

WELCOME TO UBC REC



UBC REC 2009/2010 Student Staff

ABOUT OUR PROGRAM

UBC REC is proud to be the premier provider of campus sport and recreational programming in Canada. We highly encourage all members of our community to get involved – including students, staff, faculty, and members of the Vancouver community.

Our program has the largest participant base of any University intramural program in Canada and has several programs that are unique to UBC. These special programs are highlighted by the Day of the Longboat and Storm the Wall festivals, two of the largest intramural events anywhere in the world, both featuring over 3000 participants. We are also continually encouraged by the campus' support of Lace Up for Kids, our annual charity event which has raised more than \$100,000 for the BC Children's Hospital Foundation in its first two years.

Our Intramural League Sports program presents an opportunity for you to try your hand at something new or want to continue playing your favourite sport. Leagues offered include ice hockey, basketball, volleyball, football, soccer, ultimate and dodgeball. With a competition structure that accommodates participants of all levels, everyone can feel comfortable playing in Intramural League Sports.

In addition to the well-established intramural program, UBC REC boasts a wide variety of programming in Outdoor Recreation activities and Instructional Classes, as well as a very popular drop in sports program. These component areas feature some of the most exciting activities including skydiving, day hikes, and numerous varieties of yoga, martial arts, and dance.

Photo credits:

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GENERAL INFORMATION

About the Program	1
How To Register	2
How To Get Involved	3
Divisional Structure/Awards	4-5
UBC REC Student Staff	5
What's Free @ UBC REC?	6-7
UBC REC Policies	54-55
Student Recreation Centre	56

INSTRUCTIONAL CLASSES

Yoga, Pilates & Tai Chi	8-16
Dance	17-21
Certifications	21
Martial Arts	22-25
Running	26

INTRAMURALS

Events	27-31
Tournaments	32-35
Leagues	36-39

OUTDOOR RECREATION

Hiking	40-41
Climbing	42
Sky Diving	42
Golf	43
Watersports	43-44
Scuba Diving	44
Bungee Jumping	44

RECREATION FACILITIES

Aquatic Centre	46-47
UBC Boathouse	48
Birdcoop	49-51



Storm the Wall
2010 Super IronWoman Champion
Claire Hanna