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.

GRAND OPENING!

ARC Fitness Centre

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.

recreation.ubc.ca/the-arc
HOW TO GET MOVING AT UBC!

Book the Move U Crew to inspire a movement break!
recreation.ubc.ca/moveu-crew

Do you find it difficult to stay focused in 3-hour lectures, or those meetings that span a whole morning? Make “zoning-out” a thing of the past with our movement specialists: the Move U Crew. Their mission is to help you stay focused, feel energized, and increase your brain capacity by getting you to sit less and move more.

Lead the way at the intersection of well-being and productivity by booking the Move U Crew to lead invigorating 5-15 minute movement breaks in your next class, meeting, or event. No special equipment, clothing, or spacing is required.

Walking Program – September through November 2018

Take time for yourself to connect with colleagues and explore campus on foot this fall! Our walking program is a welcoming, low-impact, and accessible way for everyone to fit in exercise during the day. No special footwear or clothing is required. Running or comfortable shoes are recommended for these moderately paced small group walks.

Who Let the Dogs Out? – Wednesday September 12
Join us for the first walk of the season with a puppy walk on campus.

Trick or Treat Trail Walk – Wednesday October 31
Kids can’t have all the fun on Halloween. Join us for a stroll with treats along the way.

Both walks meet at the fountain on Main Mall and go from 12:00-12:45 pm. Look for the Move U crew in turquoise shirts.

Largest Zumba – November 2, 2018
recreation.ubc.ca/largest-zumba

Celebrate Thrive Week with a fun dance party and introductory zumba class! Zumba is a dance-fitness activity to Latin-inspired music. Make your lunch break a little different, and be prepared to move like no one is watching.

What to expect?
• Check-in at the Student Recreation Centre at 12:00 pm for this free event
• Enjoy one or both of the two 15 minute classes (12:10 pm and 12:30 pm)
• Snacks and refreshments will be provided

This event is open to everyone, regardless of ability or fitness level. Running shoes and loose fitting clothes are recommended. Bring out your friends and co-workers to try something new and have some fun!
OUR PHILOSOPHY ON PERSONAL TRAINING

THIS IS OUR PERSONAL TRAINER, KIERAN.

Personal Trainers like Kieran take pride in shifting negative mindsets and helping clients gain confidence in themselves and their own abilities.

The ultimate goal?
To guide you towards pursuing a healthy lifestyle for life.

Whether you’re new to fitness or looking to rehabilitate after an injury, our welcoming and knowledgeable Personal Trainers see your success as their success.

Book your consultation today with Kieran or another personal trainer to see the results you’re seeking. Visit recreation.ubc.ca/personal-training

Unlimited Yoga & Pilates
TWO FITNESS CENTRES. ONE MEMBERSHIP.

Memberships start at $85
Don’t miss out on our newest Yoga & Pilates + Fitness Centre Bundle Membership, giving you increased access to our facilities and services.

• FREE yoga mat rentals
• Attend as many as 13 yoga classes per week for 14 weeks
• Access to both the ARC Fitness Centre and BirdCoop Fitness Centre

Purchase your membership at the Student Recreation Centre or at the ARC in the Life Building
CLASSES YOU SHOULD CHECK OUT

**NEW TO FITNESS?**

**BEGINNER BOOT CAMP**
Perfect for those looking to start their fitness journey. Learn from a trainer and get your blood pumping!

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<td>Ponderosa</td>
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**MOST POPULAR**

**KPOP**
As catchy as the music itself, take home some iconic dance moves influenced by Korean Pop Culture.

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**GET STARTED HERE**

**INTRO TO WEIGHTLIFTING**
Gain the confidence you need by starting with the basics to weightlifting in this group-style introduction class.

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Looking for something higher intensity?

**TRX**
Total body resistance exercise: let your body weight and gravity work for you to build strength.

**KICKBOXING**
Try this form of martial art that focuses on kicking and striking to increase your heart rate!

**SPORT CONDITIONING**
Go all-out with sport conditioning training. Short bursts of energy and movements to apply to your sport of choice.

Low on time? Fit in something short and sweet!

**EXPRESS BOOT CAMP**
Limited by time? This class aims to speed through a workout while still giving you 100% satisfaction.

**BURLESQUE**
Escape your everyday stress, step into your alter ego, and learn burlesque choreography with a modern twist.

**LUNCH CRUNCH**
Blast through cardio and strength training over your break with time still left to munch on your lunch.

Register online at [recreation.ubc.ca/fitness](recreation.ubc.ca/fitness)
## Fitness & Instructional Schedule: FALL (September – December 2018)

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Free fitness and aquatics classes 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!
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**ARC Opening Special**

3 PERSONAL TRAINING SESSIONS FOR $99

Offer valid through September 30, 2018

Learn More: recreation.ubc.ca/the-arc

*Limit of one package per customer.*
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)

**WESBROOK VILLAGE**
With over 25 shops + services, Wesbrook Village offers everything you need to make the most of your time at UBC

**VISIT US ONLINE FOR THE LATEST STUDENT DISCOUNTS**
DISCOVERWESBROOK.COM

SAVE-ON-FOODS | BC LIQUOR STORE | UNIVERSITY MEDICAL CLINIC | VIRTUOUS PIE
FIDO | SHOPPERS DRUG MART | HOT BOX YOGA | UNIVERSITY BARBERSHOP | BLENZ COFFEE
FRESHII | BIERCRAFT RESTAURANT | AND MORE!
WHAT’S NEW THIS FALL?

Table Tennis Drop-In
Mornings and evenings in the ARC lower level studio

- Bring a friend
- Borrow paddles and balls from the operations desk in exchange for a piece of ID
- Grab an empty table in the studio

Wheelchair Basketball
Every second Friday in the SRC Gyms 5:00 pm – 7:00 pm

- Bring your friends or come and make some new friends!
- No equipment needed - just workout apparel
- Meet upstairs at 5:00 pm and grab an empty wheelchair. (If it’s your first time, let Gloria know and she’ll show you the ropes!)
- Each session starts off with some facilitated drills to warm up and then transitions into a scrimmage!

Meet Gloria!
“Helping to implement this program has given me the opportunity to share my love of wheelchair basketball. During the first session I was touched by the sounds of laughter and encouragement that filled the gym. I’m looking forward to seeing this program grow! ”

What do you need for drop-in sports?

Your student, staff, UNA or CSC card if applicable (or $5.50 fee)
Your gym shoes!
All other equipment can be borrowed free-of-charge with a valid ID card

recreation.ubc.ca/drop-in
UBC Thunderbirds Minors & Majors Baseball Development Program

**Fall Program:** September 6 – December 14  **Registration Deadline:** 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.*

- Athletes registering for the fall program will receive a $90 discount on 2019 winter program registration

**Fall Ball Training Program**

For 13-18 year old athletes looking to prepare for the upcoming PBL season, this program focuses on baseball skill development, position specific training, and improved strength and conditioning. Features coaching by Thunder PBL coaches: Mitch Hodge, Vinnie Martin, Jeremy Newton, and Tyler Enss.

**PLAYER DEVELOPMENT PATHWAY**

UBC Baseball development program for players from ages 8 to 22 years old.

- **Ages 8-12**
  - Minors Program (8-10)
  - Majors Program (11-12)
  - Camps & Clinics

- **Ages 13-18**
  - UBC Thunder – BC Premier Baseball League (runs in Spring)
    - Bantam (13-14)
    - Junior (15-16)
    - Senior (17-18)

- **Ages 18-22**
  - UBC Thunderbirds Varsity Baseball

Register at: [ubcbaseball.com](http://ubcbaseball.com)
TENNIS

WHAT’S NEW THIS FALL?

UBC Tennis Centre Perk Pass
Purchase your perk pass in-person from the reception desk.

<table>
<thead>
<tr>
<th>Term</th>
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<tr>
<td>September 1, 2018 - August 31, 2019</td>
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What do you get?
- Ability to book courts in advance. (1 court up to 1 week)
- 15% off social doubles mixers
- 50% off ball machine rentals

Tennis for UBC Students
recreation.ubc.ca/student-tennis

Did you know that students can enjoy discounted court bookings at certain times of the week and discounts on most of our programs?

Discounted court bookings from 8:00 am - 9:00 am and 12:00 pm - 3:00 pm on weekdays. Book your courts in-person at the Tennis Centre operations desk with your valid Student ID to receive the discounted rate.

NEW TO TENNIS?

Register for Adult 1.0 Clinics
These programs teach you the rules, scoring, positioning, serving, and all strokes of the game. By the conclusion of the sessions, participants will know how to start and play matches. Register for a class that best suits your schedule - morning, evening, weekday, or weekend!
Starting at $183.44

SOME EXPERIENCE WITH TENNIS?

UBC Student Drills
These sessions are for students level 2.0 and up. All strokes in both singles and doubles match play will be covered. Connect with other students while building your confidence through fast-paced repetition. These classes are designed to fit your schedule with sessions taking place during the lunch hour on Tuesdays and Thursdays.
Starting at $76.62

Check out the Tennis Smash on November 8, 2018 (Register by November 5, 2018)
These shortened singles and doubles matches will be packed with action and are perfectly designed for all skill levels. Space is limited and this event sold out early last year – register to secure your spot!
recreation.ubc.ca/tennis-smash
For kids
recreation.ubc.ca/youth-swim-lessons

Swimming is an important life skill that all children should learn at a young age so when they are at the beach, a local pool for a field trip, or a friend’s pool party, they are equipped to be water safe!

We offer swim lessons for children of all ages and swim levels:
• Red Cross Swim Preschool (4 months – 5 years)
• Red Cross Swim Kids (6-12 years)
• Youth Lessons (12-16 years)

We have daytime lessons on Wednesdays for homeschooled kids! recreation.ubc.ca/youth-swim-lessons

For adults
recreation.ubc.ca/adult-swim-lessons

The UBC Aquatic Centre is a state-of-the-art facility that serves the athletic training, competition, and leisure needs of the UBC community. Whether you have little-to-no swimming experience, or if you’re looking for stroke correction, there’s a program for you. It’s never too late to learn a life skill!

These programs are taught by Red Cross Water Safety Instructors.

We offer swim lessons for all swim levels:

ADULT 100 (For those with little-to-no swimming experience.)
Starting at $57.50

ADULT 200 (Introduction to front & back crawl and deep water.)
Starting at $75.75

ADULT 300/400 (Advanced front & back crawl, intro to breast stroke. More advanced swimmers will work on stroke correction.)
Starting at $100.25

Looking for more? Move on to our Swim Fit or Coached Express Workout for more swim development. These classes are taught by swim instructors with competitive swimming backgrounds. Find these classes at recreation.ubc.ca/aquatics
AQUA FITNESS CLASSES

Aqua Fitness classes are low-impact and there is something for individuals of all fitness and swim levels.

Looking for something new and fun?

**HYDRO BOARD YOGA**

Specialized lower intensity class on a stand-up board. Strengthen your core, balance, and improve flexibility.

**HYDRO BOARD FITNESS**

Specialized fitness class on a stand-up board. Work on strength, cardio, and core while maintaining balance!

**PARENT & BABY AQUAFIT**

Fitness and fun for the parent and baby! Introduce your baby to the water and get moving!

Looking for lower intensity and increased range of motion?

**RIVER WALKING**

Walk against a gentle current to improve balance, muscle, and core strength.

**AQUA YOGA**

Loosen muscles and joints, and improve balance through a warm-water class.

**SENIORS FITNESS**

Mild on-deck stretching and balance exercises followed by 30 minutes of shallow aqua fitness.

Looking for something higher intensity?

**GET WET AND SWEAT**

Shallow and deep water class focused on cardio endurance, core stabilization, and flexibility.

**AQUA BOOT CAMP**

Get energized in this shallow-water class that features interval training, power and propulsion.

**AQUA ZUMBA**

High energy calorie burning aquafitness class performed in shallow water to Latin music.

Looking for coached swim fitness & training?

**SWIM FIT**

For recreational swimmers to improve strength, endurance, cardiovascular conditioning, and stroke correction.

**COACHED EXPRESS WORKOUT**

Lunch break workout for triathletes, masters, and recreational swimmers to improve stroke efficiency and endurance.

**PERFORMANCE PERSONAL TRAINING**

Private personal training sessions coached by veteran coaches and athletes. Highest quality swim coaching available at UBC.
## AQUATIC SCHEDULE: FALL (September 2018 - December 2018)

### FITNESS PROGRAMMING TIMES

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### PUBLIC SWIM TIMES

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**Note:** The UBC Aquatic Centre yearly maintenance shutdown is scheduled for Dec 9, 2018 – Jan 2, 2019 inclusively. Please check recreation.ubc.ca/aquatics for the most current facility schedule.
## Top Intramurals Picks for Fall!

**Day of the Longboat**  
**Sep 29-30 (register by Sep 17)**  
[recreation.ubc.ca/longboat](recreation.ubc.ca/longboat)  
Don’t miss out on this unique-to-UBC experience! This signature UBC event takes place on the shores of Jericho Beach with over 3,000 people paddling in the largest voyageur canoe race in the world. Your team races in either just-for-fun or competitive heats to the finish line.

**Amazing Chase UBC**  
**Oct 25 (register by Oct 22)**  
[recreation.ubc.ca/amazing-chase](recreation.ubc.ca/amazing-chase)  
Join us for a new event that will combine your intelligence, knowledge of UBC, and your abilities to navigate your smartphone and social media. Snap, tag, and think your way to victory!
New Leagues this Fall!

recreation.ubc.ca/leagues

New for Fall 2018 we have launched an Inner Tube Water Polo and 4v4 Soccer Leagues! Both of these leagues offer CoRec categories with a fun and social environment. Players with little or no previous experience are welcome.

Registration for both leagues closes on September 18
Space is limited in both leagues so register your team before they fill up!

Lace Up for Kids

Nov 15
laceup.ca

Join us to lace up, skate, and celebrate 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!

Officials Wanted!

jm.officials@ubc.ca

Join a community of league officials while making money on campus! Training is provided and no previous officiating experience necessary. E-mail us for more information.
FALL INTRAMURAL EVENTS

TRY THESE INTRAMURAL EVENTS THIS FALL:

**Pumpkin Run**
recreation.ubc.ca/pumpkin-run

Enjoy a scenic run or walk through Pacific Spirit Park and celebrate everything that fall and pumpkins have to offer!

**Participating as an individual?**
1. Register online or in-person at the SRC ($15) by October 15.
2. What you need on race day: ID & running shoes!

**Participating as a relay team?**
1. Decide if you want to participate as an Open, Women's W2STGN, or CoRec team.
2. Find 3 friends to race with.
3. Register online or in-person at the SRC ($50 per team) by October 15.
4. What you need on race day: ID & running shoes!

**Amazing Chase UBC**
recreation.ubc.ca/amazing-chase

Join us for a new event that will combine your intelligence, knowledge of UBC, and your abilities to navigate your smartphone and social media. Snap, tag, and think your way to victory!

**What do you need to participate?**
1. Find one friend *(Note: all teams are in the Open category so no gender requirements).*
2. Register your team online or in-person at the SRC by October 22.
3. What you need on race day: ID & fully-charged smartphone!

**Water Wars**
recreation.ubc.ca/water-wars

Escape from the cold for a night of fun in the UBC Aquatic Centre. You don’t need to be an all-star swimmer to win this event! Teams compete in a variety of aquatic challenges from inner tube water polo to puzzle games.

**What do you need to participate?**
1. Find 5-7 friends *(Note: all teams must abide by the CoRec Ratio: At maximum, half the team can be composed of self-identified men.)*
2. Register online or in-person at the SRC ($120/team) by November 19.
3. What you need on event day: swim suit and student ID!
HOW TO:
Find a Team for Intramural Leagues

Intramural Leagues are a great way to meet new people, keep in touch with your friends each week, and connect with your different campus communities! There are various leagues, and different categories and tiers within leagues, so your team can pick what environment suits you!

STEP

1. GET TOGETHER AS MANY FRIENDS ORGANICALLY AS YOU CAN!

   Generally, people have a better experience if there are a few people on their team that they already know. Ask around to your current friends and classmates to see if anyone else is wanting to join a team! Each league lists the minimum number of players you need on the league webpage.

   **Pro Tip:** You can add players to your roster until November! You can register your team and keep adding to your roster.

2. FIND EXISTING TEAM’S OR PLAYERS WITHIN YOUR UBC COMMUNITIES

   Ask around within your communities for anyone who is looking for a team, or if they know of any existing teams that you and your friends can join!

   - Living in residence? Talk to your residence advisor!
   - Affiliated with Collegia? Ask an advisor!
   - Reach out to your faculty’s undergrad society.

   **Meet Andy!**
   “I have made many friends through my teams and have been able to connect to people within my faculty.”
   —Andy Siu, Kinesiology Student.

3. STILL NEED TO FILL A FEW EXTRA SPOTS?

   Use one of the free agent resources available:

   - Free Agent Facebook Group: [facebook.com/groups/im.free.agents/](https://facebook.com/groups/im.free.agents/)
   - Free Agent Meetings: These meetings are formatted to bring together people who are looking for teams. Thursday Sep 13 at 5:00 pm in the Student Recreation Centre gyms

RECREATION.UBC.CA/LEAGUES
BECOME A LIFEGUARD & SWIM INSTRUCTOR

Lifeguarding is a rewarding job that you can work towards here at UBC! Learn how to assess and respond to emergency situations, how to mitigate accidents, and most importantly, how to save lives.

We offer all of these certifications at the UBC Aquatic Centre! We also hire many Lifeguard & Swim Instructors each term!

TO BECOME A LIFEGUARD YOU NEED:

BRONZE MEDALLION | BRONZE CROSS | STANDARD FIRST AID WITH CPR C + AED | NATIONAL LIFEGUARD COURSE

TO BECOME A UBC LIFEGUARD & SWIM INSTRUCTOR YOU ALSO NEED:

RED CROSS WATER SAFETY INSTRUCTOR

We have bundles available so you can complete multiple certifications at once!

RECREATION.UBC.CA/LIFEGUARD
WHAT ARE SPORT CLUBS ATHLETES UP TO THIS FALL?

Teams in competition:

- **Equestrian**
  - Season: November – May
  - Recruitment: September
  - Want to Join? More info at: recreation.ubc.ca/equestrian-sc

- **Lacrosse**
  - Season: September – April
  - Recruitment: September
  - Want to Join? More info at: recreation.ubc.ca/lacrosse-sc

- **Nordic Ski**
  - Season: December – March
  - Recruitment: November
  - Want to Join? More info at: recreation.ubc.ca/nordic-sc

- **Quidditch**
  - Season: October – April
  - Recruitment: September
  - Want to Join? More info at: recreation.ubc.ca/quidditch-sc

- **Sailing**
  - Season: September – November, February – June
  - Recruitment: September
  - Want to Join? More info at: recreation.ubc.ca/sailing-sc

- **Tennis**
  - Season: November, January – March
  - Recruitment: September
  - Want to Join? More info at: recreation.ubc.ca/m-tennis-sc
  - More info: recreation.ubc.ca/w-tennis-sc

- **Triathlon**
  - Season: March – September
  - Recruitment: September
  - Want to Join? More info at: recreation.ubc.ca/triathlon-sc

Teams in off-season:

- **Alpine Ski**
  - Season: January – March
  - Recruitment: November
  - Practice with us! We practice and train in the off season
  - More info online at: recreation.ubc.ca/alpine-sc

- **Cycling**
  - Season: March – April
  - Recruitment: September
  - Practice with us! We practice and train in the off season
  - Email us for more information: recreation.ubc.ca/cycling-sc

- **Synchro Swim**
  - Season: September – March
  - Recruitment: September
  - Practice with us! We practice and train in the off season
  - Email us for more information: recreation.ubc.ca/synchro-sc

- **Ultimate**
  - Season: January – June
  - (Men’s and Women’s Teams)
  - Recruitment: October
  - Practice with us! We practice and train in the off season
  - Email us for more information: recreation.ubc.ca/m-ultimate-sc
  - More info: recreation.ubc.ca/w-ultimate-sc
ICE HIGHLIGHTS FOR FALL

Learn to Skate
recreation.ubc.ca/learn-to-skate

Learn to Skate follows a level-based curriculum designed to start your child with fundamental skating practices, and then progress them to in-depth and technical aspects of skating. The goal of the program is to foster a passion for skating, but also give kids an opportunity to progress into hockey or figure skating programs.

These classes are offered throughout the week on weekday evenings and on Sundays. A participant can expect a fun and busy environment filled with games, stuffed animals, music, and a host of experienced and enthusiastic instructors.

Our biggest asset is our instructors. All of our instructors come with experience in figure skating or hockey, and in coaching through UBC or community involvement.

Starting at $96 for 6 sessions in the fall

Junior Thunderbirds Hockey
recreation.ubc.ca/jr-tbirds-ice

This spring hockey development program develops AA players into AAA players by focusing on three integrated concepts: skill development, small area games, and systems. For the 2019 spring program we will be offering teams for kids born in 2005-2012.

If you have a player who has competed in rep level hockey and is interested in trying out for the Junior Thunderbirds:

Save the date:
High Performance Summer Camps – August 13-17, August 20-24
Junior Thunderbirds ID Camp – October 19

What to expect at the Junior Thunderbirds ID Camp
If your child is looking to play on the Junior Thunderbirds this camp allows the director and coaches a chance to view your skater as the program enters the recruiting season. Attending this camp is not mandatory to be recruited, but will increase the chances of occupying a spot for the upcoming season.

The ID Camp Includes:
• Junior Thunderbirds practice jersey
• Minimum 2 ice times
• Evaluations from coaches
• Specific feedback per player upon request following the camp
# ICE SCHEDULE: FALL (September 2018 – December 2018)

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

**What do you need for drop-in skating?**
Your student, staff, UNA or CSC card if applicable + Skates! + Drop-in fee

Want to play hockey or skate but have no equipment?
You can rent from the Pro Shop!

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**Themed Drop-In Skates!**
recreation.ubc.ca/ice/drop-in

Dress up and bring the whole family to these themed drop-in skates:

**Save the date!**
- Halloween – October 31
- Skating with Santa – December 16
HOW TO GET INVOLVED IN ROWING:

Rowing programs at the UBC Boathouse are designed to follow the stages of Canadian Sport for Life’s Long Term Athlete Development Model. We strive to make sure that every athlete who comes across the sport of rowing with us enjoys their time and achieves their personal goals.

1. On-Water Learn to Row
2. Jr. Development Rowing Team
3. Jr. Intermediate Team
   or
3. Jr. Competitive Rowing Team

Fully floating, spacious and completely customizable:
Discover the perfect venue to host your next corporate meeting or event.

CALL 604.827.2011 TO BOOK TODAY.
WHAT’S NEW THIS FALL?

Pro-D Day Camps
{camps.ubc.ca/fall-camps}

Pro-D day camps follow the Vancouver School District calendar:
- September 21, 2018
- October 19, 2018
- November 9, 2018

Camps run from 9:00 am – 4:00 pm at UBC for $90.

Baseball Camps This Fall
{camps.ubc.ca/baseball}

The perfect way for players to keep busy and active on days off from school, these Baseball Pro-D day and winter break programs are guaranteed fun! Led by UBC instructors, players will improve their skills in the morning through drills, then apply what they learned in the afternoon through games and competitions.

Baseball Pro-D Camps
September 19, October 19, and November 9, 2018
One day camps from 9:00 am - 3:00 pm at $95.

Baseball Winter Break Camps
December 22-23 and December 27-28, 2018
Two-day camps from 9:00 am - 3:00 pm at $190.

Winter Break Camps
{camps.ubc.ca/winter-camps}

December 27-31, 2018 and January 2 – 11, 2019

Single day registrations are back again, with a variety of daily on-campus and off-campus trips and activities to keep your camper engaged and learning! Arts and crafts, guest speakers, laser tag, swimming, tennis, and more!

Tennis-specific camps also available for registration on select dates in December and January.

SAVE THE DATE! Summer Camp registration opens February 1, 2019.
Located near The Nest and by the corner of U Boulevard & Wesbrook Mall, Central has lots of exciting eateries for you to explore and enjoy.

**ARC**
Cardio, circuit training, functional workout area
Universal changerooms and private change facilities
Scheduled studio drop-in with speed and heavy punching bags

**BIRDCOOP**
Olympic weightlifting and platforms,
Studio drop-in for dance, martial arts, exercises, and more
Bouldering and climbing cave

**DINE@CENTRAL**
Rain & Shine Ice Cream
JJBean Coffee Roasters
Jamjar Folk Lebanese Food
TACOMIO
Bao Down
Noriermen & kook
Uncle Fatih's Pizza
TOP 10
MUST-SEE VARSITY EVENTS AT UBC

SAT SEP 01
FOOTBALL HOME OPENER
UBC Football vs Manitoba at 7 PM

SAT SEP 22
HOMECOMING
Street Party at 3 PM | UBC Football vs Calgary at 5 PM

FRI OCT 26
COURTSIDE
UBC Men’s & Women’s Basketball vs Saskatchewan at 6 PM & 8 PM

NOV 8-11
MEN’S SOCCER NATIONALS

FRI NOV 16
SHOOT FOR THE CURE
UBC Men’s & Women’s Basketball vs Thompson Rivers at 6 PM & 8 PM

SAT NOV 24
PRIDE NIGHT
UBC Men’s & Women’s Volleyball vs Saskatchewan at 5 PM & 6:30 PM

FRI NOV 30
FESTIVE FRIDAY
UBC Men’s & Women’s Basketball vs Mount Royal at 6 PM & 8 PM

FRI JAN 18
WINTER CLASSIC
Festival Zone at 5 PM | UBC Men’s Hockey vs Calgary at 7 PM

FRI FEB 08
THUNDERSTRUCK
UBC Women’s Volleyball vs Winnipeg at 7 PM

FEB 21-23
SWIMMING NATIONALS

Visit gothunderbirds.ca for information, schedules and tickets!