

UBC Athletics and Recreation is an ancillary department providing year round value added services to the UBC community, including UBC staff and faculty.

Focus on People & Athletics and Recreation

Practice: Develop a Sustainable, Healthy Workplace

- Expanding intramural programs for faculty and staff
- Supporting faculty and staff wellness through access to university recreational facilities

Building Community

- UBC Staff and Faculty are eligible for \$5 tickets to all UBC ThunderBird games
- UBC Staff and Faculty are eligible to participate in all 60 intramural programs that include everything from soccer leagues to free weekly noon runs to Storm the Wall!

Discounted Recreational Programs

- UBC Staff and Faculty qualify for discounted UBC REC dance, yoga, martial arts and pilates classes. These year round classes are discounted on average from 5-15%.

UBC REC	2011.2012 Rates	
	UBC Staff & Faculty	Public
Hatha Yoga	\$91	\$100
Mat Pilates	\$103	\$109
Zumba	\$111	\$118
Women's Self Defence	\$136	\$151

Facility Access and Program Discounts

There are a number of Athletic and Recreation facilities at UBC - V including The Doug Mitchell Thunderbird Sports Centre, the UBC Aquatic Centre, John M.S. Lecky Boathouse, Thunderbird Park, UBC Tennis Centre, Thunderbird Stadium, War Memorial Gym and the Student Recreation Centre.

UBC Aquatic Centre	2011.2012 Rates	
	UBC Staff & Faculty	Public
Single pass	\$5.50	\$5.75
10 use pass	\$49.50	\$51.00
2 month pass	\$82.50	\$93.50
4 month pass	\$148.50	\$169.75
Doug Mitchell Thunderbird Sports Centre		
Drop in Hockey	\$8.50	\$12.50
Stick and Puck	\$5.50	\$7.50
Public Skating	\$3.50	\$5.50
Family Hockey	\$5.50	\$7.50
UBC BirdCoop		
Health Assesment	\$44.00	\$48.00
Personal Training	\$54.00	\$56.00
Group Programs	\$49.00	\$51.00
1 Year Membership	\$348.00	\$420.00

Athletic and Recreation Links:

Thunderbirds: www.gothunderbirds.ca
 UBC Birdcoop (fitness): www.birdcoop.ubc.ca
 UBC Tennis Centre: www.tennis.ubc.ca

UBC REC (yoga, dance, martial arts, intramurals): www.rec.ubc.ca
 UBC Aquatic Centre: www.aquatics.ubc.ca
 Doug Mitchell Thunderbird Sports Centre: www.thunderbirdarena.ubc.ca

Below is a sample of prime time recreation programs available to UBC Staff and Faculty. Click on the activity to find out more information about dates, fees and descriptions.

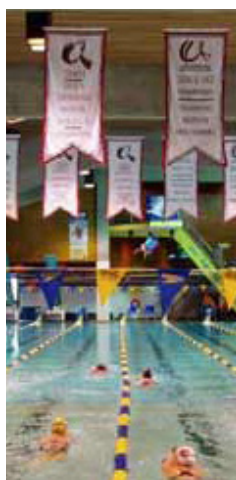


Before Work Options

Activity Type	Location	Day(s)	Start Time	End Time
Ice Hockey - Coffee League	Doug Mitchell ThunderBird Sports Centre	Thu / Fri	6:45 AM	8:00 AM
Early Bird Boot Camp	Birdcoop	Mon / Wed	7:00 AM	7:55 AM
Early Morning Yoga	SRC - Dojo	Tue / Thu	7:30 AM	8:30 AM
Cardio Tennis	UBC Tennis Centre	Tue / Thu	8:30 AM	9:30 AM

Lunch Time Options

Activity	Location	Day(s)	Start Time	End Time
Yoga Express	SRC - Dojo	Mon / Wed / Fri	12:05 PM	12:55 PM
Shallow Water Aquacize	UBC Aquatic Centre	Mon / Wed / Fri	12:00 PM	12:45 PM
Lunch Crunch Boot Camp	BirdCoop	Tue / Thu	12:05 PM	12:50 PM



After Work Options

Activity	Location	Day(s)	Start Time	End Time
Ashtanga Yoga	SRC Dojo	Mon / Wed	5:00 PM	6:00 PM
Bring it On Boot Camp	BirdCoop	Tue / Thu	4:30 PM	5:20 PM
50 / 50 Yoga Pilates	SRC Studio	Fri	4:30 PM	5:30 PM
Shallow Water Aquacize	UBC Aquatic Centre	Mon / Wed	4:45 PM	5:30 PM

Recreation Links:

UBC REC (yoga, dance, martial arts, intramurals): www.rec.ubc.ca

UBC Birdcoop (fitness): www.birdcoop.ubc.ca UBC Aquatic Centre: www.aquatics.ubc.ca

UBC Tennis Centre: www.tennis.ubc.ca

Doug Mitchell Thunderbird Sports Centre: www.thunderbirdarena.ubc.ca