



4-5	Dance
6	Pilates
7-8	Yoga
9	Fitness & Running
9	Certifications
10-11	Martial Arts
12	Hiking
13	Summer Kids Camps
14	Extreme Adventure
15-16	Water Sports
17	Diving
17	Golf
17	Windsurfing
18	Climbing
19	Policies
20	Arena
21	Tennis Centre
22-23	Birdcoop
24	Aquatics Centre

## About the Program

UBC REC is the premier provider of recreational activities on the UBC Campus. With a line-up featuring everything from yoga to outdoor hikes, and hip hop classes to a dodgeball league, there is something for you! We are proud to continue creating an experience for our participants that is second to none and we welcome all members of the UBC community including Students, Staff and Faculty, and local residents to take part in the fun.

We are also thrilled to have expanded our programming for the summer of 2010 which will now include two brand new events, an additional sports league, as well as numerous new instructional classes, outdoor adventure programs, and summer camps for children. Make sure not to miss out on any of these exciting opportunities by exploring this program guide and planning out an enjoyable summer for you and your family.

## How to Use the UBC REC Spring Summer Guide

Use the Course Information Key below to learn how information is listed in the guide.

**Free Shopping Week Classes**  
When looking at the information listed for each class make sure not to miss the list of *Free Classes*. This will be your opportunity to try out this class free of charge to ensure that it is what you are looking for. We are sure that our programming will speak for itself.

**Course IDs**  
For the first time in the 2010 Spring Summer Guide we have included every course's ID number. This will allow you to find classes more efficiently when registering online and will ensure that there is no confusion over which class you are looking to enroll in.

<p><b>Early Morning Yoga</b></p> <hr/> <p>Dojo</p> <p>A little yoga in the morning goes a long way. A morning yoga practice can wake, warm, stretch and energize; setting up a day to be more peaceful, centred, and focused. Carry a sense of calm and clarity through the day.</p> <p><b>Section 1 - 24 Sessions</b> May 18 - Aug 10 Tue/Thu 7:30 - 8:30am No Class Jul 1 Free Classes May 18, 20 Student \$168 (ID: 25035) Staff \$207 (ID: 25033) Public \$223 (ID: 25031)</p> <p><b>Section 2 - 12 Sessions</b> May 16 - Aug 15 Sun 9:00 - 10:00am No Classes May 23, Aug 1 Free Class May 16 Student \$84 (ID: 25036) Staff \$103 (ID: 25034) Public \$112 (ID: 25032)</p>	<p>Course Name</p> <p>Location</p> <p># of Sessions (when only 1 section)</p> <p>Course Description</p> <p>Section # &amp; # of Sessions (when multiple sections)</p> <p>Course Run Dates</p> <p>Days and Time of Class</p> <p>Dates Where No Classes Will Run</p> <p>Free Shopping Week Classes</p> <p>Price and Course ID</p>	<p><b>Lunch Time Hatha Yoga</b></p> <hr/> <p>Dojo</p> <p><b>36 Sessions</b></p> <p>Looking for a new way to get in your resistance work? This lunchtime class will allow you to get an introduction to Yoga while not interrupting your day-to-day schedule. Yoga can help you develop a better breathing technique while improving your balance, flexibility, core strength, and endurance.</p> <p>May 17 - Aug 11 Mon/Wed/Fri 12:00 - 1:00pm No Classes May 24, Aug 2 Free Classes May 17, 19, 21 Student \$282 (ID: 25814) Staff \$347 (ID: 25813) Public \$375 (ID: 25812)</p>
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