



2019/20
FALL & WINTER

ACTIVE LIVING GUIDE

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
- Spin, Step, Cardio, Core, Strength & more
- 35 Group Fitness Classes
- Squash Courts

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

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.

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CARSA - CENTRE FOR ATHLETICS, RECREATION & SPECIAL ABILITIES

Membership Services: 250-472-4000

Equipment Desk: 250-472-4044

CARSA Building Hours (Aug 31, 2019-Apr 26, 2020)

Monday–Friday 6:00 am–11:00 pm

Saturdays & Sundays 7:00 am–9:00 pm

Reading Break* 6:00 am–9:00 pm

Holidays** 7:00 am–9:00 pm

Visit vikesrec.ca/hours for more information

* Reading Break: Nov 12–13, Feb 17–21

** Holidays: Sep 2, Oct 14, Nov 11, Feb 17, Apr 10 & 13

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

VIKES SPORTS INJURY CLINIC

Clinic Hours: 7:30 am–7:00 pm, Mon–Fri.

Appointments: 250-472-4057 | physio@uvic.ca

  @VIKESREC | VIKESREC.CA

  @UVICVIKES | GOVIKESGO.COM

All photography: APShutter.com

(unless otherwise indicated)



WELCOME

CARSA Membership

Buy or renew in person at Membership Services

Programs & Leagues

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

MEMBERSHIP BENEFITS

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

* 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

UVic Students [^]	Vikes Fit or Climb			Vikes Fit Plus			Vikes All In Fit & Climb		
	1 term	2 terms	full year	1 term	2 terms	full year	1 term	2 terms	full year
Fees paid with tuition	\$111	\$222	\$243	\$196	\$391	\$412	\$222	\$446	\$467
Fees not paid with tuition	\$202	\$403	\$423	\$285	\$570	\$590	\$311	\$620	\$641

UVic Staff & Faculty	Vikes Fit or Climb			Vikes Fit Plus			Vikes All In Fit & Climb		
	4 mts	8 mts	12 mts	4 mts	8 mts	12 mts	4 mts	8 mts	12 mts
Regular Continuing	\$67	\$134	\$162	\$152	\$305	\$335	\$225	\$450	\$486
Non-Continuing	\$260	\$519	\$556	\$299	\$595	\$616	\$319	\$639	\$661
UVic Retirees	\$113	\$225	\$247	\$198	\$394	\$417	\$226	\$450	\$472

UVic Alumni	Vikes Fit or Climb			Vikes Fit Plus			Vikes All In Fit & Climb		
	12 months			12 months			12 months		
Vikes for Life (Annual fee)	\$269			\$438			\$493		

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

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

[^]Term definitions: 1 Term (one of Sept. 1-Dec. 31, Jan. 1-April 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.

** Must complete FWC Orientation ***FWC not included

**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 SERVICES

LOCKERS

Locker Type	Day use	4 mths	8 mths	12 mths
1/2 Change room	50¢ or 3/\$1	\$44	\$84	\$118
1/3 Hallway	50¢ or 3/\$1	\$34	\$61	\$87

Locker availability and rental duration varies based on time of year. See Student Membership definitions of term on page 2.

TOWEL SERVICE

Day use	4 months	8 months	12 months
\$3.50	\$42	\$80	\$112

DROP-IN PASSES

CARSA Passes	Cost		
10x Multi-visit Pass			
Adult	\$135		
Youth (14-18)	\$90		
Child (6-13)	\$63		
One Month Pass			
Fitness Weight Centre	\$95		
Climbing Centre	\$95		
Group Fitness	\$115		
Squash only *	\$75		
Day Pass: Member			
Fitness Weight Centre	\$10		
Climbing Centre	\$10		
Group Fitness	\$10		
Day Pass: Non-Member			
Fitness Weight Centre/Drop-in Rec	\$15		
Climbing Centre	\$15		
Group Fitness	\$20		
Family (2 adults/2 children)	\$30		
Youth (14-18)	\$10		
Child (6-13)	\$7		
Child (5 and under)	Free		
Leisure Assistant Pass	Free		
McKinnon & ISC Passes			
10x Multi-visit Pass			
Adult	\$70		
Youth (14-18)	\$63		
Child (6-13)	\$36		
Guest Passes: Non-Member			
Adult	\$7.75		
Youth (14-18)	\$7		
Child (6-13)	\$4		
Family (2 adults/2 children)	\$15		
Membership			
	4 mths	8 mths	12 mths
Adult	\$173	\$346	\$401
Youth (14-18)	\$76	\$151	\$175
Child (6-13)	\$60	\$119	\$137

* Availability subject to change

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.**

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

POLICIES

DRESS CODE POLICY

We are committed to offering a hygienic, safe and inclusive environment in our Fitness Weight Centre. All patrons are required to abide by the following Dress Code Policy:

- + Patrons must wear clean, appropriate athletic clothing that covers the chest area, and athletic shoes (closed toed and heel) at all times.
- + Shirtless, sports bras, clothing with inappropriate statements, sandals, open-toed shoes, and bare feet are not permitted in the Fitness Weight Centre.
- + Anyone not following the dress code will be asked to comply or leave.

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.

TOWEL SERVICE POLICY

Members with towel service privileges are required to swipe their membership card at the equipment desk to check out a towel. The towel must be returned and swiped back in by staff by end of day. Failure to return a towel will result in a suspension of services until a \$5 non-returned fee has been collected.

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 and 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 valid 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 attendants, 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 (25¢, \$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.

GENERAL PARKING RATES

Hourly (or portion): **\$2.00** | Daily: **\$9.00**
Evenings (5-11:59pm) / Saturday day: **\$3.50**
Holidays and Sundays: **free**

DROP-IN & POLICIES

ADULT PROGRAMS



CARDIO & CORE

BOLLYFIT \$79

BollyFit classes are based off the energetic music and rhythm found in the Bollywood industry. This class is a combination of cardio workouts with a Bollywood twist to get your body moving as well as some easy moves and choreography to get you on the dance floor!

BURN & FIRM PILATES \$73

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.

CARDIO KICKBOXING \$79

A cardio-forward choreographed boxing workout with no bags, no wraps and no ring. It's just you and your own killer instinct, set to an explosive playlist that powers you through five rhythmic, relentless rounds. This one-of-a-kind class will train you to move, look and feel like a champion.

SMALL GROUP TRAINING \$82

A small group training atmosphere to offer the best of two 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.

CIRCUIT TRAINING FOR ADULTS (50+) \$79

This class combines weight room training along with cardio intervals for an efficient, all-inclusive workout. Class will include a warm up, a stationed workout, and a guided stretch at the end. Stations will include a variety of equipment including free weights, resistance bands, exercise balls, BOSU's, and a variety of cardio machines.

FUNCTIONAL FIT \$29

Feel your power after completing high intensity intervals of cardio and strength training. Use multi-compound movements with athletic strength training exercises for a dynamic, calorie burning, total body workout.

PILATES FIT \$66

This class is a combination of strength, cardio, and Pilates inspired core movements that gets you in and out the door within 45 minutes. This class will get you healthy and fit, challenge your mind and body, and most importantly make fitness fun!

TOTAL BODY TRANSFORMATION \$269

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.

TAOIST TAI CHI \$79

In the Taoist tradition, a person's health depends on the harmony of body, mind and spirit. The Taoist Tai Chi® arts offer access to this tradition in order to help people with their physical, mental, and spiritual health in all stages of life.

STRENGTH, STRETCH, AND SOCIAL FITNESS (50+) \$79

New to fitness or returning after some time off? This 10 week course will teach you the basics of exercise under the guidance of a certified personal trainer. You will experience an intro to free weights and resistance bands, learn about flexibility and stretching, and participate in low impact cardiovascular and functional exercises that will contribute to your daily living.

TRIPLE THREAT \$79

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 H.I.T.T 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 \$79

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 BEGINNERS \$24

A quick dance workout that is meant for newcomers who are not familiar with Zumba® classes and/or people that want to improve their technique to have even an better work out and prevent injury. No dance background or experience required.

ZUMBA GOLD (50+) \$79

Zumba Gold is for active older adults and those looking for a class that recreates Latin dance inspired moves you love at a lower-intensity.

ZUMBA TONING \$71-79

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.



BALLET BARRE

BALLET BARRE BLAST \$60-71

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!

BARRE FITNESS \$79

Barre Fitness is a 55 minute 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!



For fall & winter
program dates visit
vikesrec.ca/register

*Selection may vary



ADULT PROGRAMS



ACHIEVE YOUR GOALS

Whether you are just starting out or want to enhance your existing program, our trainers will tailor a fitness program to help you achieve your goals. [Learn more: vikesrec.ca/PT](http://vikesrec.ca/PT)



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!

**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.*



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.

ONE-ON-ONE	FEE
1 Hour	\$51.50
4 Hours	\$193
6 Hours	\$274
10 Hours	\$434

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.*

ADULT PROGRAMS



SPIN

INTRO TO SPIN

\$25

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!



TRX

STAFF TRX & 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 & SPIN

\$85

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!

TRX BEGINNERS

\$73

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 BOOTCAMP

\$73

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

TRX BODY BLAST

\$51

This express workout is designed to get you in and 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 SUSPENSION TRAINING

\$85

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.



WEIGHTLIFTING

OLYMPIC LIFTING 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.

POWERLIFTING 101

\$63

This 4-week course is open to all skill levels and is designed to help develop strength and power through dynamic movements using the barbell. The class will cover proper squat, bench press, and conventional and sumo deadlifts with a focus on developing movement patterns.

WOMAN'S LIFTING

\$63

A group coaching program for women who want to learn how to weight train properly using free weights including the barbell and dumbbells. This class focuses on developing great technique to build safe long-lasting movement patterns so participants can keep pursuing their goals beyond the 4 week program.



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.

ATHLETIC YOGA

\$79

An alignment based hatha yoga class that uses biomechanics to stretch and strengthen wisely and effectively: suitable for athletes, beginners, and yogis of all shapes and sizes.

POWER HOUR YOGA

\$79

Like Yoga? Want a good workout? 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!).

DE-STRESS YOGA

\$79

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!

HATHA FLOW

\$79

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 postures. Continuing students will benefit from the opportunity to go deeper into their practice. No yoga experience required.

POWER FLOW YOGA

\$71-79

Ignite your internal fire and sweat out stress! This fun, flowing yoga class will energize the body and focus the mind. Utilizing balance, strength and focus, learn to flow from posture to posture with ease. 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

\$54-60

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.

ADULT PROGRAMS



RISE & FLOW \$60

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.

RELAX & RESTORE \$60

What better way to finish off your busy week than with a relaxing class of deliciously deep holding postures? Restore and rejuvenate your mind, body, and soul, and rock the weekend to come!

SLOW FLOW \$60

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.

STAFF YOGA \$71

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 participants will benefit from advanced forms of basic postures. All fitness levels welcome. *Only open to UVic Staff and Faculty.*

YOGA CHILL OUT \$60

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.

YOGA FOR STIFF PEOPLE \$60

Feeling stiff and stressed from a long day at the office? This class helps ease the tension in your body and mind. Stretch tight areas such as shoulders, hips, hamstrings, and the low back as we let go of the demands of the day and rest in the present moment. Increase flexibility and prioritize your health. You will leave feeling refreshed and renewed! All levels welcome.

YOLATES \$79

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



AQUATICS

ADULT SWIM 100 \$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 200 \$60

Develop your front and back crawl, establish comfort in deep water, and increase your swimming distance. Prerequisite: Adult Swim 100 or the ability to swim 15m continuously.

ADULT SWIM 300 \$60

Continue to work on your strokes and achieve your distance goals. The Adult Swim 300 program is designed to further develop strokes and increase swimming distances and proficiency. Prerequisite: The ability to swim 50 meters continuously or Adult Swim 200.

AQUAFIT Free with Membership

An impact free resistance workout that improves your cardio, core strength and muscular endurance. Classes are included in your base membership and CARSA membership or by drop-in admission. Schedule: vikesrec.ca/aquafit

MASTERS SWIM CLUB \$59-117

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 for 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.

PRE-SET PRIVATE LESSONS \$165

A convenient way to have one-on-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-on-one instruction. The instructor, times and dates are up to you.

DEEP WATER WORKOUT \$75

Deep Water Workout is a true full-body workout for those who are looking for a great workout in a non-impact environment. The classes are designed primarily to focus on endurance and strength while limiting the amount of stress on your joints.



ADULT PROGRAMS



DANCE

A CLASS IN SASS \$70-78

Inspired by artists such as Beyoncé, this class combines a variety of styles from Burlesque to Hip Hop with a sexier 'urban flava'. 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.

BALLET

The posture, flexibility, fitness and balance of Ballet are the foundation of all dance forms. It provides grace, poise, and technique. 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.

BEGINNER BALLET — \$82-91

Level 1 - If you and your body don't know what a tendu is, but you've always wanted to explore the artistry and physical benefits of dance, this class is for you! No experience necessary.

INTERMEDIATE BALLET — \$70

Level 2 - For dancers with 2-5 years of ballet experience. Class builds technique through barre work, centre practice, and across the floor exercises, ranging from plies and tendus to simple pirouettes and allegro combinations.

ADVANCED BALLET — \$94-104

Level 3 - Are you ready to star in Swan Lake? No? Let us help you! 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. For dancers with 5+ years of ballet experience.

BROADWAY BOUND

\$70

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!

CONTEMPORARY JAZZ

\$85

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

DANCE TECHNIQUE

\$70

Work on and develop your basic dance technique through across the floor, combinations, stretch, strengthening and conditioning. Dance Tech will build upon your dance background while adding more to your knowledge by learning fun and challenging new dance moves. Classes aimed at those with intermediate dance experience (3-5 years).

HIP HOP LEVEL 1

\$63-70

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

\$70

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.

JAZZ

\$70

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

\$70

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.

STREET JAZZ

\$70

Street Jazz is the mix of commercial jazz and hip hop for an entertaining, energizing and fun class. This class explores styles that can be seen in many media outlets today such as music videos and social media. It is a less technical and more stylized type of dance that lets you connect with innovative choreography and hit music.



For fall & winter
program dates visit
vikesrec.ca/register

**Selection may vary*



ADULT PROGRAMS



MARTIAL ARTS

AIKIDO - INTRODUCTION \$52

The basics of Aikido, which is a Japanese martial art focuses on neutralizing rather than "winning" the conflict. Evolving from traditions of the samurai arts it focuses on perfecting the spirit.

AIKIDO \$104

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.

KENDO - INTRODUCTION \$52

Learn the basics of the sport of kendo. Equipment provided. No experience necessary.

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.

SHOTOKAN KARATE - INTRO \$52

Follow traditional methods incorporating kihon (basics), kata (forms) and kumite (sparring) to improve strength and mental character. This class is intended for novice practitioners or students interested in learning the basics of Shotokan Karate.

SHOTOKAN KARATE \$128

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.

SHORINJI RYU KARATE \$78

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.

SYSTEMA RUSSIAN MARTIAL ARTS \$78

Training is based on instinctive reaction and individual strengths, not learned by rote memorization. Learn to calm your mind and body as you react to threats.

TAEKWONDO \$78

This Korean martial art places particular emphasis on self-defense, kicks and forms, which are preset patterns of movements designed to simulate the use of offensive and defensive techniques. This program will teach discipline, self-defense, respect and build fitness in a fun and welcoming environment. All levels are welcome.

WING CHUN KUNG FU \$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.

WOMEN'S FITNESS KICKBOXING \$78

Learn the correct biomechanics of punching and kicking with an emphasis on partnered drills to develop the practical application of your skills. Pads and targets are also used to provide resistance, relieve stress, and teach your body how to effectively transfer force to a target.

WOMEN'S SELF DEFENSE \$78

This women's only class is a great way to feel safer and boost your confidence. Learn basic options on how to defend from strikes, grabs and holds from both standing positions and on the ground. Train your awareness and basic self-defence skills through partnered drills in a safe, fun and friendly class.



RACQUET SPORTS

TENNIS LEVEL 1.0-1.5 \$123

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 \$123

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.

PICKLEBALL- SOCIAL PLAY \$30

Join us for 2 hours of social pickleball fun with an instructor on hand to provide tips, improve technique and game strategy! This session guarantees a spot on the court. No waiting. Participants must register in advance to play. No drop-in players allowed. Bring your own paddle. Ages 15+

RACQUET SPORTS PERSONAL TRAINING

1 Session - \$47
4 Sessions - \$188
6 Sessions - \$282

Improve your game with one-on-one personal training sessions in Tennis, Pickleball or Squash. Tennis and Pickleball sessions are one hour, and Squash sessions are 45 minutes. Contact CARSA Membership Services for details and to book your sessions.

SQUASH - BEGINNERS \$74

Learn the fundamentals of squash. These sessions introduce the rules, forehand/backhand drive, service and return, volley and basic strategies. Squash glasses, racquets and balls supplied.

SQUASH - INTERMEDIATE \$74

Sharpen your squash skills and dominate with this program designed to improve your drops, drives, court awareness and game strategy. Squash equipment supplied if necessary.

SQUASH - ADVANCED \$74

Focus on drills that emphasize footwork, develop great training habits and improve your technical awareness and execution. Increase your physical conditioning and watch your game grow! These squash lessons are dedicated to learning about how to become a competitive squash player and compete at a high tournament level. Intense drills will focus on hitting precise drives, drops, boasts, and lobs. Development of speed and power to have more agile and explosive movement around the court will also be addressed.



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.

CO-OP PENINSULA
CO-OP

Moving ahead, by giving back.

Why aren't YOU a member?

Sign up for just \$27 and get a lifetime membership.

peninsulaco-op.com

ADULT PROGRAMS



**PENINSULA
CO-OP**

PENINSULA CO-OP CLIMBING CENTRE

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 up-to-date 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. To book please contact the climbing programmer at climbing@uvic.ca

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.

INDOOR CLIMBING PROGRAMS

FRIDAY FAMILY NIGHT \$20

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 up to 3 kids (extra person \$5).

CLIMBTIME LUNCHTIME \$10

Always wanted to try climbing but unsure where to start! OR just in need of a partner! Climbing staff will set up all the safety systems and if needed, give you a quick lesson and orientation on how to manage the ropes. Come and meet like minded people. Includes Rentals.

INTRODUCTORY LESSON \$35

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 (FOR CLIMBING)

1 hr: \$50 4 hrs: \$187
6 hrs: \$266 10 hrs: \$421

We offer 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.

CLIMBING WORKSHOPS \$30

Each month, our trained staff will provide a different workshop to help you with your climbing. This can take place both on and off the wall. Please keep checking with us on the next workshop.

vikesrec.ca/register

ADULT PROGRAMS

DROP-IN CLASSES ARE HERE.

FLEX FITNESS

Drop in to some of your favorite programs for only \$10/class now with FLEX FITNESS!

➤ See the full schedule of classes at vikesrec.ca/flexfitness

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](https://CARSA.org) or vikesrec.ca/register



All Spin Classes are accessible!
See page 2 for membership options



ADULT PROGRAMS



OUTDOOR PROGRAMS

INTRO TO OUTDOOR CLIMBING \$75

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 available upon request. No lead climbing permitted.

INTRO TO OUTDOOR BOULDERING \$65

Never bouldered outside and want to give it a try? OR you just don't know the area and would like to be shown around? Participate in this half day of climbing at one of Victoria's local bouldering areas. Transportation is available upon request.

ANCHOR BUILDING \$50

Come take the first step to be able to transition to the outdoors. Learn in the warmth and safety of our indoor facility, how to set and clean Top Rope anchors using bolted anchors.

INTRO TO GEAR PLACEMENT \$50

Come learn indoors the basics for placing your own protection. Learn the limitations of the gear you are using and how to identify a properly placed piece of protection. *This must be purchased as an add-on to Transition to Rock.*

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. 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.

HIKING TOURS - FULL DAY \$100

Come join us for some full day hikes around the West Coast. Hikes will include places like, East Sooke Park, Mount Finlayson, Gowland Todd and the Juan de Fuca Trail. Kids under the age of 2 are free, must be in a carrier. Transportation available upon request.

WALKING TOURS - HALF DAY \$30

Come join us for some half day walks around the West Coast. You can learn about the local plants and history, or just get out for some exercise. Walks will take place with in Greater Victoria. Bring the whole family! Kids under the age of 2 are free, must be in a stroller or carrier.

SEA KAYAKING HALF DAY TOURS \$82

Come join us for some half day paddle around Cadboro Bay. The instructor will give you a quick 20 minute lesson on strokes and safety. You will then be guided around the bay for a nice relaxing tour.

KAYAK COMBO \$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 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 program will be a 2.5 hour course in Cadboro Bay.

KAYAK RESCUE \$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.



Photo: Benjamin Davies on Unsplash



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 you will be responsible of any loss or damage to the equipment. You must be a member or an active UVic student to rent. For Kayak rentals, please contact the outdoor programmer at climbing@uvic.ca.

Equipment Desk: 250-472-4044

TENTS	24 Hrs	2-3 Days	4-6 Days	7-10 Days
2 person - 3 Season	\$20	\$40	\$60	\$80
4 person - 3 Season	\$25	\$50	\$75	\$100
5 person - 3 Season	\$35	\$70	\$105	\$140
6 person - 3 Season	\$35	\$70	\$105	\$140

SLEEPING EQUIPMENT	24 Hrs	2-3 Days	4-6 Days	7-10 Days
Liner only	\$4	\$8	\$12	\$16
Sleeping Bag (0-10°)	\$16	\$32	\$48	\$64
Matt - Foam	\$4	\$8	\$12	\$16
Matt - Air	\$7.50	\$15	\$22.50	\$30

BACKPACKS	24 Hrs	2-3 Days	4-6 Days	7-10 Days
Weekend (30-50L)	\$8.50	\$17	\$25	\$34
Multi-day (50-65L)	\$14	\$28	\$42	\$56

CLIMBING	24 Hrs	2-3 Days	4-6 Days	7-10 Days
Large Boulder Pad	\$12.50	\$25	\$37.50	\$50
Rope	\$25	\$50	n/a	n/a
Helmets	\$4	\$8	\$12	\$16

WINTER GEAR	24 Hrs	2-3 Days	4-6 Days	7-10 Days
Mountaineering Axe	\$4	\$8	\$12	\$16
Crampons	\$10	\$20	\$30	\$40
Snow Shoes	\$15	\$30	\$45	\$60

RECREATIONAL EQUIPMENT	24 Hrs	2-3 Days	4-6 Days	7-10 Days
Boogie Board	\$4	\$8	\$12	\$16
Sea Kayak* - Single	\$40	\$62.50	\$100	n/a
Spike Ball	\$4	\$8	\$12	\$16
PFD	\$8	\$15	\$25	n/a

*PFD included. 24 hour notice required for Sea Kayak Rental.



SPORT CLUBS

FOR STUDENTS, BY STUDENTS

Vikes Athletics & Recreation supports a variety of Sport Clubs that are led 'by students, for students' in an active and social environment. A wide range of recreational and competitive opportunities exist within the clubs. Some clubs offer opportunities to explore the local community while others travel great distances for fun or to compete. To find out more information, check out Club and Course Union Days: September 11 & 12, 2019 and January 8 & 9, 2020. You can also send general inquiries to the Clubs Assistant at clubs@uvic.ca or contact the specific club below.

Registering with a Club

Getting involved with the Sport Clubs is simple! Contact the clubs you are interested in for their meeting times, locations, and competition level details. Register as a member of the club(s) online or in person at Membership Services in CARSA, or to find out more information.

Archery archery@uvic.ca
Badminton smashing@uvic.ca
Ballroom Latin ballroom@uvic.ca
& Swing Dance
Caving caving@uvic.ca
Cheer cheer@uvic.ca
Climbing vikesclimb@uvic.ca
Cricket wicket@uvic.ca
Curling curling@uvic.ca
Dance Company danceco@uvic.ca
Equestrian riding@uvic.ca

Fencing fencing@uvic.ca
Figure Skating skate@uvic.ca
Ice Hockey hockey@uvic.ca
Juggling juggling@uvic.ca
Kayak vickayak@uvic.ca
Lacrosse fieldlax@uvic.ca
Outdoors outdoors@uvic.ca
Quidditch quidditch@uvic.ca
Sailing sailing@uvic.ca
Scuba scuba@uvic.ca
Snow uvicsnow@uvic.ca

Squash squash@uvic.ca
Women's Softball wsoftball@uvic.ca
Surfing surf@uvic.ca
Synchro Swim synchro@uvic.ca
Tennis tennisu@uvic.ca
Triathlon uvictri@uvic.ca
Men's Ultimate ultimate@uvic.ca
Women's Ultimate uvixens@uvic.ca
Volleyball vball@uvic.ca
Waterpolo h2opolo@uvic.ca



Photo: Cole Nelson

Photo: Cole Nelson



PICK YOUR SPORT

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<ul style="list-style-type: none"> • Basketball • Dodgeball • Flag Football • Futsal • Outdoor Soccer 7v7 • Volleyball 	<ul style="list-style-type: none"> • Badminton • Basketball • Indoor Soccer • Outdoor Soccer 11v11 • Ultimate 	<ul style="list-style-type: none"> • Ball Hockey • Ice Hockey • Outdoor Soccer 7v7 • Softball • Volleyball 	<ul style="list-style-type: none"> • Ball Hockey • Outdoor Soccer • Racquet Sports • Softball • Ultimate • Volleyball 	<ul style="list-style-type: none"> • Outdoor Soccer 7v7 	<ul style="list-style-type: none"> • Ice Hockey 	<ul style="list-style-type: none"> • Ice Hockey • Outdoor Soccer

Leagues run every night of the week, Monday to Sunday. When you register for a league, you can expect your game times to vary within the timeframes and days listed. Each league schedule can vary and is based on the availability of the facility being used.

WE'VE BEEN LISTENING!

New registration process: **WE NO LONGER USE imleagues.com.**

NEW

HOW TO REGISTER

We have moved to a system that allows Intramural registration, team creation and scheduling to be located on one site. Using your Netlink ID and password you can register for the sport of your choice. **All registration for Intramurals is done online only.**

1. You will register as a captain or as a player. Register as a team = CAPTAIN. Register as a player = PLAYER. All registration is done per person. **Register online at vikesrec.ca/register**

2. If you do not have a team to play for, you will select "Free Agent".

3. As a Captain, you will be able to:

- invite players to join your team
- default games online with 48 hours notice (restrictions apply for weekends)
- view your schedule and standings
- browse free agents if you are short players
- view your own roster
- pick a team colour

4. As a Player, you will be able to:

- receive invites to play with your friends (invited by a Captain)
- request to join teams, if you know the Captain's name or team name. No need to wait for an invitation from the Captain.

There will be a mandatory participant meeting in September (for the Fall season) for all Captains and interested players. Please check vikesrec.ca/intramurals for date and time. Another meeting will be scheduled in January for the Winter season.

Any questions? Please email imfun@uvic.ca or visit vikesrec.ca/intramurals

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.

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 specific guidelines.

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

This category welcomes individuals of all genders to participate.

vikesrec.ca/register

ADULT PROGRAMS

CERTIFICATIONS

CPR LEVEL C

\$65

This 6 hour course includes prevention, recognition and treatment of heart attack, angina, and stroke. Candidate will also learn emergency scene management, recognition and treatment for conscious & unconscious choking emergencies, CPR level "C" for adults, children and infants as well as the use of an Automated External Defibrillator. Canadian Red Cross certification is valid for 3 years. This course is offered in partnership with Alert First Aid.

FOOD SAFE

\$75

This is an 8 hour food handling, sanitation and work safety course designed for front line food service workers such as cooks, servers, bussers, dishwashers and deli workers. The course covers important food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing.

EMERGENCY FIRST AID AND CPR LEVEL A

\$95

This fun and interactive 1 day course trains people how to react and improvise during time sensitive, life threatening emergencies. This course covers emergency scene management, patient assessment, choking, adult CPR (Level A), and the use of an Automated External Defibrillator. This course also includes recognition and first-aid treatment for head and spine injuries, shock, burns, wounds & severe bleeding, fractures of upper & lower limbs including bone and joint injuries, poisoning, environmental emergencies (including heat stroke and hypothermia), cardiovascular emergencies and common medical conditions (including diabetes, epilepsy, convulsions, and allergic reactions). Participants spend the majority of the course doing hands on first-aid training. By practicing with scenarios students gain confidence and learn to react and improvise in emergency situations. This course is considered equivalent to WorkSafeBC's OFA Level 1. Offered in partnership with Alert First Aid.

EMERGENCY FIRST AID AND CPR LEVEL C

\$95

This fun and interactive 1 day course trains people how to react and improvise during time sensitive, life threatening emergencies. This course covers emergency scene management, patient assessment, choking, adult/child/infant CPR (Level C), and the use of an Automated External Defibrillator. This course also includes recognition and first-aid treatment for head and spine injuries, shock, burns, wounds & severe bleeding, fractures of upper & lower limbs including bone and joint injuries, poisoning, environmental emergencies (including heat stroke and hypothermia), cardiovascular emergencies and common medical conditions (including diabetes, epilepsy, convulsions, and allergic reactions). Participants spend the majority of the course doing hands on first-aid training. By practicing with scenarios students gain confidence and learn to react and improvise in emergency situations. This course meets Adult and Child Licensing Guidelines, and is considered equivalent to WorkSafeBC's OFA Level 1. Offered in partnership with Alert First Aid.

STANDARD FIRST AID AND CPR LEVEL C

\$165

This fun and interactive two day course trains people how to react and improvise when dealing with time sensitive, life threatening emergencies. This course includes initial assessment, disease prevention, secondary survey, airway obstruction, adult, child, infant CPR (Level C) as well as the use of the Automated External Defibrillator. Recognition and first-aid treatment for head and spine injuries, shock, burns, bleeding, seizures, broken bones, anaphylactic shock, small wound management, poisoning, heat exhaustion and heat stroke will also be addressed. Participants spend the majority of the course doing hands on first-aid, and participating in first-aid scenarios. By practicing with scenarios students gain confidence, learn to improvise, and react in emergency situations. This course meets Adult & Child Licensing guidelines, and is considered equivalent to WorkSafeBC's OFA Level 1. Offered in partnership with Alert First Aid.

CINECENTA

GREAT MOVIES,
CHEAP PRICES.
Damn FINE POPCORN.



SUB, UVIC

CINECENTA.COM



DROP-IN RECREATION

DID YOU KNOW THAT **DROP-IN IS INCLUDED** WITH BASE MEMBERSHIP?



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 LOANS AND SALES

Vikes Athletics & Recreation Members can borrow or rent the following equipment from the CARSA Equipment Desk:

- Table tennis paddle
 - Basketball
 - Volleyball
 - Futsal
 - Soccer ball
 - Pickle ball*
 - Racquets for tennis, badminton and squash*
- *rental fee applies*

Equipment for Sale

- Squash balls
- Badminton birdies
- Ping pong balls

Select sport balls are also available at the McKinnon Building

[Check the website for drop-in times and availability.](#)

FIELD HOUSE FIT FOR ALL

This multi-purpose space can be open or divided and features one lined, hardwood 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.



IAN STEWART COMPLEX ICE RINK

Drop into the ice rink for some lunch time skating or hockey. Just a short walk from the heart of the UVic campus. Skates and Helmets are mandatory.

MACKINNON POOL

Try and impact and resistance free workout in the McKinnon pool. Our 6 lane, 25 metre pool is perfect for length swimming and our dive tank is host to several AquaFit classes throughout the week. Drop-in to the pool is included in the base membership.



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.

YOUTH PROGRAMS

FITNESS PROGRAMS

TEEN CIRCUIT TRAINING \$85

This 55-minute class will build endurance, strengthen your core and offer a full body workout. This class is for any teen looking to improve their sport performance or achieve fitness goals. Don't be afraid to get sweaty!

YOUTH STRENGTH TRAINING \$63

Learn speed, strength, and power through our youth strength training program. This program has the social aspect of group fitness with the benefit of a one-on-one coach. All the workouts are inclusive, fun and safe! This program is a great introduction into strength and conditioning. Must be 14+ to register.

ZUMBA KIDS \$54

Grab your friends and move like no one's watching! Zumba® Kids is the dance-fitness party where we play it loud and rock with friends to our own rules.

AQUATICS

PRE-SET PRIVATE LESSONS \$165

A convenient way to have one-on-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-on-one instruction. The instructor, times and dates are up to you.

RED CROSS SWIM KIDS LEVELS 1-10

Level 1-2: \$46 / Level 3-10: \$52

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.

JUNIOR MASTERS \$60

Junior Masters is a program that offers competitive swim workouts that are both energetic and fun for swimmers who have completed Swim Kids 8 or higher. With swimming as the primary focus, swimmers are taught how to develop their skills in swimming, leadership, lifesaving, fitness, and most importantly team building!

MERMAID/MERMAN SCHOOL \$75

Make your dreams come true and learn to swim like a mermaid or merman in this program. These classes will include a mix of synchronized swimming techniques as well as dolphin kicking and other skills to help you become the perfect merperson. Classes are taught by members of the UVic synchronized swimming club under direct supervision of trained lifeguards. This program is catered for participants between the ages of 8-14 years who have completed Red Cross Swim Kids 5 or equivalent. Tails are provided, but feel free to bring your own if you have it!

INDOOR CLIMBING PROGRAMS

VIKES CLIMBING CLUB \$205

In these 10 week sessions, youth 10-14 years old will experience a course designed to help develop climbing skills while learning proper training techniques to promote a lifetime of participation in climbing. Designed for kids in the Stage 2 - FUNdamentals in climbing and entering Stage 3.

MINI-VIKES CLIMBING \$205

In these 10 week sessions, youth 8-10 years old can learn how to belay and master their climbing techniques through drills and games in a fun dynamic environment. Designed for kids in the Stage 2 - FUNdamentals in climbing.

VIKES CLIMBING TEAM \$325

The Climbing Team is for ages 12+. It is an 11 week program 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. In this course, participants will be run through drills, activities and games to help improve their technical skills and overall climbing strength.

DANCE

BALLET FOR KIDS \$32

The posture, flexibility, fitness and balance of Ballet are the foundation of all dance forms. This class is the perfect introduction for the up and coming dancer. Students learn the basics of ballet in a fun, relaxed environment.



HIP HOP FOR KIDS \$32

Hip-Hop is a fun energetic genre for all ages. This class introduces the foundations of hip-hop through high-energy choreography. You will be introduced to many different dance moves in an easy going environment.

MARTIAL ARTS

KENDO FOR KIDS \$108

A great way for your child to learn about focus and respect, all while staying active and having fun!

SHOTOKAN KARATE FOR KIDS \$36

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

RACQUET SPORTS

JR VIKES TENNIS - GREEN 1 \$123

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!

JR VIKES TENNIS - ORANGE 1 \$123

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.

YOUTH PROGRAMS



BIRTHDAY PARTIES

Celebrate your birthday with the Vikes! Our enthusiastic and qualified birthday party staff will provide a fun and engaging experience in a safe environment. For more information on our parties and to book, please visit vikesrec.ca/birthdays

CLIMBING BIRTHDAY \$131-289

Celebrate your birthday at CARSA! Our staff will manage the ropes and run your kids through some fun and appropriate climbing games. Optional party room area available for cake/refreshments/presents, etc. Price dependant on number of children (16 max). Age 6+. See vikesrec.ca/register for details.

VIKES BASKETBALL FAN PARTIES \$55-\$135

The Vikes basketball fan party includes access to both the women's and men's basketball game on that date for 8 children and 2 adults in the blue section at the CARSA Performance Gym. Additional tickets are available for an extra fee. With 3 options to choose from, your Vikes basketball fan party can include tickets only, tickets and snacks (popcorn and drink) or tickets and a meal (hot dog/pizza, popcorn and drink) for each guest. Please note this party option requires adult supervision as these packages do not include a party leader.

Our **party room** is available for \$25 for 45 minutes for guests interested in booking space for cake/refreshments/presents etc. Party room must be booked separately via email: bwickwar@uvic.ca

SPORTS BIRTHDAY PARTY \$205

Come celebrate your birthday at CARSA! Session includes 1 hour in the fieldhouse with two of our party leaders facilitating up to 3 different sports with the group, followed by an hour in the party room area for cake/refreshments/presents etc. Parties available for up to 16 children. Ages 5-13. Party room includes use of a fridge and a sink. Parents responsible for all decorations, cutlery, food, cake etc.

MERMAID BIRTHDAY PARTY \$210

The Mermaid Birthday Party includes 1 hour in the pool with a Leader in the water with you. This is followed by 45 minutes in the party room area for cake/refreshments/presents etc. Mermaid tails and pool toys are included. Maximum 8 children. All participants may be subject to a swim test before using the Mermaid Tails. Ages 6-12. Party room includes use of a fridge and a sink. Parents responsible for all decorations, cutlery, food, cake etc.



SPORT PROGRAMS

RISING STARS FIELD HOCKEY PROGRAM (FALL/WINTER) \$450

Girls (ages 8-11, 12-14, 15-18)
The Rising Stars Field Hockey program offers local area girls the opportunity to learn the game from current Vikes coaches and players. Sessions will include technical skills, speed & agility drills and core stability exercises. Sessions will be held at both the UVic turf field and the McKinnon gymnasium. More info: govikesgo.com/risingstars

BASKETBALL- 3 ON 3 (FALL) \$250

3x3 is the new wave of basketball taking over FIBA, NBA & WNBA in a simple, flexible and fun setting. The rules are very simple and designed to make it a fast, spectacular and exciting game. Sessions will include high-level skill/developmental instruction from Vikes basketball staff and players with lots of 3x3 game play.

CAMPS

PRO-D DAY CAMPS \$47

Spend your Pro-D-Day with the Vikes! Fantastic Vikes camp leaders are back to plan a day filled with games, sports, crafts and more! Campers will also get some time in CARSA's Peninsula Co-op Climbing Center on both the bouldering wall and climbing tower.
Sept 23, Oct 25, Nov 22, Feb 14

WINTER BREAK CAMP \$92

Come spend your winter break at CARSA with the Vikes! Our awesome leaders are back again to plan lots of games, sports and crafts. Campers will also have a chance to go ice skating and climb on our climbing wall!
Jan 2-3.

WINTER BREAK CLIMBING CAMP \$62

Vikes climbing camp will introduce children to the world of rock climbing in a safe and fun environment at our Peninsula Co-op Climbing Centre in CARSA. Qualified coaches will lead and teach activities that will include basic climbing techniques, safety and games (both on and off the wall). Both the bouldering wall and climbing tower will be used.
Jan 2-3.

WINTER BREAK GIRLS BASKETBALL CAMP \$85

The Vikes Women's basketball team are proud to host a 2 day basketball camp for girls aged 8-12 at CARSA. Basic fundamentals such as shooting, passing, dribbling, rebounding and defence will be taught, alongside skill based games and competitions in a fun environment.
Jan 2-3.

SPRING BREAK CAMPS \$209

Come join the Vikes camp crew on your spring break for a week of sports, adventure and fun! Activities will include sessions on our climbing wall, hiking, scavenger hunts, swimming plus various sports activities such as indoor soccer, basketball, racquet sports etc. Campers will be grouped for activities based on their ages.
Mar 16-20 and 23-27.



FITNESS WEIGHT CENTRE YOUTH ORIENTATION

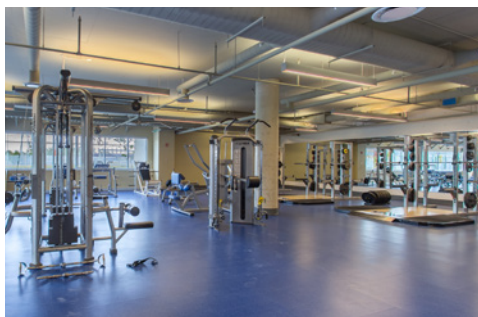
\$22
This orientation has been developed for youth ages 14-15 wishing to access and utilize the two-floor CARSA Fitness Weight Centre. This orientation will teach how to use the equipment safely and effectively, outlining the Fitness Weight Centre guidelines and proper etiquette. A tour of the facility 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.*

FACILITIES & RENTALS

CENTRE FOR ATHLETICS, RECREATION AND SPECIAL ABILITIES (CARSA)



CARSA FITNESS WEIGHT CENTRE

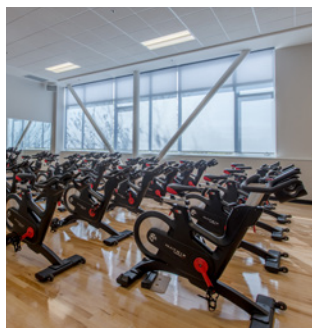
A two-floor, 18,000 square-foot space with an impressive variety of cardio equipment, weights and machines, racks with platforms, functional training systems - all to meet everyone's fitness needs.

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

LET'S TEAM UP

For information about partnership and sponsorship opportunities, visit govikesgo.com/partnership



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*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

SWIMMING PROMOTES

- SELF-CONFIDENCE
- SELF-ESTEEM
- TIME MANAGEMENT
- GOAL-SETTING
- SOCIAL DEVELOPMENT



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