

Recreation & 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). No classes on November 11, 28 and 29. Schedule is subject to change. Learn more and see all current schedules online at recreation.sb.edu.

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

Aquatics

*No class November 11, 25, 27 and 29

Class	Instructor	Location	Fee	Day	Time	Dates
Masters Swim	Abrami/Stori	RC Pool	\$100/\$130 Quarter \$40/\$50 /Month	Mon-Fri	Noon - 1pm	Sept 30 - Dec 20*
Youth Swim Lessons (Group and Private)	Swim Instructor	RC Pool	\$50 Group/ \$100 Private	Sun	10 am - 1 pm (Lessons 30 mins)	Oct 6, 13, 20, 27 and Nov 3
Water Fitness (All Levels)	Miles-Dutton	RC Pool	\$50/\$54	Mon/Wed/Fri	12:10 - 12:50pm	Oct 2 - Dec 6*

Youth Swim Lessons: See website for specific session dates, age restrictions and skill levels. Lessons run for two week blocks, 25 minutes each day. For Aquatic inquiries, contact swimlessons@recreation.ucsb.edu.

Arts & Crafts

*No class November 11

Class	Level	Instructor	Location	Fee	Day	Time	Dates
Pottery	Beginning	Venaas	RC Pottery Studio	\$65/\$85/\$100	Mon	2 - 4pm	Oct 7 - Dec 2*
Pottery	Beginning	Schmidt	RC Pottery Studio	\$65/\$85/\$100	Tue	7 - 9pm	Oct 8 - Nov 26
Pottery	Beginning	Venaas	RC Pottery Studio	\$65/\$85/\$100	Wed	7 - 9pm	Oct 2 - Nov 20
Pottery	Beginning	Venaas	RC Pottery Studio	\$65/\$85/\$100	Thu	7 - 9pm	Oct 3 - Nov 21
Pottery	Beginning	Schmidt	RC Pottery Studio	\$65/\$85/\$100	Fri	1 - 3pm	Oct 4 - Nov 22
Pottery	Advanced	Venaas	West Campus Kiln	\$75/\$145/\$170	Sat	1 - 4pm	Oct 5 - Nov 23
Pottery	Drop In-Adv	Venaas	West Campus Kiln	\$45/\$115/\$135	Fri	1 - 4pm	Oct 4 - Nov 22
Pottery	Drop In-Inter	Venaas	RC Pottery Studio	\$45/\$115/\$135	Sat	10 am - Noon	Oct 5 - Nov 23
Pottery	Drop In	Schmidt	RC Pottery Studio	\$45/\$115/\$135	Mon	7 - 9pm	Oct 7 - Dec 2*
Pottery	Drop In	Venaas	RC Pottery Studio	\$45/\$115/\$135	Tue	2 - 4:30pm	Oct 8 - Nov 26
Pottery	Drop In	Schmidt	RC Pottery Studio	\$45/\$115/\$135	Wed	2 - 4:30pm	Oct 2 - Nov 20
Pottery	Drop In	Venaas	RC Pottery Studio	\$45/\$115/\$135	Thu	2 - 4:30pm	Oct 3 - Nov 21
Weaving	Beginning	Ford	RG 2227	\$140/\$145	Mon/Wed	5:30 - 8:30pm	Oct 7 - Dec 2*
Weaving	Weaving Lab	Ford	RG 2227	\$40/\$45	Tue	5:30 - 8:30pm	Oct 8 - Nov 26

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 (note this is NOT per class). Fees = Student / Faculty + Staff / Community

Certification Classes

Class	Location	Fee	Day	Time	Date(s)
Adult CPR/AED with First Aid	RG 2111 (Classroom Only)	\$74/79	Sat	9am - 3pm	Oct 5
Adult CPR/AED with First Aid	RG 2111 (Classroom/Online)	\$74/79	Thu	6 - 8pm	Oct 10
Adult CPR/AED with First Aid	RG 2111 (Classroom Only)	\$74/79	Sun	9am - 3pm	Nov 3
Adult CPR/AED with First Aid	RG 2111 (Classroom/Online)	\$74/79	Wed	6 - 8pm	Nov 13
Adult CPR/AED with First Aid	RG 2111 (Classroom Only)	\$74/79	Sat	9am - 3pm	Nov 23
Babysitting	RG 2111	\$74/79	Sat	9am - 6pm	Oct 12
Pediatric CPR/AED/FA	RG 2111	\$74/79	Sun	9am - 4pm	Oct 13
Babysitting & Pediatric CPR/AED/FA	RG 2111	\$130	Sat/Sun	9am -6pm/9am - 4pm	Oct 12 & 13
Lifeguard Training	RG 2111 & Pool	\$194/199	Mon	6 - 7pm	Oct 21
Lifeguard Training	RG 2111 & Pool		Tue/Thu	5 - 9pm	Oct 22, 24, 29, 31
Lifeguard Training	RG 2111 & Pool		Sat	9am - 4pm	Nov 2
Lifeguard Recertification	RG 2111 & Pool	\$124/129	Fri	4 - 8pm	Nov 15
Lifeguard Recertification	RG 2111 & Pool		Sat	9am - 6pm	Nov 16

Classroom/Online: These course require online preparation work to be completed before attending the course. You will receive an email with your instructions once you sign up. If you do not complete the online preparation work, you will not be able to take the course and become certified that day.

Classroom Only: All class work and skill are done in the classroom, and no online preparation is required

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

Dance *No class November 11

Class	Level	Instructor	Location	Fee	Day	Time	Dates
Bachata	All Levels	Sanchez	RG 2320	\$44/\$48	Tue	6 - 7pm	Oct 8 - Nov 26
Ballet	Beginning	Replogle-Purinton	RG 1430	\$44/\$48	Tue	7:15 - 8:25pm	Oct 8 - Nov 26
Ballet	Beginning	Replogle-Purinton	RG 1430	\$44/\$48	Fri	6:15 - 7:25pm	Oct 4 - Nov 22
Ballet	Inter/Advanced	Replogle-Purinton	RG 1430	\$44/\$48	Tue	8:30- 9:45pm	Oct 8 - Nov 26
Ballet	Inter/Advanced	Replogle-Purinton	RG 1430	\$44/\$48	Fri	7:30 - 8:45pm	Oct 4 - Nov 22
New! Ballroom, Latin & Nightclub Dancing	All Levels	Gin	RG 2320	\$44/\$48	Tue/Thu	9:15 - 10:15pm	Oct 3 - Nov 26
Belly Dance	Beginning	Basimah	RG 2320	\$44/\$48	Thu	5:45 - 6:45pm	Oct 3 - Nov 21
Brazilian Dance	All Levels	Silva	RG 2120	\$44/\$48	Tue	5:15 - 6:15pm	Oct 8 - Nov 26
Contemporary	All Levels	Schmidhauser	RG 1430	\$44/\$48	Mon	6:15 - 7:15pm	Oct 7 - Dec 2*
Hip Hop Dance	Beginning	Nishikawa	RG 2320	\$44/\$48	Mon	6 - 7pm	Oct 7 - Dec 2*
Hip Hop Dance	Intermediate	Nishikawa	RG 1430	\$44/\$48	Wed	6 - 7pm	Oct 2 - Nov 20
Hoop Dance	All Levels	Carano	RG 2320	\$44/\$48	Wed	7:15 - 8:15pm	Oct 2 - Nov 20
Jitterbug Swing Dance	Beginning/Inter	Carlan	RG 1410	\$44/\$48	Tue	6 - 7:15pm	Oct 8 - Nov 26
Salsa	Beginning	Sanchez	RG 2320	\$44/\$48	Tue	7 - 8pm	Oct 8 - Nov 26
Salsa	Inter/Advance	Sanchez	RG 2320	\$44/\$48	Tue	8 - 9pm	Oct 8 - Nov 26

Enrichment *No class November 11

Class	Level	Instructor	Location	Fee	Day	Time	Dates
American Sign Language 1	Beginning	Brody	RC 1501	\$44/\$48	Wed	5:30 - 7pm	Oct 2 - Nov 20
New! Afro-Brazilian Drumming	All Levels	Lima	RG 1410	\$44/\$48	Wed	6:15 - 7:45pm	Oct 2 - Nov 20
Beer Class	Ages 21+	Yaeger	RC 1501	\$90/\$95	Tue	5:30 - 7:30pm	Oct 8 - Nov 26
New! DIY: Herbal Self-Care Products	All Levels	Sanders	RC 1501/ Patio	\$90/\$95	Mon	5:15 - 6:15pm	Oct 7 - Dec 2*
Guitar	Beginning	Miles	RC 2128	\$44/\$48	Thu	5 - 6pm	Oct 3 - Nov 21
Guitar	Beginning	Miles	RC 2128	\$44/\$48	Thu	6 - 7pm	Oct 3 - Nov 21
Guitar	Inter/Advanced	Miles	RC 2128	\$44/\$48	Thu	7 - 8pm	Oct 3 - Nov 21

Beer Class: Online registration not available, participants must register in person at the Customer Service Center and show ID to verify age of 21 or older.

DIY: Class price includes all materials and supplies.

Faculty/Staff Wellness & Fitness *No class November 11

Class	Instructor	Location	Fee	Day	Time	Dates
Fit For Life	Ortiz	EAP Office - Hollister	\$48	Mon/Wed	Noon - 12:55pm	Sept 25 - Nov 27*
Fit For Life	Gage	Pavilion Gym	\$48	Mon/Wed	12:05 - 12:55pm	Sept 25 - Nov 27*
L.I.F.E. Circuit Class	Ortiz	Pavilion Gym/MAC FC	\$48	Tue/Thu	Noon - 12:55pm	Sept 24 - Nov 26
L.I.F.E. / Fit For Life (All Access Combo)	Ortiz/Gage	Varies	\$56	Mon-Thu	12:05 - 12:55pm	Sept 25 - Nov 27*

Classes: UCSB Staff and Faculty only.

Martial Arts & Self Defense *No class November 11

Class	Level	Instructor	Location	Fee	Day	Time	Dates
Aikido	Beginning	Ota	RG 2120/2320	\$44/\$48	Mon/Fri	8 - 9 pm	Oct 7 - Dec 2*
Aikido	Intermediate	Ota	RG 2120/2320	\$44/\$48	Mon/Fri	7 - 8pm	Oct 7 - Dec 2*
Brazilian Jiu-Jitsu	Beginning	Moreno	RG 2120	\$44/\$48	Tue	7:45 - 8:45pm	Oct 8 - Nov 26
Brazilian Jiu-Jitsu	Beginning-Gi/NoGi	Moreno	RG 2120	\$44/\$48	Wed	7 - 8pm	Oct 2 - Nov 20
Brazilian Jiu-Jitsu	Advanced-Gi only	Moreno	RG 2120	\$44/\$48	Tue	8:45 - 10pm	Oct 8 - Nov 26
Brazilian Jiu-Jitsu	Advanced-Gi/NoGi	Moreno	RG 2120	\$44/\$48	Wed	8 - 9pm	Oct 2 - Nov 20
Capoeira	All Levels	Silva	RG 2120	\$44/\$48	Tue	6:15 - 7:15pm	Oct 8 - Nov 26
Filipino Kali/Eskrima	All Levels	Holm	RG 2120	\$44/\$48	Sun	10am - Noon	Oct 6 - Nov 24
Kendo	Beginning	Hashimoto	RG 2320	\$44/\$48	Sat	1:30 - 3pm	Oct 5 - Nov 23
Kickboxing	Beginning	Clark	RG 2320	\$44/\$48	Mon	7:15 - 9:15pm	Oct 7 - Dec 2*
Kickboxing	Inter/Advanced	Clark	RG 2320	\$44/\$48	Thu	7 - 9pm	Oct 3 - Nov 21
Kickboxing	All Levels	Clark	RG 2320	\$44/\$48	Sun	5 - 7pm	Oct 6 - Nov 24
Tae Kwon Do	All Levels	Gans	RG 2320/2120	\$44/\$48	Wed/Sun	6 - 7pm	Oct 2 - Nov 24

Mind & Body *No class November 11

Class	Level	Instructor	Location	Fee	Day	Time	Dates
Massage Class	All Levels	Ernst	RG 1410	\$44/\$48	Tue	7:30 - 9pm	Oct 8 - Nov 26
Pilates - Chair	All Levels	Gage	RG 1410	\$60/\$64	Mon	5:10 - 6pm	Oct 7 - Dec 2*
Pilates - Chair	All Levels	Gage	RG 1410	\$60/\$64	Wed	5:10 - 6pm	Oct 2 - Nov 20
Pilates - Mat	All Levels	Guthrie	RG 1430	\$50/\$54	Tue	5:10 - 6pm	Oct 8 - Nov 26
Pilates - Mat	All Levels	Guthrie	RG 1430	\$50/\$54	Thu	5:10 - 6pm	Oct 3 - Nov 21
Yoga - Living Flow	All Levels	Sampila	RG 1430	\$44/\$48	Mon	7:30 - 8:30pm	Oct 7 - Dec 2*
Yoga - Living Flow	All Levels	Sampila	RG 1410	\$44/\$48	Thu	Noon - 1pm	Oct 3 - Nov 21
Yoga - Sunset Bliss Flow	All Levels	Ment	Pavillion Gym	\$44/\$48	Tue	5:15 - 6:30pm	Oct 8 - Dec 3 (No class Oct 29)
Yoga - Hatha Mainstream	All Levels	Kova	RG 1410	\$44/\$48	Wed	Noon - 1:30 pm	Oct 9 - Nov 27
Yoga - Strong Flow	All Levels	Bluestone	Pavillion Gym	\$44/\$48	Wed	5:15 - 6:30pm	Oct 2 - Nov 20
Refresh & Reset Yoga	All Levels	Noland	RG 1410	\$44/\$48	Thu	5 - 6pm	Oct 3 - Nov 21
New! Yoga Beats	All Levels	Noland	RG 1430	\$44/\$48	Mon	5:10 - 6pm	Oct 7 - Dec 2*

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

Sports *No class November 11 and 28

Class	Level	Instructor	Location	Fee	Day	Time	Dates
Functional Training 101	Beginning	Hansten	Pavillion Turf/ MAC Court	\$44/\$48	Tue/Thu	6 - 7pm	Oct 8 - Dec 5*
Olympic Weight Lifting	Begin/Inter	Yang	MAC FC 2	\$120/\$124	Tue	8 - 9am	Oct 8 - Nov 26
Sailing	Beginning	Walker	UCSB dock at Santa Barbara Harbor	\$120/\$150/\$180	Sat	10am - 1pm	Oct 5 - Oct 26
Sailing	Beginning	Walker	UCSB dock at Santa Barbara Harbor	\$120/\$150/\$180	Sat	10am - 1pm	Nov 2 - Nov 23
Tennis	Begin/Inter	Gerstenfeld	RC Courts	\$44/\$48	Tue	6 - 7pm	Oct 8 - Oct 29
Tennis	Begin/Inter	Gerstenfeld	RC Courts	\$44/\$48	Tue	6 - 7pm	Nov 5 - Nov 26

Sailing
Fees= Student / Faculty + Staff / Community

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

@ucsb_recreation



V1: 8/12/19