UC SAN DIEGO RECREATION

SPRING 2017 SCHEDULE
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

For details, search for “Responsible Action Protocol” on Tritonlink.

THE NEW 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

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!

HOW IT WORKS

BUY A PASS

$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.
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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.

#GetRecd

f / Twitter @UCSDREC recreation.ucsd.edu // @UCSDREC
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, Friday, 6:30–9pm, Saturday, CLOSED, 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, Friday, 5:30am–11pm, Saturday, 7:30am–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†, Tuesday, 8–11pm*, Wednesday, 7–11pm†, Thursday, 8–11pm*.

†With personal trainer present
*No trainer present

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.

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.
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

<table>
<thead>
<tr>
<th>Class</th>
<th>Days &amp; Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Dates</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Pilates Yoga Blend</td>
<td>MW 8-8:55am</td>
<td>Alexia Cervantes</td>
<td>RCR</td>
<td>3/20, 3/22, 4/3, 4/5</td>
<td>$95/114/133</td>
</tr>
<tr>
<td>Cycle HIIT</td>
<td>MW 12-12:55pm</td>
<td>Alexia Cervantes</td>
<td>CR</td>
<td>3/20, 3/22, 4/3, 4/5</td>
<td>$95/114/133</td>
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<tr>
<td>Pilates Mat</td>
<td>Mon 5-5:55pm</td>
<td>Michelle Jimmink</td>
<td>RA2</td>
<td>3/20-4/3</td>
<td>$101/121/141</td>
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<tr>
<td>Cycle Fit</td>
<td>MW 5:30-6:20pm</td>
<td>Jessica Davids</td>
<td>CR</td>
<td>3/20, 3/22, 4/3, 4/5</td>
<td>$101/121/141</td>
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Yoga

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<tr>
<th>Class</th>
<th>Days &amp; Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Dates</th>
<th>Price</th>
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<tr>
<td>Beginner Yoga</td>
<td>TTH 7:30-8:25am</td>
<td>Nadine Lindseth</td>
<td>RA3</td>
<td>3/21-4/4</td>
<td>$38/46/53</td>
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</table>

STRENGTH & SMALL GROUP TRAINING April 8 – June 9

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

<table>
<thead>
<tr>
<th>Class #</th>
<th>Class</th>
<th>Days &amp; Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Dates</th>
<th>Price</th>
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<tbody>
<tr>
<td>FSTR001</td>
<td>Beach Body Fitness</td>
<td>MW 8-8:55am</td>
<td>Laleh Yaghoubi</td>
<td>Pit</td>
<td>4/10-6/6/7</td>
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<tr>
<td>FSTR002</td>
<td>Strength Training for Women</td>
<td>MW 5-5:55pm</td>
<td>Tiffany Caddall</td>
<td>Pit</td>
<td>4/10-6/6/7</td>
<td>$95/114/133</td>
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<tr>
<td>FSTR003</td>
<td>Olympic Weightlifting</td>
<td>MW 6-6:55pm</td>
<td>Alakide Cordon</td>
<td>Pit</td>
<td>4/10-6/6/7</td>
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<td>FSTR004</td>
<td>Cross FitLife</td>
<td>MW 7-7:55pm</td>
<td>Alakide Cordon</td>
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<td>4/10-6/6/7</td>
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<tr>
<td>FSTR005</td>
<td>Total Body Circuit</td>
<td>TTH 9-9:50am</td>
<td>Hector Fletes</td>
<td>WS</td>
<td>4/11-6/8</td>
<td>$101/121/141</td>
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<tr>
<td>FSTR006</td>
<td>Strength Training for Women</td>
<td>TTH 12-12:55pm</td>
<td>Jordan Mojica</td>
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<td>4/11-6/8</td>
<td>$101/121/141</td>
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<td>FSTR007</td>
<td>Total Body Circuit</td>
<td>TTH 1:10-2pm</td>
<td>Jordan Mojica</td>
<td>WS</td>
<td>4/11-6/8</td>
<td>$101/121/141</td>
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<tr>
<td>FSTR008</td>
<td>Spartan Training GSK</td>
<td>TTH 2-3pm</td>
<td>Luis De La Vega</td>
<td>NC Track</td>
<td>4/11-6/8</td>
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<td>FSTR009</td>
<td>Strength Training for Men</td>
<td>TTH 5-5:55pm</td>
<td>Jordan Mojica</td>
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<td>$101/121/141</td>
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<td>FSTR10</td>
<td>Powerlifting</td>
<td>TTH 7-7:30pm</td>
<td>Jason Boyd</td>
<td>Spanos</td>
<td>4/11-6/8</td>
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<td>FSTR11</td>
<td>Total Body Circuit</td>
<td>Tue 1:15-7pm</td>
<td>Ashley Franz</td>
<td>WS</td>
<td>4/11-6/6</td>
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<tr>
<td>FSTR12</td>
<td>Speed &amp; Agility</td>
<td>WF 10-11am</td>
<td>Randy &amp; Alex</td>
<td>NCRA</td>
<td>4/12-6/6</td>
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<td>FSTR13</td>
<td>Total Body Circuit</td>
<td>Thu 6-1:57pm</td>
<td>Richard Samarpuk</td>
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<td>FSTR14</td>
<td>Circuit Training for Women</td>
<td>Fri 12-12:55pm</td>
<td>Ivonne Avila</td>
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<td>4/14-6/9</td>
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<td>FSTR15</td>
<td>Strength Training for All</td>
<td>Sat 10-10:55am</td>
<td>Jordan Mojica</td>
<td>Pit</td>
<td>4/8-6/3</td>
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<td>FSTR16</td>
<td>Strength Circuit &amp; HIT</td>
<td>Sun 11am-12pm</td>
<td>Jason Boyd</td>
<td>Spanos</td>
<td>4/9-6/4</td>
<td>$45/54/67</td>
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</table>

NUTRITION

WORKSHOPS & CERTIFICATIONS

For more information go to recreation.ucsd.edu

PARTNER MASSAGE
WITH BARBRA ROMERO
Saturday, April 1st from 10:30–12:30pm

MINDFULNESS & MEDITATION:
AN EXPERIENCE IN PEACEFUL PRACTICES WITH MASTER TEACHER MICHELE HEBERT
Saturday, May 6th from 1–4pm

THE BODY & MIND METHOD:
QIGONG EXERCISES TO STRENGTHEN MUSCLES, TENDONS AND BONES WITH REYNA LERMA
Saturday June 3rd from 12:30–3:30pm

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

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
$25/$35/$45  Preregistration required

FOCUS ON YOUR BODY: AN EXPLORATION OF AROMATHERAPY
Saturday, May 6th from 1–4pm

MINDFULNESS & MEDITATION:
AN EXPERIENCE IN PEACEFUL PRACTICES WITH MASTER TEACHER MICHELE HEBERT
Saturday, May 6th from 1–4pm

Workshops & Certifications

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

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

Cost: $175/210/245 per quarter

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
<table>
<thead>
<tr>
<th>Class Type</th>
<th>Day/Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Vinyasa Yoga</td>
<td>7:30-8:25am</td>
<td>RIMAC Activity Room 1</td>
</tr>
<tr>
<td>Pilates</td>
<td>8-8:55am</td>
<td>RIMAC Activity Room 2</td>
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<tr>
<td>Cardio Muscle Camp</td>
<td>12-12:55pm</td>
<td>RIMAC Activity Room 2/3</td>
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<tr>
<td>Cycle HIIT</td>
<td>12-12:50pm</td>
<td>RIMAC Activity Room 3</td>
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<tr>
<td>Hatha Yoga</td>
<td>12-12:55pm</td>
<td>RIMAC Activity Room 4</td>
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<tr>
<td>Meditation</td>
<td>1:05-1:30pm</td>
<td>RIMAC Activity Room 5</td>
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<tr>
<td>Beginner Yoga</td>
<td>3:35-3:55pm</td>
<td>RIMAC Activity Room 6</td>
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<td>Pilates Mat</td>
<td>4-4:55pm</td>
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<td>Yoga I</td>
<td>4-4:55pm</td>
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<tr>
<td>Yoga Mixed</td>
<td>5-5:55pm</td>
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<td>Cardio Dance</td>
<td>5:50-6:20pm</td>
<td>RIMAC Activity Room 10</td>
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<td>Cycle Flow</td>
<td>5:50-6:20pm</td>
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<td>Vinyasa Yoga</td>
<td>7:15-7:50pm</td>
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<td>Urban Booty</td>
<td>11:30-12:10pm</td>
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<td>12-12:50pm</td>
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<td>循环仪</td>
<td>12-12:50pm</td>
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<td>12-12:50pm</td>
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<td>100/50</td>
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<td>2-2:30pm</td>
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<td>2-2:30pm</td>
<td>RIMAC Activity Room 21</td>
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<td>Vinyasa Yoga</td>
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<td>RIMAC Activity Room 22</td>
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<td>11:30-12:10pm</td>
<td>RIMAC Activity Room 23</td>
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<td>12-12:50pm</td>
<td>RIMAC Activity Room 24</td>
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<td>12-12:50pm</td>
<td>RIMAC Activity Room 25</td>
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<tr>
<td>Vinyasa Yoga</td>
<td>7:30-8:25am</td>
<td>RIMAC Activity Room 26</td>
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<tr>
<td>Urban Booty</td>
<td>11:30-12:10pm</td>
<td>RIMAC Activity Room 27</td>
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<td>Cycle Blast</td>
<td>12-12:50pm</td>
<td>RIMAC Activity Room 28</td>
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<td>Cycle HIIT</td>
<td>12-12:50pm</td>
<td>RIMAC Activity Room 29</td>
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<tr>
<td>Vinyasa Yoga</td>
<td>7:30-8:25am</td>
<td>RIMAC Activity Room 30</td>
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<tr>
<td>Urban Booty</td>
<td>11:30-12:10pm</td>
<td>RIMAC Activity Room 31</td>
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<td>12-12:50pm</td>
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<td>Cycle HIIT</td>
<td>12-12:50pm</td>
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<tr>
<td>Vinyasa Yoga</td>
<td>7:30-8:25am</td>
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<tr>
<td>Urban Booty</td>
<td>11:30-12:10pm</td>
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<tr>
<td>Cycle Blast</td>
<td>12-12:50pm</td>
<td>RIMAC Activity Room 36</td>
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<tr>
<td>Cycle HIIT</td>
<td>12-12:50pm</td>
<td>RIMAC Activity Room 37</td>
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**Class Descriptions:**
- **Vinyasa Yoga:** Flowing, sun salutations, and varied postures.
- **Pilates:** Stretches, core strengthening, and toning exercises.
- **Cardio Muscle Camp:** Cardiovascular exercise and muscle development.
- **Cycle HIIT:** High-intensity interval training on a cycle.
- **Hatha Yoga:** Slow-paced, meditative practice.
- **Meditation:** Inner peace and focus.
- **Beginner Yoga:** Basic poses and techniques.
- **Pilates Mat:** Mat exercises for core strength.
- **Yoga I:** Beginning poses and principles.
- **Yoga Mixed:** A mix of yoga styles.
- **Barre HIIT:** Barre workout with high-intensity interval training.
- **Cycle Flow:** Smooth transitions between poses.
- **Vinyasa Yoga:** Freestyle flow with variations.
- **Urban Booty:** Dance-inspired, cardio workout.
- **Cycle Blast:** Intense cycling with high energy.
- **Cycle HIIT:** Circuit training on a cycle.
- **Vinyasa Yoga:** Flowing sequence with breath sync.
- **Urban Booty:** Dynamic, high-energy workout.
- **Cycle Blast:** HIIT on a cycle.
- **Cycle HIIT:** Circuit training on a cycle.
- **Vinyasa Yoga:** Flowing sequence with breath sync.

**Class Level Key:**
- Complexity: L = Low, M = Medium, H = High
- Intensity: 1 = Low, 2 = Medium, 3 = High

**Location Key:**
- 4th F: RIMAC Conference Room
- CR: Main Gym Cycle Room
- CV: Canyonview
- FR: Main Gym Fitness Room
- OMF: Outdoors – Main Gym
- OPC: Outdoors – Price Center
- Pit: RIMAC Weight Room
- SW: Spas West
- RA3: RIMAC Activity Room 3
- RA1: RIMAC Activity Room 1
- RA2: RIMAC Activity Room 2

**Spring 2017 Schedule:**
- April 8 – June 9
- No classes April 29 – May 27

**Try the Pass First Week Free:**
- Pass holders will have priority over drop-in’s.

**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 small group trainings.
- Passes are non-refundable.
- First class 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 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
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 $50/60/72
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.

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
$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

DUET PILATES
We now offer 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

WELLNESS

Weight Loss Solutions
FWTL003 Mon 5–6pm 4/10–5/22 $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
FSPW020 Fri 3–4pm 4/7–5/26 Free

Buy a package of 10 Personal Wellness sessions and get the 11th session FREE!
10 Personal Wellness Sessions $500/600/700

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 Tue 5–6pm 4/4–5/23 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 OFFICE! WE 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 workshops
Additional $5/personal surcharge for cooking demos

FITLIFE OCCUPATIONAL
WORK OUT IN YOUR OFFICE! WE 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

To find out how to schedule an appointment, or to review our scheduling policies go to recreation.ucsd.edu

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 $35/40/50 per person (2 person group)
Buy 10 and get the 11th session FREE!
10 Private Training Sessions $500/600/700
10 Semi private sessions (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 it’s FREE!
INTRAMURAL SPORTS

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

5-On-5 Unofficiated Basketball
Men’s, Women’s Divisions (Unofficiated)
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 & Women’s 8 for Coed (4 Men/4 Women)
Days we play Mon–Thu evenings, Sunday 11am–4pm

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 for Men/3 Women for Coed
Days we play Mon–Thu 8–11pm

Beach Volleyball Doubles Tournament
Open Division – 2 person teams
2 person scramble format, with some added fun and incentives – course and fees. Check online for dates.

SPECIAL EVENTS

Golf Scramble
Open Division – 2 person teams

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.

HOW DO I GET INVOLVED?

All our game schedules and registration are on 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:

1. Log in to your IMLeagues.com account.
2. 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.
3. The current sports will be displayed, click on the sport you wish to join.
4. Choose the league you wish to play in (Men’s, Women’s, Coed, etc.).
5. Choose the division you’d like to play in (Monday 5 pm, Tuesday 5 pm, etc.).
6. Read Captain’s Handbook and complete comprehension quiz
7. You can join the sport one of three ways:
   a. Create a team (For team captains)
      i. 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.
      1. If they’ve already registered on IMLeagues: search for their name, and invite them.
      2. If they haven’t yet registered on IMLeagues: scroll down to the “Invite by Email Address” box, and input their email address.
   b. Join a team
      i. Use the Create/Join Team Button at top right of every page
      ii. Accepting a request from the captain to join his team
      iii. Finding the team and captain name on division/league page and requesting to join
      iv. Going to the captain’s playercard page, viewing his team, and requesting to join
   c. Join as a Free Agent
      i. You can list yourself as a free agent in as many divisions within a league as you’d like.
      ii. 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!
SPRING WORKOUT SCHEDULE

Swimming
Canyonview Pool
Monday–Friday
6am & 7:30am
Monday–Thursday
6pm
Saturday Sunday
7:30am 9am
PLUS all of the Swimming & Running workouts
(All workouts are 1½ hours long)

Triathlon Training
Spanos Training Facility—North Patio
Bike Turbo
Tuesday & Friday
6am

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)

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 3! 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
@mabaquaticcenter
/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

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.
SPRING 2017 SCHEDULE
Register by April 18 to receive early bird pricing

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

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.

MARCH/APRIL

Early bird / Regular Price

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

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

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<tr>
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<tbody>
<tr>
<td>Wed 6/21–Sat 6/24</td>
<td>Challenge Course Facilitation Training</td>
<td>Contact us for more info</td>
<td></td>
</tr>
</tbody>
</table>

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

All programs offer full gear rental. Renting is available for any trip. CONTACT US FOR MORE INFO.

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

recreation.ucsd.edu // @UCSDREC
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 1: Wednesday, May 10
Trip 2: 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: 7:30am-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
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

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

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

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

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

A complete list of trip descriptions can be found on our website at recreation.ucsd.edu
## SPORTING/OTHER EQUIPMENT

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<th>One Day</th>
<th>Additional Day</th>
<th>Weekend</th>
<th>Week</th>
<th>Deposit</th>
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<tr>
<td>Bed/mattress set</td>
<td>7/10</td>
<td>3/4</td>
<td>11/14</td>
<td>17/23</td>
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<tr>
<td>Bocce ball set</td>
<td>3/6</td>
<td>2/3</td>
<td>6/10</td>
<td>10/15</td>
<td>35</td>
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<tr>
<td>HOmebrew Set</td>
<td>3/6</td>
<td>2/3</td>
<td>6/10</td>
<td>10/15</td>
<td>35</td>
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<td>Softball Set (2 balls, 2 bats, 4 bases, 9 gloves)</td>
<td>11/13</td>
<td>7/8</td>
<td>16/20</td>
<td>27/32</td>
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<tr>
<td>Flag-9x5 foot flag</td>
<td>6/8</td>
<td>3/5</td>
<td>10/13</td>
<td>15/21</td>
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<tr>
<td>Volleyball and net (no upright poles)</td>
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<td>2/3</td>
<td>11/14</td>
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## SNOW EQUIPMENT

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<tr>
<th>Rental Item Description</th>
<th>One Day</th>
<th>Additional Day</th>
<th>Weekend</th>
<th>Week</th>
<th>Deposit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ski/snowboard package</td>
<td>24/27</td>
<td>13/14</td>
<td>37/40</td>
<td>92/104</td>
<td>750</td>
</tr>
<tr>
<td>Skin/snowboard only</td>
<td>17/35</td>
<td>10/11</td>
<td>27/30</td>
<td>47/55</td>
<td>500</td>
</tr>
<tr>
<td>Skin/snowboard boots only</td>
<td>12/14</td>
<td>6/7</td>
<td>17/21</td>
<td>29/35</td>
<td>150</td>
</tr>
<tr>
<td>Helkets</td>
<td>7/10</td>
<td>3/5</td>
<td>11/14</td>
<td>17/23</td>
<td>60</td>
</tr>
<tr>
<td>Board Bag (for boards or skiis up to 108’’ long)</td>
<td>5/7</td>
<td>2/3</td>
<td>7/11</td>
<td>12/17</td>
<td>40</td>
</tr>
<tr>
<td>Snowboard /Shell (gloves or pants)</td>
<td>11/12</td>
<td>6/7</td>
<td>16/20</td>
<td>27/32</td>
<td>150</td>
</tr>
<tr>
<td>Snow Goggles</td>
<td>7/10</td>
<td>3/5</td>
<td>11/14</td>
<td>17/23</td>
<td>40</td>
</tr>
<tr>
<td>Snowshoes (includes poles)</td>
<td>10/12</td>
<td>5/6</td>
<td>16/17</td>
<td>22/29</td>
<td>175</td>
</tr>
<tr>
<td>Ice Axe</td>
<td>6/8</td>
<td>3/5</td>
<td>10/13</td>
<td>15/21</td>
<td>40</td>
</tr>
<tr>
<td>Snow saw</td>
<td>5/7</td>
<td>2/3</td>
<td>7/11</td>
<td>12/17</td>
<td>40</td>
</tr>
<tr>
<td>Snow chevler</td>
<td>7/9</td>
<td>3/5</td>
<td>10/13</td>
<td>15/21</td>
<td>40</td>
</tr>
<tr>
<td>Snow Goggles</td>
<td>9/11</td>
<td>5/7</td>
<td>13/16</td>
<td>27/20</td>
<td>100</td>
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</tbody>
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## SERVICES

<table>
<thead>
<tr>
<th>Item</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Inflatable balls, bicycle tires</td>
<td>FREE</td>
</tr>
<tr>
<td>Laundry service SYNTHETIC comforters</td>
<td>$15</td>
</tr>
<tr>
<td>Laundry service DOWN comforters</td>
<td>$20</td>
</tr>
<tr>
<td>Outdoor Recreation resource books and maps</td>
<td>FREE CheckOut</td>
</tr>
<tr>
<td>Shop time (repairs by estimate)</td>
<td>$15.00/Hour</td>
</tr>
<tr>
<td>Hot Hand Wax (brown and hot wax base)</td>
<td>$15</td>
</tr>
<tr>
<td>Hot Hand Wax &amp; Edge (clean base, tune edges and hot wax base)</td>
<td>$20</td>
</tr>
<tr>
<td>Basic Tune (clean base, P-tex repairs, belt grind base, tune edges, hot wax base)</td>
<td>$40</td>
</tr>
<tr>
<td>P-Tex only</td>
<td>$10/up to 5 in $15/after 5</td>
</tr>
<tr>
<td>Base Glide Only</td>
<td>$10</td>
</tr>
</tbody>
</table>

Major service & Repair (refer to other shops for blown edges, large core shots, ski binding mount and other extensive servicing) | AG |
### AFTER WINTER INTERIM CLASS SCHEDULE  March 20 – April 7

#### Adult Classes

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

#### Youth Classes

<table>
<thead>
<tr>
<th>Class #</th>
<th>Class</th>
<th>Days &amp; Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>RINT007</td>
<td>Aoinagi Kids</td>
<td>TTh 5–6pm</td>
<td>Neville Billimoria</td>
<td>MG</td>
<td>$24/34</td>
</tr>
<tr>
<td>RINT008</td>
<td>Okinawan Workout Kids</td>
<td>Sat 8:30–10am</td>
<td>Alfonso Gomez</td>
<td>MG</td>
<td>$15/25</td>
</tr>
</tbody>
</table>

### Youth Classes

<table>
<thead>
<tr>
<th>Class #</th>
<th>Class</th>
<th>Days &amp; Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>RINT007</td>
<td>Aoinagi Kids</td>
<td>TTh 5–6pm</td>
<td>Neville Billimoria</td>
<td>MG</td>
<td>$24/34</td>
</tr>
<tr>
<td>RINT008</td>
<td>Aoiinagai Workout Kids</td>
<td>Sat 8:30–10am</td>
<td>Alfonso Gomez</td>
<td>MG</td>
<td>$15/25</td>
</tr>
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</table>

### After Spring Interim Class Schedule, June 12–July 3

<table>
<thead>
<tr>
<th>Class #</th>
<th>Class</th>
<th>Days &amp; Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>RFAD008</td>
<td>Let’s Make Burritos</td>
<td>Mon 5–7pm</td>
<td>April 24</td>
<td>Carmen Bernard Baca</td>
<td>LC</td>
<td>$25</td>
</tr>
<tr>
<td>RFAD003</td>
<td>Tamale Tito</td>
<td>Mon 5–7pm</td>
<td>May 8</td>
<td>Carmen Bernard Baca</td>
<td>LC</td>
<td>$25</td>
</tr>
<tr>
<td>RINT031</td>
<td>Fresh Spring Rolls</td>
<td>Mon 5–7pm</td>
<td>May 22</td>
<td>Allison Tran</td>
<td>LC</td>
<td>$25</td>
</tr>
<tr>
<td>RFAD009</td>
<td>Beginning Drawing</td>
<td>Tue 4–5:30pm</td>
<td>4/11–5/30</td>
<td>Carmen Bernard Baca</td>
<td>Tiki</td>
<td>$45/60</td>
</tr>
<tr>
<td>RFAD007</td>
<td>Learn to Sew Sec. 1</td>
<td>Wed 4–5:30pm</td>
<td>4/12–5/31</td>
<td>Marie Perroud</td>
<td>Tiki</td>
<td>$45/60</td>
</tr>
<tr>
<td>RFAD006</td>
<td>Learn to Sew Sec. 2</td>
<td>Wed 5:30–7pm</td>
<td>4/12–5/31</td>
<td>Marie Perroud</td>
<td>Tiki</td>
<td>$45/60</td>
</tr>
<tr>
<td>RFAD001</td>
<td>Beginning Guitar</td>
<td>Thu 4–5:30pm</td>
<td>4/13–6/1</td>
<td>Max Engelhardt</td>
<td>Tiki</td>
<td>$45/60</td>
</tr>
</tbody>
</table>

### ADULT SWIM LESSONS

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

<table>
<thead>
<tr>
<th>Class #</th>
<th>Class</th>
<th>Days &amp; Time</th>
<th>Date</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>RSW001</td>
<td>Adult Water Adjustment</td>
<td>Sat 1–1:50pm</td>
<td>4/8–4/3</td>
<td>Nat</td>
<td>$47/62</td>
</tr>
<tr>
<td>RSW002</td>
<td>Adult Water Adjustment</td>
<td>Sun 12–12:50pm</td>
<td>4/9–4/6</td>
<td>Nat</td>
<td>$47/62</td>
</tr>
<tr>
<td>RSW003</td>
<td>Adult Water Adjustment</td>
<td>Sun 1–1:50pm</td>
<td>4/9–4/6</td>
<td>Nat</td>
<td>$47/62</td>
</tr>
<tr>
<td>RSW004</td>
<td>Adult Level 1</td>
<td>Sec. A Sat 1–1:50pm</td>
<td>4/9–4/3</td>
<td>Nat</td>
<td>$47/62</td>
</tr>
<tr>
<td>RSW005</td>
<td>Adult Level 1</td>
<td>Sec. B Sat 1–1:50pm</td>
<td>4/9–4/3</td>
<td>Nat</td>
<td>$47/62</td>
</tr>
<tr>
<td>RSW006</td>
<td>Adult Level 1</td>
<td>Sec. A Sun 12–12:50pm</td>
<td>4/9–4/6</td>
<td>Nat</td>
<td>$47/62</td>
</tr>
<tr>
<td>RSW007</td>
<td>Adult Level 1</td>
<td>Sec. B Sun 12–12:50pm</td>
<td>4/9–4/6</td>
<td>Nat</td>
<td>$47/62</td>
</tr>
<tr>
<td>RSW008</td>
<td>Adult Level 1</td>
<td>Sun 1–1:50pm</td>
<td>4/9–4/6</td>
<td>Nat</td>
<td>$47/62</td>
</tr>
<tr>
<td>RSW009</td>
<td>Adult Level 1</td>
<td>Wed 3–3:30pm</td>
<td>4/12–5/31</td>
<td>Nat</td>
<td>Free*</td>
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<tr>
<td>RSW010</td>
<td>Adult Level 1</td>
<td>Wed 3:30–4pm</td>
<td>4/12–5/31</td>
<td>Nat</td>
<td>Free*</td>
</tr>
<tr>
<td>RSW011</td>
<td>Adult Level 2</td>
<td>Sat 1–1:50pm</td>
<td>4/8–4/3</td>
<td>Nat</td>
<td>$47/62</td>
</tr>
<tr>
<td>RSW012</td>
<td>Adult Level 2</td>
<td>Sun 12–12:50pm</td>
<td>4/9–4/6</td>
<td>Nat</td>
<td>$47/62</td>
</tr>
<tr>
<td>RSW013</td>
<td>Adult Level 2</td>
<td>Sun 1–1:50pm</td>
<td>4/9–4/6</td>
<td>Nat</td>
<td>$47/62</td>
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<tr>
<td>RSW014</td>
<td>Adult Level 3</td>
<td>Sat 1–1:50pm</td>
<td>4/8–4/3</td>
<td>Nat</td>
<td>$47/62</td>
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<tr>
<td>RSW015</td>
<td>Adult Level 3</td>
<td>Sun 12–12:50pm</td>
<td>4/9–4/6</td>
<td>Nat</td>
<td>$47/62</td>
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<tr>
<td>RSW016</td>
<td>Adult Level 3</td>
<td>Sun 1–1:50pm</td>
<td>4/9–4/6</td>
<td>Nat</td>
<td>$47/62</td>
</tr>
<tr>
<td>RSW017</td>
<td>Adult Level 4</td>
<td>Sat 1–1:50pm</td>
<td>4/8–4/3</td>
<td>Nat</td>
<td>$47/62</td>
</tr>
<tr>
<td>RSW018</td>
<td>Adult Level 4</td>
<td>Sun 12–12:50pm</td>
<td>4/9–4/6</td>
<td>Nat</td>
<td>$47/62</td>
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<td>RSW019</td>
<td>Adult Level 4</td>
<td>Sun 1–1:50pm</td>
<td>4/9–4/6</td>
<td>Nat</td>
<td>$47/62</td>
</tr>
</tbody>
</table>

*UCSD Students ONLY. Must register.

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.
Swim Conditioning

<table>
<thead>
<tr>
<th>Class #</th>
<th>Class</th>
<th>Days &amp; Time</th>
<th>Date</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>RSWC002</td>
<td>Swim Conditioning</td>
<td>MW 8:30–9:30am</td>
<td>4/10–4/5</td>
<td>Nat</td>
<td>$56/71</td>
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<tr>
<td>RSWC003</td>
<td>Swim Conditioning</td>
<td>MW 6–7pm</td>
<td>4/10–4/5</td>
<td>Nat</td>
<td>$56/71</td>
</tr>
<tr>
<td>RSWC004</td>
<td>Swim Conditioning</td>
<td>TTh 9–10am</td>
<td>4/11–4/1</td>
<td>Nat</td>
<td>$56/71</td>
</tr>
<tr>
<td>RSWC005</td>
<td>Swim Conditioning</td>
<td>TTh 2:45–3:45pm</td>
<td>4/11–4/1</td>
<td>Nat</td>
<td>$56/71</td>
</tr>
<tr>
<td>RSWC006</td>
<td>Swim Conditioning</td>
<td>TTh 5–6pm</td>
<td>4/11–4/1</td>
<td>CV</td>
<td>$56/71</td>
</tr>
<tr>
<td>RSWC007</td>
<td>Swim Conditioning</td>
<td>Fri 8:30–9:30am</td>
<td>4/14–4/2</td>
<td>Nat</td>
<td>$29/39</td>
</tr>
<tr>
<td>RSWC001</td>
<td>Swim Conditioning</td>
<td>Sat 7:45–8:45am</td>
<td>4/8–4/3</td>
<td>Nat</td>
<td>$25/35</td>
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Surfing Fundamentals

<table>
<thead>
<tr>
<th>Class #</th>
<th>Class</th>
<th>Days &amp; Time</th>
<th>Date</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>RSRF009</td>
<td>Surfing Fundamentals</td>
<td>Mon 9:30–10:50am</td>
<td>4/10–4/5</td>
<td>Tiki</td>
<td>$65/85</td>
</tr>
<tr>
<td>RSRF10</td>
<td>Surfing Fundamentals</td>
<td>Mon 11am–12:20pm</td>
<td>4/10–4/5</td>
<td>Tiki</td>
<td>$65/85</td>
</tr>
<tr>
<td>RSRF012</td>
<td>Surfing Fundamentals</td>
<td>Wed 11am–12:20pm</td>
<td>4/12–4/31</td>
<td>Tiki</td>
<td>$65/85</td>
</tr>
<tr>
<td>RSRF13</td>
<td>Surfing Fundamentals</td>
<td>Fri 10–11:20am</td>
<td>4/14–4/2</td>
<td>Tiki</td>
<td>$65/85</td>
</tr>
<tr>
<td>RSRF14</td>
<td>Surfing Fundamentals</td>
<td>Fri 11:30am–12:50pm</td>
<td>4/14–4/2</td>
<td>Tiki</td>
<td>$65/85</td>
</tr>
<tr>
<td>RSRF001</td>
<td>Surfing Fundamentals</td>
<td>Sat 9–10:20am</td>
<td>4/8–6/3</td>
<td>Tiki</td>
<td>$65/85</td>
</tr>
<tr>
<td>RSRF002</td>
<td>Surfing Fundamentals</td>
<td>Sat 10:30–11:50am</td>
<td>4/8–6/3</td>
<td>Tiki</td>
<td>$65/85</td>
</tr>
<tr>
<td>RSRF003</td>
<td>Surfing Fundamentals</td>
<td>Sat 12–1:20pm</td>
<td>4/8–6/3</td>
<td>Tiki</td>
<td>$65/85</td>
</tr>
<tr>
<td>RSRF004</td>
<td>Surfing Fundamentals</td>
<td>Sat 1:30–2:30pm</td>
<td>4/8–6/3</td>
<td>Tiki</td>
<td>$65/85</td>
</tr>
<tr>
<td>RSRF005</td>
<td>Surfing Fundamentals</td>
<td>Sun 9:30–10:50am</td>
<td>4/9–4/4</td>
<td>Tiki</td>
<td>$65/85</td>
</tr>
<tr>
<td>RSRF006</td>
<td>Surfing Fundamentals</td>
<td>Sun 11am–12:20pm</td>
<td>4/9–4/4</td>
<td>Tiki</td>
<td>$65/85</td>
</tr>
<tr>
<td>RSRF007</td>
<td>Surfing Fundamentals</td>
<td>Sun 12:30–1:50pm</td>
<td>4/9–4/4</td>
<td>Tiki</td>
<td>$65/85</td>
</tr>
<tr>
<td>RSRF008</td>
<td>Surfing Fundamentals</td>
<td>Sun 2–3:20pm</td>
<td>4/9–4/4</td>
<td>Tiki</td>
<td>$65/85</td>
</tr>
</tbody>
</table>

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.
### World Beat

<table>
<thead>
<tr>
<th>Class #</th>
<th>Class</th>
<th>Days &amp; Time</th>
<th>Instructor</th>
<th>Dates</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>RDNC021</td>
<td>Break Dancing/Bboying-Beg.</td>
<td>Thu 7-8pm</td>
<td>Marcus McGhee</td>
<td>4/13-6/4</td>
<td>MG</td>
<td>$36/46</td>
</tr>
<tr>
<td>RDNC022</td>
<td>Go Go Dance</td>
<td>Tue 7-8pm</td>
<td>Prince Graham</td>
<td>4/11-5/30</td>
<td>MG</td>
<td>$36/46</td>
</tr>
<tr>
<td>RDNC023</td>
<td>Hip Hop-Beginning</td>
<td>Tue 6-7pm</td>
<td>Prince Graham</td>
<td>4/11-5/30</td>
<td>RCR</td>
<td>$36/46</td>
</tr>
<tr>
<td>RDNC024</td>
<td>Hip Hop-Beginning</td>
<td>Wed 5-6pm</td>
<td>Tris Agiao</td>
<td>4/12-5/31</td>
<td>MG</td>
<td>$36/46</td>
</tr>
<tr>
<td>RDNC036</td>
<td>Hip Hop-Adv/Begin/Int</td>
<td>Wed 6-7pm</td>
<td>Prince Graham</td>
<td>4/12-5/31</td>
<td>MG</td>
<td>$36/46</td>
</tr>
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<td>RDNC037</td>
<td>Cardio Hip Hop</td>
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<td>Duyen Tran</td>
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<td>Flamenco</td>
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<td>Gloria Lanuza</td>
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<td>Indian Dance</td>
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<td>RDNC020</td>
<td>Belly Dance</td>
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### Dance Practicum
Fri 5-8pm  
$45/60

### MARTIAL ARTS

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<th>Dates</th>
<th>Location</th>
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<td>RMAR002</td>
<td>Arm/Ext/Expo Martial Arts</td>
<td>Thu 5:30-6:55pm</td>
<td>Patrick Marsch</td>
<td>4/13-6/1</td>
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### MARTIAL ARTS

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### SAFETY

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### ReCertification Test for CPR, AED & First Aid

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### Lifeguard Training

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<td>4/10–6/5</td>
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recreation.ucsd.edu // @UCSDREC
### Sports

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<td>Ted Yamaguchi</td>
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#### Gymnastics

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<td>Men’s Events/Strength</td>
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#### Swim Classes

**Note:** Boxes with Sec. 1 and Sec. 2 start at the same time and are 50 min.

**Swim Classes**  
**Registration/Transfer deadline: Thursday April 6 by midnight. No classes April 16, April 29, May 27–29**

<table>
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<tr>
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<th>Days &amp; Time</th>
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<td>Sat 2–2:50pm</td>
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### Youth Aquatics

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<td>Ballet–Primary (Age 5-7)</td>
<td>Sat 9-9:55am</td>
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<td>Sat 10-10:55am</td>
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<td>Kids Creative Hip Hop Dance (Age 5-8)</td>
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## YOUTH MARTIAL ARTS

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<td>Aoinagi Karate</td>
<td>Neville Bilimoria</td>
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<td>Kobudo</td>
<td>Alfonso Gomez</td>
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<td>Chiyo Maruyama</td>
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## YOUTH GYMNASICS

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## YOUTH SPORTS

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<td>RYFE003</td>
<td>Fencing Level 2 (Age 12-17)</td>
<td>Sat 1-2pm</td>
<td>Max Engelhardt</td>
<td>4/8-6/3</td>
<td>MG</td>
</tr>
<tr>
<td>RYTE001</td>
<td>Intro to Tennis Fun (Age 6-8)</td>
<td>Sat 11am-12pm</td>
<td>Hannah Folk</td>
<td>4/8-6/3</td>
<td>Muir</td>
</tr>
<tr>
<td>RYTE002</td>
<td>Tennis–Beginning (Age 8-11)</td>
<td>Sat 12-1pm</td>
<td>Hannah Folk</td>
<td>4/8-6/3</td>
<td>Muir</td>
</tr>
<tr>
<td>RYTE003</td>
<td>Tennis–Adv/Beg (Age 11+)</td>
<td>Sat 1-2pm</td>
<td>Hannah Folk</td>
<td>4/8-6/3</td>
<td>Muir</td>
</tr>
<tr>
<td>RYBA001</td>
<td>Family Badminton</td>
<td>Sun 4-5pm</td>
<td>Janny Ye</td>
<td>4/9-6/4</td>
<td>RG</td>
</tr>
</tbody>
</table>

### YOUTH BIRTHDAY PARTY

**Flip, Tumble, Twirl & Play**

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!

### 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.

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**Youth Swim Team**

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

For complete details email swimsandiegoucsd@gmail.com

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**Renting out the Gymnastics Gym**

Interested in renting out the gymnastics gym for your child’s birthday party? Contact Katie Shaw-Bullock at kshawbullock@ucsd.edu for more details or to set up a birthday party for your child!

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[recreation.ucsd.edu // @UCSDREC](recreation.ucsd.edu // @UCSDREC)
### Sports Clubs

#### Spring Home Game Schedule

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

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

**Dancesport**
- **Opponent**: Dance by the Shores
  - **Date**: March 4
  - **Time**: All Day
  - **Location**: UCSD Main Gym

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

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

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

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

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

**Womens Rugby**
- **Opponent**: 15’s Spring Play-ins
  - **Date**: April 1-2
  - **Time**: 11:00am
  - **Location**: TBD

**Mens Ultimate**
- **Opponent**: President’s Day Invitational
  - **Date**: Feb 18–20
  - **Time**: All Day
  - **Location**: RIMAC & Warren Field

**Womens Ultimate**
- **Opponent**: President’s Day Invitational
  - **Date**: Feb 18–20
  - **Time**: All Day
  - **Location**: RIMAC & Warren Field

**Mens Volleyball**
- **Opponent**: League Crossover Tournament-A
  - **Date**: Feb 26
  - **Time**: 9:00am
  - **Location**: AUX Gym
- **SCCVC Regional Tournament-A**: March 4
  - **Time**: 9:00am
  - **Location**: RIMAC & AUX Gym

**Womens Volleyball**
- **Opponent**: SCCVC, Regionals Tournament
  - **Date**: Feb 18
  - **Time**: 8:00am
  - **Location**: AUX Gym
- **League Crossover Tournament**: March 4
  - **Time**: 8:00am
  - **Location**: RIMAC & AUX Gym

**Womens Water Polo**
- **Opponent**: SDSU-B
  - **Date**: Feb 25
  - **Time**: 11:00am
  - **Location**: Canyonview Pool
- **Arizona State University**: Feb 25
  - **Time**: 5:15pm
  - **Location**: Canyonview Pool
- **University of Arizona**: Feb 26
  - **Time**: 10:15am
  - **Location**: Canyonview Pool
- **SDSU-A**: Feb 26
  - **Time**: 3:15pm
  - **Location**: Canyonview Pool
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.

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

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.

recreation.ucsd.edu // @UCSDREC
**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 CFR, 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 Rec Card holder. The first price listed in the magazine is for UC San Diego students and the second price is for Rec Card Holders, the third price is for all others.
- Check the price listed in the magazine for UC San Diego students and Rec Card holders. The second price is for all others.

**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 to 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) 822-5372, 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**


Masters Programs – SIGN UP IN PERSON at RIMAC Sales Desk or Canaryview 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 COUNCIE or IN PERSON at Outback Rental Shop or Main Gym, RIMAC and Canaryview 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 and 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 ____________________   M  I  L  Last ____________________  
Date of Birth ____________________  
Child's Name (one child per Registration Form and Waiver)  
First ____________________   M  I  L  Last ____________________  
Date of Birth ____________________  
Address  
Address ____________________   City ____________________   State ____________________   Zip Code ____________________  
Home Phone ( )   Att. 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 Credit Card  
Cash (in person only) Credit Card (in person only)  

**RETURNING YOUR FORM**  
In person to RMAC 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 92037-0529  
Any questions regarding this waiver should be directed to UC San Diego Risk Management (888) 534-3820  

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**Program Registration Form**  
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) ________  
recreation.ucsd.edu // @UCSDREC
REC CARD APPLICATION FORM

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 ___________________________

Address ___________________________ City ___________________________ State ______ Zip ______

Home ((Call Phone (_____) ___________ Work Phone (_____) ___________ Ext. ______

Email ___________________________ Campus Mail Code ___________________________

Emergency Contact ___________________________ Phone (_____) ___________

STAFF/FACULTY – ID # ___________ – Validated UCSD ID Department ___________________________

VICE CHANCELLOR – Area (Please select one)

☐ 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 Quarters

☐ Summer 7/1-8/30 ☐ Fall 10/1-12/31 ☐ Winter 1/1-3/31 ☐ Spring 4/1-6/30 ☐ Annual 7/1-8/30 Monthly $ ______

Cost of Quarters Selected

1 Quarter $105 2 Quarters $210 3 Quarters $315 Annual $420

Faculty, Staff, Alumni, Senior, Family Member

☐ $105 ☐ $210 ☐ $315 ☐ $420

University Extension

☐ $105

Community

☐ $125 ☐ $250 ☐ $375 ☐ $500

Monthly (No class discounts extended)

$35

Non-Student Flex passes (non-exempted)

$7/day (minimum $5)

Summer (students only)

Full Quarter $100 Six Weeks $50 Four Weeks $35

Day Pass $3/day Flex Pass $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.

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.

UC SAN DIEGO

RECREATION

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 attest 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

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

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

RELAX

With a Private Massage Session!

NEW YOU!

Give the gift of health!

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

#GetRecd

f  t  @UCSDREC RECREATION.ucsd.edu

HEALTH
Open Registration Dates

STUDENT ONLY, February 21
OPEN REGISTRATION, February 22

#GetRecd

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