

# UBC AQUATIC CENTRE



## INDOOR POOL SCHEDULE

**SEP 7 - DEC 19, 2010 & JAN 4 - APR 29, 2011  
& APR 30 - JULY 1, 2011**

Separate Holiday schedule for December 20/10 to January 3/11

MON	TUE	WED	THU	FRI	SAT	SUN
LENGTH SWIM (age 16+) 7:30 to 9 am (50m)						
EVERYBODY SWIM 9 to 11 am Senior 2 for 1 and Social every 3 <sup>rd</sup> Thursday of month					ADULT 18 AND UP 10 am to 1 pm  (25 m only) (during lessons)	EVERYBODY SWIM 10:30 am to 1 pm
EVERYBODY SWIM 11 am to 1:55 pm						
LENGTH SWIM (age 16+) & LESSONS 4 to 5:30 pm					EVERYBODY 1 to 5 pm	
EVERYBODY 7:30 pm to 10 pm  Mid Section closed until 8 pm Limited deep end	EVERYBODY 8 pm to 10 pm  Limited deep end	EVERYBODY 7:30 pm to 10 pm  Mid Section closed until 8 pm Limited deep end	EVERYBODY 8 pm to 10 pm  Limited deep end	EVERYBODY 7:30 pm to 9:30 pm  Mid Section closed until 8 pm Limited deep end	LOONIE & TWOONIE 6:30 pm to 9 pm	LOONIE & TWOONIE 6:30 pm to 9 pm

**OUTDOOR POOL OPEN** for LENGTH AND EVERYBODY SWIM times Mon to Fri and EVERYBODY Sat & Sun 1 - 5 pm  
**OUTDOOR POOL CLOSSES** IN EARLY OCTOBER & RE-OPENS IN EARLY APRIL (tentative)

### STATUTORY HOLIDAYS:

EVERYBODY SWIM & Whirlpool Noon to 5pm Gym/Sauna/Steamroom Noon to 5 pm

### Closed Christmas Day

UBC Students **FREE ONLY** with current student card TO ALL SWIM SESSIONS. No card = \$5.10  
 This also applies to the whirlpool, gym, sauna and steam room.

**LENGTH SWIM** = anyone 16 and up

#### EVERYBODY SWIM

Children 7 and under must be supervised by adult in the pool, within arms reach, at all times.

**ADULT SWIM** = anyone 18 and up

#### LOONIE & TWOONIE SWIM

Children (12 and under) and Seniors (65+) are admitted for \$1.00 each.

Children 7 and under must be supervised by an adult in the pool, within arms reach, at all times.

Youth and Adults (13 and up) are admitted for \$2.00 each.

<b>FEES</b>	<b>Single Drop in</b>	<b>10 visit card</b>	<b>2-month Pass</b>	<b>4-month Pass</b>
Children (3 - 12 y) under 3 free access	\$2.95	\$25	\$41	\$74
Seniors (65+) (with ID)	\$3.10	\$26.75	\$43.05	\$77.70
Youth (13 - 17)	\$3.95	\$35	\$55	\$98
UBC Students & UNA (with card)	\$4.15	\$36.75	\$57.75	\$103
Other Students (with card)	\$5.00	\$44.10	\$73.50	\$132.50
UBC Staff/Faculty/Alumni (with card)				
Adults (18-64)	\$5.10	\$45.60	\$83.45	\$151.50

**FITNESS SCHEDULE**  
**MON SEP 13 – THU DEC 16, 2010 & TUE JAN 10 – THU APR 14, 2011**

MON	TUE	WED	THU	FRI	SAT	SUN
<b>MORNING VINYASA YOGA 1</b> 7:30 – 8:30 am		<b>SUNRISE PILATES</b> 7:30 – 8:30 am		<b>MORNING VINYASA YOGA 2</b> 7:30 – 8:30 am		
<b>SWIMFIT</b> 9 - 10 am	<b>TAI CHI 1</b> 8:30 – 9:30 am	<b>SWIMFIT</b> 9 - 10 am	<b>TAI CHI 1</b> 8:30 – 9:30 am	<b>SWIMFIT</b> 9 - 10 am		
<b>SENIOR FIT*</b> 9:30 - 10:30 am	<b>SENIOR FIT*</b> 9:30 - 10:30 am	<b>SHALLOW AQUACIZE</b> 10:15 – 11 am	<b>SENIOR FIT*</b> 9:30 - 10:30 am	<b>SHALLOW AQUACIZE</b> 10:15 – 11 am	<b>SHALLOW AQUACIZE</b> 10 - 11 am	
<b>MAT PILATES</b> 11 am – 12 noon	<b>DEEP H<sub>2</sub>O AQUACIZE</b> 10:35 - 11:20 am	<b>HATHA YOGA</b> 11 am – 12 noon	<b>DEEP H<sub>2</sub>O AQUACIZE</b> 10:35 - 11:20 am	<b>PILATES FUSION</b> 11 am – 12 noon		
<b>SHALLOW AQUACIZE</b> 12 - 12:45 pm	<b>PILATES FUSION</b> 11 am – 12 noon	<b>SHALLOW AQUACIZE</b> 12 - 12:45 pm	<b>MAT PILATES</b> 11 am – 12 noon	<b>SHALLOW AQUACIZE</b> 12 - 12:45 pm		
<b>SALSA DANCE FIT 1</b> 12 – 1 pm	<b>HOT YOGA 1</b> 12 – 1 pm	<b>ZUMBA DANCE</b> 12 – 1 pm	<b>HOT YOGA 1</b> 12 – 1 pm	<b>STRETCH &amp; STRENGTH</b> 12 – 1 pm		
			<b>FIT 4 TWO* MOM &amp; BABY</b> 12 - 12:45 pm			
	<b>MODERN LINE DANCE</b> 1 – 2 pm		<b>MODERN LINE DANCE</b> 1 – 2 pm			
<b>MIND &amp; FITNESS</b> 4 :30 – 5 :30 pm	<b>KUNG FU KIDS</b> 4 – 5 pm	<b>MIND &amp; FITNESS</b> 4:30 – 5:30 pm	<b>KUNG FU KIDS</b> 4 – 5 pm			
<b>FIT 4 TWO* P/P NATAL AQUA</b> 7:30 – 8:30 pm	<b>BELLY DANCING</b> 4:30 – 5:30 pm	<b>MAT PILATES</b> 5:30 - 6:30 pm	<b>PILATES FUSION</b> 4:30 – 5:30 pm	All Instructors have either BCRPA certification or equivalent and they have current first aid and CPR.		
<b>DEEP H<sub>2</sub>O AQUACIZE</b> 7:30 - 8:30 pm	<b>SHALLOW AQUACIZE</b> 7 - 8 pm	<b>DEEP H<sub>2</sub>O AQUACIZE</b> 7:30 - 8:30 pm	<b>SHALLOW AQUACIZE</b> 7 - 8 pm	All AQUACIZE & SWIMFIT programs end Dec 3 & April 6, respectively. *SENIOR FIT & FIT 4 TWO programs continue until December 16 & April 28, respectively		

See our brochure or website ([www.aquatics.ubc.ca](http://www.aquatics.ubc.ca)) for cancellation dates

**SENIOR FIT/SWIMFIT/DEEP & SHALLOW WATER AQUACIZES:** Drop-in programs  
**\$5.10 Adult \$4.15 Student and UNA (with current card) \$3.10 Senior FREE for pass holders**

**FIT 4 TWO:** Register at the AQUATIC CENTRE with drop-in spaces available

**FITNESS PROGRAMS (Yoga, Pilates, Salsa Dance, Tai Chi, Kung Fu Kids, etc):** Register at UBC REC or AQUATIC CENTRE  
Please register at the beginning of the term. A limited number of drop-in spaces may be available.

**We offer swimming and diving lessons for all ages as well as specialty aquatic courses year round.**

Private swimming lessons & personal training sessions available upon request.

**SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE!**

For more details, pick up a brochure or call our 24hour line 604-822-4522

or visit our extensive website [www.aquatics.ubc.ca](http://www.aquatics.ubc.ca)

6121 University Blvd, Vancouver, BC, V6T 1Z1

JOHN M. S. LECKY  
UBC BOATHOUSE  
COMMUNITY ROWING AND PADDLING PROGRAMS



**Paddling: (Juniors – 12-18 years, Adults 19+)**

**Junior and Adult Drop-in Paddling:**

Tuesdays & Thursdays, 6-7:30pm, Saturdays 10:30 AM-Noon  
\$5 for drop-in or \$40 for a 10-session punch card

**Jr. Paddling – Fall Training program**

Sept 22-Nov 24, Wednesdays, 4-6pm, \$175

Geared for new or experienced junior paddlers. Program consists of paddling, cross training, and at least 5 days of alternate fitness activities designed to build team cohesiveness in a fun environment.

**Jr. Paddling – Winter Training Program –**

Jan 12-Mar 2, Wednesdays, 4-6pm, \$190

Geared for new and experienced junior paddlers. Program consists of dry land training, paddling erg, and a minimum of 8 alternative fitness activities and out trips

**Dragon boat teams – Winter Training Package:**

October 1 – February 28

Unlimited paddling for \$350 per team

**Rowing: (Juniors – 14-18 years, Adults 19+)**

**Jr. Learn to Row**

Prerequisite: Richmond Olympics Oval Tank Learn to Row or UBC

Boathouse Stone Boat Learn to Row or Fast Track Camp

Sept 21 - Oct 21, T/TH, 4 - 5:30pm, \$200 OR

Oct 26 - Nov 25, T/TH, 4 - 5:30pm, \$200

**Jr. Development Rowing League**

Prerequisite: UBC Boathouse Jr. Learn to Row or Fast Track Camp and Skill

Assessment:

Sept 13-Nov 12, M/W/F, 4-6pm, \$270

**Jr. Competitive Rowing Team**

Prerequisite: UBC Boathouse Jr. Learn to Row or Fast Track Camp & Skill

Assessment

Sept 13-Nov 12, M/W/F, 4-6pm and Sat 10am-Noon, \$360

**Jr. Rowing Winter Training Program**

Jan 10-March 4, M/W/F, 4-6pm, \$395

Geared for new and experienced junior rowers. Program consist of erg training, circuit training, and a minimum of 12 alternative fitness activities and out trips.

**Adult Learn to Row**

Prerequisite: Richmond Olympics Oval Tank Learn to Row or UBC

Boathouse Stone Boat Learn to Row

Sept 21-Oct 21, T/TH, 6-7:30pm, \$250

Oct 26-Nov 25, T/TH, 6-7:30pm, \$250

**Adult Recreational Rowing League**

Prerequisite: UBC Boathouse Adult Learn to Row

Sept 13-Oct 27, M/W, 6:30-8pm, \$210

**Adult Recreational Single Program**

Prerequisite: UBC Boathouse Adult Learn to Row and Skills Assessment

10 session drop in pass - \$200

**Adaptive Rowing programs**

Call the UBC Boathouse for more information on these programs.

**Corporate/Group Team Building**

Call the UBC Boathouse for more information on a variety of team building packages for both rowing and paddling. Meeting space and catering options can be added to any package. Packages start at \$190.

For programs offered after February 2011, please visit

[www.ubcboathouse](http://www.ubcboathouse) or call 604-247-2627

**COMMUNITY HALL RENTALS**

The UBC Boathouse is a floating facility nestled along the banks of the historic Fraser River, with spectacular views of the North Shore Mountains. Boasting a spacious, modern design infused with natural light and state-of-the-art multi-media capabilities, the UBC Boathouse can accommodate all types of events including wedding ceremonies, receptions, corporate meetings and events, private parties and social gatherings. We are now taking bookings for 2011!



[WWW.UBCBOATHOUSE.COM](http://WWW.UBCBOATHOUSE.COM)

Register online or call 604-247-2627

We're here: 7277 River Road, Richmond, BC

COME PLAY OUTDOORS >

6000 Student Union Blvd.  
Vancouver BC  
V6T 1Z1  
Located in the  
UBC Student Recreation Centre

Phone: (604) 822 6924  
birdcoop@interchange.ubc.ca  
www.birdcoop.ubc.ca



**The Birdcoop is one of the best equipped fitness centres in Vancouver.**

**HOURS**

Effective September 6 to April 24, 2011  
(Dec. 18th – Jan. 2nd reduced hours)

MONDAY TO THURSDAY	6:30am - 10:00pm
FRIDAY	6:30am - 8:00pm
SATURDAY AND SUNDAY	10:00am - 6:00pm
STATS	12:00pm - 6:00pm

Please note: There are no classes on stat holidays & Sundays. Check our website or club for current hours. Subject to reduced hours and changes in classes.

**STUDENT MEMBERSHIP PACKAGES**

Gold	Silver	Bronze
1 Term Membership 1 Term Get Fit/Cycle Fit Flex Pass 1 Personal Training Session	1 Term Membership 1 Term Get Fit/Cycle Fit Flex Pass	1 Term Membership 1 Personal Training Session
<b>\$171</b>	<b>\$124</b>	<b>\$72</b>

**STAFF AND PUBLIC MEMBERSHIP PACKAGES**

Gold	Silver	Bronze
8 month Membership 8 Personal Training Sessions	3 month Membership 3 Personal Training Sessions	1 Month Membership 1 Personal Training Session
<b>Staff: \$664 / Public: \$688</b>	<b>Staff: \$267 / Public: \$288</b>	<b>Staff: \$92 / Public: \$100</b>

**STUDENT MEMBERSHIPS**

Length	UBC Students
3 Terms	\$75
2 Terms	\$50
1 Term	\$25
Daily Drop In	\$5

**Student Memberships Include**

- Use of the club anytime it's open

**Upgrade Your Membership Flex Pass - Cycle Fit and Get Fit Classes**

Length	UBC Students
1 Term	\$99
1 Month	\$30

Daily Drop-In \$6

Priority is given to members with passes

**STAFF AND PUBLIC MEMBERSHIPS**

Length	UBC Staff	Public
1 Year	\$348	\$420
8 Months	\$296	\$312
3 Months	\$120	\$138
1 Month	\$40	\$46
Daily Drop-In	\$9	\$9

**Staff and Public Memberships Include**

- Use of the club anytime it's open
- Get Fit Classes
- Cycle Fit Classes

For Classes, Boot Camps, Programs and Personal Training visit the Birdcoop or check our website: [www.birdcoop.ubc.ca](http://www.birdcoop.ubc.ca)

## PERSONAL TRAINING

*"The BirdCoop is a great place to get reenergized and refocused! My experience with my personal trainer has been fantastic. His dedication to ensuring that I reach my health goals is both professional and educational. I would highly recommend that the UBC Community take advantage of this great resource on our own campus!"*

*-Jane Merling, BA, Manager of Development, UBC Faculty of Dentistry*

Personal Trainers are a great way to reach your goals faster!

**Motivation**  
**Muscle Gain**  
**Injury Rehabilitation**  
**Sport Specific Training**

**Body Fat Loss**  
**Specialized Programs**  
**Strength Training**

### Health Assessment

Includes: Body composition test, measurements, cardio test, blood pressure check, strength and flexibility tests.

**Students: \$39 / Staff: \$41 / Public: \$43**

Sessions	Student	Staff	Public
One	\$47	\$52	\$54
Three	\$44	\$49	\$50
Five	\$42	\$46	\$47
Twelve	\$41	\$42	\$46

## ONE ON ONE

### 30 MINUTE TARGET TRAINING

12 Sessions

Quick Workouts! Quick Results!  
30 Minute (One on One) Training Sessions  
Choose the program that best suits your needs: Fat Loss, Muscle Gain, or Tone and Tighten. Your Personal Trainer will work with you 2 or 3 times per week with sessions being completed in 6 weeks.

UBC Students	UBC Staff	Public
\$336	\$348	\$396

### SPORT SPECIFIC TRAINING

1 Health Assessment - 6 Sessions

Get in shape for the sport you enjoy. Improve your speed, agility, reaction time, strength, flexibility, and cardiovascular endurance while reducing your risk of injury. Choose your sport: Skiing, Boarding, Hockey, Tennis, Golf, Swimming, Basketball, Soccer, or Football. We can also design a program for any sport you enjoy.

UBC Students	UBC Staff	Public
\$275	\$300	\$308

### FLAB TO FAB!

2 Health Assessments - 6 Sessions

Nutrition advice to get you faster results!  
This personal training program focuses on toning your upper body, lower body and core!  
Lose up to 12 pounds in 6 weeks.

UBC Students	UBC Staff	Public
\$301	\$329	\$339

### FALL SHAPE UP

1 Health Assessment - 4 Sessions

Find out where you are starting from and have a trainer teach you the latest techniques to get you where you want to go!

UBC Students	UBC Staff	Public
\$193	\$215	\$221

### 60 MINUTE TRAINING PACKAGE

2 Health Assessments - 12 Sessions

Feel Great, Look Great! Get the look you want. This program is good for weight loss toning, weight gain or sports conditioning. Also includes nutritional advice.

Student	Staff	Public
\$523	\$543	\$593

Additional person on same package with similar goals is 1/2 price.



## GROUP

*"After attending boot camps since last term I am in the best shape of my life and finding I can do things easily now that seemed impossible a year ago. It is a life changing experience and I thank the Birdcoop for providing it."*

Chavah S. Avraham, MA, Senior Academic Advisor, Faculty of Arts

### Register at the Birdcoop or Online

Please check our website or visit the Birdcoop for start dates, times, and rates.

## Boot Camps ... Starting from \$44

### Lunch Crunch Boot Camp

Increase your cardio, core, strength and flexibility.

### Coop Combo Boot Camp

This class is a combination of balls and boards, core, stability, and functional strength training. It is designed to get you in better shape quickly.

### Early Bird Boot Camp

Wake your body up! Cardio and core strength with extended stretching!

### Outdoor Boot Camp

Great outdoor workout! Tone your body, increase your cardio and flexibility while enjoying the sun and UBC!

### Cycle Boot Camp

Combination of cycle and strength training for ultimate results. This class is 1/2 in the cycle studio and 1/2 in our group fitness studio.

### Cycle Fit Combo Boot Camp

High energy 60 minute cycle class! It focuses on cardio, lower body, upper body and core strengthening with a great stretch at the end.

## Group Programs

### Winter Sport Training Program

Get in shape for the winter sports you enjoy. This program focuses on improving core strength for balance and stability. It will also include flexibility, strength and agility training for enhanced sport performance. 4 week program, 2 times per week.

Students: \$99/ Staff \$109/ Public \$119

### Design your Own Program

Get a group of friends together with a common goal and we will design a group personal training program to help you reach your goals.

Minimum 3 people, Maximum 6 people.

Minimum 3, 1 hour sessions

Cost per person per session:

Students \$25/ Staff \$30/ Public \$35

For more programs please check our website or visit the Birdcoop

### WOW... Women on Weights!

Lose up to 12 pounds in 6 weeks! Get the look you have always wanted. Weight training program and nutrition advice to help you achieve your results. 6 weeks, 1 time per week (Max 6 people per group)

Students: \$139/ Staff \$149/ Public \$159

### Weight Training Program

Learn how to use free weights, machines and olympic lifting techniques. Toning and body building programs with core strengthening.

6 week program (Max. 6 people)

Students: \$139/ Staff \$149/ Public \$159

### NEW U CHALLENGE!

Take the 12 week challenge to transform your body! Challenge is open to men and women. Previous participants who have made the commitment describe the challenge as a life changing experience! Choose one of the categories below to register in. Programs begin the 2nd week in October. Register by September 30th.

Students: \$85/ Staff \$90/ Public \$95

**All programs include:** 2 fitness assessments, 1 personal training session, 2 group training session updates, nutrition information, before and after photos and results.

**Winners in each category will receive:** 3 month membership, 3 personal training sessions, and more prizes!

#### Big 'n Buff:

For those who want to build muscle and increase size.

#### Lean 'n Mean:

For those who want to look toned without extra muscle bulk.

#### Body Burn:

For those who want to lose those unwanted pounds and tone their body.

### Resolution U

The Ultimate Fat loss program for men and women! Feel Good! Look Great! This program focuses on improving your lifestyle, getting the most out of your workouts at the gym, being active in your daily life and creating good eating habits to help you see results.

Resolution U includes:

- 8 week Group Personal Training Program (Max. 6 people)
- A Personal Fitness and Nutrition Log,
- 2 Health Assessments and Nutritional sessions,
- 6 Group Personal Training sessions.

Students: \$199/ Staff: \$209/ Public \$219