength Training-Total Body Circuit (1/week)*</td>
<td>Thu 6–6:55pm</td>
<td>10/12–12/7</td>
<td>Tanner Howard WS</td>
<td>$45/54/63</td>
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<tr>
<td>Strength Training-Circuit Training for Women</td>
<td>Fri 12–12:55pm</td>
<td>10/13–12/8</td>
<td>Ivonne Avila WS</td>
<td>$40/48/56</td>
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<tr>
<td>Strength Training-for All (1/week)</td>
<td>Sat 10–10:55am</td>
<td>10/7–12/2</td>
<td>Jordan Mojica</td>
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<tr>
<td>Strength Training-Beginning Circuit &amp; HST</td>
<td>Sun 11am–12pm</td>
<td>10/8–12/3</td>
<td>Nick Marion</td>
<td>$45/54/63</td>
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**SPORTS**

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<thead>
<tr>
<th>Class Days &amp; Time</th>
<th>Date</th>
<th>Instructor</th>
<th>Location</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Badminton–Advanced</td>
<td>Tue 7–8pm</td>
<td>10/10–11/28</td>
<td>Ming Au-Yeung</td>
<td>$32/42</td>
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<tr>
<td>Badminton–Doubles Mix Tech</td>
<td>Tue 7–8pm</td>
<td>10/10–11/28</td>
<td>Ming Au-Yeung</td>
<td>$32/42</td>
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<tr>
<td>Boxing-Coed Beginning (1/week)</td>
<td>Wed 5–6:30pm</td>
<td>10/10–11/26</td>
<td>Peter Pallentino</td>
<td>$48/63</td>
</tr>
<tr>
<td>Boxing-Coed Beginning (1/week)</td>
<td>Wed 7–8:30pm</td>
<td>10/10–11/26</td>
<td>Peter Pallentino</td>
<td>$48/63</td>
</tr>
<tr>
<td>Boxing-Coed Beginning (2/week)</td>
<td>T/T 12–1pm</td>
<td>10/10–11/2</td>
<td>Oliver Bascos</td>
<td>$32/42</td>
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<tr>
<td>Boxing-Coed Beginning (2/week)</td>
<td>T/T 12–1:15pm</td>
<td>11/7–12/5</td>
<td>Oliver Bascos</td>
<td>$32/42</td>
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<tr>
<td>Boxing-Beyond Beginning</td>
<td>T/T 10–11am</td>
<td>10/10–11/2</td>
<td>Oliver Bascos</td>
<td>$32/42</td>
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<tr>
<td>Boxing-Beyond Beginning</td>
<td>T/T 11am–12 pm</td>
<td>10/10–11/2</td>
<td>Oliver Bascos</td>
<td>$32/42</td>
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<tr>
<td>Boxing-Women’s Beginning</td>
<td>T/T 11am–12pm</td>
<td>10/10–11/2</td>
<td>Oliver Bascos</td>
<td>$32/42</td>
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<tr>
<td>Boxing-Women’s Beginning</td>
<td>T/T 11am–12pm</td>
<td>10/10–11/2</td>
<td>Oliver Bascos</td>
<td>$32/42</td>
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<tr>
<td>Fencing-Level 1</td>
<td>Sat 2–3:15pm</td>
<td>10/10–12/7</td>
<td>Bill Snider</td>
<td>$34/44</td>
</tr>
<tr>
<td>Fencing-Level 1</td>
<td>Thu 6–7:15pm</td>
<td>10/10–12/7</td>
<td>Staff</td>
<td>$34/44</td>
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<tr>
<td>Fencing-Level 2</td>
<td>Sat 3:15–4:30pm</td>
<td>10/10–12/7</td>
<td>Bill Snider</td>
<td>$34/44</td>
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<tr>
<td>Fencing-Level 2</td>
<td>Tue 6–7:15pm</td>
<td>10/10–11/28</td>
<td>Bill Snider</td>
<td>$34/44</td>
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<tr>
<td>Fencing-Open Fencing</td>
<td>Tue 6–7:30pm</td>
<td>10/10–11/28</td>
<td>Bill Snider</td>
<td>$34/44</td>
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<tr>
<td>Fencing-Open Fencing</td>
<td>Thu 6–7:30pm</td>
<td>10/10–12/7</td>
<td>Staff</td>
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<tr>
<td>Golf</td>
<td>Sat 8–9am</td>
<td>10/7–12/2</td>
<td>Staff</td>
<td>Sombrero</td>
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<tr>
<td>Indoor Volleyball Workout</td>
<td>Wed 5–6pm</td>
<td>10/10–11/26</td>
<td>Beau Benko</td>
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<tr>
<td>Racquetball-Beginning</td>
<td>Thu 7:30–9pm</td>
<td>10/12–12/7</td>
<td>Shirley Hill</td>
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<tr>
<td>Racquetball-Beginning Workshop</td>
<td>Thu 6–7:30pm</td>
<td>10/5</td>
<td>Shirley Hill</td>
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<tr>
<td>Racquetball-Intermediate</td>
<td>Thu 6–7:30pm</td>
<td>10/12–12/7</td>
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<td>Racquetball Workout (1/week)</td>
<td>Mon 6–7:30pm</td>
<td>10/9–11/27</td>
<td>Shirley Hill</td>
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<tr>
<td>Racquetball Workout (2/week)</td>
<td>M/T 6–7:30pm</td>
<td>10/9–12/7</td>
<td>Shirley Hill</td>
<td>$72/92</td>
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<tr>
<td>Sand Volleyball–Beginning</td>
<td>M/W 5–6pm</td>
<td>10/9–11/1</td>
<td>Natalie Posdaljian</td>
<td>MUIR</td>
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<tr>
<td>Tennis-Beginning</td>
<td>M/W 8–9am</td>
<td>10/9–12/4</td>
<td>Kendra</td>
<td>MUIR</td>
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<tr>
<td>Tennis-Beginning</td>
<td>T/T 8–9am</td>
<td>10/10–12/5</td>
<td>Ryan</td>
<td>MUIR</td>
</tr>
<tr>
<td>Tennis-Beyond Beginning (1/week)</td>
<td>Sat 8–9:30am</td>
<td>10/7–12/2</td>
<td>Hannah</td>
<td>MUIR</td>
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<tr>
<td>Tennis-Beyond Beginning (2/week)</td>
<td>T/T 8–9pm</td>
<td>10/10–12/5</td>
<td>Tad</td>
<td>MUIR</td>
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<tr>
<td>Tennis-Beyond Beginning</td>
<td>M/W 5–6pm</td>
<td>10/9–12/4</td>
<td>Marcus</td>
<td>MUIR</td>
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<tr>
<td>Tennis-Beyond Beginning</td>
<td>T/T 9–10am</td>
<td>10/10–12/5</td>
<td>Ryan</td>
<td>MUIR</td>
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<tr>
<td>Tennis-Beginning</td>
<td>M/W 8–9am</td>
<td>10/9–12/4</td>
<td>Hannah</td>
<td>MUIR</td>
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<tr>
<td>Tennis-Beyond Beginning (1/week)</td>
<td>Sat 9:30–11am</td>
<td>10/7–12/2</td>
<td>Hannah</td>
<td>MUIR</td>
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<tr>
<td>Tennis-Coed Beginning (2/week)</td>
<td>M/W 6–7:30pm</td>
<td>10/9–12/4</td>
<td>Marcus</td>
<td>MUIR</td>
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<tr>
<td>Tennis-Coed Beginning (2/week)</td>
<td>T/T 6–7:15pm</td>
<td>10/10–12/5</td>
<td>Tad</td>
<td>MUIR</td>
</tr>
<tr>
<td>Tennis P.M. Workout (1/week)</td>
<td>Mon 5:30–7pm</td>
<td>10/9–11/27</td>
<td>Vivian</td>
<td>NC</td>
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<tr>
<td>Tennis P.M. Workout (1/week)</td>
<td>Wed 5:30–7pm</td>
<td>10/11–12/6</td>
<td>Vivian</td>
<td>NC</td>
</tr>
<tr>
<td>Tennis P.M. Workout (2/week)</td>
<td>T/T 5:30–7pm</td>
<td>10/10–12/5</td>
<td>Ryan</td>
<td>NC</td>
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<tr>
<td>Tennis-Sunday Morning Rec Tennis</td>
<td>Sun 9am–12pm</td>
<td>10/8–12/3</td>
<td>Marcus</td>
<td>MUIR</td>
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</table>
YOUTH PROGRAMS

NEW REGISTRATION SYSTEM FOR 2017-2018

Beginning in Fall 2017, UC San Diego Recreation migrates to a new registration software. UCSD students, staff and faculty will login using their single sign-on credentials. As part of this migration, all community members will need to create new online profile. See below for our quick reference guides to the new registration software. All parents must enroll their children, not themselves, into youth programs. To do so follow the instructions below on adding dependents.

HOW TO REGISTER

UCSD student/staff/faculty: login using single sign-on
Community Members: Create a profile on the Recreation Online Store rec.ucsd.edu
Activate your profile – you’ll automatically be sent an email with a dedicated link to verify and activate your account
1. Add your dependents to your profile
2. Add your preferred credit card to your account
3. Register for your favorite programs and trips!

ADDING YOUR DEPENDENT(S) TO YOUR PROFILE

1. Login in to the Recreation Online Store rec.ucsd.edu
2. Click the dropdown under your user name
3. Click Profile
4. Click Add Dependent at the bottom of the page
5. Complete the required information
Your dependent(s) will now be tied to your profile and display as an available option when registering for the program(s) of your choosing.

ADDING A CREDIT CARD TO YOUR ACCOUNT

1. Login in to the Recreation Online Store rec.ucsd.edu
2. Click the dropdown under your user name
3. Click Profile
4. Click Save Payment Info from the options on your left
5. Click Save Card and complete the requested information

QUESTIONS? Call the RIMAC Sales Desk at (858) 534-3557 recreation.ucsd.edu // @UCSDREC

AFTER SUMMER INTERIM CLASS SCHEDULE

<table>
<thead>
<tr>
<th>Class Days &amp; Time</th>
<th>Date</th>
<th>Instructor</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aoinagi Karate–Youth (Age 6+)</td>
<td>T/Th 5–6pm</td>
<td>9/5–10/5</td>
<td>Neville Billimoria</td>
<td>MG</td>
</tr>
<tr>
<td>Okinawan Karate–Youth Beginning (Age 6+)</td>
<td>Sat 8:30–10am</td>
<td>9/9–9/30</td>
<td>Alfonso Gomez</td>
<td>MG</td>
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YOUTH AQUATICS

<table>
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<tr>
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<th>Instructor</th>
<th>Location</th>
<th>Price</th>
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<tbody>
<tr>
<td>Swim Strokes Clinic–Youth Session I</td>
<td>Sat 1–1:45pm</td>
<td>10/7–10/28</td>
<td>CVP</td>
<td>$36/46</td>
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<tr>
<td>Swim Strokes Clinic–Youth Session II</td>
<td>Sat 1–1:45pm</td>
<td>11/4–12/2</td>
<td>CVP</td>
<td>$36/46</td>
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<td>Youth - Intro to Water Polo</td>
<td>Sat 2–2:50pm</td>
<td>10/7–12/2</td>
<td>Nat</td>
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<td>SATURDAY Registration Deadline: Thursday, October 5 by midnight</td>
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<tr>
<td>Swim Lessons–Youth Parent 'n Tot</td>
<td>Sat 9–9:25am</td>
<td>10/7–12/2</td>
<td>Nat</td>
<td>$40/50</td>
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<tr>
<td>Swim Lessons–Youth Parent ‘n Tot</td>
<td>Sat 10–10:25am</td>
<td>10/7–12/2</td>
<td>Nat</td>
<td>$40/50</td>
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<tr>
<td>Swim Lessons–Youth Tiny Tot 1</td>
<td>Sat 9:30–9:55am</td>
<td>10/7–12/2</td>
<td>Nat</td>
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LOCATION KEY:

CVC Canyonview Classroom
CVP Canyonview Pool
LC Lutheran Church
MG Main Gym
Muir Muir Tennis Courts
Nat Natatorium
NC North Campus Tennis Courts
RA RIMAC Activity Rooms
RCR Rec Gym Conference Room
RG Rec Gym
RR RIMAC Racquetball Courts
SPD Sports Deck
SW Spanos West
Tiki Main Gym Tiki Room
<table>
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**YOUTH PROGRAMS**

**Registration/Transfer Deadline:**

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**CLASS DAYS & TIMES**

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**YOUTH DANCE**

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<tr>
<td>Ballet–Youth Level 1 (Age 5-7)</td>
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<td>10/9-11/27</td>
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recreation.ucsd.edu // @UCSDREC
Our birthday parties are one to two hours in length and occur in the Gymnastics South Balcony, with a focus on gymnastics games and skills. No prior gymnastics experience required! The party cost for 4–10 children is $85/hour and includes two gymnastics instructors; 11–20 children is $125/hour and includes three gymnastics instructors. Potential time slots available are Sundays between 2–5pm. Contact Katie Shaw-Bullock at kshawbullock@ucsd.edu for more details or to set up a birthday party for your child!

YOUTH MARTIAL ARTS

<table>
<thead>
<tr>
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<tr>
<td>Karate–Youth Mini Karate Kids (Age 4-6)</td>
<td>Sat 9-9:45am</td>
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<td>Alfonso Gomez</td>
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<td>Sat 8:30-10am</td>
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YOUTH SPORTS

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<td>$38/48</td>
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Youth Swim Team

If your child is interested in swimming beyond level 6 or 7 check out our competitive swim team. The Swim San Diego program provides progressive development through a series of age group and ability/commitment levels. At each successive level more complex stroke technique drills and advance theory are introduced, and more practice time and endurance/dry-landwork is required.

For complete details email swimsandiegoucsd@gmail.com

KNOCK AROUND THANKSGIVING BREAK CAMP

Join us for this condensed version of Knock Around Camp! We’ll play camp games, do arts & crafts, jump around in the gymnastics facility, go swimming and have the usual Knock Around fun experience.

Monday–Wednesday Camp | 11/20–11/22 | $135
Monday Only | 11/20 | $45
Tuesday Only | 11/21 | $45
Wednesday Only | 11/22 | $45

T/Th 7–9pm CV 9/5–11/2 $50

Community Boys & Girls Water Polo

Open to players 18 & under looking to continue the development of their skills, conditioning and tactics. Opportunities available for tournament play. Contact Denny Harper at (858) 534-6037 for details.

T/Th 7-9pm CV 9/5-11/2 $50

Our birthday parties are one to two hours in length and occur in the Gymnastics South Balcony, with a focus on gymnastics games and skills. No prior gymnastics experience required! The party cost for 4–10 children is $85/hour and includes two gymnastics instructors; 11–20 children is $125/ hour and includes three gymnastics instructors. Potential time slots available are Sundays between 2–5pm. Contact Katie Shaw-Bullock at kshawbullock@ucsd.edu for more details or to set up a birthday party for your child!
INTRAMURAL SPORTS

FALL SPORTS Play UNLIMITED for only $7 per quarter! Registration starts Sept 28

3-on-3 Basketball
Men’s & Women’s Divisions (Unofficiated)
Teams in the program: 50-100
Players on a team: 3 for Men’s & Women’s
Days we play: Sunday afternoons & evenings
Men’s and Women’s Divisions (Unofficiated) Teams in the program: 50-60 Players on a team: 3 Men or 3 Women.

Dodgeball
Coed Divisions only
Teams in the program: 50
Players on a team: 6 (3 Men/3 Women)
Days we play: Sunday 8pm–midnight, Tuesday & Wednesday 8–10pm
Coed Divisions only this quarter. Teams in the program: 50 Players on a team: 6 (3 Men/3 Women).

Flag Football
Men’s, Women’s & Coed Divisions
Teams in the program: 80–90
Players on a team: 7 for Men’s & Women’s 6 for Coed (3 Men/3 Women)
Days we play: Friday & Monday nights, Saturday & Sunday all day.
Mens/Womens and Coed Divisions this quarter. Teams in the program: 50-60 Players on a team: 7 for Mens/Womens 6 (3 Men/3 Women) for Coed teams.

Indoor Soccer
Coed Divisions only
Teams in the program: 60
Players on a team: 6 (3 Men/3 Women)
Days we play: Monday & Thursday 8pm–midnight, Tuesday & Wednesday 10pm–12 mid, Saturday 11am–4pm, Sunday 11am–8pm
Coed Divisions this quarter. Teams in the program: 60 Players on a team: 6 (3 Men/3 Women players).
Swimming
For over 34 years, the UCSD Masters Swimming Program, under the watchful eyes of Masters Sports Director and Head Coach, Ron ‘Sickie’ Marcikic, has offered quality swim workouts to students, staff, faculty and the surrounding community. Utilizing two 50 meter pools at the Canyonview Aquatics Center, a coaching staff of 13 coaches, with workouts offered 7 days a week, we provide an affordable, fun and comprehensive lifetime fitness program for adult swimmers, who really love to swim! Fitness truly is a way of life for our swimmers.

Running
Masters Running offers a unique and professional approach to training for the adult runner. Anyone can run, but if you like to run and want to see some improvement or take on your first Triton 5K, this program is for you! Grab your shoes and come out to the North Campus Track for some fun…on the run!

Triathlon
This program has a multi-sport focus for the triathlete in each of us. You don’t have to be great at swimming, running and cycling, to participate. Our program will prepare you for this incredibly challenging sport. The program supports those interested in participating in their first, short triathlon as well as athletes with ambitions for going the “Ironman” distance. Open to all levels of ability.

FALL EVENT SCHEDULE
Masters Mini Triathlon (4-4-2) x 2 OCTOBER
Come and join us for a mini sprint triathlon right on campus. It consists of a 400 yard swim, 4 mile campus loop on the bike and a 2 mile run - then repeat!! It a great time and the best way to work on your transitions.

Sickie’s Birthday Swim NOVEMBER 21
This year we will be celebrating Sickie’s birthday by swimming 68 x 68 yards on 68 seconds!!!

Annual Toy Drive Nov 27 – Dec 15
Please drop off a new unwrapped toy at the pool to donate to kids less fortunate.

Festivus & Pancake Breakfast DECEMBER 2
7:30am-9:00am
An annual tradition to celebrate the holidays. A fun swim workout from 7:30 to 9:00 followed by pancakes grilled by the coaches.

Webby Claws Holiday Party DECEMBER 23
This party happens right after the swim workout. A gift exchange and potluck party - a fun time to share with good friends!
Are you looking to join a competitive team while attending UC San Diego? If so, look no further. Sport Clubs, a division of Campus Recreation, exist primarily to give interested students the opportunity to experience the commitment, challenge and enjoyment of a competitive extramural (competition against teams outside of UCSD) sports experience. These teams are initiated by students and reflective of their diverse sporting interests. Still not convinced? Well we’ve come up with a few reasons why Sports Clubs is an opportunity you shouldn’t pass up.

**TOP 10 REASONS TO JOIN A SPORTS CLUBS**

1. Meet new people and for lifelong friendships
2. Learn a new sport or skill
3. Acquire new leadership skills
4. Be a part of a community
5. Stay healthy and active
6. Get involved on campus
7. Compete against Universities from all over the country
8. Choose from a wide variety of sports
9. Play on nationally ranked teams
10. It's fun fun fun!

There's something for everyone!

To find out more about a specific Sports Club Team, contact team leadership at recreation.ucsd.edu

**Our Sports Clubs:**

Badminton  Baseball  Cricket  Cycling  Dance Team  Dancesport  Dragon Boat  Equestrian  Field Hockey  Roller Hockey  Ice Hockey  M & W Lacrosse  M & W Rugby  Sailing  Snow Ski & Snowboard  M & W Soccer  Surf Team  Swimming  Table Tennis  Tennis  Triathlon  M & W Ultimate Disc  M & W Volleyball  M & W Water Polo  Coming Soon… Gymnastics
The Mission Bay Aquatic Center is one of the largest collegiate instructional waterfront facilities in the country. Established in 1971, it was designed for students, faculty and staff of UC San Diego to enjoy instructional and recreational watersports opportunities. Our mission is to help you learn and enjoy activities on and around the beach, free from the academic pressures of campus. San Diego is a community with much of its activity centered around the water, so come down, enjoy the bay, and sign up for a class today!

Where We’re Located
1001 Santa Clara Place
San Diego, CA 92109

Facility Hours
September 1 – September 24
Tuesday-Sunday 8am–6pm
September 26 – November 17
Tuesday-Sunday 8am–5pm
Closed
Mondays
September 2–4
November 10

Schedule
A complete schedule of MBAC programs can be found at mbaquaticcenter.com

Connect with MBAC
mbaquaticcenter
@mbaquaticcenter
/mbacvidz

CLASSES
We offer several recreational classes in each of our sports that should meet most schedules. Our goal is to turn your interest in a sport into a reality in a safe and welcoming environment.

Sailing
Whether you want to learn to day-sail around Mission Bay, or dream of chartering a boat and sailing to tropical islands we have class for you, our small boat sailing program will give you the confidence to sail alone or the ability to take friends out for an afternoon on the water, while our keelboat classes will earn you US Sailing Certification, recognized by rental and charter companies throughout the world.

Surfing
Enjoy one of California’s most popular sports! Land, classroom, and lots of in the water practice will give students a complete surfing experience.

Kayaking
Learn to cruise, surf or roll your kayak under the supervision of experienced instructors!

Stand Up Paddling
Stand Up Paddling (SUP) is an easy and exciting way to combine a strong core workout with the enjoyment of being out on the water. The calm, protected waters of Mission Bay are the perfect place to learn the basics or experience an on-the-water workout.

Wakeboarding, Wakesurfing & Waterskiing
Whether you’re just learning, or are a seasoned rider just looking for some pulls, the wakeboarding and waterskiing program at MBAC is for you. With equipment provided by Liquid Force and O’Brian, along with Nautique towboats, you are set up with the finest equipment available.

Rowing
The sport of rowing offers a unique combination of exercise and the enjoyment of being out on the water. Whether you are looking to row as part of a team (sweep rowing) or are interested in rowing as an individual activity (sculling) rowing will get you out on the water participating in a sport that is rich in tradition and high in reward.

Windsurfing
Windsurfing is a sport that nearly anyone can learn. Through our combination of dry-land instruction and on-the-water coaching, we’ve successfully introduced thousands of people to this exciting and fun watersport.

SPECIAL EVENTS
We can tailor a watersports event for your organization such as moonlight paddles, retreats or picnics on the bay. For information and prices visit mbaquaticcenter.com/events.

EQUIPMENT RENTAL
MBAC provides some of the lowest rates in San Diego for rentals of stand up paddleboards, kayaks, sailboats and surfboards.

Save up to 25% with a 3-Visit package or up to 40% with a 6-Visit package!

Equipment Prices 3-Visit Package 6-Visit Package
Stand Up Paddleboard $21 / $26 $47 / $57 $73 / $93
Single Kayak $16 / $21 $37 / $47 $78 / $58
Double Kayak $21 / $26 $47 / $57 $73 / $93
Sailboat Rental* $26 / $31 $57 / $67 $93 / $113
Rowing Rental* $26 / $31 $57 / $67 $93 / $113
Windsurf Rental* $26 / $31 $57 / $67 $93 / $113

*Pre-qualification required. See mbaquaticcenter.com/rentals for info. First price is for current students and Rec Card Holders, second is for community members.
OPEN REGISTRATION

WEDNESDAY, SEPTEMBER 13 at 7:00am

Register online at recreation.ucsd.edu or register in person at the RIMAC Sales Desk, Main Gym or at Canyonview Aquatic Center.