



**UBC Aquatics Centre**  
 6121 University Blvd  
 Vancouver, BC V6T 1Z1  
 Tel: 604.822.4522  
 Fax: 604.822.8743

**SPRING & SUMMER HOURS**  
**APR 30 - SEP 5, 2011**  
 MON - THU 7:30AM - 10:00PM  
 FRI 7:30AM - 9:30PM  
 SAT 9:00AM - 9:00PM  
 SUN 10:30AM - 9:00PM

Fees	Single Drop-in
Children (3-12 y) under 3 free access	\$3.25
Seniors (65+ with ID)	\$3.50
Youth (13-17 y)	\$4.50
UBC Students/ UNA (with card)	\$4.75
Other Students (with card)	\$5.50
UBC Faculty/Staff/Alumni/CSC (with card)	\$5.50
Adults (18-64 y)	\$5.75

**Gym, Sauna, Steam Room Hours**

Mon to Thur - 7:30am - 9:45pm  
 Fri - 7:30am - 9:15pm  
 Sat and Sun - 9am - 8:45pm  
 For ages 16 yrs and up

**Outdoor Pool Hours - Opens May 15**

Until Victoria Day, the Outdoor Pool is open for weekday length swims, and Sat/Sunday 1 - 5 pm  
 Everybody Swim sessions, weather permitting

After Victoria Day, Outdoor Pool is open for all swim sessions, weather permitting

**Holidays**

Everybody Swim, Whirlpool, Gym, Sauna, & Steam Room - 12 - 8pm

**Everybody Swims**

All ages welcome! Children 7 yrs and under must be supervised by an adult in the pool, within arm's reach at all times.

**Loonie & Twoonie Swim**

12 yrs and under - \$1  
 Over 13 yrs - \$2

**Children's Summer Camps/Activities:**

Looking for a fun camp this summer that will keep your child happy, interested and active? The UBC Aquatic Centre Day Camps are the place to be! Enthusiastic leaders will teach your child valuable swimming skills as well as lead them in fun activities in and out of the water. Full and half day options, with before and after childcare if required, available Monday to Friday. For more information take a look at our website [www.aquatics.ubc.ca](http://www.aquatics.ubc.ca).

SPRING SCHEDULE SATURDAY, APRIL 30 - FRIDAY, JULY 1, 2011						
MON	TUE	WED	THU	FRI	SAT	SUN
UBC SWIM TEAM 5:30 - 7:30 am					PDSA 6 - 10 AM	RENTALS
LENGTH & ADULT SWIM 7:30 - 9 am					AQUACIZE 10 - 11 am	
EVERYBODY SWIM 9 - 11 am					ADVANCED COURSES 9 am - 1 pm LESSONS 10 am - 12:30 pm CHILD DIVING 10 - 12 ADULT DIVING 12 - 1	RENTALS
PS 9:30 - 11 am			PS 9:30 - 11 am	SWIMFIT 9-10	LESSONS 9:15-11:15	
Sr.FIT 9:30 - 10:30	Sr.FIT 9:30 - 10:30	AQUACIZE 10 - 11	Sr.FIT 9:30 - 10:30	AQUACIZE 10 - 11	EVERYBODY + LESSONS 10 am - 1pm (Limited pool space due to lessons)	EVERYBODY SWIM 10:30 am - 5 pm
EVERYBODY + LENGTH SWIM 11 am - 1:55 pm						
AQUACIZE 12-12:45pm					EVERYBODY SWIM 1 - 5 pm	RENTALS 5 - 6:30 pm
ADULT 1 - 2:30 pm			ADULT 1 - 2:30 pm			
PDSA 2 - 4 pm Mon-Fri, IDP + ODP						
EVERYBODY + LENGTH SWIM 4 - 5:30 pm (Mid-section closes at 5pm)						
AQUACIZE 4:45-5:30pm	PDSA Mon-Fri 5 - 7 pm MS	AQUACIZE 4:45-5:30pm	PDSA Mon-Fri 5 - 7 pm MS	PDSA 5 - 7 pm		
M,W and T/TH Lessons 4-5:30pm						
CHILD & ADULT LESSONS 5:30 - 7:30 pm				CHILD LESSON 5:30 - 7:30 pm		
Fit 4 Two Aqua 7:30-8:30pm	AQUACIZE 7-8 pm		AQUACIZE 7-8 pm		LOONIE & TWOONIE SWIM 6:30 - 9 pm	
EVERYBODY SWIM 7:30 - 10 pm	EVERYBODY SWIM 8:00 - 10 pm	EVERYBODY SWIM 7:30 - 10 pm	EVERYBODY SWIM 8:00 - 10 pm	EVERYBODY SWIM 7:30 - 9:30 pm		

SUMMER SCHEDULE SATURDAY, JULY 2 - MONDAY, SEPTEMBER 5, 2011						
MON	TUE	WED	THU	FRI	SAT	SUN
SWIM TEAM 5:30 - 7:30am (varies)					SWIM TEAM 6-8/7-9am	RENTALS
LANE & ADULT SWIM 7:30 - 9am					ADV. COURSES 9 am - 6 pm	
ADULT SWIM 9 - 11:30am					AQUACIZE 10 - 11 am	RENTALS
SENIOR FIT 9:30 - 10:30	SENIOR FIT 9:30 - 10:30am	DEEP H2O AQUACIZE 9:35 - 10:35am	SENIOR FIT 9:30 - 10:30am	DEEP H2O AQUACIZE 9:35 - 10:35am	EVERYBODY + LESSONS 10am - 1pm (Limited Space)	
DEEP H2O AQ 10:35-11:35					CHILDREN'S LESSONS 10 am - 12:30 pm	EVERYBODY SWIM 10:30am - 1pm
CHILDREN'S LESSONS MONDAY TO FRIDAY 9 am - 12 noon						
LANE & ADULT SWIM 11:30am - 1:30pm					CHILDREN'S DIVING BEG 10-11 & INT/ ADV 11-12	
AQUACIZE 12-12:45pm		AQUACIZE 12-12:45 pm			EVERYBODY SWIM 1 - 5pm	
EVERYBODY SWIM 1:30 - 4:30pm IDP Diving boards n/a 1:30-3pm July 11-15 / Aug 22-26 / Aug 29 - Sept 2						
LANE & ADULT SWIM 4:30 - 5:30pm (until 6 pm M/W/F starting July 18) Mon/Wed/Fri ODP only & Tue/Thu ODP, IDP SE+DE only till July 15						
SWIM TEAM 4 or 4:30 - 7 pm IDP/ODP					RENTALS & Gym/Sauna/Steam ONLY 5 - 6:30pm	
	T/Th Lessons 4:30-5:30pm LESSONS 5:30-7:30pm BM/BX 5:30-8pm		T/Th Lessons 4:30-5:30pm LESSONS 5:30-7:30pm BM/BX 5:30-8pm			
DEEP H2O AQ 7 - 8pm	AQUACIZE 7 - 8pm		AQUACIZE 7 - 8pm		EVERYBODY SWIM 6:30 - 9:30pm 6 - 9:30pm as of July 29	LOONIE & TWOONIE SWIM 6 - 9pm
P & P NATAL AQUA - FIT 4 TWO 7:30 - 8:30pm	MASTERS 7 - 8pm	DEEP H2O AQ 7 - 8pm	MASTERS 7 - 8pm			
EVERYBODY SWIM 6:30 - 10 pm 6 - 10 as of July 25		EVERYBODY SWIM 7:30 - 10 pm 6 - 10 as of July 27	ADULT DIVING 7-9pm Beg/Int/Adv			
RENTALS	EVERYBODY SWIM 8 - 10 pm		EVERYBODY SWIM 8 - 10 pm	RENTALS		RENTALS

**NOTE:** The schedules do NOT contain detailed information and are subject to change! Please refer to the UBC Aquatic Centre brochure or [www.aquatics.ubc.ca](http://www.aquatics.ubc.ca) for swim descriptions, restrictions, closures, admissions, lessons, and programs. Schedule changes and pool closures are posted at the facility entrance, and recorded on the 24hr line at 604 822 4522 #1, and on the website [www.aquatics.ubc.ca](http://www.aquatics.ubc.ca).

SWIM TIMES

LESSONS



**UBC Tennis Centre**  
6160 Thunderbird Blvd  
Vancouver, BC V6T 1Z3  
Tel: 604.822.2505

**SPRING & SUMMER HOURS**  
MAY 1 - AUG 31, 2011

MON - SUN 8:00AM - 11:00PM



Rendering of the new UBC Tennis Centre to be completed in Summer 2011

## WELCOME TO THE UBC TENNIS CENTRE

The UBC Tennis Centre is a public facility open to anyone interested in playing tennis. The centre currently consists of four indoor courts, but keep your eyes open for big changes because this summer we will be adding 8 new indoor courts and 1 new outdoor court! 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) or drop by the centre anytime.

## GROUP INSTRUCTIONAL 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 1.0 -1.5

This course is designed to introduce participants to the rules, scoring, and strategy of the game in both singles and doubles play. An introduction to the fundamental strokes (serves, volleys, and ground strokes) will be taught with emphasis placed on impact point and proper court positioning.

### ADULT 2.0

This course is designed to help participants improve their consistency in rallying by focusing on footwork, reaction time and impact point. This increased control will allow you to challenge your opponent and prepare yourself for Level 2.5. Participants will be taught how to receive a variety of shots including deep, short and wide balls. A 2.0 Player has the ability to serve at 40% consistency, forehand volley using a catching action, and rally 10 balls in a row from  $\frac{3}{4}$  court.

### ADULT 2.5

This course is designed to give players a greater tactical understanding of the game. This program focuses on game play, by training common situations in singles and doubles. Players will learn to dominate their opponents by using increased control and spin. A 2.5 player has the ability to execute a first serve using a full service motion, serve with 40% consistency, volley off both sides using a catching action, and direct forehand volleys. Players also have the ability to perform a 6-ball baseline rally within 15 seconds.

### ADULT 3.0 - 3.5

This program is designed to help a 3.0 - 3.5 player transition to the next level by helping them develop the ability to create shot patterns and points with consistency. By using reliable shot combinations, players will learn to be more aggressive by moving their opponent around and exploiting their weakness. A 3.0 player can execute both serves using a full service motion, while being able to achieve more than 50% success on the first serve. Players can also control direction off both FH and BH volleys but with little offense.

### ADULT HIGH PERFORMANCE

This program is offered to give 4.0 + players the opportunity to train at a competitive level. Players at this level have a good skill base and have acquired a consistent repertoire of shots. Drills in this program are designed to integrate the technical, tactical, physical and mental elements of the game.



**BREAK A STRING? COME IN TODAY TO CHECK OUT OUR SELECTION OF OVER 10 DIFFERENT STRING TYPES AND LET US STRING YOUR RACQUET FOR YOU!**

## DRILLS PROGRAMS

Our 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 you decide which programs best suits your needs.

## ADULT SINGLES LEAGUE

By using a ladder format the league offers great match play for lower intermediate (2.5) to advanced (5.0+) players. Participants will play a singles match for 1.5 hrs once a week. All matches will be played on Saturday or Sunday evenings between 6:00 pm and 9:00 pm. League will run for 7 weeks with playoffs being held on the last week.

# BirdCoop

## Fitness Centre

### 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.*

### SPRING & SUMMER HOURS

APR 25 - SEP 4, 2011

MON - THU 6:30AM - 8:30PM

FRI 6:30AM - 6:30PM

SAT 10:00AM - 5:00PM

SUN 12:00 - 5:00PM

STAT HOLIDAYS 12:00 - 5:00PM

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 1 Term Get Fit/Cycle Fit Flex Pass 1 Personal Training Session	1 Term Membership 1 Term Get Fit/Cycle Fit Flex Pass	1 Term Membership 1 Personal Training Session
<b>\$131</b>	<b>\$84</b>	<b>\$72</b>

## STAFF AND PUBLIC MEMBERSHIP PACKAGES

Gold	Silver	Bronze
8 month Membership 8 Personal Training Sessions	3 month Membership 3 Personal Training Sessions	1 Month Membership 1 Personal Training Session
<b>Staff: \$664 / Public: \$688</b>	<b>Staff: \$267 / Public: \$288</b>	<b>Staff: \$92 / Public: \$100</b>

### STUDENT MEMBERSHIPS

Length	UBC Students
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 Student
1 Term	\$59
1 Month	\$20

Daily Drop-In for classes \$6

Priority is given to members with passes

### STAFF AND PUBLIC MEMBERSHIPS

Length	UBC Staff/Faculty	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

To be eligible for student rates a student has to be registered in more than 1 UBC Academic Course in the summer term.

For information on classes, boot camps, programs and personal training visit the BirdCoop or visit [www.birdcoop.ubc.ca](http://www.birdcoop.ubc.ca)

## PERSONAL TRAINING

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: \$39 / Staff: \$41 / Public: \$43**

Sessions	UBC Student	UBC Staff/ Faculty	Public
One	\$47	\$52	\$54
Three	\$44	\$49	\$50
Five	\$42	\$46	\$47
Twelve	\$41	\$42	\$46

## ONE ON ONE PERSONAL TRAINING PROGRAMS

### 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 Student	UBC Staff/ Faculty	Public
\$336	\$348	\$396

### 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 Student	UBC Staff/ Faculty	Public
\$301	\$329	\$339

### SUMMER 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 Student	UBC Staff/ Faculty	Public
\$193	\$215	\$221

## GROUP TRAINING PROGRAMS

### BOOT CAMPS

#### Lunch Crunch Boot Camp

Burn those calories! Have fun! Lunch Crunch is a high energy interval cardio, strength and core training workout!

#### Cycle Boot Camp

The ultimate cross-training boot camp class. A combination of spinning, strength & core training.

#### 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 shape for life's daily activities.

#### Outdoor Explore Boot Camp

See UBC and enjoy a great outdoor workout! Tone your body, increase your cardio and flexibility.

#### Early Bird Boot Camp

Wake your body up! Cardio, core and strength with an extended stretching component!

Visit the BirdCoop or check out our website [www.birdcoop.ubc.ca](http://www.birdcoop.ubc.ca) for more upcoming programs.

### SPECIALTY CLASSES

#### Triathlon Endurance Cycle

Let our music set the pace so you can go the distance! Indoor cycling to get you in shape for road racing or the cycle portion of your triathlon. This class utilizes long distances to put an increased focus on endurance, muscle stamina and core strength.

#### Cardio Kick Box Blast

Choreographed kick boxing class using various kicking and punching techniques. Blast away fat while toning and strengthening the whole body!

### LEARN TO LIFT

Strengthen your upper and lower body. Tone your core. Learn proper lifting techniques. 4 week program. Maximum 6 people per program.

### BEACH BODIES

Lose up to 8 pounds in 4 weeks! Get the look you have always wanted. Weight training program and nutrition advice to help you achieve your results. Maximum 6 people per program.

### YOUTH FITNESS DAY CAMPS!

Please check out our website or visit the Birdcoop and Aquatic Centre for more information on day camps. For ages 10 - 17.



## Student Recreation Centre

6000 Student Union Blvd  
Vancouver, BC V6T 1Z1

Tel: 604.822.6000  
Fax: 604.822.6086

## SPRING & SUMMER HOURS MAY 1 - AUG 31, 2011

MON - FRI 7:00AM - 9:00PM  
SAT - SUN 9:00AM - 9:00PM  
STAT HOLIDAYS 12:00 - 6:00PM

## 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.

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

## FACILITY RENTAL RATES

Description	UBC Student	UBC Staff + Public
1 Gym	\$82/hr	\$92/hr
3 Gyms	\$196/hr	\$287/hr
SRC Studio	\$87/hr	
SRC Dojo	\$110/hr	



The Student Recreation Centre may be subject to reduced hours during holidays.

## 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 month (1st - end of month)	\$15	-	\$20	-	\$25	-
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.rec.ubc.ca/SRC](http://www.rec.ubc.ca/SRC).

