

## 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). Classes do not meet April 21 or May 27. Schedule is subject to change. Learn more and see all current schedules online at [recreation.ucsb.edu](http://recreation.ucsb.edu).

**RC = Recreation Center | RG = Rob Gym | FC = Fitness Center | Fees = Student/Non Student**

### Aquatics \*No class April 21 \*\*No class April 12 or May 27

Class	Instructor	Location	Fee	Day	Time	Date(s)
Log Rolling	Miles-Dutton	RC Pool	FREE	Fri	2:00-4:00pm	April 5 - June 7
Masters Swim	Abrami/Stori	RC Pool	\$100/\$130 / Quarter \$40/\$50 / Month	Mon-Friday Mon/Wed	12:00-1:00pm 5:30-6:30pm	April 1 -June 28
Youth Swim Lessons (Group and Private)	Swim Instructor	RC Pool	\$50-\$100	Sun	1:00-4:00pm	April 7 - May 12*
Water Fitness	Miles-Dutton	RC Pool	\$50/\$54	Mon/Wed/Fri	12:10-12:50pm	April 1 - June 3**

#### Youth Swim Lessons

Fee includes five, 30 minute lessons. See website for details on child age and skill requirements. For Aquatic inquiries, contact [swimlessons@recreation.ucsb.edu](mailto:swimlessons@recreation.ucsb.edu).

### Arts & Crafts \*No class May 27

Class	Level	Instructor	Location	Fee	Day	Time	Date(s)
Pottery	Beginning	Venaas	RC Pottery Studio	\$65/\$85/\$100	Mon	2:00-4:00pm	April 8 - June 3*
Pottery	Beginning	Venaas	RC Pottery Studio	\$65/\$85/\$100	Tue	7:00-9:00pm	April 9 - May 28
Pottery	Beginning	Venaas	RC Pottery Studio	\$65/\$85/\$100	Wed	7:00-9:00pm	April 10 - May 29
Pottery	Beginning	Venaas	RC Pottery Studio	\$65/\$85/\$100	Thu	7:00-9:00pm	April 11 - May 30
Pottery	Beginning	Venaas	RC Pottery Studio	\$65/\$85/\$100	Fri	2:00-4:00pm	April 12 - May 31
Pottery	Advanced	Venaas	West Campus Kiln	\$75/\$145/\$170	Sat	1:00-4:00pm	April 13 - June 1
<b>New!</b> Pottery	Drop In-Adv	Venaas	West Campus Kiln	\$45/\$115/\$135	Fri	1:00-4:00pm	April 12 - May 31
<b>New!</b> Pottery	Drop In-Inter	Venaas	RC Pottery Studio	\$45/\$115/\$135	Sat	10:00am-12:00pm	April 13 - June 1
<b>New!</b> Pottery	Drop In	Venaas	RC Pottery Studio	\$45/\$115/\$135	Mon	7:00-9:00pm	April 8 - June 3*
Pottery	Drop In	Venaas	RC Pottery Studio	\$45/\$115/\$135	Tue	2:00-4:30pm	April 9 - May 28
Pottery	Drop In	Venaas	RC Pottery Studio	\$45/\$115/\$135	Wed	2:00-4:30pm	April 10 - May 29
Pottery	Drop In	Venaas	RC Pottery Studio	\$45/\$115/\$135	Thu	2:00-4:30pm	April 11 - May 30
Weaving	Beginning	Ford	RG 2227	\$140/\$145	Mon	5:30-8:30pm	April 8 - June 3*
Weaving	Beginning	Ford	RG 2227	\$140/\$145	Wed	5:30-8:30pm	April 10 - May 29
Weaving	Lab	Ford	RG 2227	\$40/\$45	Tue	5:30-8:30pm	April 9 - May 28

**Pottery**  
Advanced Pottery classes require 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 has a \$35.00 materials fee. Students must be concurrently enrolled in a Beginning Weaving class to take the Weaving Lab.

# Certification Classes

Class	Location	Fee	Day	Location	Date(s)
Adult CPR/AED with First Aid	RG 2111	\$70/\$74	Sat	9:00am-2:00pm	April 20
Adult CPR/AED with First Aid	RG 2111	\$70/\$74	Sat	9:00am-2:00pm	May 11
Babysitting	RG 2111	\$75/\$79	Sat	9:00am-6:00pm	April 6
Lifeguard Training	RG 2111/Pool Deck	\$195/\$199	Mon Tue/Thu Tue/Thu Sat	6:00pm-7:00pm 5:00pm-9:00pm 5:00pm-9:00pm 9:00am-2:00pm	May 20 May 21 and 23 May 28 and 30 June 1
Lifeguard Review	Pool/RG 2111	\$125/\$129	Fri Sat	4:00pm-8:00pm 9:00am-6pm	April 26 April 27
Water Safety Instructor	RG 2111/Pool	\$195/\$199	Mon/Wed Mon/Wed/Fri Mon/Wed Wed	4:00pm-8:00pm 4:00pm-8:00pm 4:00pm-8:00pm 4:00pm-8:00pm	May 6 and 8 May 13, 15 and 17 May 20 and 22 May 29

### Lifeguard Training

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

### Prep Courses

Prep courses do not include a certification exam.

# Dance \*No class May 27

Class	Level	Instructor	Location	Fee	Day	Time	Date(s)
Bachata	All Levels	Sanchez	RG 2320	\$44/\$48	Tue	6:00-7:00pm	April 9 - May 28
Ballet	Beginning	Replogle-Purinton	RG 1430	\$44/\$48	Tue	7:15-8:25pm	April 9 - May 28
Ballet	Beginning	Replogle-Purinton	RG 1430	\$44/\$48	Fri	6:15-7:25pm	April 12 - May 31
Ballet	Intermediate-Advanced	Replogle-Purinton	RG 1430	\$44/\$48	Tue	8:30-9:45pm	April 9 - May 28
Ballet	Intermediate-Advanced	Replogle-Purinton	RG 1430	\$44/\$48	Fri	7:30-8:45pm	April 12 - May 31
Belly Dance	Intermediate	Cris Basimah	RG 2320	\$44/\$48	Thu	5:45-6:45pm	April 11 - May 30
Brazilian Dance	All Levels	Silva	RG 2120	\$44/\$48	Tue	5:30-6:30pm	April 9 - May 28
Breakdance	Beginning	Yan	RG 1410	\$44/\$48	Thu	8:00-9:00pm	April 11 - May 30
<b>New!</b> Contemporary	All Levels	Schmidhouser	RG 1430	\$44/\$48	Mon	6:00-7:00pm	April 8 - June 3*
Cotillion	All Levels	Cotillion Club	RG 2320	\$22/\$48	Tue/Thu	9:15-10:30pm	April 9 - May 30
<b>New!</b> Hip Hop	Beginning	Ono	RG 2320	\$44/\$48	Thu	7:00-8:00pm	April 11 - May 30
<b>New!</b> Hip Hop	Intermediate-Advanced	Nishikawa	RG 1430	\$44/\$48	Wed	6:00-7:00pm	April 10 - May 29
Hoop Dance	All Levels	Carano	RG 2320	\$44/\$48	Wed	7:15-8:15pm	April 10 - May 29
Jitterbug Swing	Beginning-Intermediate	Carlan	RG 1410	\$44/\$48	Tue	6:00-7:15pm	April 9 - May 28
Salsa Dance	Beginning	Sanchez	RG 2320	\$44/\$48	Tue	7:00-8:00pm	April 9 - May 28
Salsa Dance	Int-Adv	Sanchez	RG 2320	\$44/\$48	Tue	8:00-9:00pm	April 9 - May 28

## Enrichment

Class	Level	Instructor	Location	Fee	Day	Time	Date(s)
American Sign Language	Level 1	Brody	RC 1501	\$44/\$48	Wed	5:30-6:50pm	April 10 - May 29
American Sign Language	Level 2	Brody	RC 1501	\$44/\$48	Wed	7:00-8:20pm	April 10 - May 29
<b>New!</b> Beer 101	Ages 21+	Yaeger	RC 1501	\$90/\$95	Tue	5:30-7:30pm	April 9 - May 28
Guitar	Beginning	Miles	RC 2128	\$44/\$48	Thu	5:00-6:00pm	April 11 - May 30
Guitar	Beginning	Miles	RC 2128	\$44/\$48	Thu	6:00-7:00pm	April 11 - May 30
Guitar	Inter-Adv	Miles	RC 2128	\$44/\$48	Thu	7:00-8:00pm	April 11 - May 30
<b>New!</b> Out and About Series	Ages 18+	Sereboff , Tucknott & Gaucho Guides	RC 1501	\$55/\$60	Fri/Sat	Varies	April 26, May 4, 11 and 18
Persian Percussion	All Levels	Pouian	RG 1410	\$44/\$48	Wed	6:30-7:30pm	April 10 - May 29
Tasting Wine	Ages 21+	Giessinger	RC 1501	\$70/\$74	Thu	5:00-6:45pm	April 11 - May 16
Tasting Wine	Ages 21+	Giessinger	RC 1501	\$70/\$74	Thu	7:00-8:45pm	April 11 - May 16

### Beer 101 and Tasting Wine

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

## Faculty/Staff Wellness & Fitness

Class	Instructor	Location	Fee	Day	Time	Date(s)
Fit For Life	Ortiz	EAP Office - Hollister	\$42	Mon/Wed	12:05-12:55pm	April 1 - June 12
Fit For Life	Gage	Pavilion Gym	\$42	Mon/Wed	12:05-12:55pm	April 1 - June 12
L.I.F.E. Circuit Class	Ortiz	Pavilion Gym/MAC Court	\$42	Tue/Thu	12:05-12:55pm	April 2 - June 13
L.I.F.E. / Fit For Life (All Access Combo)	Ortiz/Gage	Varies	\$56	Mon-Thu	12:05-12:55pm	April 1 - June 13

## Martial Arts & Self Defense \*No class May 27 \*\*No class April 21

Class	Level	Instructor	Location	Fee	Day	Time	Date(s)
Aikido	Beginning	Ota	RG 2120/2320	\$44/\$48	Mon/Fri	8:00-9:00pm	April 8 - June 3*
Aikido	Int-Adv	Ota	RG 2120/2320	\$44/\$48	Mon/Fri	7:00-8:00pm	April 8 - June 3*
Brazilian Jiu-Jitsu	Beginning	Moreno	RG 2120	\$44/\$48	Tue	7:45-8:45pm	April 9 - May 28
Brazilian Jiu-Jitsu	Beginning	Moreno	RG 2120	\$44/\$48	Wed	7:00-8:00pm	April 10 - May 29
Brazilian Jiu-Jitsu	Advanced-Gi only	Moreno	RG 2120	\$44/\$48	Tue	8:45-10:00pm	April 9 - May 28
Brazilian Jiu-Jitsu	Advanced-Gi only	Moreno	RG 2120	\$44/\$48	Wed	8:00-9:00pm	April 10 - May 29
Brazilian Jiu-Jitsu	Competition Team	Moreno	RG 2120	\$44/\$48	Sat	3:00-5:00pm	April 13 - June 1
Capoeira	All Levels	Silva	RG 2120	\$44/\$48	Tue	6:30-7:30pm	April 9 - May 28
Filipino Kali & Eskrima	All Levels	Holm	RG 2120	\$44/\$48	Sun	10:00am-12:00pm	April 14 - June 9**
Kendo	Beginning	Hashimoto	RG 2120	\$44/\$48	Sat	1:30-3:00pm	April 13 - June 1
Tae Kwon Do	All Levels	Gans	RG 2120/2320	\$44/\$48	Wed/Sun	6:00-7:00pm	April 10 - June 9**

## Mind & Body \*No class May 27

Class	Level	Instructor	Location	Fee	Day	Time	Date(s)
Massage	All Levels	Ernst	RG 1410	\$44/\$48	Tue	7:30-9:00pm	April 9 - May 28
Pilates - Chair	Sculpt	Gage	RG 1410	\$80/\$84	Mon	5:10-6:00pm	April 8 - June 3*
Pilates - Chair	Sculpt	Gage	RG 1410	\$80/\$84	Wed	5:10-6:00pm	April 10 - May 29
Pilates - Mat	Core and More	Guthrie	RG 1430	\$50/\$54	Tue	5:10-6:00pm	April 9 - May 28
Pilates - Mat	Core and More	Guthrie	RG 1430	\$50/\$54	Thu	5:10-6:00pm	April 11 - May 30
Yoga	Sunset Flow	Ment	Pavilion Gym	\$44/\$48	Mon	5:15-6:30pm	April 8 - June 3*
Yoga	Hatha Mainstream	Kova	RG 1430	\$44/\$48	Mon	7:15-8:30pm	April 8 - June 3*
Yoga	Refresh + Reset	Noland	RG 1410	\$44/\$48	Tue	12:00-1:15pm	April 9 - May 28
Yoga	Strong + Stretchy	Hassemer	Pavilion Gym	\$44/\$48	Tue	5:15-6:30pm	April 9 - May 28
Yoga	Hatha Mainstream	Kova	RG 1410	\$44/\$48	Wed	12:00-1:30pm	April 10 - May 29
Yoga	Strong Flow	Bluestone	Pavilion Gym	\$44/\$48	Wed	5:15-6:30pm	April 10 - May 29
Yoga	Living Flow	Sampila	RG 1430	\$44/\$48	Wed	7:15-8:30pm	April 10 - May 29
Yoga	Living Flow	Sampila	RG 1410	\$44/\$48	Thu	12:00-1:00pm	April 11 - May 30
Yoga	Refresh + Reset	Noland	Pavilion Gym	\$44/\$48	Thu	5:15-6:30pm	April 11 - May 30
Yoga	Lunch Break Flow	Ment	RG 1410	\$44/\$48	Fri	12:00-1:00pm	April 12 - May 31
Yoga	Vinyasa Flow	Bluestone	RG 1410	\$44/\$48	Sat	11:00-12:00pm	April 13 - June 1

### Pilates / Yoga

There is a limited amount of yoga mats available for checkout so participants are encouraged to bring their own.

## Sport \*No class May 27 \*\*No class April 20

Class	Level	Instructor	Location	Fee	Day	Time	Date(s)
Indoor Rowing	All Levels	Gorman	RG 2120	\$74/\$79	Mon/Wed	12:30-1:30pm	April 8 - June 3*
Olympic Weight Lifting	All Levels	Yang	MAC	\$120/\$124	Tue	8:00am-9:00am	April 2 - June 11
Olympic Weight Lifting	All Levels	Yang	MAC	\$120/\$124	Thu	8:00am-9:00am	April 4 - June 13
Sailing - Session 1	Beginning	Walker	SB Harbor	\$120/\$150/\$180	Sat	12:00-3:00pm	April 13 - May 11**
Sailing - Session 2	Beginning	Walker	SB Harbor	\$120/\$150/\$180	Sat	12:00-3:00pm	May 18 - June 8
Tennis - Session 1	Beg-Int	Gerstenfeld	RC Courts	\$44/\$48	Tue	6:00-7:00pm	April 9 - April 30
Tennis - Session 2	Beg-Int	Gerstenfeld	RC Courts	\$44/\$48	Tue	6:00-7:00pm	May 7 - May 28

### Sailing

Fees= Student / Faculty + Staff / Community

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