

Special EVENTS

Winter 2019

Yoga Nights

7:30-9:30pm | Pavilion Gym

JAN
11

De-stress, recharge and get zenned with instructor Jazmin Ment. Yoga Nights is a free yoga class that features interactive socials, free snacks and prize giveaways. No experience is necessary. Bring your student ID and a yoga mat if you have one. The first 100 students will receive a free sweat towel!

In collaboration with UCSB Life of the Party.

Mindful Monday

5-6:30pm | Loma Pelona

JAN
14

Enjoy a restorative evening of yoga, meditation and sound therapy with instructors Anahita Holden and Emily Benaron. Leave feeling grounded, aligned and balanced. Bring your student ID and a yoga mat if you have one. Limited mats are available.

In collaboration with UCSB Health & Wellness and UCSB Residence Hall Association.

IV First Friday

8-11pm | People's Park, Isla Vista

FEB
1

Recreation is taking over Isla Vista First Friday! Enjoy free food, giveaways and fitness classes! Reach new heights by climbing Adventure Programs' Mobile Climbing Tower, check out Inflatable Archery, watch an Aerial Silk demo, test your balance on the slack lines and more!

Dodgeball Tournament

6:30pm-12am | Rob Gym

FEB
22

Join us for a night of intense rivalry, athleticism, and costumes at the 7th Annual Dodgeball Tournament. Create a 6-player team to battle it out on the court. Don't forget to plan a team costume for a chance to win the costume contest! This event is open to students, staff/faculty and community members to participate or take part in the costume contest, photobooth, or prize giveaways. Each team is guaranteed 2 games in the tournament and the winning team will receive a grand prize! Register online or in the Recreation Customer Service Center starting January 23.

In collaboration with UCSB Life of the Party.

March Madness

11am-3pm | Rob Gym

MAR
9

Join us for the Department of Recreation's 2nd Annual 3v3 Basketball Tournament. No need to be a pro! All skill levels are welcome to participate in the tournament and free activities such as half court shots, skills competitions, knockout and more! You also won't want to miss out on the free food, giveaways and photobooth. Keep a look out for the registration opening because spots will go quickly!

Visit us online at recreation.ucsb.edu or in person at the Recreation Customer Service Center to learn more about events and to register for the Dodgeball Tournament and March Madness.

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Department of Recreation