

Recreation and Exercise Classes

Learn a new skill, fine tune an old one, or simply keep in shape with the Department of Recreation's GaUCHO 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

Aquatics

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

	Instructor	Location	Fee	Day	Time	Date
Log Rolling (Drop In)	Varies	RC Pool	FREE	F	2-4pm	4/13-6/1
Youth Swim Lessons (Group)	Certified WSI	RC Pool	\$50 (Five Lessons)	Sun	1-4pm	4/8-5/6
Youth Swim Lessons (Private)	Certified WSI	RC Pool	\$100 (Five Lessons)	Sun	1-4pm	4/8-5/6
Adult Swim Lessons (Private)	Certified WSI	RC Pool	\$20 / Lesson	By Appt	By Appt	4/9-6/1
Masters Swim	Abrami/Stori	RC Pool	\$130/\$100 Quarter	M-F	12-1pm	4/2-6/29
Masters Swim	Abrami/Stori	Campus Pool	\$40/\$50 Month	MW	5:30-6:30pm	4/2-6/29
Water Fitness	Miles-Dutton	RC Pool	\$50/\$54	MWF	12:10-12:50pm	4/9-6/1
Water Fitness (mini session)	Miles-Dutton	RC Pool	\$20	MWF	12:10-12:50pm	3/19, 3/21, 3/23 & 4/2, 4/4, 4/6

Youth Swim Lessons

Fee includes five, 30 minute lessons.

Arts & Crafts

	Level	Instructor	Location	Fee	Day	Time	Date
Pottery	Beginning	Venaas	RC Pottery Studio	\$65/\$85/\$100	M	2-4pm	4/9-6/4
Pottery	Beginning	Venaas	RC Pottery Studio	\$65/\$85/\$100	T	7-9pm	4/10-5/29
Pottery	Beginning	Venaas	RC Pottery Studio	\$65/\$85/\$100	W	7-9pm	4/11-5/30
Pottery	Beginning	Venaas	RC Pottery Studio	\$65/\$85/\$100	R	7-9pm	4/12-5/31
Pottery	Beginning	Venaas	RC Pottery Studio	\$65/\$85/\$100	F	2-4pm	4/13-6/1
Pottery	Advanced	Venaas	West Campus Kiln	\$75/\$145/\$170	Sat	1-4pm	4/14-6/2
Pottery	Drop-In	Venaas	RC Pottery Studio	\$45/\$115/\$135	T	2-4:30pm	4/10-5/29
Pottery	Drop-In	Venaas	RC Pottery Studio	\$45/\$115/\$135	W	2-4:30pm	4/11-5/30
Pottery	Drop-In	Venaas	RC Pottery Studio	\$45/\$115/\$135	R	2-4:30pm	4/12-5/31
Weaving	Beginning	Ford	RG 2227	\$140/\$145	M	5:30-8:30pm	4/9-6/4
Weaving	Beginning	Ford	RG 2227	\$140/\$145	W	5:30-8:30pm	4/11-5/30
Weaving	Lab	Ford	RG 2227	\$40/\$45	T	5:30-8:30pm	4/10-5/29

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

Weaving

Weaving Lab has a \$35.00 materials fee. Students must be concurrently enrolled in a Beginning Weaving Class to take the Weaving Lab.

Certification Classes

	Instructor	Location	Fee	Day	Time	Date
Lifeguard Training	Yorkey	RC 1501 + pools	\$195/\$199	M-R	9am-5pm	3/26-3/29
Lifeguard Review	Yorkey	RG 2111 + pools	\$125/\$129	Sat	9am-7pm	4/28
Water Safety Instructor Course (WSI)	Yorkey	RG 2111 + pools	\$195/199	W,R,Sat, Sun	WR 4-8pm Sat/Sun 5/19-5/20 9am-5pm	5/9-5/20
Health Coach Cert Prep Course ACE	Lear/Jamieson	RC 2103/RC 1502	\$100/\$195	MW	11-11:50am	4/9-6/4
Personal Training Cert Prep Course NASM	Jamieson	RC 2103/RG 1430	\$100/\$195	M	12-1:50pm	4/9-6/4

Lifeguard Training and Lifeguard Review

Participants must attend ALL classes and pass tests to certify. Lifeguard Training also includes CPR and First Aid.

Prep Courses

Prep courses do not include a certification exam.

Dance

Dance	Levels	Instructor	Location	Fee	Day	Time	Date
Bachata	All Levels	Sanchez	RG 2320	\$44/\$48	R	5-6pm	4/12-5/31
Ballet	Level 1	Replogle-Purinton	RG 1430	\$44/\$48	T	6:15-7:25pm	4/10-5/29
Ballet	Level 1	Replogle-Purinton	RG 1430	\$44/\$48	F	6:15-7:25pm	4/13-6/1
Ballet	Level 2	Replogle-Purinton	RG 1430	\$44/\$48	T	7:30-8:45pm	4/10-5/29
Belly Dance	Beg	Cris Basimah	RG 2320	\$44/\$48	M	5:45-6:45pm	4/9-6/4
Bollywood	All Levels	Diksha Venkatesh	RG 1430	\$44/\$48	W	8:05-9:00pm	4/11-5/30
Brazilian Dance	All Levels	Silva	RG 2120	\$44/\$48	T	5:30-6:30pm	4/10-5/29
Breakdance	Beg	Yan	RG 1410	\$44/\$48	R	8-9pm	4/12-5/31
Contemporary Dance	All Levels	Seese	RG 2320	\$44/\$48	T	5-6pm	4/10-5/29
Cotillion	All Levels	Cotillion Club	RG 2320	\$22/\$48	TR	9-10:30pm	4/10-5/31
Hip Hop Dance	Beg	Nyeche	RG1430	\$44/\$48	T	6:05-7:05pm	4/10-5/29
Hip Hop Dance	Inter	Nyeche	RG1430	\$44/\$48	R	6:05-7:05pm	4/12-5/31
Hip Hop Dance	All Levels	Matlock	RG 1430	\$44/\$48	W	7-8pm	4/11-5/30
Hoop Dance	Mixed Level	Carano	RG 2320	\$44/\$48	W	7:15-8:15pm	4/11-5/30
Argentine Tango	Beg - Inter	Marlon	RG 2320	\$44/\$48	T	6:15-7:30pm	4/10-5/29
Salsa Dance	Beg	Sanchez	RG 2320	\$44/\$48	R	7:35-8:50pm	4/12-5/31
Salsa Dance	Inter - Adv	Sanchez	RG 2320	\$44/\$48	R	6:10-7:25pm	4/12-5/31
Jitterbug Swing	Beg - Inter	Carlan	RG1410	\$44/\$48	T	6-7:15pm	4/10-6/12

Faculty & Staff Wellness & Fitness

	Instructor	Location	Fee	Day	Time	Dates
Fit4Life	Ortiz	UC EAP Office	\$42	MW	12:05-12:55PM	4/2-6/6
Fit4Life	Gage	MAC	\$42	MW	12:05-12:55PM	4/2-6/6
L.I.F.E. Circuit Class	Ortiz	Pavilion Gym / MAC Court	\$42	TR	12:05-12:55PM	4/2-6/7
L.I.F.E. - Fit4Life (All Access Combo)	Ortiz/Gage	Varies	\$56	MTWR	12:05-12:55PM	4/2-6/7

Group Cycling

	Instructor	Location	Fee	Day	Time	Dates
All Levels	Kuo	RG 1125	\$80/84	TR	7-7:50am	4/10-5/31
All Levels	Gage	RG 1125	\$80/84	TR	5:15-6:05pm	4/10-5/31
All Levels	Reeves	RG 1125	\$80/84	MW	7-7:50am	4/9-6/4
All Levels	Rotation	RG 1125	\$44/48	Sat	9-9:50am	4/14-6/2

General Interest

	Level	Instructor	Location	Fee	Day	Time	Date
Acoustic Guitar	Beg	Miles	RC 2128	\$44/\$48	R	5-6pm	4/12-5/31
Acoustic Guitar	Beg	Miles	RC 2128	\$44/\$48	R	6-7pm	4/12-5/31
Acoustic Guitar	Inter	Miles	RC 2128	\$44/\$48	R	7-8pm	4/12-5/31
American Sign Language	Level 1	Brody	RC 1501	\$44/\$48	W	5:30-6:50pm	4/11-5/30
American Sign Language	Level 2	Brody	RC 1501	\$44/\$48	W	7-8:20pm	4/11-5/30
Persian Percussion	All Levels	Pouian	RC 2128	\$44/\$48	T	6-7pm	4/10-5/29
Wine Tasting	All Levels	Giessinger	RC 1501	\$70/\$74	R	5-7pm	4/12-5/31

Wine Tasting

Online registration not available, participants must register in person at the Customer Service Center and show ID to verify age.

Martial Arts & Self Defense

	Level	Instructor	Location	Fee	Day	Time	Date
Aikido	Inter - Adv	Ota	RG 2120/2320	\$44/\$48	MF	7-8pm	4/9-6/1
Aikido	Beg	Ota	RG 2120/2320	\$44/\$48	MF	8-9pm	4/9-6/1
Brazilian Jiu-Jitsu	All Levels	Moreno	RG 2120	\$44/\$48	T	7:45-8:45pm	4/10-5/29
Brazilian Jiu-Jitsu	All Levels	Moreno	RG 2120	\$44/\$48	Sat	3-5pm	4/14-6/1
Brazilian Jiu-Jitsu	Adv	Moreno	RG 2120	\$44/\$48	T	8:45-10pm	4/10-5/29
Capoeira	All Levels	Silva	RG 2120	\$44/\$48	T	6:30-7:30pm	4/10-5/29
Filipino Kali & Eskrima	All Levels	Holm	RG 2120	\$44/\$48	Sun	10am-12pm	4/15-6/3
Kendo	Beg	Hashimoto	RG 2320	\$44/\$48	Sat	1:30-3pm	4/14-6/2
Kickboxing Muay Thai	Beg - Inter	Patelzick	Events Center	\$44/\$48	M	7-9pm	4/9-6/4
Kickboxing Muay Thai	Adv	Patelzick	Events Center	\$44/\$48	W	7-9pm	4/11-5/30
Tae Kwon Do	All Levels	Gans	RG 2320/2120	\$44/\$48	W Sun	6-7pm	4/11-6/3

Mind & Body

		Instructor	Location	Fee	Day	Time	Date
Massage	All Levels	Ernst	RG 1410	\$44/\$48	T	7:30-9PM	4/10-5/29
Pilates	Chair: Sculpt	Gage	RG 1410	\$80/\$84	M	5:10-6PM	4/9-6/4
Pilates	Chair: Sculpt	Gage	RG 1410	\$80/\$84	W	5:10-6PM	4/11-5/30
Pilates	Mat	Guthrie	RG 1430	\$50/\$54	T	5:10-6PM	4/10-5/29
Pilates	Mat	Guthrie	RG 1430	\$50/\$54	R	5:10-6PM	4/12-5/31
Pilates	Mat	Poston	RG 1410	\$50/\$54	T	12:10-1PM	4/10-5/29
Yoga	Acro	Bohn	Pavillion Gym Grass	\$44/\$48	T	7-8:30PM	4/10-5/29
Yoga	Lunch-Break Flow	Ment	RG 1410	\$44/\$48	M	12-1PM	4/9-6/4
Yoga	Sunset Flow	Ment	Pavillion Gym	\$44/\$48	M	5:15-6:30PM	4/9-6/4
Yoga	Lunch-Break Flow	Ment	RG 1410	\$44/\$48	F	12-1PM	4/13-6/1
Yoga	TGIF Flow	Ment	RG 1430	\$44/\$48	F	3-4:15PM	4/13-6/1
Yoga	Moonlight Flow	Cupery	RG 1430	\$44/\$48	R	7:20-8:15PM	4/12-5/31
Yoga	Hatha, Mainstream	Kova	RG 1430	\$44/\$48	M	7:15-8:30PM	4/2-5/27
Yoga	Hatha, Mainstream	Kova	RG 1410	\$44/\$48	W	12-1:30PM	4/11-5/30
Yoga	Energetic Flow	DeLeon	Pavillion Gym	\$44/\$48	W	5-6:15PM	4/11-5/30
Yoga	Slow Flow- All Levels	Sierra	RG 1430	\$44/\$48	Sun	4:30-5:45PM	4/15-6/3
Yoga	Strong + Stretch	Hassemer	Pavillion Gym	\$44/\$48	T	5:15-6:30PM	4/10-5/29
Yoga	Vinyasa Flow	Friedman	Pavillion Gym	\$44/\$48	R	5-6:45PM	4/12-5/31
Yoga	Yoga at the Beach	Noland	Campus Point Beach	\$44/\$48	Sun	9-10:15am	4/15-6/3

Pilates / Yoga

There is a limited amount of yoga mats available for use. Participants are encouraged to bring their own mat.

Sport

	Levels	Instructor	Location	Fee	Day	Time	Date
Beach Boot Camp	All Levels	Testani	Campus Beach	\$44/\$48	Sat	9-10am	4/14-6/2
Indoor Rowing	All Levels	YoDice	RG 2120/Balcony	\$74/\$79	MW	12:05-12:55pm	4/9-5/30
Olympic Weightlifting	All Levels	Vanderlinde	MAC FC	\$120/\$124	F	7:30-8:30am	4/13-6/1
Tennis	Beg - Inter	Gerstenfeld	RC Courts	\$44/\$48	T	6-7pm	4/10-5/1
Tennis	Beg - Inter	Gerstenfeld	RC Courts	\$44/\$48	T	6-7pm	5/8-5/29
Sailing	All Levels	Grant	Harbor	\$120/\$150/\$180	Sat	12-3pm	4/14-5/5
Sailing	All Levels	Grant	Harbor	\$120/\$150/\$180	Sat	12-3pm	5/12-6/2
Sailing	All Levels	Wapner	Harbor	\$120/\$150/\$180	Sun	12-3pm	4/15-5/6
Sailing	All Levels	Wapner	Harbor	\$120/\$150/\$180	Sun	12-3pm	5/13-6/3
Obstacle Course 101	All Levels	Leachman	Outside PAV	\$80/84	MW	5:10-6:25pm	4/10-6/4

Sailing

Fees= Student / Faculty + Staff / Community

Register online at RECREATION.UCSB.EDU
or at the Customer Service Center!

V18: 4/2/18

