

Sunset Canyon Recreation Center

is a park-like facility that features swimming, tennis and grassy areas for sunning, picnics and barbeques.

Sycamore Park

is located south of Hitch Residential Suites and features six tennis courts, a golf chipping area, a putting green and archery practice.

Los Angeles Tennis Center

offers 8 lighted tennis courts and is home to the Countrywide Classic Tennis Tournament.

Marina Aquatic Center

is UCLA's ocean side recreation facility, located only 10 miles southwest of campus in Marina del Rey and features sailing, rowing, windsurfing, kayaking and surfing.



Drake Stadium

is a nine lane 400 meter track with an infield events area.

Intramural Field

accommodates a variety of sports, open recreation and special events.

North Athletic Field

is located on the north side of John Wooden Center.

North Pool

is located on the north side of Kaufman Hall.

John Wooden Center

is UCLA's main gym and the heart of UCLA Recreation.

Student Activities Center

features basketball courts and a 25 yard pool.

Pauley Pavilion

is home to Bruin basketball and volleyball and hosts a variety of special events.

Fit Center South

is available to faculty, staff and alumni only. Located in the heart of Westwood, FCS offers a gym fully equipped with cardio and strength training equipment.

SUMMER 2007

UCLA rec quarterly



Ocean Watersports

Marina Aquatic Center
Located in Marina del Rey



Tennis

Los Angeles
Tennis Center



Swimming

Sunset Canyon
Recreation Center

Faculty, Staff, Alumni & Affiliates

Become a member!

UCLA Recreation memberships focus on convenience, variety and value, and lets you choose a plan that fits you best. For eligibility and fee structure for each option, call (310) 825-3701 or log on to www.recreation.ucla.edu/membership.

FEATURED MEMBERSHIPS

These memberships provide access to a broad range of facilities, including the John Wooden Center, Sunset Canyon Recreation Center, Marina Aquatic Center, and more!

- Bruin Classic
- Bruin Ultimate

CUSTOMIZED MEMBERSHIPS

Passport memberships provide access to specific facilities and activities. Each membership type is customized to allow exclusive admittance for those who wish to maximize usage of a particular of UCLA Recreation.

- Fit Center South Passport
- Pyramid Passport
- Sunset Passport

FAMILY MEMBERSHIPS

Family memberships offer the perfect way to get your family involved in UCLA Recreation! Amenities include priority registration and membership discount pricing for UCLA Recreation Summer Camps.

- Bruin Family
- Family Passport

rec quarterly

The UCLA Rec Quarterly is a publication of the Department of Cultural & Recreational Affairs (UCLA Recreation).

Submit editorial contributions to marketing@recreation.ucla.edu.

2131 John Wooden Center
Box 951612
LA, CA 90095-1612
info@recreation.ucla.edu

A publication of

UCLA

STUDENT
AFFAIRS
ORGANIZATION

Division of Student
and Campus Life

Department of
Cultural and
Recreational Affairs

Family Nights

at SCRC

During summer 2007, UCLA Recreation Summer Camps hosts the Family Outdoor Entertainment Series. We invite parents and children to watch cool movies and eat delicious food. Admission is FREE. All families and friends are welcome!

For all family events: doors open at 7:00 pm, family activities begin at 7:30 pm and movies begin at dusk, unless otherwise stated.

July 6th, 7:00 pm

Movie: E.T.

July 18th, 7:00 pm

Puppet Show: Bob Baker brings his marionettes for a fun family show. Food at 6:00 pm.

August 3rd, 7:00 pm

Movie: Looney Toon Shorts

August 15th, 7:00 pm

Magic Show: Kids will love this mystifying family show. Food is served at 6:00 pm.



August 29th, 7:00 pm

Movie: Muppets Take Manhattan

**July 22nd & August 26th,
12:00 noon-5:00 pm**

Water Day: Join us for wet activities that include kayaking, swimming games, water exercises and water safety demonstrations for the whole family to enjoy. Snacks and drinks available for purchase.

UCLA Recreation membership Summer is the *BEST* time ...



- Summer Camp programs
- Outdoor Movie Nights, Puppet Show and Magic Show at Sunset Canyon
- Group Exercise and Instructional Classes
- Family MAC Sailing Classes and Kayak Rentals
- Swimming, Picnics and BBQ at Sunset Canyon

... to activate **FAMILY FUN!**

Activity Guide



Register online at www.recreation.ucla.edu

TAKE a class, GO on an adventure, PLAY IM Sports, or WORKOUT on your own. The Activity Guide lets you browse through our recreational activities by your area of interest and skill level. Free classes are highlighted in GREEN. For 24-7 access visit UCLA Recreation at www.recreation.ucla.edu. Activities, dates, times and fees are subject to change.

PRICING

For Outdoor Adventures and Marina Aquatic Center classes and activities, fees are 3-tiered.

- TIER ONE: UCLA students and recreation members.
- TIER TWO: Marina Passport members; UCLA faculty/staff who are not recreation members; UCLA Alumni Association members; other college students.
- TIER THREE: Community.

OPEN RECREATION

www.recreation.ucla.edu/openrec

Some activities have Open Recreation hours for independent exercise. For students and members there are no fees to drop in and work out unless rental of equipment is required.

Open Recreation hours are subject to change for maintenance or special events. All guests must sign waivers, minors under age 18 must have a parent or legal guardian sign a waiver, for entrance to any UCLA Recreation facility. Call (310) 206-8307 or visit Information and Guest Services at the John Wooden Center for info.

HOW TO ENROLL

INSTRUCTIONAL CLASSES

Enroll through the secure register site www.recreation.ucla.edu or download the Activity Enrollment Form from the web and mail, fax or submit it in person at the John Wooden Center. After classes begin, sign up at Sales & Cashiering, 1st floor, John Wooden Center.

IM SPORTS LEAGUES/TOURNAMENTS

Pay at Sales & Cashiering and bring receipt to the IM Clubhouse, 2nd floor, JWC, to pick up entry form, waiver and roster. Turn in all paperwork before or at the Manager's Meeting.

Adaptive Recreation

For Adaptive Kayaking classes, see Kayaking page 4.

Arts & Culture

Guitar, Level B/I

- Sec. 01: W, 6:30 pm-8:30 pm, 7/11-8/1
- Buenos Ayres Room, SCRC
- Fee: \$35

Badminton

No Open Rec at the SAC gym during the summer. No Open Rec in Pardee Gym July 1-July 8, 2007.

- Pardee Gym, Tu, 7:50 pm-10:30 pm
- Pardee Gym, Th, 7:50 pm-10:30 pm
- Pardee Gym, Sa, 12:00 pm-7:30 pm

Basketball

Reduced hours 6/27, 7/2-7/4, 7/10, 7/25, 9/1-9/3, 9/23. Check poster signs for Open Rec hours. Call (310) 206-8307.

- Collins Court, M-Th, 5:30 am-10:45 pm
- Collins Court, F, 5:30 am-9:45 pm
- Collins Court, Sa, 9:00 am-7:45 pm
- Collins Court, Su, 9:00 am-7:45 pm
- Sunset Outdoor Courts, M-Su, 9:00 am-9:00 pm

Bike Center

The UCLA Community Bike Center is located in the northwest corner of the 1st floor of the JWC.

- Bike rentals
- Self-repair tool checkout
- Free service estimates by trained technicians
- Flat repair, tune up and complete overhaul
- TuW, 11:00 am-3:00 pm

Dance

Ballet, Level B/I

- Sec. 01: TuTh, 4:15 pm-5:15 pm, 7/3-8/2
- Gold Room, JWC
- Fee: \$17

Ballroom Dance, Level BEG

- Sec. 01: W, 7:00 pm-8:25 pm, 7/11-8/1
- Dynasty Room, JWC
- Fee: \$17

Belly Dancing, Level BEG

- Sec. 01: Sa, 4:45 pm-5:45 pm, 7/7-8/4
- Dynasty Room, JWC
- Fee: \$17

Breakin' & Poppin', Level BEG

- Sec. 01: Tu, 8:35 pm-10:00 pm, 7/3-7/31
- Dynasty Room, JWC
- Fee: \$17

Hip Hop, Level B/I

- Sec. 01: W, 9:15 pm-10:30 pm, 7/11-8/1
- Pyramid Room, JWC
- Fee: \$17

Jazz Dance, Level ALL

- Sec. 01: M, 7:00 pm-8:25 pm, 7/2-7/30
- Gold Room, JWC
- Fee: \$17

Salsa, Level B/I

- Sec. 01: W, 8:30 pm-9:55 pm, 7/11-8/1
- Dynasty Room, JWC
- Fee: \$17

Tango, Level BEG

- Sec. 01: F, 6:05 pm-7:30 pm, 7/6-8/3
- Gold Room, JWC
- Fee: \$17

Fitness & Wellness

FITNESS & WELLNESS EDUCATION

These one time workshops are FREE! Sign-up online at www.recreation.ucla.edu or Sales & Cashiering, 1st floor, JWC. Contact the FITWELL Desk for same day space availability, call (310) 206-6130 or email fitwell@recreation.ucla.edu.

FREE Intro to Spin

- Sec. 01: W, 4:45 pm-5:25 pm, 6/27
- Sec. 02: Tu, 6:35 pm-7:35 pm, 8/7
- Room 2314, JWC

FREE Intro to Step

- Sec. 01: Th, 5:20 pm-6:20 pm, 6/28
- Gold Room, JWC

FITNESS CLASSES & WORKOUTS

Sign-up online at www.recreation.ucla.edu.

TKO Total Kickbox, Level B/I

- Sec. 01: Tu, 5:20 pm-6:30 pm, 7/3-7/31
- Gold Room, JWC
- Fee: \$20

Shadow Boxing, Level BEG

- Sec. 01: Th, 5:20 am-6:30 am, 7/5-8/2
- Gold Room, JWC
- Fee: \$20

MIND/BODY

Meditation

For group Meditation classes, see Yoga page 7.

Pilates

For mat classes, see Group Exercise page 8.

- Individual Pilates on the Reformer \$50/hr for students, \$60/hr for Rec card users. See www.recreation.ucla.edu, go to the FITWELL Desk, or call (310) 206-6130 to get started.

Activity Guide

Rec classes, IM Sports, independent exercise, events, and more.

Yoga

For Group classes, see Yoga page 7.

PERSONAL FITNESS TRAINING

See www.recreation.ucla.edu, go to FITWELL desk or call (310) 206-6130 to get started today. For Personal Fitness Trainers at Fit Center South, call (310) 206-1907.

- \$39/hr students, \$49/hr for Rec Card, and specials available.

FREE 30 Minute Personal Training

First time clients only. Limited sessions available, see below. Participants must sign-up in advance, call (310) 206-6130, email fitwell@recreation.ucla.edu or visit the FITWELL Desk at the JWC.

- Sec. 01: Tu, 8:00 am-11:00 am, 7/3
- Sec. 02: Tu, 12:00 pm-2:00 pm, 7/3
- Sec. 03: Tu, 3:00 pm-6:00 pm, 7/3
- Sec. 04: Th, 12:00 pm-2:00 pm, 8/9
- Sec. 05: Th, 3:00 pm-6:00 pm, 8/9

Meet at FITWELL Desk, JWC

WELLNESS

BruinWalkers

Go to www.recreation.ucla.edu/BruinWalkers or the FITWELL Desk to sign up today.

Chair Massage

Sign up at the FITWELL Desk, (310) 206-6130. 10 minutes for \$10 or 20 minutes for \$20.

- JWC Lobby, MW, 11:00 am-2:00 pm

FREE SCZ Orientations

No need to sign-up.

- Sec. 01: Th, 8:00 am-9:00 am, 6/28
- Sec. 02: Tu, 12:00 pm-1:00 pm, 7/3
- Sec. 03: W, 5:30 pm-6:30 pm, 7/11
- Sec. 04: W, 5:30 pm-6:30 pm, 8/1
- Sec. 05: F, 4:00 pm-5:00 pm, 7/20
- Sec. 06: F, 4:00 pm-5:00 pm, 8/10

Meet at FITWELL Desk, JWC

OPEN RECREATION

STRENGTH & CONDITIONING ZONE

Ages 16+ or UCLA student. Staff assistance available.

- JWC SCZ, M-Th, 5:30 am-10:45 pm
- JWC SCZ, F, 5:30 am-9:45 pm
- JWC SCZ, Sa, 9:00 am-7:45 pm
- JWC SCZ, Su, 9:00 am-7:45 pm

FIT CENTER SOUTH (310) 206-1907

Ages 18+. Non-student Recreation members. Staff assistance is available. FCS is in Westwood Village.

- Fit Center South, M-F, 6:00 am-8:30 pm
- Fit Center South, SaSu, 7:00 am-5:00 pm

Golf

OPEN RECREATION

- Sycamore Golf Green, M-Su, 9:00 am-Dusk
- IM Putting Green: Call (310) 206-8307 for availability.

UCLA GOLF CLUB

Open to students, faculty, staff and alumni. Call us (310) 206-5570 or visit www.recreation.ucla.edu.

Group Exercise

Students and members who purchase a Fitness Pass are eligible to take any Group Exercise workout listed on page 8. Visit us online for class descriptions at www.recreation.ucla.edu.

GROUP EXERCISE (see pg. 8)

- Mix & match workouts with a fitness pass.

Gymnastics

Must be 18+ or UCLA student. Skills testing required. Space is limited. No Open Rec Gymnastics 7/3, 7/5.

- JWC Yates Gym, TuTh, 6:30 pm-9:30 pm

Handball/ Racquetball/ Squash

Make reservations at JWC, 7:30am-5pm; call (310) 206-8307 Monday-Friday, 7:30am-5pm. See Reservation Policies and Procedures at the John Wooden Center Operations Desk.

- JWC Courts, M-Th, 5:30 am-10:45 pm
- JWC Courts, F, 5:30 am-9:45 pm
- JWC Courts, Sa, 9:00 am-7:45 pm
- JWC Courts, Su, 9:00 am-7:45 pm

IM Sports

Sign up for Leagues: Pay at Sales & Cashiering and bring receipt to the IM Club House, 2nd floor JWC, to pick up entry form, waiver and roster. All paperwork must be turned in before or at the Manager's Meeting. Visit www.recreation.ucla.edu/IM or call the IM Sports office at (310) 267-5416.

LEAGUES

Check online for Manager's Meetings.

3-on-3 Basketball

Men's, Women's, Coed

July 5 to August 15

- Manager's Meeting: Pauley Pavilion, Gate 15
Fee: \$15

Coed Volleyball

July 5 to August 15

- Manager's Meeting: Pauley Pavilion, Gate 15
Fee: \$15

Indoor Soccer

OPEN RECREATION

No Open Recreation Indoor Soccer in Pardee Gym July 1-July 8, 2007.

- JWC Pardee Gym, Sa, 9:00 am-12:00 pm
- JWC Pardee Gym, Su, 9:00 am-1:00 pm

Kayaking

Adaptive Kayaking

Contact Jamie Hoffman at (310) 825-1059 to confirm any special accommodations and use of adaptive equipment.

- Sec. 01: Su, 12:00 pm-4:00 pm, 7/15
 - Sec. 02: Su, 12:00 pm-4:00 pm, 7/29
 - Sec. 03: Su, 12:00 pm-4:00 pm, 8/12
 - Sec. 04: Th, 11:00 pm-3:00 pm, 8/30
 - Sec. 05: Su, 12:00 pm-4:00 pm, 9/23
- Marina Aquatic Center, Marina del Rey
Fee: \$15

Kayak Polo, Level ALL

- Sec. 01: M, 8:00 pm-10:00 pm, 7/3-8/7
- Park Pool, SCRC
Fee: \$45

Birding by Kayak

No experience necessary.

- Sec. 01: Su, 7:30 am-11:00 am, 7/1
 - Sec. 02: Su, 7:30 am-11:00 am, 8/5
 - Sec. 03: Su, 7:30 am-11:00 am, 9/9
- Marina Aquatic Center, Marina del Rey
Fee: \$10/\$15/\$30

Sunset/Full Moon Paddle

No experience necessary.

- Sec. 01: Sa, 6:30 pm-9:30 pm, 6/30
 - Sec. 02: Sa, 6:30 pm-9:30 pm, 7/14
 - Sec. 03: Sa, 6:30 pm-9:30 pm, 7/28
 - Sec. 04: Sa, 6:30 pm-9:30 pm, 8/18
 - Sec. 05: Sa, 6:30 pm-9:30 pm, 8/25
- Marina Aquatic Center, Marina del Rey
Fee: \$20/\$25/\$35

Marina Kayak Tour

No experience necessary.

- Sec. 01: Sa, 1:00 pm-4:00 pm, 7/28
 - Sec. 02: Sa, 1:00 pm-4:00 pm, 8/11
 - Sec. 03: Su, 1:00 pm-4:00 pm, 9/9
- Marina Aquatic Center, Marina del Rey
Fee: \$10/\$15/\$20

Sea Kayaking I

No experience necessary.

- Sec. 01: Sa, 9:00 am-1:00 pm, 6/23-6/30
 - Sec. 02: SaSu, 9:00 am-1:00 pm, 7/7-7/8
 - Sec. 03: Su, 9:00 am-1:00 pm, 7/15-7/22
 - Sec. 04: Sa, 9:00 am-1:00 pm, 7/28-8/4
 - Sec. 05: Su, 9:00 am-1:00 pm, 8/12-8/19
 - Sec. 06: SaSu, 9:00 am-1:00 pm, 8/25-8/26
- Marina Aquatic Center, Marina del Rey
Fee: \$75/\$100/\$130 (Fees include kayak use, wetsuit, instruction and 2hrs of rental when you complete the class.)

Sea Kayaking 1.5

Prerequisite: Sea Kayaking 1.

- Sec. 01: Sa, 1:30 pm-4:30 pm, 7/7
 - Sec. 02: Su, 1:30 pm-4:30 pm, 8/5
- Marina Aquatic Center, Marina del Rey
Fee: \$10/\$15/\$20

Sea Kayaking II

Prerequisite: Sea Kayaking 1.

- Sec. 01: SaSu, 12:00 pm-4:00 pm, 7/14-7/15
 - Sec. 02: Sa, 12:00 pm-4:00 pm, 8/11-8/18
- Marina Aquatic Center, Marina del Rey
Fee: \$75/\$100/\$130

Sea Kayaking III

• Sec. 01: Su, 9:00 am-1:00 pm, 8/5-8/12

Marina Aquatic Center, Marina del Rey
Fee: \$75/\$100/\$130

Sea Kayaking IV

• Sec. 01: SaSu, 8:00 am-4:00 pm, 8/25-8/26

Marina Aquatic Center, Marina del Rey
Fee: \$85/\$115/\$150

Sea Kayaking Instructor Course III

- Contact Nora Lee at mac@recreation.ucla.edu or call (310) 823-0048 if interested.

Kayak Outings II - Half Day

Prerequisite: Sea Kayaking II, Sea Kayaking III, or concurrent enrollment.

- Sec. 01-Sec. 04:
Paddle #1, Sa, 6/30, Venice/Rescues, 1-4pm
Paddle #2, Sa, 7/14, Skills Clinic, 9am-12pm
Paddle #3, Sa, 7/21, Markers, 1-4pm
Paddle #4, Sa, 7/28, SM Pier/Potluck, 1-4pm
Paddle #5, Sa, 8/4, Surf Zone, 1-4pm
Paddle #6, Sa, 8/11, Markers/Rescues, 1-4pm
Paddle #7, Sa, 8/25, El Segundo, 1-4pm
Paddle #8, Sa, 9/8, Last Paddle/Potluck, 9am-12pm
 - Sec. 01 Fee: \$90/\$120/\$155 (8 Paddles)
 - Sec. 02 Fee: \$50/\$60/\$80 (4 Paddles: #1-4)
 - Sec. 03 Fee: \$50/\$60/\$80 (4 Paddles: #5-8)
 - Sec. 04 Fee: \$50/\$60/\$80 (4 Paddles: #2,4,6,8)
- Marina Aquatic Center, Marina del Rey

HOW TO ENROLL



- Register for classes online



- Pick up an Enrollment form and register at JWC



- Download an Enrollment form from the web and mail/fax it in

- Call us to have us fax an Enrollment form

OPEN RECREATION

www.recreation.ucla.edu/openrec

Some activities have Open Recreation hours for independent exercise. For students and members there are no fees to drop in and work out unless rental of equipment is required.

INSTRUCTIONAL CLASSES

Before the classes begin, enroll through the secure register site www.recreation.ucla.edu or download the Activity Enrollment Form, and mail, fax or submit it in person at the John Wooden Center. After the class begins, enroll at Sales & Cashiering, 1st floor, JWC.

IM SPORTS LEAGUES/TOURNAMENTS

Pay at Sales & Cashiering and bring receipt to the Clubhouse, on the second floor of JWC, to pick up entry form, waiver and roster. Turn in all paperwork by the Manager's Meeting. Visit us at www.recreation.ucla.edu/IM or call the IM Sports office: (310) 267-5416.

Activity Guide

Rec classes, IM Sports, independent exercise, events, and more.

Kayak Outings II - Full Day

Prerequisite: Sea Kayaking II, Sea Kayaking III or concurrent enrollment.

- Sec. 01: Su, 8:00 am-3:00 pm, 8/19
Newport Back Bay
Fee: \$25/\$30/\$45

Eskimo Roll Clinic II

Prerequisite: Sea Kayaking I.

- Sec. 01: Th, 7:00 pm-10:00 pm, 8/16-8/23
SCRC, Family Pool
Fee: \$50/\$70/\$95

KAYAK RENTALS

Call (310) 823-0048 to rent outside hours listed below. **SIT ON TOP KAYAK RENTALS FREE FOR UCLA STUDENTS.** UCLA groups of more than 10, pay a \$5 flat rate fee per extra person. Rentals are located at the Marina Aquatic Center, in Marina del Rey.

- Tu-F, 6:00 am-9:00 am
- TuThF, 2:00 pm-7:00 pm
- SaSu, 7:00 am-7:00 pm

You Pack:

- Sec. 01: 6/26-10/1
Fee: \$30/\$35/\$45 per day
\$15/\$20/\$25 each day after

Martial Arts

Brazilian Jiu-Jitsu, Level BEG

- Sec. 01: TuTh, 6:00 pm-7:25 pm, 7/3-8/2
Blue Room, JWC
Fee: \$45

Judo, Level B/I

- Sec. 01: TuTh, 7:30 pm-9:00 pm, 7/3-8/2
Blue Room, JWC
Fee: \$45

Kung Fu, Level BEG

- Sec. 01: TuTh, 4:00 pm-5:30 pm, 7/3-8/2
Blue Room, JWC
Fee: \$45

Muay Thai, Level B/I

- Sec. 01: MW, 5:40 pm-6:55 pm, 7/2-8/1
Gold Room, JWC
Fee: \$40

Outdoor Adventures

For complete trip descriptions visit us at: www.recreation.ucla.edu/oa. Questions? Call OA at (310) 206-1252 or email us at oa@ucla.edu.

Backpack San Geronio - San Bernardino

- Trip Dates: SaSu, 7/7-7/8
Pre-trip: TuTh, 6:00 pm-7:30 pm, 7/3, 7/5
Fee: \$89/\$99/\$139 (Transportation included)

Backpack Sequoia - Jennie Lakes Wild

- Trip Dates: F-Su, 7/27-7/29
Pre-trip: TuTh, 6:00 pm-7:30 pm, 7/24, 7/26
Fee: \$155/\$185/\$245 (Transportation included)

Day Hike Mount Baldy

- Trip Date: Sa, 8/7
Pre-trip: Tu, 6:00 pm-7:30 pm, 8/7
Fee: \$39/\$49/\$75 (Transportation included)

July 4th Kayak & BBQ - Newport Bay

- Trip Date: W, 7/4
Pre-trip: M, 6:00 pm-7:30 pm, 7/2
Fee: \$69/\$82/\$119 (Transportation included)

Rock Climb Malibu - Malibu Creek

- Trip Date: Sa, 7/14
Pre-trip: Tu, 6:00 pm-7:30 pm, 7/10
Fee: \$35/\$42/\$70 (Carpool Trip)

Surf & Camp Ventura Coast

- Trip Dates: F-Su, 8/3-8/5
Pre-trip: Tu, 6:00 pm-7:30 pm, 7/31
Fee: \$165/\$195/\$255 (Transportation included)

Yosemite National Park Camping

- Trip Dates: F-Su, 7/20-7/22
Pre-trip: Tu, 6:00 pm-7:30 pm, 7/17
Fee: \$165/\$195/\$265 (Transportation included)

OUTDOOR RESOURCE CENTER

Located on the 1st floor of the John Wooden Center. Stop by for books, maps and trip planning assistance. Closed beginning 8/18 to start Fall quarter.

OUTDOOR EQUIPMENT RENTAL SHOP

Located on the 1st floor of the John Wooden Center. Tents, stoves, sleeping bags, pads and more! Closed beginning 8/18 to the start of Fall quarter.

- M, 12:00 pm-6:00 pm
- Th, 12:00 pm-7:00 pm
- F, 8:00 am-1:00 pm

Rec Fields

Call (310) 206-8307 for information. Limited availability.

Rock Wall

Rock Wall Orientations

Take a 2hr orientation to learn the basics of climbing.

- Sec. 01: Th, 4:00 pm-6:00 pm, 7/12
- Sec. 02: M, 6:00 am-8:00 am, 7/16
- Sec. 03: Tu, 5:00 am-7:00 am, 7/24
- Sec. 04: W, 5:00 pm-7:00 pm, 8/8
Rock Wall, JWC
Fee: \$15

OPEN RECREATION

Call (310) 206-1252 for information.

- JWC Rock Wall, M-Th, 5:00 pm-10:00 pm
- JWC Rock Wall, FSu, 4:00 pm-8:00 pm

Rowing

Sculling I

No experience necessary.

- Sec. 01: SaSu, 7:00 am-10:00 am, 6/30-7/8
- Sec. 02: TuTh, 6:30 am-8:30 am, 7/10-7/26
- Sec. 03: Sa, 7:00 am-9:30 am, 7/14-8/11
- Sec. 04: Su, 7:00 am-9:30 am, 7/29-8/26
- Sec. 05: WF, 6:30 am-8:30 am, 8/1-8/17
- Sec. 06: SaSu, 7:00 am-10:00 am, 9/8-9/16
Marina Aquatic Center, Marina del Rey
Fee: \$85/\$115/\$155 (2hr rental included)

Sculling II - Tech Workshop

Prerequisite: Sculling I.

- Sec. 01: TuTh, 6:30 am-9:00 am, 6/19-6/21
- Sec. 02: WF, 6:30 am-9:00 am, 7/31-8/2
- Sec. 03: TuTh, 6:30 am-9:00 am, 8/28-8/30
Marina Aquatic Center, Marina del Rey
Fee: \$35/\$45/\$55

Sculling III - Maas Checkout

Prerequisite Sculling I & II, 30hrs sculling experience.

- Sec. 01: TuW, 6:30 am-8:30 am, 6/26-6/27
- Sec. 02: TuW, 6:30 am-8:30 am, 8/21-8/22
Marina Aquatic Center, Marina del Rey
Fee: \$20/\$30/\$40

Rusty Scullers

- Sec. 01: Su, 7:00 am-8:30 am, 6/17
- Sec. 02: Sa, 7:00 am-8:30 am, 9/22
Marina Aquatic Center, Marina del Rey
Fee: \$15/\$20/\$25 (2hr rental included)

SCULLING RENTALS

Call (310) 823-0048 to rent outside hours listed below. Rentals are at the Marina Aquatic Center.

- Tu-F, 6:00 am-9:00 am
- SaSu, 7:00 am-7:00 pm

Running

OPEN RECREATION

- Drake Stadium, M-F, 7:00 am-1:00 pm
- Drake Stadium, M-F, 6:00 pm-10:00 pm
- Drake Stadium, Sa, 12:00 pm-10:00 pm
- Drake Stadium, Su, 7:00 am-10:00 pm

Sailing

MAC Sailing Club

Unlimited sailing time. 50% off Sailing classes.

- Quarter Fee: \$75/\$90
- Annual Fee: \$250/\$300

Sailing I - Capri

No experience necessary.

- Sec. 01: SaSu, 11:00 am-7:00 pm, 6/23-6/24
- Sec. 02: SaSu, 11:00 am-7:00 pm, 6/30-7/1
- Sec. 03: F, 2:00 pm-6:00 pm, 7/6-7/27
- Sec. 04: SaSu, 11:00 am-7:00 pm, 7/7-7/8
- Sec. 05: SaSu, 11:00 am-7:00 pm, 7/14-7/15
- Sec. 06: SaSu, 11:00 am-7:00 pm, 7/21-7/22
- Sec. 07: SaSu, 10:30 am-6:30 pm, 7/28-7/29
- Sec. 08: SaSu, 10:30 am-6:30 pm, 8/4-8/5
- Sec. 09: F, 2:00 pm-6:00 pm, 8/10-8/31
- Sec. 10: SaSu, 10:30 am-6:30 pm, 8/11-8/12
- Sec. 11: SaSu, 10:30 am-6:30 pm, 8/18-8/19
- Sec. 12: SaSu, 10:30 am-6:30 pm, 8/25-8/26
- Sec. 13: SaSu, 10:30 am-6:30 pm, 9/8-9/9
- Sec. 14: SaSu, 10:00 am-6:00 pm, 9/15-9/16
- Sec. 15: SaSu, 10:00 am-6:00 pm, 9/22-9/23
Marina Aquatic Center, Marina del Rey
Fee: \$95/\$125/\$165 (2hr rental included)

Sailing II - V15

- Sec. 01: SaSu, 11:00 am-7:00 pm, 6/30-7/1
- Sec. 02: SaSu, 10:30 am-6:30 pm, 7/14-7/15
- Sec. 03: SaSu, 10:30 am-6:30 pm, 7/21-7/22
- Sec. 04: SaSu, 10:30 am-6:30 pm, 8/11-8/12
- Sec. 05: SaSu, 10:30 am-6:30 pm, 8/18-8/19
- Sec. 06: SaSu, 10:30 am-6:30 pm, 9/8-9/9
Marina Aquatic Center, Marina del Rey
Fee: \$95/\$125/\$165

Sailing II - Laser

- Sec. 01: SaSu, 11:00 am-7:00 pm, 6/30-7/1
- Sec. 02: SaSu, 10:30 am-6:30 pm, 7/14-7/15
- Sec. 03: SaSu, 10:30 am-6:30 pm, 7/21-7/22
- Sec. 04: SaSu, 10:30 am-6:30 pm, 8/11-8/12
- Sec. 05: SaSu, 10:30 am-6:30 pm, 8/18-8/19
- Sec. 06: SaSu, 10:30 am-6:30 pm, 9/8-9/9
Marina Aquatic Center, Marina del Rey
Fee: \$95/\$125/\$165

Sailing II - Hobie

- Sec. 01: SaSu, 11:00 am-7:00 pm, 6/30-7/1
- Sec. 02: SaSu, 10:30 am-6:30 pm, 7/14-7/15
- Sec. 03: SaSu, 10:30 am-6:30 pm, 7/21-7/22
- Sec. 04: SaSu, 10:30 am-6:30 pm, 8/11-8/12
- Sec. 05: SaSu, 10:30 am-6:30 pm, 8/18-8/19
- Sec. 06: SaSu, 10:30 am-6:30 pm, 9/8-9/9
Marina Aquatic Center, Marina del Rey
Fee: \$95/\$125/\$165

Sailing III - V15

- Sec. 01: SaSu, 12:00 pm-6:00 pm, 7/7-7/8
- Sec. 02: SaSu, 12:00 pm-6:00 pm, 7/28-7/29
- Sec. 03: SaSu, 12:00 pm-6:00 pm, 8/25-8/26
- Sec. 04: SaSu, 12:00 pm-6:00 pm, 9/15-9/16
Marina Aquatic Center, Marina del Rey
Fee: \$80/\$105/\$135

UCLA Marina Aquatic Center

OPEN HOUSE FRIDAYS

JUNE 8 ■ JULY 13

SAMPLE KAYAKING, SAILING AND WINDSURFING

UCLA Marina Aquatic Center
14001 Fiji Way Marina del Rey
5:00 pm-9:00 pm

Stay for BBQ, \$5 Donation
Contact (310)823-0048 or email
mac@recreation.ucla.edu for info.

www.recreation.ucla.edu/mac

Activity Guide

Rec classes, IM Sports, independent exercise, events, and more.

Sailing III - Laser

- Sec. 01: SaSu, 12:00 pm-6:00 pm, 7/7-7/8
- Sec. 02: SaSu, 12:00 pm-6:00 pm, 7/28-7/29
- Sec. 03: SaSu, 12:00 pm-6:00 pm, 8/25-8/26
- Sec. 04: SaSu, 12:00 pm-6:00 pm, 9/15-9/16
Marina Aquatic Center, Marina del Rey
Fee: \$80/\$105/\$135

Sailing III - Hobie

- Sec. 01: SaSu, 12:00 pm-6:00 pm, 7/7-7/8
- Sec. 02: SaSu, 12:00 pm-6:00 pm, 7/28-7/29
- Sec. 03: SaSu, 12:00 pm-6:00 pm, 8/25-8/26
- Sec. 04: SaSu, 12:00 pm-6:00 pm, 9/15-9/16
Marina Aquatic Center, Marina del Rey
Fee: \$80/\$105/\$135

Sailing IV - V15

Prerequisite: Sailing III and a minimum of 5 hours of independent sailing before the class.

- Sec. 01: SaSu, 12:00 pm-6:00 pm, 8/4-8/5
Marina Aquatic Center, Marina del Rey
Fee: \$80/\$105/\$135

Sailing IV - Laser

Prerequisite: Sailing III and a minimum of 5 hours of independent sailing before the class.

- Sec. 01: SaSu, 12:00 pm-6:00 pm, 8/4-8/5
Marina Aquatic Center, Marina del Rey
Fee: \$80/\$105/\$135

Sailing IV - Hobie

Prerequisite: Sailing III and a minimum of 5 hours of independent sailing before the class.

- Sec. 01: SaSu, 12:00 pm-6:00 pm, 8/4-8/5
Marina Aquatic Center, Marina del Rey
Fee: \$80/\$105/\$135

Sailing Tuesday Night Races

Prerequisite: Sailing I.

- Sec. 01: Tu, 5:30 pm-8:30 pm, 7/3-8/28
Marina Aquatic Center, Marina del Rey
Fee: \$10/\$12/\$15

Sailing Race - Santa Monica Bay

- Sec. 01-Sec. 04: Sa, 1:00 pm-5:00 pm, 9/1
Marina Aquatic Center, Marina del Rey
Fee: \$20/\$25/\$30 (Capri, V15, Hobie)
Fee: \$10/\$20/\$25 (Laser)

SAILING RENTALS

Call (310) 823-0048 to rent outside hours not listed. Rentals are at the Marina Aquatic Center.

- TuThF, 2:00 pm-7:00 pm
- SaSu, 7:00 am-7:00 pm

Sand Volleyball

OPEN RECREATION

- SCRC, M-Su, 10:00 am-6:00 pm

Sports & Games

Basketball, Level B/I

- Sec. 01: TuTh, 4:30 pm-6:00 pm, 7/3-8/2
Collins Court #3, JWC
Fee: \$15

Golf with a Pro, Level INT

- Sec. 01: F, 11:00 am-3:00 pm, 7/27
- Sec. 02: Sa, 11:00 am-3:00 pm, 7/28
- Sec. 03: Sa, 11:00 am-3:00 pm, 8/4
Veteran Golf Course
Fee: \$50

Group Golf Lessons, Level B/I

- Sec. 01: MW, 12:00 pm-1:00 pm, 7/2-8/1
- Sec. 02: TuTh, 12:00 pm-1:00 pm, 7/3-8/2
Intramural Fields
Fee: \$20

Horseback Riding, Level BEG

- Sec. 01: Su, 8:30 am-10:00 am, 7/8-7/19
Topanga Canyon, Mill Creek Stables
Fee: \$215

Horseback Riding, Level AB

Riders are comfortable at the walk, trot and canter, and know diagonals.

- Sec. 02: W, 5:30 pm-7:00 pm, 7/11-8/22
Topanga Canyon, Mill Creek Stables
Fee: \$215

Horseback Riding, Level INT

Riders refine position, learn to ride a jumping course and begin dressage. Call (310) 455-1116 for class times.

- Sec. 03: Call for class times, 7/11-8/22
Topanga Canyon, Mill Creek Stables
Fee: \$215

Horseback Riding, Level ADV

Riders work on dressage and stadium jumping. Call (310) 455-1116 for class times.

- Sec. 04: Call for class times, 7/8-8/19
Topanga Canyon, Mill Creek Stables
Fee: \$215

Rollerblading, Level ALL

- Sec. 01: MW, 2:30 pm-4:00 pm, 7/16-8/1
- Sec. 02: TuTh, 4:00 pm-5:30 pm, 7/17-8/2
Gate 1, Pauley Pavilion
Fee: \$50

Surfing

Surf Clinic

No experience necessary.

- Sec. 01: Sa, 10:00 am-12:00 pm, 7/7
- Sec. 02: Su, 10:00 am-12:00 pm, 7/22
- Sec. 03: Sa, 10:00 am-12:00 pm, 8/4
- Sec. 04: Su, 10:00 am-12:00 pm, 8/1
- Sec. 05: Sa, 10:00 am-12:00 pm, 8/2
- Sec. 06: Su, 10:00 am-12:00 pm, 9/9
- Sec. 07: Sa, 10:00 am-12:00 pm, 9/22
Venice Beach, Rose Ave.
Fee: \$30/\$35/\$50 (Fees include beach permit, instruction, surfboard and wetsuit.)

Surfing I

No experience necessary.

- Sec. 01: SaSu, 7:30 am-9:30 am, 6/30-7/8
- Sec. 02: W, 7:30 am-9:30 am, 7/11-8/1
- Sec. 03: F, 7:30 am-9:30 am, 7/13-8/3
- Sec. 04: SaSu, 7:30 am-9:30 am, 7/14-7/22
- Sec. 05: SaSu, 7:30 am-9:30 am, 7/28-8/5
- Sec. 06: Tu, 7:30 am-9:30 am, 8/7-8/28
- Sec. 07: Th, 7:30 am-9:30 am, 8/9-8/30
- Sec. 08: SaSu, 7:30 am-9:30 am, 8/11-8/19
- Sec. 09: SaSu, 7:30 am-9:30 am, 8/25-9/9
- Sec. 10: WF, 7:30 am-9:30 am, 9/5-9/14
- Sec. 11: SaSu, 7:30 am-9:30 am, 9/15-9/23
Venice Beach, Rose Ave.
Fee: \$105/\$140/\$180 (Fees include beach permit, instruction, surfboard and wetsuit.)

SURF RENTALS

Prerequisite: Surfing I or have been checked out. See MAC website for Section day, time.

- Sec. 01-Sec. 08: 7:30 am-9:30 am
Venice Beach, Rose Ave.
Fee: \$15/\$20/\$25

You Pack:

- Any Day and Time, M-Su, 6/11-9/23
Fee: \$20/\$25/\$30 per day
\$15/\$20/\$25 each day after
\$5 wetsuit rental

Swimming

Adult Swim Lessons, Level BEG

- Sec. 01: MW, 5:00 pm-5:45 pm, 7/2-7/25
- Sec. 02: MW, 5:00 pm-5:45 pm, 7/30-8/22
North Pool, Kaufman Hall
Fee: \$30

Adult Swim Lessons, Level INT

- Sec. 01: TuTh, 5:00 pm-5:45 pm, 7/3-7/26
- Sec. 02: TuTh, 5:00 pm-5:45 pm, 7/31-8/23
North Pool, Kaufman Hall
Fee: \$30

Beginning Diving

- Sec. 01: TuTh, 6:30 pm-7:30 pm, 7/3-7/26
- Sec. 02: TuTh, 6:30 pm-7:30 pm, 7/31-8/23
Park Pool, SCRC
Fee: \$45

Lifeguard Recertification, Level ADV

- Sec. 01: Tu, 5:00 pm-10:00 pm, 7/10
- Sec. 02: Tu, 5:00 pm-10:00 pm, 8/21
North Pool, Kaufman Hall
Fee: \$50/\$75

Lifeguard Training, Level ADV

- Sec. 01: F-Su, 3:00 pm-8:00 pm, 6/29-7/1
North Pool, Kaufman Hall
Fee: \$175/\$200

SUNSET CANYON RECREATION CENTER

Schedule subject to change. Check calendar at www.recreation.ucla.edu or call (310) 825-3671.

Open Recreation: all children under 12 must be accompanied by an adult, age 18+; Park Pool is for swimmers age 14+; In the Family Pool, all children less than 48" tall must be accompanied by an adult age 18+ IN THE WATER. Family Pool closed for early morning swim on all University Holidays.

- Park Pool, M-F, 10 am-2:30 pm
- Park Pool, M-F, 5:00 pm-8:00 pm
- Park Pool, SaSu, 10:00 am-8:00 pm
- Family Pool, M-F, 6:30 am-8:00 am
- Family Pool, M-F, 12:00 pm-8:00 pm
- Family Pool, SaSu, 10:00 am-8:00 pm

STUDENT ACTIVITIES CENTER POOL

Schedule subject to change. Closed weekends and University Holidays. Ages 18+. Lap swimming only.

- SAC Pool, M-F, 11:00 am-12:00 pm
(bulk head area only)
- SAC Pool, M-F, 12:00 pm-2:00 pm
(entire pool)

NORTH POOL

Schedule subject to change. Closed weekends and University Holidays. Ages 18+.

- North Pool, M-F, 7:00 am-9:00 am
- North Pool, M-F, 11:00 am-2:00 pm

FIT CENTER SOUTH, WARM WATER POOL

Fit Center South is in Westwood, (310) 206-1907.

Non-student Recreation members. Staff assistance. No swimming. Ages 18+.

- TuWTh, 10:30 am-11:20 am
- TuWTh, 11:30 am-12:20 pm
- TuWTh, 3:30 pm-4:20 pm
- TuWTh, 4:30 pm-5:20 pm
- TuWTh, 5:30 pm-6:20 pm

BRUIN MASTERS SWIM CLUB

Visit www.recreation.ucla.edu/bruinmasters for swim times.

- Quarter Fee: \$130/\$160/\$190
- Annual Fee: \$390/\$510/\$630

YOUTH SWIMMING/DIVING Ages 6-17

www.recreation.ucla.edu/bruinswimclub
www.recreation.ucla.edu/bruindiving

WATER AEROBICS CLASSES

See Water Aerobics page 7.

Table Tennis

OPEN RECREATION

No Open Rec Table Tennis 6/27, 7/4, 7/25, 9/3.

- JWC Event Lobby, M-Th, 7:00 pm-10:30 pm

Tennis

Tennis Workout, Level INT

- Sec. 01: MW, 6:00 pm-8:00 pm, 7/2-8/1
- Sec. 02: TuTh, 7:00 pm-9:00 pm, 7/3-8/2
- Sec. 03: TuTh, 7:00 pm-9:00 pm, 8/7-8/9
SCRC Tennis Court, Sunset Canyon
Fee: \$45

Tennis Workout, Level ADV

- Sec. 01: MW, 7:00 pm-9:00 pm, 7/2-8/1
- Sec. 02: TuTh, 7:00 pm-9:00 pm, 7/3-8/2
- Sec. 03: TuTh, 7:00 pm-9:00 pm, 8/7-9/6
SCRC Tennis Courts, Sunset Canyon
Fee: \$45

Group Tennis Lessons, Level BEG

- Sec. 01: M, 6:00 pm-6:55 pm, 7/2-7/30
- Sec. 02: Tu, 11:00 am-11:55 am, 7/3-7/31
- Sec. 03: Tu, 6:00 pm-6:55 pm, 7/3-7/31
- Sec. 04: Tu, 6:00 pm-6:55 pm, 8/7-9/4
- Sec. 05: W, 11:00 am-11:55 am, 7/11-8/1
- Sec. 06: W, 12:00 pm-12:55 pm, 7/11-8/1
- Sec. 07: W, 7:00 pm-7:55 pm, 7/11-8/1
- Sec. 08: W, 11:00 am-11:55 am, 8/8-9/5
- Sec. 09: Th, 12:00 pm-12:55 pm, 7/5-8/2
- Sec. 10: Th, 6:00 pm-6:55 pm, 7/5-8/2
SCRC Tennis Court, Sunset Canyon
Fee: \$15

Group Tennis Lessons, Level AB

- Sec. 01: M, 12:00 pm-12:55 pm, 7/2-7/30
- Sec. 02: M, 6:00 pm-6:55 pm, 7/2-7/30
- Sec. 03: M, 7:00 pm-7:55 pm, 7/2-7/30
- Sec. 04: Tu, 12:00 pm-12:55 pm, 7/3-7/31
- Sec. 05: Tu, 6:00 pm-6:55 pm, 7/3-7/31
- Sec. 06: Tu, 11:00 am-11:55 am, 8/7-9/4
- Sec. 07: W, 6:00 pm-6:55 pm, 7/11-8/1
- Sec. 08: W, 12:00 pm-12:55 pm, 8/8-9/5
- Sec. 09: Th, 6:00 pm-6:55 pm, 7/5-8/2
- Sec. 10: Th, 6:00 pm-6:55 pm, 8/9-9/6
SCRC Tennis Court, Sunset Canyon
Fee: \$15

Group Tennis Lessons, Level INT

- Sec. 01: M, 11:00 am-11:55 am, 7/2-7/30
- Sec. 02: Tu, 6:00 pm-6:55 pm, 7/3-7/31
- Sec. 03: Tu, 7:00 pm-7:55 pm, 7/3-7/31
- Sec. 04: Tu, 12:00 pm-12:55 pm, 8/7-9/4
- Sec. 05: W, 6:00 pm-6:55 pm, 7/11-8/1
- Sec. 06: W, 6:00 pm-6:55 pm, 8/8-9/5
- Sec. 07: W, 7:00 pm-7:55 pm, 8/8-9/5
- Sec. 08: Th, 11:00 am-11:55 am, 7/5-8/2
- Sec. 09: Th, 6:00 pm-6:55 pm, 7/5-8/2
- Sec. 10: Th, 7:00 pm-7:55 pm, 7/5-8/2
SCRC Tennis Court, Sunset Canyon
Fee: \$15

Activity Guide

Rec classes, IM Sports, independent exercise, events, and more.

OPEN RECREATION, TENNIS

Reservations at JWC, 7:30 am-5:00 pm, or call (310) 206-8307. Reservations for prime time hours are taken after 12 noon only. See Reservation Policies and Procedures at JWC Operation Desk.

- LATC, M-F, 7:00 am-11:00 am
- LATC, M-F, 6:00 pm-10:00 pm
- LATC, SaSu, 7:00 am-10:00 pm
- Sunset Tennis Courts, M-Su, 7:00 am-9:00 pm
- Sycamore Courts, M-Su, 7:00 am-Dusk

BRUIN STROKES TENNIS CLUB

See www.recreation.ucla.edu, or call (310) 206-5612.

- Students \$20, Recreation Members \$25

Volleyball

OPEN RECREATION

No Volleyball 6/27, 7/1-7/8, 7/25, 9/3. Holiday hours 9/2-9/3. Check SAC for availability when Pardee Gym is closed for special events. SAC available for group reservations, call (310) 206-0443.

- Pardee Gym, MW, 7:50 pm-10:30 pm
- Pardee Gym, F, 7:45 pm-9:30 pm
- Pardee Gym, Su, 9:00 am-7:30 pm

Water Aerobics

FREE Power Walking

- Sec. 01: Tu, 5:45 pm-6:30 pm, 7/10
 - Sec. 02: Tu, 5:45 pm-6:30 pm, 8/7
- Family Pool, SCRC

FREE Kickboxing

- Sec. 01: W, 12:00 pm-12:45 pm, 7/25
 - Sec. 02: W, 12:00 pm-12:45 pm, 8/22
- North Pool, Kaufman Hall

Arthritis H2O

- Sec. 01: W, 12:30 pm-1:30 pm, 6/6-8/15
 - Sec. 02: TuTh, 9:30 am-10:30 am, 6/5-8/16
- FCS Pool, Fit Center South
Fee: \$45/\$60

Deep Challenge

- Sec. 01: MW, 5:00 pm-5:45 pm, 6/25-8/15
- North Pool, Kaufman Hall
Fee: \$30

H2O Yoga Pilates, Level BEG

- Sec. 01: TuTh, 7:00 am-8:00 am, 6/26-8/16
- Family Pool, SCRC
Fee: \$30

Shallow H2O Fit

- Sec. 01: TuTh, 5:00 pm-5:45 pm, 6/26-8/16
- North Pool, Kaufman Hall
Fee: \$30

AQUATIC BODY RELAXATION

Call (310) 206-1907 or visit Fit Center South for info.

SWIMMING CLASSES

See Swimming page 6.

Windsurfing

Windsurfing I

No experience necessary.

- Sec. 01: SaSu, 9:00 am-2:30 pm, 7/7-7/8
 - Sec. 02: F*, 2:00 pm-5:00 pm, 7/27-8/10
 - Sec. 03: SaSu, 9:00 am-2:30 pm, 7/28-7/29
 - Sec. 04: SaSu, 9:00 am-2:30 pm, 8/4-8/5
 - Sec. 05: F, 2:00 pm-5:00 pm, 8/17-9/7
 - Sec. 06: SaSu, 9:00 am-2:30 pm, 8/18-8/19
 - Sec. 07: SaSu, 9:00 am-2:30 pm, 9/8-9/9
 - Sec. 08: SaSu, 9:00 am-2:30 pm, 9/22-9/23
- Cabrillo Beach, San Pedro
Fee: \$85/\$115/\$155 (Fees include beach permit, instruction, surfboard and wetsuit.)
*Sec. 02 will meet at the MAC.

Windsurfing II

- Sec. 01: SaSu, 10:00 am-1:00 pm, 7/28-7/29
 - Sec. 02: SaSu, 10:00 am-1:00 pm, 8/18-8/19
 - Sec. 03: SaSu, 10:00 am-1:00 pm, 9/22-9/23
- Cabrillo Beach, San Pedro
Fee: \$70/\$95/\$125

Windsurfing Camp - Lake Lopez

- Sec. 01: SaSu, 9:00 am-5:00 pm, 7/21-7/22
 - Sec. 02: SaSu, 9:00 am-5:00 pm, 8/25-8/26
 - Sec. 03: SaSu, 9:00 am-5:00 pm, 9/15-9/16
- Fee: \$80/\$110/\$145

WINDSURFING RENTALS

Call (310) 823-0048 for more rental hours. Rental hours at Marina Aquatic Center except weekends.

- TuThF, 2:00 pm-7:00 pm

WEEKEND WINDSURFING RENTALS

We transport gear as space is available. See website for Section days and times. Weekend rentals off-site.

- Cabrillo Beach, San Pedro, 9:30 am-3:00 pm
- Fee: \$25/\$35/\$45

You Pack:

- Sec. 01: SaSu
- Fee: \$20/\$25/\$30 per day
\$15/\$20/\$25 each day after

Yoga

For descriptions and instructor styles go to www.recreation.ucla.edu or pick up a flier at JWC. No classes 7/4 and 9/3.

Yoga, Level 1

- Sec. 01: MW, 7:00 am-8:00 am, 7/2-8/1
- Dynasty Room, JWC
- Sec. 02: TuTh, 5:45 pm-6:45 pm, 7/3-8/2
- Buenos Ayres Room, SCRC
- Sec. 03: TuTh, 6:50 pm-7:50 pm, 7/3-8/2
- Buenos Ayres Room, SCRC
- Sec. 04: W, 5:35 pm-6:55 pm, 7/11-8/1
- Dynasty Room, JWC
Fee: \$25

Yoga, Level 1/2

- Sec. 05: MW, 8:05 am-9:05 am, 7/2-8/1
- Dynasty Room, JWC
- Sec. 06: MW, 4:30 pm-5:30 pm, 7/2-8/1
- Dynasty Room, JWC
- Sec. 07: TuTh, 12:00 pm-1:00 pm, 7/3-8/2
- Gold Room, JWC
- Sec. 08: TuTh, 6:00 pm-7:00 pm, 7/3-8/2
- Dynasty Room, JWC
- Sec. 09: Tu, 7:05 pm-8:25 pm, 7/3-7/31
- Dynasty Room, JWC
- Sec. 10: M, 5:45 pm-6:55 pm, 7/2-7/30
- Dynasty Room, JWC
Fee: \$25

Yoga, Level 2/3

- Sec. 11: TuTh, 4:30 pm-5:55 pm, 7/3-8/2
- Dynasty Room, JWC
Fee: \$35
- Sec. 12: M, 7:00 pm-8:30 pm, 7/2-7/30
- Dynasty Room, JWC
Fee: \$20

- Sec. 13: Th, 7:05 pm-8:25 pm, 7/5-8/2
- Dynasty Room, JWC
Fee: \$25
- Sec. 14: F, 5:30 pm-7:00 pm, 7/6-8/3
- Dynasty Room, JWC
Fee: \$25

Yoga Session II, Level 1

- Sec. 15: MW, 7:00 am-8:00 am, 8/6-9/12
- Pyramid Room, JWC
- Sec. 16: TuTh, 5:45 pm-6:45 pm, 8/7-9/13
- Buenos Ayres Room, SCRC
- Sec. 17: TuTh, 6:50 pm-7:50 pm, 8/7-9/13
- Buenos Ayres Room, SCRC
- Sec. 18: W, 5:35 pm-6:55 pm, 8/8-9/12
- Dynasty Room, JWC
Fee: \$25

Yoga Session II, Level 1/2

- Sec. 19: MW, 8:05 am-9:05 am, 8/6-9/12
- Pyramid Room, JWC
Fee: \$25

Yoga Session II, Level 1/2

- Sec. 20: MW, 4:30 pm-5:30 pm, 8/6-9/12
- Dynasty Room, JWC
Fee: \$25

Yoga Session II, Level 1/2

- Sec. 21: TuTh, 12:00 pm-1:00 pm, 8/7-9/13
- Gold Room, JWC
- Sec. 22: TuTh, 6:00 pm-7:00 pm, 8/7-9/13
- Dynasty Room, JWC
- Sec. 23: Tu, 7:05 pm-8:25 pm, 8/7-9/11
- Dynasty Room, JWC
- Sec. 24: M, 5:45 pm-6:55 pm, 8/6-9/10
- Dynasty Room, JWC
Fee: \$25

Yoga Session II, Level 2/3

- Sec. 25: TuTh, 4:30 pm-5:55 pm, 8/7-9/13
- Dynasty Room, JWC
Fee: \$35
- Sec. 26: M, 7:00 pm-8:30 pm, 8/6-9/10
- Dynasty Room, JWC
- Sec. 27: Th, 7:05 pm-8:25 pm, 8/9-9/13
- Dynasty Room, JWC
- Sec. 28: F, 5:30 pm-7:00 pm, 8/10-9/14
- Dynasty Room, JWC
Fee: \$25



Straus Stadium - Los Angeles Tennis Center - UCLA
July 16 - July 22, 2007

www.countrywideclassic.com
(310) 824-1010 / (877) LA-TENNIS



COMPLEXITY OF CHOREOGRAPHY: L-Low, M-Medium, H-High - INTENSITY: 1-Low, 2-Medium, 3-High

Use your **Fitness Pass** to attend these Group Exercise Workouts on a space available basis. Unlimited use for one quarter is \$25 or \$45 for four quarters. Purchase at the Sales & Cashiering Office, 1st Floor, JWC. Please visit the recreation web site for workout descriptions. Check the web after 9/5 for the fitness schedule for 9/11 - 9/27.

To add yoga to your selections, enroll in a class (see pg. 7) and you can then drop in on all the other yoga classes.

Summer Session A 6/25 - 8/3

*No Class 7/4

Summer Session B 8/6 - 9/14

*No class 9/3

Monday	Tuesday	Wednesday	Thursday	Friday
12:00-1:00pm Step 30/20/10, M2 Pyramid Rm, JWC	12:00-1:00pm Core Motion Challenge, M2 Pyramid Rm, JWC	12:00-1:00pm Totally Floor Aerobics, M2 Pyramid Rm, JWC	12:00-1:00pm Total Body Challenge, L2 Pyramid Rm, JWC	12:00-1:00pm Step 30/20/10, M2 Pyramid Rm, JWC
12:00-1:00pm Mat Pilates, M3 Gold Rm, JWC	12:10-1:10pm Spin, M2 Racquetball Ct #10, JWC		12:10-1:10pm Spin, M3 Racquetball Ct #10, JWC	12:00-1:00pm Mat Pilates, M3 Gold Rm, JWC
12:10-1:10pm WET Workout Park Pool, SCRC	12:10-1:10pm WET Workout Park Pool, SCRC	12:10-1:10pm WET Workout Park Pool, SCRC	12:10-1:10pm WET Workout Park Pool, SCRC	12:10-1:10pm WET Workout Park Pool, SCRC
1:10-2:10pm Belly Grooves, M2 Pyramid Rm, JWC	4:00-5:00pm Guts, Butts, & Thighs, M3 Pyramid Rm, JWC	4:00-5:00pm Step 30/20/10, L1 Pyramid Rm, JWC	4:00-5:00pm Ultimate Upper Body, M3 Pyramid Rm, JWC	1:10-2:10pm Belly Grooves, M2 Pyramid Rm, JWC
4:00-5:00pm Step 30/20/10, M1/2 Pyramid Rm, JWC	5:10-6:20pm Total Conditioning, M3 SW Corner, IM Field	5:10-6:25pm Step Athletic Challenge, L3 Pyramid Rm, JWC	5:05-6:30pm Step 40/35/10, M3 Pyramid Rm, JWC	4:05-5:15pm Mat Pilates, M3 Pyramid Rm, JWC
5:10-6:25pm Step & Box, M3 Pyramid Rm, JWC	5:05-6:30pm Step 40/35/10 M3 Pyramid Rm, JWC	5:30-6:30pm Spin, M3 Racquetball Ct #10, JWC	5:10-6:20pm Total Conditioning, M3 SW Corner of IM Field	5:20-6:30pm Bosu Cardio & Conditioning, M2 Pyramid Rm, JWC
5:15-6:15pm Spin, M2/3 Racquetball Ct #10, JWC	5:15-6:25pm Cardio Combat & Conditioning, M3 Pardee Gym, JWC	5:20-6:30pm Belly Yoga, M2 Pardee Gym, JWC	5:30-6:30pm Hollywood Trainer Workout, M3 Pardee Gym, JWC	
5:30-6:30pm Tae Bo, H3 Pardee Gym, JWC	5:30-6:30pm Spin, M3 Racquetball Ct #10, JWC	6:30-7:45pm Total Body Challenge, M2 Pyramid Rm, JWC	5:30-6:30pm Spin, M2 Racquetball Ct #10, JWC	6:35-7:45pm Total Body Challenge, M2 Pyramid Rm, JWC
6:30-7:45pm Total Body Challenge, M3 Pyramid Rm, JWC	6:30-7:45pm Yogalattes, M3 Pardee Gym, JWC	6:30-7:30pm Spin, M2 Racquetball Ct #10, JWC	6:30-7:45pm Total Body Challenge, M2 Pyramid Rm, JWC	
6:40-7:40pm Hollywood Trainer Workout, M2 Pardee Gym, JWC	6:30-7:30pm Spin, M2 Racquetball Ct #10, JWC	6:35-7:35pm Tae Bo, H3 Pardee Gym, JWC	6:30-7:45pm Yogalattes, M3 Pardee Gym, JWC	
7:50-8:50pm Street Jam, H2 Pyramid Rm, JWC	6:35-7:50pm Total Body Challenge, M2 Pyramid Rm, JWC	7:50-8:50pm Street Jam, H2 Pyramid Rm, JWC		
12:00-1:00pm Step 30/20/10, M2 Pyramid Rm, JWC	12:00-1:00pm Total Body Challenge, M2 Pyramid Rm, JWC	12:00-1:00pm Totally Floor Aerobics, M2 Pyramid Rm, JWC	12:00-1:00pm Total Body Challenge, M2 Pyramid Rm, JWC	12:00-1:00pm Step 30/20/10, M2 Pyramid Rm, JWC
12:00-1:00pm Mat Pilates,* M3 Gold Rm, JWC (*Ends 8/20)	12:10-1:10pm Spin, M2 Racquetball Ct #10, JWC		12:10-1:10pm Spin, M2 Racquetball Ct #10, JWC	12:00-1:00pm Mat Pilates,* M3 Gold Room, JWC (*Ends 8/20)
12:10-1:10pm WET Workout Park Pool, SCRC	12:10-1:10pm WET Workout Park Pool, SCRC	12:10-1:10pm WET Workout Park Pool, SCRC	12:10-1:10pm WET Workout Park Pool, SCRC	12:10-1:10pm WET Workout Park Pool, SCRC
1:10-2:10pm Belly Grooves,* M2 Pyramid Rm, JWC (*Ends 8/20)	4:00-5:00pm Guts, Butts, & Thighs, M3 Pyramid Rm, JWC	4:00-5:00pm Step 30/20/10, L1 Pyramid Rm, JWC	4:00-5:00pm Ultimate Upper Body, M3 Pyramid Rm, JWC	1:10-2:10pm Belly Grooves,* M2 Pyramid Room, JWC (*Ends 8/20)
4:00-5:00pm Step 30/20/10, M1/2 Pyramid Rm, JWC	5:05-6:30pm Step 40/35/10, M3 Pyramid Rm, JWC	5:10-6:25pm Step Athletic Challenge, L3 Pyramid Gym, JWC	5:30-6:30pm Spin, M3 Racquetball Ct #10, JWC	4:05-5:15pm Mat Pilates, M3 Pyramid Rm, JWC
5:10-6:25pm Step & Box, M3 Pyramid Rm, JWC	5:30-6:30pm Spin, M2/3 Racquetball Ct #10, JWC	5:30-6:30pm Spin, M2/3 Racquetball Ct #10, JWC	5:05-6:30pm Step 40/35/10, M3 Pyramid Rm, JWC	
5:15-6:15pm Spin, M2/3 Racquetball Ct #10, JWC	5:35-6:45pm Cardio Combat & Conditioning, M3 Pardee Gym, JWC			5:20-6:30pm Bosu Cardio & Challenge, M2 Pyramid Rm, JWC
6:30-7:45pm Total Body Challenge, M3 Pyramid Rm, JWC	6:30-7:45pm Yogalattes, M3 Pyramid Rm, JWC	6:30-7:45pm Total Body Challenge, M3 Pyramid Rm, JWC	6:30-7:45pm Total Body Challenge, M3 Pyramid Rm, JWC	
7:50-8:50pm Street Jam, H2 Pyramid Rm, JWC		6:35-7:35pm Tae Bo, M3 Pardee Gym, JWC		

SUMMER 2007 CALENDAR

-  Aquatics
-  Athletics
-  Club Sports
-  Fitness Instruction Training
-  IM Sports
-  Marina Aquatic Center
-  Outdoor Adventures
-  Youth and Family Programs

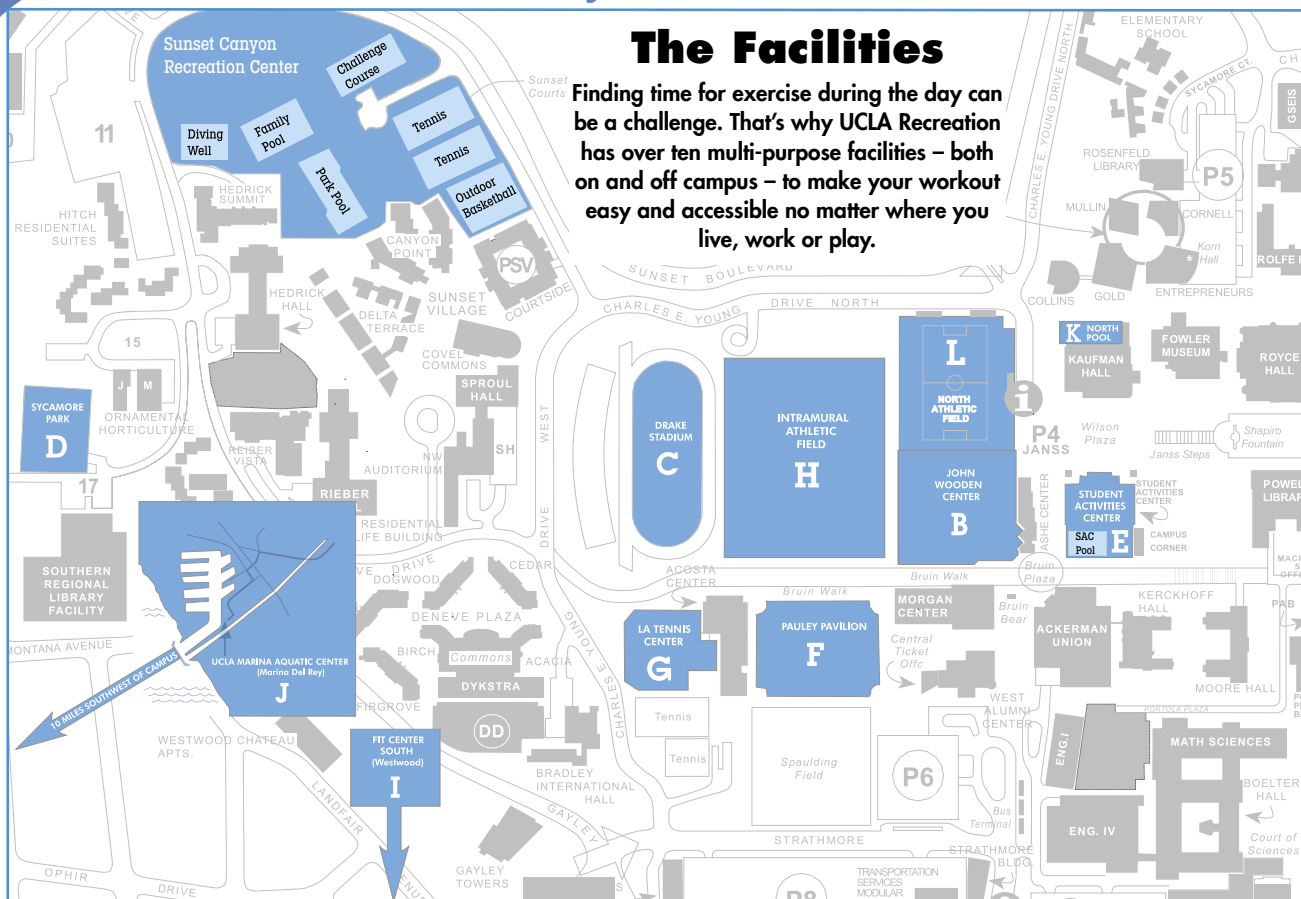
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE	JUNE 23 Summer Camps Open House 1-4pm 	25 CAMP EXPLORE Session A Starts SESSION A Instruction Begins 6-week, 8-week, 10-week	26 	27 FREE Intro to Spin Room 2314, JWC 4:45-5:25pm	28 FREE Intro to Step Gold Room, JWC 5:20-6:20pm FREE Strength & Conditioning Zone Orientation FITWELL Desk, JWC 8-9am	29 	30 
JULY	1 	2 	3 FREE 30 Min. Personal Training Sessions* FITWELL Desk, JWC 8-11am, 12-2pm, 3-6pm *First time clients only FREE Strength & Conditioning Zone Orientation FITWELL Desk, JWC 12noon-1pm	4 NO SUMMER CAMPS July 4th Kayak & BBQ Newport Bay 4th of July Holiday	5 IM MANAGER'S MEETINGS Pauley Pavilion, Gate 15 3-on-3 Basketball, 5pm Coed Volleyball, 5pm	6 Family Outdoor Entertainment Series Movie: E.T. 7pm, SCRC	7 Backpack San Geronio San Bernardino
	8 Backpack San Geronio San Bernardino	9 CAMP EXPLORE Session B Starts	10 FREE Power Walking 5:45-6:30pm Family Pool, SCRC	11 FREE Strength & Conditioning Zone Orientation FITWELL Desk, JWC 5:30-6:30pm	12 	13 MAC Open House Sample Kayaking, Sailing and Windsurfing 5-9pm, MAC \$5 BBQ	14 Rock Climb Malibu Malibu Creek
	15 	16 Countrywide Classic Tennis Tournament	17 Countrywide Classic Tennis Tournament	18 Countrywide Classic Tennis Tournament Family Outdoor Entertainment Series Puppet Show 7pm, SCRC	19 Countrywide Classic Tennis Tournament	20 Countrywide Classic Tennis Tournament FREE Strength & Conditioning Zone Orientation FITWELL Desk, JWC 4-5pm Yosemite National Park Camping	21 Countrywide Classic Tennis Tournament Yosemite National Park Camping
	22 Countrywide Classic Tennis Tournament Family Outdoor Entertainment Series Water Day 12noon-5pm, SCRC Pools Yosemite National Park Camping	23 CAMP EXPLORE Session C Starts	24 	25 FREE Kickboxing 12noon-12:45pm North Pool, Kaufman Hall	26 	27 Backpack Sequoia Jennie Lakes Wild	28 Backpack Sequoia Jennie Lakes Wild
AUGUST	29 Backpack Sequoia Jennie Lakes Wild	30 	31 	1 	2 	3 SESSION A Instruction Ends 6-week Family Outdoor Entertainment Series Movie: Looney Toon Shorts 7pm, SCRC Surf & Camp Ventura Coast	4 Surf & Camp Ventura Coast
	5 Surf & Camp Ventura Coast	6 SESSION C Instruction Begins CAMP EXPLORE Session D Starts	7 FREE Intro to Spin Room 2314, JWC 6:35-7:35pm FREE Power Walking 5:45-6:30pm Family Pool, SCRC Day Hike Mt. Baldy	8 FREE Strength & Conditioning Zone Orientation FITWELL Desk, JWC 5:30-6:30pm	9 FREE 30 Min. Personal Training Sessions* FITWELL Desk, JWC 12-2pm, 3-6pm *First time clients only	10 FREE Strength & Conditioning Zone Orientation FITWELL Desk, JWC 4-5pm CAMP SUMMER Sleep Over	11 
	12 	13 	14 	15 Family Outdoor Entertainment Series Magic Show 7pm, SCRC	16 	17 SESSION A Instruction Ends 8-week	18 
	19 Bruin Family Exp.	20 	21 	22 FREE Kickboxing 12noon-12:45pm North Pool, Kaufman Hall	23 	24 CAMP SUMMER Sleep Over	25 
SEPTEMBER	26 Family Outdoor Entertainment Series Water Day 12noon-5pm, SCRC Pools	27 	28 	29 Family Outdoor Entertainment Series Movie: Muppets Take Manhattan 7pm, SCRC	30 	31 SESSION A Instruction Ends 10-week	1 
	2 	3 Labor Day Holiday		5 	6 	7 	8 

SEE THE **ACTIVITY GUIDE** ON PAGE 3 OR GO TO www.recreation.ucla.edu

Unless otherwise noted, fees are included for all UCLA Recreation activities. Go online for Holiday Hours for JWC, Pauley Pavilion, all Tennis Courts, SCRC Pools, North Pool, SAC, SAC Pool, FCS, FCS Pool and MAC.

Visit Our Great facilities

For 24-7 access log on to www.recreation.ucla.edu.



The Facilities

Finding time for exercise during the day can be a challenge. That's why UCLA Recreation has over ten multi-purpose facilities – both on and off campus – to make your workout easy and accessible no matter where you live, work or play.

A SUNSET CANYON RECREATION CENTER features an Olympic-length Park Pool, a 25 yard Family Pool and a 10 foot diving well. SCRC also features picnic and barbeque areas with a large grass area and an outdoor amphitheater, as well as a sand volleyball court. Eight lighted regulation tennis courts, two outdoor basketball/multi-purpose surfaces featuring six basketball courts and the Challenge Course. Call SCRC at (310) 825-3671 for more information.

- **Sunset Canyon Recreation Center**
M-Su 10:00 am-8:00 pm

B THE JOHN WOODEN CENTER is UCLA's main gym, as well as the heart of UCLA Recreation. The John Wooden Center includes three gyms for basketball, volleyball, badminton and gymnastics; studios for fitness, dance and martial arts; handball, squash and racquetball courts; and locker rooms. The John Wooden Center also features a Rock Wall and a Games Lounge complete with a large screen TV, tables and chairs. The Outdoor Adventure Center, Bike Shop, Equipment Rental Shop, Energy Zone Convenience Store, and the Strength and Conditioning Zone with an expanded selection of strength training and cardio machines are located in the John Wooden Center. Call (310) 206-8307 for more information on JWC services.

- **John Wooden Center**
M-Th 5:30 am-10:45 pm
F 5:30 am-9:45 pm
Sa 9:00 am-7:45 pm
Su 9:00 am-7:45 pm
Holidays 9:00 am-5:45 pm
- **Outdoor Adventures Resource Center**
M-Th 11:00 am-1:00 pm; 4:00 pm-6:00 pm
- **UCLA Community Bike Shop**
M-F 11:00 am-3:00 pm
- **Outdoor Equipment Rental Shop**
M 12:00 pm-6:00 pm
Th 12:00 pm-7:00 pm
F 8:00 am-1:00 pm

C DRAKE TRACK STADIUM is a nine-lane 400 meter track with javelin, triple jump, long jump, and an infield events area. Call (310) 825-4546.

- **Drake Track Stadium**
M-Su 7:00 am-10:00 pm

D SYCAMORE PARK is located on the western edge of campus, south of Hitch Residential Suites and features six tennis courts, a special area for golf chipping, a putting green and archery practice. For information call (310) 825-4546.

E STUDENT ACTIVITIES CENTER is home to numerous campus organizations. A number of basketball courts as well as the SAC

Pool provide recreation opportunities right on campus. For more information and to make reservations call (310) 206-0443.

- **Student Activities Center**
M-Th 7:00 am-11:45 pm
F 7:00 am-9:45 pm
Sa-Su & Holidays 9:00 am-5:45 pm

F PAULEY PAVILION is home to the Bruin basketball and volleyball teams and can accommodate three regulation basketball courts or six regulation volleyball courts. It is UCLA's on-campus collegiate sports facility. Call (310) 825-4546.

- **Pauley Pavilion**
M-F 8:00 am-5:00 pm

G LOS ANGELES TENNIS CENTER offers eight lighted tennis courts and the Straus Clubhouse and is the host of the Countrywide Class Tennis Tournament. Call (310) 825-4546.

- **Los Angeles Tennis Center**
M-F 8:00 am-10:00 pm
Sa-Su 8:00 am-10:00 pm

H THE INTRAMURAL FIELD is located between Drake Track Stadium and the John Wooden Center and is available for open recreation. The IM Field accommodates Intramural Sports, Club Sports and some intercollegiate activities. For more information call (310) 206-8307.

I FIT CENTER SOUTH is located in the heart of Westwood and offers a gym fully equipped with cardio and strength training machines, free weights, functional training tools, as well as a warm water aqua area. Personal Fitness Trainers are available. For aqua area hours, call (310) 206-1907.

- **Fit Center South**
M-F 6:00 am-8:30 pm
Sa-Su & Holidays 7:00 am-5:00 pm

J MARINA AQUATIC CENTER is UCLA's ocean side recreation facility, located only ten miles southwest of campus in Marina del Rey. The MAC offers equipment rentals, dock access and group, private and youth lessons. Sailing, kayaking, surfing, windsurfing and rowing equipment and lessons are available. Call the MAC at (310) 823-0048 for details.

K NORTH POOL is located on the north side of Kaufman Hall and is 25 yards in length. Call (310) 825-3671. Get the Online Swim Calendar for North Pool Hours online at www.recreation.ucla.edu.

L NORTH ATHLETIC FIELD is located north of the John Wooden Center and accommodates Intramural Sports, Club Sports and some intercollegiate activities. For more information, call (310) 206-8307.

FOR HOLIDAY HOURS CHECK ONLINE AT WWW.RECREATION.UCLA.EDU.

UCLA Recreation

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www.recreation.ucla.edu/summercamps

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CONDITIONING ZONE

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FITNESS MACHINES**

**LEARN TO AVOID
GYM FAUX PAS**

**GET TIPS TO
MAXIMIZE GYM TIME**

Meet at FITWELL Desk, JWC.
For more info email
tli@recreation.ucla.edu.

- 8:00 am-9:00 am, 6/28
- 12:00 pm-1:00 pm, 7/3
- 5:30 pm-6:30 pm, 7/11, 8/1
- 4:00 pm-5:00 pm, 7/20, 8/10

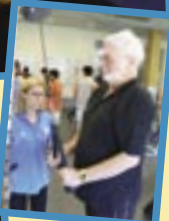
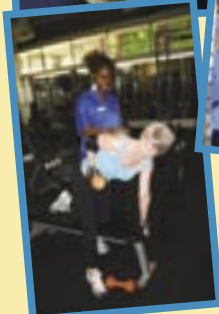


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Ways To Enjoy UCLA Recreation

JOINING UCLA Recreation is easy!

■ ALL ACCESS

All UCLA students have access to campus facilities and the Marina Aquatic Center (MAC), since they are automatically members when they pay their registration fees.

UCLA faculty and staff, emeriti, alumni and university affiliates can purchase UCLA Recreation membership. Call (310) 825-3701 or visit www.recreation.ucla.edu/membership.

■ UCLA RECREATION IS NOT LIMITED TO THE UCLA CAMPUS or even the John Wooden Center!

Instructional classes, Group Exercise, and Yoga are all offered at the John Wooden Center and other facilities. IM Sports and Club Sports compete on various fields on campus. Ocean watersports classes are available at the MAC in Marina del Rey. Outdoor Adventures offers backpacking and rock climbing trips in various State and National Parks.

■ INDEPENDENT EXERCISE

If you'd rather play on your own, check out www.recreation.ucla.edu for independent workouts and the Open Recreation schedule.

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Christina Challey, Business Development
(310) 825-4533, cchalley@recreation.ucla.edu

UCLA Recreation

A Department of Student Affairs

Contact Us

Bruin Masters Swim Club	(310) 825-9949
Challenge Course	(310) 206-8027
Club Sports	(310) 267-5416
Fit Center South	(310) 206-1907
FITWELL Services	(310) 206-6130
General Information	
Including Bruin Strokes Tennis, Individual Lessons, IM Fields, Membership, Classes & Youth Programs	
(310) 825-3701	
Handball/Racquetball/Squash Reservations	
Hours: 7:30 am - 5:00 pm	
(310) 206-8307	
Intramural Sports	
(310) 267-5416	
John Wooden Center	
(310) 206-8307	
Locker Room	
(310) 794-7001	
Los Angeles Tennis Center	
Court Reservations	
(310) 206-8307	
General Information and Room Reservations	
(310) 825-4546	
Marina Aquatic Center (Marina del Rey)	
Including Sailing, Windsurfing, Rowing, Kayaking, Surfing, Lessons and Rentals	
(310) 823-0048	
Outdoor Adventures	
(310) 206-1252	
Pauley Pavilion Main Office	
(310) 825-4546	
Personal Fitness Training	
John Wooden Center	
(310) 206-6130	
Fit Center South (Westwood Village)	
(310) 206-1907	
Pool Information	
(310) 825-3671	
Rock Wall	
(310) 206-1252	
Sports Courts Reservation	
(310) 825-4546	
Student Activities Center	
(310) 206-0443	
Sunset Canyon Recreation Center	
General information	
(310) 825-3671	
Picnic/Room Reservations	
(310) 825-4224	
Sunset Canyon Tennis Courts	
(310) 825-4546	
Swim Lessons	
(310) 825-1059	
Sycamore Park	
(310) 825-4546	
Tennis Court Reservations	
(310) 206-8307	
UCLA Golf Club	
(310) 206-5570	

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