

Recreation and Exercise Classes

Learn a new skill, fine tune an old one, or simply keep in shape with the Department of Recreation's Gaucha REC program. Classes are open to UCSB students, faculty, staff, alumni, affiliates and community members (age restrictions do apply). Schedule is subject to change. Learn more and see all current schedules online at recreation.ucsb.edu.

RC = Recreation Center | RG = Rob Gym | FC = Fitness Center | Fees = Student/Non Student | A/B = Session A or B

Aquatics

For Aquatics inquiries, contact swimlessons@recreation.ucsb.edu

	Instructor	Location	Fee	Day	Time	Date
Log Rolling (Drop In)	Varies	RC Pool	FREE	Sat	3-5pm	6/30-8/25
Youth Swim Lessons (Group)	Swim Instr.	RC Pool	\$75	M-F	10am-12:30pm & 4-7pm	6/25-8/17
Youth Swim Lessons (Private)	Swim Instr.	RC Pool	\$190	M-F	10am-12:30pm & 4-7pm	6/18-8/17
Adult Swim Lessons (Private)	Swim Instr.	RC Pool	\$20/Lesson	By Appt	By Appt	7/3-9/14
Masters Swim (Quarterly)	Abrami/Stori	RC/Campus Pool	\$130/\$100	M-F	12-1pm	7/2-9/28
Masters Swim (Monthly)	Abrami/Stori	RC/Campus Pool	\$40/\$50	M-F	12-1pm	Jul Aug Sep
Water Fitness	Miles-Dutton	RC Pool	\$44/\$48	MWF	12:10-12:50pm	6/27-8/3 A

Youth Swim Lessons

Fee includes ten, 25 minute lessons. See website for details on child age and skill requirements.

Arts & Crafts

	Level	Instructor	Location	Fee	Day	Time	Date
Pottery	Beginning	Venaas	RC 1514	\$65/\$85/\$100	T	7-9pm	6/26-8/14
Pottery	Beginning	Venaas	RC 1514	\$65/\$85/\$100	W	2-4pm	6/27-8/22
Pottery	Beginning	Venaas	RC 1514	\$65/\$85/\$100	R	7-9pm	6/28-8/16
Pottery	Advanced	Venaas	West Campus Kiln	\$75/\$145/\$170	Sat	1-4pm	6/30-8/18
Pottery	Drop-In	Venaas	RC 1514	\$45/\$115/\$135	T	2-4:30pm	6/26-8/14
Pottery	Drop-In	Venaas	RC 1514	\$45/\$115/\$135	R	2-4:30pm	6/28-8/16

Pottery

Advanced Pottery requires previous classes or permission by instructor. There is a \$35.00 material fee. Additional clay is \$25.00. No firing of outside work, no outside clay, no commercial production. 2.5 cubic ft of firing included per quarter. A limit of 5 cubic ft of total firing space is available to each person per quarter (please note this is NOT per class). Fees = Student / Faculty + Staff / Community

Certification Classes

	Instructor	Location	Fee	Day	Time	Date
Lifeguard Training	Yorkey	RC 1501/RC Pools	\$195/\$199	M-R	9am-6pm	6/18-6/21 A
Lifeguard Review	Yorkey	RC 1501/RC Pools	\$125/\$129	F Sat	F:4-8pm & Sat:8am-5pm	6/22-6/23 A
Adult CPR/AED/First Aid	Yorkey	RC 1501	\$70/\$74	Sat	8am-1pm	7/14
Adult CPR/AED/First Aid	Yorkey	RC 1501	\$70/\$74	Sat	8am-1pm	8/11
Adult CPR/AED/First Aid	Yorkey	RC 1501	\$70/\$74	Sat	8am-1pm	9/8
Baby Sitter Class	Yorkey	RC 1501	\$75/\$79	Sat	9am-6pm	8/4

Lifeguard Training

Participants must attend ALL 4 dates and pass tests to certify.

Dance

	Level	Instructor	Location	Fee	Day	Time	Date	
Ballet Basic	Beginner	Replogle-Purinton	RG 1430	\$33/\$37	T	7-8:10pm	6/26-7/31	A
Ballet Basic	Beginner	Replogle-Purinton	RG 1430	\$33/\$37	T	7-8:10pm	8/7-9/11	B
Ballet Basic	All Levels	Replogle-Purinton	RG 1430	\$33/\$37	T	8:30-9:30pm	8/7-9/11	B
Breakdance	All Levels	Yan	RG 1410	\$33/\$37	R	8-9pm	8/9-9/13	B
Contemporary Brazilian Dance	All Levels	Silva	RG 2120	\$33/\$37	T	5:30-6:30pm	6/26-7/31	A
Contemporary Brazilian Dance	All Levels	Silva	RG 2120	\$33/\$37	T	5:30-6:30pm	8/7-9/11	B
Cotillion Dance	All levels	Cotillion Club/ Stansbury	RG 2320	\$33/\$37	TR	8-9:30pm	6/26-8/2	A
Cotillion Dance	All levels	Cotillion Club/Stansbury	RG 2320	\$33/\$37	TR	8-9:30pm	8/7-9/13	B
Folk Dance Fun	All Levels	Replogle-Purinton	RG 1430	\$33/\$37	T	8:30-9:30pm	6/26-7/31	A
Hoop Dance	All Levels	Carano	RG 2320	\$33/\$37	W	7:15-8:15pm	6/27-8/8	A
Swing Dance - Jitterbug	Beg/Inter	Carlan	RG 2320	\$33/\$37	M	6:15-7:30pm	6/25-7/30	A

Faculty & Staff Wellness & Fitness

	Instructor	Location	Fee	Day	Time	Date	
Fit4Life	Ortiz	UC EAP Office	\$42	MW	12:05-12:55pm	6/18-8/1	A
Fit4Life	Ortiz	UC EAP Office	\$42	MW	12:05-12:55pm	8/6-9/29	B
Fit4Life	Gage	Pavilion	\$42	MW	12:05-12:55pm	6/18-8/1	A
Fit4Life	Gage	Pavilion	\$42	MW	12:05-12:55pm	8/6-9/29	B
L.I.F.E. Circuit Class	Ortiz	Pavilion Gym / MAC	\$42	TR	12:05-12:55pm	6/19-8/2	A
L.I.F.E. Circuit Class	Ortiz	Pavilion Gym / MAC	\$42	TR	12:05-12:55pm	8/7-9/27	B
L.I.F.E. - Fit4Life (All Access Combo)	Gage/Ortiz	Pavilion Gym / MAC	\$56	MTWR	12:05-12:55pm	6/18-8/2	A
L.I.F.E. - Fit4Life (All Access Combo)	Gage/Ortiz	Pavilion Gym / MAC	\$56	MTWR	12:05-12:55pm	8/6-9/27	B

General Interest

	Level	Instructor	Location	Fee	Day	Time	Date	
American Sign Language	Level 1	Brody	RC 1501	\$33/\$37	W	5:30-7:30pm	6/27-8/8	A

Group Cycling

	Level	Instructor	Location	Fee	Day	Time	Date	
Group Cycling	All Levels	Owens Fisel	RG 1125	\$60/\$64	MW	5:15-6:05pm	6/25-8/6	A
Group Cycling	All Levels	Ryan Gage	RG 1125	\$60/\$64	TR	5:15-6:05pm	6/26-8/2	A
Group Cycling	All Levels	Owens Fisel	RG 1125	\$60/\$64	MW	8-8:50am	6/25-8/6	A
Group Cycling	All Levels	Owens Fisel	RG 1125	\$60/\$64	MW	5:15-6:05pm	8/8-9/19	B
Group Cycling	All Levels	Owens Fisel	RG 1125	\$60/\$64	MW	8-8:50am	8/8-9/19	B
Group Cycling	All Levels	Ryan Gage	RG 1125	\$60/\$64	TR	5:15-6:05pm	8/7-9/13	B

Martial Arts & Self Defense

	Level	Instructor	Location	Fee	Day	Time	Date	
Aikido	Beginning	Ota	RG 2120/2320	\$33/\$37	MF	7-8pm	6/25-8/3	A
Aikido	Beginning	Ota	RG 2120/2320	\$33/\$37	MF	7-8pm	8/6-9/21	B
Aikido	Inter/Adv	Ota	RG 2120/2320	\$33/\$37	MF	6-7pm	6/25-8/3	A
Aikido	Inter/Adv	Ota	RG 2120/2320	\$33/\$37	MF	6-7pm	8/6-9/21	B
Tae Kwon Do	All Levels	Gans	RG 2320/2120	\$33/\$37	W Sun	6-7pm	6/27-8/8	A
Tae Kwon Do	All Levels	Gans	RG 2320/2120	\$33/\$37	W Sun	6-7pm	8/12-9/23	B
Brazilian Jiu-Jitsu	All Levels	Moreno	RG 2120	\$33/\$37	T	7:45-8:45pm	6/26-7/31	A
Brazilian Jiu-Jitsu	All Levels	Moreno	RG 2120	\$33/\$37	Sat	3-5pm	6/30-8/4	A
Brazilian Jiu-Jitsu	Advanced	Moreno	RG 2120	\$33/\$37	T	8:45-10pm	6/26-7/31	A
Kickboxing	Beginning	Clark	RG 2320/2120	\$33/\$37	M	5-6pm	6/25-7/30	A
Kickboxing	Advanced	Clark	RG 2320/2120	\$33/\$37	T	5-6pm	6/26-7/31	A
Capoeira	Beginning	Silva	RG 2120	\$33/\$37	T	6:30-7:30pm	6/26-7/31	A
Capoeira	Beginning	Silva	RG 2120	\$33/\$37	T	6:30-7:30pm	8/7-9/11	B

Mind & Body

		Instructor	Location	Fee	Day	Time	Date	
Pilates	Chair: Sculpt	Gage	RG 1410	\$60/\$64	M	5:10-5:55pm	6/25-7/30	A
Pilates	Chair: Sculpt	Gage	RG 1410	\$60/\$64	W	5:10-5:55pm	6/27-8/8	A
Pilates	Chair: Sculpt	Gage	RG 1410	\$60/\$64	M	5:10-5:55pm	8/6-9/17	B
Pilates	Chair: Sculpt	Gage	RG 1410	\$60/\$64	W	5:10-5:55pm	8/15-9/19	B
Pilates	Mat	Poston	RG 1410	\$38/\$42	T	5:10-6pm	6/26-7/31	A
Pilates	Mat	Poston	RG 1410	\$38/\$42	R	5:10-6pm	6/28-8/2	A
Yoga at the Beach	All Levels	Noland	Campus Beach	\$33/\$37	Sun	9-10:15am	8/12-9/23	B
Yoga	Acro	Bohn	Pavilion Lawn	\$33/\$37	R	6:30-7:30pm	6/21-8/9	A
Yoga	Hatha, Mainstream	Kova	RG 1430	\$33/\$37	M	7:15-8:30pm	8/6-9/17	B
Yoga	Hatha, Mainstream	Kova	RG 1410	\$33/\$37	W	12:05-1:30pm	8/15-9/19	B
Yoga	Lunch-Break Flow	Ment	RG 1410	\$33/\$37	M	12:05-1pm	6/25-7/30	A
Yoga	Lunch-Break Flow	Ment	RG 1410	\$33/\$37	M	12:05-1pm	8/6-9/17	B
Yoga	Lunch-Break Flow	Ment	RG 1410	\$33/\$37	F	12:05-1pm	6/29-8/3	A
Yoga	Lunch-Break Flow	Ment	RG 1410	\$33/\$37	F	12:05-1pm	8/10-9/14	B
Yoga	Strong + Stretchy	Sampila	RG 1430	\$33/\$37	W	5:15-6:15pm	8/15-9/19	B
Yoga	Strong + Stretchy	Noland	RG 1430	\$33/\$37	W	5:15-6:15pm	6/27-8/8	A
Yoga	Slow Flow	Noland	RG 1430	\$33/\$37	Sun	4:30-5:45pm	8/12-9/23	B
Yoga	Sunset Flow	Ment	RG 1430	\$33/\$37	M	5:15-6:30pm	6/25-7/30	A
Yoga	Sunset Flow	Ment	RG 1430	\$33/\$37	M	5:15-6:30pm	8/6-9/17	B

Pilates / Yoga

There is a limited amount of yoga mats available for use. Participants are encouraged to bring their own mat. No Acro Yoga class on 7/5 and 7/26.

Sport

	Level	Instructor	Location	Fee	Day	Time	Date	
Indoor Rowing	All Levels	Gorman	RC 2120/Balcony	\$56/\$60	MW	12:05-12:55pm	8/9-9/13	B
Olympic Weight Lifting	All Levels	VanDerLinde	FC2	\$90/\$94	W	7:30-8:30am	6/27-7/30	A
Olympic Weight Lifting	All Levels	VanDerLinde	FC2	\$90/\$94	R	7:30-8:30am	8/9-9/13	B
Sailing	Learn to Sail	Wapner	SB Harbor	\$150/\$190/\$225	T	12-3pm	6/26-7/31	A1
Sailing	Learn to Sail	Grant	SB Harbor	\$120/\$150/\$180	T	5:30-7:30pm	6/26-7/31	A1
Sailing	Learn to Sail	Wapner	SB Harbor	\$150/\$190/\$225	R	12-3pm	6/28-8/2	A1
Sailing	Learn to Sail	Grant	SB Harbor	\$120/\$150/\$180	R	5:30-7:30pm	6/28-8/2	A1
Sailing	Learn to Sail	Henken	SB Harbor	\$180/\$225/\$270	M	2-5pm	8/6-9/10	B2
Sailing	Learn to Sail	Henken	SB Harbor	\$120/\$150/\$180	M	5:15-7:15pm	8/6-9/10	B2
Sailing	Learn to Sail	Wapner	SB Harbor	\$150/\$190/\$225	T	12-3pm	8/7-9/11	B2
Sailing	Learn to Sail	Grant	SB Harbor	\$120/\$150/\$180	T	5:15-7:15pm	8/7-9/11	B2
Sailing	Learn to Sail	Henken	SB Harbor	\$180/\$225/\$270	W	12-3pm	8/8-9/12	B2
Sailing	Learn to Sail	Grant	SB Harbor	\$150/\$190/\$225	R	5:15-7:15pm	8/9-9/13	B2
Sailing	Intermediate	Wapner	SB Harbor	\$150/\$190/\$225	R	12-3pm	8/9-9/13	B2
Tennis	Beg/Inter	Gerstenfeld	RC Courts	\$44/\$48	T	6-7pm	7/11-8/1	A
Tennis	Beg/Inter	Gerstenfeld	RC Courts	\$44/\$48	T	6-7pm	8/15-9/5	B

Sailing

Fees= Student / Faculty + Staff / Community

Follow us on social media to receive updates on more upcoming classes and events!



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