

## 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