Find everything in the Active Living Portal

Active living at your fingertips.
Vikes Athletics and Recreation has moved to an 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 Active Living 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.

Try a VIKES FIT PLUS Trial Membership
7 Consecutive Days for just $20

Take us for a spin and get access to:
- 18,000 sq ft Fitness Weight Centre
- 23 Group Fitness Classes
- Spin, Step, Cardio, Core, Strength & more
- Squash Courts

See page 2 for everything that’s included in VIKES FIT PLUS or go to vikesrec.ca/membership

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CARSA - CENTRE FOR ATHLETICS, RECREATION & SPECIAL ABILITIES

Membership Services: 250-472-4000
Equipment Desk: 250-472-4044

CARSA Building Hours (Apr. 29 - Aug. 30, 2019)
Monday–Friday ........................................... 6:00am-10:00pm
Saturdays & Sundays .................................. 7:00am-9:00pm
Holidays* ..................................................... 10:00am-6:00pm

Visit vikesrec.ca/hours for more information
* Holidays: May 20, July 1, and August 5.

MCKINNON BUILDING
Equipment Desk: 250-721-8484
Building Hours: vikesrec.ca/hours

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

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

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

CARSA Membership
Buy or renew in person at Membership Services

Programs & Leagues
Conveniently register online from your computer or mobile device: vikesrec.ca/register

f  @VIKESREC | VIKESREC.CA
f  @UVICVIKES | GOVIKESGO.COM
Photography: APShutter.com
MEMBERSHIP BENEFITS

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Vikes Fit</th>
<th>Vikes Climb</th>
<th>Vikes Fit Plus</th>
<th>Vikes All-In</th>
</tr>
</thead>
<tbody>
<tr>
<td>CARSA Fitness Weight Centre</td>
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<td></td>
<td>✓</td>
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</tr>
<tr>
<td>Peninsula Co-op Climbing Centre</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Group Fitness (Spin, Strength, H.I.I.T etc.)</td>
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<td>✓</td>
<td>✓</td>
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<tr>
<td>Reserve Group Fitness/Squash Courts Online</td>
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<td>✓</td>
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<tr>
<td>Varsity Weight Room</td>
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<td>Select Hours</td>
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<td>CARSA Squash Courts</td>
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<td>✓</td>
</tr>
<tr>
<td>Access to Locker &amp; Towel Service*</td>
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<tr>
<td>Access to CARSA Equipment Rental*</td>
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<td>Access to Vikes Outdoor Equipment Rental*</td>
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<tr>
<td>Drop-in Recreation (Fieldhouse, Fields etc.)</td>
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<td>✓</td>
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<tr>
<td>McKinnon Pool, Aquafit and FWC</td>
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<tr>
<td>ISC Arena Skate Drop-in &amp; Shinny Hockey</td>
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<td>✓</td>
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<tr>
<td>Regular Season Vikes Home Games**</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

*Additional fees apply **Based on availability

Memberships are available for purchase in person at CARSA Membership Services.

** Base Benefits**
UVic students whose athletics and recreation fees are included in tuition, regular continuing UVic staff & faculty and UVic retirees receive base benefits. (Eligibility may vary)

** Additional Benefits**
Purchase a CARSA Membership to receive base benefits and additional benefits including the CARSA Fitness Weight Centre, Group Fitness and Peninsula Co-op Climbing Centre.

CARSA MEMBERSHIP

<table>
<thead>
<tr>
<th>UVic Students^</th>
<th>Vikes Fit or Climb</th>
<th>Vikes Fit Plus</th>
<th>Vikes All In Fit &amp; Climb</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1 term</td>
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<tr>
<td>Fees paid with tuition</td>
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<table>
<thead>
<tr>
<th>UVic Staff &amp; Faculty</th>
<th>Vikes Fit or Climb</th>
<th>Vikes Fit Plus</th>
<th>Vikes All In Fit &amp; Climb</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4 mts 8 mts 12 mts</td>
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<td>4 mts 8 mts 12 mts</td>
</tr>
<tr>
<td>Regular Continuing</td>
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<tr>
<td>Non-Continuing</td>
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<td>$299 $595 $616</td>
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<td>UVic Retirees</td>
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<td>$198 $394 $417</td>
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<table>
<thead>
<tr>
<th>UVic Alumni</th>
<th>Vikes Fit or Climb</th>
<th>Vikes Fit Plus</th>
<th>Vikes All In Fit &amp; Climb</th>
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<tbody>
<tr>
<td>Vikes for Life (Annual fee)</td>
<td>$269</td>
<td>$438</td>
<td>$493</td>
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</table>

<table>
<thead>
<tr>
<th>Community</th>
<th>Vikes Fit or Climb</th>
<th>Vikes Fit Plus</th>
<th>Vikes All In Fit &amp; Climb</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4 mts 8 mts 12 mts</td>
<td>4 mts 8 mts 12 mts</td>
<td>4 mts 8 mts 12 mts</td>
</tr>
<tr>
<td>Adult</td>
<td>$276 $551 $572</td>
<td>$309 $616 $639</td>
<td>$324 $649 $672</td>
</tr>
<tr>
<td>Youth (14-18)**</td>
<td>$165 $332 $355</td>
<td>$249 $497 $515</td>
<td>$266 $530 $548</td>
</tr>
<tr>
<td>Child (6-13)***</td>
<td>$139 $277 $286</td>
<td>n/a n/a n/a</td>
<td>n/a n/a n/a</td>
</tr>
</tbody>
</table>

^Term definitions: 1 Term (one of Sept. 1-Dec. 31, Jan. 1-Apr. 30 or May 1-Aug. 31); 2 Terms (Sept. 1-Apr. 30 or Jan. 1-Aug. 31); Full Year (Sept. 1-Aug. 31). Student memberships will not be pro-rated and are active on the first day of the start of term as defined above regardless of date of purchase.

Memberships cannot be purchased on a monthly basis. The full fee is due upon purchase. All Prices Include GST.

Are you a UVic grad? UVic Alumni* can get an annual CARSA gym or climbing centre membership at a student rate. In addition, a portion of your membership fee supports the UVic Alumni Association’s “Bursary for Active Healthy Living”.

To qualify for this offer you must have a valid UVic Alumni Association ONECard. Visit uvic.ca/onecard for more information.

Vikings for Life Alumni Membership

*Additional fees apply **Based on availability

VIKES FOR LIFE ALUMNI MEMBERSHIP

Are you a UVic grad? UVic Alumni* can get an annual CARSA gym or climbing centre membership at a student rate. In addition, a portion of your membership fee supports the UVic Alumni Association’s “Bursary for Active Healthy Living”.

To qualify for this offer you must have a valid UVic Alumni Association ONECard. Visit uvic.ca/onecard for more information.
**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.
6. The Fitness Weight Centre is shared space – please be respectful and aware of your impact on others.
7. Wipe down equipment after use and return equipment to where it belongs.
8. Report injuries, damage to equipment or other concerns promptly to the Strength Trainer.
9. Allow others to work through when performing multiple sets of any equipment.

**Policies**

**Dress Code Policy**

All fitness weight centre 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 memberships, 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 30 days of date of purchase. A $25 fee will be charged for NSF cheques. Credits on account are valid for 1 year from date of application. There is a separate policy for Intramural refund requests.

**Summer Camps Refund Policies**

Vikes Athletics and Recreation requires notice by phone, email or in person no less than 14 days prior to the Vikes Camp start date in order to process a refund. Notices given less than 14 days prior will not be issued a refund with the exception of a medical exemption with a note from a doctor. All refunds are subject to a $20 administration fee.

**TOwEL SERVICE**

**Drop-in & Policies**

**Drop-in Passes**

<table>
<thead>
<tr>
<th>CARSA Passes</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>10x Multi-visit Pass</td>
<td>Adult</td>
</tr>
<tr>
<td></td>
<td>Youth (14-18)</td>
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<tr>
<td></td>
<td>Child (6-13)</td>
</tr>
<tr>
<td>Day Pass: Member</td>
<td>Fitness Weight Centre</td>
</tr>
<tr>
<td></td>
<td>Climbing Centre</td>
</tr>
<tr>
<td></td>
<td>Group Fitness</td>
</tr>
<tr>
<td>Day Pass: Non-Member</td>
<td>Fitness Weight Centre/Drop-in Rec</td>
</tr>
<tr>
<td></td>
<td>Climbing Centre</td>
</tr>
<tr>
<td></td>
<td>Group Fitness</td>
</tr>
<tr>
<td></td>
<td>Family (2 adults/2 children)</td>
</tr>
<tr>
<td></td>
<td>Youth (14-18)</td>
</tr>
<tr>
<td></td>
<td>Child (6-13)</td>
</tr>
<tr>
<td></td>
<td>Child (5 and under)</td>
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<tr>
<td></td>
<td>Leisure Assistant Pass</td>
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<tr>
<td>McKinnon &amp; ISC Passes</td>
<td>Cost</td>
</tr>
<tr>
<td>10x Multi-visit Pass</td>
<td>Adult</td>
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<tr>
<td></td>
<td>Youth (14-18)</td>
</tr>
<tr>
<td></td>
<td>Child (6-13)</td>
</tr>
<tr>
<td>Guest Passes: Non-Member</td>
<td>Adult</td>
</tr>
<tr>
<td></td>
<td>Youth (14-18)</td>
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<tr>
<td></td>
<td>Child (6-13)</td>
</tr>
<tr>
<td></td>
<td>Family (2 adults/2 children)</td>
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<tr>
<td>Membership</td>
<td>Cost</td>
</tr>
<tr>
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<tr>
<td>8 mths</td>
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<td>12 mths</td>
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<tr>
<td>Adult</td>
<td>$173</td>
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<tr>
<td>Youth (14-18)</td>
<td>$76</td>
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<tr>
<td>Child (6-13)</td>
<td>$60</td>
</tr>
</tbody>
</table>

**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.

**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.

**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 2. 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 vikescareerjobs.com

**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. Remember your license plate number to pay for parking.
CARSA FITNESS WEIGHT CENTRE
A two-floor, 18,000 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 and figure skating 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 PROGRAMS

**FITNESS PROGRAMS**

**BALLET BARRE**

**BALLET BARRE BLAST** $24-32
This is a truly challenging class that brings 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. Come join us for a fantastic class that is sure to make you sweat and keep you interested while delivering a caloric burn that is sure to help you burn fat. All fitness levels welcome!

**MEET ME AT THE BARRE** $32
Leave no muscle untouched in this effective total body workout that will tone your muscles, get your move and groove on, and let you have a hang over the barre. This high energy class is perfect for lengthening, stretching and serious total-body sculpting. All fitness levels welcome.

**CARDIO & CORE**

**SMALL GROUP TRAINING** $28-37
A small group training atmosphere to offer the best of both worlds - 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. All you have to do is show up. Class is limited to 8 participants only.

**TOTAL BODY TRANSFORMATION** $108
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.

**OUTDOOR FITNESS** $24
It’s time to take the sweating outside! You can expect a functional, full body workout that focuses on building strength, endurance and speed. This class will feature drills such as climbing and jumping stairs, bear crawling, push-ups and much more. Outdoor fitness is challenging but very effective for those serious about increasing their fitness level!

**TRIPLE THREAT** $32
This is a high intensity interval training class that pushes you to the max. From tabata to sprint training, this workout features a variety of HIIT techniques focusing on your upper body, lower body, and core. Grueling, all-out work efforts are alternated with brief recovery periods to provide a total body workout with maximum results.

**ZUMBA - BEGINNER** $24
A quick dance workout that is meant for newbies who are not familiar with Zumba classes and/or people that want to improve their technique to have a better workout and prevent injury. No dance background or experience required.

**ZUMBA** $32
Zumba is a fitness class inspired by Latin music and dance moves. Let the music move you in a party-like atmosphere. Easy to follow dance steps will have you grooving and shaking away so you don’t feel how hard you are working. Join the party today and ditch the workout!

**ZUMBA TONING** $32
Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin infused Zumba® moves to create a calorie-torching, strength-training dance fitness party.

**INTRO TO SPIN** $22
This program has been designed with the newbie in mind. Come learn the fundamentals of indoor cycling! This class is for the beginner cyclist and will set you up for success on the saddle. The instructor will show you how to properly set up the bike and give you all the tools you need to have the best riding experience possible! Not only will you learn all the ins and outs of indoor cycling, you will also get a great workout!

** BEGINNER TRX** $29
Never tried TRX Suspension Training before? That’s okay, this class is designed with the beginner in mind! Using the TRX you will get a full body workout like you’ve never experienced before.

**TRX BODY BLAST** $23
This express workout is designed to get you in and then out the door in no time, while delivering all the benefits of an effective training that targets all muscle groups. TRX suspension training has many benefits including building lean muscle, boosting your metabolism, tightening your core and increasing your endurance. All fitness levels welcome.

**TRX & SPIN** $34
Looking for a total-body workout that provides great cardio and plenty of core strength training? Look no further than TRX/Spin Fusion: a unique combination of TRX suspension training and high-energy spinning. You’ll build strength, gain flexibility, and get a heart-pumping (and fun) spinning workout, all in one class! This program is for Staff and Faculty only.

**STAFF TRX AND SPIN** $29
Looking for a total-body workout that provides great cardio and plenty of core strength training? Look no further than TRX/Spin Fusion: a unique combination of TRX suspension training and high-energy spinning. You’ll build strength, gain flexibility, and get a heart-pumping (and fun) spinning workout, all in one class! This program is for Staff and Faculty only.

**TRX SUSPENSION TRAINING** $34
TRX Suspension Training is a new category of exercise for athletes and beginners of all abilities that leverages one’s own bodyweight and gravity to develop strength, balance, flexibility, and joint stability simultaneously. No matter if you are a high-level athlete or a weekend warrior, suspension training will help improve your game and quality of life. This workout is designed for all fitness levels - no one will be left behind.

**TRX BOOTCAMP** $29
Combine TRX training with cardio and strength intervals for the perfect cross-training workout. All levels welcome.

**WEIGHTLIFTING**

**OLYMPIC WEIGHTLIFTING TECHNIQUE** $63
Build speed, strength and power with the Olympic lifts: the snatch and clean & jerk. This one hour strength class will challenge your strength and mobility while gaining muscle and learning quality Weightlifting techniques.

*Selection may vary

For spring & summer program dates visit vikesrec.ca/register
PERSONAL TRAINING

Our trainers are ready to help tailor a fitness program to your needs, a program that is effective, focused and most importantly, fun. People of all abilities are welcomed and encouraged to participate in personal training opportunities at CARSA in our barrier-free environment. For individuals with mobility limitations, our trainers can work one-on-one with you through an Adapted Strength and Conditioning program designed specifically to support your needs and goals. These programs will focus on mobility, functionality and stability, while taking into account sport and/or fitness needs.

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<th>ONE-ON-ONE</th>
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<tr>
<td>1 Hour</td>
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<td>4 Hours</td>
<td>$193</td>
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<td>6 Hours</td>
<td>$274</td>
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<td>10 Hours</td>
<td>$434</td>
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Visit vikesrec.ca/PT or CARSA Membership Services for details and to book your Personal Training session.

Personal Training sessions expire 6 months from date of purchase. *Minimum 4 session package needs to be purchased to receive a training program from your personal trainer. Less than a 4 session package will require you to purchase the 6 week program.

BASIC 6-WEEK PROGRAMMING

$62

We offer general programming based on your goals. Fill out a client information package and one of our trainers will create a complete 6-week training program tailored to your fitness needs. We offer weight loss, weight gain, and maintenance programming.

FITNESS WEIGHT CENTRE YOUTH ORIENTATION

$22

This orientation has been developed for youth ages 14-15 wishing to access and utilize the two-floor CARSA Fitness Weight Centre. This orientation will teach how to use the equipment safely and effectively, outlining the Fitness Weight Centre guidelines and proper etiquette. A tour of the facility will be provided as well as a detailed overview of the equipment and services available in CARSA. Knowledgeable and experienced staff will ensure participants have the knowledge, confidence and skills required to use the CARSA Fitness Weight Centre. Upon completion of this 2-hour orientation, participants aged 14-15 will be permitted access to the CARSA Fitness Weight Centre without parental supervision. Without completion of this orientation, participants ages 14-15 will not be granted access to the CARSA Fitness Weight Centre.

To register, visit CARSA Membership Services or vikesrec.ca/register.

*Registrants should meet their Strength Trainer at the CARSA front desk 5 minutes prior to their scheduled orientation start time.

NUTRITION SERVICES

All nutrition consultations and packages are with Anna Weston.

NUTRITION CONSULTATION

1 Hour - $62

Are you ready to invest in your optimal health and personal goals? This one hour consultation will go over your current eating habits and leave you with some tools for you to make immediate changes that can improve your health and performance.

NUTRITION FOLLOW UP

45 Minutes - $46

Looking to add even more change into your lifestyle, this follow up appointment will continue to evaluate and enhance your nutrition setting you up for long term success.

1 WEEK MEAL PLAN

$124

Need a concrete plan to get you through the week? A simple grocery list to set you up for this week. Anna’s one week meal plans will make it easy for you to get the fuel you need to get through your week!

*L说明 these meal plans do not include macro counting, but include daily food plan designed to your needs and goals and comes with a grocery list.

LIFESTYLE PACKAGE

$345

Package includes:

• Six 1-hour personal training sessions
• One 1-hour nutrition consultation
• One 45min nutrition follow up

*This package is not covered by extended medical.
**PILATES**

**BURN AND FIRM PILATES**
$22-29

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.

**YOGA**

**BEGINNER YOGA**
$24

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.

**DE-STRESS YOGA**
$32

Take time to tune into your body and release the everyday hustle and bustle! With a strong focus on breath and gentle flow, you begin to come out of your mind and into your body. This class will leave you feeling relaxed, refreshed, replenished and ready for the days ahead.

**POWER FLOW YOGA**
$24-32

Ignite your internal fire and sweat out stress! Explore invigorating standing sequences, fun arm balances for strength, back bending for flexibility, and dynamic core strengthening and stabilizing as you flow with your breath.

**RESTORATIVE FLOW YOGA**
$24

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.

**RISE AND FLOW YOGA**
$24

Start your morning right with invigorating sun salutations to bring energy to your day. Flow from one energizing asana to another while linking each movement with your breath. Open your heart, shoulders, hips and back while strengthening and toning your core, arms and legs.

**YOGA REVIVAL**
$24

Join this 55-minute all-levels mindful hatha yoga class where we will find a balance between movement and stillness. Each class is designed with mindful breathing, strengthening asanas, and lengthening asanas to promote balance in the body and mind. Expect an emphasis on strength, balance, range-of-motion, and intentional rest.

**YOLATES**
$32

This combination of Pilates, yoga and muscular conditioning focuses on developing strength and stamina for both mind and body. All fitness levels welcome.

**STAFF YOGA**
$24-32

UVic Staff and Faculty can take time to enjoy a stretch, reduce stress and renew energy. Novice participants will be introduced to relaxation through the basic practice of Hatha Yoga postures. Continuing students will benefit from advanced forms of basic postures. All fitness levels welcome.

**YOGA CHILL OUT**
$24

Come 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.

**SLOW FLOW**
$24

Slow flow yoga is a meditative flow that practices slowing down by using a slow steady breath, holding postures, transitioning smoothly, and opening gently and mindfully with the ability to move deeper into one’s body and self.

**YOGA REVIVAL**
$32

This combination of Pilates, yoga and muscular conditioning focuses on developing strength and stamina for both mind and body. All fitness levels welcome.

**GROUP FITNESS**

**Spin, strength, cardio, core and more!**

With a Vikes Fit PLUS or Vikes ALL-IN Membership you receive access to 23 Group Fitness Classes each week.

See page 2 for membership information or visit vikesrec.ca/membership

**RESERVE YOUR SPOT ONLINE**

 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 and closes 1 minute prior.

**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 or a fee incurred.

**CHECKING IN**

Successful Group Fitness online reservations can proceed directly to the appropriate studio but must sign in. Failure to check in will be considered a missed class and could result in loss of online reservation privileges or a fee incurred.

**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.

vikesrec.ca/membership

vikesrec.ca/groupfitness

Schedule + Class Descriptions: vikesrec.ca/mindbody
### GROUP FITNESS

**SPRING SCHEDULE: MAY 6-JUNE 30, 2019**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>MORNING</td>
<td>SWEAT AND SCULPT Dairyland Spin Studio 6:30-7:30am</td>
<td>SPIN 60 Dairyland Spin Studio 6:45-7:30am</td>
<td>STRENGTH 45 Dairyland Spin Studio 6:45-7:30am</td>
<td>SPIN 60 Dairyland Spin Studio 6:15-7:15am</td>
<td>SPIN 45 Dairyland Spin Studio 6:45-7:30am</td>
<td>SPIN 30 Dairyland Spin Studio 9:00-9:30am</td>
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<tr>
<td>DETOX SPIN Dairyland Spin Studio 9:00-10:00am</td>
<td>DIESEL Dairyland Spin Studio 9:00-10:00am</td>
<td>SPIN 60 Dairyland Spin Studio 9:00-10:00am</td>
<td>STEP AND SCULPT Dairyland Spin Studio 9:00-10:00am</td>
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<tr>
<td>MUSCLE HUSTLE Gwynne Studio 10:15-11:15am</td>
<td>MUSCLE INTERVALS Gwynne Studio 10:15-11:15am</td>
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<tr>
<td>AFTERNOON</td>
<td>SPIN 45 Dairyland Spin Studio 12:15-1:00pm</td>
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<tr>
<td>EVENING</td>
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Group Fitness classes are included with your Vikes Fit Plus or Vikes All In Membership. For more information visit vikesrec.ca/membership.

No classes May 20 for Victoria Day.

### SUMMER SCHEDULE: JULY 2-AUG 17, 2019

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<th>MONDAY</th>
<th>TUESDAY</th>
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No classes July 1 for Canada Day, and August 5 for Civic Holiday.

Class descriptions are available at vikesrec.ca/groupfitness Reserve your Group Fitness spot online quickly from your mobile device or computer by logging in at vikesrec.ca/register
I AM

a

Peninsula Co-op Member

Top 3 Reasons to Join

• Get cash back on gas and food purchases.
• As a member, you’re an owner of a fast-growing local company.
• Support the community, including UVic.

Why aren’t YOU a member?
Sign up for just $27 and get a lifetime membership.
peninsulaco-op.com
GETTING STARTED

We offer a variety of fun, creative, and challenging terrain for climbers of all experience levels to enjoy, which includes bouldering, top roping, lead climbing, and an auto-belay. No experience is necessary to use the bouldering walls or auto-belay on the tower. Drop by during operating hours and our staff can get you started. First time visitors to the facility will be asked to sign a waiver, receive a short orientation on the facility, safety regulations and rules. Whether you’re looking for an adventure, wanting to try a new sport, or are a recreational rock climber, the Peninsula Co-op Climbing Centre has something to offer for everyone, regardless of your experience.

CLIMBING WALL HOURS

Visit vikesrec.ca/hours for spring/summer climbing centre hours.

While our hours are consistent for most of the season, exceptions for route-setting, competitions, group bookings and staff training may occur.

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.

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 $62 for up to 4 people.

For more on group & school bookings visit vikesrec.ca/groupevents

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 or visit vikesrec.ca/membership.

visit vikesrec.ca/climb

COURSES

FRIDAY FAMILY NIGHT

$25
Bring your family to CARSA and have a mountain of fun! Climbing staff will set up all the safety systems and give you a quick lesson and orientation on how to manage the ropes.
1-2 adults and/or 2-3 kids (extra person $5)

LADIES NIGHT

$11
Join us for 2 hours on the last Monday of every month to climb, learn and have fun in this women only class. This class is designed to help you up your climbing game, while building a strong female climbing community! Each session will focus on a new topic and help climbers work on their strength, power, technique and climbing knowledge, while keeping an emphasis on fun and community. Rentals included.

INTRODUCTORY LESSON

$33
This is a 2-hour introductory course on the fundamentals for top rope climbing. Learn the basics of belaying and climbing movements in a welcoming and safe environment with experienced climbing instructors.

PERSONAL TRAINING

1 hr: $50  4 hrs: $187
6 hrs: $266  10 hrs: $421
We are now offering personalized climbing instruction services for all abilities and skill levels. Our ACMG certified instructors will help you to reach your climbing goals with one-on-one instruction that will help you improve your climbing quickly and safely. Email us at climbing@uvic.ca to be matched up with an instructor.

LEAD LESSON

$60
This is an introductory course to lead climbing. Learn how to safely lead climb and lead belay with either an ATC or grigri from one of our certified instructors.

SATURDAY YOUTH CLIMBING CLUB (AGES 8-10)

$77
Youth can learn how to belay and master their climbing techniques through drills, games and regular instruction. Participants will experience a course designed to help develop youth climbing abilities while learning basic physical literacy skills needed for participation in activity and sport.

SUNDAY YOUTH CLIMBING CLUB (AGES 11-14)

$77
Youth can learn how to belay and master their climbing techniques through drills, games and regular instruction. Participants will experience a course designed to help develop youth climbing abilities while learning basic physical literacy skills needed for participation in activity and sport.

YOUTH TEAM

$129
Youth program is designed for those youth in the Stage 3 – Learn to Train stage of climbing. Participants need to have previous climbing experience and know how to belay. Participants will be run through drills, activities and games to help improve the their technical skills and overall climbing strength.
AQUATICS

ADULT SWIM BASICS 1
$53-60
Increase your comfort level and confidence in the water through floats, glides, kicking and swimming. This swimming intro focuses on front swim.

ADULT SWIM BASICS 2
$53-60
Develop your front and back crawl, establishing comfort in deep water, and increase your swimming distance. Prerequisite: Swim Basics 1 or the ability to swim 15m continuously.

DEEP WATER AQUAFIT
An impact free resistance workout that improves your cardio, core strength and muscular endurance. Classes are included in your base memberships and CARSA memberships or by drop-in admission.

Schedule: vikesrec.ca/aquafit

MASTERS SWIM CLUB
$51-175
The Masters Swim Club is designed to improve the technique, endurance, and efficiency in all of its participants. The workouts are led by National level coaches and are catered to a wide range of swimming abilities from those with competitive backgrounds to others that are training for triathlons. This program is structured to meet the individual needs of each participant and the coaches will provide the assistance to ensure successes in achieving primary goals. Workouts are typically between 2800m-3200m. Choose between once, twice, or three times per week.

PRE-SET PRIVATE LESSONS
$124-165
A convenient way to have one-to-one instruction. The instructor, times and dates are pre-booked.

CUSTOM PRIVATE LESSONS
1 hour: $40
4 hours: $152
8 hours: $288
A convenient way to have one-to-one instruction. The instructor, times and dates are up to you.

RED CROSS SWIM KIDS
LEVELS 1-10
LV 1-2 $34 | LV 3-10 $39
Learn to swim! Red Cross Swim teaches all five strokes (front crawl, back crawl, breast stroke, elementary backstroke, and sidestroke), promotes fitness and endurance, and gives swimmers lifelong skills to safely enjoy other aquatic pursuits.

Visit vikesrec.ca/register for descriptions and run dates.

KAYAK POLO
$107
A dynamic team sport played in kayaks, which combines elements of water polo, basketball and kayaking. Also known as Canoe Polo. Enjoy a combination of game play and skills practice. Boats and equipment provided. Coaching provided by past National team members.

For full Aquatics schedule visit vikesrec.ca/pool

DANCE

A CLASS IN SASS
$24-32
Inspired by artists such as Beyoncé, this class combines a variety of styles from Burlesque to Hip Hop with a sexier ‘urban flair’. The routines are sensual, playful and just plain fun. Come get a workout and let out your inner ‘diva’ in a safe and supportive environment.

BEGINNER BALLET
$24-32
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 on technique. Each class includes barre exercises, center floor work, and across-the-floor combinations. No experience necessary.

ADVANCED BALLET
$32
The posture, flexibility, fitness and balance of ballet are the foundation of all dance forms. It provides grace, poise, and technique. This class continues developing and strengthening ballet technique, while providing a challenging workout. Classes feature barre work, centre practice, and across the floor exercises, including multiple turns and pirouettes, adage, and grand allegro combinations.

CONTEMPORARY
$32
Communicate original choreography using structured techniques drawn from classical, modern and lyrical dance disciplines.

BROADWAY BOUND
$32
It’s show time! This dynamic “triple-threat” style class is for the dancer who loves musicals. In Broadway Bound, students will learn dance routines to their favorite show-tunes with a focus on performance. We’ll even do a little singing! No experience in any of the disciplines of dance, acting, or singing is necessary, only an enthusiasm for the stage!

HIP HOP LEVEL 1
$24-32
Inspired by hip-hop music and culture, this class introduces the foundations of hip-hop through fun, high-energy choreography. Come get your sweat on and find your ‘groove’ in a safe and supportive environment.

HIP HOP LEVEL 2
$32
Inspired by hip-hop music and culture, this class continues to expand upon the foundations of hip-hop through fun, high-energy choreography. Come get your sweat on and find your ‘groove’ in a safe and supportive environment.

JAZZ
$32
Explore your style and presentation. Classes emphasize musicality and body alignment, conditioning, stretch and strengthening, rhythm and stylization as well as fun and innovative choreography.

LYRICAL HIP HOP
$32
Inspired by music from artists such as Daniel Cesar, Calvin Harris and SZA, this class will challenge dancers to interpret music and express emotion. Combining elements of lyrical, contemporary & hip-hop, this class will use subtle and intricate combinations to bring a more ‘feely’ side to hip-hop. At least 1 year of dance experience necessary.
MARTIAL ARTS

AIKIDO
$53
This Japanese martial art focuses on neutralizing rather than “winning” the conflict. Evolving from traditions of the samurai arts, it focuses on perfecting the spirit.

FENCING - BEGINNER
$72
For those with little or no fencing experience. Learn the basics of the sport, including movement, grip, positioning & drills. You will train alongside other levels of fencing participants. Some fencing foil types and gear provided.

FENCING
$72
Work on your footwork, drills, attack & defense. Previous fencing experience required. You will train alongside other levels of fencing participants.

FENCING FOR JUNIORS (10-14 YRS)
$72
Olympic style fencing where juniors learn the basics of foil, epee, footwork, handwork & fencing tactics.

KENDO
$128
Using shinai (bamboo swords), develop your awareness, centeredness, wholeheartedness, endurance, concentration, respect for others, and self-confidence. This class is for intermediate to advanced participants.

KENDO INTRODUCTION
$53
Learn the basics of the sport of kendo. Equipment provided. No experience necessary.

KENDO FOR KIDS
$107
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.

KENDO INTRODUCTION
$53
Learn the basics of the sport of kendo. Equipment provided. No experience necessary.

KENDO FOR KIDS
$107
Karate is fun for kids! And it is a great way to develop motor skills, physical activity, discipline and respect.

SHORINJI RYU KARATE
$60
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.

SHOTOKAN KARATE
$135
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.

SHOTOKAN KARATE FOR KIDS
$35
Karate is fun for kids! And it is a great way to develop motor skills, physical activity, discipline and respect.

WING CHUN
$92
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. No experience necessary.

RACQUET SPORTS

JR VIKES TENNIS - ORANGE 1 (8-12 YRS)
$122
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. Focus on the FUNdamentals.

JR VIKES TENNIS - GREEN 1 (10-15 YRS)
$122
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!

TENNIS LEVEL 1.0-1.5
$92
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.

TENNIS LEVEL 2.0-2.5
$92
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 ground strokes, volley and serve. Refine stroke mechanics and increase comfort in game situations.

For spring & summer program dates visit vikesrec.ca/register
*Selection may vary

Photo: Cole Nelson
INCLUSIVE PROGRAMS
FOR ALL ABILITIES

Vikes Athletics and Recreation is inclusive of all abilities and programming is built to reflect this. There are a variety of inclusive sports and recreation programs and drop-in sessions are for everyone. Sports chairs are provided as needed.

DROP-IN ACTIVITIES
Offered currently are wheelchair tennis, wheelchair basketball and spin classes. People of all abilities can participate together. Equipment and sport chairs are provided.

REGISTERED ACTIVITIES

PERSONAL TRAINING
A Strength & Condition program designed specifically for you. The program focuses on mobility, functionality and stability while taking into account sport and/or fitness needs.

JUST FOR KICKS
A free indoor soccer program for kids with special needs to learn fundamental movement skills and develop physical literacy. (Runs September to March. For more info email just4kicks@uvic.ca)

Visit CARSA Membership Services or vikesrec.ca/register

All Spin Classes are accessible! See page 2 for membership options and page 9 for group fitness schedule
COURSES

INTRO TO OUTDOOR CLIMBING
$80
Never climbed outside and want to give it a try? Participate in this half day of climbing at one of Victoria’s local cliffs. Expert guides will set up all the ropes for you to climb. This is a great way to get introduced to the wonderful world of outdoor climbing. Transportation is provided. No lead climbing permitted.

OUTDOOR TRANSITION TO ROCK
$160
Want to transition from the gym to the crag? Join us for a full day of climbing at one of Victoria’s local cliffs. Our guides will go over everything you need to make the transition from the gym to the crag, including rope management, basic anchor building and cleaning skills. This is a great way to get introduced to the wonderful world of outdoor climbing.

ROCK RESCUE
$160
Could you deal with the technical aspects of a complex rope rescue? Be safe, be secure and be self-sufficient on your climbs with professional instruction and training. In this course, participants will be prepared to execute an efficient rope rescue in varying situations. Must be able to lead a minimum of 5.8.

INTRO TO OCEAN KAYAKING
$82
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.

SEA KAYAK 45 MIN. TOUR
$15
Never tried sea kayaking before? Come join us for a 45 minute tour of Cadboro Bay. Our certified guide will take you out for a quick paddle, where you can experience the joys of sea kayaking. We provide all the necessary gear.

INTRO TO OCEAN KAYAKING & RESCUE PACKAGE
$150
This package is a 2 day combination of the Intro to ocean kayaking and the Intro to ocean kayak rescue. When signing up for the combo deal participants receive a $10 discount.

INTRO TO OCEAN KAYAK RESCUES
$82
This course will go through the basics of ocean kayak rescues. Certified instructors will walk you through wet exits, kayak re-entry, individual and partner rescues, capsizing safety, multiple assisted re-entry, and basic towing.

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. Equipment Desk: 250-472-4044

TENTS

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<th></th>
<th>24 Hrs</th>
<th>2-3 Days</th>
<th>4-6 Days</th>
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<tr>
<td>5 person - 3 Season</td>
<td>$35</td>
<td>$70</td>
<td>$105</td>
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<tr>
<td>6 person - 3 Season</td>
<td>$35</td>
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<td>$105</td>
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SLEEPING BAGS

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<tr>
<td>Liner</td>
<td>$4</td>
<td>$8</td>
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<tr>
<td>Mummy - 3 Season (0-10°)</td>
<td>$16</td>
<td>$32</td>
<td>$48</td>
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<td>Matt - Foam</td>
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<td>Matt - Air</td>
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BACKPACKS

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<tr>
<td>Weekend (30-50L)</td>
<td>$8.5</td>
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<td>Multi-day (50-65L)</td>
<td>$14</td>
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CLIMBING

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<td>Rope</td>
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<td>Helmets</td>
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WINTER GEAR

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<td>Mountaineering Axe</td>
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<td>Crampons</td>
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<td>Snow Shoes</td>
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RECREATIONAL EQUIPMENT

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<tr>
<td>PFD</td>
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<td>$15</td>
<td>$25</td>
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*PFD included in Sea Kayak Rental
PICK YOUR SPORT

<table>
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<tr>
<th>MONDAYS</th>
<th>TUESDAYS</th>
<th>WEDNESDAYS</th>
<th>THURSDAYS</th>
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</thead>
<tbody>
<tr>
<td>• Ice Hockey</td>
<td>• Beach Volleyball</td>
<td>• 3 on 3 Ball Hockey (outdoors)</td>
<td>• Beach Volleyball</td>
</tr>
<tr>
<td>• 7v7 Outdoor Soccer</td>
<td>• Softball</td>
<td>• 11v11 Outdoor Soccer</td>
<td>• Softball</td>
</tr>
</tbody>
</table>

Leagues run every night of the week, Monday to Thursday, and when you register for a league, you can expect your game times to vary within the time frame listed but only on the day listed. Each league schedule can vary and is based on the availability of the facility being used.

HOW TO REGISTER

UPDATED Registration Process

Every single participant, captain or individual, must register themselves separately. This process will help streamline the registration process for league managers and captains, while improving accountability for every participant. At the time of registration you must complete your waiver before participating. Registration is available online at vikesrec.ca/register or in person at CARSA Membership Services.

THE FINE PRINT

Participation Fee & Refunds

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. To request a refund, please contact imfun@uvic.ca

Locations are subject to change based on number of registered teams in each league.

If you wish to play more than one day in a particular sport (i.e. volleyball, soccer, ball hockey) you must register for each activity separately. You can only be registered on one team in an activity on one particular day.

Program fees differ between UVic members (M) and Non-members (NM). Want to play with a friend? Please contact your respective League Manager at imfun@uvic.ca with attention to the sport you are playing in.

Team Captains

As a captain, be sure to register in one of the designated CAPTAIN registration options. Your responsibilities as a captain include: getting the rest of your team to register as a PARTICIPANT; registering on Imleagues.com to access your teams schedule; serving as a conduit to your team members to communicate game times, schedule changes, rules and any applicable discipline measures and representing your team in a meeting with league managers or staff depending on the issue.

CoRec vs. Open

CoRec – Men, Women, Two-Spirit, Trans, Non-Binary

This category welcomes individuals of all genders to participate. However, teams must adhere to a maximum number of self identified men. Please refer to each sport for those specific guidelines.

OPEN – Men, Women, Two-Spirit, Trans, Non-Binary

This category welcomes individuals of all genders to participate.
YOUR 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 abilities 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
Vikes Athletics & Recreation Members can borrow or rent the following equipment from the CARSA Equipment Desk:

Complimentary Equipment*
• Table tennis paddle
• Basketball
• Volleyball
• Futsal ball
• Soccer ball

Equipment for Rent (rental fee applies)
• Pickle ball
• Racquets for tennis, badminton and squash

Equipment for Sale **
• Squash balls
• Badminton birdies
• Ping pong balls

*A selection of sport balls are also available at the McKinnon Building
**Equipment sales are available to members and non-members.

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 also a 90-m straight running track.

AQUAFIT - WEIGHTLESS FITNESS
Try an impact and resistance free workout. 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.
### 2019 Schedule

<table>
<thead>
<tr>
<th>CAMP</th>
<th>AGE</th>
<th>JUL 2-5</th>
<th>JUL 8-12</th>
<th>JUL 15-19</th>
<th>JUL 22-26</th>
<th>JUL 29- AUG 2</th>
<th>AUG 6-9</th>
<th>AUG 12-16</th>
<th>AUG 19-23</th>
<th>AUG 26-30</th>
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<tr>
<td>Girl Power</td>
<td>8-11</td>
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<tr>
<td>Mini Vikes - Full Day</td>
<td>5-7</td>
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<tr>
<td>Indoor Climbing - Full Day</td>
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</table>

**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. $30 per week ($24 for a 4 day camp week) | $60 for both ($48 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: vikesrec.ca/birthdays

SPORTS PARTIES
Ages 5 and up (maximum 16 children)
Different sport themes available!
Availability: Sun 3-4pm
Information and booking: vikesrec.ca/parties

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.

PACIFIC COAST SWIMMING
www.pacificcoastswimming.com

COME SWIM WITH US!

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.

6 TIME PROVINCIAL CHAMPS!

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 Felicita's afterwards for 20% off your meal!*

Take a picture of you & your team at the game, post it in any social media outlet with #Felicitas & show it to your server!

*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.

CINECENTA

GREAT MOVIES. CHEAP PRICES. Damn FINE POPCORN.

CINECENTA.COM
Come spend your summer with the Vikes!

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

- RECREATION
- SPORTS DEVELOPMENT
- HIGH PERFORMANCE
- CLIMBING & OUTDOOR

Register Now!
vikescamps.com

Presented by Dairyland. Vikes. Supported by Thrifty Foods.

SUMMER CAMPS