



UC San Diego
RECREATION

REC CLASSES



SUMMER 2011

This summer...take a Rec Class



Kids' swimming lessons

Surfing at Scripps Pier



Fencing

Martial Arts



For all Recreation program info go to our website:
recreation.ucsd.edu

Recreation Classes

Rec Class Information: (858) 534-4037
rclasses@ucsd.edu (858) 534-3772

No classes: July 3, 4, 5



THE OCEAN IS OUR PLAYGROUND, SORT OF...

This beautiful resource on campus gives us the opportunity to participate in surf classes, Scuba classes, open water swim classes, tide pool tours, beach jogs, boogie boarding and a myriad of others way to frolic. It's always there for us, sometimes a passport to adventure, sometimes just a peaceful place to go and chill.

With the rights of having this wonderful resource as part of our campus environment also comes some responsibilities. We have to step in and be stewards for our partner in fun and be aware of the rules of engagement. Here's a quick list of things to be aware of when using our beach:

- Swim or surf with a buddy.
- Pack out everything you pack in.
- Pick up extra trash you come across; the critters can't do it so it's up to you.
- Don't hang out directly under the cliffs, they are unstable.
- If caught in a rip current, swim sideways until free, don't swim against the current's pull.
- Don't bring glass containers or alcoholic beverages to the beach.
- No dogs or pets allowed.
- UCSD's beach is part of the Scripps Coastal Reserve. No collecting of plants, animals, artifacts, shells or rocks is allowed.
- Emergency numbers handy while at the beach:
UCSD Police (858-534-HELP), La Jolla Shores Lifeguard Tower (619-221-8824)

The RecClass program is an active advocate for a clean and healthy ocean environment. We are proud to announce our partnership with the Surfrider Foundation in establishing a UCSD chapter. Through our Surfrider chapter we will give the UCSD community an opportunity to be advocates for and stewards of our beach environs, addressing such issues as: water quality, beach access, beach and surf spot preservation, sustaining marine and coastal ecosystems and beach cleanliness. If you are interested in joining the UCSD Surfrider chapter please email: cclaiborn@ucsd.edu



Registration Information

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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: jwhite@ucsd.edu.

ONLINE REGISTRATION INFO

We encourage you to visit our website: <http://recreation.ucsd.edu> and set up your login information as well as your user profile. If you have any questions/concerns or difficulties logging in or setting up your profile or registering, please call (858) 534-4037 (ask for Computer Systems Manager, Eric Green) or email: recreation@ucsd.edu

Online and walk-in registrations for summer classes (kids and adults) begin Tuesday, May 31, 8am. No fax-ins accepted. Course schedules will be available for viewing online beginning Friday, May 29, 8am.

Student only registration for fall quarter begins Monday, Sept. 5, 8am. Open registration for all Rec Card holders, faculty, staff and community begins on Tuesday, Sept. 6, 8am. Fall courses are available for online viewing beginning Friday, Aug. 28, 8am.

For refund and credit information see page
For parking information, call (858) 534-2208



Interim Class Schedule

June 6 - July 1

Class #	Class	Instructor	Day/times	Price/Info
ADULT CLASSES				
#450706	Aoinagi Workout	Neville Billimoria	TTh 6-7pm	\$26/36
#450710	Okinawan Workout Beg/Int.	Alfonso Gomez	MW 6-7pm	\$26/36
#450711	Okinawan Workout Adv.	Alfonso Gomez	MW 7-8pm	\$26/36
#450757	Torrey Pines Tai Chi	Parker Linekin	Th 12-1pm	\$13/23
#451319	Gymnastics Open Workout	Matt Kohls	MW 6.30-8pm	\$30/40
#451161	Racquetball	Shirley Hill	Thur 6-7:30pm	\$21/31
#451552	Archery Open Workout	Staff	TTh 5:30-7pm; Sun 10am-12n	\$10
CHILDREN'S CLASSES				
#452300	Aoinagi Kids	Neville Billimoria	TTh 5-6pm	\$26/36

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 yds freestyle non-stop with side breathing.

Canyonview Pool East

#120501	TTh 9-10am	7/5-8/25	\$52/67
#120503	TTh 5-6pm	7/5-8/25	\$52/67

Natorium

#120502	MW 6:30-7:30pm	7/6-8/29	\$52/67
#120506	Fri 8:30-9:30am	7/8-8/26	\$26/36
#120509	Sat 7:45-8:45am	7/9-8/27	\$26/36

SWIM LESSONS

Learn fundamentals of swimming from experienced instructors. Enrollment is limited to allow for individual instruction and better teacher-to-participant ratios. **No registration or transfers after midnight, Tuesday, July 5, for Thursday classes and Thursday, July 7, for Saturday classes, without written consent from coordinator.** The Rec Class swim staff reserves the right to switch students to appropriate levels.

Adult Water Adjustment

This class is specifically designed for adults who have a fear of the water. This level will teach participants to feel comfortable 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.

Natorium

#120535	Thurs 8-8:50am	7/7-8/25	\$48/63
#120510	Sat 1-1:50pm	7/9-8/27	\$48/63

Adult Level 1

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

Natorium

#120536	Thurs 8-8:50am	7/7-8/25	\$48/63
#120511	Sec.A Sat 1-1:50pm	7/9-8/27	\$48/63
#120521	Sec.B Sat 1-1:50pm	7/9-8/27	\$48/63

Adult Level 2

The objective of this level is to give participants success 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.

Natorium

#120537	Thurs 8-8:50am	7/7-8/25	\$48/63
#120512	Sat 1-1:50pm	7/9-8/27	\$48/63

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.

Natorium

#120538	Thurs 8-8:50am	7/7-8/25	\$48/63
#120513	Sat 1-1:50pm	7/9-8/27	\$48/63

Private Swim Lessons

Private 1/2 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: rclasses@ucsd.edu with your name and phone number. See page 25 for private lesson policies.

\$28	per lesson for one participant
\$33	two participants
\$44	three participants

Adult Level 4

In this level participants will receive problem solving feedback 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.

Natatorium

#120539	Thurs 8-8:50am	7/7-8/25	\$48/63
#120514	Sat 1-1:50pm	7/9-8/27	\$48/63

Open Water Swim Class

Join us for an afternoon swim in nature's swimming pool, beautiful La Jolla Cove. We will work on entering and exiting the water; effective spotting for navigation, relaxing in the open water and modifications you need to make to your stroke. This class is set up in a swim partner environment so you will never be swimming alone. You should feel comfortable swimming 500 yards in the pool using freestyle, backstroke and breaststroke. If you have fins and/or a wetsuit, you can bring them along. First class meets at the grassy area of La Jolla Cove.

Greg Spire

Session I

#120559	Sun 5-6:30pm	7/10-7/31	\$28/38
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Session II

#120560	Sun 5-6:30pm	8/7-8/28	\$21/31
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no class 8/21

SURFING

San Diego is home to many premier surf spots. Come learn how to surf, right by 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, and 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 & up, swim test of 200 yds and 2 minutes treading water is required. Questions please call (858) 534-3772.

Surfing Fundamentals

#121410	Fri 9:30-10:50am	7/8-8/26	\$57/72
#121430	Fri 11-12:30am	7/8-8/26	\$57/72
#121400	Sat 9-10:20am	7/9-8/27	\$57/72
#121401	Sat 10:30-11:50am	7/9-8/27	\$57/72
#121402	Sat 3-4:20pm	7/9-8/27	\$57/72
#121403	Sat 4:30-5:50pm	7/9-8/27	\$57/72
#121419	Sun 2-3:20pm	7/10-8/28	\$57/72

NEW! Four week sessions!

Session I

#121431	Sat 12-1:30	7/9-7/30	\$33/43
#121432	Sat 1:30-3pm	7/9-7/30	\$33/43
#121433	Sun 9:30-11am	7/10-7/31	\$33/43
#121434	Sun 11-12:30pm	7/10-7/31	\$33/43

Session II

#121441	Sat 12-1:30	8/6-8/27	\$33/43
#121442	Sat 1:30-3pm	8/6-8/27	\$33/43
#121443	Sun 9:30-11am	8/7-8/28	\$33/43
#121444	Sun 11-12:30pm	8/7-8/28	\$33/43

Surfing Fundamentals - Wahine Style

An all female surfing class where participants gain the courage, focus, persistence, and discipline that will help them excel in surfing and improve their confidence in the sport. First class meeting on campus at the Main Gym Conference Rm. ("Tiki Room").

#121425	Sun 12:30-1:50pm	7/10-8/28	\$57/72
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The Outside at Black's Beach (Intermediate)

Enjoy this world-class surf break with the help of experienced instructors. For students who have mastered the basics and are ready for more advanced skills, such as dropping in, turning and developing flow. *Participants must provide their own surfboard *limited enrollment. First class meeting on campus at the Main Gym Conference Rm. ("Tiki Room").

#121424	Wed 12-1:20pm	7/6-8/24	\$57/72
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Learn to Surf Workshop

Want to see what surfing is all about but don't have much time? Spend two hours with UCSD's finest surf instructors learning all the basics of this great sport. After a fun beach lesson you will hit the water and experience the thrill of riding waves. This is your one-stop surfing workshop. All levels welcome-no experience necessary. Must be able to swim and tread water. Surfboards provided, wetsuits can be rented at Outback Adventures (call (858) 534-0684).

#121426	Sun 3:30-5:30pm	7/24	\$15/25
#121427	Sun 10am-12pm	8/7	\$15/25

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 to make arrangements. See page 25 for private lesson policies.

Costs as follows:

1 participant - \$38

Add \$10 for each additional person. For groups larger than 5, please call for info on pricing.

SCUBA

Basic certification, advanced, specialty and leadership level courses leading to **PADI certification**. Classroom and pool meetings are on UCSD or SIO campus. **Mandatory orientation meetings** (all classes) are at Ocean Enterprises, 7710 Balboa Ave. (turn left at first light east of I-805).

The following requirements apply to all courses:

- Be in good health as defined by PADI Medical Form and verified by your doctor.
- Be able to swim 200 yards continuously and float/tread water for 10-minutes.
- Fitness level requires carrying 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 and respectful of buddy procedures & compliant with all safety guidelines.
- Students must demonstrate appropriate decision-making and preparedness for underwater activity.
- 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 are \$60 per pool session or ocean dive.

Note: Private classes are also available for students needing extra support. Additional fees required. Please email o2bndc@san.rr.com upon registration for your pre-orientation packet!

Basic Open Water Certification

Four-week basic certification course trains students in safe diving practices. In addition to mandatory swim tryouts & orientation, class includes 3 classroom meetings, 3 pool sessions and 4 ocean dives. No more than eight students per instructor in water sessions. Maximum depth: 60 feet.

Fees: \$275 includes books, certification, and all Scuba rental gear. NO refunds after first pool session. (All refunds are minus a book kit of \$60). Student must provide own mask, snorkel, fins, booties and gloves. Additional costs: passport-sized photo and occasional air fills.

#120540 schedule (all meetings required):

MANDATORY SWIM TEST: Saturday, July 2, 5pm, UCSD Natatorium (be prepared to swim 200yds continuously and float/tread water for 10min.; wear swimsuit, bring pen & calendar). NO refund is given at the pool session for students who do not pass the swim test and missed the July 2 test.

Orientation: (Mandatory meeting) Tues, June 28, 6-9pm (bring swimsuit). Mandatory orientation at **Ocean Enterprises**, 7710 Balboa Ave. (left at first light east of I-805).

Classroom: Thursday, July 7, 14, 21: 6-9pm, Nierenberg Hall, Room 101, SIO Campus

Pool: Sat., July 9, 16, 23: 4:30-10pm UCSD Natatorium

Ocean Dives: Sun, July 17, 24, 31: 7am-2pm



Advanced Open Water Diver

Course objective is to gain additional experience under supervision and an introduction to new dive environments. Pool session includes theory and skills review, new gear familiarization, advanced work on buoyancy and trim, and night-dive acclimatization. Five ocean dives include Navigation, Deep, and three electives chosen from: Night, Boat, Underwater Naturalist, Fish Identification, Peak Performance Buoyancy, Wreck and other specialties. Maximum depth: 100 feet.

Fees: \$165 course fee.

Additional Costs: Book kit (\$50), Rental gear (\$40 for Scuba gear for entire course), Boat Dive fees (\$75-90), passport-sized photo, and log book. Students must provide own mask, snorkel, fins, booties, gloves, dive knife, whistle, dive timer, and two underwater lights.

#122042 Schedule:

Orientation: Tues, Aug 2, 6-9pm (bring calendar, open water certification card, & dive log)

Classroom: None (we review assignments at pool & beach)

Pool: Saturday, Aug. 6, 4:30-10pm

Ocean Dives: Sun, Aug., 7, 7 am. (Navigation Dive);

Sat., Aug. 13, 6 pm (Night Dive);

Sun., Aug. 14, 8a.m. (Deep Dive);

Sat., Aug. 20, 7a.m.-2p.m. (Boat/Wreck Dives);

Sat., Aug. 27, make-ups if needed. NOTE: Bring your calendar to Orientation to finalize schedule.

Scuba Review

Certified divers who have been inactive or wish to have an in-water review to update their skills prior to more diving courses or planned dive vacation. Students will complete a short self-study and perform comprehensive skill review in pool. Optional: ocean dive available.

Prerequisites: Open Water Scuba certification card

Fees: \$75 course fee. With Open Water Dive: \$99

Other costs: Required books \$15. Students responsible for their own dive gear. Details at orientation.

#120547 Schedule:

Orientation: Tues, Aug 2, 6-9pm (bring open water certification card, and dive log)

Pool: Saturday, Aug. 6, 4:30-10pm

Ocean Dive: To be scheduled at orientation (bring calendar for scheduling).

Please visit online <http://recreation.ucsd.edu/> for additional scuba class offerings, which will be taught when sufficient interest and minimum class size is met: Private Classes, Rescue Diver, Enriched Air Nitrox, Deep, Night and Divemaster or email o2bndc@san.rr.com with your inquiry.

DANCE

Key to class locations:

R: RIMAC area
 MG: Main Gym area



FOUNDATIONAL

Ballet - Beginning - R

Learn the fundamentals of ballet which help to develop self-confidence, posture, and body awareness while serving as a foundation to all other forms of dance.

Vanetta Diamond
 #120401 TTh 5-5:55pm 7/5-8/25 \$64/84

Ballet - Intermediate

Continue mastering basic ballet while learning more advanced steps and combinations.

Vanetta Diamond
 #120402 TTh 6-6:55pm R 7/5-8/25 \$64/84
 #120403 Sat 11-12:30pm MG 7/9-8/27 \$48/63

Beginning Jazz Dance - MG

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.

Jessie Levine
 #120443 Mon 6-6:55pm 7/11-8/1* \$16/26

Four Week Sessions

Will you only be around for a few weeks this summer? Try out our select 4 week class offerings. Look for the * asterisk.

Contemporary Dance - R

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 analyzed in time, space design and kinetic sense.

Trixi Agio

Session I

#120404 Fri 12-12:55pm 7/8-7/29* \$16/26

Session II

#120406 Fri 12-12:55pm 8/5-8/26* \$16/26

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: *Beginning Couples Ballroom*)

Ballroom Dance - Beginning - R

Have fun and meet new people. Learn basic patterns and skills in 6 different ballroom dances. Get an aerobic workout with East Coast Swing and Cha Cha, get romantic with the Rumba & Tango and learn why the Foxtrot & Waltz are such popular all time favorites. We finish the session off with a big party.

Yolanda Vargas
 #120410 Tues 6-6:55pm 7/5-8/23 \$32/42

Beginning Couples Ballroom - R

Bring your own dance partner. No switching! Cost is per person. See Beginning Ballroom description.

Yolanda Vargas
 #120426 Thurs 7-7:55pm 7/5-8/23 \$32/42

International Ballroom (Tango and Samba) - R

Previous ballroom dance experience highly encouraged! International Ballroom is danced throughout the world. You will have no problem dancing with anyone after learning the basics in these two dances.

Yolanda Vargas
 #120445 Tues 8-8:55pm 7/5-8/23 \$32/42

Nightclub Dance - MG

Easy and too much fun! Come prepared to sweat, learning aerobic dance forms such as Sala, Bachata and Swing dance-you'll even get to learn the occasional dip, drop or lift!

Yolanda Vargas
#120418 Mon 7-7:55pm 7/11-8/29 \$32/42

Club Dance - Freestyle - MG

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 80's music. All levels welcome.

Prince Graham
#120469 Tues 6-6:55pm 7/5-8/23 \$32/42

Latin Dance - R

Get in on the Salsa craze and learn a variety of other Latin dances-Cha Cha, Rumba, Merengue and Samba. Fun and energetic, learn to hit the dance floor in style. Both classes emphasize salsa.

Yolanda Vargas
Beginning
#120416 Mon 8-8:55pm 7/11-8/29 \$32/42

Intermediate

Basics are a must! This class moves on to more advanced patterns, styling, technique, spins and drops.

#120417 Mon 9-9:55pm 7/11-8/29 \$32/42

Tango - Argentine - R

Beginning Basic Technique

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.

Florentino Guizar/Isabelle Kay
#120446 Fri 6-7pm 7/8-8/26 \$32/42

Intermediate Tango Concepts

Use the fundamental concepts to easily execute the most popular tango movements and enhance your ability to dance socially by adding variety to your tango repertoire. You will learn technique for ganchos, boleos, molinetes, lansamentos, giros, lapis, leans, embellishments and displacements. Requires mastery of basic techniques.

Florentino Guizar/Isabelle Kay
#120495 Fri 7-8pm 7/8-8/26 \$32/42



Advanced Tango Concepts

Learn to improvise on the dance floor and make tango your own. Learn and execute complex movements and variations on turns, molinetes, sacadas, entradas, levantamientos, vueltas and more. Requires mastery of intermediate tango movements or previous dancing experience.

Florentino Guizar/Isabelle Kay
#120499 Fri 8-9pm 7/8-8/26 \$32/42



Lindy Hop/Swing- MG

Lindy Hop is the grandfather of all swing dances with roots back to the 1920's. 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
#120421 Thurs 7-8:30pm 7/7-7/28* \$24/34

WORLD BEAT

Belly Dancing

Improve grace of movement, posture and flexibility to the music and rhythms of the Middle East. Arabic-style dance stresses correct body alignment, injury prevention and technique. Fun, low impact exercise for all ages and levels.

Zy Dewey - R			
#120442 Sat 11:30-1pm	7/9-8/27	\$48/63	
Zy Dewey - R			
#120492 Wed 12:30-2pm	7/6-7/27*	\$24/34	
Valentina Martin - MG			
#120493 Thurs 4-4:55pm	7/7-8/25	\$32/42	

Beginning Break Dancing/Bboying - MG

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 background of particular moves will also be provided.

Daniel Ng			
Session I			
#120429 Wed 6-6:55pm	7/6-7/27*	\$16/26	
Session II			
#120430 Wed 6-6:55pm	8/3-8/24*	\$16/26	

Bhangra: Indian Dance - MG

This fast and fun full bodied Indian dance form will have you flying around the room in no time! You'll learn a fun dance from and get your heart rate up while you're at it.

Shikha Sanjiv			
#120465 Wed 7-8pm	8/3-8/24*	\$16/26	

Bollywood Dance - MG

Add some Indian spice to your workout! Bollywood Dance, a fusion of Indian and Western dance forms, offers an aerobic warm-up followed by dynamic and energetic choreography. The fusion of Indian classical, Bhangra, Latino, Arabic and Hip Hop styles, all to the Bollywood beat, will help you strengthen, stretch and sculpt your body.

Tenaya Deb			
#120455 Mon 6-7:30pm	8/8-8/29*	\$24/34	

Go Go Dance - MG

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. Not limited to females.

Prince Graham			
#120474 Wed 6-6:55pm	7/6-8/24	\$32/42	

* Denotes four week classes



Hip Hop - MG

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 basis of body control, memory and pick up.

Beginning

Summer Briggs			
#120436 Mon 5-5:55pm	7/11-8/29	\$32/42	
Prince Graham			
#120457 Tues 7-7:55pm	7/5-7/26*	\$16/26	
#120458 Tues 7-7:55pm	8/2-8/23*	\$16/26	
Mike Nefalar			
#120439 Thurs 6-6:55pm	7/7-8/25	\$32/42	
Trixi Agio			
#120434 Sun 12-12:55pm	7/10-8/28	\$32/42	

Beginning/Intermediate - MG

Prince Graham			
#120440 Wed 5-5:55pm	7/6-8/24	\$32/42	

Hula Hoop Dance - MG

This class puts a new spin on an old pastime! Hooping is an amazing tool for dance, exercise and self-expression. You will groove and move your body to the rhythm of the music and your hoop, all while getting an excellent workout! You will leave class feeling stronger, happier and younger. Come discover this joy for yourself and add some fun to your day!

Valentina Martin			
#120484 Thurs 5-5:55pm	7/7-8/25	\$32/42	

Private Dance Lessons

Grab some friends and take a private lesson. Our experienced staff will teach you and friends how to dance. 1-4 people, same price. See private lesson policies on page 65.

E-mail: rclasses@ucsd.edu with your name and information to make an appointment. \$50/hr

MARTIAL ARTS



Green Willow (Aoinagi) Karate - MG (Adv)

Continues training beyond the beginning level, exploring deeper levels of martial arts experience, including weapons training, effective self-defense techniques and the artistic dimension through advanced Kata practice.

Neville Billimoria
#120706 TTh 6-6:55pm 7/5-8/25 \$52/67

Brazilian Jiu-Jitsu - MG

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. Note: The Thursday class is Level 2, and the Friday class is Level 1.

Phillip Palmejar
#120765 Thurs 5:30-7pm 7/7-8/25 \$39/49
Dan Maryanovsky
#120766 Fri 5:30-7pm 7/8-8/26 \$39/49

Capoeira - R

Learn this interesting and unique Brazilian martial arts form which combines Brazilian music, dance and martial arts. It's fun and captivating.

Beginning

Valerie Yau
#120750 Mon 8:30-10pm 7/11-8/29 \$39/49

Beginning/Intermediate

Paulo Lima
#120752 Wed. 7-8:25pm 7/6-8/24 \$39/49

Key to class locations:

R: RIMAC area
MG: Main Gym area
S: Spanos

Hapkido - MG

Hapkido is an eclectic Korean martial art that incorporates kicks, punches, throws and joint locks into a comprehensive system for self defense. Class atmosphere is friendly and non-competitive.

Stephanie Siu

Beginning

#120707 TTh 7-8:25pm 7/5-8/25 \$78/98

Steven Carter

Intermediate

#120702 Sun 3-5pm 7/10-8/28 \$52/67

Kempo - R

Shorinji Kempo is not just a martial art or fighting art, it is the art of establishing oneself. This Japanese art is based on the principles of unity of strength, body and mind. Need answers to life's enigmas? Try Kempo.

Kazuo Kawamata

#120714 TTh 7-8:30pm 7/5-8/25 \$78/98

Jeet Kune Do- R

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

Phillip Palmejar

#120741 Thurs 4-5pm 7/7-8/25 \$26/36

Kendo (The Way of the Sword) - MG

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

John Yamamoto

#120726 Sat 12n-2pm 7/9-8/27 \$52/67

Iaido - Japanese Swordsmanship - MG

Iaido is the art of Japanese swordsmanship. The main emphasis of the art of Iaido is the use of the sword while still in the scabbard.

Scott Chang

#120708 Sat 10-11:30am 7/9-8/27 \$39/49

Kobudo (Beginning) - MG

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

#120709 Sat 11am-12n 7/9-8/27 \$26/36

Okinawan Karate Workout - MG

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

#120710 MW 6-6:55pm 7/6-8/29 \$52/67

Advanced

#120711 MW 7-7:55pm 7/6-8/29 \$52/67

San Soo Kung Fu - S

In this class students will learn fundamental aspects of hand-to-hand combat. Emphasis will be on punches, kicks, leverages, throws and body dynamics. Use of weapons, including swords, staffs, knives and blunt will also be covered. You will learn a variety of real life applications including how to handle crowd situations. Your fighting technique will be developed in a relaxed, non-competitive environment.

Tony Buhr

#120730 M/Th 7-8:30pm 7/11-8/29 \$78/98

Shaolin Kung Fu - MG

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.

Miles Thomas

Beginning

#120712 Tues 7-9pm 7/5-8/23 \$52/67

Shaolin Kung Fu Sparring - MG

Students will practice fighting applications through controlled fighting (sparring). Students will develop strength, speed, timing and ranging. The primary focus will be development of fighting skills through experience. Class is open to all styles and systems. Previous experience required.

Miles Thomas

#120713 Tues 9-10pm 7/5-8/23 \$26/36

Taiji (T'ai Chi)

Taiji (Tai Chi) translates as 'the supreme ultimate.' Its principles are of balance, relaxation and coordination, within and between body, mind and spirit, with the effect of 'overcoming a thousands pounds with the force of four ounces.' Students in this class will learn poise, grace, coordination, power and the international Taiji forms.

Beginning

Matthew Tay

#120751 MW 12-1pm 7/6-8/29 \$52/67

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

#120716 MW 7-8:25pm 7/6-8/29 \$78/98

Torrey Pines T'ai Chi

Torrey Pines T'ai Chi is taught outdoors with a view of the ocean. All levels of students are welcome. The curriculum includes yang family solo form, two person t'ai chi, t'ai chi cane and microcosmic orbit breathing. The class is fun, informative and relaxing. Class is held at Torrey Pines North Center-10300 North Torrey Pines on the backside of the building on the brick patio.

Parker Linekin

#120749 TTh 12-1pm 7/5-8/25 \$52/67

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).

Patrick Marsch

Beginning

#120723 Tues 5:30-7pm 7/5-8/23 \$39/49

#120724 Thurs 5:30-7pm 7/7-8/25 \$39/49

Continuing

#120725 Sat 8:30-9:55am 7/9-8/27 \$39/49

Wing Chun Kuen Kung Fu

This Chinese martial art is direct, compact and effective for self-protection. Students learn to use proper body mechanics to perform drills, application and form. Emphasis is on functionality.

Faisal Ahmed/David Herman

#120760 Tues 8:30-10pm 7/5-8/23 \$39/49

#120780 Thurs 8:30-10pm 7/7-8/25 \$39/49

Women's Self Defense

Self defense specifically designed for women. Develop awareness of your surroundings and avoiding physical confrontations. Practice verbal self defense methods. Hands-on participation learning techniques used in Kempo Karate, Tai Chi Chuan and Jiu Jitsu. The class is formatted to address each student's individual concerns.

Parker Linekin

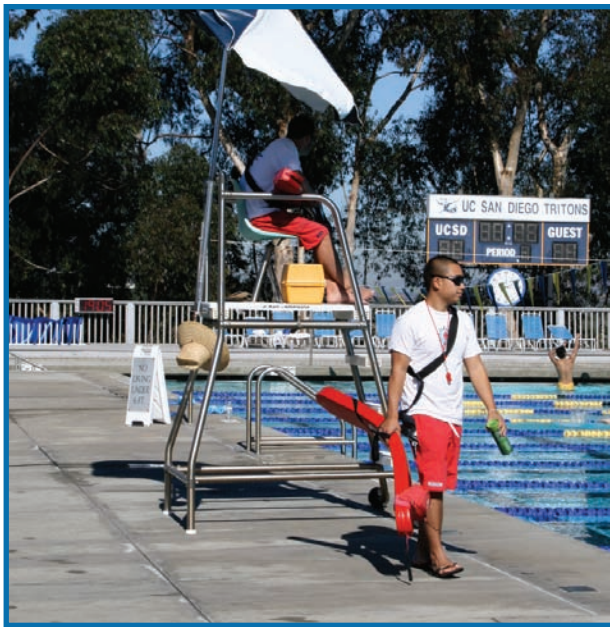
#120770 Wed 6:30-8pm 7/6-8/24 \$39/49

Wushu

This classic martial art emphasizes exacting fundamentals including stances, kicks, punches, balances, jumps, sweeps and throws.

Matthew Tay

#120738 Thurs 10-11:30pm 7/7-8/25 \$39/49



SAFETY

- Refund policy on page 25. Read it.
- All classes take place at the Canyonview Administration Building classroom.
- Refund requests must be made no later than 2 weeks before scheduled starting date.

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.

#120613	Sat 10am-4pm	8/20	\$55/\$65
#120614	Sun 10am-4pm	8/28	\$55/\$65

Certification 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 CPR/AED, Child CPR, Infant CPR, 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.

#120621	Sun 10am-12:30pm	8/21	\$30/40
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CPR/AED for the Professional Rescuer

American Red Cross course containing: training in recognizing an emergency; preventing disease transmission; CPR and rescue breathing for adults, children and infants; use of an AED for adults; care for conscious and unconscious choking; two rescuer CPR; use of a pocket mask; and use of a bag-valve-mask (BVM). Participants must bring their own pocket mask or purchase one on-site for \$11. Upon completion, participants will be certified in CPR/AED for the Professional Rescuer valid for 2 years.

#120609	TTh 6-10:30pm	8/30,9/1	\$65/75
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Certification Test for CPR/AED for the Professional Rescuer & First Aid

Don't sit through the class again. This challenge exam allows individuals who have previously obtained the skills and knowledge to test out of the 9 hour American Red Cross CPR/AED for the Professional Rescuer and First Aid courses. Upon successful completion of both written and practical skills testing, participants will be certified in CPR/AED for the Professional Rescuer valid for 2 years. All responsibility for preparedness rests solely on the participant as there will be no review before the exam.

#120610	Sun 10am-12:30pm	8/21	\$35/45
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Certification Test for Lifeguard Training with CPR/AED & First Aid

This challenge exam allows individuals to challenge the Lifeguard training certification course. Individuals in this class will be given written tests for the Lifeguard Training course (which includes First Aid), as well as CPR/AED for Lifeguards, and will be required to demonstrate successfully all required skills. Upon successful completion of both written and practical tests participants will be certified in Lifeguard Training and First Aid valid for 3 years and CPR/AED for Lifeguards valid for 1 year. All responsibility for preparedness rests solely on the participant as there will be no review before the exam.

PREREQUISITES: Participants must be currently certified in Lifeguard Training, and show proof of current certification to first class meeting, there will be no exceptions. Participants must bring their own swim suit, and their own pocket mask or purchase one on-site for \$11.

Canyonview Classroom and Pool

#120530	Sat 10am-3pm	8/27	\$45/55
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SPORTS



Archery

Introduction to the basics of shooting techniques. All equipment provided.

Beginning

Tyler Domenech

#121550 Mon 5:15-6:15pm 7/11-8/29 \$28/38

Intermediate

#121555 Mon 6:15-7:15pm 7/11-8/29 \$28/38

Traditional Archery Open Workout

This workout class is for archers who have basic skills and want to practice on the UCSD archery range. Supervision and basic safety instruction is provided along with access to traditional barebow archery equipment. Open to adults and children 12-17 when accompanied by parent/legal guardian.

Staff

#121552 TTh 5:30-7pm 7/5-8/28
Sun 10am-12pm \$20

Boxing Training - MG



This class will focus on the training techniques used by the pros to improve speed, balance and endurance. Learn how to properly use the heavy bag and speed bag for conditioning. Participate in drills that will improve your boxing stance and help you to 'float like a butterfly, sting like a bee.' This class is suitable for any weight or skill level. No sparring or contact drills.

Oliver Paragas

#121569 Wed 5:30-7pm 7/6-8/24 \$42/57

#121570 Wed 7-8:30pm 7/6-8/24 \$42/57



10-Time Archery Workout Pass

- Entitles you to 10 drop-in visits to any section of the Traditional Archery Open Workout class during regularly scheduled quarters.
- This pass is non-refundable.

#121580 Valid any time

\$10

Level I Fencing -MG

The basics of footwork and blade work are taught using the foil. The basic goals are fun, fitness and core skills development. The average individual interested in the modern sport of fencing can get a hands-on perspective of how to make basic attacks, core defenses and use footwork within a basic bout. Level 1-2.

Staff

#121512 Sat 2-3pm 7/9-8/27 \$28/38

#121503 Tues 6-7pm 7/5-8/23 \$28/38

#121502 Thurs 6-7pm 7/7-8/26 \$28/38

Level II Fencing

Athletes are guided through the basics of electrical fencing and directing of bouts in foil, epee and sabre.

Staff

#121525 Tues 6:30-7:30pm 7/5-8/23 \$28/38

#121526 Thurs 6:30-7:30pm 7/7-8/25 \$28/38

#121527 Sat 3-4pm 7/9-8/27 \$28/38

Private Fencing

Private fencing lessons are available for \$30 per half hour. Email: rclasses@ucsd.edu with name and information. See page 25 for private lesson policy.

Golf

Whether you're a hacker with an itch to improve or new to the sport, this class will put you on the right track with good basic fundamentals work. Enjoy this lifetime sport at Sorrento Driving Range under the watchful eye of UCSD Golf Coach Mike Wydra.

Mike Wydra

#121509 Sat 8-9am 7/9-8/27 \$55/70

#121510 Sat 9-10am 7/9-8/27 \$55/70

GYMNASTICS

For gymnastics info call (858) 822-0532

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.

Gymnastics - Beginning

This class begins with a group warm-up/stretch, and then proceeds with tumbling skills. Students learn combinations of cartwheels, advanced handsprings along with forward and backward somersaults.

Session I

#121300 Tues 6-7:30pm 7/5-7/26 \$32/42

Session II

#121302 Tues 6-7:30pm 8/2-8/23 \$32/42

Gymnastics - Beginning/Intermediate

This combination class covers elements from both beginning and intermediate levels. It begins with a group warm-up/stretch, and then shifts into basic tumbling skills on the floor. Students learn handstands, rolls, cartwheels, round-offs, handsprings and flipping elements.

#121306 Thurs 7-8:30pm 7/7-8/25 \$63/83

Session I

#121304 Fri 12-1:30pm 7/8-7/29* \$32/42

Session II

#121303 Fri 12-1:30pm 8/5-8/26* \$32/42

Gymnastics - Intermediate

This class begins with a group warm-up/stretch, and then proceeds with tumbling skills. Students learn combinations of cartwheels, advanced handsprings along with forward and backward somersaults.

#121307 Mon 6-7:30pm 7/11-8/29 \$63/83

#121305 Wed 6-7:30pm 7/6-8/24 \$63/83

Gymnastics - Advanced

Participants must be able to perform front/back handsprings and front/back tucked somersaults. This class features difficult 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.

#121315 Mon 6-7:30pm 7/11-8/29 \$63/83

Learn to Flip!

Want to do a back flip? Curriculum will focus on strength and kinesthetic development necessary for correct and safe execution of both front and backward flipping elements.

#121320 Mon 5-6:15pm 7/11-8/1* \$27/37

New! Four Week Sessions

Will you only be around for a few weeks this summer?

Try out our select 4 week class offerings.

* look for the asterisk!

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.

Session I

#121319 MW 7:30-9pm 7/6-8/1* \$32/42

Session II

#121328 MW 7:30-9pm 8/3-8/29* \$32/42

Gymnastics for Martial Artists

Open to all, this class will focus on acrobatic skill breakdown, jump and strength development. Curriculum focuses on basic jumping, twisting and kicking elements as well as aerial, front flip, back flip and gainer development.

#121351 Thurs 5:30-7pm 7/7-8/25 \$63/83

Bootcamp Workout in the Gym - Strength and Flexibility Training

Want to improve your strength and flexibility while getting an intense workout? Exercises will be taken from gymnastics emphasizing total body strength as well as overall flexibility and endurance. Perfect cross training for gymnastics or any sport. No gymnastics experience required. Be prepared to work hard!

Once Weekly Classes

#121338 Tues 7-8pm 7/5-8/23 \$34/44

#121331 Wed 12-1pm 7/6-8/24 \$34/44

Twice Weekly Classes

Session I

#121337 Wed/Fri 8-9am 7/6-7/29* \$34/44

#121339 TTh 6-7pm 7/5-7/28* \$34/44

Session II

#121336 Wed/Fri 8-9am 8/3-8/26* \$34/44

#121339 TTh 6-7pm 8/2-8/25* \$34/44

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. While floor basics will be a part of warm-up, expect to spend most time on the apparatus. **Open to male and female participants.**

#121360 Wed 6-7:30pm 7/6-8/24 \$63/83

Private Gymnastics for Adults

Personalized lessons for the students' needs. Times arranged with instructor. 1 hour lessons. Prices are as follows:

1 person \$40; 2 people \$60; 3 people \$90

Email rclasses@ucsd.edu for more information or to make arrangements. See page 25 for private lesson policies.

RACQUET SPORTS

Racquetball

Beginning

Learn and improve the correct approach to forehand, backhand, scoring, serving, and strategy. Class size is limited to allow for personal instruction.

Shirley Hill
#121161 Thurs 7:30-9pm 7/7-8/25 \$42/57

Advanced Beginning/Intermediate

For men and women with good solid fundamental skills and knowledge of the game. Emphasis on strategy, fine-tuning skills and game play.

Shirley Hill
#121162 Thurs 6-7:30pm 7/7-8/25 \$42/57

Racquetball Workout

Join instructor Shirley Hill for some weekly organized racquetball match play. Some skill work and social racquetball with a heavy emphasis on participation. Designed for men and women with good solid fundamental skills and knowledge of the game.

#121163 Mon 6-7:30pm 7/11-8/29 \$42/57
#121164 M/Th 6-7:30pm 7/7-8/29 \$66/86

Tennis

We use the National Tennis Rating Program to rate our class levels. You may obtain a copy of this at the registration desk to assist you with your class selections. This is not a fine science, so deviations from the rating program are normal.



Beginning (NTRP 1.0-2.0)

#121101 TTh 5-6pm 7/5-8/25 \$64/84
#121100 Mon 8-9:30am 7/11-8/29 \$48/63

Beginning/Advanced Beginning

Vincent Darmohusodo
#121102 Sat 8-9:30am 7/9-8/27 \$48/63

Advanced Beginning (NTRP 2.0-3.0)

#121105 MVW 5:30-6:30pm 7/6-8/29 \$64/84

Advanced Beginning /Intermediate

Vincent Darmohusodo
#121107 Sat 9:30-11am 7/9-8/27 \$48/63

Intermediate (NTRP 3.0-4.0)

#121108 MVW 6:30-7:30pm 7/6-8/29 \$96/116
#121109 TTh 6-7pm 7/5-8/25 \$64/84

Tennis Boot Camp

Join our tennis coach for fitness and fun, the tennis way. Workouts include warmup, conditioning, drilling and lots of play. This class is for players, intermediate and above.

Marcus Robas
#121113 Sat 1-2:30pm 7/9-8/27 \$48/63

Sunday Morning Rec Tennis

Join our Rec instructor for a fun morning of match play, skills work and social tennis. 3.5 level and above players only.

Marcus Robas
#121121 Sun 9am-12n 7/10-8/28 \$53/68

P.M. Workout

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

Vincent Darmohusodo
#121118 TTh 5:30-7pm 7/5-8/25 \$96/116

Private Tennis

Private tennis lessons are available through our qualified teaching staff.

The cost per hour lesson is:

\$45 for one person; \$65 two people; \$80 three people

Email: rclasses@ucsd.edu with your name and info to make appointment. See page for private lesson policies.

Volleyball

Sand Volleyball

Get ready for some down and dirty fun with these courses on sand volleyball! Skills and techniques specific to playing on sand courts: spiking, serving, setting and more will be covered.

Gil Genel
Beginning
#121451 Sat 9-10:30am 7/9-8/27 \$42/57

Adv. Beginning
#121452 Sat 10:30-12n 7/9-8/27 \$42/57

Intermediate
#121453 Sat 12n-1:30pm 7/9-8/27 \$42/57

Indoor Volleyball Workout

Drills, strategies and competition are the order of the day. Get ready for Intramural or club volleyball, or just sign up to have fun playing in class.

Nelson Lee
#121464 Wed 5-6pm 7/6-8/24 \$28/38
Advanced
#121463 Mon 5-6pm 7/11-8/29 \$28/38

YOUTH CLASSES

AQUATICS

GROUP SWIMMING LESSONS



Stroke Clinics

Interested in focusing on more advanced swimming technique? These 5-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! For advanced swimmers - Level 6 and up. Register by mail or walk in at the RIMAC Sales Desk.

*To enroll participants MUST have passed Level 5 swim class, OR be able to swim 100 yds. freestyle, 50 yds. backstroke and breaststroke and 10 yds. butterfly.

**If you have any further questions, feel free to contact the swim office at (858) 534-5246.

Saturday at Canyonview Pool

Session I

#125268 1-1:45pm 6/18-7/23 \$50/65

#125269 2-2:45pm 6/18-7/23 \$50/65

Session II

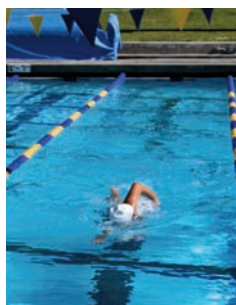
#125270 1-1:45pm 7/30-8/27 \$50/65

#125271 2-2:45pm 7/30-8/27 \$50/65

Private Swim Lessons

Private 1/2 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 rclasses@ucsd.edu with your name and phone number. See page 25 for private lesson policies.

\$28 per lesson for one participant
\$33/two participants
\$44/three participants



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.

Children's swim registration and transfers deadline is **midnight the Thursday before each session begins**. Classes fill quickly, so early registration is recommended. **You must speak to the coordinator to enroll after these deadlines. Please enroll early!**

Registration/transfer cut-off dates will be by midnight of:

Session I: June 16
Session II: June 30
Session III: July 14
Session IV: July 28
Session V: August 11

NO CLASSES
July 2, 4

Saturday Session I: June 16
Saturday Session II: July 28

SUMMER SWIM POLICIES

Swim Office Phone: (858)534-5246

Here are some pointers to make your child's summer at the pool run smoothly:

1. Enroll your child in the skill level that best matches his/her ability.
2. **Most children will spend at least two sessions in the same level. The key to learning is repetition.**
3. It is not mandatory for the child to take the next highest level during the following session, and passing does not guarantee a space in the next highest level.
4. RecClass staff reserves the right to make necessary class level switches. If switching students to their appropriate level is not possible, the staff may have to drop the students from the session.
5. If your child is enrolled in the wrong level for future sessions, you may be able to transfer prior to the registration cut-off dates listed on this page, provided there is space available. See page 25 for transfer information.
6. Participants are allowed one transfer per class. See page 25 for details.
7. Children not potty trained must wear plastic swim diapers with elastic waist and leg bands.
8. Kids under 5 years must enroll in Tiny Tots.
9. A \$10 processing fee will be assessed per refund request per class.
10. Online registration begins Tuesday, May 31, 8am.

Class Descriptions

Parent 'n Tot - Ages 18-36 months

Parent and child work with the instructor to promote familiarity with the water and safety in a pool.

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. Students must be comfortable being away from parents in a class environment and be able to participate in a group lesson.

25 minute sessions.

Tiny Tots Level 2 - Ages 3-4 (Intermediate)

The objective of this class is to give students success with fundamental skills. Students must be comfortable being away from parents in a class environment and be able to participate in a group lesson. Students must be able to submerge, float and kick. This level marks the beginning of true locomotion skills.

25 minute sessions.

Tiny Tots Level 3 - Ages 3-4 (Advanced)

Students in this level must be able to participate in a group lesson for 40 minutes. Students must be able to float without support on their front and back and be able to demonstrate supported freestyle. Concentration is placed on coordination of freestyle and backstroke, as well as an introduction to diving.

40 minute sessions.

Level 1 - Ages 5 and up

The objective of this level is to help students feel comfortable in the water and to enjoy the water safely. This is a beginning level class.

40 minute sessions.

Level 2 - Ages 5 and up

The objective of this class is to give students success with fundamental skills. Students must be comfortable submerging and floating with support. In this level students learn floating without support, breath control and orientation to deep water. Freestyle and backstroke are introduced, marking the beginning of locomotion skills.

50 minute sessions.

Level 3 - Ages 5 and up

Students in this level must be able to float on their fronts and backs without support and demonstrate freestyle for 5 yards. Freestyle and backstroke are further developed. Diving and elementary backstroke are introduced.

50 minute sessions.

Level 4 - Ages 5 and up

Students in this level must be able to swim 15 yards of freestyle and 10 yards of backstroke and elementary backstroke. Endurance is increased. The breaststroke kick and arms are introduced as well as dolphin kick and treading water.

50 minute sessions.

Level 5 - Ages 5 and up

Students in this level must be able to swim 25 yards of freestyle and backstroke, 15 yards of elementary backstroke, and 10 yards of breaststroke kick. They must also be able to tread water for 1 minute. In this level, strokes are continued for distance, the breaststroke is refined, and butterfly and diving from the board are introduced.

50 minute sessions.

Level 6 - Ages 5 and up

Students enrolled in this class must be able to swim 50 yards freestyle, 50 yards of backstroke, 25 yards of the elementary backstroke, 10 yards of dolphin kick and 25 yards of breaststroke. Butterfly is refined in this class. The focus of this class is polishing strokes in order to swim with greater ease, efficiency, and power over greater distances. The individual medley and competitive turns are introduced at this level.

50 minute sessions.

Level 7 - Ages 5 and up

Students in this level must be able to swim 100 yards of backstroke and 150 yards of freestyle, 50 yards of breaststroke and 25 yards of butterfly. They must also be familiar with freestyle flip turns and breaststroke turns. The focus of this class is to increase endurance and refine strokes to a competitive level. Water safety and rescue skills are further developed.

50 minute sessions.

SWIM SESSIONS

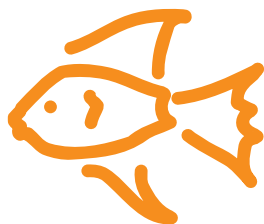
Mid-Week Classes meet:

Monday - Thursday

- Session I June 20-30
- Session II July 5-14
(No classes July 4)
- Session III July 18-28
- Session IV August 1-11
- Session V August 15-25

Saturday Classes meet:

- Session I June 18 - July 23
(no classes July 2)
- Session II July 30- August 27



Mid-Week Swim Sessions - Monday-Thursday



Parent 'n Tot

Session	I	II	III	IV	V
Cost	\$34/44	\$30/40	\$34/44	\$34/44	\$34/44
Time/Class					
4pm	#123020	#123415	#123810	#124208	#124619

Tiny Tot Level I

Session	I	II	III	IV	V
Cost	\$34/44	\$30/40	\$34/44	\$34/44	\$34/44
Time/Class					
10am	#123049	#123444	#123840	#124238	#124649
3:30pm	#123061	#123456	#123853	#124251	#124662
4:30pm	#123063	#123458	#123855	#124253	#124664
5:30pm	#123064	#123459	#123856	#124254	#124665

Tiny Tot Level 2

Session	I	II	III	IV	V
Cost	\$34/44	\$30/40	\$34/44	\$34/44	\$34/44
Time/Class					
10:30am	#123093	#123488	#123885	#124284	#124695
3:30pm	#123107	#123501	#123899	#124298	#124709
4pm	#123108	#123502	#123900	#124299	#124710
5pm	#123109	#123503	#123901	#124300	#124711
6pm	#123110	#123504	#123902	#124301	#124712

Tiny Tot Level 3

Session	I	II	III	IV	V
Cost	\$46/61	\$40/55	\$46/61	\$46/61	\$46/61
Time/Class					
10am	#123132	#123526	#123924	#124323	#124734
2:30pm	#123143	#123537	#123935	#124334	#124745
4:30pm	#123145	#123539	#123937	#124336	#124747

Level I

Session	I	II	III	IV	V
Cost	\$46/61	\$40/55	\$46/61	\$46/61	\$46/61
Time/Class					
9am	#123166	#123561	#123958	#124358	#124769
11am	#123170	#123565	#123962	#124362	#124773
2:30pm	#123171	#123566	#123963	#124363	#124774
4:30pm	#123176	#123571	#123969	#124368	#124779

Level 2

Session	I	II	III	IV	V
Cost	\$46/61	\$40/55	\$46/61	\$46/61	\$46/61
Time/Class					
9am	#123196	#123591	#123989	#124399	#124799
10am	#123197	#123592	#123990	#124400	#124800
11am	#123198	#123593	#123991	#124401	#124801
2:30pm	#123208	#123604	#124001	#124412	#124812
3:30pm	#123209	#123605	#124002	#124413	#124813
4:30pm	#123210	#123606	#124003	#124414	#124814
5:30pm	#123211	#123607	#124004	#124415	#124815



Mid-Week Swim Sessions - Monday-Thursday

Level 3

Session	I	II	III	IV	V
Cost	\$46/61	\$40/55	\$46/61	\$46/61	\$46/61
Time/Class					
9am	#123222	#123618	#124015	#124426	#124826
10am	#123223	#123619	#124016	#124427	#124827
11am	#123224	#123620	#124017	#124428	#124828
2:30pm	#123235	#123631	#124028	#124439	#124839
3:30pm	#123236	#123632	#124029	#124440	#124840
4:30pm	#123237	#123633	#124030	#124441	#124841
5:30pm	#123238	#123634	#124031	#124442	#124842



Level 4

Session	I	II	III	IV	V
Cost	\$46/61	\$40/55	\$46/61	\$46/61	\$46/61
Time/Class					
9am	#123249	#123645	#124042	#124453	#124853
10am	#123250	#123646	#124043	#124454	#124854
11am	#123251	#123647	#124044	#124455	#124855
2:30pm	#123262	#123658	#124055	#124466	#124866
3:30pm	#123261	#123657	#124054	#124465	#124865
4:30pm	#123263	#123659	#124056	#124467	#124867
5:30pm	#123264	#123660	#124057	#124468	#124868



Level 5

Session	I	II	III	IV	V
Cost	\$46/61	\$40/55	\$46/61	\$46/61	\$46/61
Time/Class					
9am	#123275	#123671	#124068	#124479	#124889
11am	#123276	#123672	#124069	#124480	#124890
2:30pm	#123287	#123683	#124080	#124491	#124901
3:30pm	#123288	#123684	#124081	#124492	#124902
5:30pm	#123289	#123685	#124082	#124493	#124903

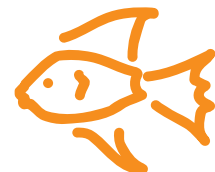


Level 6

Session	I	II	III	IV	V
Cost	\$46/61	\$40/55	\$46/61	\$46/61	\$46/61
Time/Class					
9am	#123308	#123704	#124101	#124513	#124922
11am	#123310	#123706	#124103	#124514	#124924
2:30pm	#123321	#123717	#124114	#124525	#124935
3:30pm	#123329	#123719	#124116	#124527	#124937
5:30pm	#123322	#123718	#124115	#124526	#124936

Level 7

Session	I	II	III	IV	V
Cost	\$46/61	\$40/55	\$46/61	\$46/61	\$46/61
Time/Class					
10am	#123333	#123729	#124126	#124537	#124947
4:30pm	#123344	#123739	#124137	#124548	#124958



Saturday Swim Sessions

Saturday sessions fill up fast - sign up early!

Session I - Saturdays, June 18-July 23 (no class July 2)

	Parent nTot	Tiny Tot 1	Tiny Tot 2	Tiny Tot 3	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
Cost	\$22/32	\$22/32	\$22/32	\$29/39	\$29/39	\$29/39	\$29/39	\$29/39	\$29/39	\$29/39	\$29/39
9:00am	#125050		#125096	#125122	#125142	#125165	#125189		#125233	#125255	
9:30am		#125074	#125097								
10:00am	#125051		#125098	#125123		#125166	#125190	#125214	#125234	#125256	
10:30am		#125075	#125099								
11:00am			#125100	#125124	#125144	#125167	#125191	#125213			#125278
11:30am		#125076									
12:00pm		#125077	#125101	#125125	#125146	#125168	#125192	#125215	#125236		
12:30pm											

Session II - Saturdays, July 30-August 27

Saturday Swim - Session II											
	Parent nTot	Tiny Tot 1	Tiny Tot 2	Tiny Tot 3	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
Cost	\$22/32	\$22/32	\$22/32	\$29/39	\$29/39	\$29/39	\$29/39	\$29/39	\$29/39	\$29/39	\$29/39
9:00am	#125380		#125426	#125452	#125472	#125495	#125518		#125562	#125584	
9:30am		#125404	#125427								
10:00am	#125381		#125428	#125453		#125496	#125519	#125543	#125563	#125585	
10:30am		#125405	#125429								
11:00am			#125430	#12554	#125474	#125497	#125520	#125544			#125606
11:30am		#125406									
12:00pm		#125407	#125432	#12555	#125475	#125498	#125515	#125545	#125565		
12:30pm											

OTHER YOUTH AQUATICS

Intro to Diving - Canyonview

Come learn the basics of diving from a board with this introductory class. The 3-step approach along with the pike, tuck, and back dives will be covered. To enroll, students MUST be comfortable treading water in deep end for 1 min, and be able to jump off 1 meter diving board and swim unassisted to the side. These skills will be tested at the first class meeting. Ages 6-16 years. No experience needed.

Session I

#125280 Sat 1-1:50pm 6/18-7/23 \$29/39

Session II

#125281 Sat 1-1:50pm 7/30-8/27 \$29/39

Intermediate Diving - Canyonview

Improve your front and back dives while learning to do flips and inward dives. Students should be able to do a full 3 step approach with hurdle on the 1 meter board, a front dive from approach, and a back dive. To enroll, students MUST be comfortable treading water in the deep end for 1 min, and be able to jump off 1 meter diving board and swim unassisted to the side. Ages 6-16.

Session I

#125282 Sat 2-2:50pm 6/18-7/23 \$29/39

Session II

#125283 Sat 2-2:50pm 7/30-8/27 \$29/39



Intro to Water Polo (Ages 8 and older) - Natatorium

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.

Session I

#125285 Sat 2-2:50pm 6/18-7/23 \$29/39

Session II

#125286 Sat 2-2:50pm 7/30-8/27 \$29/39



GYMNASTICS

Gymnastics info call (858) 822-0532.

Registration cut-off dates are as follows:

Session I: Thursday, June 16, midnight

Session 2: Thursday, July 28, midnight

After these dates, a signed add slip by the program coordinator will be needed to enroll.

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, but our widest offerings are for beginning level students. **Sign up early, these classes fill especially fast.**

- Gymnastics staff reserves the right to switch students to the appropriate levels during the first 2 weeks of classes.
- Children ages 18 mo.-5 years must enroll in our Tiny Tots track of classes. Age is the best predictor of what level your child should enroll in, but gymnastics staff reserves the right to transfer your student into proper level regardless of age.
- Most children repeat each level several times before changing levels. Assume that your child will stay in the same level throughout the summer. 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 25 for more details.

Gymnastics class dates:

Session I

Saturday	6/18-7/23
Monday	6/20-7/25
Tuesday	6/21-7/19
Wednesday	6/22-7/20
Thursday	6/23-7/21

Session II

Saturday	7/30-8/27
Monday	8/1-8/29
Tuesday	8/2-8/30
Wednesday	8/3-8/31
Thursday	8/4-9/1

**No classes
July 2, 3, 4**

Tiny Tots I - age 3. 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.

Session I

#122003	Mon 3-3:45pm	\$28/38
#122005	Wed 3-3:45pm	\$28/38
#122011	Sat 10-10:45am	\$28/38
#122013	Sat 12-12:45pm	\$28/38

Session II

#122104	Mon 3-3:45pm	\$28/38
#122105	Wed 3-3:45pm	\$28/38
#122111	Sat 10-10:45am	\$28/38
#122113	Sat 12-12:45pm	\$28/38

Tiny Tots II - age 4. 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.**

Session I

#122014	Mon 3:45-4:30pm	\$28/38
#122015	Wed 3:45-4:30pm	\$28/38
#122017	Sat 10-10:45am	\$28/38
#122018	Sat 12-12:45pm	\$28/38

Session II

#122114	Mon 3:45-4:30pm	\$28/38
#122115	Wed 3:45-4:30pm	\$28/38
#122117	Sat 10-10:45am	\$28/38
#122118	Sat 12-12:45pm	\$28/38

Parent n' Tot: Ages 18 mos.-3yrs. This non-structured class is a great way for parents and toddlers to explore the sport of gymnastics in a non-intimidating, low-key environment. Perfect for burning energy and developing motor coordination, this non-structured class offers a fantastic learning experience!

Session I

#122000 Sat 9-9:45am \$28/38

Session II

#122001 Sat 9-9:45am \$28/38

Mini Level I - age 5. A transitional class between Tiny Tots and Level I. Prepares students for a more 'big kid' like environment and class time increases to 55 minutes. **Instructor approval required.**

Session I

#122019	Mon 3:30-4:25pm	\$28/38
#122020	Wed 3:30-4:25pm	\$28/38
#122021	Sat 11-11:55am	\$28/38

Session II

#122119	Mon 3:30-4:25pm	\$28/38
#122120	Wed 3:30-4:25pm	\$28/38
#122121	Sat 11-11:55am	\$28/38

Level I - ages 6-8. The next class after Mini Level I, this class continues to introduce beginning gymnastics skills while also perfecting those basic skills previous learned. **Instructor approval required.**

Session I

#122023	Mon 3:30-4:25pm	\$28/38
#122025	Wed 3:30-4:25pm	\$28/38
#122028	Sat 11-11:55am	\$28/38

Session II

#122123	Mon 3:30-4:25pm	\$28/38
#122125	Wed 3:30-4:25pm	\$28/38
#122128	Sat 11-11:55am	\$28/38

Level I - ages 8 and up. This class is intended for the beginning student who is 8 years of age or older. Basic gymnastics skills are introduced on all events.

Session I

#122024	Tues 3-4pm	\$28/38
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Session II

#122124	Tues 3-4pm	\$28/38
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Level 2 - age 6 and up. Students must be able to perform level one skill set with proper form and technique. **Instructor approval required.**

Session I

#122040	Mon 3:30-5pm	\$41/56
#122042	Wed 3:30-5pm	\$41/56
#122046	Sat 1-2:30pm	\$41/56

Session II

#122140	Mon 3:30-5pm	\$41/56
#122142	Wed 3:30-5pm	\$41/56
#122146	Sat 1-2:30pm	\$41/56



Level 3 - age 6 and up. Students must be able to perform level two skill set with proper form and technique. **Instructor approval required.** (Recommended for those interested in advancing to team levels)

Session I

#122056	TTh 3-5pm	\$110/130
#122058	Sat 1-3pm	\$55/70

Session II

#122156	TTh 3-5pm	\$110/130
#122158	Sat 1-3pm	\$55/70

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' Beginning - after Mini - Level I This beginning level class introduces students to basic gymnastics movement on the six different apparatus. **Instructor approval required.**

Session I

#122037	Sat 11-11:55am	\$28/38
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Session II

#122137	Sat 11-11:55am	\$28/38
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Boys' Intermediate/Advanced - age 6 and up. For the more experienced on men's apparatuses. Instructor approval required.

Session I

#122050	TTh 3-5pm	\$110/130
#122066	Sat 12-2pm	\$55/70

Session II

#122150	TTh3-5pm	\$110/130
#122166	Sat 12-2pm	\$55/70

Gymnastics Tumbling Skills- ages 10-16. All levels welcome. Structured tumbling class for those who want to maintain or improve their tumbling skills or for those who are only interested in only learning to tumble.

Session I

#122090	Sat 2:30-3:30pm	\$28/38
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Session II

#122091	Sat 2:30-3:30pm	\$28/38
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DANCE

Primary Ballet (Ages 5-7) - MG

This class is for children ages 5-7. They will learn basic ballet positions and steps, simple locomotor movement, and use their own creativity to discover movement possibilities. No class on 7/2.

Vanetta Diamond

Session I

#122450 Sat 9-10am 6/18-7/23 \$26/36

Session II

#122460 Sat 9-10am 7/30-8/27 \$26/36

Beginning Ballet (Ages 8-12) - MG

Children ages 8-12 will learn ballet fundamentals. This class will teach proper ballet technique, while improving posture, flexibility and coordination. No previous dance experience required. No class on 7/2

Vanetta Diamond

Session I

#122451 Sat 10-11am 6/18-7/23 \$26/36

Session II

#122461 Sat 10-11am 7/30-8/27 \$26/36

MARTIAL ARTS

Green Willow Karate (Aoinagi)

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.

Session I

#122300 TTh 5-6pm 6/21-7/21 \$32/42

Session II

#122310 TTh 5-6pm 8/2-9/1 \$32/42

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

Session I

#122304 Sat 10-11am 6/18-7/23 \$16/26

Session II

#122314 Sat 10-11am 7/30-8/27 \$16/26

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.

Brahman Gnad

Session I

#122303 Sat 9-9:45am 6/18-7/23 \$16/26

Session II

#122313 Sat 9-9:45am 7/30-8/27 \$16/26

Okinawan Karate

This is a non-contact training program for children ages 6 to 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.

Session I

Beginning

#122301 Mon 4-5pm, Sat 8:30-10am
6/20-7/25 \$40/55

Advanced Beginning

#122302 Wed 4-5pm, Sat 8:30-10am
6/22-7/23 \$40/55

Session II

Beginning

#122311 Mon 4-5pm, Sat 8:30-10am
7/30-8/29 \$40/55

Advanced Beginning

#122312 Wed 4-5pm, Sat 8:30-10am
7/30-8/31 \$40/55



SPORTS



Beginning Archery

Recreational and Olympic style archery taught. Class prepares students for local competitions. All equipment is provided. Ages 8-12.

Tyler Domenech

Session I

#121560 Mon 4:15-5:15pm 6/20-7/25 \$16/26

Session II

#121565 Mon 4:15-5:15pm 8/1-8/29 \$16/26

Fencing

Imagine playing chess while running a 100 yard dash. This is the modern sport of fencing offered at UCSD for fun and fitness. This is a "hands on" class, with students learning the fundamentals of the sport from the beginning.

Staff

Level I Fencing - ages 7+

Basic elements and core skills are taught through games and activities. Students learn motion and skill development focusing on attacks, defense and footwork. Equipment provided.

Session I

#122415 Sat 12-1pm 6/18-7/23 \$18/28

Session II

#122416 Sat 12-1pm 7/30-8/27 \$18/28

Level 2 Fencing - ages 7+

Basic set skills are applied at a competitive level. Electrical scoring is introduced.

Session I

#122419 Sat 1-2pm 6/18-7/23 \$18/28

Session II

#122420 Sat 1-2pm 7/30-8/25 \$18/28

TENNIS

Tennis Boot Camp (Mid Week)

Tennis conditioning and skills in a fun and friendly environment. For kids ages 8-11.

Staff

Session I

#122225 TTh 2-3pm 6/21-7/21 \$55/75

Session II

#122226 TTh 2-3pm 8/2-9/1 \$55/75

Beginning Tennis (Mid Week)

For kids ages 8-11.

Staff

Session I

#122200 TTh 3-4pm 6/21-7/21 \$34/44

Session II

#122204 TTh 3-4pm 8/2-9/1 \$34/44

Beginning/Adv. Beginning Tennis (Mid Week)

For kids ages 11 and up.

Staff

Session I

#122201 TTh 4-5pm 6/21-7/21 \$34/44

Session II

#122205 TTh 4-5pm 8/2-9/1 \$34/44

Saturday Tennis Classes

Marcus Robas

Session I

Beginning (ages 8-11)

#122250 10-11am 6/18-7/23 \$21/31

Beg/Adv. Beg. (ages 11 and up)

#122251 11am-12n 6/18-7/23 \$21/31

Intro to Match Play

(ages 11 and up with prior experience)

#122258 12-1pm 6/18-7/23 \$21/31

Session II

Beginning (ages 8-11)

#122260 10-11am 7/30-8/27 \$21/31

Beg/Adv. Beg. (ages 11 and up)

#122261 11am-12n 7/30-8/27 \$21/31

Intro to Match Play

(ages 11 and up with prior experience)

#122268 12-1pm 7/30-8/27 \$21/31

Rec Card/ Registration Information

Quarter begins Quarter ends	Summer 7/1/11 9/30/11	Fall 10/1/11 12/31/11	Winter 1/1/12 3/31/12	Spring 4/1/12 6/30/12	Annual 7/1/11 6/30/12
Faculty/Staff/Senior (60+)/Alumni/ *Adult Family Member of UCSD Student University Extension/ELP (1 quarter purchases only)	\$95	\$95	\$95	\$95	\$380
**Minor Family Member (10-17 years) of Rec Card Holder (excludes weight room use)	\$40	\$40	\$40	\$40	\$160
Community	\$115	\$115	\$115	\$115	\$460
One Month Access Card for 30 days only from date of purchase For facility use only - no Rec Class discounts	\$45/mo	\$45/mo	\$45/mo	\$45/mo	
UCSD Student (summer only)					
Summer quarter	\$92				
Six weeks	\$46				
Four weeks	\$31				
Day pass (student price)	\$3/day				
Flex pass (see description below)	\$2/day				

* Adult Family Member - spouse or dependent child 18-21

**Special restrictions apply. UCSD Recreation defines a minor as anyone under the age of 18 years. Minor Recreation Card Holders/Recreation Day Pass users may have Recreation privileges only when under the direct supervision of their parental Recreation Card Holder/Recreation Day Pass purchaser. Recreation privileges for minors are limited to the following activities: Tennis, racquetball, squash, handball. Direct parental supervision requires the parent to be in the court with the minor or have direct observation of the minor from outside the court. Family Swim time is available at Canyonview Pool.

***Student Summer Flex Pass: \$2/day - 5 days minimum purchase required. UCSD students only.

UCSD Recreation Rec Card Information

REC CARD BENEFITS

Your Rec Card gives you:

- Access to all UCSD sports facilities during 'Informal Recreation' hours
- Discounted prices on:
 - Rec Classes for adults and children (17 & under)
 - Outback Adventures outings and equipment rentals
 - Mission Bay Aquatic Center classes and equipment rentals
- Eligibility to play Intramural Sports (faculty and staff).
- Students must purchase a Rec Card in the summer.

Purchasing a Rec Card:

- Purchase a Rec Card with cash, check, Visa, Master Card, AMEX, Discover, Triton Plus (students) or payroll deduction (UCSD employees only - call (858)534-4037 for details.
- If you have never purchased a Rec Card you will need to come after Tuesday, May 31 to the RIMAC Sales Desk, have your photo taken and show status verification (for faculty, staff or alumni categories) before receiving the Rec Card.
- Rec Cards may be purchased:
 - In-person at the RIMAC Sales Desk starting Tuesday, May 31, Monday-Friday, 8am-6pm.
 - By mail - UCSD Recreation, 9500 Gilman Drive, 0529, La Jolla, CA 92093-0529, starting Tuesday, May 31.
- All Rec Card registration forms must be accompanied by a Rec Card waiver and payment. Rec Card waiver is available on page 29, online at recreation.ucsd.edu, or at the RIMAC Sales Desk.
- Rec Card renewals may be purchased online at <http://recreation.ucsd.edu>
- **THERE ARE NO REFUNDS ON REC CARDS.**
- **PARKING** - Call (858)534-2208 for information.

NOTE: Information in this publication is subject to change.

REC CLASS REGISTRATION INFORMATION

When and how to register for a Rec Class

Online/Mail-In/Walk-in Registration - Beginning Tuesday, May 31, 8am, you may register using:

1. **Online registration:** Go to our website: <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 (Mon-Fri 8am-6pm)
Note: Registrations accepted until classes are full (Exception: Kid’s swim and gymnastics class registrations have Thursday, midnight deadlines. See pages 15 (swim) and 20 (gymnastics) for exact cut-off date of class for which you are enrolling.)

Rec Class policy information

- A separate registration form and waiver is required for each person being registered.
- Please review registration forms for accuracy, including credit card information, credit card authorization signature and expiration date, and appropriate waiver signatures. Incomplete or inaccurate registrations will be returned through the U.S. Postal Service, with an explanation of the discrepancy attached. Spaces in classes will not be held.
- Participants are allowed one transfer per class. There are no refunds on transferred classes. Transfer requests must be made either in person (RIMAC Sales Desk) or via email (rclasses@ucsd.edu). If e-mailing 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 UCSD student or current Recreation Card holder. To purchase a Rec Card, see page 64. 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-hour notice cancellation policy. Please email: rclasses@ucsd.edu or contact the instructor to cancel. Advance payment is required for all 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.
- Please note refund policies are based on scheduled class dates, not individual registration dates.
- Rec Classes no longer accept fax-in class registrations.
- Parents are encouraged to accompany their child/children to class and stay for the class sessions.
- Rec Classes has a two-tiered payment system; the lower price is for UCSD students and Rec Card holders and the higher price is for all others.

REFUNDS/CREDITS

- To receive a full refund or credit, a request must be made either in person (RIMAC Sales Desk) or via e-mail (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. You may request a 50% credit after the second scheduled class meeting and before the third scheduled class meeting either in person (RIMAC Sales Desk) or via e-mail (rclasses@ucsd.edu). After the third scheduled meeting no credit requests will be considered. These policies apply 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. No refunds given on interim classes; credit only may be requested.
- All credits are non-refundable and non-transferable.

OFFICE USE ONLY
Member Number _____

Participant's Name (Please Print) _____ Member Number _____
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 Participant 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 Participant Date Signature of Parent/Guardian of Minor Date

Participant's Age (if minor): _____

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



UCSD RECREATION
Rec Card Application Form & Waiver of Liability (See opposite side)

Select one: **NEW** **NOTE:** All 'NEW' Rec Cards must be purchased in person. **RENEWAL**
 *Requires verification of affiliation for first time purchasers

Affiliate Information: _____

LAST NAME / FIRST NAME / MI

ADDRESS / CITY / STATE / ZIP CODE

HOME PHONE: (____) _____ WORK PHONE: (____) _____ EXT: _____

EMAIL ADDRESS _____ CAMPUS MAIL CODE _____

- UCSD STAFF ID # _____
- UCSD FACULTY ID # _____
- UCSD ALUMNI - Diploma; Final Transcript; Verification letter from Alumni office.
- UCSD STUDENT/ EMPLOYEE- Spouse/Domestic Partner/Adult children, ages 18-21
- SENIOR (60 and over) - Picture ID required (Driver's license, passport, military ID, etc.)
- UNIVERSITY EXTENSION - Must have valid card from University Extension to purchase Rec Card. ELP-(English Language Program and Concurrent Studies) must provide verification of student status each quarter.
- COMMUNITY - (18-60) Picture ID required (Driver's license, passport, military ID, etc.).
- MONTHLY REC CARD (Facility access only - no class discounts will apply).

Staff/Faculty need to have validated UCSD ID or letter from Chairperson of department to verify employment.

All primary affiliates need Rec Cards for minors (10-17) to purchase Rec Cards.
 Family Member - Spouse/Domestic Partner/Adult children, ages 18-21; Minors - ages 10-17. Complete application form for each person.

ALL APPLICANTS MUST COMPLETE THE WAIVER FORM ON THE OPPOSITE SIDE OF THIS FORM
NO REFUNDS ON RECREATION CARDS

Quarter you are purchasing Rec Card (Check all applicable) Rec Card can be sold only within the current fiscal year - July 1-June 30 Faculty / Staff / UCSD Alumni *UCSD Staff, Faculty, Student or Alumni *Spouse, domestic partner or Adult children, ages 18-21 of UCSD Student Senior (60 and over)	<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 ONLY
	1 quarter	2 quarters	3 quarters	4 quarters	
	\$95	\$190	\$285	\$380	
University Extension/ELP/Concurrent Studies (may purchase for one quarter only)	\$95				
Community	\$115	\$230	\$345	\$460	
Minor (10-17) Must be accompanied by adult during all facility usage (excludes weight room use)	\$40	\$80	\$120	\$160	
STUDENTS: SUMMER ONLY (Must have student ID from any university or college)	full summer \$92 6 weeks \$46 4 weeks \$31				
Note: students can also purchase a \$3 day pass					
Monthly Rec Card (30 days from date of purchase only)	\$45				

CHECK PAYROLL DEDUCTION (complete form) RECHARGE _____

Credit cards in person or through online registration.
 DO NOT MAIL CASH – MAKE CHECKS PAYABLE TO: UC REGENTS AMOUNT: \$ _____

Send to: University of California, San Diego
 UCSD Recreation MC0529
 9500 Gilman Drive or Campus Mail: UCSD Recreation, 0529
 La Jolla CA 92093-0529

Select one:
 Mail card
 Pick-up card

If your preference of mailing or pick-up is not specified, card will be mailed to address above.
For more information please call UCSD 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
UCSD 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 UCSD 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 UCSD 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. **UCSD 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 UCSD 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 **UCSD 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 Participant Date Signature of Parent/Guardian of Minor Date

Participant’s Age (if Minor): _____

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

It's a Rec Class Summer!



Learn to surf....



Bring your kids to
learn to swim and
have fun in the pool...
or learn a new sport



For complete program information go to our website:
recreation.ucsd.edu