



UC SAN DIEGO  
**RECREATION**  
**WINTER**  
—2017—





# perks

## COFFEE SHOP

COME ENJOY THE  
*Brand New*  
**PERKS**

NEW MENU ITEMS  
AND AN ALL NEW LOOK



UCSD  
Bookstore



connect with us.

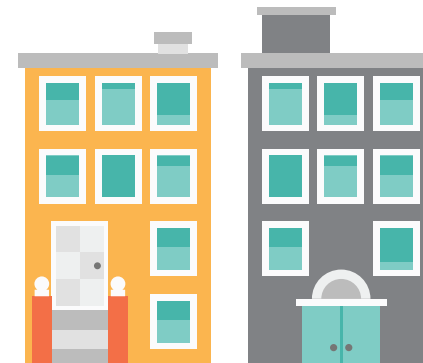
Conveniently located inside the UC San Diego Bookstore on the first floor, near Imprints.

If you're interested in becoming a **RESIDENT ASSISTANT / HOUSE ADVISOR**, please visit one of our upcoming informational sessions:

The application opens Monday, 11/21/16 @ 1pm and remains open until Tuesday, 1/17/17 @ 1pm.

**APPLY ONLINE NOW:**

[hdh.ucsd.edu/ssostudent/RAHAApply](http://hdh.ucsd.edu/ssostudent/RAHAApply)  
(Please note: link is case sensitive)



BE THE  
**VOICE**

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](http://reportbias.ucsd.edu)

[ophd@ucsd.edu](mailto:ophd@ucsd.edu)

**ERC**

Wednesday, 11/30/16 @ 7pm  
Wednesday, 1/8/17 @ 7pm  
(Middle Earth Lounge)

**MUIR COLLEGE**

Wednesday, 11/30/16 @ 6pm  
(11<sup>th</sup> Floor, Tioga Hall)  
Thursday, 1/12/17 @ 6pm  
(11<sup>th</sup> Floor, Tioga Hall)

**REVELLE COLLEGE**

Wednesday, 11/30/16 @ 8pm  
(Revelle Conference Room C)  
Monday, 1/9/17 @ 8pm  
(Revelle Formal Lounge)  
Friday, 1/13/17 @ 2pm  
(Revelle Conference Room C)

**THURGOOD MARSHALL**

Tuesday, 11/29/16 @ 4-5pm  
(Fireside Lounge)  
Tuesday, 1/10/17 @ Noon-1pm  
(TMC Admin)

**SIXTH COLLEGE**

Thursday, 12/8/16 @ 6:30pm  
(Lodge)  
Tuesday, 1/10/17 @ 6:30pm  
(Dogg House)

**WARREN COLLEGE**

Monday, 11/21/16 @ 3-4pm  
Monday, 11/28/16 @ 7-8pm  
Monday, 1/9/17 @ 7-8pm  
(Student Activity Center)

**THE VILLAGE**

Tuesday, 11/29/16 @ 5-7pm  
Wednesday, 1/11/17 @ 5-7pm  
Thursday, 1/9/17 @ 5-7pm  
(West Bldg 2, Conference Room 2ABC)



[REPORTBIAS.UCSD.EDU](http://REPORTBIAS.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 9** 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!



Contact Us	
General Information	(858) 534-4037
Canyonview Pool	(858) 534-6034
FitLife Program	(858) 822-2313
Lost and Found	(858) 534-3486
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/Challenge Course	(858) 822-1996
Outback Surf Shop	(858) 534-8141
Rec Classes	(858) 534-3772
RIMAC Weight Room	(858) 534-3699
Sports Clubs	(858) 534-4037
Tennis, Racquetball, Squash Reservations	(858) 534-3486

Visit our *NEW* 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 t i @UCSDREC RECREATION.UCSD.EDU

Recreation is dedicated to enhancing and promoting wellness, fitness and fun for students, faculty, staff and the community. UC San Diego has one of the biggest Recreation departments in the nation offering a diverse range of classes, programs and activities to help you stay active and achieve your goals.

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# #GetRecd

f t i @UCSDREC RECREATION.UCSD.EDU





## Contact Us

General Information: (858) 534-4037

Website: [recreation.ucsd.edu](http://recreation.ucsd.edu)

Weight Room Information: (858) 534-3189

Aquatics Programs Information: (858) 534-6034

For racquetball, squash, and tennis court reservations:  
(858) 534-3486

## Informal Recreation Staff

Informal Recreation Director:

**Matt Adams**

Equipment Room Manager:

**Joel Goetzinger**

Weight Rooms Director:

**Jeff Milton**

Aquatics Director:

**Denny Harper**

Associate Aquatics Director:

**Jason Dillon**

## Facility Information

Access to all Recreation facilities is limited to UC San Diego students and Rec Card holders. Day passes and other access passes are also available for purchase.

See page 67 for more information on Rec Card memberships and day passes.

## GET MOVING

Informal Recreation is fitness and fun on your own time. As a current UC San Diego student you can play basketball, badminton, volleyball, racquetball, squash, tennis, table tennis, lift weights, use the cardio machines or swim—all for free!

## EQUIPMENT ROOM

The Equipment Room is located downstairs on the 2nd floor of RIMAC, in between the locker room entrances. There you can rent a locker or make a tennis, squash or racquetball court reservation. Equipment, sportswear and accessories are also available for sale. For more information call (858) 534-3486



## 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.

MTTH 7:30–9:30pm CV 8/22–10/27

## 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<sup>†</sup>

Wednesday, 7–11pm<sup>†</sup>

Tuesday, 8–11pm\*

Thursday, 8–11pm\*

\*With personal trainer present

<sup>†</sup>No trainer present



Contact Us

Phone: (858) 822-2313  
Email: [fitlife@ucsd.edu](mailto:fitlife@ucsd.edu)  
Website: [recreation.ucsd.edu](http://recreation.ucsd.edu)

FitLife Staff

FitLife Director:  
**Alexia Cervantes**  
Associate FitLife Director:  
**Terri Dowie**  
WorkStrong Coordinator:  
**Jonna Haup**  
FitLife Occupational Coordinator:  
**Tiffany Caddell**  
Registered Dietitian:  
**Michelle Zitt**  
Yoga & Meditation Coordinator:  
**Jennie Olson Six**  
Health Employee Wellness Coordinator:  
**Brenna Joyce**

FitLife Offerings

Certification Programs  
Fitness Classes  
Massage Services  
Fitlife Mobile  
Nutritional Services  
Fitlife Occupational  
Private Sessions  
Yoga & Meditation Classes  
Wellness Classes  
Workshops  
Workstrong

Like us on Facebook:

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

Follow us on Twitter and Instagram

@UCSDFitLife

Registration Information

Please see page 70 for full registration details.

Holidays

December 26–January 3  
January 16  
February 18–20

Pricing Information

First price is for students  
Second price is for Rec Card holders  
Third price is for community members

GET ACTIVE

FitLife combines elements of recreation with an emphasis on fitness and well-being. FitLife offers popular fitness classes, as well as personal training, private massage, free student wellness programs and nutritional services.

**FIT FEST**  
Giveaways Fitness Prizes  
**2017**



Mark your calendars and join us for free FitLife classes, chair massage, 'Ask the Trainer', food demos & samples, body composition testing, and chances to win prizes! Located in RIMAC.

**JAN 12, 2017**  
3:30 –7pm

**6TH ANNUAL**  
**ZUMBAMANIA**

Friday February 10 from 7–9pm  
at Main Gym

Open to students, faculty, staff  
& Rec Card holders

**FREE! 90 minute**  
**ZUMBA CLASS**

**Give-aways \* Fitness \* Raffle**

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!**

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# SCHEDULE

WINTER 2017  
JANUARY 14 – MARCH 17

NO CLASSES // JAN 16 // FEB 18–20

M

T

W

TH

F

SA

SU

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		IYENGAR YOGA 4–4:55pm RA3 // L1/2 ARTURO	PILATES MAT I 5–5:55pm RA2 // L1 MICHELLE	IYENGAR YOGA 5–5:55pm RA3 // M1/3 ARTURO	CYCLE FIT 5–5:50pm 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	
BEGINNING YOGA & MEDITATION 7:45–8:40am RA3 // L1 NADINE	MEDITATION 10–10:45am RA3 // L1 VOU	URBAN BARRE 11–11:40pm RA1 // M2 KEISHA	TURBO KICK 11:45–12:30pm RA1 // H2 KEISHA	CYCLE BLAST 12–12:50pm CR // L2/3 STACEY	HATHA YOGA 12–12:55pm FR // M1/2 RACHEL	VINYASA YOGA 2–2:55pm FR // M1/2 LAURA	SPIN HIIT 4:05–4:50pm CR // L2/3 ASHLEY		BOOT CAMP 4:10–5pm MUIR FIELD // M2/3 MELIKA	KUNDALINI 4:30–5:25pm RA3 // L1 SASHA	TURBO KICK 5–5:55pm RA2 // H2 MICHAEL	BAR HIIT 4–4:55pm RCR // M2 ASHLEY	VINYASA YOGA 6–7:25pm RCR // M2/3 LAURA				
VINYASA YOGA 7:30–8:25am RA3 // M1/2 RICKY	PILATES YOGA BLEND 8–8:55am RCR // L1/2 ALEXIA	CORE FIT 11:30–12pm RA1 // M2 TIFFANY	BOOT CAMP 12–12:55pm RA1 // M2 TIFFANY	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	IYENGAR YOGA 4–4:55pm RA3 // L1/2 ARTURO	HIGH VOLTAGE HIIT 4:15–4:55pm RA2 // M2/3 LAUREN	THE NEW STEP 5–5:55pm RA1 // H2 JO-ANNA	IYENGAR YOGA 5–5:55pm RA3 // M1/3 ARTURO	PLANK IT UP PILATES 5–5:55pm RA2 // L2 LAUREN	CYCLE FIT 5–5:50pm 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
BEGINNING YOGA & MEDITATION 7:45–8:40am RA3 // L1 NADINE	TURBO KICK 11:45–12:30pm RA1 // H2 KEISHA	CYCLE BLAST 12–12:50pm CR // L2/3 STACEY	PILATES MAT 12–12:50pm RA1 // L1/2 KRISTINE	HATHA YOGA 12–12:55pm FR // M1/2 RACHEL	VINYASA YOGA 2–2:55pm FR // M1/2 SHELLY	SPIN HIIT 4:05–4:50pm CR // L2/3 ASHLEY	BOOT CAMP 4:10–5pm MUIR FIELD // M2/3 MELIKA		KUNDALINI 4:30–5:25pm RA3 // L1 DIANA	ZUMBA 5–5:55pm RA2 // M2 OLGA	BAR HIIT 5–5:55pm RCR // M2 ASHLEY						
CY-YO 7:30–8:45am CR // L1/2 ALEXIA	BELLY BLAST 10–11am RA1 // L1 KARRI	CARDIO MUSCLE CAMP 12–12:55pm RA1 // L2 ANGELA	QIGONG 12–12:55pm RA3 // L1 REYNA	BARRE FIT 12–12:55pm RCR // M2 PRISCILA	HATHA YOGA 12–12:55pm FR // L1/2 JESSICA	ACRO YOGA 4:30–5:55pm RCR // H2/3 LAURA											
BEGINNER YOGA 10–10:55am RA3 // L1 BRANDY	YOGA SCULPT 11–11:55am RA3 // M1/2 BRANDY	VINYASA YOGA 3:30–4:55pm RA3 // H2/3 ADRIANA															
ASHTANGA 10–11:25am RA3 // H2/3 ERLIN	INTRO TO PILATES 11:30–12pm RA1 // L1 DONNA	PILATES MORE FOR CORE 12:10–1pm RA1 // L2 DONNA															

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!

4th F

CR

CV

RIMAC Conference Room

Main Gym Cycle Room

Canyonview

OPC

Pit

RCR

Outdoors – Price Center

RIMAC Weight Room

Rec Gym Conference Room

RA3


SW

WS

RIMAC Activity Room 3

Spanos West

RIMAC Wellness Studio



## CLASS LEVEL KEY:

COMPLEXITY	INTENSITY
L = LOW	1 = LOW
M = MEDIUM	2 = MEDIUM
H = HIGH	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.



## 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		



CARDIO & CONDITIONING

Belly Blast

Switch up your boring fitness routine with this waist slimming cardio and core workout. Burn fat with fun low impact cardio dance moves and use Pilates rings, hula hoops & balls to sculpt the abs, back and waist.

Bootcamp

From circuit-style routines that jump-start cardio fitness, to creative muscle-toning exercises using dumbbells, exercise bands, or even the participant’s body weight, each class brings its own unique challenges.

Cardio Dance Fit

This class pairs choreographed movement with radio tunes. You’ll finish up with some core work or weights.

Cardio Moves & Barre

First 1/2 of the class is comprised of high-energy dance movements to burn calories, the second 1/2 of the class combines barre work and light weights for toning the butt, legs, torso and arms.

Cardio Muscle Camp

Cardio endurance boxing and plyometric training are sequenced with body weight and resistance tubing drills. Hand held weights are added to push your muscles a little bit farther; always fun music and effective exercises!

CoreFit

A strong body starts with a strong core. Improve your overall fitness and performance by training your abs, back, chest and hips. This 30min class is a great combo with a cardio workout!

High Voltage HIIT

High Intensity Interval Training is a fun and highly effective workout that will help you bring your fitness to the next level. We’ll combine cardio with intervals of strength training, using dumb bells, medicine balls, and body weight for resistance.

INSANITY Live!

INSANITY uses MAX Interval Training, which replaces traditional moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest.

Cycle

CY-YO

Cycle & Yoga blend get a quick 35 minute cardio workout on the bike then transition to an active 35 minute vinyasa hatha yoga session. At the end of the class you are blissed out. Tired body = quiet mind.

Cycle

Get your sweat on in our Indoor Cycling class! Indoor cycling is the most efficient way to improve cardiovascular fitness, burn calories and gain leg strength. Enjoy the vibes in the cycle room with dimmer lighting and motivating music!

Cycle Blast

Intervals, endurance, mental and power training will "blast" your body to a better place. Class will challenge all levels of athletes from those getting back into fitness to the hardcore athlete wanting to improve athletic performance.

Cycle HIIT(& Spin HIIT)

This is not your normal indoor cycle class. High Intensity Interval Training brought into our cycle room for a challenging experience designed to push your anaerobic threshold. Train for strength, endurance and mental toughness. Ride right!

Pilates & Barre

Barre Fit

A full body workout fusing the best elements of ballet, pilates, muscle toning and conditioning. Use of props: light weights, balls, mats included.

Barre HIIT

A combo of the two hottest fitness trends: barre workout and high intensity interval training. Using light weights, barre and resistance bands, tone and strengthen your whole body. This class also builds endurance and increases flexibility.

Pilates Mat \*You must provide your own yoga mat

Focus on developing core strength, flexibility, balance and stamina. Learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core. Various small props are used to enhance and intensify the workout.

Pilates & Barre

Pilates Mat Level II \*You must provide your own yoga mat

Proceeds into the high-intermediate and advanced mat exercises. Designed to be a progressive skill building class with fast paced and quick transitions. Students are expected to have prior Pilates experience of at least 1 quarter, but it is not required.

Pilates Yoga Blend \*You must provide your own yoga mat

Yoga and Pilates share many of the same principles in theory and technique. This class combines the best of both practices, resulting in a wonderful, powerful way to improve core strength, posture, and body awareness.

Pilates: More for the Core \*You must provide your own yoga mat

We will be using equipment (such as the Pilates Circle, ball, light weights, and TheraBand) to develop your core, making you more agile, strong and flexible, and achieve better results in their core conditioning.

Plank It Up Pilates \*You must provide your own yoga mat

You will flow through beginning to intermediate Pilates sequences and build your stability and strength with fun variations of planks. (HINT: Combine with High Voltage HIIT or Cardio Moves BLT for a complete cardio/core/strength workout.)

Yoga & Meditation \*You must provide your own yoga mat for all yoga and meditation classes

AcroYoga

Learn to fly and have fun while building strength with body weight balancing exercises, with or without a partner, no experience necessary.

Ashtanga

This is a set sequence of postures (Primary Series) performed with the breath for a vigorous and challenging practice that builds strength and endurance over time.

Beginner Yoga

Learn the basics of yoga in a slower paced class that progresses over time.

Beginner Yoga and Meditation

Learn the basics of yoga and meditation in a slower paced class that progresses over time.

Hatha

Uses posture, breathing practices and mental focus to build strength, endurance, release tension and stress. This class can incorporate a more flowing style of movement connected with breath.

Iyengar

Founded by Master Teacher B.K.S. Iyengar, this Hatha style of yoga emphasizes precise physical alignment in the yoga postures and is for beginners or those with some yoga experience.

Kundalini for All

A system of yoga for all ages and abilities that uses breath, movement and meditation to heal the body and mind and give a greater sense of well-being.

Meditation

A practice suitable for anyone that helps increase focus and concentration, mental clarity, and reduces stress and tension to gain an overall sense of well-being. Seated, standing, lying down and moving techniques will be covered, all are welcome.

Qigong

A Chinese system of Meditation & Movement; Rejuvenate your mind & body with gentle, effective breathing exercises, mental cultivation, and positive affirmation meditations.

Vinyasa

A form of Ashtanga yoga that emphasizes breath with movement in a fast paced, dynamic and challenging way.

Yoga Sculpt

Take the body weight exercises and flexibility of yoga and add light weights and bands for a unique, high-heat, high -energy workout that will sweat, tone, cleanse and detoxify your body.

Yoga for Relaxation

This class will include breath work, a gentle, slow flow to work out tension, allowing us to drop into a quiet space for the deep relaxation of restorative poses.



INTERIM CLASSES December 5 – 28 and January 4 – 13

Fitness

Class #	Class	Days & Time	Instructor	Location	Dates	Price
FINT001	Pilates Yoga Blend	MW 8–8:55pm	Alexia Cervantes	RCR	12/5–12/21 1/4–1/11	\$41/49/57
FINT002	Cycle HIIT	MW 12–12:50pm	Alexia Cervantes	CR	12/5–12/21 1/4–1/11	\$46/55/64
FINT003	Strength Training for Women	TTh 12–12:55pm	Jordan Mojica	WS	12/6–13 1/5–12	\$34/41/48
FINT004	Total Body Circuit	TTh 1:10-2pm	Jordan Mojica	WS	12/6–13 1/5–12	\$34/41/48

Yoga

FINT901	Hatha Flow Yoga	MW 12–12:55pm	Jennie Olson Six	FR	12/5–12/21 1/4–1/11	\$50/60/70
FINT902	Hatha Flow Yoga	TTh 12–12:55pm	Nadine/Ricky	FR	12/6–12/22 1/5–1/12	\$50/60/70
FINT903	Kundalini Yoga For All	TH 4:30–5:25pm	Diana Biegner	RA3	12/8–12/22 1/5–1/12	\$28/34/40
FINT904	Hatha Yoga	Fri 12–12:55pm	Jessica Heubner	FR	12/9–12/23 1/6–1/13	\$28/34/40

STRENGTH & SMALL GROUP TRAINING January 14 – March 17

Strength & Small Group Training *\*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	1/18–3/15	\$90/108/126
FSTR003	Strength Training for Women	MW 5-5:55pm	Tiffany Caddell	Pit	1/18–3/15	\$90/108/126
FSTR008	Olympic Weight Lifting	MW 6-6:55pm	Veronica Aguila	Pit	2/1–3/15	\$67/80/94
FSTR010	Cross FitLife	MW 7-7:55pm	Veronica Aguila	Pit	2/1–3/15	\$67/80/94
FSTR012	NEW! Spartan Training GSX	MTh 5-5:55pm	Luis De La Vega	NC Track	1/19–3/16	\$90/108/126
FSTR004	Total Body Circuit	TTh 9-9:50am	Hector Fletes	WS	1/17–3/16	\$100/120/140
FSTR005	Strength Training for Women	TTh 12-12:55pm	Jordan Mojica	Pit	1/17–3/16	\$100/120/140
FSTR006	Total Body Circuit	TTh 1:10-2pm	Jordan Mojica	WS	1/17–3/16	\$100/120/140
FSTR007	Strength Training for Men	TTh 5-5:55pm	Jordan Mojica	Pit	1/17–3/16	\$100/120/140
FSTR009	Total Body Circuit	TTh 6:15-7pm	Ashley Franz	WS	1/17–3/16	\$67/80/94
FSTR011	Circuit Training for Women	Fri 12-12:55pm	Ivonne Avila	WS	1/20–3/17	\$50/60/70
FSTR012	Strength Training for All	Sat 10-10:55pm	Jordan Mojica	Pit	1/14–3/11	\$45/54/63



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

Nutrition Tips for Performance

After the holidays and winter break, it's time to set goals for a healthy and successful 2017. That doesn't mean that you have to go on a juice cleanse, fast-ing regimen, or adopt the next big fad diet. Those approaches are short-lived and before you know it, you're burnt out and back to square one. Use these ideas to survive the winter and emerge healthy in the spring with your best nutrition yet.

- Mix in winter seasonal produce like dark leafy greens, citrus fruit, and squash. These foods pack nutrients like vitamins A, C, and fiber, which work in concert to enhance immunity and keep you from getting the sniffles. These ingredients are also nourishing without promoting weight gain.

*Try this!* Kale salad with roasted butternut squash, wild rice, feta, toasted pecans, and a citrus vinaigrette

- For warmth and hydration minus the liquid calories, reach for hot tea instead of that milky latte. Herbs and spices act as antioxidants and have a range of other benefits. Experiment with different varieties one that suits your needs and tickles your taste buds!

Try this! Green, black and oolong teas for energy, chamomile or lavender tea for tranquility, cinnamon and cardamom for warmth, and ginger, peppermint or fennel for digestion

- Soups not only keep you warm, but can be packed with nutrition to keep you healthy and nourished during the cold months. Try cooking a big batch so that you free up time and stay stocked with leftovers. For optimal health, select soups filled with chunky veggies, lean proteins, and whole grains.

*Try this!* White bean turkey chili, chunky minestrone, chicken tortilla, Manhattan red chowder

For more information about how nutrition can improve your health and performance, visit, call, or email Michelle Zitt Brooks at (858) 822-5982 or mzitt@ucsd.edu and we can develop a plan that works for you.

Ask the Dietitian–Free Office Hour

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

NUTRITION SERVICES

Nutrition Workshops

Designed by the FitLife Registered Dietitian, delivered to you! Pick from basic nutrition workshop themes or customize your presentation to meet the interests and needs of your group!

Basic Nutrition Workshops

Pre-designed nutrition presentations:

Sport Nutrition Basics	\$85/120/155
Nutrition: Fact vs Fiction	\$85/120/155
Nutrition for Weight Loss	\$85/120/155
Nutrition for Optimal Health	\$85/120/155

Customized Nutrition Workshops

These workshops are customized based on the interests of the group. Details will be discussed by the Dietitian and the presentation organizer by phone/email/meeting. Example topics: sport-specific (or team specific) nutrition, pregnancy/lactation, veganism/vegetarianism, specific medical conditions, current research/nutritional science topics.

\$180/250/325

Food Demonstrations

For an additional \$5 per person, a food demonstration can be added to a nutrition workshop! Food demonstration includes recipe printouts with nutrition information and samples for attendees.

Nutrition Counseling

Private Consultations (In-Person, Phone or Skype)

Nutrition Revolution Package Deal	\$87.50/145/165
60 minute session	\$35/65/75
30 minute session	\$20/30/35

*\*(Pricing listed as Student/Rec Card Holders/Community)*

Small Group Consultations (2–3 Individuals)

60 minute session	\$45.50/84.50/97.50
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Email Correspondence

4 emails exchanged	\$30/60/70
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Anthropometric Measurement

Standardized techniques and tools are used to measure girths and skinfolds at several body sites to determine subcutaneous fat, muscle mass, and body proportions. The individual receives a spreadsheet featuring measurements, somatotype (mesomorph, ectomorph, or endomorph) and approximate body fat percentage, as well as insight and feedback from the Dietitian.

\$35/65/75



## IN 'THE STUDIO'

The Wellness Studio at RIMAC offers personalized, specialized programs in a newly designed space. The studio is intimate and exclusive; a fully functional space with equipment found no where else on campus. Small group fitness and wellness classes taught by our highly trained fitness professionals. The Studio is also the setting for personal training and our popular ask the trainer hours. Join us in 'the Studio'.

### WELLNESS PROGRAMS

Our personal wellness programs provide individualized fitness programs and small group training with our wellness instructors, giving you the opportunity to create a lifestyle of well-being and helping you achieve your fitness goals.

For information on any of the personal wellness programs, call (858) 822-2313 or email [fitlife@ucsd.edu](mailto:fitlife@ucsd.edu).

### The Program

The program consists of an initial physical fitness assessment, entrance interviews with Recreation wellness instructors, six weeks of small group fitness training and a follow-up fitness personalized program design. Weekly small groups have one hour training sessions.

### Assessments

Pre- and post-fitness assessments are provided by the Wellness staff. Testing will include blood pressure, body composition, muscular strength and endurance, flexibility and aerobic capacity.

### Evaluation

Follow-up physical fitness profiles will be conducted. Exit interviews with your instructor will allow you to reassess your personal fitness goals and objectives and to establish long-term plans. You will also receive an individualized workout at the end of the program.



### Student Personal Wellness

A FREE program offered to current students. Eight weeks of small group sessions, with each week dedicated to a different topic/workout. A personalized workout will be designed for each participant at the end of the class. You may only register for this program once. Student personal wellness is offered during fall, winter and spring quarters only.

#### Small Group Sessions – 8 weeks (select one):

FSPW011	Mon 2–3pm	1/9–2/27	Free
FSPW012	Tue 3:30–4:30pm	1/10–2/28	Free
FSPW013	Tue 4:30–5:30pm	1/10–2/28	Free
FSPW014	Wed 2–3pm	1/11–3/1	Free
FSPW015	Wed 4–5pm	1/11–3/1	Free
FSPW016	Wed 5–6pm	1/11–3/1	Free
FSPW017	Thu 3–4pm	1/12–3/2	Free
FSPW018	Thu 4–5pm	1/12–3/2	Free
FSPW019	Fri 11am–12pm	1/13–3/3	Free
FSPW010	Fri 3–4pm	1/13–3/3	Free

### Graduate Student Personal Wellness

Learn how to fit your workouts into a busy grad student schedule. Get maximum results in the shortest possible time.

8 week FREE program specific to graduate students.

#### Small Group Session – 8 weeks\*

FGPW005	Mon 4–5pm	1/9–2/27	Free
FGPW006	Thu 5–6pm	1/12–3/2	Free
FGPW007	Fri 1–2pm	1/13–3/3	Free
FGPW008	Fri 2–3pm	1/13–3/3	Free

\*In addition, sign up for a fitness assessment.

### Sign Up for a Fitness Assessment

#### Initial Wellness Fitness Assessment – Monday

FSFA009	Mon 5–5:30pm	1/9	Free
FSFA010	Mon 5:30–6pm	1/9	Free
FSFA011	Mon 6–6:30pm	1/9	Free
FSFA012	Mon 6:30–7pm	1/9	Free

#### Initial Wellness Fitness Assessment – Wednesday

FSFA013	Wed 5–5:30pm	1/11	Free
FSFA014	Wed 5:30–6pm	1/11	Free
FSFA015	Wed 6–6:30pm	1/11	Free
FSFA016	Wed 6:30–7pm	1/11	Free

\* Maximum 15 participants per session.

## IN 'THE STUDIO'

### Weight Loss Solutions

Get in the best shape of your life! Let our expert wellness instructors help you permanently adjust your attitudes about eating and exercise! We are offering a weight management program to the UC San Diego community. The program includes instructional workouts and nutritional guidelines for weight loss from our FitLife registered dietitian. There are six weeks of group training sessions, including weight training, swiss ball, core strengthening and more, with fitness assessments at the beginning and end of the program. A personalized program is designed for each participant at the completion of the class.

FWTL003	Mon 5–6pm	1/16–3/6	\$55/72/90
FWTL004	Wed 6–7pm	1/18–3/8	\$55/72/90

### PERSONAL TRAINING

A personal trainer can help you develop a training plan that best fits your needs and will be there to guide you through your workouts. A trainer can also help you assess your nutritional needs. Instruction may include goal setting, weight training, aerobic training, weight loss, strength gain, weight gain — whatever your fitness goals may be, all in a private instructional setting.

Our personal trainers are Alexander Sterner, Robert Johnson, Brenna Joyce, Jordan Mojica, Laleh Yaghoubi, Vera May, Richard Hawkins, Randy Chandler.

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

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

Sessions are purchased online, at RIMAC or Main Gym sales desks and receipts must be presented at appointment. For more information call FitLife at (858) 822-2313.

Note: 24 hour notice is required for cancellation of any private session or you will be charged the session cost.



### ASK THE TRAINER

Tuesdays and  
Thursdays 8–11pm  
Begins January 17

Want to learn how to swing a kettle bell, or use the TRX? Have questions on how to build muscle mass or drop a few pounds?

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

### Personal Fitness Assessment

Sign up for a personal fitness assessment. This test will measure body fat, flexibility, muscular strength and endurance and predicted VO2 Max. One hour session plus ½ hour follow-up evaluation and consultation.

Email Terri Dowie at [tdowie@ucsd.edu](mailto:tdowie@ucsd.edu) to make arrangements.

Sign up for 5 personal training sessions and get the fitness assessment free!

FPFA003	\$65/80/92
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### THE NEW YOU PACKAGE

#### Give the gift of health!

Included in the package:

- 1 personal nutrition appointment with two ½ hour follow-up appointments with the FitLife registered dietitian
- 1 fitness assessment
- 4 personal training sessions
- 1 hour massage

The New You Package is a great way to jump start your health and well being at an incredible savings!

FNEU003	Students	\$300
	Rec Card holder	\$350
	Non Rec Card	\$400
	(\$100 savings on the package)	

To arrange for a package, please contact Terri Dowie at [tdowie@ucsd.edu](mailto:tdowie@ucsd.edu).



## REJUVENATIONS

Schedule an appointment today at our center for Massage Therapy and Private Pilates Training. Our therapy rooms are private, comfortable and well-appointed for your session. We are centrally located on campus in the Main Gym, providing convenience for your busy schedule. Our staff are highly trained professionals and strive to provide the best service possible.

### PRIVATE PILATES

Pilates training is an elegant system of exercise that will tone, strengthen and streamline your entire body. 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 Stott Reformer. The reformer is a specialized table that will take your Pilates training to the next level. Pilates is for everyone no matter what your fitness level or ability.

#### Pricing

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

### DUET PILATES

Rejuvenations now offers Duet Pilates training where clients can work out with a friend or family member while still receiving quality and professional instruction. Like our private sessions, participants in Duet Pilates training will tone and stretch every muscle group, while raising their heart rate, all in one session. Our clients leave the studio feeling stronger, taller, revitalized and renewed.

### PRIVATE SESSIONS SAVINGS

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

#### Pricing

\$35/40/50 per person

*Note: 24 hour notice is required for cancellation or you will be charged the session cost.*

Massages and private sessions are scheduled through FitLife by emailing [fitlife@ucsd.edu](mailto:fitlife@ucsd.edu) or calling (858) 822-2313. Please allow up to 24 hours for a return phone call. For a first time massage client, you will need to fill out a Health Questionnaire for your appointment. You may purchase your session online, or at the RIMAC or Main Gym sales desks. Bring your receipt and your completed Health Questionnaire (if a massage) and please arrive 15 minutes early to your appointment. 24 hour notice is required for cancellation or you will be charged the session cost.

### MASSAGE THERAPY

Feeling stressed or sore? Has your training left you tight, stiff and unable to perform at your best? Indulge yourself and relax with a private massage. Private massage sessions are available with our certified massage therapists.

#### Swedish Massage

Swedish massage involves a combination of five basic strokes and concentrates on the muscles and connective tissues of the body which aids in improved circulation, relaxation, pain relief and overall health maintenance.

#### Deep Tissue Massage

This deep form of body work helps to release myofascial restrictions in the body. It relieves chronic tension, increases range of motion and improves posture.

#### Sports Massage

This massage is geared towards both recreational and elite athletes. A deeper pressure, full body massage, ideal for pre or post athletic activity. Beneficial for those looking for a speedy recovery from their workouts.

#### Heated Stone Massage

Using warm, smooth stones to aid in deep relaxation, significant stress reduction, detoxification of the body and an improved metabolic rate. 80 minute massage only.

#### 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.

*Note: 24 hour notice is required for cancellation or you will be charged the session cost.*

## CERTIFICATION PROGRAMS

### YOGA TEACHER TRAINING PROGRAM

#### Continuing Education Workshop

Fitlife offers two year round yoga teacher training here on campus. We currently have a waitlist for this program. For more information about our 2 year 200 hour yoga teacher training program, please contact Jennie Olson Six at [jolsonsix@ucsd.edu](mailto:jolsonsix@ucsd.edu)



### MINDFULNESS AND MEDITATION

A special offering for those wanting to deepen their understanding of Meditation and Mindfulness

A Five Week workshop offered with Master Teacher Michele Hebert

January 23–February 20  
Mondays 5:30-6:45pm  
4th Floor CR  
\$55/66/77



### Fitness Instructor Training Program

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

In partnership with the American Council on Exercise (ACE), the UC San Diego Fitness Instructor Training Program will provide students with the information, education and practical experience needed to become a Group Fitness Instructor. Designed to be completed in three quarters, this program consists of 40 hours of training, 20 hours of supervised teaching and additional fitness training.

Program offered during Fall/Winter/Spring quarters only. For more information, please contact Alexia Cervantes at [alexia@ucsd.edu](mailto: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. This program is designed for those interested in deepening their understanding of Pilates, expanding their own personal practice, as well as exploring the career potential of instructing Pilates mat work. The program includes teaching methodology, philosophy, and practicum hours. Designed to be completed in 9 months, it is based upon a core curriculum of Pilates mat classes, monthly weekend workshops and supervised practicum. The program is dedicated to upholding the integrity of the Classical Pilates repertoire and high professional standards while maintaining the diversity of current schools of thought.

Program offered during Fall/Winter/Spring quarters only. For more information, contact Michelle Jimmink at [mjimmink@ucsd.edu](mailto:mjimmink@ucsd.edu)

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





## MOBILE

### WORK OUT IN YOUR OFFICE WE COME TO YOU!

Customized | Convenient | Affordable

Choose between our one day workshops or schedule weekly fitness classes.

You choose the type of class/workshop, location, day and time...and we will send you a highly qualified instructor.

Pricing Order: student/faculty & staff/community

### 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

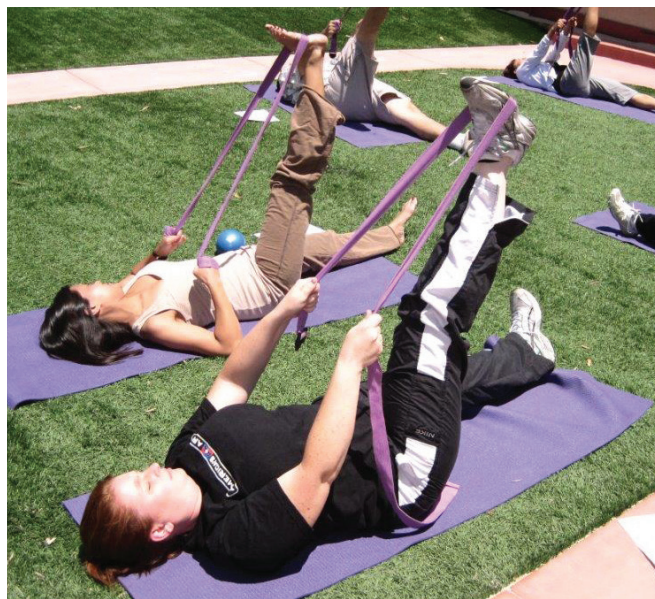
### NUTRITION

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!



## OCCUPATIONAL

### FITLIFE OCCUPATIONAL

FitLife Occupational is a mobile physical activity and educational program for UCSD staff working in high-risk/labor intensive occupations. There are multiple factors that influence the effectiveness of each individual's work health and safety including injury management. FitLife Occupational has been proven to reduce injuries, illness and stress, increase stamina, and create a healthy and fit lifestyle on and off the job.

### FITLIFE OCCUPATIONAL WORKSHOPS

FitLife Occupational offers quarterly workshops designed to improve wellbeing and overall work environment. Each workshop focuses on a different common on job injury, geared toward educating staff on how to prevent these injuries.

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 the anatomy of the shoulder, 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.

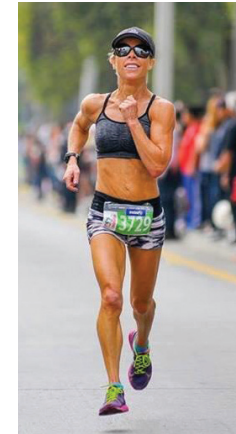
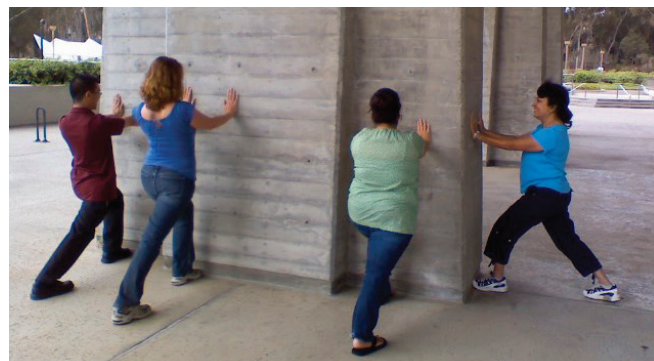
#### Back at It

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



### TERRI'S FITNESS CORNER:

#### Choosing the Proper Shoe for your Fitness lifestyle

Are you a runner? Powerlifter? Cross Fit enthusiast? All of the above? No matter what your training style is like, one of the most important pieces of gear you need are a pair of decent shoes. Choosing the proper shoes can protect

against common injuries like ankle strains, arch problems, and fractures. The proper shoe for your training style can also enhance performance putting you a step further to reaching your goals.

If you are a runner, picking a shoe can be a bit of task as each person's foot feels differently while running in a shoe. What works for one runner may not work for the next. Proper shoes for running are particularly important as they can prevent injuries like plantar fasciitis and shin splints which can keep an athlete from running for up to 4 weeks. The basic qualities of a good running shoe include arch support, stability, and comfort.

If you are an avid weightlifter, the shoes that will enhance your training will be very different from a general tennis shoe. Moving a lot of weight, up and down requires a deal of stability as well as force that can be aided by the proper shoe. The qualities of a great weightlifting shoes include little cushion in order to generate more force and a raised heel in order to get deeper in your lift through increased ankle range of motion.

Now what if you like to do more than just one activity? Cross Training shoes are probably what you are looking for. The shoes are typically meant for those who enjoy switching up their workout routine daily between strength training and cardio depending on their mood. If this sounds like you, try to find shoes that fit your arch, are stable and supportive to YOUR foot with breathable material on top. Lastly, cross training shoes should have more traction than would be included in a walking or running shoe.

## WORKSTRONG

### Have you been injured at work?

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

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

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

### Get Healthy, WorkStrong

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





### Contact Us

Phone: (858) 534-3716  
 Email: [imsports@ucsd.edu](mailto:imsports@ucsd.edu)  
 Website: [recreation.ucsd.edu](http://recreation.ucsd.edu)

### Intramural Sports Staff

Intramural Sports Director:  
**Allison Lane**  
 Intercollege Intramural Coordinator:  
**Weston Fisher**  
 Student Sports Assistants:  
**Jeremy Halligan**  
**Francisco Salinas**  
**Kiera Bocchino**  
**Isaias Campuzano**  
**Mackenzie Miller**  
**Gavi Gelbart**  
**Brenna Groom**  
**Lance Hsieh**  
**Daniel Salinas**  
**Tyler Steer**  
**Joleen Yang**

### Quarterly List Of Team Sports

#### Winter Quarter

Basketball — Men's, Women's, Coed  
 Team Bowling — Coed  
 Passing League Football — Men's  
 Soccer — Men's, Women's, Coed  
 4-on-4 Volleyball — Coed  
 Team Rock Climbing — Coed

#### Spring Quarter

5-on-5 Basketball — Men's, Women's  
 Beach Volleyball Doubles — Men's, Women's, Coed  
 Dodgeball — Open  
 Indoor Soccer — Men's, Women's  
 Kickball — Coed  
 Softball — Men's, Women's, Coed  
 Team Tennis — Men's, Women's, Coed  
 Volleyball — Men's, Women's, Coed

#### Summer Quarter

Basketball — Men's, Coed  
 Soccer — Open  
 Softball — Open

#### Fall Quarter

3-on-3 Basketball — Men's, Women's  
 Dodgeball — Coed  
 Flag Football — Men's, Women's, Coed  
 Indoor Soccer — Coed  
 Innertube Water Polo — Coed  
 Team Tennis — Men's, Women's, Coed  
 Volleyball — Men's, Women's, Coed

## GET IN THE GAME

Intramural Sports is your home base for recreational team sports. Compete with your friends and classmates. Sports vary quarter to quarter, there is something for everyone!



# GET IN THE GAME

## WIN THE NEW CHAMPIONSHIP T-SHIRT!

### Winter 2017 Sports

- Basketball
- Team Bowling
- Passing League Football
- Soccer
- 4-on-4 Volleyball
- Team Rock Climbing



## WINTER SPORTS



# GET IN THE GAME

## JOIN INTRAMURAL SPORTS THIS WINTER

# Just \$7 to play UNLIMITED Intramurals for the Quarter!

Register or join a team at [IMLeagues.com](http://IMLeagues.com)

### Basketball

#### Men's, Women's & Coed Divisions

Teams in the program	180+
Players on a team	5 for Men's & Women's 5 for Coed (2 Men/3 Women)
Days we play	Sun 3–11pm, Mon–Thu 8–11pm
Cost	\$7 IM fee

Our most popular program in the winter! Gather a team of your friends and join us for weekly games! We like to pack the Arena with participants on a nightly basis!

### Team Bowling

#### Coed Divisions only

Teams in the program	18–30
Players on a team	4 (2 Men/2 Women)
Days we play	Sun 9pm–12am
Cost	\$7 IM Fee + \$5/night starting 3rd week of games

One of the most riveting sports we offer! Bring out your custom balls and personalized shoes (or use the alley's) and get ready for weekly excitement! Each team will 3 bowl games against a different opponent every week. The initial team fee will be used to help offset League fees at the Bowling Alley. The average weekly fee is \$5/bowler



### Passing League Football

Men's Division only	
Teams in the program	12–18
Players on a team	5
Days we play	Fri & Mon afternoons/evenings
Cost	\$7 IM fee

Didn't get your football fix last fall? Who did?! Gather a team and get some more pigskin action this quarter with our version of off-season football passing league.

### 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
Cost	\$60

Teams will have 1 hour to complete as many bouldering problems as possible. Points will be awarded per climb based on difficulty. 5 new climbs will be set each week—from V-Fun to V-1

### Soccer

Men's, Women's & Coed Divisions	
Teams in the program	120+
Players on a team	6 (3 Men/3 Women for Coed)
Days we play	Sat–Sun 11am–5pm, Mon 5–8pm
Cost	\$7 IM fee

Our most popular outdoor activity all year! The competition gets fierce in our outdoor soccer program, with Recreational (Single A), Intermediate (AA), and Competitive (AAA) levels, you're bound to find a fit!

### 4-on-4 Volleyball

Coed Divisions only	
Teams in the program	40
Players on a team	4 (any combo, at least 1 Man/1 Woman)
Days we play	Mon–Thu 6–8pm
Cost	\$7 IM fee

Our very popular reverse-coed 4-on-4 Volleyball program gets everyone involved!

## 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.

### LOOKING FOR WORK?

We're looking for Football, Volleyball and Dodgeball officials! Pay starts at \$10.60/Hr. Check out our website for more information.



## HOW DO I GET INVOLVED?

### ALL OUR GAME SCHEDULES AND REGISTRATION ARE ON IMLEAGUES.COM!

All intramural participants will be required to create an account 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](https://imleagues.com/UCSD/Registration)  
**OR**  
Go to [imleagues.com](https://imleagues.com) and click **Create Account**  
**OR**  
Go to [imleagues.com](https://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](https://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!



## Contact Us

General information:

(858) 534-4037

Website: [recreation.ucsd.edu](http://recreation.ucsd.edu)

Masters Swimming information:

(858) 534-8124

Masters Running/Triathlon information:

(858) 822-0379

## Masters Sports Staff

Masters Sports Director

Masters Swimming Head Coach:

**Ron 'Sickie' Marcikic**

Masters Running/Racing Head Coach

Masters Triathlon Head Coach:

**Terry Martin**

## Workout Schedules

Find them online at [recreation.ucsd.edu](http://recreation.ucsd.edu)

## Swimming

For over 33 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.

# GET TRAINING

Masters Sports offers professional and quality workouts for swimmers, runners and triathletes. Get in great shape or train for a race/triathlon under our highly experienced coaches and alongside other motivated athletes.

## 2017 WORKOUT SCHEDULE

### Swimming

Canyonview Pool

Monday–Friday  
6am & 7:30am

Monday–Thursday  
6pm

Saturday      Sunday  
7:30am          9am

### Running

North Campus Track

Tuesday & Thursday  
5:45–7:30am

### Triathlon Training

Spanos Training Facility—  
North Patio

Bike Turbo  
Tuesday & Friday  
5:45am

PLUS all of the Swimming  
& Running workouts

(All workouts are  
1½ hours long)



## SPOTLIGHT ON THE COACH

### MEET COACH JOHANNA DELEON

The UCSD Masters Sports program has a diverse coaching staff that comes from all walks of life, but the one thing they all have in common is a passion for their sport...in this case that would be swimming, of course! This quarter we high-light Swimming Coach Johanna DeLeon...in her own words.

I began swimming for the Dolphins of Santa Fe in Santa Fe, New Mexico at age 11. One of the great memories I have of my experiences growing up in New Mexico was the great travel trips we would have all over the southwest. When I was a sophomore in high school my mom moved me kicking and screaming to San Diego County. We lived in Rancho Bernardo. She picked this area for our family because she wanted to make sure I continued in the sport and Rancho Bernardo had a team I could join.

I attended Mt. Carmel High School from my sophomore, junior, and senior years. It was at Mt. Carmel that I learned how to teach swimming and began lifeguarding. During these years I also swam for Mt. Carmel qualifying for CIF all three years. My main event was the 500 free. I also played water polo my junior and senior year at Mt. Carmel, one of only three girls on the team.

After Mt. Carmel, I attended Palomar College where I continued to swim. I was also able to lifeguard and teach swimming there. This is when I began working with adult swimmers. I had a student from Ethiopia who was only able to walk on the bottom at the beginning of the semester. He improved so much, that by the end of the semester he was actually swimming sets using a pace clock.

San Diego State University (SDSU) was the next stop on my aquatics journey. I began playing club water polo with the women's team. At SDSU I was studying Industrial Technology and was on my way to become a "shop" teacher. I graduated from SDSU in 1991 and went on to get my teaching credential and Masters of Science degree from National University.

My Master's thesis was centered on 'why girls were not taking engineering based classes'. I realized that if I wanted more girls to become interested in the engineering career field I would need to impact them at a younger age. A new middle school was opening soon in Escondido, and this was going to be my chance to make that impact. After going through the hiring process I was offered the job and took the new position at Rincon Middle School in Escondido. I am currently in my 21st year at Rincon.

While I was student teaching at Mt. Carmel, I walked on deck and asked if I could volunteer my time and help the swim team. At that time the coach, Dan Rhinehart said, "sure

but I can't pay you". I was fine with that because I wanted the coaching experience. To help fulfill my hunger for coaching, I also began a girl's club water polo team at Mt. Carmel, after the swim season was over.

Dan was starting a new club team in San Diego county and asked me to be his assistant coach for the club team and Junior Varsity (JV) coach for Mt. Carmel. The name of the team was PQ Aquatics. I worked with Dan for four years as his assistant. During the years I was coaching for PQ Aquatics and Mt. Carmel, I was also working at Mira Mesa High School teaching 9th–12th grade Tech Core and World History. When Dan left to move to the east coast I took over as the head coach of PQ Aquatics, for the next four years.

When my new teaching position at Rincon took me to Escondido, I realized I had to make a decision about my future. I was getting married and beginning a family. My coaching priority had changed to a family priority, so I resigned from my coaching positions at PQ Aquatics and Mt. Carmel High School.

I returned to coaching in 2010 and started as a substitute coach for NCA–North Coast Aquatics. I have worked with swimmers in that program from ages 5–18. About 2 years ago I sent Sickie my resume to see if I could get on the masters coaching staff at UCSD. He had me come coach with him during a summer practice, and I joined his staff soon after. Since then Sickie has welcomed me with open arms to the Masters Swim program at UCSD. I coach weekend workouts when available and pick up workouts subbing for coaches that are on vacation.

I was a member of the Panther Aquatics Board (Vista High School) as the VP of Communication, before I considered taking the girls coaching job. In February 2016, I took on the responsibility of coaching the Vista High School Girls varsity and JV swim teams, to further my love of coaching.

My son is a swimmer at Vista High School and also swims for NCA. He may have inherited his 'swimming gene' from me. If you go to any US Swimming or United States Masters Swimming meets in the area, you may also see me as a stroke and turn judge for the meet.

Because of my teaching responsibilities, my schedule does not allow me to coach on a regular basis at UCSD, but I could get a text or call anytime to come help or cover for someone. It has been refreshing working with adults and being able to help them reach their fitness goals. If you find yourself on the pool deck at the Canyonview pool, at one of the Masters weekend swim workouts, you might see Johanna in her element...poolside helping people swim better! Come by and say HI! Ya Gotta Wanna!



### Contact Us

Register online at [mbaquaticcenter.com](http://mbaquaticcenter.com) or call (858) 488-1000.

### Mission Bay Aquatic Center Staff

MBAC Director:  
**Kevin Straw**

### About Us

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

**November 18–December 11**  
Open Tuesday–Sunday 8am–5pm  
Closed Mondays

**January 3–February 17**  
Tuesday–Sunday 8am–5pm  
Closed Mondays

**Closed**  
November 22–27  
December 12–January 2  
January 16

### Schedule

A complete schedule of MBAC programs can be found at [mbaquaticcenter.com](http://mbaquaticcenter.com)

### Connect with MBAC

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

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

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

## GET ON THE BAY

Mission Bay Aquatic Center is one of the world's largest collegiate instructional waterfront facilities. Enjoy water sports activities like sailing, rowing, stand up paddling, wakeboarding and windsurfing.



### 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](http://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](http://mbaquaticcenter.com/rentals) for info. First price is for current students and Rec Card Holders, second is for community members.





## Contact Us

Email: [outback@ucsd.edu](mailto:outback@ucsd.edu)  
Website: [recreation.ucsd.edu](http://recreation.ucsd.edu)

Outback Climbing Center  
(858) 822-1996

Outback Rental Shop  
(858) 534-0684

Outback Surf Shop  
(858) 534-8141

Trips, Classes and Group Adventures  
(858) 534-3534

Challenge Course Office  
(858) 822-3558

## Outback Adventures Staff

Outback Adventures Director,  
Climbing Center Coordinator:  
**Tom Rottler**  
Outdoor Leadership Coordinator:  
**Simon Teale**  
Challenge Course Coordinator:  
**Denise Ouellette**  
Surf Shop and Rental Manager:  
**Isaac Brandl**  
Climbing Center Student Lead:  
**Garren Melton**

## Open Hours

**Outback Climbing Center**  
Monday–Thursday, 1–10pm  
Friday, 1–8pm  
Saturday, Closed  
Sunday, 6–10pm

**Outback Rental Shop**  
Monday–Friday, 12–6pm  
Closed weekends & all campus holidays

**Outback Surf Shop**  
Monday–Friday, 10am–6pm  
Saturday–Sunday, 11am–4pm

**Challenge Course Office**  
Open by appointment only

## GET EXPLORING

Outback Adventures has everything you need for outdoor exploration and fun. Hike, kayak or explore on an Outback trip, elevate your team's performance at the Challenge Course or try indoor rock climbing. Visit the Outback Surf Shop or Rental Shop on campus to get the gear for your own adventure.



Register for all  
your Recreation trips  
and classes at the  
Outback Surf Shop!

Visit us online at [recreation.ucsd.edu](http://recreation.ucsd.edu)  
or call (858) 534-8141



UC SAN DIEGO RECREATION  
**OUTBACK SURF SHOP**

**10%**  
TRITON DISCOUNT  
For all Students, Staff &  
Faculty on Retail Items.



Library Walk,  
Price Center West

MON–FRI 10am–6pm  
SAT–SUN 11am–4pm



WINTER 2017 SCHEDULE

JANUARY

Date	Program Name	Early bird / Regular Price	
		Students & Members	Non-Members
Thu 1/5 – Sun 1/8	Challenge Course Facilitation Training	Contact us for more info	
Sat 1/21	Ski and Ride Mountain High	\$90/95	\$100/110
Sun 1/29	Ski and Ride Mountain High	\$90/95	\$100/110
Sat 1/28 – Sun 1/29	Anza Borrego Canyons, Caves and Hot Springs	\$105/115	\$145/155

FEBRUARY

Sat 2/4	Coronado Island Kayak	\$39/45	\$54/59
Sun 2/5	Rock Climb Mission Gorge	\$39/45	\$54/59
Fri 2/10	Moonlight Kayak Mission Bay	\$39/45	\$54/59
Sat 2/11	Moonlight Hike Cowles Mountain	\$18/21	\$25/28
Sat 2/11	Winter's Chill Climbing Comp	\$10	\$10
Sun 2/12	International Center Ski & Ride Bear Mountain	\$77/87	\$120/130
Sun 2/12	Moonlight Kayak Mission Bay	\$39/45	\$54/59
Wed 2/15	Challenge Course Open House	FREE-RSVP	FREE-RSVP
Fri 2/17– Mon 2/20	Black Canyon Kayak & Hot Springs	\$295/325	\$335/360
Sat 2/18– Mon 2/20	Baja on Horseback	\$295/325	\$375/400
Mon 2/20	Ski and Ride Bear Mountain	\$110/120	\$120/130
Sat 2/25	Rock Climb Mission Gorge	\$39/45	\$54/59
Sun 2/26	Sunset Kayak Mission Bay	\$39/45	\$54/59
Sat 2/25– Sun 2/26	Backpack Joshua Tree National Park	\$120/135	\$150/170



Register by **January 23** to receive early bird pricing

MARCH

Date	Program Name	Early bird / Regular Price	
		Students & Members	Non-Members
Sat 3/4	Potato Chip Hike Mount Woodson	\$18/21	\$25/28
Fri 3/3– Sun 3/5	Joshua Tree National Park Yoga Adventure	\$130/140	\$140/150
Sun 3/12	Moonlight Kayak Mission Bay	\$39/45	\$54/59
Sat 3/11– Sun 3/12	Anza Borrego Canyons, Caves and Hot Springs	\$105/115	\$145/155

SPRING BREAK 2017

Date	Program Name	Early bird / Regular Price	
		Students & Members	Non-Members
Sat 3/25 – Sat 4/1	California National Parks Road Trip	\$495/550	\$595/650
Sun 3/26 – Fri 3/31	Catalina Island Service Adventure	\$345/395	\$445/495
Sat 3/25 – Sat 4/1	Grand Canyon Backpacking Expedition	\$595/645	\$695/745
Sun 3/26 – Fri 3/31	Black Canyon Kayak and Hot Springs	\$545/595	\$645/695





CHALLENGE COURSE

Elevate your team's performance!

We have an Odyssey Ropes Course!

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. You might also discover new capabilities within yourself.

There are several program options to meet your group's goals and budget. Please visit our website: [recreation.ucsd.edu/outback-adventures/challenge-course](https://recreation.ucsd.edu/outback-adventures/challenge-course) or contact us for more details.

The Challenge Course is open to all groups, big or small.

We can schedule team building programs any day of the week. To book a program, contact Denise Ouellette at [teamchallenge@ucsd.edu](mailto:teamchallenge@ucsd.edu) or (858) 822-3558

Challenge Course Leaps of Faith Open House

Wednesday, February 15  
11am–2pm

Come see the Odyssey Ropes Course and experience the Leaps of Faith!

Please RSVP at <https://recreation.ucsd.edu/challenge-course/open-house/>

Facilitation Training

January 5–8  
8am–6pm

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

For more info, contact Denise Ouellette at (858) 822-3558



OUTBACK CLIMBING CENTER

The Outback Climbing Center is open to students, staff, faculty and community for drop-in climbing, membership and private rentals.

Whether it's your first climbing experience or you're a seasoned veteran, you are sure to find a multitude of exciting climbs to challenge you. So bring a friend and try it out!

Winter hours: Monday–Thursday, 1–10pm  
Friday, 1–8pm  
Saturday, Closed  
Sunday, 6–10pm

Outback Climbing Center: (858) 822-1996

Email the coordinator at: [climbingcenter@ucsd.edu](mailto:climbingcenter@ucsd.edu)

Located in Canyonview Aquatic Center

Climbing Pass

Equipment rentals are also available.

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

Exclusive Gym Rental:

Includes: 2 hours exclusive use, instruction, supervision and all necessary climbing equipment.

- Costs: \$170 for first ten climbers, \$8/additional, maximum 30 climbers.
- 10% discount for campus affiliated groups  
Requires reservations, available during closed hours only.
- RA Special – Bring your residents and have the gym to yourselves. Exclusive rental only \$8/person. 15 participant minimum.  
Advance reservations REQUIRED.



WINTER QUARTER SPECIAL EVENTS

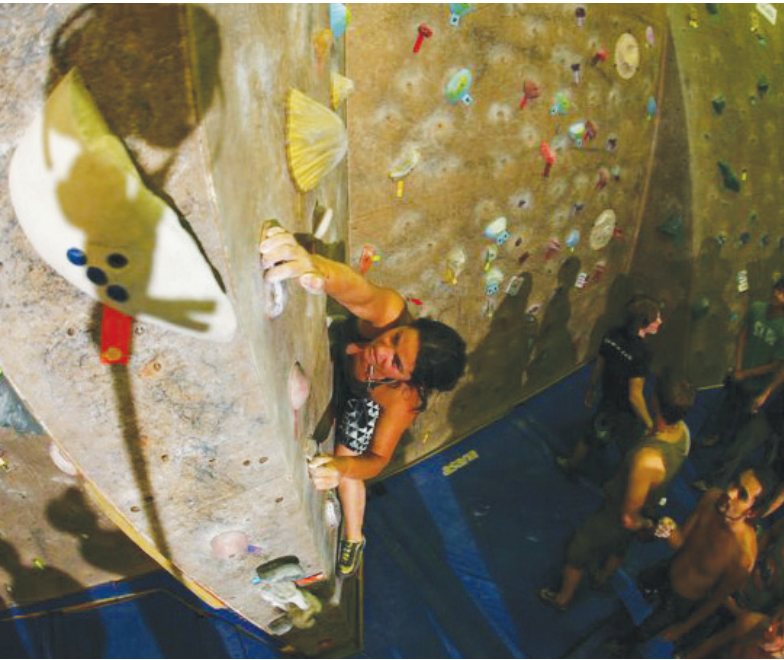
Free for First Timers

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.

Winter's Chill Climbing Comp and BBQ

Saturday, February 11, 2–6pm

Cut winter's chill with a casual climbing competition. BBQ, drinks and climbing are all included in the \$10 admission.





GROUP ADVENTURES

Get a bunch of friends, club members, residents or family together on a cool outdoor trip and save \$\$\$.

We provide:

- Years of experience and expertise in the areas we travel
- Experienced and trained guides
- Flexible and action-packed trip schedules
- All permits and reservations
- All group equipment (kayaks, tents, safety equipment etc.)
- Great food and cooking equipment
- Transportation from Outback Adventures (please call for groups with minors)
- 50% discount on any personal equipment rentals
- A memorable experience and loads of fun

Group adventures are open to anyone. Outback can plan, outfit and lead customized outings and team building events tailored to your group’s goals.

For more information and to book your group, contact Simon Teale, Outdoor Leadership Coordinator, at (858) 534-3534, email [steale@ucsd.edu](mailto:steale@ucsd.edu) or visit [recreation.ucsd.edu/outback-adventures](http://recreation.ucsd.edu/outback-adventures)

- 1 person free with paid 11 participants
- Prices are for UC San Diego student groups
- Non-student groups — call for pricing

Here's a sampling of some of our most popular group adventures:



Baja Kayak Trip



Desert Camping and Caving



Rock Climb Mission Gorge



Baja Surf Safari



Kayak La Jolla Shores

OUTBACK TRIPS & CLASSES

Who Goes On Trips?

Outback trips serve UC San Diego students, staff, faculty and the general community by providing adventures such as backpacking, camping, kayaking, surfing and rock climbing.

Participants must be 18 years or older, except on child specific programs or family trips where younger participants must be accompanied by a parent or guardian.

Outback Trips Include:

- Transportation to and from the outing from Outback Adventures
- Trained and experienced guides
- Instruction in the trip activity
- All safety equipment
- All group camping and trip equipment unless otherwise noted
- Entrance, parking and camping fees
- Food while camping (on trips longer than 1 day)
- 50% rental discount at the Outback Rental Shop on any equipment you need for your trip!

Which Trip Should I Choose?

We have tried to arrange our trips in a way that makes it easy for you to find exactly what you want. All of our trips are arranged here by the length of trip, and then by date. You can also glance through the trips and look for the specific “trip icon” that you want.

Warning:

Adventure travel has inherent risks of injury and/or death. These risks contribute to the “adventure” aspect of our trips. UC San Diego Outback Adventures and its employees assume no liability for any damages, loss, injury or death as a result of our outings. Some trips have a prerequisite fitness level, for which the participants are responsible.

Trip Icons:

- Camping, Caving, Backpacking & Day Hiking Trips
- Kayaking Trips
- Canoeing Trips
- Rock Climbing Trips
- Horseback Riding Trips
- Surfing Trips
- Snorkel Trips
- Snowboard and Ski Trips
- Yoga Trips

Is this going to be too hard?

All of our trips are geared for beginners with no previous experience or skill, unless otherwise noted. Our trips are designed to expose you to new skills and introduce you to the diverse activities that you can enjoy in the outdoors. Some of our trips, however, are more physically demanding than others. All watersports participants must be able to swim. If you have questions about whether a trip will fit your physical abilities, please contact the Outdoor Leadership Coordinator at (858) 534-3534.

Registration

To sign up for trips, register online, drop by Outback Adventures, Outback Surf Shop or RIMAC during our business hours.

Don’t miss out! Register early—trips fill quickly. Sorry, we are unable to take registrations over the phone. Note that the first price listed is for UC San Diego students and Rec Members, and the second price is for Non-Members.

All trips depart from Outback Adventures Rental Shop unless otherwise specified.

Cancellation of Trips

We plan for success. Outback Adventures creates trips and prepares resources and logistics with our mission, customers, and goals of the specific trip in mind. We are disappointed when programs must be canceled, but it happens on occasion. Some of the reasons we need to cancel a program are:

- Predicted or prevailing unsafe weather conditions
- Insufficient sign-ups
- Illness or injury among the guiding staff
- Rarely, other circumstances beyond our control

Trips & Classes Refund Policy

In the event that we must cancel a program due to one of the above stated reasons, Outback Adventures issues all participants full refunds. Participants are notified of the change in plans. Our staff immediately begins the process of issuing refunds.

If you cancel your registration

- More than 30 days before 1st day of program = 90% full refund
- More than 14 days before 1st day of program = 75% refund
- Less than 14 days before 1st day of program = no refund

NOTE: Transferring dates, programs or times constitutes a cancellation and the above policy applies.



SPECIAL EVENTS

Challenge Course Facilitation Training

Learn how to facilitate a group through a meaningful experience of team building, problem solving and group processing. This training program focuses on the core competencies necessary for facilitators on the UC San Diego Challenge Course. The training will offer a combination of technical safety skills and facilitation skills of working with individuals and groups. If you are interested, please complete a facilitator application at [recreation.ucsd.edu/outback-adventures/challenge-course/staff/application](https://recreation.ucsd.edu/outback-adventures/challenge-course/staff/application)

Training Time	8am–6pm each day
Training 1 Dates	Thursday–Sunday, January 5–8
Prices	Contact us for more info

DAY TRIPS

Ski & Ride Bear Mountain or Mountain High

Take a break and carve it up at the best nearby snow to campus; Bear Mountain or Mountain High. Let Outback take care of the driving. We will leave before dawn for the drive to catch early lifts before the mountain gets busy and sun warms it up. It is early, but you can sleep in the van. The lifts are open 8:00–4:30 (Bear Mountain), 8:30–4:00 (Mountain High). All participants receive 20% off a ski or snowboard rental package through Outback. Lift ticket IS included in the price of this trip.

Bear Mountain

Trip time:	5am–10pm
Trip date:	Monday, February 20
Prices:	
Students and REC Members:	\$110 by 1/23, \$120 after
Non-members:	\$120 by 1/23, \$130 after

Mountain High

Trip time:	5am–10pm
Trip 1 date:	Saturday, January 21
Trip 2 date:	Sunday, January 29
Prices:	
Students and REC Members:	\$90 by 1/23, \$95 after
Non-members:	\$100 by 1/23, \$110 after

International Center Ski & Ride Bear Mountain

Come ski or snowboard with your International Center friends at Bear Mountain. Let Outback take care of the driving. We will leave before dawn for the drive to catch early lifts before the mountain gets busy and sun warms it up. It is early, but you can sleep in the van. The lifts are open 8:00–4:30 (Bear/Summit). All UC San Diego students receive 30% off the normal cost (\$110) of this trip. Lift ticket IS included in the price of this trip. This trip is for international students and domestic students who are interested in making new friends with people from all over the world.

Trip time:	5am–10pm
Trip date:	Sunday, February 12
Prices:	
Students and REC Members:	\$77 by 1/23, \$87 after
Non-members:	\$120 by 1/23, \$130 after

Moonlight Kayak Mission Bay

Imagine: Mission Bay, calm as glass, paddle drips break the reflections of the moon and city lights above the bay. This is a San Diego experience not to be missed. 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 date	Friday, February 10
Trip 2 date	Sunday, February 12
Trip 3 date	Sunday, February 26
Trip 4 date	Sunday, March 12
Prices	
Students and REC Members:	\$39 by 1/23, \$45 after
Non-members:	\$54 by 1/23, \$59 after



Moonlight Hike Cowles Mountain

You will be amazed at just how much the moon lights up the mountain on this great local adventure. Cowles Mountain is just 20 minutes from campus in Mission Trails Park. 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 date	Saturday, February 11
Prices	
Students and REC Members:	\$18 by 1/23, \$21 after
Non-members:	\$25 by 1/23, \$28 after

Rock Climb Mission Gorge

Mission Trails Regional Park is a local hot spot for rock climbing only 20 minutes from campus. The climbing is excellent with routes for both first time and experienced climbers. Our experienced and supportive guides will lead you through a fun and challenging progression of climbs throughout the day. Knots, rope handling, belaying, safety, and climbing technique will be covered. All climbing equipment is provided. Come spend the day with us on the rocks!

Trip time	7am–4pm
Trip 1 date	Sunday, February 5
Trip 2 date	Saturday, February 25
Prices	
Students and REC Members:	\$39 by 1/23, \$45 after
Non-members:	\$54 by 1/23, \$59 after

Coronado Island Kayak

Join your friends for a day paddle on the big bay. It is sure to be a blast. After a quick drive to the bay we will have a short skills session. We will launch at Glorietta Bay and paddle next to Coronado Island, under the bridge and by the moored sailboats. We will have a great view of downtown San Diego from the water. 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	Saturday, February 4
Prices	
Students and REC Members:	\$39 by 1/23, \$45 after
Non-members:	\$54 by 1/23, \$59 after

Potato Chip Hike Mount Woodson

Get off campus and check out this awesome ‘potato chip’ rock outcrop. The popular hike starts in Poway and follows a fire trail that overlooks the Poway dam for about 3 miles. The trail narrows as you start to climb the mountain and gets steep at times but is great for beginners. The view from the top is amazing on a clear day you can see the ocean and downtown San Diego.

Trip time:	10am–4pm
Trip date:	Saturday, March 4
Prices:	
Students and REC Members:	\$18 by 1/23, \$21 after
Non-members:	\$25 by 1/23, \$28 after





MULTI-DAY TRIPS


Anza-Borrego Canyons, Caves and Hot Springs

 Join us on this popular overnight trip. By day we will explore mud caves, palm oases, wildflowers, vistas and Native American Pictographs. By night, we 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.

We will spend Saturday exploring the corners of Arroyo Tapiado Caves with our headlamps. Sunday will find us picking our way through the desert canyons in search of one of the many oases or desert vistas. No Anza-Borrego trip is complete without a stop for famous Julian pie on the way home.

Trip 1 dates	Saturday–Sunday January 28-29	7am departure
Pre-trip meeting / registration deadline	Wednesday January 25	6pm, Outback Rental Shop
Trip 2 dates	Saturday–Sunday March 11-12	7am departure
Pre-trip meeting / registration deadline	Wednesday March 8	6pm, Outback Rental Shop
Prices		
Students and REC Members:	\$105 by 1/23, \$115 after	
Non-members:	\$145 by 1/23, \$150 after	


Backpack Joshua Tree National Park

 Joshua Tree is a hiker’s dream and offers a perfect setting for backpacking in the high desert. Amazing rock formations, plants, and wildlife make traveling here like walking on a different planet. Come see the famous Joshua Tree (the inspiration for The Lorax by Dr. Seuss) and enjoy some of the most majestic scenery in Southern California! This is a beginning backpacking trip and we will cover all that you need to know to enjoy backpacking.

Trip dates	Saturday–Sunday February 25-26	7am departure
Pre-trip meeting / registration deadline	Wednesday February 22	6pm, Outback Rental Shop
Prices		
Students and REC Members:	\$120 by 1/23, \$135 after	
Non-members:	\$150 by 1/23, \$170 after	




Joshua Tree National Park Yoga Adventure

 Immerse yourself in the desert while practicing yoga with a certified instructor all in one of the West’s most beautiful national parks. In addition to yoga sessions, you will have the chance to explore this visually stunning desert park, enjoy delicious and healthy meals around the campfire and camp under a blanket of stars like you have never seen. We will cover all the information that you need to enjoy yourself during the trip; no outdoor or yoga experience is necessary to participate. All camping gear, guides, transportation, and meals are included. Bring a friend and develop your inner calm while in the great outdoors.


Trip dates	Friday–Monday March 3-5	10am departure
Pre-trip meeting / registration deadline	Wednesday March 1	6pm, Outback Rental Shop
Prices		
Students and REC Members:	\$130 by 1/23, \$140 after	
Non-members:	\$140 by 1/23, \$150 after	

Black Canyon Kayak and Hot Springs

 Back by popular demand! As we move up the river, the valley turns to canyon with walls towering vertically out of the river. We might see an occasional Bighorn Sheep, and what is left of the silver and gold mines of the area. Camping on the river next to the Arizona Hot Springs we will be able to soak away into the evening. We will also have the opportunity for a day trip to the sauna cave, exploration opportunities in Goldstrike Canyon with a heated waterfall, and an up close and personal with the mighty Hoover Dam. This is one of our most awesome trips, and for that reason it will fill early, so register soon. This is a shorter version of the spring break trip.

Trip dates	Friday–Monday February 17–20	10am departure
Pre-trip meeting / registration deadline	Wednesday February 15	6pm, Outback Rental Shop
Prices		
Students and REC Members:	\$295 by 1/23, \$325 after	
Non-members:	\$335 by 1/23, \$360 after	

Baja on Horseback

 Put yourself back in the days of the “Old West” where the cattle roamed free and there were no fences. We will head southeast of Tecate, to the guest ranch in the middle of Guadalupe Valley Grape Country, where you can try your hand as a “vaquero” (cowboy). After instruction in horseback riding, we will hit the trails. We will be staying in ranch style cabins on the beautiful gated and secured property of La Bellota Ranch while being catered to by the best ranch chef in all of Baja California. Of course, we will feast on authentic Mexican dishes, served in a warm family atmosphere. The stars in Baja are the best you might ever see! And if all that isn’t enough to convince you, imagine seeing your friends in chaps.


Trip dates	Saturday–Monday February 18–20	12pm departure
Pre-trip meeting / registration deadline	Wednesday February 15	6pm, Outback Rental Shop
Prices		
Students and REC Members:	\$295 by 1/23, \$325 after	
Non-members:	\$375 by 1/23, \$400 after	






SPRING BREAK 2017

California National Parks Road Trip

 Experience some of the most awesome natural environments in the World. California is a truly remarkable place and on this adventure road trip you will experience some of the best it has to offer. We will spend time in Big Sur, one of the most beautiful places on the whole Pacific coast, Yosemite National Park, a place that everyone should see at least once in their lifetime, and Death Valley National Park an extraordinarily beautiful and haunting place. We will travel by van and camp near our vehicle in the most serene settings with plenty of time for day hikes and exploration.

Trip dates	Saturday–Saturday March 25–April 1	7am departure
Pre-trip meeting / registration deadline	Wednesday March 15	6pm, Outback Rental Shop
Prices		
Students and REC Members:	\$495 by 1/23, \$550 after	
Non-members:	\$595 by 1/23, \$650 after	

Catalina Island Service Adventure


 Spend spring break working hard and playing hard with new friends on a beautiful island paradise. The ‘Work’ will be environmental projects that help to protect and restore this fragile island ecosystem and may include trail building, tree planting, gardening and invasive plant removal. The ‘Play’ will include paddling beautiful coves by kayak, snorkeling clear waters and exploring the island by foot. We will stay just feet from the ocean in rustic cabins and all food will be prepared by the skilled camp chefs. This is a great trip for someone wanting a different kind of spring break experience.

Trip dates	Sunday-Friday March 26-31	9am departure
Pre-trip meeting / registration deadline	Wednesday March 15	6pm, Outback Rental Shop
Prices		
Students and REC Members:	\$345 by 1/23, \$395 after	
Non-members:	\$445 by 1/23, \$495 after	




39 photo by Lukas Eschstruth

Grand Canyon Backpacking Expedition

 Join us for an expedition to the base of the Grand Canyon, one of the seven natural wonders of the world! We will pick up our packs and leave the Canyon’s south rim to begin our descent of nearly 5000ft to the Canyon’s bottom. The trail offers views of massive multicolored cliffs and of the Colorado River flowing nearly a mile below. Some days we will travel from sun exposed cliff faces and dry sand dunes to river oases shaded by cottonwood trees. On others we will hike to spectacular vistas at Plateau Point or cross a narrow foot bridge 70ft above the Colorado River to a hidden waterfall. The hike out of the Canyon is strenuous and while all ability levels are welcome, we recommend obtaining some level of physical fitness prior to the trip. This trip is designed for experienced and new backpackers alike...no prior experience is necessary! We look forward to having you join us on this one of a kind adventure!

Trip dates	Saturday–Saturday March 25-April 1	7am departure
Pre-trip meeting / registration deadline	Wednesday March 15	6pm, Outback Rental Shop
Prices		
Students and REC Members:	\$595 by 1/23, \$645 after	
Non-members:	\$695 by 1/23, \$745 after	

Black Canyon Kayak and Hot Springs

 Take a break from all the hard work and reward yourself over this Spring Break, go on an Outback Adventures trip. As we move up the river, the valley turns to canyon with walls towering vertically out of the river. We might see an occasional Bighorn Sheep, and what is left of the silver and gold mines of the area. Camping on the river next to the Arizona Hot Springs we will be able to soak away into the evening. We will also have the opportunity for a day trip to the sauna cave, exploration opportunities in Goldstrike Canyon with a heated waterfall, and an up close and personal with the mighty Hoover Dam. This is one of our most awesome trips, and for that reason it will fill early, so register soon. This is a longer version of the weekend trip.

Trip dates	Sunday–Friday March 26-31	8am departure
Pre-trip meeting / registration deadline	Wednesday March 15	6pm, Outback Rental Shop
Prices		
Students and REC Members:	\$545 by 1/23, \$595 after	
Non-members:	\$645 by 1/23, \$695 after	

OUTDOOR EQUIPMENT RENTALS

Please take a moment to read over how our rentals work.

Rental Periods

- 1. ONE DAY — This rate allows you to rent an item until closing of the following day.
- 2. ADDITIONAL DAY — This rate allows you to rent an item for multiple days at a reduced cost, in addition to the original one day cost.
- 3. WEEKEND — The weekend rate is designed for customers looking to rent an item for the weekend ONLY. This rental period allows you to rent items from Friday to Monday.
- 4. WEEK — This rental rate allows you to rent an item for a full seven days. If you rent an item on a Thursday, it will be due Thursday of the following week.

Answers to commonly asked rental questions:

When do I pay?

Rental fees must be paid in full at the time of reservation. Deposits must be left at the time of reservation or equipment pickup.

Who can rent?

Anyone with proper identification can rent from Outback Adventures. A current UC San Diego ID or a government issued ID such as a driver’s license or passport can be used for identification.

Do I need to leave a deposit?

All customers except enrolled UC San Diego students must leave a deposit. A deposit is a credit card imprint, signed travelers check, a check written to UC REGENTS, or cash equal to the approximate retail replacement value of the equipment rented. Your deposit will be returned to you upon return of all the equipment and payment of any and all late fees, repair and/or replacement costs. Students with unpaid fees will have their UC San Diego Student Account held until fees are cleared.

How do I reserve equipment?

You may reserve any item as far in advance as you like. Reservations for equipment that requires fitting (e.g., skis, boots), must be made in person at Outback Rental Shop. All other equipment can be reserved over the phone: (858) 534-0684 or at either of our locations. Reservations must be paid in full at the time they are made. All other rentals are first-come, first-serve basis.

Reservation Cancellations

Please contact the Rental Shop to cancel a reservation.

- More than one week = full refund
- More than 48 hours = store credit for reservation total, can be used for rental items only. Cancellation credits expire on June 15th.
- Less than 48 hours = customer forfeits all rental fees, no refund or credit.

How do I know equipment is complete and working when I pick it up?

You don’t. Please inspect all equipment before you leave. If you find any damage or missing parts, immediately bring it to our attention so we can help you. You are responsible for any cleaning, damage or missing parts upon return.

What if I don’t use or pick up reserved equipment?

There are NO REFUNDS for any unused equipment or equipment not picked up for any reason.

How much equipment can I rent?

You can rent as much equipment as you like, but advance reservations are recommended to ensure availability.

What if I don’t know how to use the equipment?

Please be sure to request instruction if you are the slightest bit unsure on how to use the equipment. Knowing how to use the equipment correctly will help save your time and help you avoid spending money on damage fees resulting from inexperienced use of the equipment.

Who gets discount student pricing?

Only currently enrolled UC students are eligible for student discount pricing. UC students from other campuses must present a valid UC ID to receive student pricing. UC San Diego Extension students are not eligible for student pricing as they do not pay student registration fees.

Can I buy your used equipment?

Outback Adventures typically hosts an equipment sale in the Fall and Spring Quarters. Please visit recreation.ucsd.edu/outback for the dates of the next equipment sale.

Returning equipment

What do I need to know when I return the equipment?

- All gear must be returned clean or service charges will apply.
- You are responsible for the specific (inventory number) equipment you signed for.
- You are solely responsible for any damages and timely return of equipment.
- For equipment to be considered returned, it must be physically returned and any damage, cleaning or late fees must be paid. Hours change periodically. You are responsible for knowing our hours.
- Tents must be returned, clean and dry or you will be assessed a cleaning charge.

What if I lose or damage the equipment?

- You are responsible for any loss, theft, breakage or any other damage done to equipment rented out to you.
- Repair costs will be determined by our customer service representatives. Repair for severe damage or replacement costs will be determined by the program director or Outback store manager.
- Replacement costs for items normally rented in pairs (i.e. skis, boots, fins, etc.) will be the cost for replacement of the entire pair.

What if I am returning equipment late?

- You will be charged the additional day rental rate for your late items for each day they are late.
- We DO NOT waive late fees.
- Any items late by 3 or more weeks will be considered stolen and the deposit will be forfeited. Billing will be for retail replacement costs plus four weeks late fees.
- Items not returned, which do not have a deposit associated with them, will be billed on your Bursar’s account and will include a non-refundable service charge.



OUTBACK RENTAL SHOP

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

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

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

Please visit [recreation.ucsd.edu/outback-adventures/rental-shop/products-&-pricing](http://recreation.ucsd.edu/outback-adventures/rental-shop/products-&-pricing) for more information on many of the rental items.





Contact Us

Phone: (858) 534-4037  
Email: [rclasses@ucsd.edu](mailto:rclasses@ucsd.edu)  
Website: [recreation.ucsd.edu](http://recreation.ucsd.edu)

Rec Classes Staff

Rec Classes Director  
Safety Programs Coordinator:  
**Judy White**  
Associate Director Rec Classes:  
**Laurel Dean**  
Assistant Director Rec Classes/Aquatics:  
**Clayton Claiborn**  
Assistant Director Rec Classes/Camps Director:  
**Katie Shaw-Bullock**  
Assistant Director Rec Classes/Camps Asst. Director:  
**Ben Brickley**  
Martial Arts Coordinator:  
**Alfonso Gomez**  
Dance/Special Events Coordinator:  
**Hector Fletes**

Rec Classes Offerings

Aquatics	Martial Arts
Circus Arts	Safety Programs
Dance	Sports
Fine Arts & DIY	Workshops
Gymnastics	Youth Classes

Registration Information

Please see page 69 for full registration details, including refund and credit information.

Student Only Registration starts  
**November 21** at 8am

Open Registration starts **November 22** at 8am

For online registration or login questions,  
call (858) 534-4037 or email [recreation@ucsd.edu](mailto:recreation@ucsd.edu)

We reserve the right to place you in the appropriate class level and reserve the right to refuse service. Special accommodations requests must be received 2 weeks in advance via email: [jcwhite@ucsd.edu](mailto:jcwhite@ucsd.edu)

Holidays

January 16, 2017  
February 18–20, 2017

GET PLAYING

Rec Classes offer a wide variety of instructional classes and workshops. Learn a new skill or improve on an existing one. Classes include everything from circus arts, crafts, dance, and martial arts to fencing, tennis, and gymnastics.



AFTER FALL INTERIM CLASS SCHEDULE

December 5–23, and January 4–13

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
RINT030	Circus Conditioning	Wed 9–10am	Staff	MG	\$22/32
RINT031	Aerial Silks Open Gym	Wed 12–1:30pm	Staff	MG	\$22/32
RINT032	Aerial Silks Beginning Level 1	Wed 2–3pm	Staff	MG	\$22/32
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 Winter Interim Class Schedule, March 20 – April 7

LOCATION KEY:					
<b>CVC</b>	Canyonview Classroom	<b>Nat</b>	Natatorium	<b>SPD</b>	Sports Deck
<b>CVP</b>	Canyonview Pool	<b>NC</b>	North Campus Tennis Courts	<b>SW</b>	Spanos West
<b>LC</b>	Lutheran Church	<b>RA</b>	RIMAC Activity Rooms	<b>Tiki</b>	Main Gym Tiki Room
<b>MG</b>	Main Gym	<b>RCR</b>	Rec Gym Conference Room		
<b>Muir</b>	Muir Tennis Courts	<b>RG</b>	Rec Gym		

KNOCK AROUND SPRING BREAK CAMP

Knock Around Spring Break Camp is right around the corner! We will be offering two one-week sessions of Spring Break Camp. Session 1 will run from March 27–31. Session 2 will run from April 10–14. Sign up now to reserve your spot!

RCMP001	Session 1	3/27–3/31	\$225
RCMP002	Session 2	4/10–4/14	\$225





FINE ARTS AND DIY

SEWING

Learn to Sew

This course covers all the basic sewing skills needed to get started with machine stitching. The focus will be on how to use a machine, follow a pattern, create seams, alter and hem. You will have time to complete a few sewing projects. Limited machines available. Materials list will be sent prior to class.

Marie Perroud

RFAD006    Wed 5:30–7pm                    1/18–3/8            Tiki    \$45/60

Needle Crafts

In this class we will learn the basics in some creative techniques like knitting, crochet and embroidery. We will use this skills to complete several specialized craft projects.

Marie Perroud

RFAD007    Wed 4–5:30pm                    1/18–3/8            Tiki    \$45/60

Intro to Print Making

From hand prints in caves to the art of Katsushika Hokusai and Francisco Toledo, print making is a centuries long tradi-tion. Instructor Carmen Bernard Baca will guide you from concept to sketch to final print using a variety of mediums. Everyone is welcome to join this stress-free creative class.

Carmen Bernard Baca

RFAD002    Tue 4–5:30pm                    1/17–3/7            Tiki    \$45/60

Guitar–Beginning

Be your own musical luminary. Develop the skills to learn your favorite songs and compose your own material. The class focuses on practical skills to get you playing music fast with rock solid fundamentals. Must bring your own guitar.

Bill Tubis

RFAD001    Thu 4–5:30pm                    1/19–3/9            Tiki    \$45/60

Beginning Drawing

This class focuses on charcoal and pencil drawing to develop the basic skills that will equip each student with the confi-dence to move on to different art methods like oil, acrylic and water color painting.

Richa Karmaker

RFAD009    Mon 5–6:30pm                    1/23–3/13            Tiki    \$39/49

Let's Make Burritos

Join Chef Carmen as she teaches the art of burrito making, complete with homemade flour tortillas, savory fillings and bumpin’ salsa.

Carmen Bernard Baca

RFAD004    Mon 5–7pm                                    Mar 7                    LC    \$25

Tamale Trio

Learn the art of tamale making. In this workshop, you will be introduced to banana leaf tamales, two other types of tama-les in the husks and the accompanying fillings and toppings. A must for the tamale lover!

Carmen Bernard Baca

RFAD003    Mon 5–7pm                                    Feb 27                    LC    \$25

Fresh Spring Rolls (Goi Cuon)

In this quick and easy workshop you will learn how to con-struct vegetarian spring rolls with fried tofu and spring rolls with vegetables, pork and shrimp, of course tasting the end product is the highlight.

Allison Tran

RFAD015    Mon 5–7pm                                    Feb 6                    LC    \$25

Drop, Guac & Roll

Come to our hand made corn tortilla and guacamole drop-in. Drop by, make your own corn tortillas, and roll up a guacamole taco. First come, first served.

RFAD015    Tue 5:30–6pm                                    Jan 31  
Feb 21  
March 7                    Tiki    FREE



AQUATICS

SWIM CONDITIONING

Designed for people who know how to swim and would like to start a swimming fitness program. Learn how to do flip turns, use the time clock, improve technique and endurance and learn new skills. Competitive strokes, turns pacing and interval training are all covered. Must be able to swim 200 yards freestyle non-stop with side breathing.

RSWC002	MW 8:30–9:30am	1/18–3/15	Nat	\$56/71
RSWC003	MW 6–7pm	1/18–3/15	Nat	\$56/71
RSWC004	TTh 9–10am	1/17–3/9	Nat	\$56/71
RSWC005	TTh 2:45–3:45pm	1/17–3/9	Nat	\$56/71
RSWC006	TTh 5–6pm	1/17–3/9	CV	\$56/71
RSWC007	Fri 8:30–9:30am	1/20–3/10	Nat	\$29/39
RSWC001	Sat 7:45–8:45am	1/14–3/11	Nat	\$29/39

SWIM LESSONS

Learn fundamentals of swimming from experienced instruc-tors. Enrollment is limited to allow for individual instruction and better teacher-to-participant ratios. No registrations or transfers after Thursday, January 12 without written consent from coordinator. The Rec Class swim staff reserves the right to switch students to appropriate levels. Wait lists for Winter swim classes now available online.

Adult Water Adjustment

This class is specifically designed for adults who have a fear of the water. This level will teach participants to feel comfort-able in the water and to enjoy the water safely. Individuals will learn how to submerge, float and kick. Basic self-help skills will be covered.

RSWI001	Sat 1–1:50pm	1/14–3/11	Nat	\$54/69
RSWI002	Sun 12–12:50pm	1/15–3/12	Nat	\$54/69
RSWI003	Sun 1–1:50pm	1/15–3/12	Nat	\$54/69

Adult Level 1

The objective of this level is to provide participants with the basic skills to learn how to swim. Participants will learn front and back floating, kicking and introduction to front crawl arms. Basic water safety skills will also be introduced.

RSWI004	Sec. A Sat 1–1:50pm	1/14–3/11	Nat	\$54/69
RSWI005	Sec. B Sat 1–1:50pm	1/14–3/11	Nat	\$54/69
RSWI006	Sec. A Sun 12–12:50pm	1/15–3/12	Nat	\$54/69
RSWI007	Sec. B Sun 12–12:50pm	1/15–3/12	Nat	\$54/69
RSWI008	Sun 1–1:50pm	1/15–3/12	Nat	\$54/69
RSWI009	Wed 3–3:30pm	1/18–3/8	Nat	Free*
RSWI010	Wed 3:30–4pm	1/18–3/8	Nat	Free*

\*UC San Diego Students only. Must email and show current Student ID. Enrollment is limited.

Adult Level 2

The objective of this level is to help participants succeed with fundamental skills. This level will mark the beginning of true locomotion skills and adds to self-help and basic rescue skills. Participants should be able to float on their backs and fronts, kick and glide.

RSWI011	Sat 1–1:50pm	1/14–3/11	Nat	\$54/69
RSWI012	Sun 12–12:50pm	1/15–3/12	Nat	\$54/69
RSWI013	Sun 1–1:50pm	1/15–3/12	Nat	\$54/69

Adult Level 3

In this level, coordination of the front and back crawl will be worked on along with work on the elementary backstroke and treading water. Participants must be able to swim the front crawl for 15 yards.

RSWI014	Sat 1–1:50pm	1/14–3/11	Nat	\$54/69
RSWI015	Sun 12–12:50pm	1/15–3/12	Nat	\$54/69
RSWI016	Sun 1–1:50pm	1/15–3/12	Nat	\$54/69

Adult Level 4

In this level participants will receive problem solving feed-back for the front and back crawl. Endurance is increased. The breaststroke and the butterfly will be introduced. Participants must be able to swim 40 yards each of the front and back crawl.

RSWI017	Sat 1–1:50pm	1/14–3/11	Nat	\$54/69
RSWI018	Sun 12–12:50pm	1/15–3/12	Nat	\$54/69
RSWI019	Sun 1–1:50pm	1/15–3/12	Nat	\$54/69

Private Swim Lessons

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. To request a private lesson, email swimclasses@ucsd.edu with your name and phone number. Appointments based on instructor and facil-ity availability. See page 69 for private lesson policies.

\$36 per lesson for one participant  
\$43/two participants    \$54/three participants



## SURFING

San Diego is home to many premier surf spots. Come learn how to surf close to campus, at Scripps Pier! This comprehensive introduction to surfing will teach you the fundamental skills of the sport, in addition to understanding ocean conditions, safety and proper etiquette. Classroom, land and water-based instruction is provided; participants can take the Campus Shuttle or MTS Bus directly to surf class from campus!

Surfboards are provided for class use. Wetsuits can be rented from Outback Adventures at a discounted rate. Call (858) 534-0684. First class meeting is an on-campus orientation at the Main Gym Conference Room (Tiki Room). Ages 16 and up, swim test of 100 yards and 1 minute treading water is required. Questions please call (858) 534-3772

### Surfing Fundamentals

RSRF011	Wed 9:30–10:50am	1/18–3/8	Tiki	\$65/85
RSRF013	Fri 10–11:20am	1/20–3/10	Tiki	\$65/85
RSRF014	Fri 11:30am–12:50pm	1/20–3/10	Tiki	\$65/85
RSRF001	Sat 9–10:20am	1/14–3/11	Tiki	\$65/85
RSRF002	Sat 10:30–11:50am	1/14–3/11	Tiki	\$65/85
RSRF003	Sat 12–1:20pm	1/14–3/11	Tiki	\$65/85
RSRF004	Sat 1:30–2:50pm	1/14–3/11	Tiki	\$65/85
RSRF005	Sun 9:30–10:50am	1/15–3/12	Tiki	\$65/85
RSRF006	Sun 11am–12:20pm	1/15–3/12	Tiki	\$65/85
RSRF007	Sun 12:30–1:50pm	1/15–3/12	Tiki	\$65/85
RSRF008	Sun 2–3:20pm	1/15–3/12	Tiki	\$65/85



### 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. Email [rclasses@ucsd.edu](mailto:rclasses@ucsd.edu) to make arrangements. See page 69 for private lesson policies.

Costs as follows:  
1 participant – \$42  
Add \$14 for each additional person.

For groups larger than 5, please call (858) 534-3772 for info on pricing.

## SCUBA

Basic certification, advanced, specialty and leadership level courses leading to PADI certification. Classroom and pool meetings are on UC San Diego campus.

The following requirements apply to all Scuba courses:

- Be in good health as defined by PADI Medical Form and verified by your doctor.
- **MUST pass swim tryouts consisting of 200 yards continuous swim and 10 min. float/tread water.**
- Must carry 55 lbs down beach and swim 200 yards for each ocean session.
- Have clear understanding of written and spoken English to demonstrate adequate knowledge of course material.
- Attend all classroom, pool and ocean meetings. Complete all course requirements.
- Students need to be punctual to all classes, respectful of buddy procedures and compliant with all safety guidelines.
- Students are responsible for their own transportation to and from the dive store to pick up rental gear each week and to meet at off campus locations for orientation and ocean sessions.
- Class dives may be rescheduled due to inclement weather or poor water quality.
- Individual make-ups for pool sessions or ocean dives are \$65/hour.

Registration does not guarantee class admission; above requirements must be met. For more information call (858) 534-3772 and ask for scuba instructor to return your call, or email [o2bndc@san.rr.com](mailto:o2bndc@san.rr.com)

### Basic Open Water Certification

Basic PADI certification course trains students in safe diving practices. In addition to orientation, the class includes knowledge development, pool sessions and ocean dives. No more than eight students per instructor in water sessions. Maximum depth: 60 feet. You may attend the swim try-outs even if you are NOT registered for the course. **All meeting times are mandatory.**

**Fees:** \$285  
**Additional Costs:** Rental of scuba gear, book kits, and certification (\$120) from dive store. Students must provide own personal gear consisting of mask, snorkel, fins, booties and gloves. The personal gear can be rented (\$45/day) or purchased (\$250) at the orientation. (No refund after 3rd class meeting, see page 69.)

**RSCU001 Schedule (ALL MEETINGS REQUIRED):**  
**Mandatory Swim Try-outs: Sat, Jan 21, 5pm Natatorium**  
You may attend swim try-outs even if you are not registered for the course.

**Orientation: Jan 24, 5:30–9pm**  
Ocean Enterprises, 7710 Balboa Ave  
Bring swimsuit to try on wetsuit  
**Classroom: Feb 2,9 & 16, 6–9pm**  
Canyonview Classroom  
**Pool: Feb 4, 11 & 25, 4:30–10pm**  
Natatorium  
**Ocean Dives: Feb 12, 26 & Mar 4, 7:30am–1pm**  
La Jolla Shores

For additional information: call (858) 534-3772  
or Email [o2bndc@san.rr.com](mailto:o2bndc@san.rr.com)

### Private Classes

The following courses can be taught on request:  
Advanced Diver, Rescue Diver, Enriched Air Nitrox and Divemaster.

Email [o2bndc@san.rr.com](mailto:o2bndc@san.rr.com) for more information.





CIRCUS ARTS

AERIAL SILK ACROBATICS

Develop core strength, endurance and flexibility through aerial silk acrobatics. Introduction to basic wraps, climbs and drops. Just like Cirque du Soleil. No experience needed.

Beginner 1

RCIR001	Mon 11:15–12:15pm	1/23–3/13	MG	\$31/41
RCIR002	Mon 12:15–1:15pm	1/23–3/13	MG	\$31/41
RCIR003	Tue 9:15–10:15am	1/17–3/7	MG	\$35/45
RCIR004	Tue 10:15–11:15am	1/17–3/7	MG	\$35/45
RCIR005	Tue 1:15–2:15pm	1/17–3/7	MG	\$35/45
RCIR016	Tue 2:15–3:15pm	1/17–3/7	MG	\$35/45
RCIR006	Wed 11:00am–12pm	1/18–3/8	MG	\$35/45
RCIR007	Thu 1:15–2:15pm	1/19–3/9	MG	\$35/45
RCIR008	Thu 2:15–3:15pm	1/19–3/9	MG	\$35/45
RCIR009	Thu 4:15–5:15pm	1/19–3/9	MG	\$35/45
RCIR011	Fri 11:15am–12:15pm	1/20–3/10	MG	\$35/45
RCIR025	Sat 9:15–10:15am	1/14–3/11	MG	\$35/45
RCIR026	Sat 11:15–12:15am	1/14–3/11	MG	\$35/45

Beginner 2

RCIR014	Mon 10:15–11:15am	1/23–3/13	MG	\$31/41
RCIR015	Mon 1:15–2:15pm	1/23–3/13	MG	\$31/41
RCIR027	Tue 4:30–5:30pm	1/17–3/7	MG	\$35/45
RCIR013	Fri 12:15–1:15pm	1/20–3/10	MG	\$35/45
RCIR017	Sat 10:15–11:15am	1/14–3/11	MG	\$35/45

Beginner 3

RCIR018	Tue 11:15–12:15pm	1/17–3/7	MG	\$35/45
RCIR019	Thu 5:15–6:15pm	1/19–3/9	MG	\$35/45

Intermediate/Advanced

Students will learn more advanced climbs, wraps, and drops with a strong emphasis on fluidity, technique and control. Must be proficient in all previous levels.

RCIR010	Tue 8:15–9:45pm	1/17–3/7	MG	\$47/62
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Aerial Silks Bootcamp/Conditioning

A multi-level class emphasizing conditioning and following the Beg. 1 curriculum. Reach new heights (literally) in your personal fitness. More advanced students will be challenged with a level appropriate workout. No experience necessary.

Hector Fletes

RCIR020	Tue 12:15–1:15pm	1/17–3/7	MG	\$35/45
RCIR022	Fri 9:15–10:15am	1/20–3/10	MG	\$35/45

Silks Open Gym

Do you have that one move that you just can’t seem to master? Want to get some extra conditioning in or build a routine? Open silks gives you instructor supervised free time to master moves, condition and refine techniques. There will also be an instructor led warm-up and stretch at the start of class. Must be enrolled in an aerial silks class to enroll.

RCIR023	Wed 9:15–10:45am	1/18–3/8	MG	\$35/45
RCIR024	Sat 12:15–1:45pm	1/14–3/11	MG	\$35/45

Circus Conditioning

This class offers people of all athletic backgrounds the ability to train like you're in the circus, using circus apparatuses and skills.

Jesse de la Cruz

CIR012	Mon 9:15–10:15am	1/23–3/13	MG	\$31/41
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DANCE

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

FOUNDATIONAL

Ballet – Beginning

It is never to late to start ballet. Ballet is a wonderful way to improve strength, flexibility and grace. The basics of classical ballet will be covered; positions, exercises and variations.

Vanetta Diamond

RDNC001	TTh 5–5:55pm	1/17–3/9	RA	\$72/92
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Caroline Fogel

RDNC045	Mon 4–5pm	1/23–3/13	RA	\$32/42
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Beyond Beginner Ballet

For the dancer who isn't brand new to ballet but needs to brush up on dusty skills. Get reacquainted with this great dance form that keeps you in shape.

Caroline Fogel

RDNC002	Wed 4–5pm	1/18–3/8	RA	\$36/46
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Ballet – Intermediate

Vanetta Diamond

RDNC046	TTh 6–6:55pm	1/17–3/9	RA	\$72/92
RDNC003	Sat 11–12:30pm	1/14–3/11	RCR	\$47/62

Barre Workout

This energetic and upbeat class uses ballet moves, and targets every muscle in your body. A combination of the ballet barre and fun, fast paced music, this class will help create long, lean, dancer-like muscles. Open to all levels.

Hector Fletes

RDNC004	Tue 4–5pm	1/17–3/7	RA	\$36/46
RDNC007	Thu 4–5pm	1/19–3/9	RA	\$36/46

Olivia Koziel

RDNC043	Sat 11:30am–12:30pm	1/14–3/11	RA	\$36/46
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Burlesque

This class is all about getting comfortable with your own body and learning to celebrate every move it makes. Have fun learning to work your hair, curves and attitude with choreography inspired by different artists from Fosse to Beyoncé.

Trixi Agiao

RDNC005	Mon 5–5:55pm	1/23–3/13	MG	\$32/42
RDNC006	Mon 8–9pm	1/23–3/13	MG	\$32/42
RDNC047	Wed 6–7pm	1/18–3/8	MG	\$36/46

Contemporary Ballet

Ballet with a twist! This class focuses on the technical and strengthening elements of ballet while adding a contemporary flare including a more diversified use of the core and arms. Great for the beginning dancer or the more advanced looking for something new.

Olivia Koziel

RDNC025	Mon 7–8pm	1/23–3/13	MG	\$32/42
RDNC029	Wed 4–5pm	1/18–3/8	RCR	\$36/46

Contemporary Dance

Introduction to contemporary dance as an expressive medium, this class builds technical skills at the beginning/ intermediate level, enhancing coordination, flexibility, strength and posture. Pattern variations are analyzed in time, space, design and kinetic sense.

Trixi Agiao

RDNC010	Mon 7–7:55pm	1/23–3/13	MG	\$32/42
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Jazz Dance

Basic training and technique for the beginning jazz dancer. This class will feature across the floor patterns with fundamental turns, jumps and fun combinations. Great for anyone who wants to learn this popular dance form.

Trixi Agiao

Beginning

RDNC009	Mon 6–6:55pm	1/23–3/13	MG	\$32/42
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Tap Dance – Beginning

Learn the fundamentals of tap dance, beginning with basic sounds and movements. Start building a tap dance vocabulary and work on developing accuracy and speed.

Rachel Finerman

RDNC011	Mon 5–6pm	1/23–3/13	RCR	\$32/42
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SOCIAL

These classes fill fast. 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.

Argentine Tango – Fundamentals & Beyond

Basic technique for social dancing including posture and balance, dance frame, leading and following, etc. You will be able to dance Argentine Tango by the end of the class.

Isabelle Kay

RDNC013	Fri 6–7:30pm	1/20–3/10	RA	\$54/69
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Beginning Ballroom 100 – Couples

Learn basic patterns and skills in Waltz, Tango, Foxtrot, Cha-Cha, Rumba and Swing and NC 2-Step. Cost is per person.

Yolanda Vargas

RDNC040	Tue 6–7pm	1/17–3/7	RA	\$36/46
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Beginning Ballroom 100

Learn the basics of Waltz, Tango, Foxtrot, Rumba, and Swing. Timing, turns, posture, and lead and follow skills.

Yolanda Vargas

RDNC040	Thu 6–7pm	1/19–3/9	RA	\$36/46
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Beginning Ballroom 101

Includes intro to Mambo, Bolero, Ramba, Hustle, Slow 2-Step, and Viennese Waltz.

Yolanda Vargas

RDNC041	Thu 7–8pm	1/19–3/9	RA	\$36/46
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Intermediate Ballroom 100

Review of basic ballroom dances, moving on to more patterns and techniques.

Yolanda Vargas

RDNC042	Thu 8–9pm	1/19–3/9	RA	\$36/46
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Club Dance – Freestyle

Don’t know any moves? Can’t catch a beat? Gain rhythm, body control and learn how to change up your moves. Learn individual moves and how to dance with a partner. No partner necessary to take class. Taught mainly to hip hop and '80s music. All levels welcome.

Prince Graham

RDNC017	Wed 7–7:55pm	1/18–3/8	MG	\$36/46
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Swing Dance

Difficult, yet fun and creative! Learn the basics and styling tips EC Swing, Lindy Hop, Jitterbug, Charleston and St. Louis Shag.

Yolanda Vargas

Beginning

RDNC015	Tue 7–8pm	1/17–3/7	RA	\$36/46
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Intermediate

RDNC030	Tue 8–9pm	1/17–3/7	RA	\$36/46
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Irish Dance

This class will teach the basics of Irish step dance and technique, all to traditional Irish music. Irish dance is energetic, social and a great cardio workout. This class will introduce you to hardshoe (Riverdance), softshoe (balletic) and Ceili (partner) styles.

Marina Arruda

RDNC014	Wed 5–6pm	1/18–3/8	RCR	\$36/46
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Latin Dance – Salsa & Bachata

Get in on the popular Latin night club craze — Salsa, Merengue, Tango and Bachata. Learn fun and easy patterns, turns, spins and dips. Meet some fantastic new people. Dress casual; this is a workout! *Beginning Latin Couples must bring their own partner. Cost is per person.*

Yolanda Vargas

Beginning

RDNC032	Mon 8–9pm	1/23–3/13	RA	\$32/42
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Intermediate

RDNC019	Mon 9–10pm	1/23–3/13	RA	\$32/42
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Beginning Latin Couples

RDNC041	Mon 7–8pm	1/19–3/9	RA	\$32/42
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Swing Dance–Lindy Hop & Charleston

Lindy Hop is the grandfather of all swing dances with roots back to the 1920s. In this class you’ll learn basic footwork including turns, dips and the Charleston. Learn this fun dance and start swingin’ your way through the night.

Joseph Bacareza

Beginning

RDNC033	Wed 7–8:25pm	1/18–3/8	RCR	\$54/69
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Intermediate

RDNC034	Thu 7–8:25pm	1/19–3/9	MG	\$54/69
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WORLD BEAT

Break Dancing/Bboying – Beginning

Learn the fundamentals of this element of Hip Hop culture. Class will cover the basics of top rock, down rock, freezing and power moves. Critical concepts, such as the importance of originality and the background of particular moves will also be taught.

Marcus McGhee

RDNC021	Thu 7–8pm	1/19–3/9	RCR	\$36/46
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Go Go Dance

Learn the hottest, sexiest club dance moves. Learn how to move like a Pussy Cat Doll and get your heart rate up while you’re at it. Learn footwork, body control, chest and hip isolations. Men and women welcome.

Prince Graham

RDNC022	Tue 7–7:55pm	1/17–3/7	MG	\$36/46
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Hip Hop

This class is focused on getting novice dancers to be more familiar with hip hop dance techniques. Based on fun and challenging choreography, students will learn the basics of body control, memory and pick up.

Beginning

Prince Graham

RDNC023	Tue 6–6:55pm	1/17–3/7	MG	\$36/46
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Trixi Agiao

RDNC024	Wed 5–6pm	1/18–3/8	MG	\$36/46
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Advanced Beginning/Intermediate

Prince Graham

RDNC036	Wed 6–7pm	1/18–3/8	MG	\$36/46
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Cardio Hip Hop

Duyen Tran

RDNC037	Wed 8–9pm	1/18–3/8	MG	\$36/46
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Indian Dance

This class will focus on a few essential dance styles that contribute to Indian dance. Classical dances Kathak and Bharatanatyam, folk dances Garba and Bhangra and Bollywood dance. Students will learn basic technique and short routines for each style. Be prepared to dance barefoot. Part of the ethnic dance wheel.

Gloria Lanuza

RDNC039	Sat 10:30–11:30am	1/14–3/11	RA	\$36/46
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Belly Dance

Get a rigorous and empowering Bellydance technique and stylization class. Learn how to immediately isolate and access different muscles all while moving gracefully to Middle Eastern Music. Students are welcome to bring finger cymbals. Prepare to dance barefoot. No coin or beaded hip scarves. Part of the ethnic dance wheel.

Gloria Lanuza

RDNC020	Sat 11:30–12:30pm	1/14–3/11	RA	\$36/46
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Dance Practicum

Need to work on your dance skills achieved through Recreation dance programs? Drop in and plug in your own tunes and practice away. This will be a shared space.

Fri 5–8pm	1/20–3/10	MG	FREE
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MARTIAL ARTS

Aikido

Aikido is a sophisticated method of inner development and an art of self-defense. This quarter will include body conditioning, grappling techniques and practice with the wooden staff. No experience necessary.

Nick Noice

RMAR021	TTh 3:30–5:30pm	1/17–3/9	MG	\$95/115
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Arnis/Escrima – Filipino Martial Arts

A comprehensive Filipino martial art covering weapon and empty hand applications. Modern Arnis System focuses on body mechanics and 5 basic concepts of: power, speed, distance timing, focus, transition and balance.

Patrick Marsch

RMAR002	Thu 5:30–6:55pm	1/19–3/9	RA	\$45/60
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Brazilian Jiu-Jitsu

Learn the highly effective ground fighting/grappling methods from Brazil. Numerous chokes, arm locks, shoulder wrenches, escapes, defenses and strategies are worked from a variety of different angles and positions. Friday and Saturday classes have a maximum of 30 students.

Level 1

Dan Maryanovsky

RMAR031	Mon 4–5:30pm	1/23–3/13	MG	\$40/55
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RMAR032	Wed 4–5:25pm	1/18–3/8	MG	\$45/60
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RMAR001	Fri 5:30–7pm	1/20–3/10	MG	\$45/60
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RMAR033	Sat 12:30–2pm	1/14–3/11	MG	\$45/60
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Level 2

Phillip Palmejar

RMAR007	Fri 4–5:30pm	1/20–3/10	MG	\$45/60
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Capoeira

A Brazilian martial art form developed by the African slaves. Self-defense and combat exercises, full body workout, dance, music, acrobatics, all in one! Capoeira builds mental and physical strength, endurance and agility while creating an outlet for creativity and self-expression.

Beginning

Valerie Yau

RMAR008	Mon 8:30–10pm	1/23–3/13	RA	\$40/55
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Paulo Lima

RMAR034	Wed. 7–8:25pm	1/18–3/8	RA	\$45/60
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Advanced Beginning

Paulo Lima

RMAR035	Wed 8:30–9:55pm	1/18–3/8	RA	\$45/60
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Green Willow (Aoinagi) Karate

Training from the introductory/beginning level to an exploration of deeper levels of martial arts experience, including weapons training, effective self-defense techniques and the artistic dimension through advanced Kata practice.

Beginning

Paul Schwartz

RMAR036	TTh 5:30–6:30pm	1/17–3/9	MG	\$60/75
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Intermediate

Neville Billimoria

RMAR012	TTh 6–6:55pm	1/17–3/9	RG/ MG	\$60/75
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Hapkido

Yongmudo Hapkido is a mixed martial art that incorporates kicks, punches, throws, grappling and joint locks into a comprehensive system for self-defense. You will get an excellent cardio workout and develop a variety of skills and physical fitness in a safe, controlled environment.

Beginning

Stephanie Siu

RMAR013	TTh 7–8:25pm	1/17–3/9	MG	\$90/110
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Intermediate

David Lu

RMAR014	Sun 2–4pm	1/15–3/12	MG	\$60/75
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Advanced

Steven Carter

RMAR015	Sun 4–5pm	1/15–3/12	MG	\$30/40
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Iaido – Japanese Swordsmanship

Iaido is the art of Japanese swordsmanship. Additional Koryu art, the main emphasis of Iaido is the drawing and cutting from the scabbard, striking down an opponent and sheathing the sword. The class consists of basic drills, kata practice and paired exercises.

Scott Chang

RMAR016	Sat 10–11:30am	1/14–3/11	RG	\$45/60
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Jeet Kune Do

A mixed martial arts style that intertwines Filipino Kali, Wing Chun, Muay Thai, French Savate and Indonesian martial arts.

Phillip Palmejar

RMAR017	Fri 3–4pm	1/20–3/10	RCR	\$30/40
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Judo

This martial art and Olympic sport teaches the principle of flexibility in the application of throwing, grappling, learning how to fall and submission techniques.

Lyman Connolly

RMAR020	Sat 10–11:30am Mon 5:30–6:55pm	1/14–3/13	MG	\$75/95
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Kendo – The Way of the Sword

This martial art studies the art of Japanese Samurai sword. This activity has evolved into one of Japan's major sporting activities.

John Yamamoto

Beginning

RMAR018	Sat 12–1:30pm	1/14–3/11	RG	\$45/60
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Intermediate/Advanced

RMAR054	Sat 12–2pm	1/14–3/11	RG	\$60/75
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Kobudo – Beginning

This class covers classical Okinawan forms of weapons combat. One starts with the Bo staff and, through disciplined practice, may advance to other weapons.

Alfonso Gomez

RMAR019	Sat 11am–12pm	1/14–3/11	MG	\$30/40
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Okinawan Karate Workout

This class covers the fundamentals of classical Okinawan Karate in Kata (forms) and Kumite (sparring). The training is rigorous and challenging but also lots of fun.

Alfonso Gomez & Ophira Bergman

Beginning/Intermediate

RMAR022	MW 6–6:55pm	1/18–3/15	MG	\$60/75
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Advanced

RMAR023	MW 7–7:55pm	1/18–3/15	MG	\$60/75
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Kumite

RMAR024	Fri 6–7:30pm	1/20–3/10	RCR	\$45/60
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San Soo Kung Fu

Kung Fu San Soo is an ancient hand-to-hand fighting system developed by Buddhist monks based on punching, kicking, leverages, throws, body dynamics, forms and weapons. Tony Buhr has been teaching Kung Fu for over 20 years.

Tony Buhr & Dan Calimlim

RMAR025	Mon 7–8:30pm	1/23–3/13	SW	\$40/55
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RMAR026	Thu 7–8:30pm	1/19–3/9	SW	\$45/60
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Shaolin Kung Fu

The introductory class provides basic meditation, twenty different forms and fifteen grappling techniques. After establishing a firm foundation, more advanced forms such as the Crane, Tiger and Monkey will be taught. Emphasis is on applying and understanding forms, self-discipline and body-strengthening. The sparring class focus will be development of fighting skills.

Jeff Tien

Beginning

RMAR027	Tue 7–9pm	1/17–3/7	RG	\$60/75
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Advanced

RMAR028	Sun 6–8pm	1/15–3/12	RG	\$60/75
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Sparring (prior experience required)

RMAR029	Tue 9–10pm	1/17–3/7	MG	\$30/40
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Taekwondo – Beginning/Continuing

This class focuses on the traditional aspects of Taekwondo as a martial art with conditioning, kicking, stance work, self-defense application and free sparring. All levels welcome.

Mark Renshaw

RMAR050	MW 7–8:25pm	1/18–3/15	RA	\$84/104
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Taekwondo – Competition Workout

Young Baik

RMAR046	Mon 8:30–10pm Wed 8–10pm Fri 7–9pm	1/18–3/15	SW SW MG	\$72
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T'ai Chi

T'ai Chi focuses on proper body alignment and mechanics. This class covers the Yang Style 24 form.

Matthew Tay

RMAR030	Mon 12–1pm	1/23–3/13	RCR	\$26/36
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RMAR043	Sun 1–2pm	1/15–3/12	RA	\$30/40
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Tang Soo Do Karate

Expect rigorous physical exercise to develop overall fitness. Classes include instruction in punching, kicking, weapons training, forms, sparring, take downs and self-defense. This traditional martial art also develops inner power through ancient Korean meditation exercises, (ki kong).

Miguel Soto

Beginning

RMAR051	Tue 5:30–6:55pm	1/17–3/7	RA	\$45/60
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Continuing

RMAR052	Sat 8:30–9:55am	1/14–3/11	RA	\$45/60
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Wing Chun Kung Fu

Wing Chun is the southern Chinese art of dominating the center line, where the practitioner learns to maximize his potential through efficient motions and proper connection to the ground.

Jeff Liu

RMAR053	Tue 7–8:30pm	1/17–3/7	RA	\$45/60
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RMAR037	Thu 7–8:30pm	1/19–3/9	RA	\$45/60
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Women's Self Defense

Self-empowerment through self-defense. Learn environmental warning signs, develop skills to protect and defend yourself and build self-confidence through simulation exercises. This course is designed and led by women.

Glenda Olivier/Sarah Adams

RMAR047	Wed 5:30–7pm	1/18–3/8	MG	\$45/60
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Wushu

Tuesday: Foundation and basics. No experience required. Thursday: Weapon forms and techniques. *Instructor approval is required.* Competition Workout: Focus on forms and preparation for competition. Internal: Covering internal forms and weapons of Wushu.

Matthew Tay

RMAR044	Tue 8:30–10:30pm	1/17–3/7	RA	\$40
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RMAR045	Thu 8:30–10:30pm	1/19–3/9	RA	\$40
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Wushu Competition Workout

RMAR041	Sun 3–5pm	1/15–3/12	RA	\$40
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Matthew Tay

Wushu Internal

RMAR042	Sun 2–3pm	1/15–3/12	RA	\$20
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SAFETY

CPR, AED and First Aid

American Red Cross course contains training: for recognizing an emergency; CPR and AED for all ages adults to infants; care for conscious and unconscious choking; first aid for general medical emergencies such as burns, shock, severe bleeding, fractures and sudden illness. Upon successful completion of the course, participants will be certified in Adult CPR/AED, Child and Infant CPR and First Aid valid for 2 years.

RSAF007	Sat 10am–4pm	Jan 7	CVC	\$85
RSAF001	Sat 10am–4pm	Jan 14	CVC	\$85
RSAF002	Sun 10am–4pm	Jan 15	CVC	\$85
RSAF003	Sat 10am–4pm	Jan 21	CVC	\$85
RSAF005	Sun 10am–4pm	Jan 22	CVC	\$85
RSAF006	Sat 10am–4pm	Mar 4	CVC	\$85

Recertification Test for CPR, AED & First Aid

Don’t sit through the class again. This challenge exam allows individuals who already have the skills to skip the 6 hour classes, and test out of any or all of the following components: Adult, Child and Infant CPR and AED, CPR and AED for the Professional Rescuer and First Aid. Upon successful completion of both written and practical skills testing, participants will be certified for 2 years. There are no prerequisites to take the exam. All responsibility for preparedness rests solely on the participant as there will be no review before the exam.

**PREREQUISITES:** Participants challenging for CPR and AED for the Professional Rescuer must bring their own pocket mask or purchase one on-site for \$12.

RSAF004	Sun 10–11:30am	Feb 5	CVC	\$45
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See page 69 for class refund policy.



SPORTS

ARCHERY

Beginning

Learn safety, basic archery skills, and the fundamental mechanics of the National Training System. Great for those looking for a “no pressure” intro to the sport. Ages 18+.

Staff

RARC003	Mon 3:15–4:15pm	1/23–3/13	SPD	\$28/38
RARC012	Mon 4:15–5:15pm	1/23–3/13	SPD	\$28/38
RARC013	Mon 6:15–7:15pm	1/23–3/13	SPD	\$28/38
RARC005	Wed 3:15–4:15pm	1/18–3/8	SPD	\$32/42
RARC025	Wed 5:15–6:15pm	1/18–3/8	SPD	\$32/42
RARC002	Sat 1–2pm	1/14–3/11	SPD	\$32/42
RARC008	Sun 2–3pm	1/15–3/12	SPD	\$32/42
RARC016	Sun 5–6pm	1/15–3/12	SPD	\$32/42

Advanced Beginning/Intermediate

For those beyond beginning and above. Students practice, using regulation format and engage in mock competitions with individual and team events.

Staff

RARC009	Mon 5:15–6:15pm	1/23–3/13	SPD	\$28/38
RARC006	Wed 6:15–7:15pm	1/18–3/8	SPD	\$32/42
RARC015	Sun 4–5pm	1/15–3/12	SPD	\$32/42

Open Practice with Coaching

This class allows archers to practice at multiple target distances. Coaching is available to assist with technique and equipment.

RARC001	Sun 3–4pm	1/15–3/12	SPD	\$32/42
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Traditional Archery Open Workout

For archers with basic skills wanting practice on our archery range. Supervision/basic safety instruction provided along with access to traditional barebow archery equipment. This is a 10-time use pass, renewable and never expires. Supervision is provided by level 2 certified instructors; Torin Andrews, Larry Andrews and Rebecca Smith.

RARC007	TTh 5:30–7pm Sun 10am–12pm	1/17–3/12	SPD	\$12
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BADMINTON

Beginning

Learn basic technique and strategy with practice time.

Ming Au-Yeung

RBAD001	Mon 4–5pm	1/23–3/13	RG	\$28/38
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Janny Ye

RBAD003	Sun 5–6pm	1/15–3/12	RG	\$32/42
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Advanced Beginning

Strengthen your skills and technique. Lots of practice and playing. You should know basic skills and footwork.

Ming Au-Yeung

RBAD002	Mon 5–6pm	1/23–3/13	RG	\$28/38
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Janny Ye

RBAD006	Sun 3–4pm	1/15–3/12	RG	\$32/42
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Intermediate

Advance your skills to the next level. Class will focus on individual improvement through practice and game playing.

Ming Au-Yeung

RBAD004	Mon 6–7pm	1/23–3/13	RG	\$28/38
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Doubles Mix Technique

Learn the basic technique and strategy for doubles and team playing. Sign up with your partner or team up in class.

Ming Au-Yeung

RBAD005	Mon 7–8pm	1/23–3/13	RG	\$28/38
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BOXING

Coed Beginning Boxing

This class will focus on the training techniques used by the pros to improve speed, balance and endurance. This class is suitable for any weight or skill level.

Gus Velasco

RBOX001	Wed 5:30–7pm	1/18–3/8	MG	\$48/63
RBOX002	Wed 7–8:30pm	1/18–3/8	MG	\$48/63
RBOX004	TTh 11am–12pm	1/17–2/9	MG	\$32/42
RBOX003	TTh 11am–12pm	2/14–3/9	MG	\$32/42

Advanced Beginning

For boxers who have taken the beginning class.

Gus Velasco

RBOX012	TTh 9–10am	1/17–2/9	MG	\$32/42
RBOX005	TTh 9–10am	2/14–3/9	MG	\$32/42

Women's Boxing

Gus Velasco

Beginning

RBOX008	TTh 10–11am	1/17–2/9	MG	\$32/42
RBOX009	TTh 10–11am	2/14–3/9	MG	\$32/42

Advanced Beginning

RBOX010	TTh 12–1pm	1/17–2/9	MG	\$32/42
RBOX011	TTh 12–1pm	2/14–3/9	MG	\$32/42

FENCING

Level I

Footwork and blade work basics are taught using the foil. Acquire a hands-on perspective of how to make basic attacks, core defenses and use footwork within a basic bout.

RFEN001	Sat 2–3:15pm	1/14–3/11	MG	\$33/43
RFEN002	Thu 6–7:15pm	1/19–3/9	MG	\$33/43

Level 2

Athletes are guided through the basics of electrical fencing.

RFEN003	Tue 6–7:15pm	1/17–3/7	MG	\$33/43
RFEN004	Sat 3:15–4:30pm	1/14–3/11	MG	\$33/43

Open Fencing

Drop-in time to practice skills, fence with the electrical strips and get coaching tips.

RFEN005	Tue 6–7:30pm	1/17–3/7	MG	\$33/43
RFEN006	Thu 6–7:30pm	1/19–3/9	MG	\$33/43

GOLF

Enjoy this lifetime sport at Sorrento Driving Range under the watchful eye of golf coach, **Mike Wydra**.

RGOF001	Sat 8–9am	1/14–3/11	\$60/75
RGOF002	Sat 9–10am	1/14–3/11	\$60/75

TENNIS

We use the National Tennis Rating Program to rate our class levels.

Beginning (NTRP 1.0–2.0)

Staff

RTEN001	MW 8–9am	1/18–3/15	Muir	\$72/92
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Beginning/Advanced Beginning

Tad Yamaguchi

RTEN002	TTh 5–6pm	1/17–3/9	Muir	\$72/92
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Staff

RTEN003	Sat 8–9:30am	1/14–3/11	Muir	\$54/69
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Advanced Beginning (NTRP 2.0–3.0)

Marcus Robas

RTEN004	MW 5–6pm	1/18–3/15	Muir	\$72/92
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Staff

RTEN011	MW 9–10am	1/18–3/15	Muir	\$72/92
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Advanced Beginning/Intermediate

Staff

RTEN006	Sat 9:30–11am	1/14–3/11	Muir	\$54/69
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Intermediate (NTRP 3.0–4.0)

Marcus Robas					
RTEN007	MW 6–7:30pm	1/18–3/15	Muir	\$98/118	
Tad Yamaguchi					
RTEN008	TTh 6–7pm	1/17–3/9	Muir	\$54/69	

Sunday Morning Rec Tennis

3.5 level and above players only.

Marcus Robas					
RTEN009	Sun 9am–12pm	1/15–3/12	Muir	\$54/69	

P.M. Workout

(For advanced players only, NTRP rating 4.0–5.0)

Staff					
RTEN010	Sec. 1 TTh 5:30–7pm	1/17–3/9	NC	\$98/118	
Staff					
RTEN012	Sec. 2 Mon 5:30–7pm	1/23–3/13	NC	\$54/69	
RTEN013	Sec. 3 Wed 5:30–7pm	1/18–3/8	NC	\$54/69	



RACQUETBALL

All racquetball classes are taught by instructor **Shirley Hill**.

Beginning

Learn and improve the correct approach to forehand, back-hand, scoring, serving, and strategy. Class size limited.

RRAC001	Thu 7:30–9pm	1/19–3/9	R	\$48/63	
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Advanced Beginning/Intermediate

For those with good solid fundamental skills and game knowledge. Emphasis on strategy and fine-tuning skills.

RRAC002	Thu 6–7:30pm	1/19–3/9	R	\$48/63	
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Racquetball Workout

Weekly racquetball match play with some skill work; social racquetball with emphasis on participation. Designed for those with good solid fundamental skills and knowledge.

RRAC003	Mon 6–7:30pm	1/23–3/13	R	\$42/57	
RRAC004	MTh 6–7:30pm	1/23–3/9	R	\$72/92	

FREE Racquetball Workshop for Beginners

Learn the basics in this quick intro workshop.

RRAC005	Thu 6–7:30pm	1/12	R	FREE	
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VOLLEYBALL

Indoor Volleyball Workout

Drills, strategies and competition are the order of the day. Get ready for Intramural or club volleyball, or just for fun.

Beau Benko					
RVOL001	Wed 5–6pm	1/18–3/8	RG	\$32/42	

Sand Volleyball–Beginning/Advanced Beginning

Skills and techniques specific to playing on sand courts: spiking, serving, setting and more will be covered.

Janice Yu					
RVOL002	Sat 10–11:30am	1/14–3/11	Muir	\$48/63	

WRESTLING TAKEDOWNS WORKOUT

This course will cover a basic introduction to wrestling throws, trips, sweeps, and shots which are commonly used in Mix Martial Arts. Whether you are an experienced martial arts practitioner or a curious beginner looking to learn something new this class is for you!

Gus Velasco					
RWRE001	Fri 10–11am	1/20–3/10	MG	\$32/42	

GYMNASTICS

For gymnastics info call (858) 534-3911. All gymnastics classes are held in the south balcony of the Main Gym. Participants must be at least 16 years of age for the below listed classes.

Beginning

This class is for those with little or no gymnastics experience and will focus on familiarizing students with basic concepts, movement and skill development such as rolling, handstands and cartwheels.

RGYM013	Mon 6–7:30pm	1/23–3/13	MG	\$60/80	
RGYM001	Tue 5:30–7pm	1/17–3/7	MG	\$69/89	

Beginning/Intermediate

This combination class covers elements from both beginning and intermediate levels. Students will learn basic tumbling skills on the floor as well as basic skills on all apparatus, including handstands, rolls, cartwheels, round-offs, hand-springs and flipping elements.

RGYM014	Tue 7–8:30pm	1/17–3/7	MG	\$69/89	
RGYM002	Thu 6–7:30pm	1/19–3/9	MG	\$69/89	

Intermediate/Advanced

Participants must be able to perform front/back handsprings and front/back tucked somersaults. This class features combinations of back to front/front to back tumbling, tumbling in and out of somersaults, etc. Students begin learning layout and twisting somersaults on the floor and mini-tramp.

RGYM015	Wed 6–7:30pm	1/18–3/8	MG	\$69/89	
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Adult Open Workout

Instructor supervised open gymnastics session. Students are able to work on individual skills under the supervision of the instructor. All Olympic gymnastics event apparatus may be used based on availability.

RGYM005	Mon 7:30–9pm	1/23–3/13	MG	\$35/45	
RGYM006	Wed 7:30–9pm	1/18–3/8	MG	\$38/48	

Bootcamp Workout in the Gym – Strength and Flexibility Training

Learn the fundamentals of gymnastics and sports training while improving body strength, flexibility, and endurance. Perfect cross training for any sport or good for just getting in shape.

No gymnastics experience required.					
RGYM007	Mon 5–5:55pm	1/23–3/13	MG	\$35/45	
RGYM008	Wed 8–8:55am	1/18–3/8	MG	\$38/48	
RGYM016	Wed 5–5:55pm	1/18–3/8	MG	\$38/48	
RGYM009	Thu 5–5:55pm	1/19–3/9	MG	\$38/48	
RGYM010	Fri 8–8:55am	1/20–3/10	MG	\$38/48	

Martial Arts Tricking

Open to all, "tricking" combines martial arts kicks with flips and twists from gymnastics. Come join us and see what martial arts tricks you can master!

RGYM017	Thu 7:30–9pm	1/19–3/9	MG	\$69/89	
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Men's Events/Strength

This class will introduce beginning and intermediate skills on the men's apparatus and will also focus on the strength needed to complete these skills successfully. Parallel bars, rings, pommel horse and high bar will be taught. Open to male and female participants.

RGYM012	Wed 6–7:30pm	1/18–3/8	MG	\$69/89	
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Training for Parkour

Our gymnastics center is the perfect place to learn vaulting, climbing and balancing for Parkour.

Beginning					
RGYM018	Fri 2–3pm	1/20–3/10	MG	\$35/45	
Intermediate					
RGYM019	Fri 3–4pm	1/20–3/10	MG	\$35/45	





# YOUTH AQUATICS

## WATER POLO

### Intro to Water Polo

This class will introduce the concepts of the game and work on the basic skills required to play it successfully. Students enrolling in this class MUST be able to swim 75 yards of freestyle and tread water for 3 minutes. These skills will be tested at the first lesson. Ages 8 years and older.

RYWP001 Sat 2–2:50pm 1/14–3/11 Nat \$49/64

## SWIMMING

### Stroke Clinics

Interested in focusing on more advanced swimming technique? These 4 week clinics focus on technique and turns for each of the competitive strokes. You can sign up for one clinic or both. Great for kids who want to swim competitively!

To enroll participants MUST have passed Level 5 swim class, OR be able to swim 100 yards freestyle, 50 yards backstroke and breaststroke and 10 yards butterfly. If you have any further questions, feel free to contact the swim office at (858) 534-5246.

#### Session I

RYST001 Sat 1–1:45pm 1/14–2/4 CVP \$40/50

#### Session II

RYST002 Sat 1–1:45pm 2/11–3/11 CVP \$40/50

## Group Swimming Lessons

Swim lessons are held in our heated indoor pool! Instructors are either WSI certified or have equivalent experience. They are selected for their effectiveness in teaching children. Classes also include instruction in water safety.

No children’s swim registration or transfers after registration/transfer cut-off dates below. You must speak to the coordinator to enroll after these deadline dates. Please enroll early! Wait lists for swim classes are now online.

#### Registration/transfer cut-off dates:

Saturday/Sunday classes: Thursday, Jan. 12

Tuesday/Thursday Session I classes: Sunday, Jan. 15

Tuesday/Thursday Session II classes: Sunday, Feb. 12

All deadlines end at midnight.

### Private Swim Lessons

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. To request a private lesson, email swimclasses@ucsd.edu with your name and phone number. Appointments based on instructor and facility availability. See page 69 for private lesson policies.

**\$36 for one participant,  
\$43 for two participants  
\$54 for three participants**

### 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-land work is required.

For complete details email swimsandiegoucsd@gmail.com



## Swim Class Descriptions

### Parent ‘n Tot – Ages 18–36 months

Parents and children work with the instructor to promote familiarity with the water, safety in a pool, and introductory swim skills.

#### 25 Minute Sessions

### Tiny Tots Level 1 – Ages 3–4 (Beginning)

The objective of this class is to help students feel comfortable in the water and to enjoy the water safely. This is the class for tots who have never had formal swim instruction or who are not yet comfortable swimming by themselves. Students will be introduced to holding their breath, floating, and learning the fundamentals of freestyle.

**Prerequisites:** Comfortable swimming without parents in a group lesson.

#### 25 Minute Sessions

### Tiny Tots Level 2 – Ages 3–4 (Intermediate)

The objective of this class is to help students learn fundamental skills and gain confidence in swimming independently. Students will practice independent floating, gliding, and freestyle arms.

**Prerequisites:** Comfortable swimming without parents, can fully submerge head and hold breath.

#### 25 Minute Sessions

### Tiny Tots Level 3 – Ages 3–4 (Advanced)

The objective of this class is to allow tots to increase the distance that they can swim independently and to teach them more advanced skills. Students will practice coordination of freestyle and backstroke and will be introduced to elementary backstroke and diving.

**Prerequisites:** Can participate in a 40 minute lesson, can float independently on their front and back, can demonstrate independent freestyle arms.

#### 40 Minute Sessions

### Level 1 – Ages 5+

The objective of this level is to help students feel comfortable in the water and to enjoy the water safely. Students will learn how to hold their breath and float independently, and they will be introduced to the fundamentals of freestyle.

**Prerequisites:** Can participate in a 40 minute lesson.

#### 40 Minute Sessions

### Level 2 – Ages 5+

This objective of this class is to give students success with fundamental skills. Students will learn independent freestyle with side breathing, and they will be introduced to backstroke and elementary backstroke. They will also have a deep water orientation.

**Prerequisites:** Can fully submerge head and hold breath, can float independently on their front and back, can demonstrate independent freestyle arms.

#### 50 Minute Sessions

### Level 3 – Ages 5+

The objective of this class is to give students confidence to swim independently and introduce more swimming skills and strokes. Freestyle and backstroke are further developed in this class, and students are introduced to breaststroke and diving.

**Prerequisites:** Can demonstrate independent freestyle 1 width of the pool, can demonstrate backstroke arms.

#### 50 Minute Sessions

### Level 4 – Ages 5+

The objective of this class is to increase student’s endurance and introduce advanced swimming skills and strokes. Students practice freestyle, backstroke, and breaststroke. They are introduced to alternate breathing in freestyle, dolphin kick, and treading water.

**Prerequisites:** Can demonstrate independent freestyle 2 widths and elementary and traditional backstroke for 1 width of the pool, can demonstrate breaststroke arms and legs.

#### 50 Minute Sessions

### Level 5 – Ages 5+

The objective of this class is to increase students’ endurance, improve technique and practice all competitive strokes. Students practice freestyle, backstroke, breaststroke and dives. They are introduced to freestyle and backstroke transitions and butterfly.

**Prerequisites:** Can demonstrate independent freestyle for 3 widths, elementary/traditional backstroke for 2 widths and breaststroke/dolphin kick for 1 width of the pool.

#### 50 Minute Sessions

### Level 6 – Ages 5+

The objective of this class is to transition students into a competitive swim team style of learning. Students practice and refine all competitive strokes. They are introduced to advanced stroke transitions and are expected to swim 200 yards within 6:00.

**Prerequisites:** Can demonstrate freestyle with alternate breathing/backstroke for 6 widths, breaststroke for 3 widths and butterfly for 1 width of the pool.

#### 50 Minute Sessions

### Level 7 – Ages 5+

The objective of this class is to emulate a competitive swim team setting for the students. Students practice and refine all strokes, transitions and swimming techniques. They are introduced to use of a pace clock, swimming etiquette and learn to swim at a competitive level.

**Prerequisites:** Can swim 200 yards freestyle with flip turns within 6 minutes, can swim 100 yards backstroke, can swim 50 yards breaststroke, can swim 25 yards butterfly.

#### 50 Minute Sessions



Swim Classes

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

Saturdays, January 14 – March 11

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	\$40/50	\$54/69	\$54/69	\$54/69	\$54/69	\$54/69	\$54/69	\$54/69	\$54/69
9:00am	RYSW001		RYSW003	RYSW005		RYSW006	RYSW007	RYSW008	RYSW009	RYSW010	
9:30am		RYSW002	RYSW004								
10:00am	RYSW011		RYSW013	RYSW015	RYSW016	RYSW017	RYSW018		RYSW019	RYSW020	
10:30am		RYSW012	RYSW014								
11:00am			RYSW022	RYSW023	RYSW024	RYSW025	RYSW026	RYSW027			Sec. 1 RYSW028 Sec. 2 RYSW029
11:30am		RYSW021									
12 noon		RYSW030	RYSW032		RYSW034	RYSW035	RYSW036	RYSW037	RYSW038	RYSW039	
12:30pm		RYSW031	RYSW033								

Sundays, January 15 – March 12

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
1:00pm										RYSW040	RYSW041
1:30pm											
2:00pm				RYSW042	RYSW043	RYSW044	RYSW045	Sec. 1 RYSW046 Sec. 2 RYSW047	RYSW048	RYSW049	
2:30pm											
3:00pm		RYSW050	RYSW052		RYSW054	RYSW055	Sec. 1 RYSW056 Sec. 2 RYSW057	RYSW058			RYSW059
3:30pm		RYSW051	RYSW053								

Tuesdays & Thursdays, Session I, January 17 – February 9

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			RYSW062	RYSW063	RYSW064	RYSW065	RYSW066	
4:30pm		RYSW060									
5:00pm				RYSW067	RYSW068	RYSW069	RYSW070	RYSW071			RYSW072
5:30pm											

Tuesdays & Thursdays, Session II, February 14 – March 9

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			RYSW075	RYSW076	RYSW077	RYSW078	RYSW079	
4:30pm		RYSW073									
5:00pm				RYSW080	RYSW081	RYSW082	RYSW083	RYSW084			RYSW085
5:30pm											

YOUTH DANCE

Ballet – Primary – Ages 5–7

Students will learn basic ballet positions and steps, simple locomotor movement, and use their own creativity to discover movement possibilities.

Vanetta Diamond

RYDA001 Sat 9–9:55am 1/14–3/11 RCR \$40/55

Ballet – Beginning – Ages 8–12

This class will teach proper ballet technique, while improving posture, flexibility and coordination. No previous dance experience required. The Rec Class staff reserves the right to switch students to appropriate levels.

Vanetta Diamond

RYDA002 Sat 10–10:55am 1/14–3/11 RCR \$40/55

Tiny Tots Creative Dance – Ages 3–5

This dance class will introduce the wee ones to dance and musicality and prepare them to venture into other dance forms.

Rachel Finerman

RYDA006 Mon 4–4:25pm 1/23–3/13 RCR \$20/30

RYDA005 Mon 4:30–4:55pm 1/23–3/13 RCR \$20/30

YOUTH GYMNASTICS

Our gymnastics classes are offered in a fun yet structured environment and are a wonderful developmental tool emphasizing strength, balance, coordination and flexibility! We offer recreational gymnastics classes for students of all ages and levels.

Sign up early, these classes fill especially fast.

- All gymnastics classes are held in the south balcony of the Main Gym.
- Gymnastics staff reserves the right to switch students to the appropriate levels during the first 2 weeks of classes.
- Children ages 18 months to 5 years must enroll in our Tiny Tots track of classes. Age is the best predictor of what level your child should enroll in.
- Most children repeat each level several times before changing levels. Instructors will notify you at the end of the quarter if your child is ready to change levels. Classes will be combined if low enrollment occurs.
- Refund requests must be made prior to the start of the second scheduled class. A \$10 processing fee will be assessed per request per class. See page 69 for more details.

GYMNASTICS BIRTHDAY PARTY



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](mailto:kshawbullock@ucsd.edu) for more details or to set up a birthday party for your child!



Parent n' Tot

Ages 18 months–3 years. The Open Play class is a great way for parents and toddlers to explore the sport of gymnastics in a non-intimidating low-key environment, while the Structured class is great for the older students ready to transition to our Tiny Tot classes. Both are perfect for burning energy and developing motor coordination.

Open Play

RGYM001	Sat 9–9:45am	1/14–3/11	MG	\$52/62
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Structured

RGYM002	Sun 10–10:45am	1/15–3/12	MG	\$52/62
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Tiny Tots I – Ages 3–4

This class is completely structured and tots participate in class without their parents. As the first class for many tots, we will introduce the basic gymnastics skills in a fun and enriching environment.

RGYM004	Sat 10–10:45am	1/14–3/11	MG	\$52/62
RGYM005	Sat 12:15–1pm	1/14–3/11	MG	\$52/62
RGYM048	Sat 3–3:45pm	1/14–3/11	MG	\$52/62
RGYM006	Sat 4–4:45pm	1/14–3/11	MG	\$52/62
RGYM049	Sun 11–11:45am	1/15–3/12	MG	\$52/62

Tiny Tots II – Ages 4–5

This class is a continuation of Tiny Tots I for the older or more experienced tot. While group social skills are still an important focus, tots begin to learn a greater breadth of basic gymnastics skills. Instructor approval required.

RGYM007	Sat 10–10:45am	1/14–3/11	MG	\$52/62
RGYM008	Sat 12:15–1pm	1/14–3/11	MG	\$52/62
RGYM009	Sat 3–3:45pm	1/14–3/11	MG	\$52/62
RGYM010	Sat 4–4:45pm	1/14–3/11	MG	\$52/62
RGYM050	Sun 11–11:45am	1/15–3/12	MG	\$52/62

Tiny Tots I/II

RGYM051	Mon 4:15–5pm	1/23–3/13	MG	\$45/56
RGYM003	Thu 10–10:45am	1/19–3/9	MG	\$52/62

Mini Level I – Ages 5–6

A transitional class between Tiny Tots and Level I. Class time increases to 55 minutes. Instructor approval required.

RGYM011	Mon 4–4:55pm	1/23–3/13	MG	\$46/56
RGYM012	Sat 11–11:55am	1/14–3/11	MG	\$52/62
RGYM013	Sun 12–12:55pm	1/15–3/12	MG	\$52/62

Level 1 – Ages 6–8

The next class after Mini Level I, this class continues to introduce beginning gymnastics skills while also perfecting those basic skills previously learned. Instructor approval required.

RGYM014	Mon 4–4:55pm	1/23–3/13	MG	\$46/56
RGYM015	Sat 12–12:55pm	1/14–3/11	MG	\$52/62
RGYM016	Sun 1–1:55pm	1/15–3/12	MG	\$52/62

Level 2 – Ages 6+

Students must be able to perform Level 1 skill set with proper form and technique. Instructor approval required.

RGYM017	Wed 4–5:30pm	1/18–3/8	MG	\$78/98
RGYM041	Sat 1–2:30pm	1/14–3/11	MG	\$78/98
RGYM052	Sun 1–2pm	1/15–3/12	MG	\$52/62

Level 3 – Ages 6+

Students must be able to perform level two skill set with proper form and technique. Instructor approval required.

RGYM018	TTh 4–6pm	1/17–3/9	MG	\$180/200
RGYM019	Sat 1–3pm	1/14–3/11	MG	\$100/120

BOYS' GYMNASTICS

Note: All other classes are open to boys if these classes do not work for your schedule or if classes are full.

Boys' Mini Level I – Ages 5–6

A transitional class between Tiny Tots and Level I. Class time increases to 55 minutes. Instructor approval required.

RGYM020	Sat 11–11:55am	1/14–3/11	MG	\$52/62
RGYM044	Sun 12–12:55pm	1/15–3/12	MG	\$52/62

Boys' Beginning – Ages 6+

This beginning level class introduces students to basic gymnastics movement on the six different apparatus. Instructor approval required.

RGYM021	Sat 11–11:55am	1/14–3/11	MG	\$52/62
RGYM045	Sun 12–12:55pm	1/15–3/12	MG	\$52/62

Boys' Intermediate/Advanced – Ages 6+

For those with more experience on men's apparatuses. Students must be able to perform intermediate level skill set with proper form and technique. Instructor approval required.

RGYM022	TTh 4–6pm	1/17–3/9	MG	\$180/200
RGYM023	Sat 1–3pm	1/14–3/11	MG	\$100/120

YOUTH MARTIAL ARTS

Aoinagi Karate

Children will improve strength, flexibility, coordination and confidence with martial arts instructor Neville Billimoria. Children will also learn the philosophy and tradition of classic martial arts training while enjoying a recreational learning environment.

Neville Billimoria

RYMA001	TTh 5–6pm	1/17–3/9	RG	\$60/75
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Kobudo

Ages 7–13 with instructor approval. This class covers the fundamentals of BO, a hardwood staff. As a weapon, the BO is used for striking and thrusting attacks as well as for blocking and parrying in defense.

Alfonso Gomez

RYMA003	Sat 10–11am	1/14–3/11	MG	\$30/40
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Mini Karate Kids

For children ages 4–5. Gives the wee ones a chance to explore the basics of karate in a non-threatening and fun learning environment.

Chiyo Maruyama

RYMA005	Sat 9–9:45am	1/14–3/11	MG	\$30/40
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Okinawan Karate

This is a non-contact training program for children ages 6–12. Emphasis is placed on the tradition of karate-do. Skills to perform and judgement to use this Japanese martial art will be developed. Alfonso Gomez has been teaching martial arts to children for many years and has produced nationally ranked competitors. Parents are welcome to enroll with children.

Beginning

RYMA007	Sat 8:30–10am Mon 4–5pm	1/14–3/11	MG RCR	\$70/85
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Advanced Beginning

RYMA008	Sat 8:30–10am Wed 4–5pm	1/14–3/11	MG RCR	\$70/85
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Private Tennis Lessons

Private and semi-private tennis lessons available through our qualified staff. To request a private lesson email rclasses@ucsd.edu with your name and phone number. See page 69 for private lesson policies.

\$45/hour for one participant  
\$65/hour for two participants  
\$80/hour for three participants

YOUTH SPORTS

ARCHERY

Students are taught safety, basic archery skills and the fundamental mechanics of the National Training System. Students are taught archery games that inspire friendly competition and teamwork. Open to kids ages 8–17.

Beginning (ages 8–12)

RYAR001	Mon 4:15–5:15pm	1/18–3/8	SPD	\$32/42
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Junior Olympic Archery Development

RYAR002	Sun 12–2pm	1/15–3/12	SPD	\$64/79
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FENCING

Level 1 – Beginning Fencing – Ages 7–11

Basic elements and core skills are taught through fun games and activities.

Matt Cenoz

RYFE001	Sat 12–1pm	1/14–3/11	MG	\$32/42
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Level 2 – Fencing – Ages 12–17

Basic skill sets are applied at a combative level. Electrical scoring and competitive fencing are introduced.

Matt Cenoz

RYFE003	Sat 1–2pm	1/14–3/11	MG	\$32/42
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TENNIS

Fundamentals, fitness and fun. Children should be placed in the appropriate class according to age.

Hannah Folk

Intro to Tennis Fun – Ages 6–8

RYTE001	Sat 11am–12pm	1/14–3/11	Muir	\$38/48
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Beginning – Ages 8–11

RYTE002	Sat 12–1pm	1/14–3/11	Muir	\$38/48
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Beginning/Adv. Beginning – Ages 11 and up

RYTE003	Sat 1–2pm	1/14–3/11	Muir	\$38/48
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Family Badminton

Learn technique, strategy, rules and enjoy lost of playing. Cost is per person.

Janny Ye

RYBA001	Sun 4–5pm	1/15–3/12	SPD	\$38/48
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## Contact Us

Phone: (858) 534-4037

Website: [recreation.ucsd.edu](http://recreation.ucsd.edu)

## Sports Clubs Staff

Director of Sports Clubs:

**Liz Henry**

Assistant Director of Sports Clubs:

**Jacob Woodhead**

Sports Clubs Athletic Trainers:

**Carolyn Dartt, Britnie Priest**

## Our Sports Clubs:

Badminton  
Baseball  
Cricket  
Cycling  
Dance Team  
Dancesport  
Dragon Boat  
Equestrian  
Field Hockey  
Roller Hockey  
Ice Hockey  
M & W Lacrosse  
M & W Rugby  
Sailing  
Snow Ski & Snowboard  
M & W Soccer  
Surf Team  
Swimming  
Table Tennis  
Tennis  
Triathlon  
M & W Ultimate Disc  
M & W Volleyball  
M & W Water Polo

## GET COMPETITIVE

UC San Diego is home to 30 different sports clubs programs that allow athletes to compete in a variety of sports against other top-notch colleges alongside their peers. Sports Clubs strives to build a community where our athletes can be successful both on the field and in the classroom during their time at UC San Diego.

Check out some of our outstanding Sports Clubs athletes and programs mentioned below and find out how to get involved by visiting [recreation.ucsd.edu/sports-clubs/](http://recreation.ucsd.edu/sports-clubs/) for more information.

GET TO KNOW THE SPORTS CLUBS!  
WHAT DO YOU LOVE ABOUT BEING  
APART OF A SPORTS CLUBS TEAM?

"I love the Sports Clubs program because everyone is so supportive of one another. I love my team specifically because we are not afraid to be ourselves, and we always encourage one another to be the best version of ourselves, whether it's in practice or outside, and I think that is something very unique about Dance Team." – *Taylor Williams, Dance Team*

"The UCSD Sports Club program is so friendly and cohesive. It is really great to get to interact with other captains and teams and learn about new sports. I love my team because we are like a family. We have an amazing sport in common and have become friends on a deeper level than just teammates. I love this sport and want to carry on our legacy at UCSD and get people, new and old, excited about joining and staying." – *Equestrian Team*

"The Sports Clubs staff is very helpful and the team is so cohesive. I love the [overall] experience, especially at tournaments. There is nothing quite like the team coming together, cheering each other on, and competing hard at matches." – *Club Tennis*



"I love that the Sports Clubs program consists of 30 individual teams but we all get to interact as one [community]. I love my team; it's like my family, and consists of so many people working hard for the love of the game. We are a tight-knit group of girls, and we can be both serious on the field and goofballs on the weekends." – *Women's Club Soccer*

"I love the Sports Clubs program because it gives us the chance to pursue our passions and interests without letting it consume all of our lives. We're all here because we want to be here. We want to continue a sport we love and be able to swim with like minded people who still are passionate about the sport. We always hot tub after practice. Cool down in the hot tub!" – *Vylana Trang, Club Swim*

"UCSD Lacrosse isn't just a team, it's a brotherhood, a collection of highly motivated individuals banding together to one goal. Our team, from coaches to captains to players, is full of individuals who evoke change within their communities/environments. This eagerness to achieve and affect others has created a community of ironclad relationships throughout the collegiate lacrosse network." – *Jacob Cuffe, Men's Lacrosse*



"I love Sports Clubs because it allows me to compete at a high level even when my sport isn't a part of the NCAA. I love Sailing! It's a difficult sport to start competing in, so I became a leader on the team to help my fellow Tritons. Also, we are one of the first Sports Clubs teams to compete internationally, in our now annual competition in Victoria, Canada!" – *Samuel Rohrbach, Sailing*



"I really love how everybody is treated like family; this goes for Sports Clubs and the Badminton team. Everyone is always eager to communicate and help each other out. Badminton is the fastest racket sport in the world. There's more to the sport than what you see in your backyard." – *Kyle Ng, Badminton*

**30 SPORTS CLUBS. ONE TEAM.**



Important Dates

Winter schedules will be available online  
**Friday, November 18**

Winter open registration begins on  
**Tuesday, November 22**

How To Register for Activities, Programs, Classes and Trips

Online Registration

- 1. Go to our website: **recreation.ucsd.edu**
- 2. Click the green registration tab
- 3. Select "New User" or "Login" in the upper right corner of the screen as needed
- 4. Chose an area of interest by selecting one of the blue tabs on the left side of the screen

OR

- 5. Type a key word of the class or program you are interested in the orange "Search Classes/Outings" box in the top upper right corner

Walk-In Registration

Register in person at:  
RIMAC Sales Desk  
Main Gym Sales Desk  
Canyonview Aquatics Center  
Outback Surf Shop

The Program Registration form and Waiver are on pages 71-72.  
For current hours of operation please visit our website at [recreation.ucsd.edu](http://recreation.ucsd.edu) or call (858) 534-4037

Mail-In Registration

Mail your registration form and waiver to  
UCSD Recreation  
9500 Gilman Drive, 0529  
La Jolla, CA 92093-0529

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 72 for the Rec Card waiver. Complete the Activities and Programs waiver on page 72 when you register for classes or programs. 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.

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)
- **Outback Adventure Surf Shop** – Sales point only  
(Located on library walk in front of Geisel Library)
- **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)

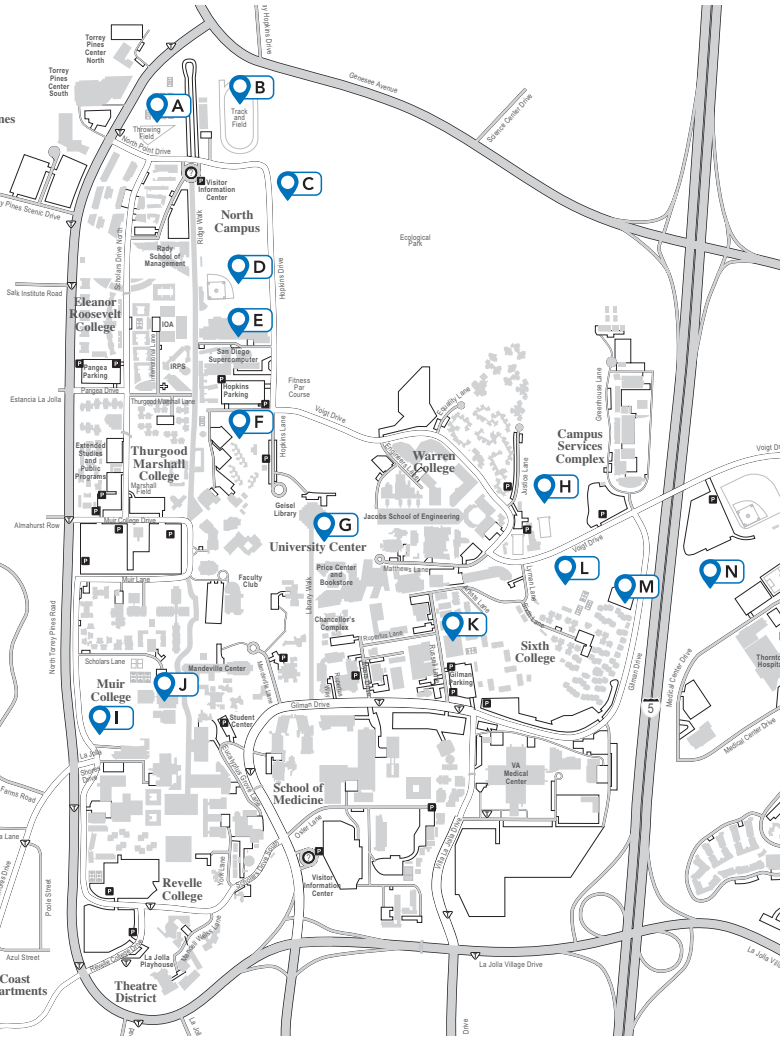
We currently accept Visa, Mastercard, Amex, Discover, cash, check, travelers' check, Triton cash, and for UCSD employees only payroll deduction. **Please note that first time members must complete the process in person.** For pricing and application please see page 73.

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!

MAP OF RECREATION FACILITIES



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

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.



## 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](http://recreation.ucsd.edu)
2. Walk-In registration: You may register in person at RIMAC, Main Gym, Canyonview Aquatics Center Outback Adventures or the Outback Surf Shop.

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](mailto: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](mailto: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](mailto: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](http://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 the RIMAC Sales Desk, Canyonview Aquatics Center or Outback Surf Shop.

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](mailto:fitlife@ucsd.edu).
- Transfers: Transfer requests may be made at any time via email to [fitlife@ucsd.edu](mailto: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](mailto: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](mailto:fitlife@ucsd.edu).

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

Intramural Sports – Sign up for Intramural Sports at [IMLeagues.com](http://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 Surf Shop, 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](http://recreation.ucsd.edu)

Rec Card waiver – Page 74 or online: [recreation.ucsd.edu](http://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





UC SAN DIEGO  
RECREATION

REC CARD APPLICATION FORM

(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
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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.

OFFICE USE ONLY  
Member Number \_\_\_\_\_

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.





# Open Registration Dates

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STUDENT ONLY, **Monday, November 21**

OPEN REGISTRATION, **Tuesday, November 22**

## #GetRecd

f t i @UCSDREC RECREATION.UCSD.EDU

Register online at **[recreation.ucsd.edu](https://recreation.ucsd.edu)** or  
register in person at the RIMAC Sales Desk, Main Gym,  
Canyonview Aquatic Center or the Outback Surf Shop