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Our Mission:

To engage the university community and promote well-being through a dynamic and innovative UBC sport and recreation experience that is second to none.

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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Storm the Wall
2010 Super IronWoman Champion
Claire Hanna

HOW TO REGISTER


IN PERSON

Stop by the Operations Centre in the Student Recreation Centre to sign up in person for all programs. Visa, MasterCard, Interac, and cash are accepted at the SRC.

ONLINE

Go to www.rec.ubc.ca and follow the online registration link to our secure online registration website. You can register for all leagues, events, instructional programs, outdoor recreation, and tournaments online. Only Visa and MasterCard are accepted when paying for registration online. A valid email account is required to use online registration.

Online Registration Process Outline

1. Look for this  Button on any UBC REC page, or hit the "Online Registration" link under program features on the UBC REC home page.
2. Select the Register Tab.
3. Input the 5-digit Course ID into the Barcode Number field and hit "Search"
4. Hit "Add" in the upper right hand corner of the screen.
5. Login with an existing account or create a New Client Account.
6. Select your account, and continue to the checkout, entering any further required information.
7. Click on Complete Transaction to pay and complete registration!

WATCH OUT FOR REG DEADLINES

Be sure to register early to ensure your spot and avoid long lines on registration deadline days!

For more information about how to register online view our video tutorial at: <http://www.rec.ubc.ca/video/reg.cfm>

GROUP REGISTRATION

Are you a REC Rep who is looking to register more than 5 teams for a league, tournament, or event? If so e-mail: operations@rec.ubc.ca to arrange for a time to come in. This will save you from having to wait in line at the Operations Centre and will speed up the registration process.

QUESTIONS?

Check out our web site at www.rec.ubc.ca for more information or call us at 604.822.6000.

NEW FOR 2010/2011 - ONLINE ROSTER SUBMISSIONS, WAIVERS, AND CAPTAIN'S PACKAGES

This year all rosters will be submitted exclusively online! Once your team is registered and paid for, you have 24 hours from the close of the registration period of the event, league, or tournament to submit your roster to REC.

To submit a roster:

1. Login to your UBC REC Login by clicking this button on the UBC REC home page.
2. Select the "Submit Roster Online" link.
3. Complete the two forms for your team. You will need each team member's name, student number, and e-mail address.



You will be sent a confirmation email once your roster has been verified. When your roster shows up on your team page, everyone on that roster will be able to sign the online waiver and captains will be able to access the online captain's package.

To make changes to your roster:

1. Login to your UBC REC login
2. Select the "Change Roster Online" link.
3. Select add or drop and complete online form.

Online captain's packages will be available within 48 hours of registration closing for all leagues, tournaments, and events. Please read the packages as they contain important information about UBC REC Policies and Rules that are pertinent to the program for which you have registered. It must be read by 5:00pm the day before the first day of play for any competition. Failure to open the package by someone on your team will result in removal from competition.

How Do I Find A Team For Leagues, Events & Tournaments?

Please note: While we continue to welcome the public to take part in our major events: Day of the Longboat, Lace up for Kids, the UBC REC Tri Du, and Storm the Wall, only UBC students and UBC staff/faculty are eligible to participate in our leagues, tournaments and other events.

There Are Four Ways To Sign Up As An Individual:

1) Attend A Free Agent Meeting

A great way to meet other individual participants who are looking to get involved in the UBC REC team program, these meetings are held prior to the registration deadline in order to allow teams time to register before the league or event reaches its maximum capacity. You can expect to have a REC staff member guide you through the process of deciding on a team captain and completing the registration process. Although placement cannot be guaranteed we always try to ensure a positive UBC REC experience.

All meetings will be held at the Student Recreation Centre.

Fall League Sports Free Agent Meeting

Thu Sep 16 @ 5:00pm

Great Trek Relay Free Agent Meeting

Mon Oct 18 @ 5:00pm

Storm the Wall Free Agent Meeting

Mon Mar 14 @ 5:00pm

Day of the Longboat Free Agent Meeting

Mon Sep 20 @ 5:00pm

Winter League Sports Free Agent Meeting

Fri Nov 26 @ 5:00pm

2) Sign Up As A Free Agent

Go to www.rec.ubc.ca. Click the "UBC REC Login" button and once you have created an account and logged in follow the link to "Players Looking for a Team." Click on "Sign up as a Free Agent." This will declare your interest in a particular sport to the team captains. There are always captains looking for individuals to fill spots on their roster. Alternatively, if you are willing to captain a team, you can use the free agent list to contact other players to fill your roster.

3) Contact Your REC Representatives

Students: Each unit (faculty, club, residence, fraternity, sorority) has a representative to help you find ways to participate. Ask your undergrad society, Residence Advisor, or member of your executive. Many units also have funds to partially subsidize your team. If you are having trouble finding out who your REC Rep is contact our Public Relations department at pr@rec.ubc.ca.

Staff: Ask your Human Resources representative for resources and ways to participate. Many departments also have funds to partially subsidize your participation.

4) Contact Captains Directly

By clicking on the "Scan current list of Teams who need players" link you can contact captains directly and let them know you are interested in joining their teams. Even if the registration deadline has passed it may not be too late as all leagues, events and tournaments allow for roster

THANK YOU TO OUR PROGRAM PARTNERS:

Mahony & Sons
PUBLIC HOUSE TEACH TABHAIRNE

Coca-Cola

Migz
BBQ on broadway

Booster Juice



POWERADE
ZERO

BChydro
powersmart

BUILDING CAMPUS COMMUNITY

DIVISIONAL STRUCTURE

OSBORNE DIVISION	HINDMARCH DIVISION		POMFRET DIVISION	VAN VLIET DIVISION	PILCHER DIVISION
Fine Arts	Fraternities	Sororities	Science	Aud & Speech	Carey Hall
Library Studies	Alpha Delta Phi	Alpha Gamma Delta	Engineering	Dentistry	Fairview
Land and Food Systems	Alpha Epsilon Pi	Alpha Phi	Commerce	Medicine	Green College
Music	Beta Theta Pi	Alpha Delta Pi	Human Kinetics	Med Lab Sci	International House
Social Work	Delta Kappa Epsilon	Delta Gamma	Forestry	Nursing	Regent College
Architecture	Kappa Sigma	Gamma Phi Beta	Arts	Rehab Medicine	Ritsumeikan
First Nations House	Phi Delta Theta	Kappa Alpha Theta	STORY LETT DIVISION	Law	St. Andrew's
Community Planning	Phi Gamma Delta	Kappa Kappa Gamma	Place Vanier	Grad Studies	St. John's
	Psi Upsilon	Philanthropic	Walter Gage	Education	Thunderbird
	Sigma Chi	Phrateres	Totem Park	Pharmacy	VST
			Marine Drive		

What Is The Divisional Structure?

A framework for campus participation and competition in UBC REC programs. Participants represent their respective faculty, residence or Greek society (unit) and accumulate points over the year.

Outside of the divisional structure, AMS Clubs also have their own division and compete against each other.

Why Participate As A Divisional Team?

- Accumulate participation and competition points for your unit and individually
- Compete for coveted divisional specific championships including the championship trophies for each Intramural League, the Triple Crown, the Residence Cup, and the Walter Gage Trophy.
- Various units provide rebates to divisional teams
- Gain eligibility to participate in League All-Star festivities

What Unit Am I In?

Your unit is determined by your program of study, the residence in which you are living, or affiliations you have on-campus including Greek societies.

How Do I Find Out More About Participating On A Unit Team?

Contact your REC Rep through your undergraduate society, residence association, AMS club, or Greek society. If you are having trouble finding out who your REC Rep is contact our Public Relations department at pr@rec.ubc.ca.

Championship Row

Championship Row is located on the ground floor of the SRC and features photos of all winners for our League Sports, Tournaments & Events.

HALL OF FAME BANQUET

This is an opportunity to enjoy an end of year celebration with other REC Champions, REC Reps, Earl Award winners, and special guests. Celebrating Earl & Unit Championships, the Walter Gage Award, Golden Whistle Referee Awards, as well as inducting two graduating students to the UBC REC Hall of Fame featured on the second floor of the UBC SRC. Make sure to buy your tickets early as we expect this to be an event you won't want to miss.

EARL AWARDS

The Earl Awards recognize the thousands of students who participate annually in UBC REC League Sports, Tournaments, Events, and Instructional Programs. Participants are awarded both participation points for taking part in an activity and competition points depending on their final placing. In addition, the top 3 Earl Award winners receive special recognition.



Glendon Inkster & Kaitlyn Huras



Kim Noble
2010 REC Rep of the Year

Top 5 Male Winners	Unit	Points	Top 5 Female Winners	Unit	Points
Glendon Inkster	ADP	2,811	Kaitlyn Huras	CUS	2,883
Edgar A Mujica Velasquez	STF	2,751	Stephanie Nash	HUK	2,389
James Epp	PHA	2,657	Brittany Watson	AGD	2,308
Christopher Bartsch	ADP	2,229	Nicole Laurence	GGE	2,238
Jeff Hart	ADP	2,183	Haley Workun	HUK	2,087

2009/2010 AWARD WINNERS

TRIPLE CROWN CHAMPIONS - ALPHA DELTA PHI



Alpha Delta Phi Fraternity winning all three Triple Crown Events and at the Hall of Fame

TRIPLE CROWN

Geared toward everyone, from the recreational to the competitive participant, the UBC Triple Crown is a series of three high profile and fun-filled races and is the most highly-coveted sports award at UBC. The Triple Crown award is presented to the Unit Team that is the overall winner of UBC REC's three most prestigious team events: Day of the Longboat, the Great Trek relay, and Storm the Wall. Last year the Alpha Delta Phi fraternity was successful in capturing the Triple Crown Championship - the first successful unit in 10 years. Today, the increased number of participants competing in the Triple Crown events has made the goal of obtaining the title no small feat. The challenge, however, is yours!

DIVISIONAL UNIT WINNERS 2009/2010			
Story Lett Division		Van Vliet Division	
Totem Park	1,856	Medicine	7,838
Hindmarch Division		Pilcher Division	
Alpha Delta Phi	6,088	Marine Drive	1,216
Alpha Gamma Delta	4,664		
Osborne Division		Residence Cup	
Agriculture	627	Totem Park	1,856
Pomfret Division		Walter Gage Award	
Science	9,689	Science	11,744



Fraser Young & Kaitlyn Huras
2009/2010 Hall of Fame Inductees

STUDENT STAFF

VOLUNTEER STAFF

During the school year, over 130 volunteer student staff are involved in all facets of intramural programming. From marketing the intramural programs beforehand, to organizing each of the leagues, events, tournaments, and races, the UBC REC student volunteers are tireless in their efforts to provide their peers with the best possible UBC experience. There are many opportunities available throughout the year for a wide variety of volunteer positions including our Leagues and Events sectors, and our M-Sector, which includes our Marketing, Media, Sponsorship, Public Relations, Health Promotion, and the Point Departments. If you have a passion for recreation, UBC REC is the premier campus organization for gaining experience in the field.

PAID STAFF

Getting involved with REC is not limited to volunteering; there are several paid student positions available throughout the year. If you have a passion for customer service and like working in a fast paced environment, UBC REC Operations staff handle all of the in-person registration and administer the drop in program. If sports are your thing, a variety of referee and officials positions are available during the school year for our leagues and tournaments. Additionally, our instructional classes and outdoor rec program would not be possible without our skilled instructors and outdoor program leaders. With programs ranging from yoga to martial arts to hiking or trail running, if you have a passion or skill for any of these things, UBC REC is a great place to get involved with the UBC Community.



2009/2010 UBC REC Public Relations Department

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		
10:30 AM						Iaido	Salsa Dance Fit I
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							
2:00 PM					Reformer Pilates III	Tae Kwon Do	
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	Iaido	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				
4:00 PM		Afternoon Ashtanga Yoga		Afternoon Ashtanga Yoga		Advanced Judo	Intro to MMA
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

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 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.

UBC REC POLICIES

UBC REC participants are expected and required to follow the policies of the department. Below is a brief summary. For a complete and comprehensive list of all policies, please see www.rec.ubc.ca.

REGISTRATION POLICIES

Pricing and Program Policy

All UBC REC program prices include HST unless otherwise stated. There is no pro-rating. Prices and dates are subject to change.

UBC Student Rates Policy

To be eligible for student rates and facility access, a student has to be registered in more than 1 UBC Academic Course in the current term and has consequently paid the Athletics and Recreation Fee.

Refund Policy

A full refund will be granted under the following conditions:

If the course is cancelled.

If the request is received prior to the registration deadline.

Event Cancellation:

In the event that the Day of the Longboat, the Great Trek, Blizzard Bash, the UBC REC Triathlon Duathlon, Storm the Wall, Krazy Karts, or the Point Grey Triathlon are cancelled due to circumstances beyond the control of event organizers full refunds will not be given to participants following the registration deadline.

Refund Requests:

If the refund reason does not meet the above conditions, the participant will be required to fill out a Refund Request form. A \$25 refund processing fee will be charged on all refund requests.

No refunds will be given following the registration deadline for all Outdoor Rec Programs with the exception of Whistler Bungee and BCRPA Online Theory.

Participants withdrawing for medical reasons will receive a pro-rated refund for the remainder of the program. Medical documentation from a licensed physician is required. Notes must be received within one week of the date of illness or injury. When there is a discrepancy between the date of the doctor's note and the last class taken, the pro-rated rate will start from the date full documentation was received by UBC REC.

Participants who are requesting a refund due to re-location will need to provide proof of change of address.

Course conflicts are not a valid reason for a refund and will not be considered.

Program Transfer Policy

Prior to the registration deadline, participants may request to transfer between UBC REC programs. All program transfer requests received after the registration deadline will be charged a \$10 transfer processing fee. The Program Transfer Fee will be waived for all participants transferring into courses of equal or greater value.

Methods Of Payment

UBC REC accepts Visa, MasterCard, Interac, UBC Journal Vouchers and cash. When paying online, only Visa and MasterCard are accepted. In the event a cheque is accepted, all NSF cheques are subject to a \$25 service charge.

Registration Deadline Policy

Registration periods for all events, leagues and programs will end at 5:00pm on the deadline day, unless otherwise noted.

PARTICIPATION ADMINISTRATION POLICIES

UBC REC Code Of Conduct

All participants and SRC facility users are expected to conduct themselves in a manner that is sportsmanlike and which respects other individuals. All participants must abide by the rules governing each sport and must obey the directions of UBC REC staff. All participants must participate in a spirit of friendly competition and fairness. There will be zero tolerance for any form of fighting, and verbal or physical abuse of any official, participant or UBC REC staff.

UBC REC reserves the right to refuse service based on violation of any UBC REC rule, published procedure, policy or the Code of Conduct. UBC REC will refer any behavior that violates the UBC REC Code of Conduct to the Supplementary Discipline System (SDS) which may result in suspension from UBC REC programs, facilities and services.

Course Cancellation Policy

UBC REC reserves the right to cancel any course, event, activity or league due to low registration or conditions that make any such activity unsafe.

Right Of Refusal Policy

UBC REC reserves the right to refuse service based on violation of drop-in procedures, inappropriate conduct or for failing to follow the directions of the SRC Operations Centre staff or any UBC REC staff member.

UBC Staff/Faculty Participation Policy

Any staff/faculty member participating in UBC REC programs must be a current employee of UBC. All staff/faculty must have an up-to-date UBC Staff/Faculty Card. Proof of staff status must be provided to qualify for staff rates.

Waiver Policy

All participants in UBC REC events, leagues and programs must sign a valid waiver before they will be allowed to participate.

PROGRAM MANAGEMENT POLICIES

UBC Alcohol And Illegal Substance Policy

In accordance with UBC's Alcohol Policy, consumption of alcohol or illegal substances is not permitted at any UBC REC program or facility. Any person or team found consuming alcohol or an illegal substance at an event or in a facility (including dressing rooms) will be immediately removed from all further participation. Any person arriving at a league, event or facility under the influence will likewise be removed.

UBC REC Supplementary Discipline Policy

Individuals or teams that breach these guidelines while participating in any UBC REC activity, or are involved in an incident of misconduct in, at, or surrounding a UBC REC activity or facility that is beyond the reasonable and acceptable limits of that activity, will be subject to review and, if necessary, appropriate disciplinary action.

In cases where the severity of the incident is extreme, UBC REC reserves the right to report any incident to the University Committee on Student Discipline for review and possible further sanctions following the disciplinary actions taken within the UBC REC program.

SRC FACILITY POLICIES

SRC Building Policies

Bicycles are not permitted in SRC public spaces. No rollerblading is permitted inside the SRC. Recreational activity is restricted to designated activity areas. The hallways are not designated activity areas.

Cell phones and cameras are not permitted inside the change rooms. No one may take pictures in the SRC without UBC REC Management permission.

Food and drink is prohibited in activity areas including the gymnasiums, the studio, and the dojo. Water is permitted, but only when contained in a plastic container with a secured lid.

Any group wanting to use the studio for organized activities must book in advance with the UBC REC Facility Coordinator. Organized groups will be deemed any group of 5 or more people.

Each participant and facility user assumes total responsibility for any lost or stolen property. Valuables should not be brought into the facility. Lockers are available for personal belongings although security cannot be guaranteed as locker thefts do occur.

Proper footwear must be worn at all times in the designated activity areas. In the studio and gymnasiums, only clean, non-marking, closed-toe rubber soled shoes are allowed. There are to be no shoes worn in the dojo at any time.



TIRED OF THE SAME WORKOUT? GET FIT AND FOCUSED AT THE UBC TENNIS CENTRE.

Lower mainland tennis enthusiasts will have more options to sharpen their game in May 2011. The UBC Tennis Centre is expanding its facility, and will continue to offer adult and junior programs, drill sessions, leagues, mixers, tournaments and on-court winning workout routines such as cardio tennis.

The new facility will be located southeast of the existing Centre, and is destined to be one of the premiere complexes in the country -- featuring larger USTA sized tournament courts with theatre seating.

Plenty of opportunities to turbocharge your game.

Set your performance goals today and get back in the swing of things at the UBC Tennis Centre!

6160 Thunderbird Blvd., Vancouver
604.822.2505
www.tennis.ubc.ca

Dojo Policy

Access to the Dojo is restricted to registered members of the approved and supervised classes. There is no drop-in in the dojo.

Hours Of Operation Policy

The Student Recreation Centre may be subject to reduced hours during holidays. Programs do not run on statutory holidays unless otherwise posted.

INTRAMURAL PARTICIPATION POLICIES

Identification Policy

In order for a player to participate in a game or event, a valid UBC Student card or UBC Staff/faculty card must be produced prior to each game. In the event that a player's name appears on the REC produced roster or participant list, a piece of government issued photo ID may be used in place of the Student or Staff card. As a result, only valid UBC student and staff cards will be accepted for participation in drop-in programs, roster additions prior to the roster declaration, and substitutions.

Elite Athlete Eligibility

Elite athletes who have participated at an elite level (varsity, professional, national, or international) within the past two full calendar years are ineligible to participate in any UBC REC activity in their same or associated sports. The exception to this rule occurs in the UBC REC Triathlon Duathlon and Point Grey Triathlon in which elite divisions in the Sprint and the Olympic Distance are available for elite athletes.

CoRec Policy

During gameplay, CoRec teams must maintain an equal number of males and females. In situations where number of required players is odd (ie. 3, 5, 7, etc) the additional player may be of either gender. In the event that a goalie is required, the number of males to females must remain equal amongst the other players (ie. 2 male, 2 female, plus goalie).

Default Policy

A default occurs when a team is unable to start a race or a game with the required minimum number of players. A default may result in but is not limited to the loss of a match/game, or disqualification from the league, event, or tournament.

Roster Declaration Policy

Initial rosters for all leagues, tournaments, and events are to be submitted no later than 5:00pm the day after registration closes. Failure to submit the roster minimum will result in the removal of a team from competition without refund. Final roster submissions for all leagues, tournaments, and events must be submitted by 5:00pm on the date of the final roster deadline.

Have questions or suggestions
about UBC REC policies?
We always want to hear what are participants think
so if you have suggestions please share them by
contacting any of the professional staff listed on the
inside cover of the guide.

STUDENT RECREATION CENTRE

The UBC Student Recreation Centre (SRC) features a host of services and facilities to keep you active and healthy. Upstairs, there are 3 full-sized gyms where drop-in sports and intramurals are held. The main floor features the studio where many instructional classes take place. When this room is not in use, UBC students and UBC BirdCoop members have free access. On this floor you will also find a traditional martial arts dojo where a wide variety of martial arts, yoga, pilates and other instructional classes are held.

FACILITY RENTALS

Bookings must be made at least 7 days in advance. A 50% non-refundable deposit is required at time of booking with the balance due at least 30 days before the event. Bookings are done on a first come first served basis. Typically, gyms are available for rent Friday, Saturday and Sunday evenings. For more information please check www.rec.ubc.ca/SRC for an online availability calendar and online request form.

FACILITY RENTAL RATES

Description	UBC Student	UBC Staff + Public
1 Gym	\$78/hr	\$87/hr
3 Gyms	\$187/hr	\$273/hr
SRC Studio	\$83/hr	\$83/hr
SRC Dojo	\$105/hr	\$105/hr



The Student Recreation Centre may be subject to reduced hours during holidays, the holiday season, exam periods (Dec & Apr) and reading week. The gyms are unavailable for rentals during exam periods.

LOCKERS

Lockers are available for rental by the day, semester, school year or full year. We have full-length lockers available for long-term rentals. All long-term locker contracts end Aug 31, Dec 31, or Apr 30. Day locks are free from the Operations Centre based on availability. Coin lockers are available in the hallway for \$0.50.

Description	UBC Student		UBC Staff		Public	
	Half	Full	Half	Full	Half	Full
1 semester (ends Dec 31)	\$50	\$67	\$62	\$82	\$77	\$98
2 semesters (ends Apr 30)	\$65	\$100	\$82	\$115	\$98	\$130
3 semesters (ends Aug 31)	\$82	\$130	\$98	\$145	\$120	\$160

Long-term locker policy: A \$15 deposit is charged on all long-term locker rentals. This deposit is returned to the renter in full, provided that all terms of the rental agreement are met. Locker must be vacated by closing time on the day the locker contract expires. If the locker is not vacated, the renter will forfeit the \$15 deposit. We recommend that you do not store valuables in your locker, as there have been incidents of theft. Wallet lockers are available for \$0.25. The SRC is not responsible for any lost or stolen items.

EQUIPMENT RENTAL

There is a variety of equipment available for rent including: barricades, cones, outdoor volleyball nets and 10'x10' tents. For more information on rentals, please check www.rec.ubc.ca/SRC.

FALL & WINTER HOURS
SEP 7, 2010 - APR 8, 2011

MON-THU 7:00AM - 11:00PM
FRI 7:00AM - 10PM
SAT-SUN 9:00AM-10:00PM
HOLIDAYS 12:00-6:00PM

