

# Mind & Body

	Instructor	Location	Fee	Day	Time	Dates
Massage	Ernst	RG 1410	\$44/\$48	T	7:30-9pm	1/16-3/6
Pilates	Gage	RG 1410	\$80/\$84	M	5:10-6pm	1/22-3/19
Pilates	Gage	RG 1410	\$80/\$84	W	5:10-6pm	1/17-3/7
Pilates	Guthrie	RG 1430	\$50/\$54	T	5:10-6pm	1/16-3/6
Pilates	Guthrie	RG 1430	\$50/\$54	R	5:10-6pm	1/18-3/8
Pilates	Guthrie	RG 1410	\$50/\$54	T	12:10-1pm	1/16-3/6
Yoga	Ment	RG 1410	\$44/\$48	M	12-1pm	1/22-3/19
Yoga	Ment	Pavillion Gym	\$44/\$48	M	5:15-6:30pm	1/22-3/19
Yoga	Ment	RG 1410	\$44/\$48	F	12-1pm	1/19-3/9
Yoga	Ment	RG 1430	\$44/\$48	F	3-4:15pm	1/19-3/9
Yoga	Ment	RG 1430	\$44/\$48	R	7:20-8:15pm	1/18-3/8
Yoga	Kova	RG 1430	\$44/\$48	M	7:15-8:30pm	1/22-3/19
Yoga	Kova	RG 1410	\$44/\$48	W	12-1:30pm	1/17-3/7
Yoga	DeLeon	Pavillion Gym	\$44/\$48	W	5-6:15pm	1/17-3/7
Yoga	DeLeon	RG 1430	\$44/\$48	Sun	4:30-5:45pm	1/21-3/17
Yoga	Hassemer	Pavillion Gym	\$44/\$48	T	5:15-6:30pm	1/16-3/6

### Pilates / Yoga

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

# Sport

	Level	Instructor	Location	Fee	Day	Time	Date
Indoor Rowing	All Levels	Yodice	RG 2120/Balcony	\$74/\$79	MW	12:05-12:55pm	1/22-3/19
Olympic Weightlifting	All Levels	Vanderlinde	FC 2	\$120/\$124	W	7:30-8:30am	1/19-3/9
Olympic Weightlifting	Advanced	Vanderlinde	FC 2	\$120/\$124	W	8:30-9:30am	1/19-3/9
Tennis	Beg - Inter	Gerstenfeld	RC Courts	\$44/\$48	T	TBA	1/16-3/6
Tennis	Beg - Inter	Gerstenfeld	RC Courts	\$44/\$48	T	6-7pm	1/16-3/6
Sailing	All Levels	Grant	Harbor	\$120/\$150/\$180	Sat	12pm-3pm	1/20-2/10
Sailing	All Levels	Wapner	Harbor	\$120/\$150/\$180	Sun	12pm-3pm	1/21-2/11
Sailing	All Levels	Grant	Harbor	\$120/\$150/\$180	Sat	12pm-3pm	2/24-3/17
Sailing	All Levels	Wapner	Harbor	\$120/\$150/\$180	Sun	12pm-3pm	2/25-3/18

### Sailing

Fees = Student / Faculty + Staff / Community

## FOLLOW US

Stay updated about class schedule changes and learn more about the programs and events we offer!



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# Gaucho REC

Winter 2018

805.893.3738

findyourfit@recreation.ucsb.edu

## 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	1/19-3/9
Youth Swim Lessons (Group)	Certified WSI	RC Pool	\$50 (Five lessons)	Sun	1-4pm	1/21-2/25
Youth Swim Lessons (Private)	Certified WSI	RC Pool	\$100 (Five lessons)	Sun	1-4pm	1/21-2/25
Adult Swim Lessons (Private)	Certified WSI	RC Pool	\$20 / Lesson	By Appt	By Appt	By Appt
Masters Swim	Abrami/Stori	RC Pool / Campus Pool	\$130/\$100 Quarter \$40/\$50 Month	M-F M-W	12-1pm 5:30-6:30pm	1/3-3/28
Water Fitness	Miles-Dutton	RC Pool	\$50/\$54	MWF	12:10-12:50pm	1/8-3/9

### Youth Swim Lessons

Fee includes five, 30 minute lessons.

### Arts & Crafts

	Level	Instructor	Location	Fee	Day	Time	Date
Pottery	Beg	Venaas	RC 1514	\$65/\$85/\$100	M	2-4pm	1/22-3/19
Pottery	Beg	Venaas	RC 1514	\$65/\$85/\$100	T	7-9pm	1/16-3/6
Pottery	Beg	Venaas	RC 1514	\$65/\$85/\$100	W	7-9pm	1/17-3/7
Pottery	Beg	Venaas	RC 1514	\$65/\$85/\$100	R	7-9pm	1/18-3/8
Pottery	Beg	Venaas	RC 1514	\$65/\$85/\$100	F	2-4pm	1/19-3/9
Pottery	Adv	Venaas	West Campus Kiln	\$75/\$145/\$170	Sat	1-4pm	1/20-3/17
Pottery	Drop-In	Venaas	RC 1514	\$45/\$115/\$135	T	2-4:30pm	1/16-3/6
Pottery	Drop-In	Venaas	RC 1514	\$45/\$115/\$135	W	2-4:30pm	1/17-3/7
Pottery	Drop-In	Venaas	RC 1514	\$45/\$115/\$135	R	2-4:30pm	1/18-3/8
Weaving	Beg	Ford	RG 2227	\$140/\$145	M	5:30-8:30pm	1/22-3/19
Weaving	Beg	Ford	RG 2227	\$140/\$145	W	5:30-8:30pm	1/17-3/7
Weaving	Lab	Ford	RG 2227	\$40/\$45	T	5:30-8:30pm	1/16-3/6

### 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
ACE Health Coach Cert Prep Course	Lear/Jamieson	RC 2103/RC 1502	\$100/\$195	MW	11-11:50pm	1/22-3/19
NASM Personal Training Cert Prep Course	Jamieson	RC 2103/RG 1430	\$100/\$195	M	12-1:50pm	1/22-3/19
Lifeguard Training	Yorkey	RC 1501 + pools	\$195/\$199	M-R	9am-5pm	3/26-3/29

### Prep Courses

Prep courses do not include a certification exam.

### Certification Classes

Participants must attend all class dates and pass tests to certify. Lifeguard Training includes CPR and First Aid.

## Dance

	Level	Instructor	Location	Fee	Day	Time	Date
Bachata	All Levels	Sanchez	RG 2320	\$44/\$48	R	5-6pm	1/18-3/8
Ballet	Beg	Replogle-Purinton	RG 1430	\$44/\$48	T	7:15-8:25pm	1/16-3/6
Ballet	Inter	Replogle-Purinton	RG 1430	\$44/\$48	T	8:30-9:45pm	1/16-3/6
Belly Dance	Beg	Cris Basimah	RG 2320	\$44/\$48	M	6-7pm	1/22-3/19
Brazilian Dance	All Levels	Silva	RG 2320	\$44/\$48	T	5:30-6:30pm	1/16-3/6
Breakdance	All Levels	Yan	RG 1410	\$44/\$48	R	8-9pm	1/18-3/8
Hip Hop Dance	Mixed Levels	Matlock	RG 2120	\$44/\$48	W	7-8pm	1/17-3/7
Contemporary Dance	All Levels	Seese	RG 2320	\$44/\$48	T	5-6pm	1/16-3/6
Cotillion	All Levels	Cotillion Club	RG 2320	\$22/\$48	TR	9-10:30pm	1/16-3/8
Hip Hop Dance	Beg	Nyeche	RG1430	\$44/\$48	T	6:05-7:05pm	1/16-3/6
Hip Hop Dance	Inter	Nyeche	RG1430	\$44/\$48	R	6:05-7:05pm	1/18-3/8
Hoop Dance	Mixed Level	Carano	RG 2320	\$44/\$48	W	7:15-8:15pm	1/17-3/7
Jitterbug Swing	Beg - Inter	Carlan	RG 2320	\$44/\$48	T	6:15-7:30pm	1/16-3/6
Salsa Dance	Beg	Sanchez	RG 2320	\$44/\$48	R	7:35-8:50pm	1/18-3/8
Salsa Dance	Inter - Adv	Sanchez	RG 2320	\$44/\$48	R	6:10-7:25pm	1/18-3/8

## Faculty & Staff Classes

	Instructor	Location	Fee	Day	Time	Dates
Fit4Life	Ortiz	UC EAP Office	\$42	MW	12:05-12:55pm	1/8-3/19
Fit4Life	Gage	MAC	\$42	MW	12:05-12:55pm	1/8-3/19
L.I.F.E. Circuit Class	Ortiz	Pavilion Gym / MAC Court	\$42	TR	12:05-12:55pm	1/9-3/19
L.I.F.E. & Fit4Life (All Access Combo)	Ortiz/Gage	Varies	\$56	MTWR	12:05-12:55pm	1/9-3/19

## General Interest

	Level	Instructor	Location	Fee	Day	Time	Date
Acoustic Guitar	Beg	Miles	RC 2128	\$44/\$48	R	5-6pm	1/18-3/8
Acoustic Guitar	Beg	Miles	RC 2128	\$44/\$48	R	6-7pm	1/18-3/8
Acoustic Guitar	Inter	Miles	RC 2128	\$44/\$48	R	7-8pm	1/18-3/8
American Sign Language	Level 1	Brody	RC 1501	\$44/\$48	W	5:30-6:50pm	1/17-3/7
American Sign Language	Level 2	Brody	RC 1501	\$44/\$48	W	7-8:20pm	1/17-3/7
Foundation Training	All Levels	Hackney	RG 1410	\$44/\$48	W	4-5pm	1/17-3/7
Wine Tasting	All Levels	Giessinger	RC 1501	\$70/\$74	R	5-7pm	1/18-2/23

### Wine Tasting

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

## Group Cycling

	Instructor	Location	Fee	Day	Time	Date
All Levels	Faith Loop	RG 1125	\$80/\$84	TR	7-7:50am	1/16-3/8
All Levels	Ryan Gage	RG 1125	\$80/\$84	TR	5:15-6:05pm	1/16-3/8
All Levels	Michelle Leachman	RG 1125	\$44/\$48	W	5:15-6:05pm	1/17-3/7
All Levels	Katelyn Reeves	RG 1125	\$80/\$84	MW	7-7:50pm	1/22-3/19
All Levels	Rotating	RG 1125	\$44/48	Sat	9-9:50am	1/20-3/17
All Levels	TBA	RG 1125	\$80/\$84	MF	12-12:50pm	1/22-3/19

## Martial Arts & Self Defense

	Level	Instructor	Location	Fee	Day	Time	Date
Aikido	Beg	Ota	RG 2120/2320	\$44/\$48	MF	8-9pm	1/22-3/19
Aikido	Inter - Adv	Ota	RG 2120/2320	\$44/\$48	MF	7-8pm	1/22-3/19
Brazilian Jiu-Jitsu	All Levels	Moreno	RG 2120	\$44/\$48	T	7:45-8:45pm	1/16-3/6
Brazilian Jiu-Jitsu	All Levels	Moreno	RG 2120	\$44/\$48	Sat	3-5pm	1/20-3/17
Capoeira	All Levels	Silva	RG 2120	\$44/\$48	T	6:30-7:30pm	1/16-3/6
Filipino Kali & Eskrima	All Levels	Holm	RG 2120	\$44/\$48	Sun	10am-12pm	1/21-3/18
Kendo	Beg	Hashimoto	RG 2320	\$44/\$48	Sat	1:30-3pm	1/20-3/17
Kickboxing Muay Thai	Beg - Inter	Patelzick	Events Center	\$44/\$48	M	7-9pm	1/22-3/19
Kickboxing Muay Thai	Adv	Patelzick	Events Center	\$44/\$48	W	7-9pm	1/17-3/7
Tae Kwon Do	All Levels	Gans	RG 2320/2120	\$44/\$48	W Sun	6-7pm	1/17-3/18