



UC SAN DIEGO
RECREATION

SPRING
—2017—
SCHEDULE



perks

COFFEE SHOP

COME ENJOY THE
Brand New
PERKS

NEW MENU ITEMS
AND AN ALL NEW LOOK



UCSD
Bookstore



connect with us.

Conveniently located inside the UC San Diego Bookstore on the first floor, near Imprints.



RESPONSIBLE ACTION PROTOCOL

If you see a Triton who needs help, call UC San Diego staff (RAs, RSOs, UCSD Police).

Students receiving help and students initiating help in an alcohol and/or controlled substance medical-related emergency will not be processed through the formal student conduct process.

For details, search for
"Responsible Action Protocol"
on Tritonlink.

<http://bit.ly/ucsdpolicy>

BE THE VOICE

REPORTBIAS.UCSD.EDU

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



THE
NEW
2017

FIT YOGA PASS

AFFORDABLE // FLEXIBLE // FUN



Take **UNLIMITED** classes all quarter! Choose from **70 fitness and yoga classes** each week, for a **NEW low price!**

\$65 Student // \$105 Member // \$150 Non-Member

*Passes not valid for Strength & Small Group Training.
Register for Strength & Small Group Training and get the Pass at **50% Off!***

Check out our full class schedule on **page 7** or online at recreation.ucsd.edu
Purchase the Pass online or in person at the RIMAC, or Main Gym sales desk.

First-come, first-served. Admittance not guaranteed. Pass must be presented to instructor with photo ID. Passes are non-refundable and non-transferable. Not valid for special events, workshops, Strength Training or Small Group classes. Instructor reserves the right to suggest the appropriate level of class. Classes are periodically cancelled. Call 858-822-2313 to check status.

HOW IT WORKS

BUY A PASS

\$65 Student
\$105 Member
\$150 Non-Member

THE
NEW
Fit Yoga
Pass

PICK A CLASS

Look online or in the Rec Mag for a complete schedule. Classes include Zumba, Yoga, Cycle and more! With **over 70 classes per week**, there is something for everyone!

CREATE A ROUTINE

Create a fitness routine that fits your busy schedule!

HAVE FUN! AND GET IN SHAPE

All quarter long!

General Information	(858) 534-4037
Sales & Customer Service	(858) 534-3557
Parking Information	(858) 534-4037
Lost and Found	(858) 534-3486
Facility Access Desk	(858) 534-3570
Canyonview Pool	(858) 534-6034
Equipment Room	(858) 534-3486
FitLife Program	(858) 822-2313
Intramural Sports	(858) 534-3716
Masters Running/Triathlon	(858) 822-0379
Masters Swimming	(858) 534-8124
Main Gym Locker Room and Access Desk	(858) 822-4815
Main Gym Weight Room	(858) 822-4816
Mission Bay Aquatic Center	(858) 488-1000
Outback Adventures	(858) 534-0684
Outback Climbing Center	(858) 822-1996
Outback Challenge Course	(858) 822-3558
Outback Rental Shop	(858) 534-0684
Rec Classes	(858) 534-3772
Reservations: Tennis, Racquetball, Squash	(858) 534-3486
RIMAC Weight Room	(858) 534-3699
Sports Clubs	(858) 534-4037

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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

Complex Hours

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, 7am–11pm
Friday, 7:30am–10pm
Saturday–Sunday, 11am–4pm

Weight Room Hours

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

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

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

Pool Hours

Canyonview Aquatics Center
Monday–Friday, 9am–8pm
Saturday–Sunday, 11am–4pm
Rec Diving
Saturday, 1–4pm
Sunday, 11am–4pm

Natatorium
Open Adult Lap Swim
Mon, Wed, Fri, 7–8:30am, 4–6pm
Monday–Friday, 12–2pm
Family Swim
Saturday, 3–4:30pm

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

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

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

#GetRecd

f t i @UCSDREC RECREATION.UCSD.EDU



INFORMAL REC

AQUATICS

Aquatics programs serve UC San Diego students, staff, faculty and the community with a variety of offerings. Access to pools is free to students and Rec Card holders. Day passes are also available for purchase.

TWO GREAT FACILITIES

Canyonview Aquatic Center offers two outdoor 50 meter Olympic size pools with an outdoor spa area, lounge chairs, in-water lounge mats, rec diving and shallow end basketball. Our indoor 6-lane 25 yard Natatorium will keep you out of the elements.

Both aquatic facilities offer recreational lap swimming, swim classes, water aerobics and portable disability pool lifts (available by request upon entrance).

Open Hours

Canyonview Aquatics Center

Monday–Friday, 9am–8pm

Saturday–Sunday, 11am–4pm

Rec Diving

Saturday, 1–4pm

Sunday, 11am–4pm

Natatorium

Open Adult Lap Swim

Mon, Wed, Fri, 7–8:30am, 4–6pm

Monday–Friday, 12–2pm

Family Swim

Saturday, 3–4:30pm

Community Boys & Girls Water Polo

Open to players 18 & under looking to be introduced to the sport and to those who are working to continue the development of their skills, conditioning and tactics. Opportunities available for tournament play.

MW 7–9pm

CV 2/27–5/21

Visit the CV Aqua Mart

All your swimming necessities (besides suits) are now in one place, available for purchase at the CV Aqua–Mart located conveniently at the Canyonview front desk!

We have goggles, towels, caps, paddles, fins, aqua joggers, and ear plugs! Stop on by to get all the gear you need!

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.



WEIGHT ROOMS

Canyonview Weight Room

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

Monday–Friday, 9am–8pm

Sat–Sun, 11am–4pm

Main Gym Weight Room

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

Monday–Friday, 7am–11pm

Saturday, 7:30am–11pm

Sunday, 9:30am–11pm

Spanos Athletic Performance Center

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

Monday–Thursday, 6:30–10:30pm

Saturday, CLOSED

Friday, 6:30–9pm

Sunday, 7–10pm

RIMAC

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 in other areas of RIMAC.

Monday–Thursday, 5:30am–1am

Saturday, 7:30am–11pm

Friday, 5:30am–11pm

Sunday, 9:30am–1am

RIMAC Wellness Studio

The Wellness Studio features specialized equipment such as the TRX, Total Gym, Kettle bells, Free motion and more. Plus special hours with a FitLife Personal Trainer on the floor to answer questions and provide support.

Monday, 7–11pm[†]

Wednesday, 7–11pm[†]

Tuesday, 8–11pm^{*}

Thursday, 8–11pm^{*}

^{*}With personal trainer present

[†]No trainer present

INTERIM CLASSES March 20 – Friday April 7

All Winter 2017 Fit-Yoga Passes and 10 Day Pass holders are eligible to participate in interim classes.

Fitness

Class	Days & Time	Instructor	Location	Dates
Pilates Yoga Blend	MW 8–8:55am	Alexia Cervantes	RCR	3/20, 3/22, 4/3, 4/5
Cycle HIIT	MW 12–12:50pm	Alexia Cervantes	CR	3/20, 3/22, 4/3, 4/5
Pilates Mat	Mon 5–5:55pm	Michelle Jimmink	RA2	3/20–4/3
Cycle Fit	MW 5:30–6:20pm	Jessica Davids	CR	3/20, 3/22, 4/3, 4/5

Yoga

Beginner Yoga	TTH 7:30–8:25am	Nadine Lindseth	RA3	3/21–4/4
Hatha Flow Yoga	MW 12–12:55pm	Jennie Olson Six	FR	3/20, 3/22, 4/3, 4/5

STRENGTH & SMALL GROUP TRAINING April 8 – June 9

*Strength & Small Group Training Classes not eligible for Fitness-Yoga Pass Holders

Class #	Class	Days & Time	Instructor	Location	Dates	Price
FSTR001	Beach Body Fitness	MW 8–8:55am	Laleh Yaghoubi	Pit	4/10–6/7	\$95/114/133
FSTR002	Strength Training for Women	MW 5–5:55pm	Tiffany Caddell	Pit	4/10–6/7	\$95/114/133
FSTR003	Olympic Weightlifting	MW 6–6:55pm	Alaide Cordon	Pit	4/10–6/7	\$95/114/133
FSTR004	Cross FitLife	MW 7–7:55pm	Alaide Cordon	Pit	4/10–6/7	\$95/114/133
FSTR005	Total Body Circuit	TTh 9–9:50am	Hector Fletes	WS	4/11–6/8	\$101/121/141
FSTR006	Strength Training for Women	TTh 12–12:55pm	Jordan Mojica	Pit	4/11–6/8	\$101/121/141
FSTR007	Total Body Circuit	TTh 1:10–2pm	Jordan Mojica	WS	4/11–6/8	\$101/121/141
FSTR008	Spartan Training GSX	TTh 2–3pm	Luis De La Vega	NC Track	4/11–6/8	\$101/121/141
FSTR009	Strength Training for Men	TTh 5–5:55pm	Jordan Mojica	Pit	4/11–6/8	\$101/121/141
FSTR010	Powerlifting	TTh 7–8pm	Jason Boyd	Spanos	4/11–6/8	\$101/121/141
FSTR011	Total Body Circuit	Tue 6:15–7pm	Ashley Franz	WS	4/11–6/6	\$38/46/53
FSTR012	Speed & Agility	WF 10–11am	Randy & Alex	NCRA	4/12–6/8	\$101/121/141
FSTR013	Total Body Circuit	Thu 6:15–7pm	Richard Samapurik	WS	4/13–6/8	\$38/46/53
FSTR014	Circuit Training for Women	Fri 12–12:55pm	Ivonne Avila	WS	4/14–6/9	\$50/60/70
FSTR015	Strength Training for All	Sat 10–10:55am	Jordan Mojica	Pit	4/8–6/3	\$40/48/56
FSTR016	Strength Circuit & HIIT	Sun 11am–12pm	Jason Boyd	Spanos	4/9–6/4	\$45/54/67



Ask the Dietitian–Free Office Hour

Wednesdays from 5–6pm
*Times may be subject to change

See all of our Nutrition Classes and offerings
online at recreation.ucsd.edu

NUTRITION

WORKSHOPS & CERTIFICATIONS For more information go to recreation.ucsd.edu

PARTNER MASSAGE WITH BARBRA ROMERO

Saturday, April 1st from 10:30–12:30pm

Bring a friend, roommate or partner to this workshop where you will give and receive a massage under Barbara’s skillful instruction. No experience necessary and pricing is for (2) people.

Pricing

\$35/\$45/\$55 Preregistration required

MINDFULNESS & MEDITATION: AN EXPERIENCE IN PEACEFUL PRACTICES WITH MASTER TEACHER MICHELE HEBERT

Saturday, May 6th from 1–4pm

Many studies have been done on the efficacy of mindfulness and meditation practices on stress reduction and wellbeing. Join Master Teacher Michele Hébert in an afternoon experiencing various techniques to incorporate into your daily life.

Pricing

\$25/\$35/\$45 Preregistration required

YOGA TEACHER TRAINING PROGRAM

Learn how to teach yoga in this Yoga Alliance Recognized program. Program has a waitlist, for more information, please contact Jennie Olson Six at jolsonsix@ucsd.edu

THE BODY & MIND METHOD: QIGONG EXERCISES TO STRENGTHEN MUSCLES, TENDONS AND BONES WITH REYNA LERMA

Saturday June 3rd from 12:30–3:30pm

Come enjoy this experiential workshop, no experience required.

Pricing

\$20/\$30/\$40 Preregistration required

Fitness Instructor Training Program

Learn how to teach group exercise and become a certified instructor!

Program offered during Fall/Winter/Spring quarters only. For more information, please contact Alexia Cervantes at alexia@ucsd.edu.

Cost: \$175/210/245 per quarter

Pilates Instructor Training Program

Learn the skills to teach Mat Pilates! The Pilates Teacher Training Program, Pilates On The Mat, is open to the campus community and beyond.

Program offered during Fall/Winter/Spring quarters only. For more information, contact Michelle Jimmink at mjimmink@ucsd.edu

Cost: \$190/ \$230/ \$270 per quarter

SCHEDULE

SPRING 2017
APRIL 8 – JUNE 9

NO CLASSES // APRIL 29 // MAY 27–29

MTWTFSA	VINYASA YOGA 7:30–8:25am RA3 // M1/2 RICKY	PILATES YOGA BLEND 8–8:55am RCR // L1/2 ALEXIA	CARDIO MUSCLE CAMP 12–12:55pm RA1 // L2 ANGELA	CYCLE HIIT 12–12:50pm CR // L2/3 ALEXIA	HATHA YOGA 12–12:55pm FR // M1/2 JENNIE	MEDITATION 1:05–1:30pm FR // L1 JENNIE	BEGINNER YOGA 3–3:55pm RA3 // L1 ARTURO	PILATES MAT II 4–4:55pm RA2 // L2 MICHELLE	
	VINYASA YOGA 6:15–7:10am RA3 // M1/2 RICKY	BEGINNING YOGA & MEDITATION 7:45–8:40am RCR // L1 NADINE	MEDITATION 10–10:45am RA3 // L1 VOU	URBAN BARRE 11:30–12:10pm RA1 // M2 KEISHA	URBAN BOOTY 12:15–1pm RA1 // H2 KEISHA	CYCLE BLAST 12–12:50pm CR // L2/3 STACEY	HATHA FLOW YOGA 12:15–12:55pm FR // M1/2 RACHEL	VINYASA YOGA 2–2:55pm FR // M1/2 LAURA	
	VINYASA YOGA 7:30–8:25am RA3 // M1/2 RICKY	PILATES YOGA BLEND 8–8:55am RCR // L1/2 ALEXIA	CIRCUIT FIT 10–10:50am RA1 // M2/3 LAUREN	CORE FIT 11:30–12pm RA1 // M2 TRIXI	PILATES STRENGTH & STRETCH 11–11:55am RA2 // L2 LAUREN	BOOT CAMP 12–12:55pm RA1 // M2 TRIXI	CYCLE HIIT 12–12:50pm CR // L2/3 ALEXIA	HATHA FLOW YOGA 12–12:55pm FR // M1/2 JENNIE	MEDITATION 1:05–1:30pm FR // L1 JENNIE
	VINYASA YOGA 6:15–7:10am RA3 // M1/2 RICKY	BEGINNING YOGA & MEDITATION 7:45–8:40am RCR // L1 NADINE	URBAN BOOTY 11:45–12:30pm RA1 // H2 KEISHA	CYCLE BLAST 12–12:50pm CR // L2/3 STACEY	PILATES MAT 12–12:50pm RA2 // L1/2 KRISTINE	HATHA YOGA 12:15–12:55pm FR // M1/2 RACHEL	PILATES 50/50 1–1:50pm RA2 // L2 KRISTINE	VINYASA YOGA 2–2:55pm FR // M1/2 SHELLY	
	CY-YO 7:30–8:45am CR // L1/2 ALEXIA	BELLY BLAST 10:15–11am RA1 // L1 KARRI	CARDIO MUSCLE CAMP 12–12:55pm RA1 // L2 ANGELA	HATHA YOGA 12–12:55pm RA3 // L1 TBD	BARRE FIT 12–12:55pm RCR // M2 OLGA	HATHA YOGA 12–12:55pm FR // L1/2 JESSICA	CYCLE FIT 12–12:50pm CR // L2 HANNAH		
	BEGINNER YOGA 10–10:55am RA3 // L1 BRANDY	YOGA SCULPT 11–11:55am RA3 // M1/2 BRANDY	VINYASA YOGA 3:30–4:55pm RA3 // H1/2/3 ADRIANA	<div>CLASS LEVEL KEY:</div> <div><div>COMPLEXITY</div><div>L = LOW</div><div>M = MEDIUM</div><div>H = HIGH</div></div> <div><div>INTENSITY</div><div>1 = LOW</div><div>2 = MEDIUM</div><div>3 = HIGH</div></div>					
	INTRO TO PILATES 11:30–12pm RA1 // L1 DONNA	PILATES MORE FOR CORE 12:10–1pm RA1 // L2 DONNA	<div>Try the Pass first week FREE!</div>						

CLASS LEVEL KEY:

COMPLEXITY

L = LOW
M = MEDIUM
H = HIGH

INTENSITY

1 = LOW
2 = MEDIUM
3 = HIGH

Try the Pass first week **FREE!**

Try before you buy, free for the first week of classes!
Pass holders will have priority over drop-in's.

IYENGAR YOGA I 4–4:55pm RA3 // M1 ARTURO	PILATES MAT I 5–5:55pm RA2 // L1 MICHELLE	IYENGAR YOGA MIXED 5–5:55pm RA3 // M2/3 ARTURO	CARDIO DANCE FIT 5–5:55pm RA1 // H2 ALEXIA	CYCLE FIT 5:30–6:20pm CR // L2 JESSICA	BARRE FIT 6–6:55pm RA1 // M2 OLGA	ZUMBA 6–6:55pm RA2 // M2 KARRI	VINYASA YOGA 7–7:55pm FR // M1/2 LAURA	YOGA FOR RELAXATION 8–8:55pm FR // L1 LAURA
SPIN HIIT 4:05–4:50pm CR // L2/3 ASHLEY	BOOT CAMP 4:30–5:20pm MUIR FIELD // M2/3 MELIKA	KUNDALINI YOGA 4:30–5:25pm RA3 // L1 SASHA	TURBO KICK 5–5:55pm RA2 // H2 MICHAEL	BARRE HIIT 5–5:55pm RCR // M2 ASHLEY	WATER FITNESS 5–6pm CV // M1/2 HANNAH	VINYASA YOGA 6–7:25pm RCR // H2/3 LAURA	CYCLE FIT 6:30–7:20pm CR // L2 HANNAH	
BEGINNER YOGA 3–3:55pm RA3 // L1 ARTURO	IYENGAR YOGA I 4–4:55pm RA3 // M1 ARTURO	THE NEW STEP 5–5:55pm RA1 // H2 JO-ANNA	IYENGAR YOGA MIXED 5–5:55pm RA3 // M2/3 ARTURO	CYCLE FIT 5:30–6:20pm CR // L2 JESSICA	CARDIO MOVE & BARRE 6–6:55pm RA1 // M2 JO-ANNA	INSANITY LIVE! 6–6:50pm RA2 // M2/3 DORA	VINYASA YOGA 7–7:55pm FR // M1/2 RACHEL	YOGA FOR RELAXATION 8–8:55pm FR // L1 RACHEL
BOOT CAMP 4:30–5:20pm MUIR FIELD // M2/3 MELIKA	KUNDALINI YOGA 4:30–5:25pm RA3 // L1 DIANA	ZUMBA 5–5:55pm RA2 // M2 OLGA	BARRE FIT 5–5:55pm RCR // M2 OLGA	WATER FITNESS 5–6pm CV // M1/2 HANNAH	CYCLE FIT 6:30–7:20pm CR // L2 HANNAH			

Class descriptions can be found on 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 classes.

• Passes are non-refundable.

• First come first served.

Valid 4/8–6/9 \$65/105/150

10-Time Fitness-Yoga Pass

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

• Not valid for special events, workshops or studio/small group training classes.

• Passes are non-refundable.

• Instructor reserves the right to suggest the appropriate level of class.

Does not expire! \$60/72/84

LOCATION KEY:					
4th F	RIMAC Conference Room	OPC	Outdoors – Price Center	RA3	RIMAC Activity Room 3
CR	Main Gym Cycle Room	Pit	RIMAC Weight Room	SW	Spanos West
CV	Canyonview	RCR	Rec Gym Conference Room	WS	RIMAC Wellness Studio
FR	Main Gym Fitness Room	RA1	RIMAC Activity Room 1	WC	RIMAC Wellness Classroom
OMG	Outdoors – Main Gym	RA2	RIMAC Activity Room 2		

MASSAGE THERAPY

Indulge yourself and relax with a private massage. Private massage sessions are available with our certified massage therapists.

- Swedish Massage
- Deep Tissue Massage
- Sports Massage
- Heated Stone Massage

Pricing

50 minute	\$55/65/75
80 minute	\$75/95/110

Buy 7 Private Massages, Get One Free!

7 50 minute Massages	\$385/455/525
7 80 minute Massages	\$525/665/770

Massages and private pilates are purchased online, or at RIMAC and Main Gym sales desks.

To find out how to schedule an appointment, or to review our scheduling policies go to [recreation.ucsd.edu](#)



PRIVATE PILATES

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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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 Private Pilates Sessions, Get One Free!

10 Private Pilates Sessions	\$500/600/720
10 Duet Private Pilates Sessions	\$350/400/500 per person

PERSONAL TRAINING

To schedule your session, email: tdowie@ucsd.edu
Please allow 1–2 weeks to schedule an appointment.

Pricing

Private session	\$50/60/72
Semi private session (2 person group)	\$35/40/50 per person

Buy 10 and get the 11th session FREE!

10 Private Training Sessions	\$500/600/700
10 Semi private session (2 person group)	\$350/400/500 per person

ASK THE TRAINER

Tuesdays and Thursdays 8–11pm
Begins April 4

A FitLife Personal Trainer is in ‘the Studio’, ready to help you, and its FREE!

Weight Loss Solutions

FWTL003	Mon 5–6pm	4/10–6/5	\$55/72/90
FWTL004	Wed 6–7pm	4/12–5/31	\$55/72/90

Student Personal Wellness

You may only register for this program once.

Small Group Sessions – 8 weeks (select one):

FSPW011	Mon 2–3pm	4/3–5/22	Free
FSPW012	Tue 3:30–4:30pm	4/4–5/23	Free
FSPW013	Tue 4:30–5:30pm	4/4–5/23	Free
FSPW014	Wed 2–3pm	4/5–5/24	Free
FSPW015	Wed 4–5pm	4/5–5/24	Free
FSPW016	Wed 5–6pm	4/5–5/24	Free
FSPW017	Thu 3–4pm	4/6–5/25	Free
FSPW018	Thu 4–5pm	4/6–5/25	Free
FSPW019	Fri 11am–12pm	4/7–5/26	Free
FSPW010	Fri 3–4pm	4/7–5/26	Free

Graduate Student Personal Wellness

8 week FREE program specific to graduate students.

Small Group Session – 8 weeks*

FGPW005	Mon 4–5pm	4/3–5/22	Free
FGPW006	Thu 5–6pm	4/6–5/25	Free
FGPW007	Fri 1–2pm	4/7–5/26	Free
FGPW008	Fri 2–3pm	4/7–5/26	Free

Sign Up for a Fitness Assessment

Initial Wellness Fitness Assessment – Monday

FSFA009	Mon 5–5:30pm	4/3	Free
FSFA010	Mon 5:30–6pm	4/3	Free
FSFA011	Mon 6–6:30pm	4/3	Free
FSFA012	Mon 6:30–7pm	4/3	Free

Initial Wellness Fitness Assessment – Wednesday

FSFA013	Wed 5–5:30pm	4/5	Free
FSFA014	Wed 5:30–6pm	4/5	Free
FSFA015	Wed 6–6:30pm	4/5	Free
FSFA016	Wed 6:30–7pm	4/5	Free

* Maximum 15 participants per session.

FITLIFE MOBILE

WORK OUT IN YOUR OFFICEWE COME TO YOU!

FITNESS

Yoga | Pilates | Qigong | Core | Zumba | Bootcamp

Weekly Class	\$55/55/65
Session/Workshop	\$75/90/105

MASSAGE

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

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 Alexia Cervantes at alexia@ucsd.edu for more information today!

FITLIFE OCCUPATIONAL

WORK OUT IN YOUR OFFICEWE COME TO YOU!

FitLife Occupational offers quarterly workshops designed to improve wellbeing and overall work environment.

Four 30 minute quarterly workshops for \$155/\$195/\$230

Shoulder Solutions

Shoulder injuries, whether minor or major, may persist and make daily activities strenuous or impossible. Learn how to strengthen, stabilize and increase range of motion.

Functional Knees

Do your knees ache or feel weak? Learn the anatomy of the knee and how to strengthen and increase range of motion.

Back at It

Have you experienced low back pain? Do you feel stiff? Learn what causes low back pain, the anatomy and how to strengthen and increase flexibility. You will be back at it in no time!

Down to the Core

Is your posture slouched? Do your abdominals and lower back muscles feel weak? Let’s get the core of the matter! Learn how to improve your posture and feel stronger.

To sign up or for additional information, contact
Tiffany Caddell at tcaddell@ucsd.edu or call (858) 822–0656

INTRAMURAL SPORTS

SPRING SPORTS *Play for only \$7 per quarter!* Registration starts **March 27**

5-On-5 Unofficial Basketball

Men's, Women's Divisions (Unofficial)	
Teams in the program	50–60
Players on a team	5 Men or 5 Women
Days we play	Sunday afternoons and evenings

Dodgeball

Open Division only this quarter	
Teams in the program	20
Players on a team	6 players (any combination men/women)
Days we play	Tue–Wed 6–8pm

Indoor Soccer

Men's & Women's Division this quarter	
Teams in the program	60
Players on a team	6
Days we play	Sun 11am–8pm, Mon & Thu 6pm–12am, Tue & Wed 8–11pm

Innertube Water Polo

Coed Divisions this quarter	
Teams in the program	12–18
Players on a team	7 (4 Men/3 Women, or vice-versa)
Days we play	Sunday and Wednesday nights

Softball & Kickball

Men's, Women's & Coed Divisions this quarter	
Teams in the program	50–60
Players on a team	9 for Men's & Women's 8 for Coed (4 Men/4 Women)
Days we play	Mon–Thu evenings, Sunday 11am–4pm

LOOKING FOR WORK?

We're looking for Softball, Volleyball and Dodgeball officials! Pay starts at \$11.85/Hr. Check out our website for more information.

Team Rock Climbing

Coed Divisions only	
Teams in the program	4–8
Players on a team	6 (any combo, at least 1 Man/1 Woman)
Days we play	Sun afternoon before 6pm

Team Tennis

Coed Divisions this quarter	
Teams in the program	18–24
Players on a team	4 for Men's and Women's 4 (2 Men/2 Women) for Coed
Days we play	Mon–Wed 7–10pm

Volleyball

Men's, Women's & Coed Divisions this quarter	
Teams in the program	20
Players on a team	6 (3 Men/3 Women for Coed)
Days we play	Mon–Thu 8–11pm

SPECIAL EVENTS

Golf Scramble

Open Division – 2 person teams

2 person scramble format, with some added fun and incentives – course and fees. Check online for dates.

Beach Volleyball Doubles Tournament



HOW DO I GET INVOLVED?

ALL OUR GAME SCHEDULES AND REGISTRATION ARE ON [IMLEAGUES.COM](https://imleagues.com)!

All intramural participants will be required to create an account on [IMLeagues.com](https://imleagues.com).

To create an IMLeagues account:

Note: IMLeagues offers a live support button in the top right corner of all pages, please use this button if you encounter any difficulties.

- Go to imleagues.com/UCSD/Registration
OR
Go to imleagues.com and click **Create Account**
OR
Go to imleagues.com and click "Log in with Facebook" if you have a Facebook account with your school email attached—this will automatically create an account, fill in your info, and join you to the school (steps 2–4)
- Enter your information, **and use your School email if applicable (@ucsd.edu)** and submit.
- You will be sent an activation email, **click the link in the email to login and activate your IMLeagues account.**
- You should be automatically joined to your school—If not you can search schools by clicking the "Schools" link

How to sign up for an intramural sport:

- Log in to your **IMLeagues.com** account.
- Click the Create/Join Team button at the top right of your User Homepage
OR
Click on the "**UC San Diego**" link to go to your school's homepage on IMLeagues.
- The current sports will be displayed, click on the sport you wish to join.
- Choose the league you wish to play in (Men's, Women's, Coed, etc.)
- Choose the division you'd like to play in (Monday 5 pm, Tuesday 5 pm, etc.)
- Read Captain's Handbook and complete comprehension quiz
- You can join the sport one of three ways:
 - Create a team (For team captains)**
 - Captains can invite members to their team by clicking the "Invite Members" link on the team page. Any invited members must accept the invitation to be joined to your team.
 - If they've already registered on IMLeagues: search for their name, and invite them
 - If they haven't yet registered on IMLeagues: scroll down to the "Invite by Email Address" box, and input their email address.
 - Join a team**
 - Use the Create/Join Team Button at top right of every page
 - Accepting a request from the captain to join his team
 - Finding the team and captain name on division/league page and requesting to join
 - Going to the captain's playercard page, viewing his team, and requesting to join
 - Join as a Free Agent**
 - You can list yourself as a free agent in as many divisions within a league as you'd like. You will be visible to all members of the site and can request to join teams, or post information about yourself so teams can request to add you to their team.

Paying Quarterly Fees:

You can pay your quarterly \$7 fee ONLINE at shoprec.ucsd.edu or in person at the RIMAC Sales Desk. You can bring your receipt to our IM Offices (M-F 10a-5p) to be immediately cleared to sign up your team or wait the 24 hour processing period. This once quarterly fee will allow you to play as many sports as you can fit into your busy lives!

MASTERS SPORTS

SPRING WORKOUT SCHEDULE

Swimming

Canyonview Pool

Monday–Friday
6am & 7:30am

Monday–Thursday
6pm

Saturday Sunday
7:30am 9am

Running

North Campus Track

Tuesday & Thursday
6–7:30am

Triathlon Training

Spanos Training Facility—
North Patio

Bike Turbo
Tuesday & Friday
6am

PLUS all of the Swimming
& Running workouts

(All workouts are
1½ hours long)

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! Head Coach Terry Martin, along with Coach Tom Piszkin have trained athletes from casual runners to national caliber elite runners. 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. Our Head Triathlon Coach, Terry Martin, has been competing in triathlons for more than two decades, including 8 Hawaii Ironman finishes. 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.



FITNESS IS A WAY OF LIFE



‘YA GOTTA WANNA’

SPRING EVENT SCHEDULE

Begin Long Course Training for All Swim Workouts **April 3**

6:00-7:30am, 7:30-9:00am, 6:00-7:30pm

Ready for a challenge? Join us for the beginning of our long course training workouts starting April 3rd!

All workouts long course meters.

Cinco de Mayo Celebration–Bagpipes, chips n' salsa **May 5**

6:00-7:30am, 7:30-9:00am, 6:00-7:30pm

Come out for celebrations and a workout! Bagpipes at 7:30am and chips n' salsa after the workouts, a Masters tradition!

Swim with Mike – Fundraiser & Pancake Breakfast **May 6**

9:00am-3:00pm—all day event at the Triton Pool

Do you have a heart to help others in need? Our Swim with Mike is a fundraiser for students with special needs. Come out for a workout and support a good cause!

Annual Memorial Day Memory Swim at La Jolla Shores **May 29**

7:00am-9:00am

Join us for this annual Masters event. Swimmers will gather at the shores at 7:00am to give a cheer to the past swimmers then do an ocean swim.

Masters Mini Triathlon (4-4-2) x 2 **June 4**

7:00am-9:00am

The mini triathlon consists of a 400yd swim, 4 mile bike & 2 mile run then repeat it all! This mini triathlon is on campus—swim at Canyonview Pool, bike on campus loop and run to the track & back!





Contact Us

Register online at mbaquaticcenter.com
or call (858) 488-1000.

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

January 3–April 2

Open Tuesday–Sunday 8am–5pm
Closed Mondays

April 4–June 2

Tuesday–Sunday 8am–5pm
Closed Mondays

Closed

March 31
May 27–29

Schedule

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

Connect with MBAC

 [mbaquaticcenter](https://www.facebook.com/mbaquaticcenter)

 [@mbaquaticcenter](https://www.instagram.com/mbaquaticcenter)

 [/mbacvidz](https://www.youtube.com/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.

- Basic Sailing
- Advanced Sailing
- Hobie Cat Sailing
- Laser Sailing
- Basic Keelboat Sailing Certification
- Basic Cruising Certification
- Coastal Navigation Certification
- Spinnaker Clinic



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.

- Introduction to Surfing
- Surfing–Two Sessions
- Surfing–Four Sessions



Kayaking

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

- Introduction to Kayaking
- Moonlight Kayaking
- Sea Kayaking Level 1 & 2

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.

- Stand Up Paddling – Basic Skills
- Stand Up Paddleboard Yoga
- Moonlight Stand Up Paddling

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'Brien, along with Nautique towboats, you are set up with the finest equipment available.

- Early Bird Waterskiing
- Sunrise Wakeboarding
- Evening Wakeboarding and Waterskiing
- Wakeboarding Freeride Session
- Dawn Patrol Wakesurfing



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.

- Windsurfing Level 1 & 2

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.



OUTBACK ADVENTURES

OUTBACK TRIPS • CHALLENGE COURSE • CLIMBING CENTER • OUTDOOR GEAR RENTALS • GROUP ADVENTURES

SPRING 2017 SCHEDULE

Register by April 18 to receive early bird pricing

MARCH/APRIL

Date	Program Name	Early bird / Regular Price	
		Students & Members	Non-Members
Sat 3/25–Sun 3/28	Challenge Course Facilitation Training	Contact us for more info	
Fri 4/14	Kayak Jousting Competition at Canyonview	\$5/8	\$10/12
Sun 4/16	Kayak La Jolla Shores	\$39/45	\$54/59
Sat 4/22–Sun 4/23	Anza Borrego Canyons, Caves and Hot Springs	\$105/115	\$145/155
Sun 4/23	International Coronado Island Kayak	\$39/45	\$54/59
Wed 4/26	Challenge Course Zipline Open House	Free	Free
Mon 4/24–Fri 4/28	Spring Used Gear Sale at the Surf Shop	Free	Free
Fri 4/28	Sunset Hike Cowles Mountain	\$18/21	\$25/28
Sat 4/29–Sun 4/30	Backpack Joshua Tree National Park	\$120/130	\$150/160
Sat 4/29	Rock Climb Mission Gorge	\$39/45	\$54/59
Sun 4/30	Hike Los Penasquitos Canyon	\$18/21	\$25/28

MAY

Sat 5/6–Sun 5/7	Anza Borrego Canyons, Caves and Hot Springs	\$105/115	\$145/155
Sun 5/7	Rock Climb Mission Gorge	\$39/45	\$54/59
Sun 5/7	Kayak La Jolla Shores	\$39/45	\$54/59
Tue 5/9	Boulderdash Bouldering Competition at the Climbing Center	\$25/30	\$35/40
Wed 5/10	Moon God Full Moon 5k Run	\$15/20	\$20/25
Wed 5/10	Full Moon Kayak Mission Bay	\$39/45	\$54/59
Fri 5/12–Sun 5/14	Joshua Tree National Park Yoga Adventure	\$130/140	\$160/170
Sat 5/13	Wine Tasting Guadalupe Valley Baja California	\$100/110	\$130/140
Sun 5/14	Snorkel La Jolla Cove	\$39/45	\$54/59
Sun 5/14	Rock Climb Mission Gorge	\$39/45	\$54/59
Fri 5/19	Sunset Kayak Mission Bay	\$39/45	\$54/59
Sat 5/20	Snorkel La Jolla Cove	\$39/45	\$54/59
Sat 5/27–Mon 5/29	International Sea Kayak La Bufadora, Mexico	\$195/205	\$250/275

JUNE

Wed 6/21–Sat 6/24	Challenge Course Facilitation Training	Contact us for more info	
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CHALLENGE COURSE

ELEVATE YOUR TEAMS PERFORMANCE!

The Odyssey Ropes Course, located in the eucalyptus forest near the track, offers the chance to problem solve and overcome obstacles as a team — 40 feet above the ground. There are several program options to meet your group’s goals and budget.

Challenge Course Zipline Open House

Wednesday, April 26
11am–2pm

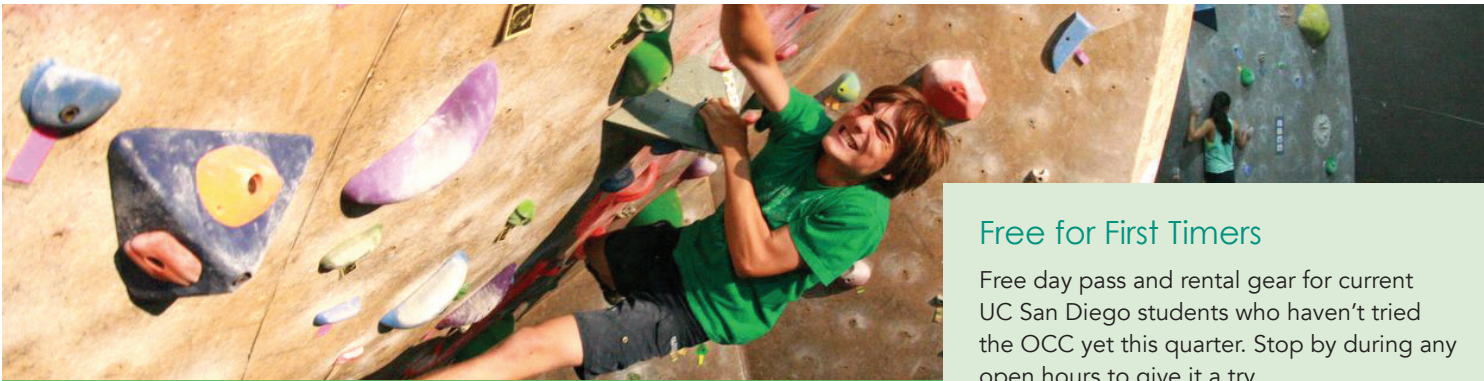
Come see the Odyssey Ropes Course and experience the Zipline!
Please RSVP at recreation.ucsd.edu

Facilitation Training

March 25–28 or June 21–24
8am–6pm

This four day training program focuses on the core competencies necessary for effective facilitation on a challenge course.

Please visit our website: recreation.ucsd.edu for more information.
To request a quote, visit recreation.ucsd.edu or contact teamchallenge@ucsd.edu or (858) 822-3558



CLIMBING CENTER

Free for First Timers

Free day pass and rental gear for current UC San Diego students who haven’t tried the OCC yet this quarter. Stop by during any open hours to give it a try.

SPRING QUARTER SPECIAL EVENTS

Boulderdash Bouldering Competition Tuesday, May 9 from 6–10pm

Boulderdash is our annual climbing competition and is open to everyone. The competition brings climbers of all abilities to cheer each other on and test themselves on new routes set for the competition.

Climbing Pass

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

Climbing shoe rentals are also available.

SPECIAL EVENTS

Challenge Course Facilitation Training

Training Time:	8am–6pm each day
Training 1 Dates:	March 25–28
Training 2 Dates:	June 21–24
Prices:	Contact us for more info

Challenge Course Zipline Open House

Training Time:	11am–2pm
Open House Date:	Wednesday, April 26
Prices:	FREE

Spring Used Gear Sale

Training Time:	10am–6pm
Training Dates:	Monday–Friday, April 24-28

Kayak Jousting Competition

Jousting time:	5–8pm
Jousting date:	Friday, April 14
Students and REC Members:	\$5 by 4/18, \$8 after
Non-members:	\$10 by 4/18, \$12 after

Moon God Full Moon 5K Run

Race time:	8:30pm
Race date:	Wednesday, May 10
Students and REC Members:	\$15 by 4/20, \$17 after
Non-members:	\$20 by 4/20, \$22 after

Boulderdash Bouldering Competition

Time:	6–10pm
Date:	Tuesday, May 9
Students and REC Members:	\$25 by 4/18, \$30 after
Non-members:	\$35 by 4/18, \$40 after

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

DAY TRIPS

Hike Los Penasquitos Canyon

This beginner friendly trail is about 6 miles with just 300 feet of elevation gain, it is a great get away hike for anyone looking for some relaxing nature experiences.

Trip time:	8am–1pm
Trip date:	Sunday, April 30
Students and REC Members:	\$18 by 4/18, \$21 after
Non-members:	\$25 by 4/18, \$28 after

Moonlight Hike Cowles Mountain

Hiking three miles in the moonlight and taking in the panoramic views of the skyline are great ways to spend a few hours away from campus.

Trip time:	6–10pm
Trip 1:	Friday, April 28
Trip 2:	Sunday, April 30
Students and REC Members:	\$18 by 4/18, \$21 after
Non-members:	\$25 by 4/18, \$28 after

Sunset/Moonlight Kayak Mission Bay

After a quick drive to the bay we will have a short skills session, launch for the sunset and enjoy the moonlit paddle. No experience required.

Trip time:	6–10pm
Trip 2 date:	Wednesday, May 10
Trip 3 date:	Friday, May 19
Students and REC Members:	\$39 by 4/18, \$45 after
Non-members:	\$54 by 4/18, \$59 after

Kayak La Jolla Shores

All the skills you need to enjoy this short trip will be taught the day of the trip; this is an excellent way to explore the area around campus—bring a friend!

Trip time:	10am–3pm
Trip 1 date:	Sunday, April 16
Trip 2 date:	Sunday, May 7
Students and REC Members:	\$39 by 4/18, \$45 after
Non-members:	\$54 by 4/18, \$59 after

International Coronado Island Kayak

This trip is for international and domestic students who are interested in making friends with people from all over the world.

Trip time:	10am–4pm
Trip date:	Sunday, April 23
Students and REC Members:	\$39 by 4/18, \$45 after
Non-members:	\$54 by 4/18, \$59 after

Rock Climb Mission Gorge

Our experienced and supportive guides will lead you through a fun and challenging progression of climbs throughout the day.

Trip time:	7am–4pm
Trip 1 date	Sunday, May 7
Trip 2 date:	Sunday, May 14
Students & Rec Card Holders:	\$39 by 4/18, \$45 after
All others:	\$54 by 4/18, \$59 after

Snorkel La Jolla Cove

Explore the amazing world beneath the ocean’s surface. From bright orange Garibaldi fish to harmless Leopard Sharks this marine preserve is teeming with wildlife.

Trip time:	10am–3pm
Trip date:	Sunday, May 14
Trip 2 date:	Saturday, May 20
Students & Rec Card Holders:	\$39 by 4/18, \$45 after
All others:	\$54 by 4/18, \$59 after

Wine Tasting Valle de Guadalupe Baja California

Explore the beautiful Valle de Guadalupe and spend the day visiting vineyards and tasting Baja California’s renowned wines.

Trip time:	10am departure
Trip date	Saturday May 13
Students & Rec Card Holders:	\$100 by 4/18, \$110 after
All others:	\$130 by 4/18, \$140 after

MULTI-DAY TRIPS

Anza-Borrego Canyons, Caves and Hot Springs

Indulge in delicious food from a Dutch oven, soak in the hot springs, and take in the amazing star display far from the contamination of city lights.

Trip 1 dates:	Saturday–Sunday April 22–23	7am departure
Pre-trip meeting / registration deadline:	Wednesday April 19	6pm, Outback Rental Shop
Trip 2 dates:	Saturday–Sunday May 6–7	7am departure
Pre-trip meeting/ registration deadline:	Wednesday, May 3	6pm, Outback Rental Shop
Students and REC Members:	\$105 by 4/18, \$115 after	
Non-members:	\$145 by 4/18, \$155 after	

Backpack Joshua Tree National Park

Joshua Tree National Park is a hiker’s dream and offers a perfect setting for backpacking in the high desert.

Trip dates:	Saturday-Sunday April 29-30	7am departure
Pre-trip meeting / registration deadline:	Wednesday April 26	6pm, Outback Rental Shop
Students and REC Members:	\$120 by 4/18, \$135 after	
Non-members:	\$150 by 4/18, \$170 after	

Joshua Tree National Park Yoga Adventure

Immerse yourself in the desert while practicing yoga with a certified instructor in one of the West’s most beautiful national parks.

Trip dates:	Friday-Sunday May 12-14	10am departure
Pre-trip meeting / registration deadline:	Wednesday May 10	6pm, Outback Rental Shop
Students and REC Members:	\$130 by 4/18, \$140 after	
Non-members:	\$160 by 4/18, \$170 after	

International Sea Kayak Los Bufadora, Mexico

We will camp on the cliffs overlooking the Pacific Ocean, eat some amazing tacos and paddle to the blowhole La Bufadora.

Trip dates:	Saturday–Monday May 27–29	7am departure
Pre-trip meeting / registration deadline:	Wednesday May 24	6pm, Outback Rental Shop
Students and REC Members:	\$195 by 4/18, \$205 after	
Non-members:	\$250 by 4/18, \$275 after	



OUTBACK RENTAL SHOP

Rentals, Services, Sales (858) 534-0684 Hours: Monday–Friday 12–6pm, Closed weekends & all campus holidays
Pricing: Students & Members/Non-Members

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

SPORTING/OTHER EQUIPMENT

Rental Item Description	One Day	Additional Day	Weekend	Week	Deposit
Badminton set	7 / 10	3 / 5	11 / 14	17 / 23	29
Bocce ball set	3 / 6	2 / 3	6 / 10	10 / 15	35
Horseshoe Set	3 / 6	2 / 3	6 / 10	10 / 15	35
Softball Set (2 bats, 2 balls, 4 bases, 9 gloves)	11 / 13	7 / 8	16 / 20	27 / 32	350
Tug-o-war rope	6 / 8	3 / 5	10 / 13	15 / 21	80
Volleyball and net (no upright poles)	7 / 10	3 / 5	11 / 14	17 / 23	90

SNOW EQUIPMENT

Rental Item Description	One Day	Additional Day	Weekend	Week	Deposit
Ski/snowboard package	24 / 27	13 / 14	37 / 40	92 / 104	750
Ski/snowboard only	17 / 20	10 / 11	27 / 30	47 / 55	500
Ski/snowboard boots only	12 / 14	6 / 7	17 / 21	29 / 35	150
Helmets	7 / 10	3 / 5	11 / 14	17 / 23	60
Board Bag (for boards or skis up to 185 cm)	5 / 7	2 / 3	7 / 11	12 / 17	40
Snowboard/Ski Shell (jacket or pants)	11 / 13	6 / 7	16 / 20	27 / 32	150
Snow Gloves	7 / 10	3 / 5	11 / 14	17 / 23	40
Snowshoes (includes poles)	10 / 12	5 / 6	14 / 17	23 / 29	175
Ice Axe	6 / 8	3 / 5	10 / 13	15 / 21	40
Snow saw	5 / 7	2 / 3	7 / 11	12 / 17	40
Snow shovel	7 / 9	3 / 5	10 / 13	15 / 21	40
Snow Goggles	9 / 11	5 / 7	13 / 16	27 / 20	100

SERVICES

Inflate balls, bicycle tires	FREE!
Laundry service: SYNTHETIC comforters	\$10
Laundry service: DOWN comforters	\$20
Outdoor Recreation resource books and maps	FREE Checkout
Shop time (repairs by estimate)	\$15.00/hour
Hot Hand Wax (clean and hot wax base)	\$10
Hot Hand Wax & Edge (clean base, tune edges and hot wax base)	\$20
Basic Tune (clean base, P-tex repairs, belt grind base, tune edges, hot wax base)	\$40
P-Tex only	\$10 up to 5 in \$1/in after 5
Base Grind Only	\$10
Major service & Repair (refer to other shops for blown edges, large core shots, ski binding mount and other extensive service)	ASK



WATERSPORTS EQUIPMENT

Rental Item Description	One Day	Additional Day	Weekend	Week	Deposit
Wetsuit (Full–4mm/3mm) Quarter 4/3 rental for UC San Diego surf classes is \$70	13 / 15	7 / 8	20 / 24	52 / 58	200
Wetsuit (Full–3mm/2mm) Quarter 3/2 rental for UC San Diego surf classes is \$50	10 / 13	6 / 7	16 / 20	26 / 32	140
Wetsuit (Spring–2mm/1mm) Quarter 2/1 rental for UC San Diego surf classes is \$35	8 / 10	5 / 6	13 / 16	20 / 27	92
Surfboard (7' – 9', foamboards only)	20 / 23	10 / 12	31 / 35	52 / 58	460
Body board (42")	8 / 10	5 / 6	13 / 16	20 / 27	70
Kayak — Sit-on-top single	23 / 25	12 / 13	35 / 38	55 / 63	575
Kayak — Sit-on-top double Kayak rentals include PFDs, seats, paddles and helmets.	29 / 31	15 / 16	44 / 47	72 / 78	690
Paddle	9 / 12	5 / 6	14 / 17	23 / 29	115
Paddle Jacket (windproof pullover)	6 / 8	3 / 5	9 / 12	15 / 20	105
PFD (Life Vest)	7 / 10	3 / 5	11 / 14	8 / 13	95
Mask and Snorkel (for snorkeling)	7 / 9	4 / 5	11 / 14	20 / 27	98
Fins (for snorkeling — full foot only)	3 / 6	2 / 3	6 / 10	10 / 15	58
Dry Bag (water proof bag) — small (20L), medium (40L), large (55L) and XL (65L)	5 / 7	2 / 3	7 / 11	12 / 17	98

CAMPING/OUTDOOR EQUIPMENT

Rental Item Description	One Day	Additional Day	Weekend	Week	Deposit
Tent (2 person, 5lbs. 6oz.)	13 / 15	7 / 8	20 / 23	32 / 38	100
Tent (3–4 person, 10lbs. 8oz.)	16 / 18	8 / 10	24 / 28	40 / 46	275
Tent (5–6 person, 14lbs. 14oz.)	20 / 22	11 / 12	30 / 33	50 / 55	290
Tent (3–4 person, 4-season, 11 lbs. 9 oz.)	20 / 22	11 / 12	30 / 33	50 / 55	650
Tarp/ground cloth — (included with tent rental if requested)	2 / 5	1 / 2	3 / 7	6 / 12	20
Sleeping Bag includes pad and stuff sack (+20° F/-7° C), (O°F/-18°C), (-15°F/-26°C)	13 / 15	7 / 8	20 / 23	32 / 38	200
Sleeping Bag Youth	10 / 13	6 / 7	16 / 20	26 / 32	140
Sleeping Pad (foam, included with sleeping bag rental)	2 / 5	1 / 2	3 / 7	6 / 12	25
Backpack (multi-day, internal frame 60L & 70L)	12 / 14	6 / 7	17 / 20	29 / 35	250
Lantern—backpacking (1 mantle)	5 / 7	2 / 3	7 / 10	12 / 17	40
Lantern—car camping (2 mantle)	5 / 7	2 / 3	7 / 10	12 / 17	50
Stove—backpacking (1 burner)	5 / 7	2 / 3	7 / 10	12 / 17	26
Stove—car camping (2 burner)	6 / 8	3 / 5	9 / 13	15 / 20	60
Cook Kit (2 person or 4 person)	5 / 7	2 / 3	7 / 11	12 / 17	60
Dutch Camp Oven (12" or 14")	5 / 7	2 / 3	7 / 11	12 / 17	50
Ice Chest (40, 50 or 70 quart)	9 / 11	5 / 7	13 / 16	20 / 27	70
Table (32"x32"x28", rolled 32"x5.5" dia)	11 / 13	7 / 8	16 / 20	27 / 32	55
Bear Vault Canister (approved for Sierra National Parks)	5 / 8	2 / 3	7 / 11	12 / 17	80
Dromedary (2.5 gallon /10 liter water bag)	4 / 6	2 / 3	6 / 9	10 / 15	30
Water Container (4 gallon plastic)	2 / 5	1 / 2	3 / 7	6 / 12	15
Rock Climbing Shoes	8 / 11	5 / 7	13 / 16	20 / 27	100
Rock Climbing Crash Pad	12 / 14	6 / 7	17 / 20	29 / 35	220
Rain Jacket (lightweight)	5 / 7	2 / 3	7 / 11	10 / 15	55
Rain Jacket (Goretex)	9 / 11	5 / 6	16 / 20	26 / 32	150
Gaiters	3 / 6	2 / 3	6 / 10	10 / 15	25
Headlamp (Requires AAA batteries)	5 / 7	2 / 3	7 / 11	12 / 17	60
Stuff sack	2 / 5	1 / 2	3 / 7	7 / 12	20
Trekking Poles (adjustable length)	6 / 8	3 / 5	10 / 13	15 / 21	100

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

REC CLASSES

No Classes
April 16, 29; May 27–29

FINE ARTS & DIY • AQUATICS • CIRCUS ARTS • DANCE • MARTIAL ARTS • SAFETY • SPORTS • GYMNASTICS • YOUTH CLASSES

AFTER WINTER INTERIM CLASS SCHEDULE March 20 – April 7

Adult Classes

Class #	Class	Days & Time	Instructor	Location	Price
RINT003	Okinawan Workout Beg/Int	MW 6–7pm	Alfonso Gomez	MG	\$24/34
RINT006	Gymnastics Open Workout	MW 6:30–8pm	Matt Kohls	MG	\$35/45
RINT004	Okinawan Workout Advanced	MW 7–8pm	Alfonso Gomez	MG	\$24/34
RINT005	Archery Open Workout	TTh 5:30–7pm Sun 10am–12pm	Staff	SPD	\$14/24
RINT001	Aoinagi Workout	TTh 6–7pm	Neville Billimoria	MG	\$24/34
RINT002	Kobudo	Sat 11am–12pm	Alfonso Gomez	MG	\$10/20
RINT033	Aerial Silks Open Gym	Wed 4:30–6pm	Staff	MG	\$22/32

Youth Classes

RINT007	Aoinagi Kids	TTh 5–6pm	Neville Billimoria	MG	\$24/34
RINT008	Okinawan Workout Kids	Sat 8:30–10am	Alfonso Gomez	MG	\$15/25

After Spring Interim Class Schedule, June 12–July 3

LOCATION KEY:

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

FINE ARTS & DIY

Class #	Class	Days & Time	Dates	Instructor	Location	Price
RFAD004	Let's Make Burritos	Mon 5–7pm	April 24	Carmen Bernard Baca	LC	\$25
RFAD003	Tamale Trio	Mon 5–7pm	May 8	Carmen Bernard Baca	LC	\$25
RINT031	Fresh Spring Rolls	Mon 5–7pm	May 22	Allison Tran	LC	\$25
RFAD009	Beginning Drawing	Tue 4–5:30pm	4/11–5/30	Carmen Bernard Baca	Tiki	\$45/60
RFAD007	Learn to Sew Sec. 1	Wed 4–5:30pm	4/12–5/31	Marie Perroud	Tiki	\$45/60
RFAD006	Learn to Sew Sec. 2	Wed 5:30–7pm	4/12–5/31	Marie Perroud	Tiki	\$45/60
RFAD001	Beginning Guitar	Thu 4–5:30pm	4/13–6/1	Max Engelhardt	Tiki	\$45/60



Private Swim Lessons Adults & Kids

Private ½ hour swim lessons for kids or 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 swimclasses@ucsd.edu with your name and phone number.

ADULT SWIM LESSONS

AQUATICS Registration deadline: Thursday April 6 by midnight. No classes April 16, April 29, May 27–29

Swim Lessons

Class #	Class	Days & Time	Date	Location	Price
RSWI001	Adult Water Adjustment	Sat 1–1:50pm	4/8–6/3	Nat	\$47/62
RSWI002	Adult Water Adjustment	Sun 12–12:50pm	4/9–6/4	Nat	\$47/62
RSWI003	Adult Water Adjustment	Sun 1–1:50pm	4/9–6/4	Nat	\$47/62
RSWI004	Adult Level 1	Sec. A Sat 1–1:50pm	4/8–6/3	Nat	\$47/62
RSWI005	Adult Level 1	Sec. B Sat 1–1:50pm	4/8–6/3	Nat	\$47/62
RSWI006	Adult Level 1	Sec. A Sun 12–12:50pm	4/9–6/4	Nat	\$47/62
RSWI007	Adult Level 1	Sec. B Sun 12–12:50pm	4/9–6/4	Nat	\$47/62
RSWI008	Adult Level 1	Sun 1–1:50pm	4/9–6/4	Nat	\$47/62
RSWI009	Adult Level 1	Wed 3–3:30pm	4/12–5/31	Nat	Free*
RSWI010	Adult Level 1	Wed 3:30–4pm	4/12–5/31	Nat	Free*
RSWI011	Adult Level 2	Sat 1–1:50pm	4/8–6/3	Nat	\$47/62
RSWI012	Adult Level 2	Sun 12–12:50pm	4/9–6/4	Nat	\$47/62
RSWI013	Adult Level 2	Sun 1–1:50pm	4/9–6/4	Nat	\$47/62
RSWI014	Adult Level 3	Sat 1–1:50pm	4/8–6/3	Nat	\$47/62
RSWI015	Adult Level 3	Sun 12–12:50pm	4/9–6/4	Nat	\$47/62
RSWI016	Adult Level 3	Sun 1–1:50pm	4/9–6/4	Nat	\$47/62
RSWI017	Adult Level 4	Sat 1–1:50pm	4/8–6/3	Nat	\$47/62
RSWI018	Adult Level 4	Sun 12–12:50pm	4/9–6/4	Nat	\$47/62
RSWI019	Adult Level 4	Sun 1–1:50pm	4/9–6/4	Nat	\$47/62

*UCSD Students ONLY. Must register.

Swim Conditioning

Class #	Class	Days & Time	Date	Location	Price
RSWC002	Swim Conditioning	MW 8:30–9:30am	4/10–6/5	Nat	\$56/71
RSWC003	Swim Conditioning	MW 6–7pm	4/10–6/5	Nat	\$56/71
RSWC004	Swim Conditioning	TTh 9–10am	4/11–6/1	Nat	\$56/71
RSWC005	Swim Conditioning	TTh 2:45–3:45pm	4/11–6/1	Nat	\$56/71
RSWC006	Swim Conditioning	TTh 5–6pm	4/11–6/1	CV	\$56/71
RSWC007	Swim Conditioning	Fri 8:30–9:30am	4/14–6/2	Nat	\$29/39
RSWC001	Swim Conditioning	Sat 7:45–8:45am	4/8–6/3	Nat	\$25/35

Surfing Fundamentals

Class #	Class	Days & Time	Date	Location	Price
RSRF009	Surfing Fundamentals	Mon 9:30–10:50am	4/10–6/5	Tiki	\$65/85
RSRF010	Surfing Fundamentals	Mon 11am–12:20pm	4/10–6/5	Tiki	\$65/85
RSRF011	Surfing Fundamentals	Wed 9:30–10:50am	4/12–5/31	Tiki	\$65/85
RSRF012	Surfing Fundamentals	Wed 11am–12:20pm	4/12–5/31	Tiki	\$65/85
RSRF013	Surfing Fundamentals	Fri 10–11:20am	4/14–6/2	Tiki	\$65/85
RSRF014	Surfing Fundamentals	Fri 11:30am–12:50pm	4/14–6/2	Tiki	\$65/85
RSRF001	Surfing Fundamentals	Sat 9–10:20am	4/8–6/3	Tiki	\$65/85
RSRF002	Surfing Fundamentals	Sat 10:30–11:50am	4/8–6/3	Tiki	\$65/85
RSRF003	Surfing Fundamentals	Sat 12–1:20pm	4/8–6/3	Tiki	\$65/85
RSRF004	Surfing Fundamentals	Sat 1:30–2:50pm	4/8–6/3	Tiki	\$65/85
RSRF005	Surfing Fundamentals	Sun 9:30–10:50am	4/9–6/4	Tiki	\$65/85
RSRF006	Surfing Fundamentals	Sun 11am–12:20pm	4/9–6/4	Tiki	\$65/85
RSRF007	Surfing Fundamentals	Sun 12:30–1:50pm	4/9–6/4	Tiki	\$65/85
RSRF008	Surfing Fundamentals	Sun 2–3:20pm	4/9–6/4	Tiki	\$65/85

SCUBA

RSCU001 Schedule (ALL MEETINGS REQUIRED):
Mandatory Swim Try-outs: Sat, April 8, 5pm Natatorium
You may attend swim try-outs even if you are not registered for the course.
Orientation: April 11, 5:30–9pm
Ocean Enterprises, 7710 Balboa Ave
Bring swimsuit to try on wetsuit
Classroom: April 27; May 4 & 11, 6–9pm
Canyonview Classroom
Pool: April 29; May 6 & 13, 4:30–10pm
Natatorium
Ocean Dives: May 7, 14 & 20, 7am–1pm
La Jolla Shores

For additional information: call (858) 534-3772
or email o2bndc@san.rr.com

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.

CIRCUS ARTS *All Ariel Silk Acrobatics classes are held in the Wes Balcony at Main Gym*

Aerial Silk Acrobatics

Class #	Class	Days & Time	Date	Instructor	Price
RCIR001	Beginner 1	Mon 11:15am–12:15pm	4/10–6/5	Jesse	\$35/45
RCIR002	Beginner 1	Mon 12:15–1:15pm	4/10–6/5	Jesse	\$35/45
RCIR003	Beginner 1	Tue 9:15–10:15am	4/11–5/30	Jesse	\$35/45
RCIR004	Beginner 1	Tue 10:15–11:15am	4/11–5/30	Jesse	\$35/45
RCIR005	Beginner 1	Tue 12:15–1:15pm	4/11–5/30	Mary	\$35/45
RCIR020	Beginner 1	Tue 1:15–2:15pm	4/11–5/30	Hector	\$35/45
RCIR016	Beginner 1/2	Tue 2:15–3:15pm	4/11–5/30	Hector	\$35/45
RCIR006	Beginner 1	Wed 11:00am–12pm	4/12–5/31	Jesse	\$35/45
RCIR007	Beginner 1	Thu 1:15–2:15pm	4/13–6/1	Hector	\$35/45
RCIR008	Beginner 1	Thu 2:15–3:15pm	4/13–6/1	Hector	\$35/45
RCIR009	Beginner 1	Thu 4:15–5:15pm	4/13–6/1	Lydia	\$35/45
RCIR011	Beginner 1	Fri 9–10am	4/14–6/2	Lydia	\$35/45
RCIR037	Beginner 1	Fri 12–1pm	4/14–6/2	Hector	\$35/45
RCIR025	Beginner 1	Sat 9:15–10:15am	4/8–6/3	Jesse	\$31/41
RCIR026	Beginner 1	Sat 11:15am–12:15pm	4/8–6/3	Cara	\$31/41
RCIR014	Beginner 2	Mon 10:15–11:15am	4/10–6/5	Jesse	\$35/45
RCIR015	Beginner 2	Mon 1:15–2:15pm	4/10–6/5	Jesse	\$35/45
RCIR027	Beginner 2	Tue 4:30–5:30pm	4/11–5/30	Cara	\$35/45
RCIR013	Beginner 2	Fri 10–11am	4/14–6/2	Lydia/Hector	\$35/45
RCIR017	Beginner 2	Sat 10:15–11:15am	4/8–6/3	Jesse	\$31/41
RCIR018	Beginner 3	Tue 11:15am–12:15pm	4/11–5/30	Mary	\$35/45
RCIR019	Beginner 3	Thu 5:15–6:15pm	4/13–6/1	Lydia	\$35/45
RCIR010	Intermediate/Advanced	Wed 8:15–9:45pm	4/12–5/31	Jesse	\$47/62
RCIR023	Silks Open Gym	Wed 9:15–10:45am	4/12–5/31	Jesse	\$35/45
RCIR024	Silks Open Gym	Sat 12:15–1:45pm	4/8–6/3	Cara	\$31/41
RCIR012	Silks Conditioning	Mon 9:15–10:15am	4/10–6/5	Jesse	\$35/45
RCIR035	Bootcamp/Conditioning	Thu 12–1pm	4/13–6/1	Hector	\$35/45
RCIR036	Bootcamp/Conditioning	Fri 2–3pm	4/14–6/2	Hector	\$35/45



DANCE

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

Foundational

Class #	Class	Days & Time	Instructor	Dates	Location	Price
RDNC001	Ballet–Beginning	TTh 5–5:55pm	Vanetta Diamond	4/11–6/1	RA	\$72/92
RDNC045	Ballet–Beginning	MW 4–5pm	Caroline Fogel	4/10–6/5	RA1	\$72/92
RDNC002	Beyond Beginner Ballet	Wed 3–4pm	Caroline Fogel	4/12–5/31	RA	\$36/46
RDNC046	Ballet–Intermediate	TTh 6–6:55pm	Vanetta Diamond	4/11–6/1	RA	\$72/92
RDNC003	Ballet–Intermediate	Sat 11am–12:30pm	Vanetta Diamond	4/8–6/3	RCR	\$47/62
RDNC055	Ballet–Pointe	Mon 3–4pm	Caroline Fogel	4/10–6/5	RA1	\$36/46
RDNC004	Barre Workout	Tue 4–5pm	Hector Fletes	4/11–5/30	RA	\$36/46
RDNC007	Barre Workout	Thu 4–5pm	Hector Fletes	4/13–6/1	RA	\$36/46
RDNC043	Barre Workout	Sat 11:30am–12:30pm	Olivia Koziel	4/8–6/3	RA	\$32/42
RDNC005	Burlesque	Mon 5–5:55pm	Trixi Agiao	4/10–6/5	MG	\$36/46
RDNC006	Burlesque	Mon 8–9pm	Trixi Agiao	4/10–6/5	MG	\$36/46
RDNC047	Burlesque	Wed 6–7pm	Trixi Agiao	4/12–5/31	RCR	\$36/46
RDNC025	Contemporary Ballet	Tue 8–9pm	Olivia Koziel	4/11–5/30	MG	\$36/46
RDNC029	Contemporary Ballet	Sat 12:30–1:30pm	Olivia Koziel	4/8–6/3	RA	\$32/42
RDNC010	Contemporary Dance	Mon 7–7:55pm	Trixi Agiao	4/10–6/5	MG	\$36/46
RDNC009	Jazz Dance–Beginning	Mon 6–6:55pm	Trixi Agiao	4/10–6/5	MG	\$36/46
RDNC011	Tap Dance–Beginning	Mon 5–6pm	Robin Felver	4/10–6/5	RCR	\$36/46

Social

Class #	Class	Days & Time	Instructor	Dates	Location	Price
RDNC013	Argentine Tango Fundamentals & Beyond	Fri 6–7:30pm	Isabelle Kay	4/14–6/2	RA	\$54/69
RDNC060	Argentine Tango Fundamentals & Beyond	Mon 6–7pm	Isabelle Kay	4/10–6/5	RCR	\$36/46
RDNC040	Beg. Ballroom 100–Couples	Tue 6–7pm	Yolanda Vargas	4/11–5/30	RA	\$36/46
RDNC050	Beginning Ballroom 100	Thu 6–7pm	Yolanda Vargas	4/13–6/1	RA	\$36/46
RDNC051	Beginning Ballroom 101	Thu 7–8pm	Yolanda Vargas	4/13–6/1	RA	\$36/46
RDNC042	Intermediate Ballroom 100	Thu 8–9pm	Yolanda Vargas	4/13–6/1	RA	\$36/46
RDNC017	Club Dance – Freestyle	Wed 7–7:55pm	Prince Graham	4/12–5/31	MG	\$36/46
RDNC015	Swing Dance–Beginning	Tue 7–8pm	Yolanda Vargas	4/11–5/30	RA	\$36/46
RDNC030	Swing Dance–Intermediate	Tue 4–5pm	Yolanda Vargas	4/11–5/30	RCR	\$36/46
RDNC014	Irish Dance	Mon 7–8pm	Marina McGowin	4/10–6/5	RCR	\$36/46
RDNC032	Latin Dance–Salsa & Bachata–Beginning	Mon 8–9pm	Yolanda Vargas	4/10–6/5	RA	\$36/46
RDNC019	Latin Dance–Salsa & Bachata–Intermediate	Mon 9–10pm	Yolanda Vargas	4/10–6/5	RA	\$36/46
RDNC041	Latin Dance–Salsa & Bachata–Beginning Couples	Mon 7–8pm	Yolanda Vargas	4/10–6/5	RA	\$36/46
RDNC033	Swing Dance–Lindy Hop & Charleston–Beginning	Wed 7–8:25pm	Joseph Bacareza	4/12–5/31	RCR	\$54/69
RDNC034	Swing Dance–Lindy Hop & Charleston–Intermediate	Thu 7–8:25pm	Joseph Bacareza	4/13–6/1	MG	\$54/69

* There will be no visitors or add slips for Ballroom Dance. All social dance classes require a mixing and mingling of partners. (Exception: Beg. Couples Ballroom and Latin Dance)Please wear closed-toe shoes.

World Beat

Class #	Class	Days & Time	Instructor	Dates	Location	Price
RDNC021	Break Dancing/Bboying–Beg.	Thu 7–8pm	Marcus McGhee	4/13–6/1	MG	\$36/46
RDNC022	Go Go Dance	Tue 7–8pm	Prince Graham	4/11–5/30	MG	\$36/46
RDNC023	Hip Hop–Beginning	Tue 6–7pm	Prince Graham	4/11–5/30	RCR	\$36/46
RDNC024	Hip Hop–Beginning	Wed 5–6pm	Trixi Agiao	4/12–5/31	RCR	\$36/46
RDNC036	Hip Hop–Adv/Beg/Int	Wed 6–7pm	Prince Graham	4/12–5/31	MG	\$36/46
RDNC037	Cardio Hip Hop	Tue 5:15–6pm	Duyen Tran	4/11–5/30	MG	\$36/46
RDNC038	Flamenco	Sat 9:30–10:30am	Gloria Lanuza	4/8–6/3	RA	\$32/42
RDNC039	Indian Dance	Sat 10:30–11:30am	Gloria Lanuza	4/8–6/3	RA	\$32/42
RDNC020	Belly Dance	Sat 11:30am–12:30pm	Gloria Lanuza	4/8–6/3	RA	\$32/42
	Dance Practicum	Fri 5–8pm		4/14–6/2	MG	FREE

MARTIAL ARTS

Class #	Class	Days & Time	Instructor	Dates	Location	Price
RMAR021	Aikido	TTh 3:30–5:30pm	Nick Noice	4/11–6/1	MG	\$95/115
RMAR002	Arnis/Escrima–Filipino Martial Arts	Thu 5:30–6:55pm	Patrick Marsch	4/13–6/1	RA	\$45/60
RMAR031	Brazilian Jiu Jitsu– Level 1	Mon 4–5:30pm	Dan Maryanovsky	4/10–6/5	MG	\$40/55
RMAR032	Brazilian Jiu Jitsu– Level 1	Wed 4–5:25pm	Dan Maryanovsky	4/12–5/31	MG	\$45/60
RMAR001	Brazilian Jiu Jitsu– Level 1	Fri 5:30–7pm	Dan Maryanovsky	4/14–6/2	MG	\$45/60
RMAR033	Brazilian Jiu Jitsu– Level 1	Sat 12:30–2pm	Dan Maryanovsky	4/8–6/3	MG	\$40/55
RMAR007	Brazilian Jiu Jitsu– Level 2	Fri 4–5:30pm	Philip Palmejar	4/14–6/2	MG	\$45/60
RMAR008	Capoeira–Beginning	Mon 8:30–10pm	Valerie Yau	4/10–6/5	RA	\$45/60
RMAR034	Capoeira–Beginning	Wed. 7–8:25pm	Paulo Lima	4/12–5/31	RA	\$45/60
RMAR035	Capoeira–Adv/Beginning	Wed. 8:30–10pm	Paulo Lima	4/12–5/31	RA	\$45/60
RMAR036	Green Willow (Aoinagi) Karate–Beginning	TTh 6–6:55pm	Paul Schwartz	4/11–6/1	MG	\$60/75
RMAR012	Green Willow (Aoinagi) Karate–Intermediate	TTh 6–6:55pm	Neville Billimoria	4/11–6/1	RG	\$60/75
RMAR013	Hapkido–Beginning	TTh 7–8:25pm	Stephanie Siu	4/11–6/1	MG	\$90/110
RMAR014	Hapkido–Intermediate	Sun 2–4pm	David Lu	4/9–6/4	MG	\$49/64
RMAR015	Hapkido–Advanced	Sun 4–5pm	Steven Carter	4/9–6/4	MG	\$49/64
RMAR016	Iaido–Japanese Swordsmanship	Sat 10–11:30am	Kako Lee	4/8–6/3	RG	\$40/55
RMAR017	Jeet Kune Do	Fri 3–4pm	Philip Palmejar	4/14–6/2	RCR	\$30/40
RMAR020	Judo	Sat 10–11:30am Mon 5:30–6:55pm	Lyman Connolly	4/8–6/3	MG	\$75/95
RMAR018	Kendo–Beginning	Sat 12–1:30pm	John Yamamoto	4/8–6/3	RG	\$40/55
RMAR054	Kendo–Intermediate/ Advanced	Sat 12–2pm	John Yamamoto	4/8–6/3	RG	\$55/70
RMAR019	Kobudo–Beginning	Sat 11am–12pm	Alfonso Gomez	4/8–6/3	MG	\$24/34
RMAR022	Okinawan Karate–Beginning	MW 6–6:55pm	Alfonso Gomez & Ophira Bergman	4/10–6/5	MG	\$60/75
RMAR023	Okinawan Karate–Advanced	MW 7–7:55pm	Alfonso Gomez & Ophira Bergman	4/10–6/5	MG	\$60/75
RMAR024	Okinawan Karate–Kumite	Fri 6–7:30pm	Alfonso Gomez & Ophira Bergman	4/14–6/2	RCR	\$45/60
RMAR025	San Soo Kung Fu	Mon 7–8:30pm	Tony Buhr & Dan Calimlin	4/10–6/5	SW	\$45/60
RMAR026	San Soo Kung Fu	Thu 7–8:30pm	Tony Buhr & Dan Calimlin	4/13–6/1	SW	\$45/60

MARTIAL ARTS

Class #	Class	Days & Time	Instructor	Dates	Location	Price
RMAR027	Shaolin Kung Fu–Beginning	Tue 7–9pm	Jeff Tien	4/11–5/30	RG	\$60/75
RMAR028	Shaolin Kung Fu–Advanced	Sun 6–8pm	Jeff Tien	4/9–6/4	RA	\$55/70
RMAR029	Shaolin Kung Fu–Sparring	Tue 9–10pm	Jeff Tien	4/11–5/30	MG	\$30/40
RMAR050	Taekwondo–Beginning	MW 7–8:25pm	Mark Renshaw	4/10–6/5	RA	\$84/104
RMAR046	Taekwondo–Competition Workout	Mon 8:30–10pm Wed 8–10pm Fri 7–9pm	Young Baik	4/10–6/5	SW SW MG	\$72
RMAR030	T'ai Chi	Mon 12–1pm	Matthew Tay	4/10–6/5	RCR	\$30/40
RMAR043	T'ai Chi	Sun 1–2pm	Matthew Tay	4/9–6/4	RA	\$27/37
RMAR051	Tang Soo Do Karate–Beginning	Tue 5:30–6:55pm	Miguel Soto	4/11–5/30	RA	\$45/60
RMAR052	Tang Soo Do Karate–Continuing	Sat 8:30–9:55am	Miguel Soto	4/8–6/3	RA	\$40/55
RMAR053	Wing Chun Kung Fu	Tue 7–8:30pm	Jeff Liu	4/11–5/30	RA	\$45/60
RMAR037	Wing Chun Kung Fu	Thu 7–8:30pm	Jeff Liu	4/13–6/1	RA	\$45/60
RMAR044	Wushu	Tue 8:30–10:30pm	Matthew Tay	4/11–5/30	RA	\$40
RMAR045	Wushu	Thu 8:30–10:30pm	Matthew Tay	4/13–6/1	RA	\$40
RMAR041	Wushu Competition Workout	Sun 3–5pm	Matthew Tay	4/9–6/4	RA	\$40
RMAR042	Wushu Internal	Sun 2–3pm	Matthew Tay	4/9–6/4	RA	\$20

SAFETY

CPR, AED and First Aid

Class #	Class	Days & Time	Date	Location	Price
RSAF007	CPR, AED and First Aid	Sun 10am–4pm	April 9	CVC	\$85
RSAF001	CPR, AED and First Aid	Sat 10am–4pm	April 22	CVC	\$85
RSAF002	CPR, AED and First Aid	Sun 10am–4pm	April 23	CVC	\$85
RSAF005	CPR, AED and First Aid	Sun 10am–4pm	April 30	CVC	\$85
RSAF003	CPR, AED and First Aid	Sat 10am–4pm	May 6	CVC	\$85
RSAF006	CPR, AED and First Aid	Sun 10am–4pm	May 7	CVC	\$85

Recertification Test for CPR, AED & First Aid

RSAF004	Saturday, May 13	CVC	\$45
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Lifeguard Training

RSAF008	Thu 6:30–9pm	May 11	CVC	\$85
	Sat 9am–6pm	May 13		
	Sun 10am–4pm	May 14		
	Sat 10am–4pm	May 20		
	Sun 12–4pm	May 21		



SPORTS

Class #	Class	Days & Time	Instructor	Dates	Location	Price
RARC003	Archery–Beginning	Mon 3:15–4:15pm	Staff	4/10–6/5	SPD	\$32/42
RARC012	Archery–Beginning	Mon 4:15–5:15pm	Staff	4/10–6/5	SPD	\$32/42
RARC013	Archery–Beginning	Mon 6:15–7:15pm	Staff	4/10–6/5	SPD	\$32/42
RARC005	Archery–Beginning	Wed 3:15–4:15pm	Staff	4/12–5/31	SPD	\$32/42
RARC025	Archery–Beginning	Wed 5:15–6:15pm	Staff	4/12–5/31	SPD	\$32/42
RARC002	Archery–Beginning	Sat 1–2pm	Staff	4/8–6/3	SPD	\$28/38
RARC008	Archery–Beginning	Sun 2–3pm	Staff	4/9–6/4	SPD	\$28/38
RARC016	Archery–Beginning	Sun 5–6pm	Staff	4/9–6/4	SPD	\$28/38
RARC009	Archery–Intermediate	Mon 5:15–6:15pm	Staff	4/10–6/5	SPD	\$32/42
RARC006	Archery–Intermediate	Wed 6:15–7:15pm	Staff	4/12–5/31	SPD	\$32/42
RARC015	Archery–Intermediate	Sun 4–5pm	Staff	4/9–6/4	SPD	\$28/38
RARC001	Open Practice w/ Coaching	Sun 3–4pm		4/9–6/4	SPD	\$28/38
RARC007	Traditional Archery Open Workout	TTh 5:30–7pm Sun 10am–12pm		4/9–6/4	SPD	\$12
RBAD001	Badminton- Beginning	Mon 5–6pm	Ming Au-Yeung	4/10–6/5	RG	\$32/42
RBAD003	Badminton- Beginning	Sun 5–6pm	Janny Ye	4/9–6/4	RG	\$28/38
RBAD002	Badminton- Adv/Beg	Mon 6–7pm	Ming Au-Yeung	4/10–6/5	RG	\$32/42
RBAD006	Badminton- Adv/Beg	Sun 3–4pm	Janny Ye	4/9–6/4	RG	\$28/38
RBAD004	Badminton- Intermediate	Mon 7–8pm	Ming Au-Yeung	4/10–6/5	RG	\$32/42
RBAD005	Badminton- Doubles Mix Tech.	Mon 8–9pm	Ming Au-Yeung	4/10–6/5	RG	\$32/42
RBOX001	Boxing–Coed Beginning	Wed 5:30–7pm	Peter Pellerito	4/12–5/31	MG	\$48/63
RBOX002	Boxing–Coed Beginning	Wed 7–8:30pm	Peter Pellerito	4/12–5/31	MG	\$48/63
RBOX004	Boxing–Coed Beginning	TTh 11am–12pm	Gus Velasco	4/11–5/4	MG	\$32/42
RBOX003	Boxing–Coed Beginning	TTh 11am–12pm	Gus Velasco	5/9–6/1	MG	\$32/42
RBOX012	Boxing–Adv/Beg	TTh 9–10am	Gus Velasco	4/11–5/4	MG	\$32/42
RBOX005	Boxing–Adv/Beg	TTh 9–10am	Gus Velasco	5/9–6/1	MG	\$32/42
RBOX008	Boxing–Women's Beginning	TTh 10–11am	Gus Velasco	4/11–5/4	MG	\$32/42
RBOX009	Boxing–Women's Beginning	TTh 10–11am	Gus Velasco	5/9–6/1	MG	\$32/42
RBOX010	Boxing–Women's Adv/Beg	TTh 12–1pm	Gus Velasco	4/11–5/4	MG	\$32/42
RBOX011	Boxing–Women's Adv/Beg	TTh 12–1pm	Gus Velasco	5/9–6/1	MG	\$32/42
RFEN001	Fencing Level 1	Sat 2–3:15pm	Bill Snider	4/8–6/3	MG	\$30/40
RFEN002	Fencing Level 1	Thu 6–7:15pm	Max Engelhardt	4/13–6/1	MG	\$33/43
RFEN003	Fencing Level 2	Tue 6–7:15pm	Bill Snider	4/11–5/30	MG	\$33/43
RFEN004	Fencing Level 2	Sat 3:15–4:30pm	Bill Snider	4/8–6/3	MG	\$30/40
RFEN005	Fencing–Open Fencing	Tue 6–7:30pm	Bill Snider	4/11–5/30	MG	\$33/43
RFEN006	Fencing–Open Fencing	Thu 6–7:30pm	Max Engelhardt	4/13–6/1	MG	\$33/43
RGOF001	Golf	Sat 8–9am	Mike Wydra	4/8–6/3		\$55/70
RGOF002	Golf	Sat 9–10am	Mike Wydra	4/8–6/3		\$55/70
RTEN001	Tennis–Beginning NTRP 1.0-2.0	TTH 8–9am	Staff	4/13–6/1	Muir	\$72/92
RTEN002	Tennis–Adv/Beg	TTh 5–6pm	Tad Yamaguchi	4/11–6/1	Muir	\$72/92
RTEN003	Tennis–Adv/Beg	Sat 8–9:30am	Hannah Folk	4/8–6/3	Muir	\$48/63
RTEN004	Tennis–Adv/Beg NTRP 2.0-3.0	MW 5–6pm	Marcus Robas	4/10–6/5	Muir	\$72/92
RTEN011	Tennis–Adv/Beg NTRP 2.0-3.0	TTH 9–10am	Staff	4/13–6/1	Muir	\$72/92
RTEN006	Tennis–Adv/Beg/Inter	Sat 9:30–11am	Hannah Folk	4/8–6/3	Muir	\$48/63

SPORTS

Class #	Class	Days & Time	Instructor	Dates	Location	Price
RTEN007	Tennis–Intermediate NTRP 3.0-4.0	MW 6–7:30pm	Marcus Robas	4/10–6/5	Muir	\$98/118
RTEN008	Tennis–Intermediate NTRP 3.0-4.0	TTh 6–7pm	Tad Yamaguchi	4/11–6/1	Muir	\$54/69
RTEN009	Sunday Morning Rec Tennis	Sun 9am–12pm	Staff	4/9–6/4	Muir	\$54/69
RTEN010	Tennis P.M. Workout	Sec. 1 TTh 5:30–7pm	Staff	4/11–6/1	NC	\$98/118
RTEN012	Tennis P.M. Workout	Sec. 2 Mon 5:30–7pm	Staff	4/10–6/5	NC	\$54/69
RTEN013	Tennis P.M. Workout	Sec. 3 Wed 5:30–7pm	Staff	4/12–5/31	NC	\$54/69
RRAC001	Racquetball–Beginning	Thu 7:30–9pm	Shirley Hill	4/13–6/1	RR	\$48/63
RRAC002	Racquetball–Adv/Beg/Int	Thu 6–7:30pm	Shirley Hill	4/13–6/1	RR	\$48/63
RRAC003	Racquetball Workout	Mon 6–7:30pm	Shirley Hill	4/10–6/5	RR	\$42/57
RRAC004	Racquetball Workout	MTh 6–7:30pm	Shirley Hill	4/10–6/5	RR	\$72/92
RRAC005	Racquetball Workshop–Beg	Thu 6–7:30pm	Shirley Hill	4/6	RR	FREE
RVOL001	Indoor Volleyball Workout	Wed 5–6pm	Beau Benko	4/12–5/31	RG	\$32/42
RVOL002	Sand Volleyball–Adv/Beg	Sat 10–11:30am	Beau Benko	4/8–6/3	Muir	\$44/59
RWRE001	Wrestling Takedown Workout	Fri 10–11am	Gus Velasco	4/14–6/2	MG	\$32/42

GYMNASTICS

Class #	Class	Days & Time	Date	Location	Price
RGYM013	Gymnastics–Beginning	Mon 6–7:30pm	4/10–6/5	MG	\$69/89
RGYM001	Gymnastics–Beginning	Tue 5:30–7pm	4/11–5/30	MG	\$69/89
RGYM014	Gymnastics–Beg/Int	Tue 7–8:30pm	4/11–5/30	MG	\$69/89
RGYM002	Gymnastics–Beg/Int	Thu 6–7:30pm	4/13–6/1	MG	\$69/89
RGYM015	Gymnastics–Int/Adv	Wed 6–7:30pm	4/12–5/31	MG	\$69/89
RGYM005	Adult Open Workout	Mon 7:30–9pm	4/10–6/5	MG	\$38/48
RGYM006	Adult Open Workout	Wed 7:30–9pm	4/12–5/31	MG	\$38/48
RGYM007	Bootcamp Workout	Mon 5–5:55pm	4/10–6/5	MG	\$38/48
RGYM008	Bootcamp Workout	Wed 8–8:55am	4/12–5/31	MG	\$38/48
RGYM016	Bootcamp Workout	Wed 5–5:55pm	4/12–5/31	MG	\$38/48
RGYM009	Bootcamp Workout	Thu 5–5:55pm	4/13–6/1	MG	\$38/48
RGYM010	Bootcamp Workout	Fri 8–8:55am	4/14–6/2	MG	\$38/48
RGYM017	Martial Arts Tricking	Thu 7:30–9pm	4/13–6/1	MG	\$69/89
RGYM012	Men's Events/Strength	Wed 6–7:30pm	4/12–5/31	MG	\$69/89
RGYM018	Training for Parkour	Fri 2–3pm	4/14–6/2	MG	\$35/45
RGYM019	Training for Parkour	Fri 3–4pm	4/14–6/2	MG	\$35/45

YOUTH AQUATICS

Class #	Class	Days & Time	Date	Location	Price
RYWP001	Intro to Water Polo	Sat 2–2:50pm	4/8–6/3	Nat	\$40/50
RYST001	Swimming Strokes Clinic–Ses. 1	Sat 1–1:45pm	4/8–4/29	CVP	\$40/50
RYST002	Swimming Strokes Clinic–Ses. 2	Sat 1–1:45pm	5/6–6/3	CVP	\$40/50

Swim ClassesRegistration/Transfer deadline: Thursday April 6 by midnight. No classes April 16, April 29, May 27–29
Note: Boxes with Sec. 1 and Sec. 2 start at the same time and are 50 min.

Saturdays, April 8 – June 3

Section	Parent 'n Tot	Tiny Tot 1	Tiny Tot 2	Tiny Tot 3	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
Cost	\$35/45	\$35/45	\$35/45	\$47/62	\$47/62	\$47/62	\$47/62	\$47/62	\$47/62	\$47/62	\$47/62
9:00am	RYSW001		RYSW003	RYSW005	RYSW016	RYSW017	RYSW018	RYSW019	RYSW020	RYSW028 Sec. 2 RYSW029	RYSW0210
9:30am		RYSW002	RYSW004								
10:00am	RYSW011		RYSW013	RYSW015	RYSW024	RYSW025	RYSW026	RYSW027	RYSW038	RYSW039	RYSW020
10:30am		RYSW012	RYSW014								
11:00am			RYSW022	RYSW023	RYSW034	RYSW035	RYSW036	RYSW037	RYSW038	RYSW039	RYSW022
11:30am		RYSW021									
12 noon		RYSW030	RYSW032	RYSW031	RYSW034	RYSW035	RYSW036	RYSW037	RYSW038	RYSW039	RYSW032
12:30pm		RYSW031	RYSW033								

Sundays, April 9 – June 4

Section	Parent 'n Tot	Tiny Tot 1	Tiny Tot 2	Tiny Tot 3	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
Cost		\$35/45	\$35/45	\$47/62	\$47/62	\$47/62	\$47/62	\$47/62	\$47/62	\$47/62	\$47/62
1:00pm				RYSW042	RYSW043	RYSW044	RYSW045	Sec. 1 RYSW046 Sec. 2 RYSW047	RYSW048	RYSW049	RYSW041
1:30pm											
2:00pm				RYSW050	RYSW054	RYSW055	Sec. 1 RYSW056 Sec. 2 RYSW057	RYSW058	RYSW059	RYSW059	RYSW052
2:30pm											
3:00pm		RYSW050	RYSW052	RYSW051	RYSW054	RYSW055	Sec. 1 RYSW056 Sec. 2 RYSW057	RYSW058	RYSW059	RYSW059	RYSW052
3:30pm		RYSW051	RYSW053								

Tuesdays & Thursdays, Session I, April 11 – May 4Registration/Transfer deadline: Sunday April 9 by midnight.

Section	Parent 'n Tot	Tiny Tot 1	Tiny Tot 2	Tiny Tot 3	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
Cost		\$40/50	\$40/50	\$54/69	\$54/69	\$54/69	\$54/69	\$54/69	\$54/69	\$54/69	\$54/69
4:00pm			RYSW061	RYSW067	RYSW068	RYSW069	RYSW070	RYSW071	RYSW072	RYSW073	RYSW066
4:30pm		RYSW060									
5:00pm				RYSW067	RYSW068	RYSW069	RYSW070	RYSW071	RYSW072	RYSW073	RYSW066
5:30pm											

Tuesdays & Thursdays, Session II, May 9 – June 1Registration/Transfer deadline: Sunday May 7 by midnight.

Section	Parent 'n Tot	Tiny Tot 1	Tiny Tot 2	Tiny Tot 3	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
Cost		\$40/50	\$40/50	\$54/69	\$54/69	\$54/69	\$54/69	\$54/69	\$54/69	\$54/69	\$54/69
4:00pm			RYSW074	RYSW080	RYSW081	RYSW082	RYSW083	RYSW084	RYSW085	RYSW086	RYSW079
4:30pm		RYSW073									
5:00pm				RYSW080	RYSW081	RYSW082	RYSW083	RYSW084	RYSW085	RYSW086	RYSW079
5:30pm											

YOUTH DANCE

Class #	Class	Days & Time	Instructor	Dates	Location	Price
RYDA001	Ballet–Primary (Age 5-7)	Sat 9–9:55am	Vanetta Diamond	4/8–6/3	RCR	\$35/45
RYDA002	Ballet–Beg (Age 8-12)	Sat 10–10:55am	Vanetta Diamond	4/8–6/3	RCR	\$35/45
RYDA006	Tiny Tots Creative Dance (Age 3-5)	Mon 4:15–4:45pm	Trixi Agiao	4/10–6/5	MG	\$20/30
RYDA005	Kids Creative Hip Hop Dance (Age 5-8)	Wed 4–4:45pm	Trixi Agiao	4/12–5/31	MG	\$30/40

YOUTH GYMNASTICS

Class #	Class	Days & Time	Date	Location	Price
RGYM001	Parent n' Tot Open Play	Sat 9–9:45am	4/8–6/3	MG	\$45/60
RGYM002	Parent n' Tot Structured	Sun 10–10:45am	4/9–6/4	MG	\$45/60
RGYM004	Tiny Tots 1 (Age 3-4)	Sat 10–10:45am	4/8–6/3	MG	\$45/60
RGYM005	Tiny Tots 1 (Age 3-4)	Sat 12:15–1pm	4/8–6/3	MG	\$45/60
RGYM048	Tiny Tots 1 (Age 3-4)	Sat 3–3:45pm	4/8–6/3	MG	\$45/60
RGYM006	Tiny Tots 1 (Age 3-4)	Sat 4–4:45pm	4/8–6/3	MG	\$45/60
RGYM049	Tiny Tots 1 (Age 3-4)	Sun 11–11:45am	4/9–6/4	MG	\$45/60
RGYM007	Tiny Tots 2 (Age 4-5)	Sat 10–10:45am	4/8–6/3	MG	\$45/60
RGYM008	Tiny Tots 2 (Age 4-5)	Sat 12:15–1pm	4/8–6/3	MG	\$45/60
RGYM009	Tiny Tots 2 (Age 4-5)	Sat 3–3:45pm	4/8–6/3	MG	\$45/60
RGYM010	Tiny Tots 2 (Age 4-5)	Sat 4–4:45pm	4/8–6/3	MG	\$45/60
RGYM050	Tiny Tots 2 (Age 4-5)	Sun 11–11:45am	4/9–6/4	MG	\$45/60
RGYM051	Tiny Tots 1/2	Mon 4:15–5pm	4/10–6/5	MG	\$52/67
RGYM003	Tiny Tots 1/2	Thu 10–10:45am	4/13–6/1	MG	\$52/67
RGYM011	Mini Level 1 (Age 5-6)	Mon 4–4:55pm	4/10–6/5	MG	\$52/67
RGYM012	Mini Level 1 (Age 5-6)	Sat 11–11:55am	4/8–6/3	MG	\$45/60
RGYM013	Mini Level 1 (Age 5-6)	Sun 12–12:55pm	4/9–6/4	MG	\$45/60
RGYM014	Level 1 (Age 6-8)	Mon 4–4:55pm	4/10–6/5	MG	\$52/67
RGYM015	Level 1 (Age 6-8)	Sat 12–12:55pm	4/8–6/3	MG	\$45/60
RGYM016	Level 1 (Age 6-8)	Sun 1–1:55pm	4/9–6/4	MG	\$45/60
RGYM017	Level 2 (Age 6+)	Wed 4–5:30pm	4/12–5/31	MG	\$78/98
RGYM041	Level 2 (Age 6+)	Sat 1–2:30pm	4/8–6/3	MG	\$68/88
RGYM052	Level 2 (Age 6+)	Sun 1–2pm	4/9–6/4	MG	\$45/60
RGYM018	Level 3 (Age 6+)	TTh 4–6pm	4/11–6/1	MG	\$180/200
RGYM019	Level 3 (Age 6+)	Sat 1–3pm	4/8–6/3	MG	\$88/108
RGYM020	Boys Mini Level 1 (Age 5-6)	Sat 11–11:55am	4/8–6/3	MG	\$45/60
RGYM044	Boys Mini Level 1 (Age 5-6)	Sun 12–12:55pm	4/9–6/4	MG	\$45/60
RGYM021	Boys Beginning (Age 6+)	Sat 11–11:55am	4/8–6/3	MG	\$45/60
RGYM045	Boys Beginning (Age 6+)	Sun 12–12:55pm	4/9–6/4	MG	\$45/60
RGYM022	Boys Int/Adv (Age 6+)	TTh 4–6pm	4/11–6/1	MG	\$180/200
RGYM023	Boys Int/Adv (Age 6+)	Sat 1–3pm	4/8–6/3	MG	\$88/108

YOUTH MARTIAL ARTS

Class #	Class	Days & Time	Instructor	Dates	Location	Price
RYMA001	Aoinagi Karate	TTh 5–6pm	Neville Bilimoria	4/11–6/1	RG	\$60/75
RYMA003	Kobudo	Sat 10–11am	Alfonso Gomez	4/8–6/3	MG	\$26/36
RYMA005	Mini Karate Kids	Sat 9–9:45am	Chiyo Maruyama	4/8–6/3	MG	\$26/36
RYMA007	Okinawan Karate–Beginning	Sat 8:30–10am Mon 4–5pm	Staff	4/8–6/3	MG RCR	\$70/85
RYMA008	Okinawan Karate–Adv/Beg	Sat 8:30–10am Wed 4–5pm	Staff	4/8–6/3	MG RCR	\$70/85

YOUTH SPORTS

Class #	Class	Days & Time	Instructor	Dates	Location	Price
RYAR001	Archery–Beginning (Age 8-12)	Wed 4:15–5:15pm	Staff	4/12–5/31	SPD	\$32/42
RYAR002	Jr. Olympic Archery Development	Sun 12–2pm	Staff	4/9–6/4	SPD	\$58/73
RYFE001	Fencing Level 1 (Age 7-11)	Sat 12–1pm	Max Engelhardt	4/8–6/3	MG	\$28/38
RYFE003	Fencing Level 2 (Age 12-17)	Sat 1–2pm	Max Engelhardt	4/8–6/3	MG	\$28/38
RYTE001	Intro to Tennis Fun (Age 6-8)	Sat 11am–12pm	Hannah Folk	4/8–6/3	Muir	\$38/48
RYTE002	Tennis–Beginning (Age 8-11)	Sat 12–1pm	Hannah Folk	4/8–6/3	Muir	\$33/43
RYTE003	Tennis–Adv/Beg (Age 11+)	Sat 1–2pm	Hannah Folk	4/8–6/3	Muir	\$33/43
RYBA001	Family Badminton	Sun 4–5pm	Janny Ye	4/9–6/4	RG	\$33/43

GYMNASTICS
BIRTHDAY PARTY



Flip, Tumble, Twirl & Play
FOR THEIR BIRTHDAY!

Interested in renting out the gymnastics gym for your child's birthday party? 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 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

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.

SPORTS CLUBS



SPRING HOME GAME SCHEDULE

BADMINTON

Opponent	Date	Time	Location
USC and UC Irvine	April 15	8:00am	Main Gym
Sun God Tournament	May 27–28	8:00am	Main Gym

BASEBALL

Opponent	Date	Time	Location
University of Arizona	March 3	10:00am	Bonita Vista High School
University of Arizona	March 4	1:00pm	Bonita Vista High School
University of Arizona	March 5	10:00am	Bonita Vista High School
USD	April 22	10:00am	Bonita Vista High School
USD	April 22	1:00pm	Bonita Vista High School
USD	April 23	10:00am	Bonita Vista High School

DANCE TEAM

Opponent	Date	Time	Location
UCSD Showcase	May 5	7:30pm	RIMAC Arena

DANCESPORT

Opponent	Date	Time	Location
Dance by the Shores	March 4	All Day	UCSD Main Gym

MENS LACROSSE

Opponent	Date	Time	Location
CSU Long Beach	Feb 25	2:00pm	Muir Field
Concordia	March 16	7:00pm	Muir Field
SLC-WCLL D2 Challenge-UC Davis	March 29	3:00pm	Muir Field
SLC-WCLL D2 Challenge-San Jose St	March 31	4:00pm	Muir Field
Occidental	April 9	1:00pm	Muir Field
CSU San Marcos	April 15	7:00pm	Muir Field

WOMENS LACROSSE

Opponent	Date	Time	Location
UNLV	April 8	12:00pm	Muir Field
UC Santa Cruz	April 9	12:00pm	Muir Field



30 TEAMS, 1 SPORTS CLUB

MENS RUGBY

Opponent	Date	Time	Location
CSU Northridge	Feb 18	1:00pm	Warren Field
Cal Lutheran	March 11	1:00pm	Warren Field
Dartmouth	March 17	7:00pm	Warren Field

WOMENS RUGBY

Opponent	Date	Time	Location
15's Spring Play-ins	April 1-2	11:00am	TBD

MENS SOCCER

Opponent	Date	Time	Location
Grand Canyon State University	March 5	12:00pm	Warren Field
USC	April 8	4:00pm	Warren Field
SDSU B	April 15	4:00pm	Warren Field

WOMENS SOCCER

Opponent	Date	Time	Location
University of San Diego	March 1	8:15pm	Sports Deck
Northern Arizona University	March 4	7:00pm	Warren Field
Grand Canyon University	March 5	10:00am	Warren Field
Point Loma Nazarene	April 5	8:15pm	Sports Deck
9th Annual UC San Diego Invitational	April 8–9	All Day	Warren Field
SDSU	April 19	8:15pm	Warren Field

SAILING

Opponent	Date	Time	Location
PCCSC Women's Champs	April 15–16	10:00am	Mission Bay Yacht Club

MENS ULTIMATE

Opponent	Date	Time	Location
President's Day Invitational	Feb 18–20	All Day	RIMAC & Warren Field

WOMENS ULTIMATE

Opponent	Date	Time	Location
President's Day Invitational	Feb 18–20	All Day	RIMAC & Warren Field

MENS VOLLEYBALL

Opponent	Date	Time	Location
League Crossover Tournament–A	Feb 26	9:00am	AUX Gym
SCCVL Regional Tournament–A	March 4	9:00am	RIMAC & AUX Gym

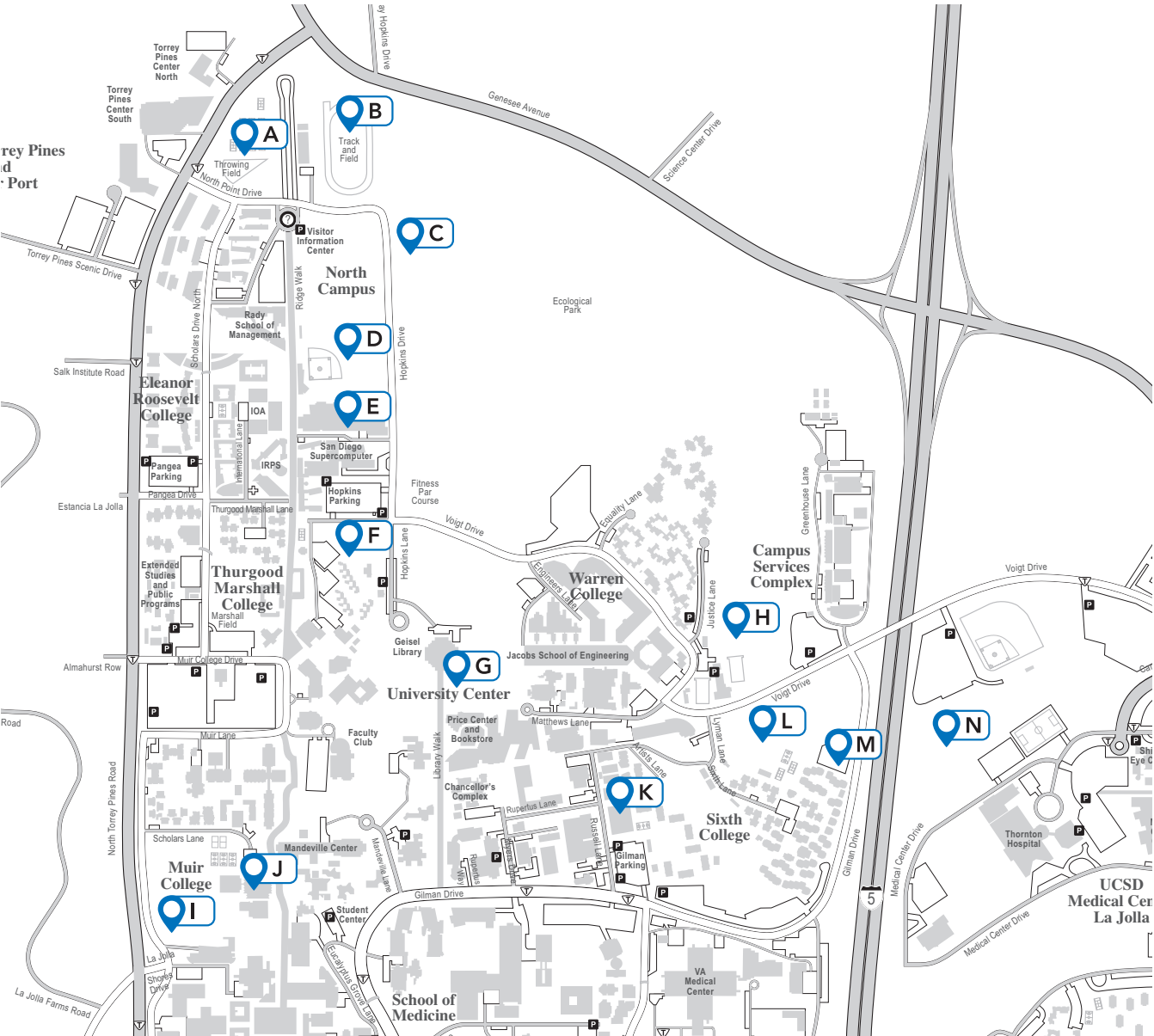
WOMENS VOLLEYBALL

Opponent	Date	Time	Location
SCCVL Regionals Tournament	Feb 18	8:00am	AUX Gym
League Crossover Tournament	March 4	8:00am	RIMAC & AUX Gym

WOMENS WATER POLO

Opponent	Date	Time	Location
SDSU–B	Feb 25	11:00am	Canyonview Pool
Arizona State University	Feb 25	5:15pm	Canyonview Pool
University of Arizona	Feb 26	10:15am	Canyonview Pool
SDSU–A	Feb 26	3:15pm	Canyonview Pool

MAP OF RECREATION FACILITIES



Map Location Key:

- A. Tennis Courts
- B. Spanos – Track and Fields
- C. Challenge Course
- D. Track and Fields
- E. RIMAC – Offices, Activity Rooms, Weight Room, Racquetball and Squash, Wellness Studio, Arena, Gym
- F. Tennis Courts
- G. Outback Surf Shop
- H. Canyonview Aquatic Center and Outback Climbing Center
- I. Tennis, Basketball and Volleyball Courts, Playing Fields

- J. Main Gym – Offices, Activity Rooms, Weight Room, Gym, Cycling Room, Natatorium
- K. Outback Adventures – Offices, Rental Shop
- L. Warren Playing Fields
- M. Tennis and Basketball Courts
- N. Archery Range
- Not pictured – Mission Bay Aquatic Center at Mission Blvd. and Santa Clara Pt.; Tennis Courts on La Jolla Shores Dr.; Surf Instruction, Summer Camps and Storage Area at Scripps Pier, SIO.

GET A MEMBERSHIP

As health professionals continue to study the effects of exercise more and more research is revealing that working out benefits our body in more than just weight loss. Studies show that exercise can prevent osteoporosis, may lower death risk, could reduce the risk of developing a stroke or cancer, may even increase brain and digestion health, reduces stress, will build stronger muscles and bones, and even encourages healthier skin. In light of all these wonderful benefits we are excited to offer this amazing health opportunity to not only the campus community, but to the surrounding community as well.

Currently enrolled UCSD undergraduate and graduate students are eligible to use all of our recreation facilities by presenting a student ID to the facility access desk attendant at each location. All others, including university extension students, need to purchase a membership, a day pass, or non-student flex passes to have access to this amazing opportunity. Any one of the options just mentioned can be purchased at each of our locations except the Spanos facility, and are as follows:

- **RIMAC** – our largest and most versatile facility
(Located on the northwest side of campus close to the Rady's School of Business)
- **Main Gym** – which includes the natatorium, sauna, and jacuzzi
(Located on the southwest side of campus by Muir college)
- **Canyonview** – which includes our outdoor pools, jacuzzi, and rock climbing facility
(Located on the east side of campus by the Jacobs School of Engineering)
- **Spanos** – limited to free weights only, and is a non-sales location
(Located on the far north side of campus just above the track and field facility)

Please note that first time members must complete the process in person.

Waiver of Liability

The University of California has mandated that anyone participating in any recreational activity or program or utilizing any recreational facility MUST complete an approved Waiver of Liability. See page the following pages for waiver information. Intramural Sports, Masters Programs, Outback Adventures outings and Sport Clubs program areas also include waivers in their program registration. Waivers for the weight room are at the weight room access desk.

Besides the above mentioned benefits our membership also includes:

- Access to all four of our facilities during the hours posted at each location, and include:
 - The use of our locker rooms, pools, Main Gym sauna, jacuzzis, weight rooms, cardio machines, and indoor and outdoor courts
 - For updated hours please call (858) 534-4037
- Discounts on Fitlife and Rec classes
- Discounts on Outback and Mission Bay Aquatic Center rentals, and outings.
 - For the Mission Bay Aquatic Center discounts a UCSD or Recreation ID will be required
- Faculty, staff, and alumni become eligible to play intramural sports

We look forward to seeing you in our facilities, and hope that you will take advantage of this amazing health opportunity!

To All Recreation Participants:

UC San Diego Recreation strives to provide programs and services available to all, including individuals with disabilities. If you need accommodations, please call our offices at (858) 534-4037

Recreation programs involve some form of physical activity. In any activity, there could be risk of injury. You should be in good physical condition. Please inform your instructor, trainer, outing guide or program head prior to participating, of any limiting physical conditions.

We reserve the right to refuse service to any person, company, agency, or organization. Recreation is also committed to maintaining a harassment-free environment. Sexual harassment is against university policy, federal and state laws. For additional information, we encourage you to call the Office for the Prevention of Harassment and Discrimination (OPHD), (858) 534-9103

REC CLASS REGISTRATION INFORMATION

When and How to Register for a Rec Class

Open Registration begins Tuesday, November 22.

You may register using:

- 1. Online registration: Go to our website: recreation.ucsd.edu
- 2. Walk-In registration: You may register in person at RIMAC, Main Gym, or at Canyonview Aquatics Center.

Note: Registrations accepted until classes are full (Exception: Adult swim and kid's swim have specific registration/cut-off deadlines. See pages 43 and 59 for exact cut-off dates.)

Rec Class Policy Information

REFUNDS/CREDITS

- To receive a refund or credit, a request must be made either in person (RIMAC Sales Desk) or via email (rclasses@ucsd.edu) prior to the start of the second scheduled class meeting.
- A \$10 PROCESSING FEE WILL BE ASSESSED PER REFUND REQUEST PER CLASS (example: customer drops 2 classes and asks for refunds and is assessed \$10 for each class, \$20 total). The total amount of the refund request must be valued over \$10 or the request will be issued as a credit only.
- A full credit can be requested in lieu of the refund. After the second scheduled class you may request a 50% credit only. After the 3rd scheduled class there are no refunds or credits.
- Refunds and credits are based on the scheduled class dates regardless of your registration date.
- Refund or credit requests for CPR, First Aid or Lifeguard Training classes must be made no later than 2 weeks before the scheduled starting date. Refund or credit requests for workshops and clinics must be made at least one business day prior to the start of the workshop or clinic. Refunds for scuba classes must be made before the 3rd class meeting.
- No refunds given on interim classes; credit only may be requested. No refunds on archery passes.
- All credits are non-refundable and non-transferable.

OTHER POLICIES

- A separate registration form and waiver (pages 73–74) is required for each person being registered.
- Participants are allowed one transfer per class. There are no refunds on transferred classes. Transfer requests must be made either in person (RIMAC Sales Desk) or via email (rclasses@ucsd.edu). If emailing the request please include the following information: name, phone#, class number registered in, class # transferring to. If a transfer request cannot be processed, you will remain registered in the original class.
- To be eligible to pay the lower Rec Class price you must be a UC San Diego student or current Recreation Card holder. To purchase a Rec Card, see page 73. Rec Cards must be renewed or purchased before class enrollment. Please note: new Rec Card purchases must be made in person at RIMAC Sales Desk.
- Under-enrolled classes may be cancelled. Customers will receive notification of cancelled classes and have a choice of receiving either a refund or credit, or may opt to transfer into a different class.
- Private lessons have a 24 hours notice cancellation policy. Please email: rclasses@ucsd.edu or contact the instructor to cancel. Advance payment is required for all private lessons. Underage children must be accompanied by a parent throughout private lessons.
- Due to circumstances beyond our control (rain, instructor illness, etc.), class sessions may occasionally be cancelled. We do attempt to contact participants if time permits and if we have contact phone numbers and/or email addresses.
- Rec Class staff reserves the right to switch students to appropriate levels.
- Parents are encouraged to accompany their child/children to class and stay for the class sessions.
- The first price listed in the magazine is for UC San Diego students and Rec Card holders, the second price is for all others.
- The week following the last scheduled class is designated for class make-ups, if needed, and is considered part of the class schedule.
- Unless otherwise noted, adult classes have a minimum age of 16 years.
- Rec Classes reserves the right to substitute instructors, as needed, into already assigned classes.

FITLIFE REGISTRATION INFORMATION

When and How to Register for FitLife Classes or Programs

Open Registration begins Tuesday, November 22.

- 1. Online registration: recreation.ucsd.edu
- 2. Mail-in registration: UCSD Recreation, 9500 Gilman Drive, 0529, La Jolla, CA 92093-0529
- 3. Walk-In registration: You may register in person at RIMAC, Main Gym, or at Canyonview Aquatics Center.

All Walk-In or Mail-In registrations require a completed and signed registration form and waiver (pages 73–74). A separate registration form and waiver is required for each participant.

FitLife Policy Information

- Pricing: The first price listed is for registered UC San Diego students, the second price for Rec Card Holders, third price for all others.
- Add Slips: To add a class that is full, request an Add Slip directly from the instructor. This Add Slip must be signed by the instructor and turned into the RIMAC Sales Desk for walk in registration. Please note, only a limited number of Add Slips will be available for each class, and will be distributed on a first come, first serve basis.
- Refunds: Before the start of the second class, you are eligible for a 100% refund minus a \$10 processing fee. Once the second class has started, refund requests are not accepted.
- Credit: Before the start of the second class, you are eligible for a 100% credit. After the start of the second and before the start of the third class, you are eligible for an 80% credit. After the start of the third class and before the start of the fourth class, you are eligible for a 50% credit. After the fourth class, credit requests will not be considered.
- Refunds/Credits are NOT given for the following: Workshops, Special Events and Passes.
- Credits may be used toward other FitLife programs/classes. Credits are non-refundable and non-transferable.
- All refund/credit requests must be made by email to: fitlife@ucsd.edu.
- Transfers: Transfer requests may be made at any time via email to fitlife@ucsd.edu or in person at the RIMAC Sales Desk. If the class you wish to transfer into is full, follow the Add Slip procedure listed above. If the class you wish to transfer into costs more, then the transfer request must be made at the RIMAC Sales Desk and the difference between the two classes must be paid.
- Personal Training/Private Pilates/Massage Services/Nutritional Services/Private Yoga: 24 hours notice is required for cancellation, or you will be charged the session cost. To schedule: Personal Training call (858) 822-2313, Massage Services call (858) 822-4552, Private Pilates and Private Yoga email fitlife@ucsd.edu, Nutritional Services call (858) 822-0372, Private Session call (858) 822-2313.
- Cancellations: Occasionally classes are cancelled permanently or on a daily basis. In the event of a permanent cancellation, customers will be given the option of a full refund, a credit, or a transfer to a different class. Due to circumstances beyond our control, daily cancellations occasionally happen (instructor illnesses, emergencies, facility/equipment malfunctions or inclement weather). Our office makes every attempt to contact participants via phone or email. Please be sure your registration information is accurate. We will attempt to make up the cancelled class but if that is not possible, a credit will be issued.
- We reserve the right to place you in the appropriate class, and we reserve the right to refuse service.
- As a courtesy to the instructor and the other participants, and for safety considerations, the use of personal electronic devices (iPods, mp3 players, cell phones, etc) is prohibited during class time.
- Special Accommodations requests must be received 2 weeks in advance via email: fitlife@ucsd.edu.

Intramural Sports, Masters Programs, Outback Adventures Sign-Up Info

Intramural Sports – Sign up for Intramural Sports at IMLeagues.com. See page 22 for details.

Masters Programs – SIGN UP IN PERSON at RIMAC Sales Desk or Canyonview Aquatics Center. Before coming to the cashier, fill out the appropriate registration forms available at the Sales Desk. This will expedite your registration. Online registration not available at this time.

Outback Trips – SIGN UP ONLINE or IN PERSON at Outback Rental Shop or Main Gym, RIMAC and Canyonview Aquatics Center Sales Desks.

Waivers

Programs and Activities waiver – Page 72 or online: recreation.ucsd.edu

Rec Card waiver – Page 74 or online: recreation.ucsd.edu

The University of California has mandated that anyone participating in any recreational activity or program or utilizing any recreational facility MUST complete an approved Waiver of Liability. Intramural Sports, Masters Programs, Outback Adventures outings and Sport Clubs program areas include waivers in their program registration. The weight rooms waiver is available at the various weight room access desks. All registrations must be accompanied by your 'Waiver of Liability, Assumption of Risk and Indemnity Agreement'.

- Read the waiver, sign/date at the appropriate places. Cut out or copy the waiver and include with your registration form.
- Each participant must sign a separate waiver.



PROGRAM REGISTRATION

PARTICIPANT INFORMATION

Name (or Parent/Guardian if registering for a child)

First MI Last

Date of Birth

Child's Name (one child per Registration Form and Waiver)

First MI Last

Date of Birth

Address

Address City State Zip

Home Phone Alt Phone Campus Mail Code

Email

Emergency Contact Relationship Phone

AFFILIATION

UC San Diego Student Student ID#

Rec Card Holder Rec Card ID # Exp. Date

Not a current UC San Diego student or Rec Card holder

PROGRAM INFORMATION

Waiver of Liability (on other side) must be completed and submitted at time of registration

Program #	Program (1st choice)	Days	Dates	Time	Price
Program #	Program (2nd, 3rd choice)	Days	Dates	Time	Price
TOTAL					

PAYMENT METHOD

Payment in full must accompany registration. Please do not send cash or write credit card numbers with mailed registrations.

Check Cash (in person only) Credit Card (in person only)

RETURNING YOUR FORM

In person to RIMAC or Main Gym Sales Desk, Canyonview Aquatic Center or Outback Surf Shop

Mail, via Campus Mail, to Recreation-0529

Mail via U.S. Postal Service to: University of California, San Diego Recreation, 0529 9500 Gilman Drive La Jolla, CA 92093-0529

Prices vary. Please ensure correct amount is submitted. Call (858) 534-4037 for more info.

Make checks payable to UC Regents.

Enrollment confirmation and notifications of full or cancelled classes will be sent via email.

We reserve the right to refuse service to any person, company, agency, or organization.

Please see our refund policies in the Rec Magazine or online at recreation.ucsd.edu

You can also register online at recreation.ucsd.edu/registration

OFFICE USE ONLY
Member Number

Participant's Name (Please Print): Last First

UNIVERSITY OF CALIFORNIA, SAN DIEGO
Activities & Programs

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of being permitted to participate in any way in activities indicated on the reverse side of this form, hereinafter called "Activities & Programs", I, for myself, my heirs, personal representatives or assigns, do hereby release, waive, discharge, and covenant not to sue The Regents of the University of California, its officers, employees, and agents from liability from any and all claims including the negligence of The Regents of the University of California, its officers, employees and agents, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in The Activities.

Signature of User Date Signature of Parent/Guardian of Minor Date

Assumption of Risks: Participation in "Activities & Programs", carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one Activities to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in The Activities. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD The Regents of the University of California HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in The Activities and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signature of User Date Signature of Parent/Guardian of Minor Date

Participant's Age (if minor)

Any questions regarding this waiver should be directed to UC San Diego Risk Management (858) 534-3820



OFFICE USE ONLY

Member Number_____

(select one)
☐ New ☐ Renewal **New Rec Cards must be purchased in person. Verification of affiliation is required.**
See below for accepted forms of verification

Complete separate application forms for each individual applicant. Minors are welcome at no charge, but are prohibited from the weight rooms and wellness studios, and must be accompanied by an adult Rec Card holder. A separate liability waiver must be signed upon entry.
Waiver of Liability (on other side) must be completed and submitted at time of registrati

MY INFORMATION

First Name _____ Last Name _____ MI _____

Address _____ City _____ State _____ Zip _____

☐ Home ☐ Cell Phone (_____) _____ Work Phone (_____) _____ Ext: _____

Email _____ Campus Mail Code _____

Emergency Contact _____ Phone (_____) _____

☐ STAFF/FACULTY – ID # _____ – Validated UCSD ID Department _____

VICE CHANCELLOR – Area: **(Please select one)** ☐ AA ☐ RA ☐ ED&I ☐ SA ☐ MS ☐ HS ☐ CFO ☐ ADV ☐ RM&P ☐ CHANCELLOR

☐ ALUMNI – Diploma, Final Transcript or Verification letter from Alumni office.

☐ ADULT FAMILY MEMBER – Name of spouse/domestic partner, UCSD employment to be verified ***Required**

☐ SENIOR (60 & over) – Picture ID (Driver's license, passport, military ID, etc.) ***Required**

☐ UNIVERSITY EXTENSION – Valid card from University Extension
English Language Program and Concurrent Studies students must provide verification of student status each quarter

☐ COMMUNITY (18–59) – Picture ID (Driver's license, passport, military ID, etc.) ***Required**

Please Select Quarter/s		<input type="checkbox"/> Summer 7/1–9/30	<input type="checkbox"/> Fall 10/1–12/31	<input type="checkbox"/> Winter 1/1–3/31	<input type="checkbox"/> Spring 4/1–6/30	<input type="checkbox"/> Annual 7/1–6/30	<input type="checkbox"/> Monthly 30 days
Cost of Quarters Selected		1 Quarter	2 Quarters	3 Quarters	Annual		
Faculty, Staff, Alumni, Senior, Family Member		<input type="checkbox"/> \$105	<input type="checkbox"/> \$210	<input type="checkbox"/> \$315	<input type="checkbox"/> \$420		
University Extension		<input type="checkbox"/> \$105					
Community		<input type="checkbox"/> \$125	<input type="checkbox"/> \$250	<input type="checkbox"/> \$375	<input type="checkbox"/> \$500		
Monthly (No class discounts extended)		<input type="checkbox"/> \$55					
Non-Student Flex passes (No expiration)		<input type="checkbox"/> \$7/day (minimum 5)					
Summer (students only)	Full Quarter	<input type="checkbox"/> \$100					
	Six Weeks	<input type="checkbox"/> \$50					
	Four Weeks	<input type="checkbox"/> \$35					
	Day Pass	<input type="checkbox"/> \$3/day					
	Flex Pass	<input type="checkbox"/> \$2/day (minimum 5)					

PAYMENT METHOD

☐ Payroll Deduction (complete form) ☐ Credit Card (in person only) ☐ Check ☐ Cash (in person only)

Please make checks payable to UC Regents. There are no refunds on Rec Card purchases. **Do not mail cash or write credit cards numbers.**

OPTIONS FOR RENEWING YOUR MEMBERSHIP

Online at
recreation.ucsd.edu/registration

Campus Mail:
Recreation, 0529

In person at Main Gym or RIMAC
Sales Desk,Canyonview Aquatic
Center or Outback Surf Shop

Mail to:
University of California, San Diego
Recreation, 0529
9500 Gilman Drive
La Jolla, CA 92093-0529

For more information please call UC San Diego Recreation offices at (858) 534-4037.

We reserve the right to refuse service to any person, company, agency or organization.

recreation.ucsd.edu // @UCSDREC

Participant’s Name (Please Print): _____

Last

First

UNIVERSITY OF CALIFORNIA, SAN DIEGO

UC San Diego Recreation - Recreation Card

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of permission to use the property, facilities, staff, equipment and services of UC San Diego Recreation – Recreation Card, I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue** The Regents of the University of California, its directors, officers, employees, and agents from liability **from any and all claims including the negligence of UC San Diego Recreation – Recreation Card** resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in activities, classes, observation, and use of facilities, premises, or equipment.

Signature of User

Date

Signature of Parent/Guardian of Minor

Date

Assumption of Risks: This use of University property, facilities, staff, equipment, and/or services carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. **UC San Diego Recreation – Recreation Card** has facilities for and provides for activities such as social events, community outreach, clinics, classes, camps, and day care. Some of these involve situations, environments, or activities that may lead to illness, physical injuries, and psychological stress or damage.

The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, sprains, and embarrassment 2) major injuries such as joint or back injuries, broken bones, heart attacks, head injuries, and psychological trauma 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in the activities made possible by UC San Diego Recreation – Recreation Card. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD The Regents of the University of California HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney’s fees brought as a result of my involvement at **UC San Diego Recreation – Recreation Card** and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

Signature of User

Date

Signature of Parent/Guardian of Minor

Date

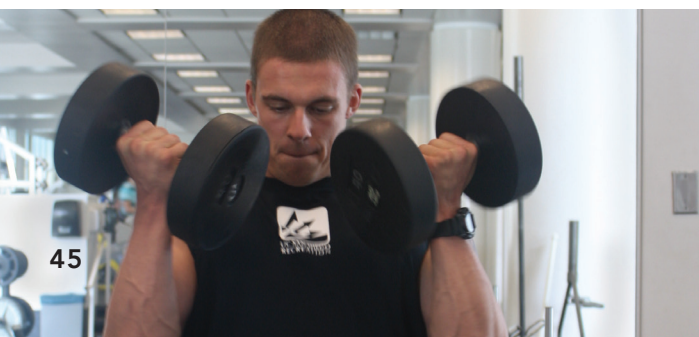
Participant’s Age (if minor) _____

Any waiver questions should be directed to UC San Diego Risk Management, (858) 534-3820.



#GetRecd

f t i @UCSDREC RECREATION.UCSD.EDU



MASSAGE

RELAX

With a Private Massage Session!

UCSD Recreation offers private massage sessions by our certified massage therapists! We offer Swedish, Deep Tissue, Sports and Heated Stone massage sessions for a great price! Check us out online for more information at recreation.ucsd.edu



NEW YOU!

HEALTH

Give the gift of health !

Included in the offer is a personal nutrition meeting, fitness assesment, 4 personal training sessions, plus a 1 hour massage! The NEW YOU pack-age is a great way to jumpstart your health. Check us out online for more information at recreation.ucsd.edu



UC SAN DIEGO
RECREATION



Open Registration Dates

STUDENT ONLY, February 21

OPEN REGISTRATION, February 22

#GetRecd

f t i @UCSDREC RECREATION.UCSD.EDU

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

