

WELCOME TO UBC REC



UBC REC 2010/2011 Student Staff

ABOUT OUR PROGRAM

Looking for something fun to do? UBC REC delivers a dynamic and memorable sport and recreation experience. Offering an extensive line-up that features everything from yoga classes to adventure races and intramural leagues, UBC REC encourages students, staff, faculty, and the Vancouver community to dive in and get involved!

As one of Canada's premier intramural programs, UBC REC has unparalleled numbers of participation and diverse programming. Highlights include longstanding UBC favourites like the Day of the Longboat and Storm the Wall festivals with over 3,000 participants each. Combined with an extensive selection of nine intramural leagues and a very popular drop-in sports program, over 10,000 people participate annually. UBC REC continues to grow its intramural programs and offer new participation opportunities.

Additionally, UBC REC provides a diverse selection of group yoga, pilates, martial arts, health, and dance classes. Whether you're seeking a regular yoga session to give your life structure, or hoping to broaden your horizon through a burlesque dance class, UBC has built its classes with you in mind. Our experienced and friendly instructors will guide you through each class and help you grow week after week.

UBC REC is also proud to offer a variety of outdoor adventure programs. For those seeking to experience the natural beauty of Vancouver, or find a thrill, there are hikes, whale watching excursions, bungee jumping, and Skydiving to meet your heart's desires.



ASHTANGA YOGA
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DAY OF THE LONGBOAT P. 31



HANDLEY CUP
SOCCER LEAGUE
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