

# WHAT'S FREE @ UBC REC?



Mat Pilates



Capoeira



Break Dance

## SHOPPING WEEK

In order to encourage as much of the campus community to participate as possible, each semester we are pleased to offer our first week of Instructional Classes for free. This allows everyone to have the opportunity to try out new activities, meet our qualified instructors, and get introduced to the incredible variety of programming that is offered at the Student Recreation Centre. This year, Shopping Week will take place during the weeks of September 13 - 19 and January 10 - 16, Check out the schedules below for both the SRC Studio and Dojo and plan out your week.

### STUDIO

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00 AM							
7:30 AM							
8:00 AM					Power Yoga Friday's		
8:30 AM	Tai Chi	Zumba I	Tai Chi	Zumba I			
9:00 AM	Flow Yoga I	Power Yoga	Flow Yoga I	Power Yoga	Kundalini Yoga		
9:30 AM							Flow Yoga II
10:00 AM	Mat Pilates I	Reformer Pilates I	Mat Pilates I	Reformer Pilates II	50/50 Yoga Pilates II	laido	Salsa Dance Fit I
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM						Shotokan Karate	
12:30 PM							
1:00 PM	Hatha Yoga I	Mat Pilates II	Salsa Dance Fit II	Mat Pilates II	Hatha Yoga II		
1:30 PM						Tae Kwon Do	
2:00 PM					Reformer Pilates III		
2:30 PM							
3:00 PM	Beginner Lyrical Jazz						Intro to Ballet
3:30 PM		Break Dance	Yoga Dance	Popping	Celtic Cardio		
4:00 PM							
4:30 PM	Lyrical Jazz		Hip Hop II		50/50 Yoga Pilates III		Musical Theatre Dance
5:00 PM							
5:30 PM		Latin Funk		Hip Hop III			
6:00 PM							Ballroom Bootcamp
6:30 PM	Ashtanga Yoga Level II	laido	Shotokan Karate	Belly Dance	Caribbean Soul		
7:00 PM							
7:30 PM							Sunday Night Hatha Yoga
8:00 PM	Tae Kwon Do	Hip Hop I	Capoeira	Tae Kwon Do	Tango		
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							

### DOJO

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00 AM							
7:30 AM	Aikido		Aikido	Morning Yoga Jam I	Aikido		
8:00 AM		Morning Yoga Jam I					
8:30 AM							
9:00 AM							
9:30 AM							Sunday Morning Hatha Yoga
10:00 AM						Ju Jutsu	Sunday Morning Pilates
10:30 AM							
11:00 AM	50/50 Yoga Pilates I	Partner Yoga	Lunch Time Tai Chi	50/50 Yoga Pilates I	Partner Yoga		
11:30 AM							
12:00 PM	Lunch Time Hatha Yoga	Lunch Time Ashtanga Yoga	Lunch Time Hatha Yoga	Lunch Time Ashtanga Yoga	Lunch Time Hatha Yoga	Hung Gar Kung Fu	Nihon Goju Karate
12:30 PM							
1:00 PM	Mat Pilates IV	Vinyasa Yoga I	Mat Pilates IV	Vinyasa Yoga I	Mat Pilates IV		Intro to Kung Fu Kids
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	Mat Pilates III		Mat Pilates III			Advanced Judo	Intro to MMA
4:00 PM		Afternoon Ashtanga Yoga		Afternoon Ashtanga Yoga			
4:30 PM	Ashtanga Yoga I	Women's Self Defense	Ashtanga Yoga I	Women's Self Defense	TGIF Hatha Yoga		
5:00 PM							
5:30 PM							
6:00 PM	Ju Jutsu	Hatha Yoga III	Ju Jutsu	Nihon Goju Karate	TGIF Pilates		Sunday Night Vinyasa Yoga
6:30 PM							
7:00 PM							
7:30 PM						Eagle Claw Kung Fu	
8:00 PM	Judo	Hapkido	Judo	Hapkido			
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							

Yoga/Pilates/Tai Chi
  Martial Arts
  Dance

## NOON FUN RUNS

Run for fun! Walk for fun! During the first semester get healthy and come run or walk at 12:30pm! The UBC REC Noon Fun Run takes participants in and around the university campus over a course ranging from 3 to 5 km. This UBC REC Noon Fun Run is FREE and open to all students, faculty and staff. This series is about participation, health, wellness, and fun! Join our UBC REC Health Promotions Team, as they lead, inspire, and encourage you to participate and be active. Come in first, come in last, just come out and enjoy some physical activity with us, you never know what will happen. For complete information about Noon Fun Runs please visit [www.rec.ubc.ca/noonruns](http://www.rec.ubc.ca/noonruns)

## NOON FUN SWIMS

Introduced in the winter of 2010 and continuing starting in January 2011, this new program welcomes individuals into the UBC Aquatic Centre for a group swimming session. Similar to the Noon Fun Runs the series is all about participation, health, wellness, and fun! The UBC REC Health Promotions Team will help guide you through organized swim work outs, as well as offer stroke correction and motivation. Admission to the UBC Aquatic centre is free for all UBC students.



*UBC REC Health Promotions Team Leading a Noon Swim*



*Noon Fun Run*



*Drop In Basketball*

## DROP IN SPORTS

Throughout the year, there are drop in sports in the 3 SRC gymnasiums: basketball, volleyball, futsal or badminton. The drop-in schedule operates on a rotating basis. An average week will have one court of badminton and two courts of basketball one day, with the next day having one court of volleyball and two courts of basketball. Drop-in futsal is available in 2 sessions on Wednesday night from 7-9pm or 9-11pm and is limited to 60 people per session.

Drop-in is available for free with a valid UBC Student/Staff card. All others must pay \$5.50 for drop-in. Before using the gym upstairs, all participants must sign a waiver and receive a wristband from the Operations Centre staff.

The SRC Drop-in schedule can be found online at [www.rec.ubc.ca](http://www.rec.ubc.ca) or call 604.822.6000 for daily schedules.

### UBC REC Drop-In Rules and Regulations:

- All UBC students may use the gymnasiums and studio during drop-in times, but must present their valid UBC student card and sign-in each time they arrive.
- All participants/spectators must sign-in at the Operations Centre and wear a wristband at all times.
- All users must show a valid UBC Student Card, UBC Staff Card, or pay a \$5.50 drop-in fee.
- Any violators of the wristband policy will be asked to leave the premises immediately. Repeat offenders may be banned from the facility and referred to the Supplementary Discipline System for further sanctioning.
- All courts must be vacated 15 minutes prior to scheduled end time in order to give staff time to set up the appropriate equipment.
- Operations Centre Staff have the right to limit the number of participants at any given time if they deem the courts too crowded or unsafe.