



**UBC TENNIS CENTRE**  
**6160 THUNDERBIRD BLVD**  
**VANCOUVER, BC**  
**V6T 1Z3**  
**TEL: 604-822-2505**  
**WEB: WWW.TENNIS.UBC.CA**  
**EMAIL: UTENNIS@INTERCHANGE.UBC.CA**

**WELCOME TO THE UBC TENNIS CENTRE!**

We recently opened our brand new state of the art Tennis Facility with 8 new indoor courts, 4 existing tennis bubble courts and 1 new outdoor court! The UBC Tennis Centre is a public facility open to anyone interested in playing tennis. For complete information regarding hours of operation, court booking procedures, and tennis programming available for all ages, please visit our website at [www.tennis.ubc.ca](http://www.tennis.ubc.ca).

**TENNIS PROGRAMS**

The UBC Tennis Centre offers programs tailored to players of all levels. Our programs offer new players a great introduction to the game, giving them the fundamentals required to enjoy tennis as a lifetime sport. For players with previous experience, we offer the necessary instruction to propel their game to the next level. All programs are directed by Tennis Canada Certified Instructors.

**ADULT DOUBLES LEAGUES**

Our doubles leagues are the perfect way to learn all the positions in doubles and apply them in game situations. Coaches will teach students the tactical situations of a doubles match and help them to apply these skills in organized match play. Our Thunderbird doubles leagues are also a wonderful way to meet new players in a fun atmosphere.

**ADULT SINGLES LEAGUE**

By using a ladder format the league offers great match play for lower intermediate (3.0) to advanced (5.0+) players. Participants will play a singles match for 1.5 hrs once a week. All matches will be played on Friday, Saturday or Sunday evenings.

**ADULT 1.0/2.0 DOUBLES LEAGUE**

| Dates           | Day & Time    | # Classes | UBC Student | Public |
|-----------------|---------------|-----------|-------------|--------|
|                 |               |           | Price       | Price  |
| Sep 13 - Oct 18 | Tue 6-7:30pm  | 6         | \$117       | \$130  |
| Oct 25 - Nov 29 | Tue 6-7:30pm  | 6         | \$117       | \$130  |
| Sep 18 - Oct 23 | Sun 9-10:30am | 6         | \$117       | \$130  |
| Oct 30 - Dec 4  | Sun 9-10:30am | 6         | \$117       | \$130  |

**SINGLES LEAGUE**

| Dates           | Day & Time            | # Classes | UBC Student | Public |
|-----------------|-----------------------|-----------|-------------|--------|
|                 |                       |           | Price       | Price  |
| Sep 16 - Dec 11 | Fri/Sat Sun 6:30-11pm | 13        | \$229       | \$253  |

**ADULT 3.5/4.0 DOUBLES LEAGUE**

| Dates           | Day & Time     | # Classes | UBC Student | Public |
|-----------------|----------------|-----------|-------------|--------|
|                 |                |           | Price       | Price  |
| Sep 13 - Oct 18 | Tue 7:30 - 9pm | 6         | \$117       | \$130  |
| Oct 25 - Nov 29 | Tue 7:30-9pm   | 6         | \$117       | \$130  |
| Sep 18 - Oct 23 | Sun 10:30-12pm | 6         | \$117       | \$130  |
| Oct 30 - Dec 4  | Sun 10:30-12pm | 6         | \$117       | \$130  |

**ADULT 2.5/3.0 DOUBLES LEAGUE**

| Dates           | Day & Time    | # Classes | UBC Student | Public |
|-----------------|---------------|-----------|-------------|--------|
|                 |               |           | Price       | Price  |
| Sep 13 - Oct 18 | Tue 6-7:30pm  | 6         | \$117       | \$130  |
| Oct 25 - Nov 29 | Tue 6-7:30pm  | 6         | \$117       | \$130  |
| Sep 18 - Oct 23 | Sun 9-10:30am | 6         | \$117       | \$130  |
| Oct 30 - Dec 4  | Sun 9-10:30am | 6         | \$117       | \$130  |



## DRILL SESSION PROGRAMS

Drill Session Programs provide players the opportunity to practice the fundamentals and skills acquired in our instructional programs. We offer drill sessions tailored to players ranging from 1.0 - 5.0+ level. Please visit our website and check out the self-rating guide to help decide which programs best suit your needs.

### FACULTY/STUDENT DRILLS

| Dates           | Day & Time   | # Classes | UBC Student | Public |
|-----------------|--------------|-----------|-------------|--------|
|                 |              |           | Price       | Price  |
| Sep 12 - Oct 17 | Mon 8-9am    | 5         | \$86        | \$94   |
| Nov 7 - Dec 12  | Mon 8-9am    | 6         | \$103       | \$113  |
| Sep 12 - Oct 17 | Mon 12-1pm   | 5         | \$86        | \$94   |
| Nov 7 - Dec 12  | Mon 12-1pm   | 6         | \$103       | \$113  |
| Sep 14 - Oct 19 | Wed 8-9am    | 6         | \$103       | \$113  |
| Sep 14 - Oct 19 | Wed 12-1pm   | 6         | \$103       | \$113  |
| Oct 26 - Nov 30 | Wed 8-9am    | 6         | \$103       | \$113  |
| Oct 26 - Nov 30 | Wed 12-1pm   | 6         | \$103       | \$113  |
| Nov 7 - Dec 12  | Mon 6:30-8pm | 6         | \$158       | \$175  |
| Oct 27 - Dec 1  | Thu 6-7:30pm | 6         | \$158       | \$175  |

### ADULT 2.5/3.0 DRILLS

| Dates           | Day & Time   | # Classes | UBC Student | Public |
|-----------------|--------------|-----------|-------------|--------|
|                 |              |           | Price       | Price  |
| Sep 12 - Oct 17 | Mon 1-2:30pm | 5         | \$128       | \$141  |
| Sep 14 - Oct 19 | Wed 1-2:30pm | 6         | \$154       | \$169  |
| Sep 14 - Oct 19 | Wed 6:30-8pm | 6         | \$154       | \$169  |
| Nov 7 - Dec 12  | Mon 1-2:30pm | 6         | \$154       | \$169  |
| Oct 26 - Nov 30 | Wed 1-2:30pm | 6         | \$154       | \$169  |
| Oct 26 - Nov 30 | Wed 6:30-8pm | 6         | \$154       | \$169  |

### ADULT 3.5 DRILLS

| Dates           | Day & Time   | # Classes | UBC Student | Public |
|-----------------|--------------|-----------|-------------|--------|
|                 |              |           | Price       | Price  |
| Sep 12 - Oct 17 | Mon 1-2:30pm | 5         | \$128       | \$141  |
| Sep 14 - Oct 19 | Wed 1-2:30pm | 6         | \$154       | \$169  |
| Sep 14 - Oct 19 | Wed 6:30-8pm | 6         | \$154       | \$169  |
| Nov 7 - Dec 12  | Mon 1-2:30pm | 6         | \$154       | \$169  |
| Oct 26 - Nov 30 | Wed 1-2:30pm | 6         | \$154       | \$169  |
| Oct 26 - Nov 30 | Wed 6:30-8pm | 6         | \$154       | \$169  |



## ADULT 4.0 DRILLS

| Dates           | Day & Time   | # Classes | UBC Student | Public |
|-----------------|--------------|-----------|-------------|--------|
|                 |              |           | Price       | Price  |
| Sep 12 - Oct 17 | Mon 1-2:30pm | 5         | \$128       | \$141  |
| Sep 14 - Oct 19 | Wed 1-2:30pm | 6         | \$154       | \$169  |
| Sep 14 - Oct 19 | Wed 8-9:30pm | 6         | \$154       | \$169  |
| Nov 7 - Dec 12  | Mon 1-2:30pm | 6         | \$154       | \$169  |
| Oct 26 - Nov 30 | Wed 1-2:30pm | 6         | \$154       | \$169  |
| Oct 26 - Nov 30 | Wed 8-9:30pm | 6         | \$154       | \$169  |



## CARDIO TENNIS

This is the ultimate program to burn a lot of calories and to work up a great sweat! Players in this program will be put through intensive drills while building confidence on each stroke through lots of repetition.

| Dates            | Day & Time      | # Classes | UBC Student | Public |
|------------------|-----------------|-----------|-------------|--------|
|                  |                 |           | Price       | Price  |
| Sept 17 - Oct 22 | Sat 9-10am      | 6         | \$103       | \$113  |
| Oct 29 - Dec 3   | Sat 9-10am      | 6         | \$103       | \$113  |
| Sept 17 - Oct 22 | Sat 5:30-6:30pm | 6         | \$103       | \$113  |
| Oct 29 - Dec 3   | Sat 5:30-6:30pm | 6         | \$103       | \$113  |
| Sept 13 - Oct 18 | Tue 8:30-9:30am | 6         | \$103       | \$113  |
| Sept 15 - Oct 20 | Thu 8:30-9:30am | 6         | \$103       | \$113  |

## ATP TOUR DAY TENNIS LIVING THE DREAM

This is the perfect program for those looking to mix both intense drills and match play in the same session. Each session will cover match play situations in both singles and doubles as well as give each player a chance to compete against other players in the program while receiving technical and tactical feedback from the pros.

| Dates            | Day & Time             | # Classes | UBC Student | Public |
|------------------|------------------------|-----------|-------------|--------|
|                  |                        |           | Price       | Price  |
| Sept 12 - Oct 21 | Mon/Fri 10:30-12pm     | 11        | \$211       | \$232  |
| Sept 14 - Oct 21 | Wed/Fri 10:30-12pm     | 12        | \$230       | \$253  |
| Sept 12 - Oct 21 | Mon/Wed/Fri 10:30-12pm | 17        | \$326       | \$358  |
| Oct 24 - Dec 2   | Mon/Fri 10:30-12pm     | 11        | \$211       | \$232  |
| Oct 26 - Dec 2   | Wed/Fri 10:30-12pm     | 11        | \$211       | \$232  |
| Oct 24 - Dec 2   | Mon/Wed/Fri 10:30-12pm | 17        | \$326       | \$358  |

## CLINIC PROGRAMS

Our clinics provide players the opportunity to learn the basics of the game from the introductory level all the way through to advanced. The Thunderbird tennis coaching clinics use the latest Tennis Canada coaching game based centered methodologies. Students will learn the fundamentals on all strokes and learn how to apply them in all tactical situations that are encountered throughout a match. These are perfect programs for players looking to focus on technical and tactical components of their game.

### ADULT 1.0 CLINIC

| Dates           | Day & Time       | # Classes | UBC Student | Public |
|-----------------|------------------|-----------|-------------|--------|
|                 |                  |           | Price       | Price  |
| Sep 12 - Oct 17 | Mon 9:30-11:30am | 5         | \$176       | \$193  |
| Sep 14 - Oct 19 | Wed 9:30-11:30am | 6         | \$211       | \$232  |
| Sep 17 - Oct 22 | Sat 11:30-1:30pm | 6         | \$211       | \$232  |
| Sep 12 - Oct 17 | Mon 6:30-8:30pm  | 5         | \$176       | \$193  |
| Sep 15 - Oct 20 | Thu 6-8pm        | 6         | \$211       | \$232  |
| Nov 7 - Dec 12  | Mon 9:30-11:30am | 6         | \$211       | \$232  |
| Oct 26 - Nov 29 | Wed 9:30-11:30am | 6         | \$211       | \$232  |
| Oct 29 - Dec 3  | Sat 11:30-1:30pm | 6         | \$211       | \$232  |
| Nov 7 - Dec 12  | Mon 6:30-8:30pm  | 6         | \$211       | \$232  |
| Oct 27 - Dec 1  | Thu 6-8pm        | 6         | \$211       | \$232  |

### ADULT 2.5/3.0 CLINIC

| Dates           | Day & Time     | # Classes | UBC Student | Public |
|-----------------|----------------|-----------|-------------|--------|
|                 |                |           | Price       | Price  |
| Sep 13 - Oct 18 | Tue 9:30-11am  | 6         | \$158       | \$175  |
| Sep 15 - Oct 20 | Thu 9:30-11am  | 6         | \$158       | \$175  |
| Sep 17 - Oct 22 | Sat 10-11:30am | 6         | \$158       | \$175  |
| Sep 12 - Oct 17 | Mon 6:30-8pm   | 5         | \$132       | \$146  |
| Oct 25 - Nov 29 | Tue 9:30-11am  | 6         | \$158       | \$175  |
| Oct 27 - Dec 1  | Thu 9:30-11am  | 6         | \$158       | \$175  |
| Oct 29 - Dec 3  | Sat 10-11:30am | 6         | \$158       | \$175  |
| Nov 7 - Dec 12  | Mon 6:30-8pm   | 6         | \$158       | \$175  |
| Sep 15 - Oct 20 | Thu 6-7:30pm   | 6         | \$158       | \$175  |
| Oct 27 - Dec 1  | Thu 6-7:30pm   | 6         | \$158       | \$175  |

### ADULT 2.0 CLINIC

| Dates           | Day & Time       | # Classes | UBC Student | Public |
|-----------------|------------------|-----------|-------------|--------|
|                 |                  |           | Price       | Price  |
| Sep 12 - Oct 17 | Mon 9:30-11am    | 5         | \$132       | \$146  |
| Sep 14 - Oct 19 | Wed 9:30-11am    | 6         | \$158       | \$175  |
| Sep 17 - Oct 22 | Sat 11:30-1pm    | 6         | \$158       | \$175  |
| Sep 12 - Oct 17 | Mon 6:30-8pm     | 5         | \$132       | \$146  |
| Sep 15 - Oct 20 | Thu 6-7:30pm     | 6         | \$158       | \$175  |
| Nov 7 - Dec 12  | Mon 9:30-11:00am | 6         | \$158       | \$175  |
| Oct 26 - Nov 29 | Wed 9:30-11:00am | 6         | \$158       | \$175  |
| Oct 29 - Dec 3  | Sat 11:30-1pm    | 6         | \$158       | \$175  |
| Nov 7 - Dec 12  | Mon 6:30-8pm     | 6         | \$158       | \$175  |
| Oct 27 - Dec 1  | Thu 6-7:30pm     | 6         | \$158       | \$175  |

### ADULT 3.5/4.0 CLINIC

| Dates           | Day & Time    | # Classes | UBC Student | Public |
|-----------------|---------------|-----------|-------------|--------|
|                 |               |           | Price       | Price  |
| Sep 13 - Oct 18 | Tue 9:30-11am | 6         | \$158       | \$175  |
| Sep 15 - Oct 20 | Thu 9:30-11am | 6         | \$158       | \$175  |
| Sep 12 - Oct 17 | Mon 8-9:30pm  | 5         | \$132       | \$146  |
| Sep 15 - Oct 20 | Thu 7:30-9pm  | 6         | \$158       | \$175  |
| Oct 25 - Nov 29 | Tue 9:30-11am | 6         | \$158       | \$175  |
| Oct 27 - Dec 1  | Thu 9:30-11am | 6         | \$158       | \$175  |
| Nov 7 - Dec 12  | Mon 8-9:30pm  | 6         | \$158       | \$175  |
| Oct 27 - Dec 1  | Thu 7:30-9pm  | 6         | \$158       | \$175  |
| Nov 7 - Dec 12  | Mon 6:30-8pm  | 6         | \$158       | \$175  |
| Oct 27 - Dec 1  | Thu 6-7:30pm  | 6         | \$158       | \$175  |

### ADULT HP CLINIC

| Dates           | Day & Time   | # Classes | UBC Student | Public |
|-----------------|--------------|-----------|-------------|--------|
|                 |              |           | Price       | Price  |
| Sep 15 - Dec 15 | Thu 8-9:30pm | 14        | \$386       | \$428  |
| Sep 13 - Dec 13 | Tue 8-9:30am | 14        | \$386       | \$429  |

## JUNIOR PROGRAMS

UBC Tennis Centre has many Junior Tennis programs. Our Thunderbird Jr. Tennis program starts with our progressive tennis program and continues all the way to the National level. There is an opportunity for every child of any age and ability to learn and progress at the appropriate level. Please visit us online for more details on how to get involved with Thunderbird tennis!!



*New indoor UBC tennis facility - come visit us today!*

# UBC AQUATIC CENTRE



## INDOOR POOL SCHEDULE

### SEP 6 - DEC 20, 2011 & JAN 4 – APR 27, 2012 & APR 28 – JULY 1, 2012

Separate Holiday schedule for December 21/11 to January 3/12

| MON   | TUE  | WED  | THU  | FRI  | SAT   | SUN   |
|---|--|--|--|--|---|---|
| <b>LENGTH SWIM</b> (age 16+) <b>7:30 to 9 am</b> (50m)<br>(change over to 25 m. set up at 8:45am)               |  |  |  |  |   |   |
| <b>EVERYBODY SWIM</b> <b>9 to 11 am</b><br>Senior 2 for 1 and Social every 3 <sup>rd</sup> Thursday of month    |  |  |  |  | <b>EVERYBODY &amp; LESSONS</b><br><b>10 am to 1 pm</b><br>(25 m swim only)<br>(limited space) | <b>EVERYBODY SWIM</b><br><b>10:30 am to 1 pm</b>      |
| <b>EVERYBODY SWIM</b> <b>11 am to 1:55 pm</b><br>(change over to 50 m. set up at 1:45am)                        |  |  |  |  |   |   |
| <b>EVERYBODY + LENGTH SWIM</b> (age 16+) & <b>LESSONS</b><br><b>4 to 5:30 pm</b><br>(limited lanes 5 to 5:30pm) |  |  |  |  | <b>EVERYBODY</b><br><b>1 to 5 pm</b>  |   |
|   |  |  |  |  |   |   |
| <b>EVERYBODY</b><br><b>7:30 pm to 10 pm</b><br>Mid Section closed until 8 pm<br>Limited deep end                | <b>EVERYBODY</b><br><b>8 pm to 10 pm</b><br>Limited deep end | <b>EVERYBODY</b><br><b>7:30 pm to 10 pm</b><br>Mid Section closed until 8 pm<br>Limited deep end | <b>EVERYBODY</b><br><b>8 pm to 10 pm</b><br>Limited deep end | <b>EVERYBODY</b><br><b>7:30 pm to 9:30 pm</b><br>Mid Section closed until 8 pm<br>Limited deep end | <b>LOONIE &amp; TWOONIE</b><br><b>6:30 pm to 9 pm</b>   | <b>LOONIE &amp; TWOONIE</b><br><b>6:30 pm to 9 pm</b> |

**OUTDOOR POOL OPEN** for LENGTH AND EVERYBODY SWIM times Mon to Fri and EVERYBODY Sat & Sun 1 - 5 pm  
**OUTDOOR POOL CLOSSES AT END OF SEPTEMBER & RE-OPENS IN MID-MAY** (tentative)

**CLOSED ON STATUTORY HOLIDAYS DURING FALL & WINTER**

*See website **Special Events Calendar** and **Home Page Announcements** for changes to the swim schedule and closures: [www.aquatics.ubc.ca](http://www.aquatics.ubc.ca)*

**UBC Students FREE ONLY with current student card TO ALL SWIM SESSIONS. No card = \$5.75**  
**This also applies to the Aquacize classes, whirlpool, gym, sauna and steam room.**

**LENGTH SWIM = anyone 16 and up**

**EVERYBODY SWIM**  
 Children 7 and under must be supervised by adult in the pool, within arms reach, at all times.

**ADULT SWIM = anyone 18 and up**

**LOONIE & TWOONIE SWIM**  
 Children (12 and under) and Seniors (65+) are admitted for \$1.00 each.  
 Children 7 and under must be supervised by an adult in the pool, within arms reach, at all times.  
 Youth and Adults (13 and up) are admitted for \$2.00 each.

| <b>FEES</b>                             | <b>Single Drop in</b> | <b>10 visit card</b> | <b>2-month Pass</b> | <b>4-month Pass</b> |
|---|-----------------------|----------------------|---------------------|---------------------|
| Children (3 - 12 y) under 3 free access | \$3.25                | \$28                 | \$46                | \$83                |
| Seniors (65+) (with ID)                 | \$3.50                | \$29.75              | \$48.25             | \$87.00             |
| Youth (13 - 17)                         | \$4.50                | \$39.25              | \$61.75             | \$109.75            |
| UBC Students & UNA (with card)          | \$4.75                | \$41.25              | \$64.75             | \$115.50            |
| Other Students (with card)              | \$5.50                | \$49.50              | \$82.50             | \$148.50            |
| UBC Staff/Faculty/Alumni (with card)    |                       |                      |                     |                     |
| Adults (18-64)                          | \$5.75                | \$51.00              | \$93.50             | \$169.75            |

### FITNESS SCHEDULE

MON SEP 12 – FRI DEC 2, 2011 & MON JAN 9 – THU APR 5, 2012

| MON  | TUE  | WED  | THU  | FRI  | SAT                            | SUN |
|--|--|--|--|--|--------------------------------|-----|
|  |  | SWIMFIT<br>9 - 10 am                             |  | SWIMFIT<br>9 - 10 am   |                                |     |
| SENIOR FIT*<br>9:30 - 10:30 am                   | SENIOR FIT*<br>9:30 - 10:30 am                     | SHALLOW AQUACIZE<br>10:15 – 11 am                | SENIOR FIT*<br>9:30 - 10:30 am                     | SHALLOW AQUACIZE<br>10:15 – 11 am  | SHALLOW AQUACIZE<br>10 - 11 am |     |
|  | DEEP H <sub>2</sub> O AQUACIZE<br>10:35 - 11:20 am |  | DEEP H <sub>2</sub> O AQUACIZE<br>10:35 - 11:20 am | PILATES FUSION<br>11 am – 12 noon  |                                |     |
| SHALLOW AQUACIZE<br>12 - 12:45 pm                |  | SHALLOW AQUACIZE<br>12 - 12:45 pm                |  | SHALLOW AQUACIZE<br>12 - 12:45 pm  |                                |     |
| ZUMBA DANCE<br>12 – 1 pm                         | HOT YOGA 1<br>12 – 1 pm                            | ZUMBA DANCE<br>12 – 1 pm                         | HOT YOGA 1<br>12 – 1 pm                            | STRETCH & STRENGTH<br>12 – 1 pm  |                                |     |
|  |  |  | FIT 4 TWO*<br>MOM & BABY<br>12 - 12:45 pm          |  |                                |     |
|  | MODERN LINE DANCE<br>1 – 2 pm                      |  | MODERN LINE DANCE<br>1 – 2 pm                      |  |                                |     |
| HOT YOGA<br>5 :00 – 6 :00 pm                     |  | HOT YOGA<br>5:00 – 6:00 pm                       |  |  |                                |     |
| FIT 4 TWO*<br>P/P NATAL AQUA<br>7:30 – 8:30 pm   |  |  |  | All Instructors have either BCRPA certification or equivalent and they have current first aid and CPR.   |                                |     |
| DEEP H <sub>2</sub> O AQUACIZE<br>7:30 - 8:30 pm | SHALLOW AQUACIZE<br>7 - 8 pm                       | DEEP H <sub>2</sub> O AQUACIZE<br>7:30 - 8:30 pm | SHALLOW AQUACIZE<br>7 - 8 pm                       | All AQUACIZE & SWIMFIT programs end Dec 2 & April 5, respectively.<br>*SENIOR FIT & FIT 4 TWO programs continue until December 15 & April 26, respectively |                                |     |

See our brochure or website ([www.aquatics.ubc.ca](http://www.aquatics.ubc.ca)) for cancellation dates

**SENIOR FIT//DEEP & SHALLOW WATER AQUACIZES:** Drop-in programs  
 \$5.75 Adult \$4.50 Student and UNA (with current card) \$3.50 Senior FREE for pass holders

**FIT 4 TWO:** Register at the AQUATIC CENTRE with drop-in spaces available

**FITNESS PROGRAMS (SwimFit, Hot Yoga, Modern Line Dance, Zumba Dance, etc):** Register at REC UBC or AQUATIC CENTRE  
 Please register at the beginning of each term. A limited number of drop-in spaces may be available.

We offer swimming and diving lessons for all ages as well as specialty aquatic courses year round.

Private swimming lessons & personal training sessions available by registration.

**SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE!**

For more details, pick up a brochure or call our 24hour line 604-822-4522

or visit our extensive website [www.aquatics.ubc.ca](http://www.aquatics.ubc.ca)

6121 University Blvd, Vancouver, BC, V6T 1Z1

# community rowing & paddling programs

FALL + WINTER 2011

## ROWING

[Juniors 14-18 Years, Adults 19+]

### Junior Learn to Row

(Prerequisite: Richmond Olympic Oval Learn to Row Tank Program or UBC Boathouse Stone Boat Program)

Sep 13 – Oct 13, T/Th 4 - 5:30 pm, \$210

Oct 18 – Nov 17, T/Th 4 - 5:30 pm, \$210

### Junior Development Rowing league

(Prerequisite: UBC Boathouse Jr. Learn to Row or Fast track Camp and Skill Assessment)

Sep 12 – Nov 11, M/W/F: 4 - 6 pm, \$283.50

### Junior Competitive Rowing team

(Prerequisite: UBC Boathouse Jr. development Program)

Sep 12 – Nov 11, M/W/F: 4 - 6 pm, SAT: 10am - 12pm, \$378

### Jr. Rowing Winter Training Program

Geared for new and experienced rowers. Program consists of erg training, circuit training, and alternative fitness activities and out trips.

Nov 14 – Dec 17, M/W/F, 4 - 6 pm, SAT: 10 am - 12 pm, \$230

### Adult Learn to Row

(Prerequisite: Richmond Olympic Oval Learn to Row Tank Program or UBC Boathouse Stone Boat Program)

Sep 17 – Nov 12, SAT: 10 am - 12 pm, \$280

### Adult Recreational Rowing League

(Prerequisite: UBC Boathouse Adult Learn to Row)

Sep 17 – Nov 5, SAT: 8 - 10 am, \$168

### Adaptive Learn to Row

(Prerequisite: Orientation & Program Assessment, Call to Book an Appointment)

Interested in trying it out? Call 604.247.2627 for the schedule.

### Adaptive Rowing League

(Prerequisite: Adaptive Learn to Row)

Call 604.247.2627 for the schedule.

## PADDLING

[Juniors 12-18 Years, Adults 19+]

### Drop-In Paddling

No Experience Necessary!

\$5 per drop in session or a 10 session punch card for \$40.

SAT, 10:30 am - 12 pm

## CORPORATE/GROUP TEAM BUILDING PACKAGE

Call 604.247.2627 to arrange a paddling or rowing session for your business or group or visit <http://www.ubcboathouse.com/richmond-rowing-paddling/team-building-corporate-packages.php>

*fitness + fun*



*come play outdoors*



**BirdCoop Fitness Centre**  
 6000 Student Union Blvd  
 Vancouver, BC V6T 1Z1  
 Located in the UBC Student Recreation Centre

Tel: 604.822.6924  
 E-mail: [birdcoop@interchange.ubc.ca](mailto:birdcoop@interchange.ubc.ca)  
[www.birdcoop.ubc.ca](http://www.birdcoop.ubc.ca)

*The BirdCoop is one of the best equipped fitness centres in Vancouver.*

**FALL/WINTER HOURS**  
 SEP 6 - APR 29, 2012  
 (REDUCED HOURS DEC 19 - JAN 2)

MON - THU 6:30AM - 10:00PM  
 FRI 6:30AM - 8:00PM  
 SAT & SUN 10:00AM - 6:00PM  
 STAT HOLIDAYS 12:00 - 6:00PM

Please note: There are no classes on stat holidays & Sundays. Check our website or club for current hours. Subject to reduced hours and changes in classes.

## STUDENT MEMBERSHIP PACKAGES

| Gold   | Silver  | Bronze   |
|--|---|--|
| 1 Term Membership<br>1 Term Get Fit/Cycle Fit Flex Pass<br>1 Personal Training Session | 1 Term Membership<br>1 Term Get Fit/Cycle Fit Flex Pass | 1 Term Membership<br>1 Personal Training Session |
| <b>\$173</b>   | <b>\$124</b>  | <b>\$74</b>                                      |

## STAFF AND PUBLIC MEMBERSHIP PACKAGES

| Gold   | Silver   | Bronze  |
|--|--|---|
| 8 month Membership<br>8 Personal Training Sessions | 3 month Membership<br>3 Personal Training Sessions | 1 Month Membership<br>1 Personal Training Session |
| <b>Staff: \$680 / Public: \$704</b>                | <b>Staff: \$273 / Public: \$294</b>                | <b>Staff: \$94 / Public: \$102</b>                |

## STUDENT MEMBERSHIPS

| Length        | UBC Students |
|---------------|--------------|
| 2 Terms       | \$50         |
| 1 Term        | \$25         |
| Daily Drop-in | \$5          |

### Student Memberships Include

- Use of the club anytime it's open

## Upgrade Your Membership

### Flex Pass - Cycle Fit and Get Fit Classes

| Length  | UBC Students |
|---------|--------------|
| 1 Term  | \$99         |
| 1 Month | \$30         |

Daily Drop-In \$7

Priority is given to members with passes

## STAFF AND PUBLIC MEMBERSHIPS

| Length        | UBC Staff  | Public     |
|---------------|------------|------------|
| 1 Year        | \$348      | \$420      |
|               | \$29/month | \$35/month |
| 8 Months      | \$296      | \$312      |
|               | \$37/month | \$39/month |
| 3 Months      | \$120      | \$138      |
|               | \$40/month | \$46/month |
| 1 Month       | \$40       | \$46       |
| Daily Drop-In | \$9        | \$9        |

### Staff and Public Memberships Include

- Use of the club anytime it's open
- Get Fit Classes
- Cycle Fit Classes

For Classes, Boot Camps, Programs and Personal Training visit the Birdcoop or check our website:

[www.birdcoop.ubc.ca](http://www.birdcoop.ubc.ca)

*"The BirdCoop is a great place to get reenergized and refocused! My experience with my personal trainer has been fantastic. His dedication to ensuring that I reach my health goals is both professional and educational. I would highly recommend that the UBC Community take advantage of this great resource on our own campus!"*

*-Jane Merling, BA, Manager of Development, UBC Faculty of Dentistry*

Personal Trainers are a great way to reach your goals faster!

**Motivation  
Muscle Gain  
Injury Rehabilitation  
Sport Specific Training**

**Body Fat Loss  
Specialized Programs  
Strength Training**

**Health Assessment**

Includes: Body composition test, measurements, cardio test, blood pressure check, strength and flexibility tests.

**Students: \$41 / Staff: \$43 / Public: \$45**

| Sessions | Student | Staff | Public |
|----------|---------|-------|--------|
| One      | \$49    | \$54  | \$56   |
| Three    | \$46    | \$51  | \$52   |
| Five     | \$44    | \$48  | \$49   |
| Twelve   | \$43    | \$44  | \$48   |

**ONE ON ONE**

**FALL SHAPE UP**

1 Health Assessment - 4 Sessions

Find out where you are starting from and have a trainer teach you the latest techniques to get you where you want to go!

| UBC Students | UBC Staff | Public |
|--------------|-----------|--------|
| \$200        | \$222     | \$228  |

**FLAB TO FAB!**

2 Health Assessments - 6 Sessions

Nutrition advice to get you faster results! This personal training program focuses on toning your upper body, lower body and core! Lose up to 12 pounds in 6 weeks.

| UBC Students | UBC Staff | Public |
|--------------|-----------|--------|
| \$311        | \$339     | \$349  |



**30 MINUTE TARGET TRAINING**

12 Sessions

Quick Workouts! Quick Results! 30 Minute (One on One) Training Sessions Choose the program that best suits your needs: Fat Loss, Muscle Gain, or Tone and Tighten. Your Personal Trainer will work with you 2 or 3 times per week with sessions being completed in 6 weeks.

| UBC Students | UBC Staff | Public |
|--------------|-----------|--------|
| \$359        | \$371     | \$419  |

**EVENT TRAINING**

12 Sessions

Get in shape to do your personal best in an event. (Races, triathlons, cycling, grouse grind etc.) See improvements faster with a trainer. Whether your goal is to finish your first event, improve your race time or compete at a higher level we can help you get there. This program also gives you nutrition advice for optimal training.

| Student | Staff | Public |
|---------|-------|--------|
| \$491   | \$503 | \$551  |

Additional person on same package with similar goals is 1/2 price.

**SPORT SPECIFIC TRAINING**

1 Health Assessment - 6 Sessions

Get in shape for the sport you enjoy. Improve your speed, agility, reaction time, strength, flexibility, and cardiovascular endurance while reducing your risk of injury. Choose your sport: Skiing, Boarding, Hockey, Tennis, Golf, Swimming, Basketball, Soccer, or Football. We can also design a program for any sport you enjoy.

| UBC Students | UBC Staff | Public |
|--------------|-----------|--------|
| \$286        | \$311     | \$319  |

**FRESHMEN 15**

5 Sessions (45 minutes per session)

Have you enjoyed a new lifestyle that has given you the extra pounds you don't want? Lose inches, feel better and tone your body. Freshmen 15 is a simple, easy, fun and effective personal training program. 15 minutes cardio, 15 minutes strength training and 15 minutes core and stretching.

| Student | Staff | Public |
|---------|-------|--------|
| \$178   | \$183 | \$203  |

Additional person on same package with similar goals is 1/2 price.

## GROUP

*"After attending boot camps since last term I am in the best shape of my life and finding I can do things easily now that seemed impossible a year ago. It is a life changing experience and I thank the Birdcoop for providing it."*

Chavah S. Avraham, MA, Senior Academic Advisor, Faculty of Arts

### Register at the Birdcoop or Online

Please check our website or visit the Birdcoop for start dates, times, and rates.

#### BOOT CAMPS ... STARTING FROM \$47

##### Bring it On Boot Camp

Ready for a challenge! This higher level boot camp uses many fun fitness toys like kettle bells, balance boards, bosus, hurdles, ladders, weights, tubing and more to get your body toned and your cardiovascular system stronger!

##### Lunch Crunch Boot Camp

Increase your cardio, core, strength and flexibility. Great 45 minute lunch hour circuit workout.

##### Coop Combo Boot Camp

This class is a combination of balls and boards, core, stability, and functional strength training. It is designed to get you in better shape quickly.

##### Early Bird Boot Camp

Wake your body up! Full body workout focusing on cardio and core strength with extended stretching!

##### Cycle Boot Camp

Combination of cycle and strength training for ultimate results. This class is 1/2 in the cycle studio and 1/2 in our group fitness studio.

##### Boxer Fit Boot Camp

Ultimate cross training class. Increase speed, agility, strengthen and tone your body with the latest boxing techniques. This class also teaches self defence.

#### SPECIALTY CLASSES

##### Triathlon Endurance Cycle

Indoor cycling to get you in shape for the road race portion of your event! This class focuses on endurance, muscle stamina, and core strength.

##### Cycle, Strength and Boxing Class

This class is all on the indoor cycling bike! Increase endurance, gain strength and have some fun boxing!

##### Cycle Stretch

Increase your endurance and flexibility. This class is 30 minutes of cycling and 15 minutes of stretching. Leaves you feeling energized and relaxed.

##### Senior Fit Cycle

Strengthen your cardiovascular system, improve your strength and enjoy a nice stretch.

##### Senior Fit and Fun

Keep the bones, muscles and heart strong. Increase your flexibility and strength. Improve your balance. Have fun in a group setting. It's a great way to get in shape and make some new friends.

#### GROUP PROGRAMS

##### WOW... Women on Weights!

Lose up to 12 pounds in 6 weeks! Get the look you have always wanted. Weight training program and nutrition advice to help you achieve your results. 6 weeks, 1 time per week (Max 6 people per group)  
Students: \$145/ Staff \$155/ Public \$165

##### NEW U CHALLENGE!

Take the 12 week challenge to transform your body! Challenge is open to men and women. Previous participants who have made the commitment describe the challenge as a life changing experience! Choose one of the categories below to register in. Programs begin the 2nd week in October. Register by September 30th.

Students: \$89/ Staff \$94/ Public \$99

**All programs include:** 2 fitness assessments, 1 personal training session, 2 group training session updates, nutrition information, before and after photos and results.

**Winners in each category will receive:** 3 month membership, 3 personal training sessions, and more prizes!

##### Big 'n Buff:

For those who want to build muscle and increase size.

##### Lean 'n Mean:

For those who want to look toned without extra muscle bulk.

##### Body Burn:

For those who want to lose those unwanted pounds and tone their body.

##### Resolution U

The Ultimate Fat loss program for men and women! Feel Good! Look Great! This program focuses on improving your lifestyle, getting the most out of your workouts at the gym, being active in your daily life and creating good eating habits to help you see results.

Resolution U includes:

- 8 week Group Personal Training Program (Max. 6 people)
- A Personal Fitness and Nutrition Log,
- 2 Health Assessments and Nutritional sessions,
- 6 Group Personal Training sessions.

Students: \$207/ Staff: \$217/ Public \$227

For more programs and information visit the Birdcoop or check our website:

[www.birdcoop.ubc.ca](http://www.birdcoop.ubc.ca)

## 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.

### DROP-IN SPORTS

Basketball, Volleyball, Futsal, Table Tennis, and Badminton are all available throughout the week. It is free of charge for UBC Students with a valid student card. For all others, it is \$5.50. All visitors must sign-in at the SRC front desk and receive a wristband before using the activity rooms.



### 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.src.rec.ubc.ca](http://www.src.rec.ubc.ca) for an online availability calendar and online request form.

### FACILITY RENTAL RATES

| Description | UBC Student | UBC Staff/Faculty & Public |
|-------------|-------------|----------------------------|
| 1 Gym       | \$82/hr     | \$92/hr                    |
| 3 Gyms      | \$196/hr    | \$287/hr                   |
| SRC Studio  | \$87/hr     | \$87/hr                    |
| SRC Dojo    | \$110/hr    | \$110/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.src.rec.ubc.ca](http://www.src.rec.ubc.ca).



**FALL & WINTER HOURS**  
**SEP 6, 2011 - APR 11, 2012**  
 MON-THU 7:00AM - 11:00PM  
 FRI 7:00AM - 10:00PM  
 SAT-SUN 9:00AM-10:00PM  
 HOLIDAYS 12:00-6:00PM



# DOUG MITCHELL THUNDERBIRD SPORTS CENTRE

## PROGRAMS AVAILABLE INCLUDE:

- drop-in skating and ice hockey
- mens, womens & youth ice hockey leagues
- learn to skate
- stick & puck
- drop-in figure skating

**[MITCHELLCENTRE.COM](http://MITCHELLCENTRE.COM)**

register online or call 604.822.6121

**UBC STUDENT  
DISCOUNTS  
AVAILABLE!**