In this issue

Introducing the new Active Living Portal — pg. 1
New! Reserve your Group Fitness spot online — pg. 9
Spend your summer with Vikes Camps! — pg. 18
Introducing the new Active Living Portal

Active living at your finger tips.

Vikes Athletics and Recreation is excited to introduce a new online registration and profile management experience. Manage your account, register for programs, reserve a squash court or group fitness spot and much more, all from your computer or mobile device.

vikesrec.ca/register

Get started today by completing an easy, one-time account set-up.

Current UVic Students, Staff & Faculty
Your account is automatically connected to your UVic NetLink ID

To access your account
1. Visit vikesrec.ca/register
2. “Log in” with your NetLink ID
3. Sign your Athletics & Recreation Waiver

Community Members
Conveniently set you and your family up with a new account

To create your account
1. Visit vikesrec.ca/register
2. “Sign up” and complete the registration form
3. Sign your Athletics & Recreation Waiver

Need help? Contact CARSA Membership Services at 250.472.4000 or vikesrec@uvic.ca.
Welcome

MEMBERSHIP
BUY OR RENEW NOW AT MEMBERSHIP SERVICES

PROGRAMS & LEAGUES
REGISTER ONLINE AT VIKESREC.CA/REGISTER OR IN PERSON APRIL 9 AT 7:00AM

CONTENTS
02 MEMBERSHIP
03 DROP-IN & POLICIES
04 FACILITIES & RENTALS
06 FITNESS PROGRAMS
07 PERSONAL TRAINING
08 MIND BODY PROGRAMS
09 GROUP FITNESS
11 CLIMBING CENTRE
12 REC PROGRAMS
15 VIKES OUTDOOR
16 DROP-IN REC
17 VIKES INTRAMURALS
18 VIKES SUMMER CAMPS

BUILDING HOURS
APRIL 30-AUGUST 31, 2018

CARSA - CENTRE FOR ATHLETICS, RECREATION & SPECIAL ABILITIES
Customer Service: 250-472-4000
Equipment Desk: 250-472-4044
Monday–Friday ........................................ 6:30am-10:00pm
Saturdays & Sundays ................................ 7:00am-9:00pm
* Holidays* ........................................ 10:00am-6:00pm

MCKINNON BUILDING
Equipment Desk: 250-721-8484
Monday–Thursday ................................. 6:30am-10:00pm
Fridays .................................................. 6:30am-9:00pm
Saturdays ............................................... 9:00am-6:00pm
Sundays (May & June) .......................... 9:00am-6:00pm
Sundays (July & August) ....................... Closed
* Holidays: May 21, July 1, 2, Aug 6

IAN STEWART ICE RINK (ISC)
Customer Service: 250-472-5604
Building Hours: As determined by schedule.
See vikesrec.ca/dropin for public times.

CONTACT
VIKES ATHLETICS & RECREATION
Office Hours: Mon-Fri 8:30am-4:30pm
Varsity Athletics Info: 250-721-8409
Recreation info: 250-472-4000
Facility Rental: 250-472-4652

SPORTS THERAPY CLINIC
Clinic Hours: 7:30 am-2:30pm
Appointments: 250-472-4057 | physio@uvic.ca

@VIKESREC | VIKESREC.CA
@UVICVIKES | GOVIKESGO.COM
Photography: APShutter.com
### BASE BENEFITS
For all UVic students whose Athletics & Recreation Fees were included in tuition fee payments and regular continuing *staff & faculty. All purchased CARSA memberships will also receive these benefits:

+ CARSA Squash Courts
+ Informal drop-in times and programs
+ Member-only rates on registered programs and leagues
+ Regular season home varsity games (subject to availability)
+ McKinnon Pool and Fitness Weight Centre
+ Ian Stewart Complex Informal skate drop-in and shinny
+ Equipment rentals through Vikes Outdoor
+ Wide variety of recreational or sport clubs

*Eligibility may vary

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### MEMBERSHIP LEVELS
With or without base membership, you can enjoy the full benefits of athletics and recreation facilities on campus by selecting one of the below membership options that suit your active living goals:

#### VIKES FIT OR CLIMB
+ CARSA Fitness Weight Centre* or Peninsula Co-op Climbing Centre
+ Selection of included group fitness

#### VIKES FIT PLUS
+ CARSA Fitness Weight Centre*
+ All group fitness

#### VIKES ALL IN FIT AND CLIMB
+ CARSA Fitness Weight Centre*
+ Peninsula Co-op Climbing Centre
+ All group fitness

* Access to varsity weight room (11:30am-1:30pm, 4-8pm)
Note: Base benefits automatically included with above purchased CARSA Memberships

### STUDENTS

<table>
<thead>
<tr>
<th></th>
<th>VIKES FIT OR CLIMB</th>
<th>VIKES FIT PLUS</th>
<th>VIKES ALL-IN FIT &amp; CLIMB</th>
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<tr>
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<td>(assessed)*</td>
<td>$108</td>
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*ASSESSED: Athletics and Recreation fee paid with tuition, base membership in effect  
** NON-ASSESSED: Athletics and Recreation fee not paid with tuition

### STAFF & FACULTY

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<th></th>
<th>VIKES FIT OR CLIMB</th>
<th>VIKES FIT PLUS</th>
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<td>UVIC RETIRES</td>
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### COMMUNITY

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<th>VIKES FIT OR CLIMB</th>
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<tbody>
<tr>
<td></td>
<td>ADULT</td>
<td>YOUTH* (14-18)</td>
<td>CHILD** (6-13)</td>
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* Youth must take the FWC Orientation to access membership.  
** Fitness Weight Centre not included

### ALUMNI

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<th></th>
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<tr>
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<td>VIKES FOR LIFE ALUMNI</td>
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<td>ASSOCIATION MEMBER</td>
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*Eligibility may vary

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**Please note:** Memberships cannot be purchased on a monthly basis. The full fee is due upon purchase. All Prices Include GST.
**DROP-IN PASSES**

<table>
<thead>
<tr>
<th>CARSA Passes</th>
<th>Cost</th>
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<tr>
<td>Multi-visit Pass</td>
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<tr>
<td>Adult</td>
<td>$135</td>
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<td>Youth (14-18)</td>
<td>$90</td>
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<tr>
<td>Child (6-13)</td>
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</table>

| One Month Pass     |       |
| Including Fitness Weight Centre | $92   |
| Including Climbing Centre         | $92   |

| Day Pass: Member   |       |
| Fitness Weight Centre | $10  |
| Climbing Centre     | $10   |
| Group Fitness       | $10   |

| Guest Passes: Non-Member |       |
| Fitness Weight Centre/Drop-in Rec | $15  |
| Climbing Centre         | $15   |
| Group Fitness           | $15   |
| Family (2 adults/2 children) | $30  |
| Youth (14-18)           | $10   |
| Child (6-13)            | $7    |
| Child (5 and under)     | Free  |
| Leisure Assistant Pass  | Free  |

<table>
<thead>
<tr>
<th>McKinnon &amp; ISC Passes</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Multi-visit Pass</td>
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</tr>
<tr>
<td>Adult</td>
<td>$65</td>
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<tr>
<td>Youth (14-18)</td>
<td>$59</td>
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<tr>
<td>Child (6-13)</td>
<td>$32</td>
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</tbody>
</table>

| Guest Passes: Non-Member |       |
| Adult                   | $7.25  |
| Youth (14-18)           | $6.5  |
| Child (6-13)            | $3.5  |
| Family (2 adults/2 children) | $14.5 |

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<thead>
<tr>
<th>Membership</th>
<th>4 mths</th>
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<tr>
<td>Child (6-13)</td>
<td>$58</td>
<td>$116</td>
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**MEMBER CODE OF CONDUCT**

UVic is committed to fostering a welcoming environment – one that is equitable, diverse and inclusive. By entering the Fitness Weight Centre you agree to abide by the Code of Conduct:

1. Appropriate clothing will be worn in accordance with the posted dress code.
2. Equipment must not be removed from the Fitness Weight Centre.
3. Backpacks must be placed and secured in lockers.
4. Video recording, picture taking and phone calls are not permitted.
5. Unacceptable behavior will not be tolerated, including foul and abusive language, personal or sexual harassment, physical violence or threats of physical violence, or willfully damaging property and/or equipment.

Failure to comply with the Code of Conduct could result in suspension or permanent loss of membership privileges.

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**POLICIES**

**DRESS CODE POLICY**

In order to maintain a healthy, safe environment in the weight room, all participants are asked to wear clean, athletic clothing and closed-toe shoes while working out or participating in activities.

- Shirts must be worn in all activity areas
- All patrons must wear attire that covers their abdomen, chest and gluteal fold
- Shirts cannot be mesh or see-through
- No open-toed shoes, sandals or dress shoes

**VALID MEMBERSHIP ID**

All members must provide a valid ONECard or Vikes membership card to use in all facilities. Membership cards are not transferable and misuse of a membership card to gain facility access is considered fraud. Misused cards will be confiscated, destroyed and a freeze of membership privileges may incur. Please review the ONECard terms of use at uvic.ca/ONEcard

**REFUND POLICIES**

There are no refunds for any courses or programs unless they are canceled by Vikes Athletics and Recreation.

- Consideration will be given to those registrants providing signed doctor’s certificates or academic certificates indicating timetable changes. A $10 administration fee will be charged for all approved refunds. All refund requests must be received within 6 months of date of purchase.
- A $25 fee will be charged for NSF cheques. Credited on account are valid for 1 year from date of application.

**CANCELLATION POLICY**

If minimum numbers for registration are not met, classes may be canceled or combined. Decisions to run or cancel programs are typically made 1-2 days prior to the first class. Please register early to avoid disappointment.

**ONECARD LOOK-UP FEE**

A $3.00 membership verification fee will be charged on the third request for a look-up due to a forgotten or misplaced membership card.

**TOWEL SERVICE POLICY**

Towel rental services are available at both CARSA and the McKinnon Building for 1 or 2 terms or a year. Members with towel service privileges will need to swipe their card to show they have towel service. The policy is one towel out and one towel in. A towel may be retained for one day for $3.50. A penalty will be applied for unreturned towel.

**MEMBERSHIP DEFINITIONS**

Most UVic students have an Athletics & Recreation fee included as part of their tuition payment. These students have access to a Base Membership with the Base Benefits listed on Page 3. At a minimum, base membership is required for access to included facilities such as McKinnon pool and weight room. Your validated UVic ONECard is your membership. If the above fees were not included as part of your tuition or you want additional opportunities for recreation, including access to CARSA, you can purchase CARSA memberships in person at Membership Services.

**LEISURE ASSISTANT PASS**

Athletics and Recreation works cooperatively with Recreation Integration Victoria to facilitate active lifestyles for people with disabilities. The Leisure Assistant Pass provides free access to a person accompanying a student with disabilities as a one-on-one assistant. Please call Recreation Integration Victoria at 250-477-6314 to arrange for a pass.

**EMPLOYMENT**

Currently, hundreds of students are involved with the organization and administration of our programs as lifeguards, facility supervisors, activity supervisors, referees, scorekeepers, timekeepers and first-aid staff. Whether you want to gain valuable leadership experience, add to your resume, earn extra money or just be involved in an exciting area of university life, check out the latest opportunities online at vikesrec.ca/jobs

**PARKING**

Daily and hourly parking is available in the CARSA Parkade (off Vikes Way) or in Lot 2 (off Gabriola Road and across from the McKinnon and CARSA buildings). Dispensers accept Canadian coins (25c, $1, $2), Visa and Mastercard. Pay parking is in effect 24 hours a day except on Sundays or statutory holidays. NEW! Remember your license plate number to pay for parking.

**GENERAL PARKING RATES**

Hourly (or portion): $1.5  Daily: $8
Evenings (6-11:59pm) / Saturday day: $3
Holidays and Sundays: free
FACILITIES & RENTALS

CENTRE FOR ATHLETICS, RECREATION AND SPECIAL ABILITIES (CARSA)

**CARSA FITNESS WEIGHT CENTRE**
A two-floor, 1,800 square-foot space with an impressive variety of cardio equipment, weights and machines, racks with platforms, functional training systems - all to meet everyone’s fitness needs.

**VARSITY WEIGHT ROOM**
Completely equipped section for Vikes varsity or special group bookings. Has guaranteed daily open-to-all times (11:30-1:30pm, 4-8pm) and when not stanchioned off can be used by all members.

**CARSA FIELDHOUSE**
One hardwood and two multi-sport spring-cushioned floors that can combine to be a diverse multi-sport space for all activities and a 90-m sprint track.

**CLIMBING CENTRE**
Includes a 55-foot tower with 60-70 climbing problems and a 15-foot bouldering wall with 10-14 routes. Come for all-level instructional courses, team building or even birthday parties.

**CARSA STUDIOS & SQUASH COURTS**
Participate in a class or even rent the space. CARSA features a dedicated TRX, yoga, spin and high activity studio each with lots of natural light and optimized features for dedicated activities. These studios neighbor 5 squash courts on the second floor of the building. Court bookings are available four days before your requested booking time, on a first come, first serve basis.

**CARSA PERFORMANCE GYM**
Home of Vikes basketball, this performance gymnasium seats 2,100 but can convert to host two recreational basketball games side-by-side.

**MEETING AND CONFERENCE SPACES**
The second floor office wing has two meeting spaces available - the RBC Blue and Gold Room or the Vikes Board room. Meet in style with these comfortable, bright and well-equipped rooms.

**CANASSIST**
The offices and workshops for CanAssist are on the first floor of CARSA. CanAssist is dedicated to helping people with disabilities improve quality of life and increase awareness of disability issues.
STADIUM, FIELDS AND OTHER FACILITIES

CENTENNIAL STADIUM
A complete stadium with 400-m running track, grass playing field, 5,000-seat spectator capacity, digital video board and score clock and it is one of Victoria’s main attraction venues for high-profile sporting events.

ARTIFICIAL TURF, GRASS PLAYING FIELDS AND WALLACE FIELD
UVic has 8 dedicated playing field surfaces including a water-based artificial turf for field hockey, 3 multi-sport surfaces versatile for soccer, lacrosse, baseball and more, as well as a variety of grass playing fields lined for soccer and rugby. Fields are home to the Vikes varsity field sports (field hockey, soccer, rugby) but also meet the needs of a variety of community sport organizations as well as Vikes intramurals and recreational sport clubs.

MCKINNON BUILDING AND POOL
The former home of the Vikes varsity programs, the McKinnon building is still a recreational hub on campus. The indoor 25-m pool includes 6 swimming lanes and a small dive tank. Aquatics programs, scuba diving, varsity swimming and the community all utilize this facility. The building also has a large gymnasium that can be used for a variety of sports including basketball, volleyball and badminton and a studio dedicated to martial arts programs.

IAN STEWART ICE RINK
Just a short walk from the heart of the UVic campus the ISC ice rink is home of Vikes hockey and several community ice hockey groups. The facility also has outdoor sand volleyball courts.

FACILITY RENTAL
An important aspect of connecting with the university and the greater Victoria community is the opportunity to rent a wide array of facilities. A variety of rental opportunities are made available once academic, recreation and athletic program needs have been met. From major tournaments, to community training, to recreational bookings, Vikes Athletics and Recreation has a space for you.

Spaces available for rent include:
+ Spectator Stadium (outdoor and indoor)
+ Gymnasiums and field house
+ Meeting spaces
+ Playing fields (artificial and grass)
+ Indoor Pool
+ Ice Rink

Facility rental: atrsbook@uvic.ca | Rental fees, availability and maps: vikesrec.ca/bookings
FITNESS

BALLETT BARRE
BARRE FITNESS
Gwynne Movement Studio
Barre Fitness is a 45min class using a combination of ballet barre exercises, free weights and pilates. This class promises a fun, multi-leveled, full body workout. Come join us at the barre.
(No class May 21)
Instructor: Ashley McLaren
May 7-28 T 3:30-4:15pm $23
June 5-26 T 3:30-4:15pm $23
BALLETT BARRE BLAST
Gwynne Movement Studio
Bringing together two of the top results-driven pieces of equipment out there: the barre and free weights. Designed to give you lean toned muscles, this class focuses on interval training, endurance, balance, and strength. (No class May 21)
Instructor: Monica Elliott
May 7-28 T 3:30-4:15pm $23
June 5-26 T 3:30-4:15pm $23
TOTAL BODY TRANSFORMATION
Gwynne Movement Studio
Achieve overall fitness through our Total Body Transformation program! This small-group based design ensures the individual attention you need to help you meet your health and fitness goals.
Instructor: Monica Elliott
May 7-28 T 3:30-4:15pm $23
June 5-26 T 3:30-4:15pm $23
TRIPLE THREAT
Gwynne Movement Studio
High intensity interval training that pushes you to the max. From tabata to sprint training, this workout features a variety of H.I.T.T techniques focusing on your upper body, lower body, and core.
Instructor: Monica Elliott
May 7-28 T 3:30-4:15pm $23
June 5-26 T 3:30-4:15pm $23
CARDIO & CORE
NIKE BOOTCAMP
Gwynne Movement Studio
Gain confidence in your athleticism with a total body conditioning workout. There is no pressure and no competition, just straight-up butt-kicking workouts! All levels welcome.
Instructor: Anna Weston
May 5-26 W 11-11:45am $23
NIKE GAINS
Gwynne Movement Studio
This dynamic, ass-kiiting workout combines kickboxing with high-intensity sports conditioning drills to sculpt your most important assets. Punch, kick, squat and lunge your way to increased strength, power and agility.
Instructor: Kelvey Blake
May 8-29 T 3:30-4:15pm $23
June 5-26 T 3:30-4:15pm $23
Register Now!
vikesrec.ca/register

NIKE SMALL GROUP TRAINING
TRX Studio
Small group training offers the social dimensions of Group Fitness with the accountability and attention of Personal Training. Workouts are fresh, fun and challenging. Come with goals and leave with results. (No class May 21)
Instructor: Monica Elliott(M), Alex Mueller(Th)
May 7-28* M 5-5:45pm $27
May 10-31 Th 5-5:45pm $36
June 4-25 M 5-5:45pm $36
June 7-28 Th 5-5:45pm $36
July 9-23 M 5-5:45pm $21
STROLLERCIZE
CARSA Lobby/Outside or Gwynne Studio
Taking care of a baby often makes you forget about taking care of yourself. This time crunch solution gets you the exercise you need while also getting your little one some fresh air. Bring your baby along for the ride in this new Strollercize workout that will combine strength, endurance, flexibility and core strength that is suitable for all levels and for how you’re feeling that day. Get outside, share baby stories with others and get fit all in one go. Your leader is passionate about both kids and exercise and will motivate you the entire session.
Instructor: Anna Weston
May 9-30 W 9-10am $31
June 6-27 W 9-10am $31
TRX BODY BLAST
TRX Studio
This express workout will deliver all the benefits of a full length workout by targeting all muscle groups in a reduced amount of time. TRX will increase lean muscle, boost metabolism, strengthen your core and increase endurance. (No class May 21)
Instructor: Vanessa Futcher
May 7-28* M 6-6:45pm $17
May 9-30 W 12:15-12:45pm $22
June 6-27 W 12:15-12:45pm $22
June 4-25 M 6-6:30pm $22
TRX PILATES
TRX Studio
A combination of the body weight resistance of TRX Suspension Training with core strengthening principles of Pilates. Fun plyometrics, challenging TRX exercises and Pilates moves on and off the TRX.
Instructor: Ashley McLaren
May 9-30 W 4:30-5:15pm $28
June 6-27 W 4:30-5:15pm $28
TRX SUSPENSION TRAINING
TRX Studio
A new category of exercise for athletes and beginners leveraging one’s own bodyweight and gravity to develop strength, balance, flexibility, and joint stability simultaneously.
Instructor: Renee Walrafen
May 8-29 T 5-5:55pm $33
June 5-26 T 5-5:55pm $33
WEIGHTLIFTING
POWERLIFTING 101
CARSA Fitness Weight Centre
A 4 week course for anyone to help develop strength and power through dynamic movements using the barbell. The class covers proper squat, bench press, and conventional and sumo deadlifts with a focus on developing movement patterns.
Instructor: Darby Sutter
May 6-27 Su 10-11am $61
STAFF TRX/SPIN
TRX Studio/Dairyland Spin Studio
A total-body workout that provides a great cardio workout and plenty of core strength training. A TRX/Spin Fusion helps to build strength, gain flexibility, and get a heart-pumping (and fun) workout, all in one class!
Instructor: Peter Marchuk
May 10-31 Th 12-12:45pm $28
ZUMBA
Gwynne Movement Studio (F)
Nike Team Serenity Studio (Su)
Love Latin music and dance? Let the music move you in a party-like atmosphere with easy to follow steps. Join the party today and ditch the workout!
Instructor: Catalina Dau
Beginners
May 11-June 1 F 12:15-1pm $23
June 8-29 F 12:15-1pm $23
All levels
May 6-27 Su 10-10:55am $31
May 10-31 Th 5-5:45pm $31
June 7-28 Th 5-5:45pm $31
July 5-26 Th 5-5:45pm $31

TRIPLE THREAT
Gwynne Movement Studio
High intensity interval training that pushes you to the max. From tabata to sprint training, this workout features a variety of H.I.T.T techniques focusing on your upper body, lower body, and core.
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Instructor: Ashley McLaren
May 9-30 W 4:30-5:15pm $28
June 6-27 W 4:30-5:15pm $28
GETTING STARTED

1. Visit vikesrec.ca click on personal training under the health and fitness tab to view bios and availability of our trainers.

2. E-mail 1-2 personal trainers of your choice, provide them with a brief description of what you are looking for and your availability.

3. Once you and your trainer decide to work together print and fill out our client intake package located online or a paper copy can be picked up at the CARSA membership services desk.

4. Take the completed package with the name of your trainer highlighted to the CARSA membership services desk and pay for your session(s).

FWC YOUTH ORIENTATION - $21

This orientation has been developed for youth ages 14-15 wishing to access the Fitness Weight Centre and is designed to teach you how to use the equipment safely and effectively, along with providing you the Fitness Weight Centre guidelines and proper etiquette. You will be given a tour of the facility and an overview of the equipment and services available.

Upon completion of this 2-hour program participants (ages 14-15) will be permitted access to the Fitness Weight Centre without parental supervision. Without completion of this orientation, participants ages 14-15 will not gain access to the FWC.

Meet your Strength Trainer at the CARSA front desk 5 minutes prior to orientation start time.

PERSONAL TRAINING

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<tr>
<th>One-to-one</th>
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<tr>
<td>45 Minutes</td>
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Personal Training sessions expire 6 months from date of purchase.

Check out our Personal Trainer bios and availability at vikesrec.ca.

Prices effective April 2, 2018.
## PILATES

### BURN AND FIRM PILATES
**TRX Studio**
Burn fat and lengthen muscles faster and more efficiently by combining fluid, large muscle, low-impact pilates-inspired standing moves with various strength equipment to get your best Pilates body in half the time.

Instructor: Michelle Maynard  
May 8-29 T 12:15-1pm $28  
June 5-26 T 12:15-1pm $28

## YOGA

### LUNCH BOX POWER YOGA
**Nike Team Serenity Studio**
Break up your day with this cheerful, vibrant yoga hour. A tasty combo of delicious poses created to nourish your body and fill up your spirit. Open to all levels.

Instructor: Nicole Lakas  
May 10-31 Th 12:30-1:25pm $31  
June 7-28 Th 12:30-1:25pm $31

### NIKE BEGINNER YOGA
**Nike Team Serenity Studio**
New to Yoga? No problem! This program is designed for the beginner with NO prior Yoga experience. Learn the foundational postures to create more flexibility and comfort in the body. Postures will be broken down to show proper alignment, breath and core control.

Instructor: Kristen Silveira  
May 8-29 T 5-5:45pm $23  
June 5-26 T 5-5:45pm $23

### POWER HOUR YOGA
**Nike Team Serenity Studio**
Like Yoga? Want a good work out? Want to do both but don't have time? The Power Hour is a 55 minute power flow yoga class designed to allow you to practice yoga and to strengthen and tone your body. Get your sweat on, flow through sun salutations, and work and strengthen your core! We will work progressively toward challenging poses and every class will include deep stretching and relaxation. You will leave feeling invigorated, alive, and maybe even a bit sore the next day (in a good way!).

Instructor: Catalina Dau  
May 10-31 Th 6:30-7:15pm $23  
June 7-28 Th 6:30-7:15pm $23

## RESTORATIVE FLOW
**Nike Team Serenity Studio**
Flow through a series of restorative postures sure to leave you feeling relaxed and rejuvenated. Breathe away the stress and get ready to take on the rest of your week.

Instructor: Catalina Dau  
May 10-31 Th 6:30-7:15pm $23  
June 7-28 Th 6:30-7:15pm $23

## RISE AND FLOW YOGA
**Nike Team Serenity Studio**
Start your morning right with invigorating sun salutations to bring energy to your day. Flow through sequences designed to open your heart, shoulders, hips and back while strengthening and toning your core, arms and legs.

Instructor: Ashley McLaren  
May 9-30 W 7:15-8am $23  
June 6-27 W 7:15-8am $23  
July 4-25 W 7:15-8am $23

## SLOW FLOW
**Nike Team Serenity Studio**
A meditative flow that practices slowing down by using a steady breath, holding postures, transition smoothly, and opening gently and mindfully with the ability to move deeper into one’s body and self.

Instructor: Catherine Vallance  
May 9-30 W 12-12:45pm $23  
June 6-27 W 12-12:45pm $23

## STAFF YOGA
**Nike Team Serenity Studio**
Take time to enjoy a stretch, reduce stress and renew your energy. Novice participants will be introduced to relaxation through the basic practice of Hatha Yoga. Continuing students will benefit from advanced forms of basic postures. (No class May 21)

Instructor: Renee Walrafen (May, June), Catalina Dau (July)  
May 7-28 Th 12-12:55pm $23  
June 4-25 M 12-12:55pm $31  
July 9-23 M 12-12:55pm $23

## YOGA TONE
**Nike Team Serenity Studio**
This class combines yoga postures, weight-bearing exercises, and movement for a fast-paced, high-intensity, challenging and fun full-body workout. You will build strength and get your heart rate pumping.

Instructor: Nicole Lakas  
May 9-30 W 5-5:45pm $23  
June 6-27 W 5-5:45pm $23

## YOLATES
**Nike Team Serenity Studio**
This combination of pilates, yoga and muscular conditioning focuses on developing strength and stamina for both mind and body. All fitness levels welcome.

Instructor: Nicole Lakas  
May 8-29 T 12-12:55pm $31  
June 5-26 T 12-12:55pm $31  
July 3-24 T 12-12:55pm $31

## YOGA CHILL OUT
**Nike Team Serenity Studio**
Came decompress from work and studying! The focus of this class is on stretching and recharging your batteries. Sequences and postures will be geared towards hips, hamstrings, neck and shoulders.

Instructor: Ashley McLaren  
May 11-June 1 F 12-12:45pm $23  
June 8-29 F 12-12:45pm $23  
July 6-27 F 12-12:45pm $23

### Register Now!
vikesrec.ca/register
## GROUP FITNESS

**RESERVE YOUR GROUP FITNESS SPOT ONLINE!**

New this Spring! Reserve your Group Fitness spot online quickly from your mobile device or computer by visiting vikesrec.ca/groupfitness.

### BOOKING WINDOW:
Online reservations will be available 24 hours prior to the start of each class time.

### CANCELLATION POLICY:
Group Fitness online reservations have a 2-hour cancellation policy. If two or more classes are missed or cancelled within the 2-hour cancellation window, online reservation privileges will be suspended.

## SPRING: APRIL 30-JUNE 30, 2018

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No classes May 21 for Victoria Day. Fall Group Fitness schedule begins September 5.

## SUMMER: JULY 3-AUGUST 18, 2018

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No classes July 1-2 for Canada Day and August 6 for BC Day. Fall Group Fitness schedule begins September 5.

**CHECKING IN:**
Successful Group Fitness online reservations can proceed directly to the appropriate studio but must sign in with class instructor. Failure to check in with instructor will be considered a missed class and could result in loss of online reservation privileges.

**ARRIVING LATE:**
Always plan to arrive 10-15 minutes ahead of class start time to ensure adequate time to set up and sign in, while minimizing class disruption. There will be a 5-minute grace period for late arrivals before the studio doors are shut.

---

All Spin Classes are accessible!
CONVENIENCE.
CUSTOMER SERVICE.
CASH BACK.
$27 LIFETIME MEMBERSHIP.

We’re in your neighbourhood.

Saanich Peninsula Locations:
• 2132 Keating X Rd, Saanichton
• 6739 W Saanich Rd, Brentwood Bay
• 10350 McDonald Park Rd, Sidney
• 10930 W Saanich Rd, Deep Cove

Greater Victoria Locations:
• 4472 W Saanich Rd, Victoria
• 6429 Pat Bay Hwy, Victoria
• 4140 Wilkinson Rd, Victoria
• 628 Gorge Rd E, Victoria

Westshore Locations:
• 894 Goldstream Ave, Langford
• 2320 Millstream Rd, Langford
• 321 Wale Rd, Colwood
• 4397 West Shore Pkwy, Langford

Mill Bay to Duncan Locations:
• 805 Deloume Rd, Mill Bay
• 1007 Canada Ave, North Duncan
• 281 Trans Canada Hwy, Duncan
• 4804 Bench Rd, South Duncan

Comox Valley:
• 699 Aspen Rd, Comox

www.peninsulaco-op.com
GETTING STARTED
To use the bouldering walls simply drop by anytime during operating hours and our staff will get you started. You’ll be given a short orientation of the facility, safety regulations, and rules during your first visit. To access the tower, where route climbing occurs, you will need a partner, and some belay skills. We run weekly courses to teach new climbers the skills needed to belay safely. Experienced climbers can simply pass a belay test on their first visit, no appointment necessary.

HOURS
MAY 1-JUNE 30 (SPRING)
Monday-Thursday 12-9pm
Fridays 12-8pm
Weekends & Holidays 12-6pm
JULY 1-AUGUST 31 (SUMMER)
Monday-Thursday 1-9pm
Fridays, Saturdays, Holidays 12-6pm
Sundays Closed

*Closed August 26-30 for maintenance

While our hours are consistent most the term, exceptions for route-setting, competitions, group bookings and staff training may occur. Always check the online calendar at vikesrec.ca/climb for the most accurate information possible.

LESSONS
Want to take a lesson and none of our times fit into your schedule? You can book a private lesson at a time that works for you.

WANT TO IMPROVE?
Has your climbing hit a plateau or you want to improve your technique? Book a private lesson with one of our experienced instructors who will tailor fit a lesson to meet your needs.

Rates start at $55/1.5 hours for up to 3 people

BOOKINGS FOR SCHOOL & GROUP EVENTS
Want to host an event at the Peninsula Co-op Climbing Center? We can help facilitate learning and growth through various team-building and climbing activities.

Rates start at $85 for up to 4 people
Email Sebastian Powell powells@uvic.ca for more on group & school bookings.

MEMBERSHIP & FEES

MEMBERSHIP
The Vikes Climb and Vikes All-in Fit and Climb Memberships give you access to the Peninsula Co-op Climbing Centre and more!
See page 2 for details.

PASSES
One month Pass $92
Multi-visit Pass: Member $10
Multi-visit Pass: Non-Member $15

CLIMBING SUMMER CAMPS
Vikes Climbing Camps introduce children to the world of rock climbing in a safe and fun environment at our Peninsula Co-op Climbing Centre. Qualified instructors lead and teach activities that include basic climbing techniques, safety and games (both on and off the wall).
See Pg.18 for 2018 Vikes Summer Camp listings.

COURSES

INTRO TO CLIMBING
Peninsula Co-op Climbing Centre
This two hour introductory course will provide you with the fundamentals for top rope climbing. Our staff will teach the basics of belaying and climbing movements. Harnesses and climbing shoes are provided. Price includes facility admission.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>April 1-June 30</td>
<td>T 6-8pm</td>
<td>$32</td>
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<td>April 1-June 30</td>
<td>Sa 2:30-4:30pm</td>
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LEAD CLIMBING
Peninsula Co-op Climbing Centre
This 2.5 hour course teaches the skills to take your climbing to the next level - lead climbing. We'll show you the dos and don'ts of clipping, falling, and belaying lead climbers. Prerequisite: You must be able to climb all the 'easy' routes in the gym, and must have passed a top-rope belay test. Price includes facility admission.

$42/$50 (Price includes facility admission)
Bookings: climbing@uvic.ca
**RECREATION PROGRAMS**

**AQUATICS**

**ADULT SWIM BASICS 1**
McKinnon Pool

Increase your comfort level and confidence in the water through floats, glides, kicking and swimming. This swimming intro focuses on front swim.

- Apr 29-Jun 24 Su 4:30-5:15pm $58
- May 9-Jun 27 W 7:30-8:15pm $58
- Jul 9-Aug 1 M W 7:30-8:15pm $58

**ADULT SWIM BASICS 2**
McKinnon Pool

Develop your front and back crawl, establish comfort in deep water, and increase your swimming distance. Prerequisite: RC Swim Basics 1 or the ability to swim 15m continuously.

- Apr 29-Jun 24 Su 4:30-5:15pm $58
- May 9-Jun 27 W 7:30-8:15pm $58
- Jul 9-Aug 1 M W 7:30-8:15pm $58

**ADULT SWIM STROKES**
McKinnon Pool

Develop one or more swimming strokes, work toward proficiency and increase endurance. Choose the strokes you want to improve and set your goals and priorities. Prerequisite: RC Swim Basics 1 or the ability to swim 1500m to 2000m.

**SWIM FIT**
McKinnon Pool

Refine strokes, increase endurance and increase speed through workouts designed to accommodate those who swim 500-2000m. Pick the workout that challenges you.

- May 8-Jun 26 T 7:30-8:30pm $52
- May 10-Jun 28 Th 7:30-8:30pm $52
- Jul 3-24 Th 7:30-8:30pm $26
- Jul 5-26 Th 7:30-8:30pm $26

**CUSTOM PRIVATE LESSONS**
McKinnon Pool

One-to-one instruction. We do our best to meet your requested times, dates and instructor preferences. Call 250-721-8413 for bookings.

- *No refunds or re-scheduling of missed lessons.*

**AQUAFIT DEEP**
McKinnon Pool

An impact free resistance workout that improves your cardio, core strength and muscular endurance. Classes are included in your athletic and Recreation fees, memberships or drop-in admission.

- May 8-Jun 26 T 7:15-9am $176
- May 9-Jun 27 W 12:10-12:55pm $176
- Jul 10-Jun 28 Th 4:15-5pm $176

**EMERGENCY FIRST AID (INCLUDES CPR-C)**
McKinnon 150

Learn the skills needed to recognize and respond to choking and cardiovascular emergencies for all ages. Includes the use of automated external defibrillator (AED).

- **Classroom Original Course**
  - May 13 Su 9:30-2pm $48
  - Jun 11-Jun 24 M W 5:30-9:30pm $509
  - Jul 16-29 M W 5:30-9:30pm $509

- **Blended Learning - Original Course**
  - Jun 23 Su 9:30-4pm $48
  - Recertification Jun 3 Su 9:30-2pm $40

**STANDARD FIRST AID**
McKinnon 150

A broad foundation of basic first aid training including CPR, AED training, choking practices for adults, children and infants as well as how to deal with basic traumas.

- **Classroom Original Course**
  - Jun 23 Su 9:30-4pm $78
  - Recertification Jun 3 Su 9:30-2pm $40

**NEW! BLENDED LEARNING**
This new option allows learners to complete an online component prior to attending the one-day practical evaluation day with an instructor. Register early for this option to allow time to receive online access and complete all the modules prior to the practical evaluation.

**SCUBA**

**OPEN WATER DIVER**
McKinnon Rm 155 & Pool/Ocean

A lifetime certification to dive to 60 feet/18 meters anywhere in the world through PADI. The course involves learning safety precautions and techniques about diving (Theory) and practicing safety precautions and good diving techniques in the pool. You will apply your newly acquired skills to the open water through 4 open water ocean dives.

- **Classroom Original Course**
  - May 15-27 T Th 5:30-9:30pm $509
  - Jun 11-Jun 24 M W 5:30-9:30pm $509
  - Jul 16-29 M W 5:30-9:30pm $509

- **Blended Learning - Original Course**
  - Jun 23 Su 9:30-4pm $48
  - Recertification Jun 3 Su 9:30-2pm $40

**Register Now!**

vikeres.ca/register
DANCE

BALLET
Nike Team Serenity Studio
The posture, flexibility, fitness and balance of Ballet are the foundation of all dance forms. Express the emotion of music through lines that are traditional and based in technique. Each class includes barre exercises, center floor work, and across-the-floor combinations.
Instructor: Marla MacKinnon
May 8-Jun 26 T 6-6:55pm $48

CONTEMPORARY DANCE
Nike Team Serenity Studio
Communicate original choreography using structured techniques drawn from classical, modern and lyrical dance disciplines.
Instructor: Jared Middleton
May 8-Jun 26 T 7-7:55pm $48

HIP HOP
Gwynne Studio
Explore the world of Hip Hop music through a combination of street style dance with a touch of stomp, funk and pop.
Instructor: Abhilasha Vyas
May 10-Jun 28 Th 2-2:55pm $48

"I LIKE TO MOVE IT" 
Gwynne Studio
An all abilities class for those who like to 'move it, move it.' No matter what your experience or ability, explore the joy of movement in a supportive environment. This partnership program with The Embrace Arts Foundation, an organization devoted to providing arts and recreation programming for individuals of all abilities, is facilitated by Tiffany Tjosvold, BEd and DanceAbility certified instructor.
Instructor: Tiffany Tjosvold
May 9-Jun 27 W 6-6:55pm $10

PUSSY CAT DOLLS
Gwynne Studio
A burlesque-pop class inspired by the Pussycat Dolls. The routines are sensual and playful. It's a workout and place to try 'sexy' in a safe supportive environment.
Instructor: Tiffany Tjosvold
May 10-Jun 27 W 6-6:55pm $48

RED CROSS SWIM KIDS
McKinnon Pool
Swim Kids 1
Apr 29-Jun 24 Su 3:30-3:30p $50
Swim Kids 2
Apr 29-Jun 24 Su 3:30-4:00p $50
Swim Kids 3
Apr 29-Jun 24 Su 3:30-4:30p $58
Swim Kids 4
Apr 29-Jun 24 Su 3:45-4:30p $58
Swim Kids 5/6
Apr 29-Jun 24 Su 3:45-4:30p $58
Swim Kids 7, 8, 9, 10
Apr 29-Jun 24 Su 3:45-4:30p $58

Open to children ages 4 and up. On Sundays we are warming the pool for lessons and there is no charge for parking on campus (Sundays only).
Visit vikesrec.ca/register for descriptions.

INCLUSIVE PROGRAMS FOR ALL ABILITIES

Vikes Nation is inclusive of all abilities and takes an integrated approach to programming. From drop-in activities to registered classes to adaptive equipment, there is something for everyone.

DROP-IN ACTIVITIES
We currently offer wheelchair tennis and wheelchair basketball. People of all abilities can participate together. Equipment and sport chairs are provided.
Visit vikesrec.ca/dropin for full schedules.

REGISTERED ACTIVITIES

ADAPTED CLIMBING
We are pleased to offer adapted climbing with specialized equipment and staff training to meet the needs of all abilities. Group rentals for adapted climbing are also available. Please contact the Climbing Coordinator Sebastian Powell at powells@uvic.ca to discuss specific accommodations for yourself or group.

PERSONAL TRAINING
A Strength & Conditioning program designed specifically for your mobility limitations. The program will focus on mobility, functionality and stability, while taking into account sport and/or fitness needs.

"I LIKE TO MOVE IT"
Dance like nobody’s watching. No matter your experience or ability, explore the joy of movement in partnership with the Embrace Arts Foundation.
Visit CARSA Membership Services or vikesrec.ca/inclusive to register.

All Spin Classes are accessible! See pg. 2 for membership options and pg. 9 for group fitness schedule.
### MARTIAL ARTS

#### AIKIDO
**McKinnon Dance Studio**
This Japanese art focuses on neutralizing rather than "winning" the conflict. Evolving from traditions of the samurai arts it focuses on perfecting the spirit.
Instructor: Hilary Dawson
May 2 - June 27 M/W 6-8pm  $65

#### KENDO
**CARSA Fieldhouse Zone 1A**
Using shinai (bamboo swords) develop your awareness, centeredness, wholeheartedness, endurance, concentration, respect for others, and self-confidence.
**Introduction - beginners welcome**
May 8 - June 29 Tu/F 7-8:30pm  $45
**Intermediate - experience required**
May 1 - Aug 31 Tu/F 7-8:30pm  $105

#### KENDO FOR KIDS
**CARSA Fieldhouse**
A great way for your child to learn about focus and respect, all while staying active and having fun! Designed for children aged 6 to 16.
**Intermediate - experience required**
May 8 - Aug 25 Sa 11am-12:30pm  $120
July 7 - Aug 25 Sa 11am-12:30pm  $120

#### MARTIAL ARTS

#### SHOTOKAN KARATE
**CARSA Fieldhouse Zone 1B**
Follow traditional methods incorporating kihon (basics), kata (forms) and kumite (sparring) to improve strength and mental character. This class is for intermediate to advanced participants.
Instructor: Jessica Moore
May 1 - June 30 Tu/Th 5:30-7pm Sa 11am-1pm  $90
July 3 - July 31 Tu/Th 5:30-7pm  $60

#### SHORINJI RYU KARATE
**CARSA TRX Studio**
This Okinawan/Japanese martial art focuses on standing and ground self-defense techniques and kata forms. There is emphasis on energy (Chi), meditation, martial science, and philosophy in training. No experience required.
Instructor: Aaron Usatch
May 1 - June 26 Tu 7-8:30pm  $60

#### TENNIS LV 2.0-2.5
**CARSA Fieldhouse**
Designed for players who can consistently rally 10 balls in a row, tend to position themselves to protect against their weaknesses, reluctant to come to the net and struggle with consistency in their toss. Continue to develop consistency in grounds strokes, volley and serve. Refine stroke mechanics and increase comfort in game situations.
Instructor: Dale Willard
May 8 - June 26 Tu 6:30-7:30pm  $90
July 3 - Aug 21 Tu 6:30-7:30pm  $90

#### SOCIAL PLAY PICKLEBALL
**CARSA Fieldhouse**
Join us for our morning social play. Meet new players and learn the basics of the game. This session is for pickle ball beginners. Bring your paddle or borrow one if need be. Ages 15+
Instructor: Joao Perreira
May 6 - June 24 Su 9:30-11am  $65
July 8 - Aug 26 Su 9:30-11am  $65

#### SYSTEMA
**CARSA Fieldhouse Zone 2**
Training is based on instinctive reaction and individual strengths, not learned byrote memorization. Learn to calm your mind and body as you react to threats. Beginners welcome!
Instructor: Yuri Beskrovny
May 3 - Aug 30 Th 7:30-9pm  $90

#### WING CHUN
**CARSA Gwynne Studio**
Popularized by Bruce Lee, this Chinese martial art is simple, quick, effective & economical. The complete art can be learned in less than six months. Open to all levels. Beginners welcome!
Instructor: Ray Van Raamsdonk
May 7 - Aug 27 M 8-9:30pm  $90

#### PICKLEBALL - BEGINNER
**CARSA Fieldhouse**
Join us for our morning social play. Meet new players and learn the basics of the game. This session is for pickle ball beginners. Bring your paddle or borrow one if need be. Age 15+
Instructor: Joao Perreira
May 6 - June 24 Su 11am-12:30pm  $65
July 8 - Aug 26 Su 11am-12:30pm  $65

#### TENNIS LV 1.0-1.5
**CARSA Fieldhouse Zone 2**
This course is designed for players just starting to play tennis, or who have been introduced to the game but have difficulty playing due to a lack of consistency in rallying and serving.
Instructor: Dale Willard
May 8 - June 26 Tu 5:30-6:30pm  $90
July 3 - Aug 21 Tu 5:30-6:30pm  $90

#### JUNIOR VIKES TENNIS ORANGE 1 (8-12 YRS)
**CARSA Fieldhouse**
For kids just starting out - The basic athletic and playing skills are developed with the goal of co-operative rallying and introduction to simple games the kids can play with family and friends. FUNDamentals!
Instructor: Joao Perreira
May 12 - June 30 Sa 9:30-11am  $120
July 7 - Aug 25 Sa 9:30-11am  $120

#### JUNIOR VIKES TENNIS GREEN 1 (10-14 YRS)
**CARSA Fieldhouse**
Kids learn basics of tennis such as forehand, backhand, volleys, serve and footwork. Players play 1.5 hours a week in a group of 8 kids. Coaches use basic teaching tools like cones, vertical and horizontal targets. Continues developing FUNDamental skills so players can play each other!
Instructor: Joao Perreira
May 12 - June 30 Sa 11am-12:30pm  $120
July 7 - Aug 25 Sa 11am-12:30pm  $120

#### JUNIOR VIKES TENNIS FUNdamentals!
**CARSA Fieldhouse**
For kids just starting out - The basic athletic and playing skills are developed with the goal of co-operative rallying and introduction to simple games the kids can play with family and friends. FUNDamentals!
Instructor: Joao Perreira
May 12 - June 30 Sa 9:30-11am  $120
July 7 - Aug 25 Sa 9:30-11am  $120

#### RACQUET SPORTS

#### WING CHUN
**CARSA Gwynne Studio**
Popularized by Bruce Lee, this Chinese martial art is simple, quick, effective & economical. The complete art can be learned in less than six months. Open to all levels. Beginners welcome!
Instructor: Ray Van Raamsdonk
May 7 - Aug 27 M 8-9:30pm  $90

Register Now! vikesrec.ca/register
Learn new skills and grow your knowledge for outdoor activities! Vikes Outdoor offers educational and skill-based courses as well as outdoor equipment and gear rental.

COURSES

INTRO TO OCEAN KAYAKING
Off Campus - Gyro Beach
The goal of this program is to introduce participants to the sport of ocean kayaking in a safe, fun and educational program. Our professional, certified instructors will take paddlers through a logical progression that maximizes skill development, confidence and enjoyment of kayaking. This course will be a 2.5 hour course in Cadboro Bay.

- Apr 14 Sa 10am-12:30pm $70/$80
- May 12 Sa 10am-12:30pm $70/$80
- Jun 16 Sa 10am-12:30pm $70/$80
- Jul 7 Sa 10am-12:30pm $70/$80
- Jul 28 Sa 10am-12:30pm $70/$80
- Aug 18 Sa 10am-12:30pm $70/$80

KAYAK RESCUES
Off Campus - Gyro Beach
This course will go through the basic rescues, whether you are brand new to the sport or just a little rusty. Our certified instructors will take you through wet exits, Kayak re-entry, and Individual and Partner rescues.

- May 12 Sa 10am-12:30pm $70/$80
- Jun 9 Sa 10am-12:30pm $70/$80
- Jul 14 Sa 10am-12:30pm $70/$80
- Aug 4 Sa 10am-12:30pm $70/$80
- Aug 18 Sa 10am-12:30pm $70/$80

INTRO TO OUTDOOR ROCK
Off Campus - Mount Wells
Want to transition from the gym to the crag? Join us for a half day of climbing at one of Victoria’s local cliffs. Our guides will set up all the ropes to climb and go over basic anchor building skills. This is a great way to get introduced the the wonderful world of outdoor climbing. Transportation is provided.

- Apr 21 Sa 10am-12:30pm $65/$75
- May 12 Sa 10am-12:30pm $65/$75
- Jun 16 Sa 10am-12:30pm $65/$75
- Jul 21 Sa 10am - 12:30pm $65/$75

SAILING LESSONS LEVEL 1
Lessons are taught by experienced student instructors in 2-person Collegiate Flying Juniors which makes for a fun and social sailing experience. A safety boat is always out on the water with the class. Wear layers, water jacket, hats, sunscreen, and be prepared to get your feet wet.

Contact the UVic Sailing Club for specific dates, times and activities: sailing@uvic.ca. website uvicsailing.ca.

- Apr 7-28 Sa 12-3p $70/$80

EQUIPMENT RENTALS

Get ready for your next outdoor adventure! Gear and equipment can be rented over the phone or in person at the CARSA Equipment Desk. To reserve, you will be asked to fill out a rental contract and provide a credit card number in case of loss or damage to the equipment. All rentals over 5 days will require a deposit to a maximum of $250.

Equipment Desk: 250-472-4044

For group rentals contact Vikes Outdoor Coordinator Sebastian Powell at powells@uvic.ca.

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<tr>
<th>EQUIPMENT</th>
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*PFD included in Sea Kayak Rental
A one-stop shop to meet your daily activity needs. Take in the sunshine with some frisbee or soccer on our fields, shoot hoops in the gym, try out AquaFit in the pool or pick multiple activities to play in our three-court fieldhouse. Wheelchair sports are also available for people of all ability in partnership with Victoria Wheelchair Sports Club (VWCS).

**SQUASH COURT BOOKINGS**
Court bookings are available four days before your requested booking time, on a first come, first serve basis. To book visit vikesrec.ca/courts.

**EQUIPMENT RENTAL AND SALES**
Members (only) can rent equipment including table tennis paddles, basketballs, volleyballs, futsal balls, soccer balls and pickleball items at zero charge. Members and non-members are also able to purchase squash balls, tennis balls, badminton birdies and ping pong balls. Racquets for tennis, badminton, squash and racquetball are available for rental to members and non-members. Equipment rental and purchases are available at the CARSA equipment desk. Members can also sign out balls at the McKinnon equipment desk.

For facility schedules and drop-in time visit vikesrec.ca/drop-in

**FIELD HOUSE FIT FOR ALL**
This multi-purpose space can be open or divided and features one lined, wood floor court and two cushioned, spring-floored surfaces that combine to provide the versatility to accommodate popular activities like basketball, volleyball, badminton, table tennis, tennis, wheelchair sports, and more! There is a 90-m straight running track.

**WEIGHTLESS FITNESS**
Impact and resistance free right on campus. Base membership includes drop-in AquaFit classes in McKinnon Pool Mon-Thurs at varied times.

**HIT THE TURF**
Gather your friends, break up your day, head outside to our multi-purpose turf and utilize our drop-in field time for activities like soccer or ultimate.
**REGISTRATION**

Vikes Intramurals are open to both students and community members. Register in person at the CARSA Membership Services Counter or online at vikesrec.ca/register. Payment of entry fee is required in full when registering.

Participants can create their own team of friends, classmates, etc. If you do not have enough players to create a team, register as an individual and we will place you on a team. Register early as most leagues fill before the deadline date!

Please visit vikesrec.ca/intramurals for all rules, fair play program and intramural league requirements.

**REFUND POLICY**

Partial refunds for UVic Intramural programs will be granted only in the case of (1) medical conditions that prevent user from participation in league or (2) participant who is permanently moving over 30 km away from UVic and is no longer attending UVic. A refund request form with appropriate supporting documentation will be required and must be received within one week from the date of injury/illness. All granted refunds are subject to an admin fee and are outlined at vikesrec.ca/intramurals.

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<tr>
<th>LEAGUE</th>
<th>DATE</th>
<th>DAY &amp; TIME</th>
<th>LOCATION</th>
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<td>W 5-11pm</td>
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<td>M 7:30-9:30pm</td>
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<td>Tu 5:30-9:30pm</td>
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## SUMMER CAMPS

### 2018 Schedule

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<th>JUL 23-27</th>
<th>JUL 30 - AUG 3</th>
<th>AUG 7-10</th>
<th>AUG 13-17</th>
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<td>Tennis</td>
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<td>Track &amp; Field</td>
<td>5-7, 8-14</td>
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<td>Vikes Sports</td>
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<td>Volleyball</td>
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<td>Basketball Shooting &amp; Comp. Clinic</td>
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<td>Soccer Girls Elite</td>
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<td>Speed &amp; Agility</td>
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### Camp Descriptions

vikescamps.com

### Before & After Camp Care

Get to work on time and no need to rush to pick up at the end of the day with supervised before and after care. $29 per week ($23 for a 4 day camp week) | $58 for both ($46 for 4 day camp weeks).
Recreation

We offer a wide variety of recreation based camps that focus on fun, social development and learning through play. Camp leaders will plan non-competitive games, arts and crafts and other activities that will engage all participants.

Sport Development

Campers of all ages and skill levels will enjoy a week of drills, skill development and interactive games in a fun yet challenging environment. The focus of these camps is on skill building, teamwork and fair play.

Climbing & Outdoor

We are proud to offer a full slate of climbing and outdoor camps this summer! Camps take place at the Peninsula Co-op Climbing centre and outdoors around Greater Victoria. Certified camp leaders will plan engaging activities that will focus on fun, skill building and teamwork in a safe environment.

High Performance

Take your camp experience to the next level! Our high performance programs are aimed at children and youth who are looking to rise to the challenge of enhanced skills, drills and game play led by our varsity coaches and players.
Birthday Parties

CLIMBING CENTRE PARTIES
Ages 8 and up (maximum 16 children)
Availability: Sat 10:30-12pm | Sun 1-2:30pm
Information and booking: 250-721-7282

SPORTS PARTIES
Ages 5 and up (maximum 20 children)
Different sport themes available!
Availability: Sun 3-4pm
Information and booking: 250-853-3500

Party room also available for booking!
Additional fee applies. Subject to availability.
Decorations not supplied.
The Lightning Fast Swim Series introduces the techniques of competitive swimming right from the earliest levels, to develop swimming efficiency and skills.

- Commonwealth Place
- University of Victoria
- Gordon Head Rec.
- Oak Bay Rec.
- Panorama Rec.
- Esquimalt Rec.

PCS swimmers range in experience from our youngest beginners to high performance international athletes. We are proudly affiliated with the University of Victoria Vikes Swim Program.

To register please call your local recreation center or call us directly at (250) 727-9243

Ages: 4 & up

PLAY IN ANY INTRAMURAL GAME & COME TO FELICITAS'S AFTERWARDS FOR 20% OFF YOUR MEAL!*#Felicitas

TAKE A PICTURE OF YOU & YOUR TEAM AT THE GAME, POST IT IN ANY SOCIAL MEDIA OUTLET WITH #FELICITAS & SHOW IT TO YOUR SERVER!

FEELICITAS.CA SUB

*Offer only good on game day after the game, offer only applies to regularly priced standard food items, no specials, max discount 1 item per person, must be clearly visible in the picture.
Come spend your summer with the Vikes!

Develop skills, make new friends, explore creativity and experience exciting activities in a fun, safe and positive environment.

RECREATION
SPORTS DEVELOPMENT
HIGH PERFORMANCE
NEW! CLIMBING & OUTDOOR

Register Now! vikescamps.com