

**OUTDOOR RECREATION**

Join UBC REC in a wide range of land and water-based outdoor activities. UBC REC provides the university community with the opportunity to enjoy safe and comfortable activities in the outdoors, including hiking, skydiving, kayaking, scuba diving, and climbing. From thrill seekers looking to push their limits to those who are just dipping their feet into exploring the vast possibilities of the British Columbia outdoors, UBC REC offers a variety of fun, hands-on outdoor programs for novice and intermediate participants. Unless stated, no prior experience is required and in most cases, all group equipment for that activity is provided.



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OUTDOOR



Intro to Sailing

**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.

**Spring/Summer Information**

<i>Section I - 4 Sessions Jericho Sailing Centre Jul 11 - 19 Sat, Sun 2:00 - 6:00pm Reg by Jun 5</i>	<i>Section II - 4 Sessions Jericho Sailing Centre Jul 16 - Jul 24 Sat, Sun 2:00 - 6:00pm Reg by Jul 10</i>	<i>Section III - 4 Sessions Jericho Sailing Centre Aug 6 - 14 Sat, Sun 9:00am - 1:00pm Reg by Jul 31</i>
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Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$297	35290	\$297	35283	\$297	35279
Section II	\$297	35288	\$297	35285	\$297	35280
Section III	\$297	35287	\$297	35284	\$297	35281

**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.

**Spring/Summer Information**

<i>Section I - 1 Session Jericho Sailing Centre Jul 23 Sat 10:00am - 12:00pm Reg by Jul 17</i>	<i>Section II - 1 Session Jericho Sailing Centre Aug 13 Sat 10:00am - 12:00pm Reg by Aug 7</i>
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Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$66	35192	\$66	35190	\$66	35188
Section II	\$66	35193	\$66	35191	\$66	35189



Stand Up Paddle Surf

**STAND UP PADDLE SURF**

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

**Spring/Summer Information**

<i>Section I - 1 Session Jericho Sailing Centre Jul 9 Sat 5:00 - 6:00pm Reg by Jul 3</i>	<i>Section II - 1 Session Jericho Sailing Centre Aug 20 Sat 5:00 - 6:00pm Reg by Aug 14</i>
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Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$28	35204	\$28	35202	\$28	35200
Section II	\$28	35205	\$28	35203	\$28	35201

## 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.

### Spring/Summer Information

Section I - 1 Session  
Jericho Sailing Centre  
Jul 16  
Sat 1:00 - 3:00pm  
Reg by Jul 10

Section II - 1 Session  
Jericho Sailing Centre  
Aug 6  
Sat 9:00 - 11:00am  
Reg by Jul 31

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$44	35198	\$44	35196	\$44	35194
Section II	\$44	35199	\$44	35197	\$44	35195

## KAYAKING

Spend two full days learning to kayak. Time is spent learning and practicing wet exits in a pool before exploring the world of ocean kayaking. We focus on safety, boat control, recoveries, navigation, journeying and seamanship. No previous experience is needed as we start at the beginning, covering gear and basic strokes. Once comfortable in the boat you will learn how to safely exit your kayak in the event of a capsize, how to get back in with the help of a partner and how to get back in all on your own. Upon successful completion of this course you will receive a Paddle Canada Flatwater Skills Certification and be well on your way to Paddle Canada Level One Skills.

### Spring/Summer Information

Section I - 2 Sessions  
Granville Island  
Jun 18 - 19  
Sat/Sun 9:00am - 4:00pm  
Reg by Jun 12

Section II - 2 Sessions  
Granville Island  
Jul 16 - 17  
Sat/Sun 9:00am - 4:00pm  
Reg by Jul 10

Section III - 2 Sessions  
Granville Island  
Aug 13 - 14  
Sat/Sun 9:00am - 4:00pm  
Reg by Aug 7

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$299	35217	\$299	35212	\$299	35206
Section II	\$299	35319	\$299	35318	\$299	35210
Section III	\$299	35221	\$299	35216	\$299	35211



Sea Kayaking

## SCUBA DIVING: PADI BASIC OPEN WATER CERTIFICATION

The Basic Open Water Course is the gateway to what is often a life changing experience. Your course will include greater detail in topics such as: proper dive planning and managing your air supply, buddy skills, proper weighting, diver propulsion techniques, and more. The Open Water Course is a two week course which runs six class and pool sessions, before heading out on a weekend for your ocean dives.

### Spring/Summer Information

Section I - 8 Sessions  
St. George's School  
May 24 - Jun 5  
Tue, Wed, Thu 6:30 - 10:00pm  
Sat, Sun 8:00am - 3:00pm  
Reg by May 8

Section II - 8 Sessions  
St. George's School  
Jun 14 - 26  
Tue, Wed, Thu 6:30 - 10:00pm  
Sat, Sun 8:00am - 3:00pm  
Reg by May 29

Section III - 8 Sessions  
St. George's School  
Jul 19 - 31  
Tue, Wed, Thu 6:30 - 10:00pm  
Sat, Sun 8:00am - 3:00pm  
Reg by Jul 3

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$493	35228	\$493	35225	\$493	35222
Section II	\$493	35229	\$493	35226	\$493	35223
Section III	\$493	35230	\$493	35227	\$493	35224



Whale Watching

## WHALE WATCHING

Enjoy a tour on a newly built 47 passenger open zodiac with upper level observation deck, open and covered seating areas. Travel through the intense beauty of the Gulf Islands and see magnificent orcas in their natural habitat.

### Spring/Summer Information

Section I - 1 Session  
Steveston, BC  
May 29  
Sun 11:00am - 4:00pm  
Reg by May 22

Section II - 1 Session  
Steveston, BC  
Jun 19  
Sun 9:00am - 2:00pm  
Reg by Jun 12

Section III - 1 Session  
Steveston, BC  
Jul 17  
Sun 9:00am - 2:00pm  
Reg by Jul 10

Section IV - 1 Session  
Steveston, BC  
Aug 14  
Sun 9:00am - 2:00pm  
Reg by Aug 7

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$112	35239	\$112	35235	\$112	35231
Section II	\$112	35240	\$112	35236	\$112	35232
Section III	\$112	35241	\$112	35237	\$112	35233
Section IV	\$112	35242	\$112	25238	\$112	35234