UBC RECREATION
FALL & WINTER 2018/19
SEPTEMBER 2018 - APRIL 2019

AQUATICS • DANCE • FITNESS • ICE • INTRAMURALS • MARTIAL ARTS • YOGA & PILATES • OUTDOOR • ROWING • SPORT CLUBS • TENNIS • CAMPS

THE UNIVERSITY OF BRITISH COLUMBIA
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 where all can thrive.

We are proud to incorporate all abilities and people into our programs and events. Please contact us at physical.activity@ubc.ca if you have any questions or concerns.

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

**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, harassment, and threatening behaviour 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.
Welcome!

UBC Recreation aims to offer all people on campus opportunities to be physically active. We’re proud to offer a diverse range of programs and activities for all ages and skill levels: from first time swim lessons for 4-month olds, to intramural league sports, to seniors’ tennis and everything in between. We hope to inspire you to add movement into your everyday life in fun and exciting ways.

## Locker Rentals
For rates and detailed information, visit [recreation.ubc.ca/locker-rentals](recreation.ubc.ca/locker-rentals)

---

### Student Recreation Centre

#### Day-Use Lockers
The Student Recreation Centre offers coin-operated lockers and day-use lockers. Day locks are available free-of-charge from the front desk in exchange for a piece of ID, or you can bring your own lock. Please note that locks left overnight will be removed.

#### Term-Based Locker Rental
Lockers are available for term-based rentals from the front desk.

### ARC

#### Day-Use Lockers
The ARC offers day use lockers free-of-charge from the front desk in exchange for a piece of ID.

#### Term-Based Locker Rental
In addition to the day-use lockers, there are lockers available for term-based rentals.

### UBC Aquatic Centre

#### Day-Use Lockers
All day-use lockers at the UBC Aquatic Centre are coin-operated. Depending on the size of the locker, each time you open the locker it costs either a loonie for a large or extra-large locker, or a quarter for a small or medium locker. All items must be removed by end-of-day.

#### Term-Based Locker Rental
Lockers are available for term-based rentals from the front desk. Locker expiration dates for each term are posted online and in the facility at the start of each term.

### War Memorial Gym

#### Term-Based Locker Rental
Lockers are available for term-based rentals only. Locker expiration dates for each term are April 30, August 31, and December 31 of that year.

---

## Contents

<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>How To Register</td>
</tr>
<tr>
<td>3</td>
<td>Get Moving</td>
</tr>
<tr>
<td>4</td>
<td>UBC Students</td>
</tr>
<tr>
<td>8</td>
<td>UBC Staff &amp; Faculty</td>
</tr>
<tr>
<td>10</td>
<td>Community</td>
</tr>
<tr>
<td>12</td>
<td>Youth</td>
</tr>
<tr>
<td>16</td>
<td>Fitness &amp; Classes</td>
</tr>
<tr>
<td></td>
<td>NEW Fitness Membership Bundles! Personal Training, Boot Camps, Cardio, Conditioning &amp; Strength, Dance, Martial Arts, Spin &amp; Group Fitness Classes and Yoga &amp; Pilates.</td>
</tr>
<tr>
<td>20</td>
<td>Aquatics</td>
</tr>
<tr>
<td></td>
<td>Swimming Lessons, Private Lessons, Aqua Fitness Classes, Drop-in Public Swimming, Youth Camps, and Advanced Aquatic, Safety, and First Aid Courses.</td>
</tr>
<tr>
<td>22</td>
<td>Tennis</td>
</tr>
<tr>
<td></td>
<td>Court Bookings, Adult and Youth Clinics, Drills, Camps, Leagues, and Lessons.</td>
</tr>
<tr>
<td>24</td>
<td>Ice</td>
</tr>
<tr>
<td></td>
<td>Hockey and Skating Lessons, Hockey Leagues, Drop-in Skating and Hockey.</td>
</tr>
<tr>
<td>26</td>
<td>Rowing</td>
</tr>
<tr>
<td></td>
<td>Adult and youth rowing lessons and leagues offered at the John M.S. Lecky UBC Boathouse in Richmond.</td>
</tr>
<tr>
<td>27</td>
<td>UBC Thunderbirds Sport Clubs</td>
</tr>
<tr>
<td></td>
<td>These student-led teams officially represent the University in non-varsity sports.</td>
</tr>
<tr>
<td>28</td>
<td>Intramurals</td>
</tr>
<tr>
<td></td>
<td>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 just-for-fun participation opportunities.</td>
</tr>
<tr>
<td>30</td>
<td>Youth Programs</td>
</tr>
<tr>
<td></td>
<td>After school and weekend lessons in aquatics, tennis, skating, hockey, and rowing for youth ages 3-17.</td>
</tr>
<tr>
<td>31</td>
<td>Youth Camps</td>
</tr>
<tr>
<td></td>
<td>Winter and spring break camps, pro-d day camps, and summer camps for youth ages 3-17.</td>
</tr>
<tr>
<td>32</td>
<td>Drop-In Sports</td>
</tr>
<tr>
<td></td>
<td>Basketball, Badminton, Volleyball, Futsal, Cricket, and Wheelchair Basketball drop-in opportunities.</td>
</tr>
</tbody>
</table>
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 by creating an environment in which all people 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 for a program, 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.
- Navigate with the sidebar to the program of your choice.
- Select “Add” beside the program that you wish to register for, and proceed through the checkout process.

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/CSC 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.

Free and discounted options
There are plenty of discounts available for UBC students, staff and faculty, members of the University Neighbourhoods Association (UNA) or UTown residents (CSC holders). You will be required to provide identification 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/CSC Members at recreation.ubc.ca/community

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.
Shift your routine at UBC to include movement as part of your day. Moving helps us to deal with stress, increase our confidence, and refocus our minds to think clearly and critically.

**Free Week – Your start to fitness at UBC!** – September 10-16; January 7-13 [recreation.ubc.ca/free-week](recreation.ubc.ca/free-week)

Try a new activity, meet new people, and explore countless fitness and aquatics classes during Free Week. No experience or prior registration is required. Check the online schedule for the classes most convenient for you!

**UBC’s Largest Zumba** – November 2 [recreation.ubc.ca/largest-zumba](recreation.ubc.ca/largest-zumba)

Zumba is a Latin American inspired dance fitness style, also known as the world’s largest fitness party. Zumba is about getting moving and having fun! Join us on November 2 for this annual free event, open to everyone, regardless of ability or fitness level.

**Walking Program** – September to April [recreation.ubc.ca/walking](recreation.ubc.ca/walking)

Take time for yourself to connect with colleagues, move your body, and discover new places on campus. From Forest Forays to Art-Lovers strolls, our Walking Program is a welcoming, low-impact, and accessible way for everyone to fit in exercise during their day.

We’ll be kicking things off on Wednesday, September 12 at noon with the first puppy themed Dog Walk. Meet at the water fountain on Main Mall to enjoy 45 minutes of active socializing! Special footwear or clothing is not required, but running or comfortable shoes are recommended.

**Move UBC** – Month of February [move.ubc.ca](move.ubc.ca)

We have a big goal here at UBC, to get everyone to move more and sit less on our pursuit of becoming Canada’s healthiest campus. Join us throughout the month of February for Move UBC, the annual health promotion campaign to reduce sedentary behaviour by showcasing the breadth of diverse and varied opportunities to be active. We’re always seeking new ideas or programs to feature, and welcome you to partner with Move UBC!

**Boost Your Mood in a Moment**

Active breaks from long periods of work and study can increase brain capacity, energy, and focus. Bring in the MoveU Crew to lead 5-15 minute movement breaks in your next class, meeting, or event. No special equipment, clothing, or space required.

Book the MoveU Crew and find out more at [recreation.ubc.ca/moveu-crew](recreation.ubc.ca/moveu-crew), or contact us directly at [physical.activity@ubc.ca](physical.activity@ubc.ca)
“It’s easy to get caught up in the stresses of student life, but it’s important to have balance. I found Intramural Leagues to be a fun and easy way to achieve this.”

—Julian Asselstine
How do students get involved in recreation at UBC?

**Intramural Leagues Player**

*Julian Asselstine, Masters of Applied Science, Timber Engineering Student*

“I first got involved in intramural leagues because I was looking for a way to meet new people, have some fun, and take a break from studying – but it turned out to be that and so much more for me. My favourite thing is that it’s the perfect balance of casual and low-stress so you feel comfortable, but it’s also structured enough to have some fun while being competitive with other teams.”

**JULIAN’S TOP PICKS**

› Intramural Basketball and Soccer Leagues
  See page 29 for more info

› Storm the Wall
  March 24–27, 2019
  See page 29 for more info

**UBC Thunderbirds Sport Clubs Athlete**

*Janik Andreas, Physics and Computer Science Student*

“I was an athlete on the UBC Thunderbirds Quidditch Sport Club and served on the executive committee. The program supports student led clubs in a number of ways from financial support to leadership development. But at the end of the day, joining UBC TSC brought me to one of the most important aspects of my UBC experience: community involvement. I felt like I was contributing a valuable piece to the mosaic that is athletic excellence at UBC.”

**JANIK’S TOP PICKS**

› UBC Thunderbirds Quidditch Sport Club
  See page 27 for info on Sport Clubs

› UBC Sport Clubs Executive Team
  See page 27 for more info on Sport Clubs

**Intramural Event Enthusiast**

*Gwen Tan, Political Science and International Relations Student*

“Participating in intramural events has helped make my UBC experience memorable. Events like Day of the LongBoat and Storm The Wall are so unique and are part of the quintessential UBC experience, and Intramurals also offers so many other fun events throughout the year – I guarantee you’ll find at least one that you enjoy! Don’t be afraid to try new things!”

**GWEN’S TOP PICKS**

› Trying as many Intramural Events as she can!
  See page 29 for more info

› Drop-in Swimming
  See page 20 for info on the UBC Aquatic Centre

**New facility. New memberships. New classes.**

› Unlimited yoga and fitness centre bundle memberships starting at $85!

Membership to UBC Recreation fitness centres include:

• Access to 2 convenient locations
• 800 daily or term-based lockers
• Universal and gendered change rooms
• Functional fitness space, cardio machines, weights, and more!

See page 16 for more information.
**FEATURED STUDENT EVENTS**

**Lace Up for Kids** is an annual event in support of the BC Children’s Hospital and Rare Disease Foundation. Join us for this fun event filled with skating, live DJs, and games – all for a good cause.
Wondering how you can experience everything UBC has to offer? Featured events like Day of the LongBoat and Storm the Wall 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 most Intramurals programs.

**Day of the LongBoat**
recreation.ubc.ca/longboat  
**Event:** September 29 – 30  
**Registration Deadline:** September 17

Paddle with over 3,500 people in one of the largest voyageur canoe race in the world and UBC Recreation's largest event. Teams paddle their boats in the beautiful waters off of Jericho beach in either competitive or just-for-fun races.

**Pumpkin Run**
recreation.ubc.ca/pumpkin-run  
**Event:** October 18  
**Registration Deadline:** October 15

Take part in this scenic run, relay, or walk across campus. Take part as part of a relay or individually. Either way, this is the best way to get outside and celebrate the fall.

**Lace Up for Kids**
laceup.ca  
**Event:** November 15

Join us to lace up, skate, and celebrate at the 11th annual Lace Up for Kids in support of BC Children’s Hospital Foundation. Join us in fundraising on a team, or on your own and make a difference in a child’s life. Everyone is welcome to join us on the big day for a silent auction, skating, food, and much more!

**Water Wars**
recreation.ubc.ca/water-wars  
**Event:** November 22  
**Registration Deadline:** November 19

Escape from the cold for a night of slip and slides, diving games, and inflatables in the warmth of the UBC Aquatic Centre. Go grab some friends and dive in! Teams compete in heats of challenges, with the top team going forward to a playoff.

**Gladiator**
recreation.ubc.ca/gladiator  
**Event:** January 17  
**Registration Deadline:** January 14

Looking for a challenge of mind, body, and team? Prefer “unconventional” activities? Then come play with us at Gladiator! This event is filled with non-stop action, guaranteed laughter, and the crowning of UBC’s very own gladiator.

**Faculty Cup**
recreation.ubc.ca/faculty-cup  
**Event:** February 1  
**Registration Deadline:** January 21

Celebrate your faculty pride in this annual tournament. Compete with your faculty in a series of academic, spirit, and sport challenges to decide the champion faculty at UBC! Last year’s challenges included wheelchair basketball, a lip sync battle, and a “Wipe Out” inflatable.

**Storm the Wall**
stormthewall.ca  
**Event:** March 24-27  
**Registration Deadline:** March 15

Are you ready for one of UBC’s most iconic experiences? Swim, sprint, bike, run, and 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. Participate in a fun and exciting UBC tradition!
“It’s been great to see the sense of community in the workplace created through the Walkabout program”

—Joy Butler
How do staff & faculty get involved in recreation at UBC?

UBC Walkabout Founder
Joy Butler, Curriculum & Pedagogy Professor in the Faculty of Education

“...I wanted to create a program to improve community spirit, personal fitness, and provide a sense of wellness in the workplace, so in 2006 I created the Walkabout program. Walkabout is a nine-week health and wellbeing challenge that promotes regular exercise in social settings. Since starting this program I’ve seen a greater sense of community, individuals shifting their habits towards physical activity including taking the stairs more, and I’ve seen a team approach to exercise in the workplace.”

UBC Staff Member
Vicki Jung, Environment Services

Vicki began participating in fitness programs after seeing other colleagues exercising during lunchtime. The class times and locations are very convenient for her, and she finds a lunchtime workout is a great way to feel re-energized during a workday. Vicki’s involvement helps her feel connected to the UBC community.

JOY’S TOP PICKS

› UBC Walkabout
January through March. See page 3 for more info
› Casual lunchtime strolls with her dog Bella

VICKI’S TOP PICKS

› Spin & Group Fitness Classes
› Yoga & Pilates Classes See page 19 for more info

Personal Training
Adrian Greszata, UBC Aquatic Centre Staff

“...I’ve been working with my personal trainer for about a year now and I have seen such tremendous results! I had never worked out with larger weights before but I’ve learned so much and have seen constant improvements to my strength and flexibility. Since the ARC opened we’ve also been able to take advantage of the dedicated personal training space which means that we don’t wait for machines or racks anymore – I get more value in each session!”

Get your body moving with Aqua Fitness Classes

Aqua Fitness classes are low-impact and a great way to add some variation to your workouts. Classes are scheduled so you can fit them around your work day!

Try these classes:
• New to Aqua Fitness: Aqua Yoga
• Only found at the UBC Aquatic Centre: Hydro Board Fitness
• For the seasoned swimmer: Swim Coached Workout
recreation.ubc.ca/aquatics
“For me, it’s not just a place to work out. The fitness centre has become a part of my campus life.”

—Ryoko Norden
How do members of the community get involved in recreation at UBC?

**Fitness Classes**
*Ryoko Norden, Kitsilano Resident*

“My favourite thing about the fitness classes at UBC is the feeling of community. The staff are super friendly and the other regular participants have become friends. I take all my classes with the instructor Hugh. His explosive training style is so addictive – he knows how to bring out the best in everyone in the class. The class times are also very convenient for me. As a working mom, being able to work out in my lunch hour is crucial.”

**Tennis League Player**
*Sandra G*

“I’ve been participating in programs at the UBC Tennis Centre for 3 years now and I love how I feel like I’m at home when I walk into the facility. The ladies in my league and I have all become such great friends and they are so inspiring. The facilities are great, the staff friendly, the coaching is high level and I’ve had such great laughs with my coach on the court.”

**Active Senior**
*Anne Jull*

Things looked a lot different when Anne got involved with recreation at UBC in 1976, particularly the Aquatic Centre where she loves to exercise. While the quality of instruction for classes has continued to be exemplary, Anne especially enjoys how the new Aquatic Centre has so much to offer outside of swimming: much like a spa, she can lounge in the hot tub after her Aquafit class, relax in the steam room, or unwind in the sauna.

**ANNE’S TOP PICKS**

- *Aquacize Classes*
  - See page 20 for details

- *Seniors Community at the Aquatic Centre*
  - See page 20 for more info on aquatics at UBC

**RYOKO’S TOP PICKS**

- *Lunchtime Group Fitness Classes*
  - See page 19 for more info on fitness classes.

- *Lunchtime Cycle Classes*
  - See page 19 for more info on cycle classes.

**BOOST YOUR MOOD IN A MOMENT**

February 2019 is Move UBC month and the Move U Crew wants to hear from you! Move UBC is an annual health promotion campaign aimed at reducing sedentary behaviour. We’re always seeking new ideas or programs to feature! Learn more at move.ubc.ca about how you can get involved or engage with us!
“The camps are really fun and I’ve learned a lot from the coaches. I really enjoy using the Hitrax machine because it makes me feel like I’m playing in Fenway Park!”

—Zach
Learn to swim at the UBC Aquatic Centre

Red Cross swim programs feature research-based water safety techniques that are recognized world-wide. The UBC Aquatic Centre’s trained instructors teach swimmers skills that promote heath and encourage life-long water safety.

The UBC Aquatic Centre offers:
- Red Cross Swim Preschool (for kids 4 months to 5 years old)
- Red Cross Swim Kids (for kids 6 to 11 years old)
- Youth Lessons (for kids 12 to 16 years old)

recreation.ubc.ca/youth-swim-lessons

ZACH’S TOP PICKS

- Baseball Camps
  See page 31 for camps information
- UBC Thunderbirds Minors Baseball Development Program
  See page 15 for youth baseball information

Zach has been participating in programs at the Rose Indoor Baseball Training Centre for two years now. He is a familiar face at Baseball Camps throughout the year and he participates in the Minors Development Program which he uses to improve his pitching, hitting, and infield skills.

RYANN’S TOP PICKS

- Hockey Camps
- Aquatics Camps
  See page 31 for youth programs

Ryann has been participating in camps and swimming lessons at UBC for two years ever since her family moved to Vancouver. She enjoys the variety of programs that she can participate in, from hiking and bike riding camps, to having fun in the pool with all of the pool toys. She hopes to go to UBC as a student some day!

RIJUL’S TOP PICKS

- Learn to Skate
  See page 30 for youth ice programs information
- Swim Kids Lessons
  See page 30 for camp information

Rijul is a grade 4 student at Norma Rose Point Elementary School. He participates in a variety of programs year-round including Learn to Skate lessons, Red Cross Swim Kids lessons, and a wide range of summer camps. Rijul enjoys the opportunity he has to make new friends, and his parents like that he can participate in such a diverse set of activities so close to home.

How do youth get involved in recreation at UBC?
The UBC Baseball program provides professional, year-round baseball training. Check out ubcbaseball.com to register in our programs and camps, or call 604.822.5770.

UBC Thunderbirds Minors and Majors Baseball Development Program

**Fall program:** September 7 – December 15  
Register by September 6

Led by UBC Baseball’s head instructors and varsity athletes, this intensive program is specifically designed to develop the talents of players aged 8-10 and 11-12. Participants will acquire a better understanding of the game, their athleticism, and true potential as baseball players.  
*Tailored for both experienced and inexperienced players.*

**Winter program:** January 5 – March 15  
Register by January 4

UBC Baseball Camps

Programs run on pro-d days, winter break, and spring break

Sharpen your skills in the state-of-the-art Rose Indoor Baseball Training Centre and outdoors at our brand new baseball stadium.  
Camps are offered for children aged 8-13 of all levels of baseball experience.

Register at: ubcbaseball.com
The UBC Baseball program provides professional, year-round baseball training. Check out ubcbaseball.com to register in our programs and camps, or call 604.822.5770.

Fall program: September 7 – December
Register by September 6
Led by UBC Baseball’s head instructors and varsity athletes, this intensive program is specifically designed to develop the talents of players aged 8-10 and 11-12. Participants will acquire a better understanding of the game, their athleticism, and true potential as baseball players.

Tailored for both experienced and inexperienced players.

UBC Thunderbirds Minors and Majors Baseball Development Program
UBC Baseball Camps
Programs run on pro-d days, winter break, and spring break
Sharpen your skills in the state-of-the-art Rose Indoor Baseball Training Centre and outdoors at our brand new baseball stadium.
Camps are offered for children aged 8-13 of all levels of baseball experience.
Register at: ubcbaseball.com

NEW FACILITY
ARC Fitness Centre
Located in the lower level of the Life Building, the ARC was designed with UBC’s diverse community in mind. This new space features 8,000 sq. ft. with brand new equipment ranging from cardio machines, strength training machines, free weights, to functional training, and circuit areas. The ARC Fitness Centre has something for everyone looking to get active this fall.

MEMBERSHIPS STARTING AT $35/TERM
One membership gives you access to both the ARC Fitness Centre and the BirdCoop Fitness Centre in the Student Recreation Centre.

Have you heard about the NEW fitness centre? 💪

Let’s check it out tomorrow!

recreation.ubc.ca/the-arc
We are dedicated to the health and wellbeing of the UBC community, offering fitness centre memberships to the BirdCoop and the newly opened ARC, a diverse range of yoga and Pilates classes, a climbing cave, exciting group fitness classes, and personal training in a welcoming environment.

THE NEW ACTIVITIES & RECREATION CENTRE

Situated on the lower level of the UBC Life Building, the ARC (Activities and Recreation Centre) is a new fitness centre focused on creating a comfortable, welcoming, and inclusive environment for those new to fitness and training activities.

What's new this year?
8,000 more sq. ft. of fitness space, 124 weekly classes and programs, 4 new membership bundles to give you more bang for your buck, 3 fitness & classes locations conveniently on campus, zero things stopping you from reaching your goals.
Fitness and classes memberships provide you with access to both the BirdCoop and ARC fitness centres and a variety of options for group fitness, spin, yoga, and Pilates drop-in classes. Explore our new fitness centre bundles which allow you to add-on unlimited Yoga & Pilates, and Spin & Group fitness classes at a great rate.

### STUDENT MEMBERSHIPS

#### FITNESS CENTRE BUNDLES

- **Yoga & Pilates + Fitness Centre Membership**
  - **$85/term**
  - **$50 unlimited yoga & Pilates**
  - **Access Includes:**
    - BirdCoop Fitness Centre
    - ARC Fitness Centre
    - Unlimited Yoga & Pilates Classes

- **Spin & Group Fitness Classes + Fitness Centre Membership**
  - **$85/term**
  - **$50 unlimited spin and group fitness**
  - **Access Includes:**
    - BirdCoop Fitness Centre
    - ARC Fitness Centre
    - Unlimited Spin & Group Fitness Classes

- **Yoga & Pilates + Spin & Group Fitness Classes + Fitness Centre Membership**
  - **$135/term**
  - **All access pass to unlimited yoga, Pilates, spin and group fitness classes**
  - **Access Includes:**
    - BirdCoop Fitness Centre
    - ARC Fitness Centre
    - Unlimited Yoga & Pilates Classes
    - Unlimited Spin & Group Fitness Classes

### STAFF & FACULTY, AND PUBLIC MEMBERSHIPS

#### FITNESS CENTRE BUNDLES

- **Yoga & Pilates Membership Only**
  - **$80/term**
  - **Access Includes:**
    - Unlimited Yoga & Pilates Classes
  - **Other Purchase Options:**
    - Daily Drop-In $10
    - 5 Punch Pass $40

- **Spin & Group Fitness Classes + Fitness Centre Membership**
  - **$135/term**
  - **All access pass to unlimited yoga, Pilates, spin and group fitness classes**
  - **Access Includes:**
    - BirdCoop Fitness Centre
    - ARC Fitness Centre
    - Unlimited Yoga & Pilates Classes
    - Unlimited Spin & Group Fitness Classes

### YOGA & PILATES MEMBERSHIPS

- **Yoga & Pilates + Fitness Centre Membership**
  - **$155 per term on yoga and Pilates memberships**
  - **Access Includes:**
    - BirdCoop Fitness Centre
    - ARC Fitness Centre
    - Unlimited Yoga & Pilates Classes

Note: "Term" is a set of four months; either September – December, January – April, or May – August.
Dance
Forget the stresses of your day and experience a sense of freedom in our dance classes this year. Participants will gain balance and coordination as well as general muscle endurance. Our professional instructors will lead you through engaging choreography specific to the style of dance that is fit for all levels. You’ll have so much fun moving to the music that you won’t even notice you’re working out!

- Ballet I and Ballet II
- Burlesque
- Dance Hall
- Dancer Fit
- Grooveazon
- Heels
- Hip Hop I and Hip Hop II
- Hot Street Jazz
- K-Pop
- Latin Funk
- Lyrical Contemporary
- Lyrical Jazz
- Lyrical Sass
- Urban/Street
- Swing Train

Cardio, Conditioning, and Strength
Banish fitness boredom with this set of specialty group fitness classes! From zumba to kick boxing to HIIT, these classes combine the best elements of other activities and bring them to life in a fitness environment. Classes range in experience levels from beginner to advanced and focus on cardio and strength.

- Barre Fitness
- Cardio Blast
- HardCore
- H.I.I.T.
- Intro to Weightlifting
- Kickboxing
- Sport Conditioning
- Street Kickboxing
- Tabata
- Women on Weights
- Zumba

Martial Arts
Blow off steam and find a sense of zen with our wide variety of martial arts classes. Our renowned teachers will teach you proper techniques to help you gain confidence, cardiovascular fitness, and balance. Open to all people, discover a community that promotes a lifestyle rooted in: discipline, strength, tradition, and harmony.

- Aikido
- Hapkido
- Hung Gar Kung Fu
- Iaido
- Intro to Brazilian Jiu-Jitsu
- Judo
- Ju Jutsu
- Krav Maga Self Defense
- Muay Thai
- Nihon Goju Karate
- Shotokan Karate
- Tai Chi Chuan

Boot Camps
The perfect combination of cardio and strength, boot camps are structured for individuals of all levels. Whether you’re looking to improve your overall fitness or feel more confident while being active, our personal trainers will guide you through workouts and tailor it to your fitness goals.

- Beginner Boot Camp
- Beginner Boot Camp II
- Circuit Boot Camp
- Early Riser Boot Camp
- Early Bird Boot Camp
- Express Boot Camp
- Kettlebells Boot Camp
- Lunch Crunch Boot Camp
- RAX
- Saturday Boot Camp
- Sunday Boot Camp
- TNT Boot Camp
- TRX

REGISTER FOR FITNESS AND CLASSES:
With 63 unique types of fitness and classes programming, discover the class that motivates you to include health and wellness in your daily routine. Whether it’s trying something new, finding a fitness class that fits conveniently in your schedule, or being able to be active and social in a group setting, there is something for everyone to live a balanced lifestyle.
Get 3 Personal Training Sessions for only $99!
Until September 30, 2018.

**Spin & Group Fitness**
Are you trying to find ways to fit working out into your hectic schedule? Look no further than our Spin & Group Fitness classes that are conveniently timed and located on campus to help you increase your general strength and cardio fitness. Make “I don’t have time” a thing of the past, and feel accomplished by getting in your daily dose of physical activity.

- Express Cycle
- Cycle Sprint
- Power Cycle
- Pump
- Cardio Kickboxing
- Butts and Guts
- Abs & Strength

**Yoga & Pilates**
Take time for yourself and connect not only your mind and body, but with others in yoga and Pilates classes this year. Gain improved range of motion, flexibility, and core strength in classes led by some of Vancouver’s finest yoga instructors. No experience required, participants are encouraged to leave the stressors of their day and practice peace of mind to restore their energy and focus.

- Flow Yoga
- Hatha Yoga
- Vinyasa Yoga
- Saturday Yoga
- Pilates

**Free Week**
This is your chance to drop-in on any of our fitness classes completely free!
Free Week Dates: September 10-16, 2018 or January 7-13, 2019
recreation.ubc.ca/free-week

**PERSONAL TRAINING**
Personal training is a great way to learn new exercises, gain confidence in a fitness centre, and be held accountable to reaching your fitness goals faster. Our friendly and approachable staff can help you with muscle gain, fat loss, or specialized movements while ensuring that you not only train hard, but train smart.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>UBC Student</th>
<th>UBC Staff &amp; Faculty</th>
<th>UNA/CSC and Public</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 sessions</td>
<td>$588.00</td>
<td>$600.00</td>
<td>$648.00</td>
</tr>
<tr>
<td></td>
<td>$49.00/session</td>
<td>$50.00/session</td>
<td>$54.00/session</td>
</tr>
<tr>
<td>6 sessions</td>
<td>$318.00</td>
<td>$354.00</td>
<td>$366.00</td>
</tr>
<tr>
<td></td>
<td>$53.00/session</td>
<td>$59.00/session</td>
<td>$61.00/session</td>
</tr>
<tr>
<td>3 sessions</td>
<td>$174.00</td>
<td>$189.00</td>
<td>$195.00</td>
</tr>
<tr>
<td></td>
<td>$58.00/session</td>
<td>$63.00/session</td>
<td>$65.00/session</td>
</tr>
<tr>
<td>1 session</td>
<td>$60.00</td>
<td>$65.00</td>
<td>$67.00</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.
AQUATICS

UBC Aquatic Centre
6080 Student Union Blvd, Vancouver BC
604.822.4501
aquatic.centre@ubc.ca

RECREATION.UBC.CA/AQUATICS

Youth aquatics programs on page 30

Did you know that the UBC Aquatic Centre has universal washroom and changeroom spaces including private change cubicles, washroom, and shower stalls?

Jump in to the UBC Aquatic Centre for drop-in swimming, aqua fitness classes, swimming lessons, springboard diving lessons, advanced aquatics, and first aid courses.

PUBLIC SWIM RATES

<table>
<thead>
<tr>
<th>Admissions</th>
<th>Child 3-12</th>
<th>Child UNA/CSC 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>
<th>Family³ (per person)</th>
<th>Family UNA/CSC³ (per person)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Drop-in</td>
<td>$3.75</td>
<td>$3.25</td>
<td>$5.00</td>
<td>$4.50</td>
<td>Free</td>
<td>$6.25</td>
<td>$6.75</td>
<td>$5.75</td>
<td>$4.25</td>
<td>$3.50</td>
<td>$4.50</td>
<td>$4.00</td>
</tr>
<tr>
<td>(Peak Hours)¹</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Single Drop-in</td>
<td>$3.00</td>
<td>$2.75</td>
<td>$4.50</td>
<td>$4.25</td>
<td>Free</td>
<td>$5.75</td>
<td>$6.00</td>
<td>$5.25</td>
<td>$3.75</td>
<td>$3.25</td>
<td>$4.00</td>
<td>$3.75</td>
</tr>
<tr>
<td>(Non Peak Hours)²</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 visit card</td>
<td>$34.00</td>
<td>$28.50</td>
<td>$45.00</td>
<td>$38.25</td>
<td>n/a</td>
<td>$57.00</td>
<td>$52.75</td>
<td>$38.25</td>
<td>$32.50</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>1 month pass³</td>
<td>$40.50</td>
<td>$34.50</td>
<td>$55.00</td>
<td>$45.75</td>
<td>n/a</td>
<td>$67.25</td>
<td>$72.50</td>
<td>$45.75</td>
<td>$38.75</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>4 month pass³</td>
<td>$92.50</td>
<td>$78.75</td>
<td>$120.00</td>
<td>$102.00</td>
<td>n/a</td>
<td>$165.50</td>
<td>$190.00</td>
<td>$161.50</td>
<td>$100.00</td>
<td>$82.00</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Yearly Membership³</td>
<td>$220.00</td>
<td>$188.75</td>
<td>$295.00</td>
<td>$245.00</td>
<td>n/a</td>
<td>$397.25</td>
<td>$459.00</td>
<td>$387.75</td>
<td>$275.00</td>
<td>$196.75</td>
<td>n/a</td>
<td>n/a</td>
</tr>
</tbody>
</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 person 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 6:30 am – 9:00 am, 11:30 am – 1:30 pm, and 5:30 pm – 8:30 pm. Peak hours occur Saturday to Sunday between 8:00 am – 6:30 pm.
5. Non Peak hours occur Monday to Friday between 9:00 am – 11:30 am, 1:30 pm – 5:30 pm, and 8:30 pm – 10:00 pm. Non-Peak hours occur Saturday to Sunday 6:30 pm – 9:45 pm.
6. Water Play Drop-in $5.50 (includes caregiver and up to 2 children)
7. Parents/Caregivers Drop-in $3.50 (during your child’s lesson time)
8. No refunds, partial refunds, or credits will be granted due to facility closures

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.
Red Cross Swimming Lessons

We offer Red Cross Swim Preschool and Swim Kids lessons for kids from beginner to advanced. We offer a variety of class times to fit with your busy schedules, including evenings, weekends, and day-time classes for preschool students and home-learners!

Hydro Board Aqua Fitness Programs

Try out these brand new aqua fitness classes performed on floating stand-up boards. This program will get you up and challenge your core in fun and exciting ways. No, you don’t have to be an expert paddle boarder! Energizing and fun for all fitness levels. Work on your balance, strength, core, and enjoy a fun workout. You won’t regret being an early adopter of hydro board aqua fitness!

Adult Lessons

Swimming is a life skill and it’s never too late to learn! If you have little or no swimming experience start out in an Adult 100 class to learn the basics. If you already know the basics join in on the Adult 200, or 300/400.

Not sure what level to start at? Stop by our pool during one of our drop-in swims and ask one of our lifeguards for a complimentary swim level evaluation.

Aqua Fitness Classes

Drop-In Aqua Fitness
- Aqua Boot camp
- Aqua Yoga
- Deep Water Aqua Fitness
- Deep to the Core Aqua Fitness
- Get Wet and Sweat Aqua Fitness
- High Energy Aqua Fitness
- River Walking
- Seniors Aqua Fitness
- Shallow Water Aqua Fitness

Specialty Aqua Fitness
- Aqua Therapy
- Aqua Zumba
- Coached Express Workout
- Hydro Board Yoga
- Hydro Board Fitness
- Swim Fit

Advanced Aquatics Programs

- Babysitting Programs
- BCRPA Pool Operators Level 1 & 2
- BCRPA Aquafit Module
- BCRPA Fitness Theory Module
- Bronze Medallion & Bronze Cross
- CFES Aquacize Module & Practicum
- CPR C + AED Certification
- Lifesaving Camp
- Lifesaving Instructor
- National Lifeguard
- Red Cross Water Safety Instructor
- Standard First Aid
- Stay Safe! Youth Certification
- Stand UP Paddleboard Instructor Certification
- Recertifications
- Complete Lifeguard

UBC AQUATIC CENTRE FACILITY:

AQUATICS PROGRAMS OFFERED:

FEATURED AQUATICS PROGRAMS:

Purchasing a 1 month, 4 month, or yearly membership? Ask our staff about members-only privileges.
The UBC Tennis Centre is the only indoor public tennis facility in Vancouver. We offer a wide variety of tennis clinics, drills, leagues, and specialty programs led by a team of professional staff and coaches. Our goal is to ensure everyone can learn, improve, and enjoy their tennis experience.

Court booking prices

For the most up to date information on court prices, please visit our website or contact our facility. Our prices vary depending on the time of day, day of the week and facility. Prices are subject to change annually and seasonally, with the current seasonal prices being displayed on our website. There are discounted court prices for UNA and CSC members and UBC students during applicable times. To receive your discounted rate you must book in person with valid ID.

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.
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 canceled and are subject to full payment.

A player may book a maximum of 2 hours at any time (one court for two hours). Courts are generally booked on the hour, although some half hour times may be booked to work around UBC program schedules. A maximum of 4 players can be on court at any given time.

How to book courts in advance – the New Perk Pass!

If you would like to book courts in advance of the regular 24-hour booking policy, the UBC Tennis Centre Perk Pass is available for purchase. The Perk Pass grants you the ability to book one court booking up to one week in advance. This year’s Perk Passes are valid from September 1, 2018 to August 31, 2019 with one-term options available. Purchase your Perk Pass in-person from the reception desk.

View more information about the Perk Pass benefits at recreation.ubc.ca/tennis/court-booking
I started my tennis journey in the Adult 1.0 Clinics. The staff are incredible, and the community serves the physical, mental, and social health of so many people that use and love it.

—Syd Kreitzman

TENNIS PROGRAMS OFFERED:

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.

- Doubles League
- Doubles Mixers
- High Performance Clinic
- Singles League
- Cardio Tennis
- Clinics (Levels 1.0-4.0)
- Drills (Levels 2.5-4.0)
- Intro To Doubles Play (Levels 1.5-2.5)
- Friday Night Tennis
- Seniors Tennis
- Staff/Faculty Drills
- Student Drills
- Tennis Workshops

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.

Private and semi-private tennis lessons

Our talented and professionally-certified instructors and high-performance coaches can provide private lessons starting at $77 per hour. Private lessons are subject to availability and often require being added to a waitlist. For more information about private lessons, the pricing structure, and how to request a lesson, visit: recreation.ubc.ca/tennis/private-lessons.

Volunteer opportunities

The UBC Tennis Centre is currently accepting applications for on-court volunteers. Applicants must be 15-18 years of age. For more information or to apply, visit: recreation.ubc.ca/tennis/coaches/ubc-tennis-volunteer-application

LEARN TO PLAY TENNIS!

The UBC Tennis Centre is dedicated to ensuring that every player enjoys their learning experience, has fun, and can reach their full potential. Our Adult 1.0 Clinics are perfect for those looking to start their tennis journey. You’ll get an introduction to the rules, scoring, positioning, serving, and all strokes of the game from our coaches - who are some of the top in the country! You’ll be able to rally in no time!

recreation.ubc.ca/learn-tennis
The Doug Mitchell Thunderbird Sports Centre is home to three ice rinks and offers a variety of hockey and skating programs for people of all ages and skill levels.

DROP-IN RATES

<table>
<thead>
<tr>
<th>Program</th>
<th>Child (UNA/CSC)</th>
<th>Child (UNA/CSC)</th>
<th>Youth (UNA/CSC)</th>
<th>Youth (UNA/CSC)</th>
<th>UBC Student</th>
<th>UBC Staff &amp; Faculty</th>
<th>Adult (UNA/CSC)</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>$3.00</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>$3.00</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>$3.00</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>$3.00</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>$4.50</td>
<td>$4.00</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.

ICE PROGRAMS OFFERED:

Adult program offerings
- Adult Power Skating & Hockey Skills (Intermediate Under)
- Adult Power Skating and Hockey Skills (Intermediate Over)
- Adult Learn to Skate (18+)
- Thunderbird Adult Hockey League (TAHL)
- On-Ice Private Skating & Hockey Lessons
- Off-Ice Private Stickhandling & Shooting Lessons

Thunderbird Adult Hockey League
recreation.ubc.ca/tahl
Throughout the year we run two leagues: a Winter League from September to April, and a Spring League from May to July. There are 8 tiers in the league to accommodate teams of all playing levels. All games have two referees and a scorekeeper.

Drop-in skating
recreation.ubc.ca/ice-drop-in
Throughout the week you can drop-in for public skating, stick & puck, figure skating, drop-in hockey, or family hockey.

Themed drop-in skates
Break out your costumes and your skates! We have themed holiday skates for Halloween, Skating with Santa around the Christmas holidays, and an Easter skate.
UBC JUNIOR THUNDERBIRDS
Spring Hockey Development Program

April – June Season  |  $1,500+tax per skater

This elite development program features prime ice-times, experienced coaches, varsity and alumni hockey involvement, and fun! Program includes 16 practices, 8 weekend dryland times, access to UBC’s hockey shooting range, 2 tournaments (10 games), exhibition games, dryland apparel, practice jerseys, socks, helmet stickers, and elite instruction.

Got Questions?
We aspire to include everyone in our programs and facilities, but you may have questions or concerns. Learn more about how we are striving to be inclusive at recreation.ubc.ca/inclusive-rec

If you can’t find your answer there, email physical.activity@ubc.ca and we’re happy to answer any concerns or questions.
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**

Thunder Rowing Crew at the UBC Boathouse is part of BC’s vibrant rowing community. Opportunities are available 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 include Learn to Row as well as recreational and competitive leagues for youth, students, and adults.

The UBC Boathouse is also proud to offer Coach-In-Training programs, and para-rowing opportunities.

**Private lessons**

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

**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 UBC Boathouse is equipped to offer these experiences to all group sizes. Call us to inquire about special group rates.

**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 have their membership with these organizations automatically renewed once a year.
Trained in one of the available sports in high school, looking to diversify your athletic skill set and have fun competing as a UBC student-athlete? Each individual Sport Club hosts tryouts in the beginning of fall term. For specific details of how to join each club, visit sportclubs.ubc.ca.

UBC Thunderbirds Sport Clubs are an opportunity for students to officially represent the university in competitive sports at the non-varsity level, build community, and gain leadership and sport management skills.

UBC THUNDERBIRDS SPORT CLUBS

Train and compete with friends
Most Sport Clubs athletes train and compete on a weekly basis with their teammates during the year. UBC TSC Athlete Council also hosts socials and events to mingle with 300+ student athletes.

Travel for competition
Teams travel locally, across Canada and internationally to compete against other universities and clubs.

Student led teams
Each Sport Club is managed by a team of student executives that take care of all the administrative tasks, finances, marketing, travel and safety logistics, and everything in between.

Join a Competitive Sport Club this Fall!

Alpine Ski  Cycling  Equestrian  Lacrosse  Nordic Ski

Sailing  Synchro Swim  Tennis  Triathlon  Ultimate

Student Recreation Centre: 604.822.3683 sport.clubs@ubc.ca

recreation.ubc.ca/sport-clubs | UBC Thunderbird Sport Clubs
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 to do to get moving.

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.

Some events allow free agents to register online (our staff will place you on a team)
• You can also find teams looking for players (or if you are a team, pick up a few extra players) on the Intramural Free Agents facebook group at facebook.com/groups/im.free.agents
• We also host free agent meetings to help individuals meet others looking for a team for leagues and events.

Free Agent Meetings  All meetings take place in their designated locations at 5:00 pm

Fall 2018 Free Agent Meeting           Winter 2019 Free Agent Meeting
September 13 Fall Leagues                January 3                  Student Recreation Centre

INTRAMURAL PARTICIPATION STRUCTURE:

Competitive
Teams participate in competitive play with the possibility of advancing to playoffs. Levels of play are offered to best facilitate varied levels of competition.

Choose a competitive category:
• Open
• Womens (W2STGN)
• CoRec

Choose a competitive tier
• Tier 1 (high)
• Tier 2 (mid)
• Tier 3 (low)

Choose a UBC community affiliation
• Divisional teams
• Campus-wide teams

Just-for-fun
Teams participate in non-competitive play. All skill levels and abilities are welcomed.

Choose a UBC community affiliation
• Divisional teams
• Campus-wide teams

SAVE THE DATE!
Fall league registration closes week of September 17, 2018
Winter league registration closes week of January 4 & 7, 2019
FALL & WINTER INTRAMURAL LEAGUES

Intramural leagues offer unique opportunities to have fun, be active, and make friends on campus.

2018/2019 UBC RECREATION INTRAMURALS EVENTS

UBC Recreation Intramural Events offer unique experiences for students, staff, faculty, and the UBC community.

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Dates</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall Softball Classic</td>
<td>September 21</td>
<td>Kick start the school year off with this fun and friendly softball tournament!</td>
</tr>
<tr>
<td>Day of the LongBoat</td>
<td>September 29/30</td>
<td>Paddle with over 3,500 of your fellow students in one of the largest voyageur canoe races in the world.</td>
</tr>
<tr>
<td>Gutterball Bowling</td>
<td>October 14</td>
<td>Spend your Sunday evening glow-in-the-dark bowling with friends.</td>
</tr>
<tr>
<td>Pumpkin Run</td>
<td>October 18</td>
<td>Take part in this scenic run, relay, or walk across campus which includes free pie.</td>
</tr>
<tr>
<td>Amazing Chase UBC</td>
<td>October 25</td>
<td>Snap, tag, and think your way to victory! Combine your knowledge of UBC and your smartphone abilities.</td>
</tr>
<tr>
<td>Floorball Championship</td>
<td>November 2</td>
<td>3 on 3 tournament that mixes floor hockey and field hockey, in a fast paced and exciting game format.</td>
</tr>
<tr>
<td>Tennis Smash</td>
<td>November 8</td>
<td>A modified tennis tournament where time is of the essence! Action packed and designed for all skill levels.</td>
</tr>
<tr>
<td>Lace Up for Kids</td>
<td>November 15</td>
<td>Fundraise on your own or on a team, and then lace up your skates to make a difference in a child's life.</td>
</tr>
<tr>
<td>Water Wars</td>
<td>November 22</td>
<td>Escape from the cold for a night of fun with a variety of water challenges at the UBC Aquatic Centre.</td>
</tr>
<tr>
<td>On the Button Bonspiel</td>
<td>January 13</td>
<td>Sweep those winter blues away with a fun night of curling.</td>
</tr>
<tr>
<td>Gladiator</td>
<td>January 17</td>
<td>At this ultimate challenge of the mind and body we promise non-stop action, guaranteed laughter, and a lot of inflatable obstacles!</td>
</tr>
<tr>
<td>Faculty Cup</td>
<td>February 1</td>
<td>Express your faculty pride and friendly inter-faculty competition through a variety of sports and games.</td>
</tr>
<tr>
<td>Yoga Rave</td>
<td>February 7</td>
<td>Wear your bright clothes, bring your yoga mat (or borrow one for free) and join this free yoga dance party. Glow-in-the-dark paint and black-lights included!</td>
</tr>
<tr>
<td>Howl at the Moon</td>
<td>March 1</td>
<td>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.</td>
</tr>
<tr>
<td>UBC TriDu</td>
<td>March 9</td>
<td>UBC’s Triathlon Duathlon is one of BC’s largest and longest-running triathlons. With a variety of distances there is something for everyone!</td>
</tr>
<tr>
<td>Storm the Wall</td>
<td>March 24-27</td>
<td>One of UBC’s most iconic experiences – swim, sprint, bike, run and Storm the Wall!</td>
</tr>
</tbody>
</table>

EMPLOYMENT OPPORTUNITIES

Intramural student staff
The 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 with, staff have an opportunity to gain experience in game management, event planning, human resources, program promotion and marketing, and much more. Limited positions open online in August for the 2018/19 year.

Officials
Intramural Leagues are 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. Please stop by the Student Recreation Centre or contact im.officials@ubc.ca for more information.
UBC Recreation offers a variety of beginner, intermediate, and advanced programs and camps that run throughout the year for youth aged 3-17.

YEAR-ROUND YOUTH PROGRAMS OFFERED:

**Aquatics**
[recreation.ubc.ca/aquatics/youth-programs](recreation.ubc.ca/aquatics/youth-programs)

- **Preschool** (4 months - 5 years)
  - Red Cross Parent & Tot: Starfish, Duck, Turtle
  - Red Cross Preschool: Sea Otter, Salamander, Sunfish, Crocodile, and Whale
  - Water Play Parent and Tot Drop-In

- **Swimming Lessons** (6 - 12 years)
  - Red Cross Swim Kids 1-10 (6-12 years)
  - Youth Lessons – beginner to advanced (12-16 years)
  - Daytime Lessons for homeschooled kids
  - Private Lessons
  - Semi-private Lessons

- **Specialty Programs** (8+ years)
  - Junior Coached Workout
  - Junior Lifeguard Club
  - Bronze Medallion
  - Bronze Cross
  - Lifesaving Camp
  - Red Cross Water Safety Instructor
  - Springboard diving Lessons

**Ice**
[recreation.ubc.ca/ice/youth-programs](recreation.ubc.ca/ice/youth-programs)

- **Youth Offerings**
  - Beginners Skating, Agility, and All-Hockey Skills Camp
  - Intermediate Power Skating & Agility Camp
  - Intermediate Stickhandling and Shooting Camp
  - Learn to Skate
  - Beginners Hockey and Skating Skills
  - Atom/Peewee Powerskating

- **Youth Performance - UBC Junior Thunderbirds**
  - JR Tbirds ID Camp for 2019 program - October 20
  - JR Tbirds Spring Prep Camp - March 25-28, 2019
  - JR Tbirds start of 2019 program April 2, 2019
  - UBC JR Tbirds International Hockey Tournament March 29-31, 2019
  - Advanced Elite-6 Hockey Development
  - High Performance Camps

**Rowing**
[recreation.ubc.ca/rowing/youth-programs](recreation.ubc.ca/rowing/youth-programs)

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

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

- **Advanced** (13 – 18 years)
  - Junior Competitive Rowing Team

**Tennis**
[recreation.ubc.ca/tennis/youth-programs](recreation.ubc.ca/tennis/youth-programs)

- **Beginner**
  - Baby Thunderbirds (3-4 years)
  - Red Fundamentals (5-7 years)
  - Orange Fundamentals (8-9 years)
  - Green Fundamentals (10-11 years)
  - Youth Fundamentals (12-13 years)
  - Teen Fundamentals (14-18 years)

- **Advanced**
  - Red Competitive (6-7 years)
  - Orange Competitive (8-9 years)
  - Green Competitive (10-12 years)
  - Teen Competitive (13-18 years)

- **High Performance**
  - U12/14 Challengers
  - U12/14 Champs
  - U12/14 Elite
  - U16/18 Champs
  - U16/18 Elite
UBC camps offers a wide variety of camps and Pro D day programs so you can pick and choose the activities that are best for your child. Just for fun, adventure, educational, personal development, high performance, and everything in between!

**UBC CAMPS OFFERED:**

**Sport & Recreation & Sport Performance Camps**
- Aquatics
- Badminton
- Baseball
- Basketball
- Biking
- Canoeing & Kayaking
- Dance
- Fencing
- Field Hockey
- Fitness
- Football
- Hockey & Skating
- Lacrosse
- Martial Arts
- Multisport
- Physical Literacy
- Quidditch
- Rowing
- Sailing
- Skimboarding & Stand-Up Paddling
- Skateboarding
- Soccer
- Strength & Conditioning
- Table Tennis
- Tennis
- Track & Field
- Ultimate Frisbee
- Volleyball
- Watersports
- Windsurfing
- Yoga

**Adventure**
- Adventures Abound
- Adventure Add-Ons

**Enrichment**
- Language Speaking & Writing
- Nutrition & Health
- Development & Leadership
- Science & Technology
- Babysitting Certification
- Standard First Aid

**Extra Care Services**
- After Care
- Before Care
- Lunch Service
- Lunch Supervision

**SAVE THE DATES!**

**2018/19 Camps and Registration**

- UBC Camps are offered for the following seasons:
  - Pro D Day Camps in-line with the Vancouver School Board calendar. **Registration opens July 1**
  - Winter Break Camps. **Registration opens July 1**
  - Spring Break Camps. **Registration opens November 1**
  - Summer Camps. **Registration opens February 1**

Visit the our website for more information on our varsity-coached sport performance camp offerings. [camps.ubc.ca](http://camps.ubc.ca)

**WHY UBC CAMPS?**

1. **Variety of camps**
   UBC Camps offers hundreds of camps to choose from, so you can pick and choose what’s best for your child.

2. **Camp structure**
   Combine different morning and afternoon camps by registering in lunch supervision to create a full-day, customized camp experience.

3. **Facilities**
   A world-class aquatic centre, Olympic ice rinks, a state-of-the-art indoor baseball centre, and more – our camps are run in some of the best facilities in the country.

4. **Purposeful programs**
   UBC Camps are developmentally appropriate and created following industry guidelines.
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.

**Student Recreation Centre**

**Fall Hours**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball (SRC)</td>
<td>Monday to Sunday</td>
</tr>
<tr>
<td>Badminton (SRC)</td>
<td>Monday, Wednesday, Friday, Saturday, Sunday</td>
</tr>
<tr>
<td>Volleyball (SRC)</td>
<td>Tuesday, Thursday</td>
</tr>
<tr>
<td>Futsal (SRC)</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Cricket (SRC)</td>
<td>Every second Friday</td>
</tr>
<tr>
<td>Wheelchair Basketball (SRC)</td>
<td>Every second Friday</td>
</tr>
<tr>
<td>Table Tennis (SRC and ARC)</td>
<td>Monday to Sunday</td>
</tr>
<tr>
<td></td>
<td>Pending studio availability</td>
</tr>
</tbody>
</table>

**Winter Hours**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball (SRC)</td>
<td>Monday to Sunday</td>
</tr>
<tr>
<td>Badminton (SRC)</td>
<td>Monday, Wednesday, Friday, Saturday, Sunday</td>
</tr>
<tr>
<td>Volleyball (SRC)</td>
<td>Tuesday, Thursday</td>
</tr>
<tr>
<td>Futsal (SRC)</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Cricket (SRC)</td>
<td>Every second Friday</td>
</tr>
<tr>
<td>Wheelchair Basketball (SRC)</td>
<td>Every second Friday</td>
</tr>
<tr>
<td>Table Tennis (SRC and ARC)</td>
<td>Monday to Sunday</td>
</tr>
<tr>
<td></td>
<td>Pending studio availability</td>
</tr>
</tbody>
</table>

Did you know that the Student Recreation Centre and the ARC offer day-use lockers free-of-charge from the operations desk in exchange for a piece of ID.

**ARC**

**Fall Hours**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball (SRC)</td>
<td>Monday to Sunday</td>
</tr>
<tr>
<td>Badminton (SRC)</td>
<td>Monday, Wednesday, Friday, Saturday, Sunday</td>
</tr>
<tr>
<td>Volleyball (SRC)</td>
<td>Tuesday, Thursday</td>
</tr>
<tr>
<td>Futsal (SRC)</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Cricket (SRC)</td>
<td>Every second Friday</td>
</tr>
<tr>
<td>Wheelchair Basketball (SRC)</td>
<td>Every second Friday</td>
</tr>
<tr>
<td>Table Tennis (SRC and ARC)</td>
<td>Monday to Sunday</td>
</tr>
<tr>
<td></td>
<td>Pending studio availability</td>
</tr>
</tbody>
</table>

**Winter Hours**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball (SRC)</td>
<td>Monday to Sunday</td>
</tr>
<tr>
<td>Badminton (SRC)</td>
<td>Monday, Wednesday, Friday, Saturday, Sunday</td>
</tr>
<tr>
<td>Volleyball (SRC)</td>
<td>Tuesday, Thursday</td>
</tr>
<tr>
<td>Futsal (SRC)</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Cricket (SRC)</td>
<td>Every second Friday</td>
</tr>
<tr>
<td>Wheelchair Basketball (SRC)</td>
<td>Every second Friday</td>
</tr>
<tr>
<td>Table Tennis (SRC and ARC)</td>
<td>Monday to Sunday</td>
</tr>
<tr>
<td></td>
<td>Pending studio availability</td>
</tr>
</tbody>
</table>

Schedules are subject to change without notice. Please check recreation.ubc.ca/drop-in for the most current facility schedule.

**Fitness Facilities Contact:**

604.822.6000
src.operations@ubc.ca

**RECREATION.UBC.CA/DROP-IN**

All drop-in sports schedules are online at recreation.ubc.ca/drop-in. Schedules are subject to changes, please check the schedules prior to each visit for the most up-to-date information.

**ARC**

The Student Recreation Centre and the ARC offer day-use lockers free-of-charge from the operations desk in exchange for a piece of ID.

Did you know that the Student Recreation Centre and the ARC have universal washroom and changeroom spaces?
Get moving with us in new and exciting ways.

Free fitness and aquatics classes are running all week. No experience is required for any of the classes. Check out the schedule to find the right class for you. All abilities are welcome!

**Free Week**

September 10–16, 2018 | January 7–13, 2019

recreation.ubc.ca/free-week

---

**Student employment with UBC Recreation**

With a variety of opportunities from sport 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.

**Intramural student staff**

The UBC Recreation Intramurals staff is a team of over 100 student volunteers from all faculties. This program is centred around unique leadership development opportunities. Staff have the opportunity to gain experience in a variety of areas including game management, event planning, sport officiating, human resources, digital media, public relations, alumni engagement, and much more.

*All available positions will be posted online.*

For more information visit recreation.ubc.ca/employment