

OUTDOOR RECREATION

Join us for exploration, adventure and expert instruction in a wide range of land and water-based outdoor activities. It is the goal of UBC REC to provide the university community with the opportunity and instruction to enjoy comfortable and safe adventure in the outdoors, including hiking, skydiving, kayaking, diving, and climbing. UBC REC strives to provide fun, hands-on instructional programs for novice and intermediate participants to learn the skills and safety concerns for a wide variety of outdoor activities in a supervised environment. Unless stated, no prior experience is required and in most cases, all group equipment for that activity is provided.

For more information, please contact:
 UBC REC Coordinator, Sport & Instructional, Dave Gillis
 604.822.1682 | dgillis@rec.ubc.ca

UBC REC HIKING SNOW SERIES

UBC REC is proud to offer for the first time the Hiking Snow Series! Enjoy the panoramic views from our beautiful mountainous areas while on a guided tour by snowshoe or cross country ski, these fun and exciting days are a great way to enjoy BC's local coast mountain ranges. All UBC REC guided hikes include transportation to and from the site, and a professional guide to lead the way ensuring a fun and safe day.

All hikes meet at the North Entrance of the Student Recreation Centre at UBC.

Complete Series

3 Sessions
 Jan 16 - Mar 6
 Sun 7:30am - 1:00pm
 Reg by Jan 2

Winter Information

Section I Jan 16 Sun 7:30am - 1:00pm Reg by Jan 2	Section II Feb 6 Sun 7:30am - 1:00pm Reg by Jan 23	Section III Feb 27 Sun 7:30am - 1:00pm Reg by Feb 13
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Snow Hiking
 Photo courtesy of Iwona Kellie

Hike	UBC Student		UBC Staff/ Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Complete Series	\$243	30389	\$260	30390	\$307	30391
Sec I	\$87	30388	\$93	30385	\$110	30382
Sec II	\$87	30387	\$93	30384	\$110	30381
Sec III	\$87	30386	\$93	30383	\$110	30380

Interested in organizing a group hiking trip?
 Hikes can be a great team building activity, a fun way to spend the day with friends, a unique outing for your club, or an innovative way to introduce students new to the Vancouver area to the local area. Contact Dave Gillis to organize a group trip to any of our pre planned hike locations in any season by emailing dgillis@rec.ubc.ca.

UBC REC HIKING SERIES

Offering panoramic views in beautiful mountainous areas and lush forested terrain, these day hikes are a great introduction to BC's Coast Mountain Ranges and are not to be missed. All UBC REC hikes include transportation to and from the site, professional guides, snacks, and a digital photo at the peak.

All hikes meet at the North Entrance of the Student Recreation Centre at UBC.

Complete Series

Complete UBC REC Hiking Series - 10 Sessions

Sep 19 - Apr 17

Sun 7:00am - 5:00pm

Reg by Sep 12

BEGINNER SERIES

Looking to get off on the right foot? UBC REC is proud to introduce the beginner series for those just learning to enjoy the panoramic views in beautiful mountainous areas and lush forested terrain, these day hikes are a great introduction to BC's Coast Mountain Ranges and are not to be missed.

Complete Beginner Series - 5

Sessions

Sep 19 - Apr 17

Sun 8:00am - 5:00pm

Reg by Sep 12

Beginner Hike 1

Sep 19

Sun 8:00am - 4:00pm

Reg by Sep 12

Beginner Hike 2

Oct 10

Sun 8:00am - 4:00pm

Reg by Oct 3

Beginner Hike 3

Nov 14

Sun 8:00am - 4:00pm

Reg by Nov 7

Beginner Hike 4

Mar 13

Sun 8:00am - 4:00pm

Reg by Mar 6

Beginner Hike 5

Apr 10

Sun 8:00am - 4:00pm

Reg by Apr 3

INTERMEDIATE SERIES

UBC REC is proud to offer the Hiking Day Series for the intermediate hiker. Enjoy the breathtaking mountain scenery, tranquil lakes, and the lush vegetation of BC on these more challenging day hikes.

Complete Intermediate Series - 5

Sessions

Sep 26 - Apr 17

Sun 7:00am - 5:00pm

Reg by Sep 19

Intermediate Hike 1

Sep 26

Sun 7:00am - 5:00pm

Reg by Sep 19

Intermediate Hike 2

Oct 17

Sun 7:00am - 5:00pm

Reg by Oct 10

Intermediate Hike 3

Nov 21

Sun 7:00am - 5:00pm

Reg by Nov 14

Intermediate Hike 4

Mar 20

Sun 7:00am - 5:00pm

Reg by Mar 13

Intermediate Hike 5

Apr 17

Sun 7:00am - 5:00pm

Reg by Apr 10

Hike	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Complete Series	\$496	30393	\$552	30394	\$640	30395
Beginner Series	\$279	28240	\$311	28238	\$360	28233
Beginner Hike 1	\$62	28327	\$69	28236	\$80	28234
Beginner Hike 2	\$62	28239	\$69	28237	\$80	28235
Beginner Hike 3	\$62	28326	\$69	28325	\$80	28311
Beginner Hike 4	\$62	29538	\$69	29531	\$80	29529
Beginner Hike 5	\$62	29535	\$69	29532	\$80	29530
Intermediate Series	\$279	28322	\$311	28324	\$360	28323
Intermediate Hike 1	\$62	28319	\$69	28315	\$80	28312
Intermediate Hike 2	\$62	28320	\$69	28316	\$80	28313
Intermediate Hike 3	\$62	28321	\$69	28318	\$80	28314
Intermediate Hike 4	\$62	29547	\$69	29543	\$80	29539
Intermediate Hike 5	\$62	29548	\$69	29544	\$80	29540



Hiking Series

For the most up to date information about trip destinations for each hike visit <http://www.rec.ubc.ca/outdoor/hikingdaytrip>

INTRO TO ROCK CLIMBING (INDOOR)

This is an excellent two hour course designed for the absolute beginner. You will learn basic knots, belaying, and go over some of the basic climbing equipment that you will be using. After completing the course, participants are free to stay and climb to your rope's end! In fact, you can climb FREE for the first week following the course! All sessions take place at the Cliffhanger Climbing Gym-670 Industrial Ave.

Fall Information

<i>Section I</i>	<i>Section II</i>	<i>Section III</i>
Sep 24	Oct 29	Nov 26
Fri 6:00 - 8:00pm	Fri 6:00 - 8:00pm	Fri 6:00 - 8:00pm
Reg by Sep 19	Reg by Oct 24	Reg by Nov 21

Winter Information

<i>Section I</i>	<i>Section II</i>	<i>Section III</i>
Jan 28	Feb 25	Mar 25
Fri 6:00 - 8:00pm	Fri 6:00 - 8:00pm	Fri 6:00 - 8:00pm
Reg by Jan 23	Reg by Feb 20	Reg by Mar 20



Indoor Rock Climbing

INTRO TO ROCK CLIMBING PLUS (INDOOR)

This course includes everything our introductory course offers PLUS an additional hour devoted entirely to climbing movements and technique. This course is an excellent way to help you excel in the world of climbing. Participants will receive a pass valid for a full week following the completion of the course. All sessions take place at the Cliffhanger Climbing Gym-670 Industrial Ave.

Fall Information

<i>Section I</i>	<i>Section II</i>	<i>Section III</i>
Sep 24	Oct 29	Nov 26
Fri 6:00 - 9:00pm	Fri 6:00 - 9:00pm	Fri 6:00 - 9:00pm
Reg by Sep 19	Reg by Oct 24	Reg by Nov 21

Winter Information

<i>Section I</i>	<i>Section II</i>	<i>Section III</i>
Jan 28	Feb 25	Mar 25
Fri 6:00 - 9:00pm	Fri 6:00 - 9:00pm	Fri 6:00 - 9:00pm
Reg by Jan 23	Reg by Feb 20	Reg by Mar 20

Section	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall - Sec I	\$100	28305	\$100	28302	\$100	28299
Fall - Sec II	\$100	28306	\$100	28303	\$100	28300
Fall - Sec III	\$100	28307	\$100	28304	\$100	28301
Winter - Sec I	\$100	29668	\$100	29665	\$100	29662
Winter - Sec II	\$100	29669	\$100	29666	\$100	29664
Winter - Sec III	\$100	29670	\$100	29667	\$100	29663

Section	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall - Sec I	\$78	28296	\$78	28293	\$78	28292
Fall - Sec II	\$78	28297	\$78	28294	\$78	28290
Fall - Sec III	\$78	28298	\$78	28295	\$78	28291
Winter - Sec I	\$78	29642	\$78	29645	\$78	29650
Winter - Sec II	\$78	29643	\$78	29646	\$78	29648
Winter - Sec III	\$78	29644	\$78	29647	\$78	29649

SKYDIVING

Freefall tandem is the easiest, most enjoyable introduction to skydiving available. Experience the magnificence of human flight harnessed together through freefall, canopy descent, and a soft landing. All sessions take place at the Abbotsford Skydive Centre-5112 Gladwin Road.

Fall Information

<i>Section I</i>	<i>Section II</i>
Sep 25	Oct 16
Sat all day	Sat all day
Reg by Sep 19	Reg by Oct 10

Winter Information

<i>Section I</i>
Apr 23
Sat all day
Reg by Apr 17

Section	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall - Sec I	\$290	27663	\$290	27661	\$290	27659
Fall - Sec II	\$290	27664	\$290	27662	\$290	27660
Winter - Sec I	\$290	29343	\$290	29341	\$290	29339

SKIMBOARDING

Learn the basic techniques from a skimboarding instructor in a safe and friendly learning environment. Intended for individuals who are interested in trying something new or have an affinity for boardsports such as snowboarding or skateboarding. Rental equipment included. *All sessions take place at Windsure-1300 Discovery St.*

Fall Information

Section I
Sep 18
Sat 9:00 - 11:00am
Reg by Sep 12

UBC Student		UBC Staff/Faculty		Public	
Price	Course ID	Price	Course ID	Price	Course ID
\$44	27670	\$44	27669	\$44	27668

WINDSURFING

In this introductory program, you will learn all the basics required to be a windsurfer. Instructors will take you through dry-land simulation, sailing theory and on the water instruction. Fee includes windsurfboard and sail, wetsuit and lifejacket. *All sessions take place at Windsure-1300 Discovery St.*

Fall Information

Section I - 1 Sessions
Sep 18
Sat 10:00am - 12:00pm
Reg by Sep 12

Winter Information

Section I - 1 Sessions
Apr 23
Sat 10:00am - 12:00pm
Reg by Apr 17

Section	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall - Sec I	\$66	27667	\$66	27666	\$66	27665
Winter - Sec I	\$66	29517	\$66	29516	\$66	29515

GOLF 101

These three hour programs work to build the solid foundation for future advancement and will get you ready for the course by focusing on the basic fundamentals of the golf swing. Registration includes three driving range tokens and equipment. *All sessions take place at UBC University Golf Club-5185 University Blvd.*

Fall Information

Section I - 3 Sessions
Sep 13 - Sep 27
Mon 3:00 - 4:00pm
Reg by Sep 7

Winter Information

Section I - 3 Sessions
Apr 4 - Apr 18
Mon 2:00 - 3:00pm
Reg by Mar 28

Section II - 3 Sessions
Apr 4 - Apr 18
Mon 3:00 - 4:00pm
Reg by Mar 28

Section	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall - Sec I	\$101	27676	\$101	27675	\$101	27674
Winter - Sec I	\$101	29522	\$101	29520	\$101	29518
Winter - Sec II	\$101	29523	\$101	29521	\$101	29519

INTRO TO SAILING

This program will include both White Sail I & II which are the introductory levels of the Canadian Yachting Association's Learn to Sail program. You will learn sailing terminology, points of sail, tacking, gybing, righting a capsized boat and knots. Upon completion of White Sail you will be able to confidently skip your own small sailboat. *All sessions take place at MacSailing Jerico Sailing Centre-1400 Discovery St.*

Fall Information

Section I - 4 Sessions
Sep 11 - Sep 19
Sat/Sun 1:30 - 5:30pm
Reg by Sep 6

UBC Student		UBC Staff/Faculty		Public	
Price	Course ID	Price	Course ID	Price	Course ID
\$303	27673	\$303	27672	\$303	27671



Sailing



Vancouver Whale Watch

WHALE WATCHING

Enjoy a tour on a newly built 47 passenger open zodiac with upper level observation deck, open and covered seating areas. Travel through the intense beauty of the Gulf Islands and see magnificent orcas in their natural habitat.

All sessions depart from Steveston Village.

Fall Information

Section I
Sep 26
Sun 11:00am - 4:00pm
Reg by Sep 19

Winter Information

Section I
Apr 24
Sun 11:00am - 4:00pm
Reg by Apr 17

Section	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall - Sec I	\$126	28058	\$126	28064	\$126	28061
Winter - Sec I	\$126	29671	\$126	29673	\$126	29672

STAND UP PADDLE

In surfing's new twist, you go with the flow standing up, adding a little Zen to the workout. For those that are not familiar with the sport, stand-up paddling entails standing on a longboard and propelling yourself with an elongated canoe paddle. Stand-up-paddling is a great way to improve your core strength and balance, making it an ideal cross-training activity.

All sessions take place at Windsure-1300 Discovery St. Vancouver, BC

Fall Information

Section I
Sep 18
Sat 9:00 - 10:30am
Reg by Sep 12

Winter Information

Section I
Apr 23
Sat 3:00 - 4:30pm
Reg by Apr 17

Section	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall - Sec I	\$28	29715	\$28	29713	\$28	29711
Winter - Sec I	\$28	29716	\$28	29714	\$28	29712

SCUBA DIVING: PADI BASIC OPEN WATER CERTIFICATION

Learn the fundamentals of scuba diving and earn a PADI Open Water Diver certification that is recognized worldwide. Course fee includes course materials, certification, pool/theory sessions, four supervised ocean dives and basic equipment.

Fall Information

Section I - 5 Sessions
Hosted by the UBC Aqua Society
Nov 9 - Nov 18 (UBC Aquatic Centre Sessions)
Tue/Thu 6:00pm - 10:00pm
No class Nov 11
Nov 20 - 21 (Supervised Ocean Dives)
Sat/Sun 8:30am - 5:00pm
Reg by Oct 25

UBC Student		UBC Staff/Faculty		Public	
Price	Course ID	Price	Course ID	Price	Course ID
\$492	28310	\$492	28308	\$492	28309



Scuba Diving

BUNGEE JUMPING

Experience bungee jumping with UBC REC and Whistler Bungee jumping in the beautiful wilderness of the Whistler Resort Valley nestled between old growth forests and rugged basalt column cliffs. Feel the exhilaration of jumping from a 160 ft (53m) bridge spanning 300 ft over the glacial fed Cheakamus River. All successful jumpers will receive a t-shirt for their jump.

All sessions take place at Whistler Bungee, Whistler, BC

Fall Information

Section I
Sep 6 - Dec 23
Daily 12:00 - 5:00pm
Reg by Aug 31

Winter Information

Section I
Jan 4 - May 15
Daily 12:00 - 5:00pm
Reg by Dec 28

Section	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall - Sec I	\$135	27679	\$135	27678	\$135	27677
Winter - Sec I	\$135	29526	\$135	29525	\$135	29524