

STAND-UP PADDLE SURFING

In surfing's new twist, you go with the flow standing up, adding a little Zen to the workout. For those who 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.

Fall Information

Section I - 1 session
Location: Windsure Adventure Sports
Sep 24
Sat 5:00 - 6:00pm
Reg by Sep 18

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$28	38007	\$28	38006	\$28	38005

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.

Fall Information

Section I - 1 session
Location: Windsure Adventure Sports
Sep 17
Sat 10:00am - 12:00pm
Reg by Sep 10

Winter Information

Section I - 1 session
Location: Windsure Adventure Sports
Apr 28
Sat 10:00am - 12:00pm
Reg by Apr 21

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$66	38033	\$66	38031	\$66	38029
Winter	\$66	38034	\$66	38032	\$66	38030

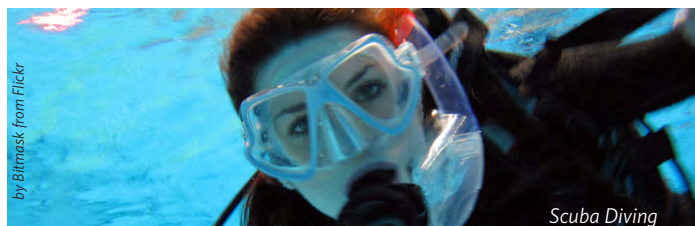
SKIMBOARDING

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.

Fall Information

Section I - 1 session
Location: Windsure Adventure Sports
Sep 10
Sat 1:00 - 3:00pm
Reg by Sep 3

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$44	38028	\$44	38027	\$44	38026



INTRO TO SAILING: WHITESAIL I/II

This popular program will include both Whitesail 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 Whitesail I & II you will be able to confidently skipper your own small sailboat.

Fall Information

Section I - 2 sessions
Location: Jericho Sailing Centre
Sep 17 - Sep 18
Sat, Sun 1:30 - 5:30pm
Reg by Sep 11

Winter Information

Section I - 2 sessions
Location: Jericho Sailing Centre
Apr 28 - Apr 29
Sat, Sun 2:00 - 6:00pm
Reg by Apr 22

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$297	37991	\$297	37989	\$297	37987
Winter	\$297	37992	\$297	37990	\$297	37988

OPEN WATER DIVER COURSE

The Basic Open Water Course is the gateway to what is often a life changing experience. UBC REC offers you the largest diver training facility in the Lower Mainland. Our divers are trained with safety being our utmost concern. We will provide you with the knowledge and skills to dive and explore our waters safely and competently for years to come. The Open Water Course is a comprehensive two week course which runs class and pool sessions for two weeks on Tuesdays, Wednesdays and Thursdays, before heading out on the last Saturday and Sunday for your ocean dives. Please note that the class time for your Saturday and Sunday dive is 8:00am - 3:00pm. Don't forget to ask your instructor about your free bonus dive and an additional dive on top of all that for only \$12 more.

Fall Information

Section I - 8 sessions
Location: International Dive Centre
Sep 13 - 22 (Pool sessions)
Tue, Wed, Thu 6:30pm - 10:00pm
Sep 24 - 25 (Supervised ocean dives)
Sat, Sun 8:00am - 3:00pm
Reg by Sep 5

Section II - 8 sessions
Location: International Dive Centre
Oct 4 - 13 (Pool sessions)
Tue, Wed, Thu 6:30pm - 10:00pm
Oct 15 - 16 (Supervised ocean dives)
Sat, Sun 8:00am - 3:00pm
Reg by Sep 19

Winter Information

Section I - 8 sessions
Location: International Dive Centre
Feb 21 - Mar 1 (Pool sessions)
Tue, Wed, Thu 6:30pm - 10:00pm
Mar 3 - 4 (Supervised ocean dives)
Sat, Sun 8:00am - 3:00pm
Reg by Feb 7

Section II - 8 sessions
Location: International Dive Centre
Apr 10 - 19 (Pool sessions)
Tue, Wed, Thu 6:30pm - 10:00pm
Apr 21 - 22 (Supervised ocean dives)
Sat, Sun 8:00am - 3:00pm
Reg by Apr 1

	Term	UBC Student		UBC Staff/Faculty		Public	
		Price	Course ID	Price	Course ID	Price	Course ID
Sec I	Fall	\$493	38022	\$493	38018	\$493	38014
	Winter	\$493	38024	\$493	38020	\$493	38016
Sec II	Fall	\$493	38023	\$493	38019	\$493	38015
	Winter	\$493	38025	\$493	38021	\$493	38017

BE SURE TO VISIT WWW.REC.UBC.CA IN THE SPRING FOR UPDATES ON OUR EXPANDED OUTDOOR PROGRAM.