new UBC POOL
OPENING JANUARY 2017
recreation.ubc.ca
Welcome! UBC Recreation is here to get our community moving. We’re proud to offer a variety of programs and activities for everyone of all ages and skill level: from first time swim lessons for 6-month olds to intramural league sports to seniors tennis and everything in between. At UBC Recreation, we hope to inspire you to add movement into your everyday life in fun and exciting ways. We have something for every taste and interest, or be bold and try something new!

Recreation Contacts

BirdCoop Fitness Centre
604.822.6924
birdcoop.fitnesscentre@ubc.ca

Doug Mitchell Thunderbird Sports Centre (DMTSC)
604.822.6121
ice.rink@ubc.ca

John M.S. Lecky UBC Boathouse
604.827.2011
programs.ubcboathouse@ubc.ca

UBC Aquatic Centre
604.822.4501
aquatic.centre@ubc.ca

UBC Baseball Indoor Training Centre
604.822.5770
itc.info@ubc.ca

UBC Camps Headquarters
604.822.1540
ubc.camps@ubc.ca

UBC Physical Activity
604.827.3872
physical.activity@ubc.ca

UBC Student Recreation Centre (SRC)
604.822.6000
src.operations@ubc.ca

UBC Tennis Centre
604.822.2505
tennis.centre@ubc.ca

UBC Thunderbirds Sport Clubs
604.822.3683
sport.clubs@ubc.ca

UBC Instructional Programming
604.822.1682
programs.instructional@ubc.ca

UBC Intramurals
604.822.9052
im.studentengagement@ubc.ca
UBC Recreation is committed to offering diverse, accessible and inclusive programming for the entire UBC community. We commit to fostering an environment to which all can contribute and within which all can thrive.

We are proud to incorporate all abilities and peoples into our programs and events, so please contact us if you have any questions or concerns.

UBC Recreation Code of Conduct

The UBC Recreation Code of Conduct is intended to identify the general standards of conduct for all UBC Athletics and Recreation staff, participants, and spectators. It is the responsibility of all parties to familiarize themselves with, and understand their obligation to the code of conduct.

Individuals are expected to:

- Treat themselves, staff, spectators, and other participants with respect. Bullying, threatening and harassing behavior will not be tolerated.
- Promote an inclusive environment in which differences are valued.
- Conduct themselves in a safe manner and avoid causing harm to anyone. Neither participation under the influence of drugs or alcohol nor possession of weapons, drugs, and other illegal or banned items will be tolerated.
- Be fair, forthright and courteous in relation to others. Misrepresenting oneself will not be tolerated.
- Respect all UBC property and the property of others.
- Follow all UBC Recreation policies and procedures.
- Seek direction if there is a question about compliance with UBC Recreation policies.

Any behavior deemed to violate the Code of Conduct can lead to removal, suspension, termination of privileges or any other penalty as deemed appropriate. The breach of UBC Recreation’s Code of Conduct will be investigated fairly and without bias. Refunds will not be given for loss of privileges due to breach of Code of Conduct.

For detailed information on our policies please visit recreation.ubc.ca/policies

facebook.com/ubcrec
twitter.com/ubcrec
instagram.com/ubcrec
snapchat: ubcrec

Contents

How To Register ..........................................................................................5
Get Moving .................................................................................................7
UBC Students ..........................................................................................9
Featured Student Events ........................................................................11
UBC Staff & Faculty ...............................................................................13
Community .............................................................................................15
Youth ........................................................................................................17
Aquatics ....................................................................................................19

Swimming Lessons, Aquatic Fitness Classes, Aquatic Rehab Classes, Drop-in Public Swimming, Learn to Scuba Dive, Advanced Aquatic Safety, and First Aid Courses.

Fitness ......................................................................................................28

BirdCoop Fitness Centre Memberships, Group Fitness Classes, Boot Camps, Indoor Bouldering, Zumba, Personal Training and Group Personal Training Classes.

Instructional Programs ........................................................................29

Dance, Martial Arts, Mind & Body, Sport Instruction and Outdoor

Ice ..........................................................................................................32

Hockey and Skating Lessons, Adult and Youth Hockey Leagues, Drop-in Skating and Hockey.

Rowing ...................................................................................................33

Adult and Youth Rowing Lessons and Leagues.

Tennis ......................................................................................................34

Court bookings, Clinics, Drills, Leagues and Lessons for tennis players of all levels.

Intramurals Events & Leagues ................................................................36

Unique events and leagues that offer a variety of competition experiences. Events run 3-4 times per month from September until April. Leagues offer a variety of sports from competitive to casual participation opportunities.

Youth Programs .....................................................................................38

After school, evening, and weekend lessons in aquatics, tennis, skating, hockey, rowing, and instructional programs.

Spring Break Camps 2017 ......................................................................39

Drop-In Sports ..........................................................................................41

Badminton, Basketball, Volleyball, and more, including free options for UBC students, staff, faculty, and UNA.

Schedules .................................................................................................42
THE ABILITY TO COPE WITH STRESS

A SENSE OF BELONGING AT UBC

SUPPORTIVE FRIENDSHIPS

THE ABILITY TO BALANCE ACADEMIC AND PERSONAL TIME

THE BELIEF THAT THEY CAN MAKE A POSITIVE IMPACT ON THE WORLD

GENERAL HEALTH

Students who participate in UBC Recreation programs are more likely to report that they have:

This data is taken from UBC Recreation Participation statistics (2014-2015) cross referenced with the Undergraduate Experiences Survey (2015).
HOW TO REGISTER

UBC Recreation is committed to offering diverse and inclusive programming for the entire UBC population, including students, staff, faculty, and the community. We strive to increase access and inclusivity, creating an environment in which all can participate and thrive.

Register Online
- Visit recreation.ubc.ca and click “Registration” to be taken to the registration portal.
- Select “Register for Programs.”
- If it is your first time registering, you will need to create a new account. Click “Create New Account” in the top right corner and you will be provided with a Client Number and PIN.
- Once you are logged in, click “Add” beside the program you wish to register for, and proceed through the checkout process.

Free and discounted options
There are plenty of free classes and discounts available for UBC students, UBC staff & faculty, and members of the University Neighbourhoods Association. You will be required to provide identification information to complete your registration at the discounted rate.

Learn about the different options for:
- Students at recreation.ubc.ca/students
- Staff & Faculty at recreation.ubc.ca/staff-faculty
- UNA Members at recreation.ubc.ca/community

Register In-Person
You are welcome to drop-in to any of our facilities during their open hours to ask for more information about our classes or to register.

When you are coming in to register
- Bring your Student/Staff/UNA ID Card (if applicable).
- Bring your method of payment if it is a paid program.
- Know the name, day, and time of the program you are wanting to register for.

Something for everyone!
With hundreds of hours of programming each week, find the options best suited for you. Visit recreation.ubc.ca for comprehensive listings of all programs.

recreation.ubc.ca
How to Register
Janet Ochola
PhD Student,
Department of Chemistry

Janet has been involved with UBC Recreation for the past five years with Intramural Leagues, but has recently challenged herself to fitness classes for more physical activity.

“The programs are a great way to keep active while socializing and having fun, and I have found that exercising in a group class helps me push myself more.”
GET MOVING

Shift your life at UBC to incorporate movement as part of your everyday routine. Moving allows us to deal with stress, build new friendships, and refocus our minds to think clearly and critically.

Get Started with Fitness
recreation.ubc.ca/getting-started-with-fitness

If you’re new to fitness, it isn’t always easy taking those first few steps. The BirdCoop Fitness Centre has programming designed for individuals looking at getting started or getting back into fitness.

Winter Intramural Casual Leagues
recreation.ubc.ca/casual-leagues

Casual Leagues are offered for soccer and ice hockey with regular weekly games with officials. Teams are fluid and adjustable – the perfect balance between drop-in and competitive leagues and are great way to meet new people and play the sport you love without the commitment of a regular team. For Staff & Faculty, drop-in on the free volleyball league that runs during Wednesday lunch hours. All levels of skill are welcome in this recreational league.

Drop-In
recreation.ubc.ca/drop-in

So you love to keep fit by playing sports but can’t commit to a full-time team? Then drop-in sports are where you belong. Basketball, volleyball, badminton, and futsal are all free for UBC students and staff/faculty. Don’t forget about the best ice hockey deal in town for UBC students: $2.50 for 75 minutes of ice at the Doug Mitchell Thunderbird Sports Centre. Check out recreation.ubc.ca/drop-in for all drop in schedules.

1.0 Tennis Clinics
recreation.ubc.ca/tennis

Learn all about the tennis basics. This clinic covers the basic strokes as well as rules, scoring, and positioning. Clinics are 5 weeks long with multiple sessions and start dates throughout the term.

Getting into Movement

The UBC Movement Co.
recreation.ubc.ca/movement

A free social club designed to help you get moving and meet new people in a fun and comfortable environment. Movement Co. allows you to sample different activities including Storm the Wall, self defense, fitness classes, guided walks and runs, yoga, and much more. Join us for our Movement Co. Kick-Off happening January 13th – food and fun will be provided!

Term 2 Movement Co. Events
Jan 13, 3:00-5:00pm: Movement Co. Term II Kick-Off
Jan 27, 4pm: Beat Your Stress
March 16, 12:30-2:00pm: K-Pop Dance
March 26 and March 29: Storm the Wall

Step It Up
recreation.ubc.ca/walking

Ever felt like you should be outside, taking in the majestic views UBC has to offer on a gorgeous pacific northwest winter day? Join us on a free guided walk each month to get moving and meet new people! Each month is themed – check out our website for the most up-to-date schedule.

Step It Up Walks
Jan 24, 12:30pm: Walk with the Whale
Feb 28, 12:00pm: UBC Photo Walk
Apr 3, 12pm: Nitobe Garden Walk

Unique Experiences

Free Week – January 9-15
recreation.ubc.ca/free-week

Get moving with us this winter in new and exciting ways. This is your chance to drop-in on any of our instructional, fitness or aquatics classes (over 200 to choose from!) completely free from January 9 to 15. Classes are offered in our facilities across campus, so check the online schedule (or the back foldout of this guide) for the most convenient classes for you! No experience is required for any of the classes and all abilities are welcomed.

Yoga Rave – February 9
recreation.ubc.ca/yoga-rave/

You bring your neon, we’ll bring glow-in-the-dark paint and black lights. This free yoga dance-party is going to be an event to remember – designed for fun and all abilities. Space and extra mats are limited, so arrive early or pre-register online to ensure your spot!

Just For Fun
recreation.ubc.ca/intramurals

Many of our intramural events and leagues, including Storm the Wall, have just-for-fun team options. These teams participate in a single, untimed heat against other non-competitive teams. Meet new people, bond with your friends, and have a blast!
Andy Siu
Undergraduate Student, Kinesiology

Andy started participating in intramural leagues and events in his first year and has not stopped since. Now entering his fifth year, he is looking forward to meeting new people and adding to his collection of championship shirts!

“It has been a great way for me to stay active and manage stress levels over a busy semester. But my favourite part is all of the new friends I have made.”
From intramural leagues and events like Storm the Wall, to our BirdCoop Fitness Centre, UBC Recreation has a long history of fun and unique activities that will enhance your university experience.

**Experience the NEW UBC Pool!**
recreation.ubc.ca/aquatics

Our New UBC Pool opens in January 2017. UBC Students can drop-in to public swim sessions at the UBC Aquatic Centre for free! If you have little-to-no experience in a pool and want to try it out, check out our $2.00 swimming lessons to learn all about rhythmic breathing, floats, front and back glides, kicking, and strokes. Try out one of our new Aquacize classes to add a new splash to your fitness routine.

**Free Drop-In Opportunities**
recreation.ubc.ca/drop-in

UBC students have access to a wide variety of free drop-in programming across our facilities. The Student Recreation Centre hosts a variety of gym sports like basketball and badminton. You can also attend drop-in skates at the Doug Mitchell Thunderbird Sports Centre or public swims at the Aquatic Centre. All entirely free for UBC students!

**Free Week – January 9-15**
recreation.ubc.ca/free-week

Get moving with us this winter in new and exciting ways. This is your chance to try any of our instructional or fitness classes (over 200 to choose from!) completely free from January 9 to 15. Classes are offered in our facilities across campus, so check the online schedule (or the back foldout of this guide) for the most convenient classes for you! No experience is required for any of the classes and all abilities are welcomed.

**The UBC Movement Co.**
recreation.ubc.ca/movement

A free social club designed to help you get moving and meet new people in a fun and comfortable environment. Try out different activities including Storm the Wall, self defence, fitness classes, guided walks and runs, yoga, and more. Join us for our Movement Co. Kick-Off happening January 13th – food and fun will be provided!

**BirdCoop Memberships**
recreation.ubc.ca/fitness

BirdCoop memberships include unlimited use of the BirdCoop Fitness Centre and the Climbing Cave any time it is open. UBC Students can purchase a pass for the term for only $30. Add on a flex pass for $104.00 and you also get unlimited access to Be Fit and Cycle Fit classes offered multiple times a day. Student memberships must be purchased in-person at the BirdCoop in order to confirm eligibility.

**Discounted Tennis Court Rates**
recreation.ubc.ca/tennis

Students receive discounts of over 50% off the public rate. Practice on your own or play with your friends – courts are available on weekdays from 8:00 – 9:00am and 12:00 – 3:00pm. Bookings must be made in person with your UBC ID to ensure the discounted rate.

**Student Rowing League**
recreation.ubc.ca/rowing

Interested in rowing? The Student Rowing League is the perfect fit for those wanting to row for fun and fitness purposes. This program allows opportunities to both scull and sweep, as well as attend local regattas if interested. New to rowing? Join the Learn-to-Row program!

**Winter Intramural Casual Leagues**
recreation.ubc.ca/casual-leagues

Casual Leagues are offered for soccer and ice hockey. They provide regular weekly games with officials, but teams are fluid and adjustable – the perfect balance between drop-in and competitive leagues. These leagues are great way to meet new people and play the sport you love without the commitment of a regular team.

Sitting for lengthy periods of time is bad for you, even if you’re an otherwise active person.

Shift your life at UBC towards more movement as part of your every day. Sit less to improve your wellbeing by finding small ways to incorporate some movement, such as hosting walking meetings, taking stretch breaks, or opting to climb the stairs.
SRC Services

Whether you’re working out in the BirdCoop, dropping in for basketball, or riding your bike to campus, the SRC offers free day-use lockers and shower facilities along with coin-operated lockers. If you want to store your workout gear in the facility, long-term locker rentals are also available. See the back cover fold-out for more information and rates.

Employment Opportunities
recreation.ubc.ca/employment

UBC Recreation is always looking for great people to join its team throughout the entire year. With a variety of opportunities from sports officials to lifeguards, instructors, facility operations, and administrative support, there is something for everyone. These positions are designed to fit into your student schedule with flexible hours. Hiring for these positions is ongoing throughout the year with many opportunities opening in January.

Interested in working with children and youth over the summer? We have opportunities from March through August with UBC Camps! Applications open in January.

UBC Intramural Student Staff 2017-18

The UBC Intramural program is one of the most sought after and recognizable student experiences at UBC. For nearly 5 decades, volunteer staff have brought this program to campus.

As a prospective volunteer staff member, there are multiple areas to get involved with, but regardless of specific roles, staff have the opportunity to gain experience in game management, event planning, sport officiating, human resources, digital media, public relations, alumni engagement, program delivery, and much more. The Intramural staff is made up of a diverse community of students from all faculties, commonly engaged in a dynamic program with unique leadership development opportunities focused on professional and personal development.

Hiring Dates for 2017/18 Intramural Staff

2017/18 recruitment and hiring begins in January 2017. For more information please visit recreation.ubc.ca/employment or contact im.prod@ubc.ca.
FEATURED STUDENT EVENTS

Wondering how you can experience everything UBC has to offer, or have that authentic UBC experience? Featured events like Storm the Wall and UBC Triathlon Duathlon are iconic UBC events steeped in tradition. UBC Recreation hosts many of these low-cost events throughout the year, resulting in a student experience found only at UBC. Teams can participate in Just-for-Fun or competitive heats in intramural events.

JANUARY

Free Week – January 9-15
recreation.ubc.ca/free-week
This is your chance to drop-in on any of our instructional, fitness, or aquatics classes (over 200 to choose from!) completely free from January 9th to 15th. Classes are offered in our facilities across campus, so check the online schedule (or the back foldout of this guide) for the most convenient classes for you! No experience is required for any of the classes and all abilities are welcomed.

FitMix – January 13
recreation.ubc.ca/fitmix
Compete against yourself in a series of fun fitness challenges! Activities include a car pull and tire flipping.

Gladiator – January 19
recreation.ubc.ca/gladiator
At this ultimate challenge of mind and body, we promise non-stop action, guaranteed laughter, and a lot of inflatable obstacles!

On the Button Bonspiel – January 29
recreation.ubc.ca/bonspiel
Sweep those winter blues away while you ‘Hurry Hard!’ at a fun night of curling.

FEBRUARY

Faculty Cup – February 3
recreation.ubc.ca/faculty-cup
Who does it best? Eng. Kin? Arts? Forestry? The Faculty Cup is a primarily athletic event designed to promote faculty pride, as well as friendly inter-faculty competition by pitting teams from different faculties against each other through a variety of sports and games.

Yoga Rave – February 9
recreation.ubc.ca/yoga-rave
You bring your neon, we’ll bring glow-in-the-dark paint and black lights. This free yoga dance-party is an event to remember - designed for fun and all abilities. Space and extra mats are limited, so arrive early or pre-register online to ensure your spot!

MARCH

Howl at the Moon – March 3
recreation.ubc.ca/howl
Pulling an all-nighter has never been so much fun! This reverse 4s Volleyball tournament is perfect for those looking to test their team’s skills on the court.

UBC Triathlon Duathlon – March 11
ubcrectridu.ca
Looking for that iconic UBC experience? Look no further. Get your 2017 race season up and running with one of BC’s largest and longest-running Triathlons. With a variety of distances including Olympic, Sprint, and Short, as well as Duathlon, Relay, and Kids Aquathlon, there really is something for everyone!

Storm the Wall – March 26 - 29
stormthewall.ca
Are you ready for one of UBC’s most iconic experiences? Swim, sprint, bike, run & Storm the Wall! Participate as a Competitive or Just-for-Fun team, or challenge yourself to do the whole course on your own as an Iron Person. A fun and exciting UBC tradition!
Dr. Joel Friedman  
Professor, Computer Science & Mathematics Departments  
Joel has been a member at the BirdCoop Fitness Centre since 2002. He regularly participates in Be Fit & Cycle Fit classes and he has also enjoyed Yoga, Zumba, Jazz, and Latin Funk Classes.

“Regular mid-day workouts help me refresh from work, and I enjoy the encouraging and supportive environment.”
UBC is dedicated to fostering a healthy workplace and providing staff and faculty with opportunities to pursue options that build health and wellbeing. Regular physical activity and overall fitness are part of a balanced and fulfilling lifestyle, but it can be challenging to fit this in to your busy schedules. UBC Recreation has a variety of programs designed around you and your workday.

Healthy Workplace Initiative Program
instructionalprograms@ubc.ca

This program awards funding to UBC departments and units to promote wellbeing in the workplace. Reach out to us at instructionalprograms@ubc.ca about any partnership opportunities with your department and we can create a series of classes that you can bring right to your workplace.

Free Week – January 9-15
recreation.ubc.ca/free-week

Get moving with us this winter in new and exciting ways before, during or after work. This is your chance to drop-in on any of our instructional or fitness classes (over 200 to choose from!) completely free from January 9 to 15. Classes are offered in our facilities across campus, so check the online schedule (or the back foldout of this guide) for the most convenient classes for you! No experience is required for any of the classes and all abilities can be accommodated.

Staff & Faculty Discounts
at UBC Camps
camps.ubc.ca

From sports and swimming, to crafts and museums, UBC Camps offers a variety of fun and exciting camps to keep your child active after school, on Pro-D days, and over winter and spring break. Discounts are available for all UBC Staff & Faculty!

The UBC Movement Co.
recreation.ubc.ca/movement

A free social club designed to help you get moving and meet new people in a fun and comfortable environment. Try out different activities including Storm the Wall, self defence, fitness classes, guided walks and runs, yoga and more. Join us for our Movement Co. Kick-Off happening January 13th – food and fun will be provided!

Step-It-Up Guided Walks
recreation.ubc.ca/walking

Join us for free guided walks over your lunch-hour throughout the term! Whether you’re trying to build your overall sense of wellbeing, reduce stress, lose weight, make new friends, or reduce your risks of cancer or cardiovascular disease, walking can help you on your way. Our walking programs are free or inexpensive, and designed for all students, staff, faculty and community members. Join us for a Step-It-Up walk and be entered to win a free Fitbit Flex!

SRC Services
Whether you’re working out in the BirdCoop, dropping in for basketball, or riding your bike to work, the SRC offers free day-use lockers and shower facilities along with coin-operated lockers. If you want to store your workout gear in the facility, long-term locker rentals are also available. See page 28 for more information and rates.

Staff Lunchtime Volleyball League
recreation.ubc.ca/casual-leagues

Get moving during your lunch break! Register for our new staff & faculty lunchtime volleyball league. The perfect balance between drop-in and competitive leagues, join in on weekly games. Teams are adjustable, so you don’t need to put together a whole team to register. Sign-up as an individual, meet new people and play the sport you love without the commitment of a regular team.

Lunchtime Tennis Drills
Recreation.ubc.ca/tennis

Break up your workday and practice your tennis skills! These fun and affordable classes are offered a few days a week between 12:00pm and 1:00pm specifically for UBC staff and faculty.
“The quality of instruction is great, and I have the pleasure of getting together with a very friendly, diverse group of individuals a few times a week.”

Gale Le Goff
Gale is a semi-retired senior who wandered into the UBC Aquatic Centre nine years ago looking to find new ways to get active without irritating her arthritic knee. Now, almost a decade later, her knee is much better and doesn’t need replacing!
Residents of the University Neighbourhoods Association and UTown are important members of the UBC community. With extensive facility hours and specialty discounts available, UBC Recreation offers flexible and convenient fitness opportunities to fit your lifestyle.

**Storm the Wall**
**Community Festival – March 26**
[stormthewall.ca](http://stormthewall.ca)
This iconic UBC event is something the whole family can look forward to. Storm the Wall kicks off on Sunday, March 26 with a family-friendly festival including games, music, and much more!

**UBC Triathlon Duathlon – March 11**
[ubcrectridu.ca](http://ubcrectridu.ca)
Get your 2017 race season up and running with one of BC’s largest and longest-running triathlons. With a variety of distances including Olympic, sprint, and short, as well as a Duathlon and a Splash, Pedal & Dash Kids race, there is an option for any experience level.

**Free Week – January 9-15**
[recreation.ubc.ca/free-week](http://recreation.ubc.ca/free-week)
Get moving this winter in new and exciting ways. This is your chance to drop-in on any of our instructional or fitness classes (over 200 to choose from!) completely free from January 9 to 15. Classes are offered in our facilities across campus, so check the online schedule (or the back foldout of this guide) for the most convenient classes for you! No experience is required for any of the classes and all abilities are welcomed.

**Experience the NEW UBC Pool!**
[recreation.ubc.ca/aquatics](http://recreation.ubc.ca/aquatics)
Our New UBC Aquatic Centre opens January 2017. With the ability to host more programs than ever before there is something for every level of swimmer. With drop-in swimming available every weekday, and many new options available, add in fitness for yourself around your schedule. Discounts are available to all UNA Community members from 6 months old to 65+ for public swimming, lessons, aquatic rehab or fitness, and more. Check out the online calendar to find times that fit into your busy schedule!

**Storm the Wall**
**Community Festival – March 26**
[stormthewall.ca](http://stormthewall.ca)

**Hockey and Skating**
[recreation.ubc.ca/ice](http://recreation.ubc.ca/ice)
UNA Community members from 3 years old to 65+ enjoy discounts at the Doug Mitchell Thunderbird Arena. Skating and hockey lessons are offered for every age and experience level, or drop-in during public skates.

**Drop-In Sports**
[recreation.ubc.ca/drop-in](http://recreation.ubc.ca/drop-in)
Free for all UNA Community members, the SRC gyms host a different sport nearly every day of the week including basketball, badminton and futsal. Show your UNA Access Card at the SRC operations desk when you check in.

**Tennis**
[recreation.ubc.ca/tennis](http://recreation.ubc.ca/tennis)
Discounts are available to all UNA residents for court bookings, adult and youth programs, and camps. Stop by the Tennis Centre in person with proof of your UNA community membership to get the discounted rate.

**Youth Camps**
[camps.ubc.ca](http://camps.ubc.ca)
UBC Camps offers a wide variety of fun and exciting camps to keep your child active and engaged. Book now for Pro-D Day, winter and spring break camps. Summer camp registration opens March 1, 2017. Discounts are available for all UNA and CSC community members.

**Step-It-Up Guided Walks**
[recreation.ubc.ca/walking](http://recreation.ubc.ca/walking)
Join us for free guided walks over your lunch-hour throughout the term! Whether you’re trying to build your overall sense of wellbeing, reduce stress, lose weight, make new friends, or reduce your risks of cancer or cardiovascular disease, walking can help you on your way. Our walking programs are free or inexpensive, and designed for all students, staff, faculty and community members. Join us for a Step-It-Up walk and be entered to win a free Fitbit Flex!

**Get free help for yourself or your family on how to best fuel your body!**
Registered dieticians are available through HealthLink BC by dialing 8-1-1 on your BC phone. It’s also offered in Punjabi, Cantonese and Mandarin.

recreation.ubc.ca/community Community
“We choose UBC Camps because of the variety of options. The kids love that they can participate in their old favourites, but also try out new activities—this year it was fencing!”
All children should experience the positive benefits of recreational activity. UBC Recreation offers the University community’s youth an extraordinary experience to be active and participate. Choose from rowing, hockey, swimming, tennis, and many other activities.

Storm the Wall Community Festival – March 26
stormthewall.ca
This iconic UBC event is something the whole family can look forward to. Storm the Wall kicks off on Sunday, March 26 with a family-friendly festival including games, music, and more!

UBC Triathlon Duathlon – March 11
ubcrectridu.ca
Participate in one of BC’s largest and longest-running triathlons with events open to aspiring triathletes! The kids Splash, Pedal & Dash Kids race includes a variety of options for different ages and experience levels. Athletes of 16 years and older can compete in any of the adult distances.

Experience the NEW UBC Pool!
recreation.ubc.ca/aquatics
Our brand New UBC Aquatic Centre opens January 2017. With the ability to host more programs than ever before there is something for every level of swimmer. Discounts are available to all UNA Community members from 6 months old to 65+ for public swimming, lessons, aquatic fitness, and more. Check out the online calendar to find times that fit into yours, and your family’s busy schedule!

Hockey & Skating
recreation.ubc.ca/ice/youth-programs
Whether your child wants to improve their skating, start out their hockey career in a youth league, or develop their technique at the Atom or Pee Wee level, the Doug Mitchell Thunderbird Sports Centre offers introductory and intermediate lessons and leagues for children ages 3 to 15.

Dance and Yoga
recreation.ubc.ca/instructional
Get your child involved in dance classes from Beginners Hip Hop to a general Dance Dance Dance class or try something new with Acro Yoga for Teens!

PRO-D Day Camps
 camps.ubc.ca/winter-pro-d-day-camps/
Keep your child active and engaged on Pro-D Days. These camps run full-day from 9:00am – 4:00pm and include a variety of activities. Accommodating both public and private school calendars, and with a variety of program options from sports and swimming to crafts and museums – these camps have it all!

After School Programs
camps.ubc.ca/after-school
Looking for something for your child to do after school? We are proud to be offering a diverse assortment of after school programs. Check out the full list online.

Winter Break Camp
camps.ubc.ca/winter-camps/
Join us this winter break for full days of fun and exciting activities! With options like soccer, badminton, art, dance, and multisport, there is something for everyone. Our week-long camps run December 19-23, 2016 and December 27-30, 2016. Our single day camps run January 3-6, 2017. Register before spots fill up!

Spring Break Camp
camps.ubc.ca/spring-camps/
Looking to try something different this Spring? Check out some of our new program offerings: World Sports Explorers, Quidditch for Kids, or Adventure Camps! We offer dozens more camps running weekly in the mornings, afternoons, or full day sessions between March 13-24, 2017. Registration opens December 1, 2016.

Tennis
recreation.ubc.ca/tennis/junior-programs
UBC Tennis is excited to introduce your family to specifically targeted programs for all ages and abilities. We have progressive tennis programs starting with the Baby Thunderbirds program for children as young as 3 years old, to competitive and elite programs.
Free Week
January 9 - 15, 2017

Try something new and meet people with common interests! Free instructional or fitness classes are running all week. No experience is required for any of the classes and all abilities can be accommodated. Check out the schedule (on the back cover) to find the right class for you.

recreation.ubc.ca/free-week
The facility includes a women’s and a men’s change room, as well as a universal change room that will be open to all individuals.

The three separate tanks can operate at different temperatures. This allows for new programming options to service a wide range of interests and abilities.

The new UBC Aquatic Centre has been purpose-built for the current and future needs of students, staff, faculty and residents of UBC’s Point Grey campus. The bright, open facility design brings in an abundance of natural light which underlines the open and inclusive community space.

This one-level facility includes a ramp entrance into both the leisure and the 25m recreation tanks, as well as a lift into the hot tub.

Highlights:
• Competition 50m length pool
• Recreational 25m lap pool
• Leisure pool with lazy river*
• Hot tub
• Steam and sauna
• Universal change room
• New programming
• Membership packages

* accessible to Rec/25m, leisure and hot tub

Your Pool, My Pool, Our Pool
Be part of a new era for aquatics at UBC

OPENING JANUARY 2017

aquatics.ubc.ca | #newUBCpool
NEW FEATURES IN CLU D E:

- Recreational 25 metre lap pool
- Leisure pool
- Hot tub
- Competition 50 metre length pool
- Steam and sauna
- Universal change room

aquatics.ubc.ca | newUBCpool
NEW FEATURES INCLUDE:
- Recreational 25 metre lap pool
- Leisure pool
- Hot tub
- Competition 50 metre length pool
- Steam and sauna
- Universal change room
Aquatics programming through UBC Recreation offers drop-in swimming, aquatic fitness and rehab classes, swimming lessons, advanced aquatics, and first aid courses. Year-round aquatics programming for adults, youth, and tots of all ages and abilities is provided at the UBC Aquatic Centre.

Aquatic Programs
If you want to improve your swimming skills or are looking to upgrade your first-aid training, the UBC Aquatic Centre has a variety of programs to suit every age and ability.

Certifications
- CPR C + AED Certification
- Standard First Aid
- Bronze Medallion and Bronze Cross
- Red Cross Water Safety Instructor
- Lifesaving Instructor
- National Lifeguard
- BCRPA Pool Operators Level 1 & 2
- CFES Aquacize Module & Practicum

Aquatics Programming
Aquatic Fitness Classes
- Shallow and Deep H2O Aquacize
- Deep to the Core Aquacize
- Circuit Aquacize
- Get Wet to Sweat Aquacize
- High Energy Aquacize
- Seniors’ Aquacize Fitness
- AquaZumba
- Swim Fit
- River Walking
- WATSU Aquatic Fitness & Therapy
- Aqua Rehab
- Water Play

Pre & Post Natal Classes
- Fit4Two® Aquacize
- Mom and Baby Aquafit

Swimming Lessons
- Adult 100, 200, and 300/400 Lessons
- Private Youth and Adult Lessons
- $2 UBC Student Lessons (Adult 100)
- Springboard Diving lessons for youth and adults
- Coached Express Workout
- Family Learn to Scuba Dive
- Red Cross Learn to Swim Lessons for babies, preschoolers and children
River Walking  
TUESDAYS, 11:30AM – 12:00PM  
FRIDAYS, 8:30AM – 9:15AM
Walk against a gentle current in our warm, lazy river in the Leisure pool in this low-impact workout. This form of exercise is ideal for individuals with disabilities, neuromuscular or heart disease, injuries or joint replacements. River Walking is easy on the joints, while the water’s resistance develops muscular and core strength, balance, and conditioning. All fitness levels are invited to participate.

High Energy Aquacize  
TUESDAYS AND THURSDAYS, 7:30AM – 8:30AM
Shallow water exercise held in the recreation pool to get your morning started right! A low impact, high energy challenge to improve cardiorespiratory endurance, muscular strength, flexibility, balance, and core muscles. Start off your day energized and refreshed!

Coached Express Workout  
WEEKDAYS 12:00PM – 1:00PM
Get moving during your lunch break! Refine your swim strokes and endurance through interval training and stroke drills. Great for intermediate recreational swimmers, triathletes, and masters. A coach will provide training workouts, stroke correction, development instruction, breathing, flip turn, and racing start techniques. This workout is held in the Competitive pool.  
Prerequisite: Must be able to swim 50m.

Try some of our new programs:

### Drop-in Rates
All prices include applicable taxes. To qualify for discounted rates, register in person and show your valid UBC Student, Staff/Faculty, or UNA/CSC ID Card.

<table>
<thead>
<tr>
<th>Admissions</th>
<th>Child¹ 3-12</th>
<th>Child UNA/CSC¹ 3-12</th>
<th>Youth 13-18</th>
<th>Youth UNA/CSC 13-18</th>
<th>UBC Student²</th>
<th>UBC Staff &amp; Faculty</th>
<th>Adult 19-64</th>
<th>Adult UNA/CSC 19-64</th>
<th>Senior 65+</th>
<th>Senior UNA/CSC 65+</th>
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</table>

1. Under 3 years of age receive free access.
2. UBC Aquatic Centre access is free for currently registered UBC Students who have paid the Athletics & Recreation fee with their UBC Card. Each student must scan their card each visit.
3. Family rate is listed per (pp) for one or two parent household plus their children. Minimum one paying parent and one paying child.
4. Peak hours occur Monday to Friday between 6:30am – 9:00am, 11:30am – 1:30pm and 5:30pm – 8:30pm. Peak hours occur Saturday to Sunday between 8:00am – 6:30pm.
5. Non Peak hours occur Monday to Friday between 9:00am – 11:30am, 1:30pm – 5:30pm and 8:30pm – 10:00pm. Non Peak hours occur Saturday to Sunday 6:30pm – 10:00pm.
6. Try-It Passes are valid until April 30, 2017. One time purchase per person.
## Aquatic Schedule Winter 2017 (March – April, 2017)

### Recreation Pool

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>6am</td>
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<td>SHALLOW AQUACIZE</td>
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### Leisure Pool

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</table>
Please be patient with us while we're growing!

To ensure that our facility is operating at its finest, we will be slowly progressing into the facility at the start of the winter term. Please check the online schedule for the most up-to-date drop-in schedule prior to March 2017.

recreation.ubc.ca/aquatics-drop-in
Free Lessons!
When you register for pre-school, swim kids or adult swim lessons before March 1st, get your first lesson free!
- This applies to swim lessons that begin before March 1, 2017. It does not apply to registered aquacize or aqua fitness programs.
- For Winter 2017 programs only.

Parent’s Discount Drop-In
(During lesson times)
Get in the water! When your child is in swimming lessons, you enjoy a discounted drop-in rate of $3.50. Show up at the front desk with your registered child, to receive your discounted rate.

Water Play
Bring your little one to the new pool and make a splash! Children aged 6 months to 5 years, along with a caregiver, can participate in a series of water games, activities, songs, water orientation, and safety, facilitated by a Water Leader staff. This fun program is great for improving your child’s physical, social, and motor skills.

KICK OFF YOUR 2017 TRIATHLON SEASON!

SATURDAY MARCH 11, 2017

OLYMPIC • SPRINT • SHORT • RELAY
DUATHLON • YOUTH • KIDS
ubcrectridu.ca

Kids Splash, Pedal & Dash
Kids triathlon-style event hosted by UBC Recreation.
For kids aged 6 to 12, where you choose the distance, and everyone’s a winner! For more information visit ubcrectridu.ca

Try out the #NewUBCPool

First Triathlon in the new UBC POOL!
Add movement to your day in fun and exciting ways!
Join us for the Kick-Off event on January 13, 3-5pm

UBC Movement Co.
recreation.ubc.ca/movement
This program offers a community of people looking to try new ways of being active in an environment that is not intimidating or overwhelming.

Step it Up
recreation.ubc.ca/walking
Ever felt like you should be outside, taking in the majestic views UBC has to offer on a gorgeous pacific northwest winter day? Join us on a free guided walk each month to get moving and meet new people!

WESBROOK VILLAGE

SHOPS + SERVICES + DINING
ALL Within 2 MINUTES FROM THE THUNDERBIRD FIELDS

WESBROOK VILLAGE IS AN EXCITING PLACE TO VISIT WITH OVER 25 SHOPS + SERVICES.
MAKE THE MOST OF YOUR TIME ON CAMPUS AT WESBROOK VILLAGE.

DiscoverWesbrook.com
Visit us at our Wesbrook Welcome Centre located at 3378 Wesbrook Mall
Personal Trainers

Personal trainers are a great way to reach your fitness goals faster. BirdCoop personal trainers can help with muscle gain, fat loss, or specialized training.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>UBC Student</th>
<th>UBC Staff &amp; Faculty</th>
<th>UNA/CSC and Public</th>
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<td>$67.00</td>
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</tbody>
</table>

To qualify for discounted rates, register in person and show your valid UBC Student, Staff & Faculty, or UNA/CSC ID Card.
**BirdCoop Memberships**  All prices include applicable taxes.

### UBC Students

<table>
<thead>
<tr>
<th>Term</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 term</td>
<td>$30.00</td>
</tr>
<tr>
<td>Daily drop-in</td>
<td>$7.00</td>
</tr>
</tbody>
</table>

**UBC Student memberships include the use of the BirdCoop Fitness Centre and climbing cave. To qualify for discounted rates, register in person and show your valid UBC Student ID card.**

### UBC Staff & Faculty, UNA/CSC, and Public

<table>
<thead>
<tr>
<th>Term</th>
<th>UBC Staff &amp; Faculty &amp; UNA/CSC</th>
<th>Public</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 year</td>
<td>$396.00 ($33.00/mo)</td>
<td>$474.00 ($39.50/mo)</td>
</tr>
<tr>
<td>3 months</td>
<td>$129.00 ($43.00/mo)</td>
<td>$147.00 ($49.00/mo)</td>
</tr>
<tr>
<td>1 month</td>
<td>$45.00</td>
<td>$51.00</td>
</tr>
<tr>
<td>Daily</td>
<td>$10.00</td>
<td>$11.00</td>
</tr>
</tbody>
</table>

**UBC Staff/Faculty, UNA/CSC, and Public memberships or drop-in passes include the use of the BirdCoop Fitness Centre and all Be Fit and Cycle Fit classes. Renew your pass online at recreation.ubc.ca/fitness.**

### UBC Student Flex Pass

<table>
<thead>
<tr>
<th>Term</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winter term</td>
<td>$104.00</td>
</tr>
<tr>
<td>1 month</td>
<td>$32.00</td>
</tr>
<tr>
<td>Daily drop-in</td>
<td>$8.00</td>
</tr>
</tbody>
</table>

**Upgrade your UBC Student BirdCoop membership to include unlimited access to Be Fit and Cycle Fit classes. Find class descriptions and schedule on the back cover of this guide.**

### Boot Camps

Taught by personal trainers, these classes are great for all levels. Improve your fitness level, tone your body, and improve your cardio in a fun group atmosphere.

- Family Fun Boot Camp
- Boot Camp for Beginners
- Boot Camp for Beginners II
- Coop Combo Boot Camp
- Cycle Boot Camp
- Early Bird Boot Camp
- Early Riser Boot Camp
- Lunch Crunch Boot Camp
- TNT (Tone and Trim) Boot Camp

### Group Personal Training

Get the benefits of personal training in a group setting. Programs target specific fitness goals from toning, to strength, endurance, and flexibility. Choose the one that’s right for you!

- Chiseled Muscle Toning and Building
- Simply Fit Circuit Training
- Tennis Conditioning Group Personal Training
- Stretch and Roll Recovery Class
- TRX Circuit Training
- Women on Weights Studio
- Women on Weights Birdcoop Gym
- Fit Over 40 Circuit Training

### Fitness Classes

Feel energized, have some fun, and try something new with our fitness classes. Improve your cardio, flexibility, technique, reaction time, and tone your muscles.

- Cycle Yoga Flow
- ABC (Abs, Butt, Cardio) Class
- Tabata
- Barre Fitness
- Latin Sensation
- Shadow Boxing
- Street Kickboxing
- Zumba
- Zumba Step
- Women’s Self Defence
- Cardio Fit
UBC Recreation offers a wide variety of instructional classes including yoga, Pilates, dance, martial arts, outdoor adventures, and certifications. Commit to what works with your schedule from full-term classes to one-day workshops offered all across campus in different locations.

Flip to the back cover for instructional and drop-in schedules

Free Week – January 9-15
With over fifty different instructional and fitness classes, it can be difficult to know which activity is right for you. Try out as many classes as you wish during January 9-15th and then decide which ones you want to continue for the term by the registration deadline!

Workshops
Throughout the year, we offer a series of one-day workshops that vary from “Intro to Self Defence” to “Mindfulness Meditation”. These workshops allow you to learn the basics and try out a new skill or program.

Register by January 15
Register for your favourite classes by January 15th before the deadline to ensure availability. Many classes offer ongoing drop-in options after the deadline, but for best availability you are encouraged to register by the deadline.

Please note there are no classes on statutory holidays. Classes are offered in the SRC, Ponderosa Commons Studio, and other locations on and off campus.
Dance  recreation.ubc.ca/dance
Learn a new style, try something new, or improve your technique in our wide variety of dance classes. Classes being offered this term include:

- Burlesque
- Hip Hop I
- Hip Hop II
- Jazz Funk
- Ballet I
- Ballet II
- Lyrical Contemporary I
- Lyrical Contemporary II
- K-Pop
- Modern Dance
- Groovazon

Dance Fitness  recreation.ubc.ca/fitness
Get your heart rate up, and know you did something fun today. These group fitness classes are guaranteed to make you sweat and feel great!

- Shadow Boxing
- Barre Fitness
- Zumba
- Bollywood Burn
- Just Dance
- Latin Funk

Martial Arts  recreation.ubc.ca/martial-arts
With a variety of different styles, our martial art classes include everything from non-combat based practice to self-defence. Classes offered this term include:

- Aikido
- Brazilian Jiu-Jitsu
- Hapkido
- Iaido
- Ju Jutsu
- Judo
- Krav Maga Self Defense
- Muay Thai
- Nihon Goju Karate
- Shotokan Karate
- Tae Kwon Do
- Tai Chi Chuan
- Shadow Boxing

Mind/Body  recreation.ubc.ca/mind-body
Increase your strength, flexibility, and awareness in one of our many yoga and Pilates offerings. Classes being offered this term include:

- 50/50 Yoga Pilates
- AcroYoga Fit
- Ashtanga
- Full Blast Yoga
- Hatha Yoga
- Mat Pilates
- Power Yoga
- Strength-Core Yoga
- Vinyasa Yoga
- Yin Yang Yoga

Sport Instruction & Outdoor Programs  recreation.ubc.ca/outdoor
From instruction-based introductory clinics and certifications to unique outdoor experiences, UBC Recreation provides a wide variety of sport instruction and outdoor programs.
The Doug Mitchell Thunderbird Sports Centre is home to three ice rinks and offers a variety of hockey and skating programs for youth and adults. This dynamic range of hockey and skating programming welcomes people of all ages and skill levels.

Ice Programs
If you’re looking to learn to skate, improve your technical skating skills, or want a regular league to play in, the Doug Mitchell Thunderbird Sports Centre has a variety of programs to suit every age and ability.

- Youth Preschool Learn to Skate
- Adult Power Skating & Hockey Skills (Intermediate Under)
- Adult Power Skating & Hockey Skills (Intermediate Over)
- Adult Learn to Skate (18+)
- Thunderbird Adult Hockey League (TAHL)
- Private Skating & Hockey Lessons (All ages welcome; minimum Level 1 required)

Themed Drop-In Skates
Break out your costumes and skates! Drop-in for our holiday themed skates on the following days:

- St Patrick’s Day: Fri Mar 17, 10:00pm–11:15pm
- Valentine’s Day: Tues Feb 14, 9:45pm–11:15pm

The UBC Thunder
We are proud to present a spring hockey development program that aims to develop “AA” players into “AAA” players by providing “AAA” skill development, coaching, and off-ice instruction. Players will compete in a condensed 8 week program that is competitive, designed for flexibility with other sport schedules, and offers premier development. Available to birth years 2004-2011. Teams with pools of candidates of over 15 skaters will be vetted via live scouting from coaches and directors of the UBC Thunder.

Drop-in Rates (Includes GST)

<table>
<thead>
<tr>
<th>Program</th>
<th>Child</th>
<th>Child UNA/CSC</th>
<th>Youth</th>
<th>Youth UNA/CSC</th>
<th>UBC Student</th>
<th>UBC Staff &amp; Faculty</th>
<th>Adult</th>
<th>Adult UNA/CSC</th>
<th>Senior 65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public Skating</td>
<td>$3.50</td>
<td>$3.00</td>
<td>$4.00</td>
<td>$3.50</td>
<td>Free</td>
<td>$4.00</td>
<td>$6.00</td>
<td>$4.00</td>
<td>$4.00</td>
</tr>
<tr>
<td>Figure Skating</td>
<td>$8.00</td>
<td>$5.75</td>
<td>$8.00</td>
<td>$5.75</td>
<td>$2.50</td>
<td>$6.00</td>
<td>$8.00</td>
<td>$6.00</td>
<td>$8.00</td>
</tr>
<tr>
<td>Stick &amp; Puck</td>
<td>$3.00</td>
<td>$2.50</td>
<td>$4.00</td>
<td>$3.50</td>
<td>$2.50</td>
<td>$6.00</td>
<td>$8.00</td>
<td>$5.75</td>
<td>$8.00</td>
</tr>
<tr>
<td>Drop-in Hockey (16+)</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
<td>$2.50</td>
<td>$9.00</td>
<td>$13.00</td>
<td>$9.00</td>
<td>$13.00</td>
</tr>
<tr>
<td>Family Hockey</td>
<td>$3.00</td>
<td>$2.50</td>
<td>$4.00</td>
<td>$3.50</td>
<td>$2.50</td>
<td>$6.00</td>
<td>$8.00</td>
<td>$5.75</td>
<td>$4.00</td>
</tr>
<tr>
<td>Skate Rental</td>
<td>$4.00</td>
<td>$4.00</td>
<td>$4.00</td>
<td>$4.00</td>
<td>$4.00</td>
<td>$4.00</td>
<td>$5.00</td>
<td>$4.00</td>
<td>$4.00</td>
</tr>
</tbody>
</table>

To qualify for discounted rates, register in person and show your valid UBC Student, Staff & Faculty, or UNA/CSC ID Card.
The John M.S. Lecky UBC Boathouse is a rowing, paddling, and events centre located on the middle arm of the Fraser River in Richmond, BC.

Rowing and Paddling
The UBC Boathouse is part of BC’s vibrant rowing community with opportunities for beginner, intermediate, and advanced rowers and paddlers. Our programs focus on fitness and fun, while providing competitive opportunities for those who are interested.

Programs offered for both youth and adults include:
- Learn to Row
- Recreational Leagues
- Competitive Leagues

Team and Corporate Experiences
The John M.S. Lecky UBC Boathouse offers a variety of team building and corporate experiences in both rowing and paddling sports. All team building experiences are customizable and can include room rental, catering, and on water components. The John M.S. Lecky UBC Boathouse is equipped to offer these experiences to all group sizes. Call us to inquire about special group rates.

Private Lessons
Private rowing lessons can be scheduled for participants at any ability level to fit rowing into a busy schedule or improve on the finer aspects of technique.

Rowing Canada Aviron and Rowing BC Membership Fees
Each year, all rowers participating in programs at the John M.S. Lecky UBC Boathouse will become members of both Rowing BC and Rowing Canada Aviron. All rowers registered in regular programs will automatically be registered to renew their memberships with these organizations once yearly.
The UBC Tennis Centre is the only public tennis facility in Vancouver. We offer a wide variety of tennis clinics, drills, and leagues, led by a team of professional staff and coaches. Our goal is to ensure everyone can learn, improve, and enjoy their tennis experience.

Private and Semi-Private Tennis Lessons
Our talented and professionally-certified instructors and high-performance coaches can provide private lessons starting at $74 per hour. For more information about private lessons, the pricing structure, and how to request a lesson, visit recreation.ubc.ca/tennis/private-lessons/.

Court Booking Prices

<table>
<thead>
<tr>
<th>Times</th>
<th>Location</th>
<th>Rate</th>
<th>UNA/CSC Rate</th>
<th>Weekday Hours</th>
<th>Weekend Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Prime Times</td>
<td>Indoor Court</td>
<td>$26.25/hr</td>
<td>$23.00/hr</td>
<td>8:00am-4:00pm</td>
<td>8:00-10:00am</td>
</tr>
<tr>
<td></td>
<td>Tennis Bubble</td>
<td>$23.00/hr</td>
<td>$22.50/hr</td>
<td></td>
<td>4:00pm-10:00pm</td>
</tr>
<tr>
<td>Prime Times</td>
<td>Indoor Court</td>
<td>$32.25/hr</td>
<td>$28.75/hr</td>
<td>4:00-10:00pm</td>
<td>10:00am-4:00pm</td>
</tr>
<tr>
<td></td>
<td>Tennis Bubble</td>
<td>$29.25/hr</td>
<td>$28.75/hr</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student Discount Times</td>
<td>Indoor Court</td>
<td>$12.75/hr</td>
<td>n/a</td>
<td>8:00-9:00am</td>
<td>n/a</td>
</tr>
<tr>
<td></td>
<td>Tennis Bubble</td>
<td>$11.25/hr</td>
<td>n/a</td>
<td>12:00pm-3:00pm</td>
<td>n/a</td>
</tr>
</tbody>
</table>

*UBC students and UNA members must book in person with a valid student ID to receive discounted rate during applicable times.

How to Book Courts
1. You may book a court no more than 24 hours in advance. (e.g. if you wish to book a court at 10:00 am on Monday, you cannot book before 10:00 am on the Sunday before.)
2. Call the UBC Tennis Centre or stop by the reception desk to reserve your time slot. You will be required to provide your name and phone number.
3. All court fees must be paid in full at the time of booking.
4. Players must check-in at the reception desk once they arrive and prior to proceeding on court.
5. Bookings may not be cancelled and are subject to full payment.

A player may book a maximum of 2 hours at any one time (1 court for 2 hours). Courts are booked on the hour (although some half hour times may be booked only to work around UBC program schedules).
Book Courts in Advance with a Court Booking Card

If you would like to book more than 24 hours in advance, Court Booking Cards are available for purchase. A Court Booking Card allows you to make one court booking up to one week in advance. The current booking cards are valid from September 1, 2016 to August 31, 2017, and is only available for purchase in-person at the reception desk.

Progressive Tennis Program

The UBC Tennis staff makes learning tennis fun and easy with a stress free, engaging environment. Start with our beginner’s 1.0 Clinic for students or adults to learn the basics of the game, connect with new players, and be shown how to play matches. Next, consider moving on to our higher level clinics and drills to learn more about the game and strengthen your skills.

Self-Rating Scale for UBC Tennis Programs

All UBC Tennis Centre programs are based on a self-rating scale. Before registering for a program or joining a league, be sure to take a look at the rating guide to help you find the program that’s right for you. This ensures you have the best experience possible. Visit recreation.ubc.ca/tennis/self-rating-scale for more information.

Tennis Programs

Whether you’re just learning the basics, wanting to improve your skills in drill sessions or looking for competitive leagues the UBC Tennis Centre has an option for you.

- Clinics (levels 1.0 to 4.0)
- Drills (Levels 2.5 to 4.0)
- Adult High Performance
- Adult Singles League
- Adult Double League
- Cardio Tennis
- Friday Night Tennis
- Student League
- Seniors Tennis

Tennis Coaching

The UBC Tennis Centre’s international team of coaches are some of the top in the country, and are dedicated to ensuring every student of the game enjoys their learning experience, has fun, and can reach their full potential. The UBC Tennis Centre coaching staff are friendly, enthusiastic, and have a range of coaching expertise. Our philosophy is to make sure every lesson and program is engaging, valuable, and unique. We look forward to seeing you on the courts!

Tennis Fitness Conditioning

A combination of on-court tennis conditioning and group personal training focusing on the six key elements of athleticism: agility, balance, power, reaction, speed, and strength. Great for all fitness levels and abilities.

recreation.ubc.ca/tennis
UBC Recreation hosts iconic events nearly every week throughout the school year at varying levels of competition. Whether you register as a team with your friends, or you want to sign up as an individual to meet people with similar interests, there’s always something fun and active to do.

How to Find or Create an Intramural Team

• Chat with your UBC friends, coworkers, or classmates to find people who are interested in participating.
• Collect teammates’ emails and student or employee numbers then have the team captain complete registration online or in-person at the SRC.
• Sign up as a free agent to meet like-minded people through intramural events.
• Some events allow free agents to register online (our staff will place you on a team)

Free Agent Meeting

The Winter Leagues free agent meeting takes place at the Student Recreation Centre, January 26 at 5:00pm.

For certain events you can register as a Just-For-Fun or a Competitive Team:

Competitive

Teams will participate in timing heats, with the top teams going head-to-head in final heats. Represent your community and compete for points!

Just for Fun

Single heats and non-timed events, this level is open to all skill levels and abilities.

Employment Opportunities

recreation.ubc.ca/employment

Officials

UBC Recreation Intramurals is always looking for game officials for all leagues. Training is provided and it’s a great way to make some money while staying on campus with flexible hours. Contact tristan.brown@ubc.ca for more information.

Intramural Student Staff

The UBC Intramural program is one of the most sought after and recognizable student experiences at UBC. The volunteer staff is made up of a diverse community of students from all faculties, commonly engaged in a dynamic program with unique leadership development opportunities focused on professional and personal development.

With multiple areas to get involved, staff have an opportunity to gain experience in game management, event planning, human resources, digital media, program promotion and marketing, and much more. Hiring for the 2017/18 year begins in February 2017 and all postings will be available at recreation.ubc.ca/employment.

Event Day Volunteers

Events like these would not take place without the enthusiasm and energy of students like you who participate, but also the volunteers that make it run successfully. We are looking for a few extra hands to help during our events. If that interests you, feel free to fill out the volunteer form at: recreation.ubc.ca/volunteer

Winter Intramural Casual Leagues:

recreation.ubc.ca/casual-leagues

Casual Leagues are offered for soccer and ice hockey. They provide regular weekly games with officials, but teams are fluid and adjustable – the perfect balance between drop-in and competitive leagues. These leagues are great way to meet new people and play the sport you love without the commitment of a regular team.

Turn to page 11 for a full list of Intramural Events

recreation.ubc.ca/intramurals
Looking for a dentist on campus?

**The Faculty Practice Clinic**
Multi-specialty group dental practice

Leading-edge dental care delivered by UBC faculty members in a state-of-the-art clinic

Appointments available:
Monday to Friday
8:30 am to 4:30 pm

**604 822-9660**

**Faculty Practice Clinic**
Nobel Biocare Oral Health Centre
University of British Columbia
2151 Wesbrook Mall
(next to Shoppers Drug Mart)

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**MARCH 26–29**
**Register by March 17**

**STORMTHEWALL.CA | #STORMTHEWALL**

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**CENTRAL**
**RENTAL LIVING @ U BOULEVARD, UBC**

**STUDIO**
**ONE BEDROOM**
**TWO BEDROOM**
**THREE BEDROOM**

**MOVE IN SPRING 2017**

**CENTRALRENTALS.CA**

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**MARCH 26–29**
**Register by March 17**

**STORMTHEWALL.CA | #STORMTHEWALL**
UBC Recreation offers a variety of beginner, intermediate, and advanced programs and camps that run throughout the year for youth aged 6 months to 17 years.

Aquatics
recreation.ubc.ca/aquatics/youth-programs

**Beginner (6 months – 5 years)**
- Red Cross Preschool: Starfish, Duck, Turtle, Sea Otter, Salamander, Sunfish, Crocodile, and Whale
- Water Play

**Intermediate (6 – 13 years)**
- Red Cross Swim Kids: K1 through K10
- Private Lessons (1 student with 1 instructor)
- Springboard Diving Lessons

**Advanced (8+ years)**
- Family Learn to Scuba Dive
- Lifesaving Coached Junior Workout
- Lifesaving Junior Lifeguard Club
- Lifesaving Bronze Medallion
- Lifesaving Bronze Cross

Ice
recreation.ubc.ca/ice/youth-programs

**Beginner**
- Learn to Skate Preschool
- Learn to Skate School Aged
- Beginner Figure Skating
- Beginner Hockey Skating and Skills

**Intermediate**
- UBC Youth Figure Skating Club
- 3-on-3 Cross Ice
- 5-on-5 Pond Hockey
- H3 & H4 Skating and Skills Development
- Atom & Pee Wee Skating and Skills Development
- UBC Pro Skills Off-Ice Training (Team and Individual)

**Private Lessons**
- Private Skating and Hockey Lessons (all ages and skill levels welcome)
- 2017 Warriors Spring Hockey at UBC
  - Ages H1-Bantam
  - Midget Development Group

Tennis
recreation.ubc.ca/tennis/junior-programs

**Beginner**
- Baby Thunderbirds
- Red Fundamental
- Orange Fundamental
- Green Fundamental
- Youth Fundamental
- Teen Fundamental

**Advanced**
- Red Competitive
- Orange Competitive
- Green Competitive
- Teen Competitive
- U12 Champs
- U14 Champs
- U14 Challengers
- U16/18 Champs
- U16/18 Champs Elite

Rowing
recreation.ubc.ca/rowing/youth-programs

**Beginner (13 – 18 years)**
- Junior Learn to Row
- Junior Development Rowing League

**Intermediate (13 – 18 years)**
- Junior Intermediate Rowing Team

**Advanced (13 – 18 years)**
- Junior Competitive Rowing Team (Blue)
- Junior Competitive Rowing Team (Gold)
Pro D Day Camps

Keep your child active and engaged on Pro-D Days. These camps run full-day from 9:00 am – 4:00 pm and include a variety of activities. Accommodating both public and private school calendars, and with a variety of program options from sports and swimming to crafts and museums – these camps have it all!

Discounts are available for UBC staff & faculty and UNA residents. You must register in person with your UNA/CSC or UBC Staff & Faculty ID card.

After School Programs

After School Programs include:
• Fabric Arts
• Orienteering
• Intermediate Skate & BMX
• Imagination Theatre
• Preteen Adventure Nights

Looking for something for your child to do after school? We now offer after school programming and preteen adventure nights for Grades 5-7.

SPRING BREAK CAMPS 2017 MARCH 13-17, 2017 AND MARCH 20-24, 2017

With UBC Camps, it’s easy to build a full week of fun centred around your child’s interests! Combine any of our popular morning camps – such as badminton, baseball, soccer, swimming, multisport, art, and more – with an afternoon of exploring campus, or discovering the magical world of Quidditch! Register at camps.ubc.ca

Adventure
• City Explorer
• Storm the Campus

Enrichment
• Lego Design
• Robotics
• Red Cross
• Babysitter Training
• Standard First Aid

Art & Music
• Music
  • Pop Mozarts
  • Little Mozarts
  • Song Writing 101
• Visual Arts
• Performing Arts
  • Kids Musical Theatre with Stage Art
  • Musical Theatre Intensive

Sport & Recreation
• Aquatics
  • Swim n’ Splash
  • Scuba
• Badminton
• Baseball
• Hockey
• Fencing
• Fitness
• Rowing
• Multi-Sport
  • All Star Sport Sampler
  • Superstars Spectacular
• Quidditch
• World Sport Explorers
• Soccer – Mini World Cup
• Tennis
• Baby Thunderbirds
• Fundamentals
• Competitive
• High Performance
• Track & Field

Quidditch
Welcome Harry Potter fans! This fantastical game combines the athleticism of touch rugby and track, with the high energy of tag, and the intrigue of hide and seek. This introduction to the magical world of Quiddich is sure to delight.

World Sport Explorers
Interested in learning more about sport around the world? This multisport program introduces campers to cricket (England), tchoukball (Switzerland), tennikoit (India), ki-o-rahi (New Zealand), Jokgu (South Korea), and an assortment of smaller folk games.

Kids Musical Theatre with Stage Art
In this full day camp kids will enjoy participating in fun and creative play-based activities that develop skills in character development, movement, body awareness and singing. With half of each day focused on creating props for their final show, campers will find themselves fully immersed in the magic of live theatre.

We offer extra care services including before care, lunch supervision, and after care.

recreation.ubc.ca/camps
Vancouver’s home to year round baseball training. Check out ubcbaseball.com for information on our Thunderbirds Baseball Performance Institute and $10 UBC student drop-in sessions.
DROPP-IN SPORTS

Drop-in sports provide an easy way to be physically active. UBC Recreation offers a variety of activities on a daily basis, including free options for current UBC students, staff, faculty, and UNA residents.

**Daily Free Drop-In Gym Opportunities**

- Basketball, Badminton, Table Tennis
- Volleyball & Futsal

recreation.ubc.ca/drop-in

Free for all UBC students, staff, faculty and UNA residents (public rate is $5.50), the Student Recreation Centre hosts a variety of gym sports. All equipment is provided at the Student Recreation Centre front desk. Check the online schedule for the most up-to-date gym times.

**Drop-in Skating and Hockey**

Drop-in skating, Stick & Puck, and hockey sessions are offered on most weekdays, Friday evenings, and weekends. For current UBC students, drop-in skating is free. Visit recreation.ubc.ca/ice for more information.

**Drop-in Swimming**

Drop-in Public Swimming available daily. For current UBC students, drop-in swimming is free. Visit recreation.ubc.ca/aquatics for more information.

**Wheelchair Basketball Drop-In**

On a bi-weekly basis at the Student Recreation Centre, drop-in for wheelchair basketball drills and games. All abilities are invited; all equipment is provided, and no prior experience is required. Participation is free for all students, staff, faculty and UNA residents (public rate is $5.50).

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**Student Recreation Centre**

6000 Student Union Boulevard
Vancouver, BC V6T 1Z1
604.822.6000
src.operations@ubc.ca

**HOURS**

Sept 1, 2016 – April 30, 2017

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday – Friday</td>
<td>7:00 am – 11:00 pm</td>
</tr>
<tr>
<td>Saturday – Sunday</td>
<td>9:00 am – 9:00 pm</td>
</tr>
<tr>
<td>Statutory Holidays</td>
<td>12:00 pm – 6:00 pm</td>
</tr>
</tbody>
</table>

There are no fitness or instructional classes on statutory holidays. The facility is subject to changes in classes and reduced hours during exam periods in December and April. Visit recreation.ubc.ca or the Student Recreation Centre for updates.
# Be Fit & Cycle Fit Schedule  
Winter (January 3 – April 30, 2017)

**BirdCoop Fitness Centre**  
6000 Student Union Boulevard  
Vancouver, BC V6T 1Z1  
604.822.6924  
birdcoop.fitnesscentre@ubc.ca

<table>
<thead>
<tr>
<th>HOURS</th>
<th>SEPTEMBER 6 – APRIL 30, 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday – Thursday</td>
<td>6:30 am – 10:00 pm</td>
</tr>
<tr>
<td>Friday</td>
<td>6:30 am – 9:00 pm</td>
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<tr>
<td>Saturday</td>
<td>10:00 am – 8:00 pm</td>
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<tr>
<td>Sunday</td>
<td>10:30 am – 7:00 pm</td>
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<tr>
<td>Statuatory Holidays</td>
<td>12:00 pm – 6:00 pm</td>
</tr>
</tbody>
</table>

The facility is subject to reduced hours from December 24 – January 2. Please check recreation.ubc.ca/fitness for the latest updates.

## Unlimited access to Be Fit & Cycle Fit fitness classes is included in a BirdCoop Flex Pass or Staff, Faculty and Public Memberships.

### Express Cycle  
A 45-minute class designed for maximum results.

### Power Cycle  
An intense, high-energy workout to improve your cardiovascular capacity.

### Cycle Sprint  
A variety of cycling sprints, hills, and drills to increase your endurance.

### Cardio Kick, Strength and Core  
Cardio kickboxing mixed with strength and core training.

### Abs, Strength, Stretch  
Tone your core, strengthen your muscles, and increase your flexibility.

### Butts and Guts  
Tone, strengthen, and shape your abs, hips, butts, and thighs.

### Pump  
Full body, strength workout combined with core training.

### Total Body Conditioning  
A simple combination of cardio and resistance training to improve your fitness level.

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**Try all of these classes for free during Free Week  
January 9-15!**  
Check recreation.ubc.ca/free-week for more information.
Fitness & Instructional Schedule  Winter (January 3 – April 30 2017)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>SRC</td>
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<tr>
<td>EARLY BIRD BOOT CAMP 7:00-7:55 AM</td>
<td>AKIIDO</td>
<td>7:00-8:55 AM</td>
<td>CYCLE BOOT CAMP 7:00-7:55 AM</td>
</tr>
<tr>
<td>BUTTS &amp; GUTS 12:05-12:55 PM</td>
<td>TNT BOOT CAMP 12:00-12:50 PM</td>
<td>LUNCH CRUNCH BOOT CAMP 12:05-12:50 PM</td>
<td>CARDIO FIT 12:00-12:50 PM</td>
</tr>
</tbody>
</table>
| STRETCH AND ROLL RECOVERY 1:00-2:00 PM | HATHA YOGA 10:00-10:55 PM | POWER YOGA 10:00-10:55 PM | BUTTS AND GUTS BE FIT 11:00-11:45 AM | ACROYOGA FI
T 11:00-11:45 AM | ZUMBA 11:00-11:45 AM | BUTTS AND GUTS BE FIT 11:00-11:45 AM | ACROYOGA FIT 11:00-11:45 AM |
| Lyrical Contempo 1 2:30-3:35 PM | MAT PILATES 3:00-4:00 PM | POWER YOGA 3:15-4:15 PM | 4:30-5:20 PM | 4:30-5:20 PM | 4:30-5:20 PM | 4:30-5:20 PM |
| Lyrical Contempo 2 4:00-5:25 PM | BOOT CAMP FOR BEGINNERS 5:00-5:55 PM | JAZZ TUNE 5:30-6:25PM | COOP COMBO BOOT CAMP 5:30-6:25PM | 50/50 YOGA PILATES 5:30-6:25PM | 50/50 YOGA PILATES 5:30-6:25PM | 50/50 YOGA PILATES 5:30-6:25PM |
| PUMP 5:00-6:15 PM | ACROYOGA FIT 5:00-5:55 PM | ML PILATES 5:00-5:55 PM | COOP COMBO BOOT CAMP 5:30-6:25PM | 50/50 YOGA PILATES 5:30-6:25PM | 50/50 YOGA PILATES 5:30-6:25PM | 50/50 YOGA PILATES 5:30-6:25PM |
| STRETCH AND ROLL RECOVERY 1:00-2:00 PM | HATHA YOGA 7:30-9:25 PM | WOMEN ON WEIGHTS STUDIO 7:30-8:15 PM | WOMEN ON WEIGHTS STUDIO 7:30-8:15 PM | POWER YOGA 7:30-8:15 PM | POWER YOGA 7:30-8:15 PM | POWER YOGA 7:30-8:15 PM |
| TAE KWON DO 8:30-9:45 PM | HATHA YOGA 9:00-10:00 PM | TAE KWON DO 8:30-9:45 PM | 10:00-10:55 PM | 10:30-11:25 PM | 10:30-11:25 PM | 10:30-11:25 PM |
| 8:00-8:55 AM | 9:00-9:55 AM | 10:00-10:55 AM | 11:00-11:55 AM | 12:00-12:55 PM | 12:00-12:55 PM | 12:00-12:55 PM |
| 9:00-9:55 AM | 10:00-10:55 AM | 11:00-11:55 AM | 12:00-12:55 PM | 12:00-12:55 PM | 12:00-12:55 PM | 12:00-12:55 PM |
| 10:00-10:55 AM | 11:00-11:55 AM | 12:00-12:55 PM | 12:00-12:55 PM | 12:00-12:55 PM | 12:00-12:55 PM | 12:00-12:55 PM |
| 11:00-11:55 AM | 12:00-12:55 PM | 12:00-12:55 PM | 12:00-12:55 PM | 12:00-12:55 PM | 12:00-12:55 PM | 12:00-12:55 PM |
| 12:00-12:55 PM | 12:00-12:55 PM | 12:00-12:55 PM | 12:00-12:55 PM | 12:00-12:55 PM | 12:00-12:55 PM | 12:00-12:55 PM |

Locations
Enjoy bootcamps and instructional classes at the Ponderosa Commons Studio, BirdCoop Fitness Centre, UBC Tennis Centre, and Baseball Indoor Training Centre. UBC Recreation facilities are subject to reduced hours during exam periods. There are no classes on statutory holidays. Visit recreation.ubc.ca for the latest updates.

Student Recreation Centre
6000 Student Union Boulevard
Vancouver, BC V6T 1Z1
604.822.6000
src.operations@ubc.ca

Ponderosa Commons Studio
6488 University Boulevard
Vancouver, BC V6T 1Z4
604.822.6000
src.operations@ubc.ca

BirdCoop Fitness Centre
6000 Student Union Boulevard
Vancouver, BC V6T 1Z1
604.822.6924
birdcoop.fitnesscentre@ubc.ca

UBC Tennis Centre
6160 Thunderbird Boulevard
Vancouver, BC V6T 1Z3
604.822.6000
src.operations@ubc.ca

Schedules are subject to change without notice. Please check our website recreation.ubc.ca/instructional for the most current facility schedule.
While most instructional programs are available on an ongoing, drop-in basis, for the best availability, you are encouraged to register by January 15. Certain classes and workshops will have start dates throughout the term, so visit recreation.ubc.ca or the Student Recreation Centre for a detailed program and registration information including class times, locations, and fees.

Free Week – January 9-15
recreation.ubc.ca/free-week

Try something new! During the week of January 9-15 you can drop-in to any instructional, aquatics or fitness class for free! No experience is required for any of the classes and all abilities are welcomed.

Register by January 15 to guarantee availability for one of your favourite classes. Some classes have start dates throughout the term or allow for drop-in, but to guarantee your spot, register by the deadline.
### Ice Schedule Winter 2017

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Dates</th>
<th>UBC Student</th>
<th>UBC Staff / Faculty</th>
<th>UNA/CSC &amp; Public</th>
<th>Expiration Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 AM – 1:00 PM</td>
<td>Public Skate</td>
<td>Student Recreation Centre</td>
<td>1 term</td>
<td>$36.00</td>
<td>$44.00</td>
<td>$54.00</td>
<td>April 30, 2017</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>2 terms</td>
<td>$53.00</td>
<td>$65.00</td>
<td>$80.00</td>
<td>August 31, 2017</td>
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<td></td>
<td></td>
<td></td>
<td>3 terms</td>
<td>$65.00</td>
<td>$75.00</td>
<td>$90.00</td>
<td>January 31, 2018</td>
</tr>
<tr>
<td>1:15 PM – 2:30 PM</td>
<td>Stick &amp; Puck</td>
<td>Student Recreation Centre</td>
<td>1 term</td>
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<td>$64.00</td>
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<td>April 30, 2017</td>
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<td>2 terms</td>
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<td>$87.00</td>
<td>$103.00</td>
<td>August 31, 2017</td>
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<td></td>
<td></td>
<td></td>
<td>3 terms</td>
<td>$90.00</td>
<td>$105.00</td>
<td>$128.00</td>
<td>December 31, 2017</td>
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<tr>
<td>11:30 AM – 1:00 PM</td>
<td>Public Skate</td>
<td>War Memorial Gym</td>
<td>1 term</td>
<td>$70.00</td>
<td>$87.00</td>
<td>$100.00</td>
<td>April 30, 2017</td>
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<td></td>
<td></td>
<td></td>
<td>2 terms</td>
<td>$105.00</td>
<td>$120.00</td>
<td>$135.00</td>
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<td></td>
<td></td>
<td></td>
<td>3 terms</td>
<td>$135.00</td>
<td>$150.00</td>
<td>$165.00</td>
<td>December 31, 2017</td>
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<td>11:30 AM – 1:00 PM</td>
<td>Public Skate</td>
<td>Aquatic Centre</td>
<td>1 term</td>
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<td>3 terms</td>
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<td>11:30 AM – 1:00 PM</td>
<td>Public Skate</td>
<td>Student Recreation Centre</td>
<td>1 term</td>
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<td>April 30, 2017</td>
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<td>11:30 AM – 1:00 PM</td>
<td>Public Skate</td>
<td>War Memorial Gym</td>
<td>1 term</td>
<td>$70.00</td>
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<td>$100.00</td>
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<td>2 terms</td>
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<td></td>
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<td>3 terms</td>
<td>$135.00</td>
<td>$150.00</td>
<td>$165.00</td>
<td>December 31, 2017</td>
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**Doug Mitchell Thunderbird Sports Centre**

6066 Thunderbird Way
Vancouver, BC V6T 1Z3
604.822.6121
ice.rink@ubc.ca

**Schedules are subject to change without notice.**

Please check recreation.ubc.ca/ice for the most current facility schedule.

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**Day Use Locker Rental**

Both the Student Recreation Centre and the Aquatic Centre have a variety of locker options. Coin-operated lockers are available at both facilities. In addition, the Student Recreation Centre offers complementary day-use lockers. Day locks are available free of charge from the Student Recreation Centre front desk, or you can bring your own lock.

**Term Based Locker Rental**

In addition to the coin-operated and day-use lockers, lockers are available for term-based rentals at the UBC Aquatic Centre, Student Recreation Centre, and War Memorial Gym.

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**Type** | **Location**                     | **Dates** | **UBC Student** | **UBC Staff / Faculty** | **UNA/CSC & Public** | **Expiration Dates** |
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<tbody>
<tr>
<td>Hallway Locker</td>
<td>Student Recreation Centre</td>
<td>1 term</td>
<td>$36.00</td>
<td>$44.00</td>
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<td>Half Locker</td>
<td>Student Recreation Centre</td>
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<td>$52.00</td>
<td>$64.00</td>
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<td>April 30, 2017</td>
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<td>War Memorial Gym</td>
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<td></td>
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<td>3 terms</td>
<td>$90.00</td>
<td>$105.00</td>
<td>$128.00</td>
<td>December 31, 2017</td>
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<tr>
<td>Full Locker</td>
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<td>1 term</td>
<td>$70.00</td>
<td>$87.00</td>
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<td>April 30, 2017</td>
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<td></td>
<td>War Memorial Gym</td>
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