CROSS COUNTRY CHAMPIONSHIPS
Victoria November 12, 2017
LIVE THE Legacy
livethelegacy.ca

FLEX 5
FAMILY PASS

CHOOSE YOUR 5 GAMES

OCT 27/28 vs UBC
NOV 17/18 vs Saskatchewan
JAN 5/6 vs TRU
JAN 19/20 vs UNBC
JAN 26/27 vs Mount Royal
FEB 1 vs UBC

SAVE 30%
on regular season
VIKES BASKETBALL
single game tickets*

WORKS OUT TO $6 PER PERSON PER GAME

*Up to 2 adults and 2 children. Does not include service fee

ON SALE IN SEPTEMBER 2017
GOVIKESGO.COM/TICKETS
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BUILDING HOURS
SEPT 2-DEC 18

CARS A - CENTRE FOR ATHLETICS, RECREATION & SPECIAL ABILITIES
Customer Service: 250-472-4000
Equipment Desk: 250-472-4044
Monday–Friday .................. 6:30am-11:00pm
Saturdays & Sundays .......... 6:30am-9:00pm
Holidays & Reading Break .. 7:00am-9:00pm

MCKINNON BUILDING
Equipment Desk: 250-721-8484
Monday–Thursday .......... 6:30am-11:00pm
Fridays ......................... 6:30am-9:00pm
Saturdays ..................... 9:00am-6:00pm
Sundays ....................... 9:00am-9:00pm
Holidays .................. Closed
Reading Break (Nov 13-15) .... 7:00am-6:00pm

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

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

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

MEMBERSHIP
BUY OR RENEW NOW AT MEMBERSHIP SERVICES

PROGRAMS & LEAGUES
REGISTER ONLINE AT VIKESREC.CA OR IN PERSON
AUGUST 22 AT 6:30AM
MEMBERSHIP LEVELS

<table>
<thead>
<tr>
<th></th>
<th>VIKES FIT OR CLIMB</th>
<th>VIKES FIT PLUS</th>
<th>VIKES ALL-IN FIT &amp; CLIMB</th>
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<tbody>
<tr>
<td></td>
<td>STUDENTS</td>
<td>STUDENTS</td>
<td>STUDENTS</td>
</tr>
<tr>
<td></td>
<td>(assessed)*</td>
<td>(non-assessed)**</td>
<td>(assessed)*</td>
</tr>
<tr>
<td>4 months</td>
<td>$104</td>
<td>$188</td>
<td>$183</td>
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<tr>
<td>8 months</td>
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<td>$376</td>
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<tr>
<td>12 months</td>
<td>$228.17</td>
<td>$396.17</td>
<td>$385.17</td>
</tr>
<tr>
<td>INCLUDES</td>
<td>CARSA Fitness Weight Centre or Peninsula Co-op Climbing Centre</td>
<td>CARSA Fitness Weight Centre</td>
<td>CARSA Fitness Weight Centre</td>
</tr>
<tr>
<td></td>
<td>Selection of included group fitness</td>
<td>All group fitness</td>
<td>All group fitness</td>
</tr>
<tr>
<td></td>
<td>$228.17</td>
<td>$396.17</td>
<td>$385.17</td>
</tr>
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</table>

* ASSESSED: Athletics and Recreation fee paid with tuition
** NON-ASSESSED: Athletics and Recreation fee not paid with tuition

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

GROUP FITNESS SCHEDULE
See page 17 for a schedule of group fitness classes included with your membership.

MEMBERSHIP BENEFITS

In addition to the benefits associated with your level of membership, you also receive access to:

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

BUY OR RENEW AT CARSA MEMBERSHIP SERVICES!

BRING A FRIEND!
First-time members receive a complimentary Vikes Fit or Climb day pass with purchase.

DE-STRESS & RECHARGE

It's not new news that stress and physical activity are related. Take care of you with these great student options.

BARRE FITNESS
Gwynne Studio
Barre Fitness is a combination of ballet barre exercises, cardio drills, free weights and pilates. This class promises a fun, multi-leveled, full body workout.
Instructor: Ashley McLaren
Sep 11-Nov 27 M 12:15-1 pm $56/$66 57079

CARDIO KICKBOXING
Gwynne Studio
Fast-paced cardio meets martial arts. A high-energy workout that challenges the beginner and elite as you build stamina, improve coordination and flexibility, burn calories and lean muscle.
Instructor: Monica Elliott
Sep 12-Nov 21 T 6-6:55p $74/$89 57054

INTRO TO OLYMPIC WEIGHTLIFTING
CARSA FWC
Build speed, strength and power with the olympic lifts: the snatch and clean & jerk. Challenge your strength and mobility while gaining muscle and learning quality techniques.
Instructor: Josh Leangen
Sep 16-Oct 14 Sa 9-10a $60/$72 56461

BURN AND FIRM PILATES
TRX Studio
Burn fat and lengthen muscles faster and more efficiently by combining fluid, large muscle, low-impact pilates-inspired standing moves with various strength equipment and the TRX to get your best Pilates body in half the time.
Instructor: Michelle Maynard
Sep 11-Nov 27 M 12:15-1p $66/$80 57164

YOGA CHILL OUT
Mind Body Studio
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.
Instructor: Ashley McLaren
Sep 15-Nov 24 F 12-12:45p $56/$66 57063

YOGA RE-CHARGE
Mind Body Studio
Feeling sluggish on Friday mornings? Yoga recharge is a 45min hatha class combining invigorating sun salutations and powerful postures with some gentle stretches designed to provide your body with rest and your mind with clarity to take you into your weekend.
Instructor: Ashley McLaren
Sep 15-Nov 24 F 7:15-8a $56/$66 57081
Please note: Memberships cannot be purchased on a monthly basis. The full fee is due upon purchase. All Prices Include GST.

MEMBERSHIP LEVELS

<table>
<thead>
<tr>
<th></th>
<th>VIKES FIT OR CLIMB</th>
<th>VIKES FIT PLUS</th>
<th>VIKES ALL-IN FIT &amp; CLIMB</th>
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<td></td>
<td>REGULAR CONTINUING</td>
<td>NON-CONTINUING</td>
<td>UVIC RETIRES</td>
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<tr>
<td>4 months</td>
<td>$62</td>
<td>$240</td>
<td>$104</td>
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<td>8 months</td>
<td>$124</td>
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<tr>
<td>12 months</td>
<td>$149</td>
<td>$514</td>
<td>$228</td>
</tr>
<tr>
<td>INCLUDES</td>
<td>+ CARSA Fitness Weight Centre or Peninsula Co-op Climbing Centre + Selection of included group fitness</td>
<td>+ CARSA Fitness Weight Centre + All group fitness</td>
<td>+ CARSA Fitness Weight Centre + Peninsula Co-op Climbing Centre + All group fitness</td>
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</tbody>
</table>

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+ Wide variety of recreational or sport clubs

BUY OR RENEW AT CARSA MEMBERSHIP SERVICES!

BRING A FRIEND!
First-time members receive a complimentary Vikes Fit or Climb day pass with purchase.
Studies show that 79% of employees who take part in at least 15 minutes of physical activity per day will experience a decreased level of stress throughout their day. It’s as simple as that. Vikes Athletics and Recreation and UVic Human Resources are working together to highlight a great package of classes and offerings to help you take care of you. Classes and activities before or after work or even on your lunch break can help you find your ideal work-life balance.

vikesc.ca/employees
Please note: Memberships cannot be purchased on a monthly basis. The full fee is due upon purchase. All Prices Include GST.

* Youth must take the FWC Orientation to access membership.
** Fitness Weight Centre not included.

MEMBERSHIP BENEFITS

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<th>VIKES ALL-IN FIT &amp; CLIMB</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>ADULT</td>
<td>YOUTH* (14-18)</td>
<td>CHILD** (6-13)</td>
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<tr>
<td>4 months</td>
<td>$255</td>
<td>$153</td>
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<tr>
<td>8 months</td>
<td>$510</td>
<td>$307</td>
<td>$256</td>
</tr>
<tr>
<td>12 months</td>
<td>$528</td>
<td>$329</td>
<td>$265</td>
</tr>
</tbody>
</table>
| INCLUDES         | + CARSA Fitness Weight Centre or Peninsula Co-op Climbing Centre  
+ Selection of included group fitness | + CARSA Fitness Weight Centre  
+ All group fitness | + CARSA Fitness Weight Centre  
+ Peninsula Co-op Climbing Centre  
+ All group fitness |

GROUP FITNESS SCHEDULE

See page 17 for a schedule of group fitness classes included with your membership.

BRING A FRIEND!

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BUY OR RENEW AT CARSA MEMBERSHIP SERVICES!
VIKES BIRTHDAY PARTIES

CLIMBING CENTRE BIRTHDAY PARTIES
Ages 8 and up (maximum 16 children)
Available Saturdays from 10:30-12:00pm and Sundays from 1:00-2:30pm
Information and booking: 250-721-7282

FIELD HOUSE BIRTHDAY PARTIES
Ages 5 and up (maximum 20 children)
Available Sundays from 3:00-4:00pm. Different sport themes on request!
Party room also available for booking.
Information and booking: 250-853-3500

RED CROSS SWIM KIDS

Swim Kids 1
Sep 24-Nov 26 Su 3-3:30p $45 58109

Swim Kids 2
Sep 24-Nov 26 Su 3:30-4p $45 58110

Swim Kids 3
Sep 24-Nov 26 Su 3:30-4p $54 58111

Swim Kids 4
Sep 24-Nov 26 Su 3:30-4p $54 58112

Swim Kids 5
Sep 24-Nov 26 Su 3:30-4p $54 58113

Swim Kids 6
Sep 24-Nov 26 Su 3:30-4p $54 58114

Swim Kids 7 & 8
Sep 24-Nov 26 Su 3:30-4p $54 58115

Swim Kids 9 & 10
Sep 24-Nov 26 Su 3:30-4p $54 58116

Visit vikesrec.ca/swim for descriptions.

TEENS

TEEN FITNESS
TRX Studio (T) & Gwynne Studio (Th)
Designed for teens 14+ who are wanting to explore a wide range of activities including strength training, cardio circuit training, core work and yoga. Workouts will vary weekly in a judgment free environment.
Instructors: Renee Walrafen (T), Alex Mueller (Th)
Sep 12-Nov 21 T 4:45-5:45p $74 57912
Sep 14-Nov 23 Th 3:45-4:45p $74 57913

FWC YOUTH ORIENTATION
An orientation developed for youth ages 14-15 wishing to access the Fitness Weight Centre. Participants will learn how to use equipment safely and effectively and will also be introduced to the Fitness Weight Centre guidelines and proper etiquette.
Upon completion of this 2-hour program participants (ages 14-15) will be permitted access to the Fitness Weight Centre without parental supervision.
See page 14 for more information

GROUP FITNESS
Did you know teens 14+ can participate in group fitness classes?
See page 17 for the full schedule.

ELDER ACADEMY

Vikes Athletics & Recreation and the UVRA are proud to partner in offering the Elder Academy, a series of workshops and courses for participants aged 55+. Programs are offered at the CARSA building on campus.

55+ STRENGTH, STRETCH & STAMINA
Gwynne Studio
Oct 16-Dec 11 M 9-10am $66 57868

55+ CIRCUIT TRAINING
Gwynne Studio
Oct 16-Dec 11 M 10-11am $66 57869

For more information on Elder Academy programs please contact our Camps & Community Programmer at vikesrec@uvic.ca

INCLUSIVE PROGRAMS FOR ALL ABILITIES

VIKES BASKETBALL
MVP INSTITUTE
CARSA Performance Gym
MVP Institute is a combination of game situation drills and tactful fundamentals with quick repetition necessary for improvement, balanced with game play and on-court competition.
Girls-Lightning (Age 6-9)
Sep 10-Oct 22 Su 11:30-12:30p $99

Girls-Thunder (Age 10-13)
Sep 10-Nov 19 Su 11:30a-1:30p $299

Boys (Ages 11-15)
Sep 10-Nov 19 Su 9:00a-11:15a $299

RISING STARS FIELD HOCKEY
Water-based Field 1
Learn field hockey from current Vikes coaches and players. Sessions include technical skills, speed & agility drills and core stability exercises. Outdoor and indoor hockey sessions are included. Players assigned training group times based on age and skill.
Girls (Age 8-11)
Sep 10-Mar 25 Su 3:30-5p $450 56603
Girls (Age 12-14)
Sep 10-Mar 25 Su 5-6:30p $450 56604
Girls (Age 15-18)
Sep 10-Mar 25 Su 5-6:30p $472 56605

RISING STARS ELITE
Water-based Field 1
A skills-based training program in a high performance environment for Provincial caliber athletes to be challenged to refine and enhance their technical skills set. Eligibility and more info, contact: Krista Thompson at kristat@uvic.ca.
Girls (Age 12-18)
Sep 18-Mar 26 M 6-7:30p $450 56606

SPORT DEVELOPMENT PROGRAMS

VIKES CAMPS

PRO-D DAY CAMPS
CARSA Fieldhouse Zone 18
Our fantastic camp leaders are back to plan a day filed with games, sports, crafts and more! Campers will also get some time in the climbing center- the bouldering wall for the 5-7 year olds and the climbing tower for the 8-12 year olds!
Monday, September 18
Age 5-7 8:15am-5:15pm $40 57303
Age 8-12 8:15am-5:15pm $45 57304

Friday, October 20
Age 5-7 8:15am-5:15pm $40 57305
Age 8-12 8:15am-5:15pm $45 57306

November, 24
Age 5-7 8:15am-5:15pm $40 57307
Age 8-12 8:15am-5:15pm $45 57308

WINTER HOLIDAY CAMP WEEK
CARSA Fieldhouse Zone 1
Join the Vikes Camp Crew for an active week of fun at CARSA!
Four Days
Jan 2-5 T 8:15am-5:15p $152 57404
Single Days
Jan 2 T 8:15am-5:15p $45 57406
Jan 3 W 8:15am-5:15p $45 57407
Jan 4 Th 8:15am-4pm $45 57408
Jan 5 F 8:15am-4pm $45 57409

DROP-IN ACTIVITIES
Wheelchair Tennis, Wheelchair Basketball, Integrated Spin Classes, Blind Soccer and more! All people, of all abilities, can participate together in integrated group fitness classes and inclusive drop-in sports. Sports chairs are provided as needed for wheelchair sports, and blindfolds and audible balls are provided for Blind Soccer, free of charge. Skilled facilitators help you learn the ropes to ensure you can participate.

REGISTERED ACTIVITIES

ADAPTED STRENGTH AND CONDITIONING
A highly skilled, certified Strength and Conditioning Specialist from the Victoria Wheelchair Sport Club will help you improve your fitness. (Available soon)

"I LIKE TO MOVE IT"
An all abilities class. No matter what your experience or ability, explore the joy of movement in a supportive environment. This partnership program with The Embrace Arts Foundation is facilitated by Tiffany Tjolsvold, BEd and DanceAbility certified instructor.

ADAPTED CLIMBING
Thanks to the generosity of the GoodLife Kids Foundation and several community partners, we are pleased to offer our first adapted climbing program with specialized equipment and staff training to meet the needs of all abilities! Keep a look out for upcoming registrations. Group rentals for adapted climbing are also available.

Visit CARSA Membership Services or vikesrec.ca to register.
Please note: Memberships cannot be purchased on a monthly basis. The full fee is due upon purchase. All Prices Include GST.

**MEMBERSHIP BENEFITS**

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**GROUP FITNESS SCHEDULE**

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**MEMBERSHIP LEVELS**

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<th>VIKES FIT PLUS</th>
<th>VIKES ALL-IN FIT &amp; CLIMB</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>ALUMNI ASSOCIATION MEMBER</td>
<td>VIKES FOR LIFE ALUMNI</td>
<td>ALUMNI ASSOCIATION MEMBER</td>
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<td>4 months (one-time fee)</td>
<td>$234</td>
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<td>12 Months (annual fee)</td>
<td>n/a</td>
<td>$253.17</td>
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<tr>
<td>INCLUDES</td>
<td>+ CARSA Fitness Weight Centre or Peninsula Co-op Climbing Centre</td>
<td>+ CARSA Fitness Weight Centre</td>
<td>+ CARSA Fitness Weight Centre</td>
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<tr>
<td></td>
<td>+ Selection of included group fitness</td>
<td>+ All group fitness</td>
<td>+ Peninsula Co-op Climbing Centre</td>
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<td></td>
<td></td>
<td>+ All group fitness</td>
</tr>
</tbody>
</table>

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**STAY CONNECTED TO UVIC WITH A VIKES FOR LIFE ANNUAL MEMBERSHIP.**

Be fit, give back, feel great! Access CARSA’s facilities at a student rate plus a $25 contribution will be made to the “Alumni Association Bursary for Active, Healthy Living”. You will continue to receive the student rate with your annual renewal. Visit CARSA Membership Services for details. (Must have valid UVic Alumni ONECard - more info at uvic.ca/alumni)

**BRING A FRIEND!**

First-time members receive a complimentary Vikes Fit or Climb day pass with purchase. Limited time offer - Sept 1-30, 2017. First-time purchases only. Non-refundable, no cash value. Pass is valid until Apr 30, 2018.

BUY OR RENEW AT CARSA MEMBERSHIP SERVICES!
**LOCKERS**

**Drop-in passes**

<table>
<thead>
<tr>
<th>Membership</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Day Pass: Member</td>
<td>Member</td>
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<tr>
<td>Fitness Weight Centre</td>
<td>$10</td>
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<tr>
<td>Climbing Centre</td>
<td>$10</td>
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<tr>
<td>Group Fitness</td>
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<tr>
<td>Day Pass: Non-Member</td>
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</tr>
<tr>
<td>Fitness Weight Centre/Drop-in Rec</td>
<td>$15</td>
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<tr>
<td>Climbing Centre</td>
<td>$15</td>
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<tr>
<td>Group Fitness</td>
<td>$15</td>
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<tr>
<td>Family (2 adults/2 children)</td>
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<tr>
<td>Youth (14-18)</td>
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<td>Child (6-13)</td>
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<td>Leisure Assistant Pass</td>
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**McKinnon & ISC Passes**

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<th>Cost</th>
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<td>10 Punch Pass</td>
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<td>Adult</td>
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<td>Youth (14-18)</td>
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<td>Child (6-13)</td>
<td>$32</td>
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<tr>
<td>Day Pass: Non-Member</td>
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<tr>
<td>Adult</td>
<td>$7.25</td>
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<tr>
<td>Youth (14-18)</td>
<td>$6.5</td>
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<td>Child (6-13)</td>
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<tr>
<td>Membership</td>
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<td>Adult</td>
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<td>Youth (14-18)</td>
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<td>Child (6-13)</td>
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</table>

**Member code of conduct**

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

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

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

**Policies**

**Dress code policy**

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

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

**Valid membership ID**

All members must provide a valid OneCard or Vikes Recreation membership card to use in all facilities. Without a valid membership card, a $3.00 membership verification fee will be charged. 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 uvica.ca/onecard.

**Refund policies**

There are no refunds for any courses or programs unless they are canceled by Vikes Athletics and Recreation. Consideration will be given to those registrants providing signed doctor's certificates or academic certificates indicating timetable changes. A $10 administration fee will be charged for all approved refunds. All refund requests must be received within 6 months of date of purchase. A $25 fee will be charged for NSF cheques. Credits on account are valid for 1 year from date of application.

**Cancellation policy**

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

**Membership definitions**

In most cases, an Athletics & Recreation fees were included in tuition fee payment. Please check your fee statement. Recreation membership is required for students to access the Athletics and Recreation facilities. Your validated UVic OneCard is your membership. If recreation fees were not charged with your tuition fees, you may purchase your membership directly from Vikes Athletics & Recreation.

**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 vikesc.ca/jobs.

**Parking**

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

**General parking rates**

Hourly (or portion): $1.50 | Daily: $8
Evenings (6-11:59pm) / Saturday day: $3
CENTRE FOR ATHLETICS, RECREATION AND SPECIAL ABILITIES (CARSA)

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

CARSA FIELDHOUSE
One hardwood and two multi-sport spring-cushioned floors that can combine to be a diverse multi-sport space for all activities. This space can be sectioned off to host a variety of activities, or opened up for larger events. Bright and versatile, the CARSA field house is the ultimate place to meet your recreational needs. A straight 90-m running track also lines the field house.

PENINSULA CO-OP 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 and 1 racquetball court 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. The gym also features 2 large video boards.

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, certified 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.

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.

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.

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

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

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

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

BALLET BARRE BLAST

Gwynne Studio

A challenging and calorie burning class utilizing the barre and free weights giving you lean, toned muscles with a focus on intervals, endurance, balance and strength.

Instructor: Monica Elliott

Sep 11-Nov 27 M 6:65-7:30p $74/$89 57006
Sep 13-Nov 22 W 6:65-7:30p $74/$89 57007

BARRE FITNESS

Gwynne Studio

Barre Fitness is a combination of ballet barre exercises, cardio drills, free weights and pilates. This class promises a fun, multi-leveled, full body workout.

Instructor: Ashley McLaren

Sep 11-Nov 27 M 12:15-1pm $56/$66 57079

BARRE FLOW

Gwynne Studio

Burn fat and shape your body through fun, easy to follow, challenging sequences that incorporates elements of yoga to shape those muscles long and lean.

Instructor: Nicole Lakas

Sep 12-Nov 21 T 3-3:45pm $56/$66 57078

CARDIO & CORE

BOSU BOOTCAMP

Mind Body Studio

Take your BOSU workout to the next level. Combining cardio and strength training drills with equipment like body bars and resistance bands for a non-stop, total body workout.

Instructor: Vanessa Futerer

Sep 14-Nov 23 T 11:30a-12:15p $66/$80 57038

CARDO KICKBOXING

Gwynne Studio

Fast-paced cardio meets martial arts. A high-energy workout that challenges the beginner and elite as you build stamina, improve coordination and flexibility, burn calories and lean muscle.

Instructor: Monica Elliott

Sep 12-Nov 21 T 6-6:55p $74/$89 57054

ROLL IT OUT: MASSAGE AND STRETCH

Gwynne Studio

Explore how to become your own best body worker. Using rollers to deeply massage the troubled areas, fluid stretches and quiet yin shapes to complement the massage creating more ease of movement and flexibility.

Instructor: Monica Elliott

Sep 13-Nov 22 W 12:15-1p $66/$80 57032

TEEN FITNESS

TRX Studio (T) & Gwynne Studio (Th)

Designed for teens 14+ who are wanting to explore a wide range of activities including strength training, cardio circuit training, core work and yoga. Workouts will vary weekly in a judgment free environment.

Instructors: Renee Walraff (Th), Alex Mueller (Th)

Sep 12-Nov 21 T 4-4:45p $74 57912
Sep 14-Nov 23 Th 3-4:30p $74 57913

TOTAL BODY TRANSFORMATION

Gwynne Studio

 Achieve overall fitness through our Total Body Transformation program! This small-group based design ensures the individual attention you need to help you meet your health and fitness goals.

Instructor: Monica Elliott

Sep 12-Nov 24 Th 6-6:45p $260/$310 57020

TRIPLE THREAT

Gwynne Studio

High intensity interval training that pushes you to the max. From tabata to sprint training, this workout features a variety of H.I.T.T. techniques focusing on your upper body, lower body, and core.

Instructor: Monica Elliott

Sep 14-Nov 23 Th 6-6:55p $74/$89 57056

ZUMBA

Mind Body Studio

Love Latin music and dance? Let the music move you in a party like atmosphere with easy to follow steps. Join the party today and ditch the workout!

Instructor: Catalina Dau

Sep 14-Nov 23 Th 5:30-6:25p $74/$89 57058
Sep 17-Dec 3 Su 10-10:55a $74/$89 57060

TRX

TRX Studio

The best of both worlds combining the body weight resistance of TRX Suspension Training with the core strengthening principles of Pilates. Fun, plyometrics, challenging TRX exercises and Pilates moves on and off the TRX.

Instructor: Ashley McLaren

Sep 20-Oct 11 W 4:30-5:15p $26/$32 57063
Oct 18-Nov 8 W 4:30-5:15p $26/$32 5704

TRX ARMED AND DANGEROUS

TRX Studio

This is a 45 min TRX class designed to whip your upper body into shape! Come get your tickets to the gun show. All fitness levels welcome.

Instructor: Vanessa Futerer

Sep 11-Nov 27 M 6-6:45p $66/$80 57014

TRX SUSPENSION TRAINING

TRX Studio

A new category of exercise for athletes and beginners leveraging one’s own bodyweight and gravity to develop strength, balance, flexibility, and joint stability simultaneously.

Instructor: Renee Walraff (T), Vanessa Futerer (W)

Sep 12-Nov 21 T 5:55p $80/$96 57040
Sep 13-Nov 22 W 6:45-7:30a $66/$80 57041

BEGINNER TRX

TRX Studio

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.

Instructor: Michelle Maynard (T), Vanessa Futerer (Sa)

Sep 13-Nov 22 W 12:15-1p $54/$64 57073

TRX BODY BLAST

TRX Studio

This express workout will deliver all the benefits of a full length workout by targeting all muscle groups in a reduced amount of time. TRX will increase lean muscle, boost metabolism, tighten core and increase endurance.

Instructor: Vanessa Futerer

Sep 13-Nov 22 W 12:15-12:45p $54/$64 57073

TRX & SPIN

TRX Studio & Dairyland Studio

A combo of TRX suspension training and high-energy spinning for a total-body workout. You’ll build strength, gain flexibility, and get your heart pumping!

Instructor: Michelle Maynard

Sep 14-Nov 23 Th 6:30-7:25p $80/$96 57066

STAFF TRX AND SPIN

TRX Studio & Dairyland Studio

A total-body workout that provides a great cardio workout and plenty of core strength training. A TRX/Spin Fusion helps to build strength, gain flexibility, and get your heart pumping (and fun) workout, all in one class!

Instructor: Peter Marchuk

Sep 14-Nov 23 Th 12-12:45p $66 57915

TRX PILATES

TRX Studio

This 45 minute class will push you to fine tune technique, build strength and unleash your speed and power. Prepare to find the strength you never thought you had and watch the PR’s roll in!

Instructor: Rachel Siemens

Sep 12-Oct 17 T 11:15a-12:15p $90/$105 58857
Oct 24-Dec 5 T 11:15a-12:15p $90/$105 58858

POWERLIFTING 101

CARSA FWC

A 4 week course for anyone to help develop strength and power through dynamic movements using the barbell. The class covers proper squat, bench press, and conventional and sumo deadlifts with a focus on developing movement patterns.

Instructor: Darby Sutton

Sep 17-Oct 15 Su 9-10a $60/$72 58003

STRENGTH AND SCULPT FOR WOMEN

CARSA FWC

Don’t know what to do with a barbell? This class is for you! Build strong and functional muscles with Olympic and Power Lifting techniques. This class will rev up your metabolism and promote a healthy musculoskeletal system!

Instructor: Rachel Siemens

Sep 12-Oct 17 T 10-11a $90/$105 58855
Oct 24-Dec 5 T 10-11a $90/$105 58856

NUMBER

12
New to fitness?

These programs are beginner-friendly!

+ Bedtime Yoga  
+ Beginner TRX  
+ Candlelight Yoga  
+ Hatha Flow Yoga  
+ Intro to Olympic Weightlifting  
+ Lengthen and Flow Yoga  
+ NIKE Bendable Body  
+ NIKE Bootcamp  
+ NIKE Quick Stretch  
+ NIKE Small Group Training  
+ Relax and Restore Yoga  
+ Restorative Yoga  
+ Rise and Flow Yoga  
+ Roll it Out  
+ Slow Flow Yoga  
+ Spin & TRX  
+ Total Body Transformation  
+ TRX Body Blast  
+ Yoga Chill Out  
+ Yoga for Stiff People  
+ Zumba

NIKE FItness Programs

JUST FOR YOU.

A partnership with NIKE has culminated in the creation of this great selection of programs to meet a wide range of fitness needs and goals. Whether you want to relax and stretch, have the ultimate work out or goals. Whether you want to relax and find something tailored to your needs the NIKE Fitness Programs will have you covered.

NIKE BEAST MODE YOGI

TRX Studio

A gravity-defying class that uses a TRX® Suspension Trainer to bring you through cardio drills, strength training and vinyasa-style yoga sequences to improve balance and increase flexibility.

Instructor: Renee Walrafen

Sep 15-Nov 24  F 12:15-1p  $66/$80  57156

NIKE BENDABLE BODY

Mind Body Studio

A dynamic flexibility class to increase range of motion and mobility of connective tissue. While also targeting the hip flexors, hamstrings, neck and back, this restorative class is perfect for over-exercisers or anyone looking to release tension and improve flexibility.

Instructor: Kristen Silveria

Sep 12-Nov 21  Th 5-5:45p  $56/$66  57080

NIKE BARRE FUSION

Mind Body Studio

A full-body barre work out that combines elements of pilates, core conditioning, ballet and resistance to not only burn but torch calories. Workout targets hips, thighs, seat, abdominals and arms.

Instructor: Nicole Lakas

Sep 14-Nov 23  Th 4-4:55p  $74/$89  57080

NIKE BOOTCAMP

Mind Body Studio

Gain confidence in your athleticism with a total body conditioning workout. There is no pressure and no competition, just straight-up butt-kicking workouts! All levels welcome.

Instructor: Ashley McLaren (T), Kelsey Blake (Th), Anna Weston (Sa)

Sep 12-Nov 21  T 7-7:45a  $56/$66  57082

NIKE QUICK STRETCH

Mind Body Studio

A dynamic combo of kickboxing with high-intensity sports conditioning drills to sculpt your most important assets as you punch, kick, squat and lunge your way to increased strength, power and agility.

Instructor: Monica Elliott

Sep 12-Nov 21  T 7-7:55p  $74/$89  57055

NIKE SMALL GROUP TRAINING

TRX Studio

Small group training offers the social dimensions of Group Fitness with the accountability and attention of Personal Training. Workouts are fresh, fun and challenging. Come with goals and leave with results.

Instructor: Monica Elliott (M), Drew Commandeur (T), Alex Mueller (Th)

Sep 11-Nov 27  M 5-5:45p  $87/$104  57050

Sep 14-Nov 23  Th 5-5:45p  $87/$104  57052

NIKE SMALL GROUP TRAINING - 55+

Mind Body Studio

A class for those who have completed our Strength, Stretch and Stamina class, or who feel comfortable moving through various transitions of exercises in a more challenging environment. The certified trainer will utilize both studio space for resistance band stretching and free weight exercises and will also move the group through the fitness weight center on select days.

Instructor: Ashley McLaren (M-am), Cristina Shillington (M-pm)

Kirsten Pierce (W) Monica Elliott (Th)

Sep 16-Dec 11  M 10-11a  57869

Sep 16-Dec 11  M 9-10a  57868

NIKE GAINS

Gwynne Studio

A class for those who have completed our Strength, Stretch and Stamina class, or who feel comfortable moving through various transitions of exercises in a more challenging environment. The certified trainer will utilize both studio space for resistance band stretching and free weight exercises and will also move the group through the fitness weight center on select days.

Instructor: Ashley McLaren (M-am)

Crista Shillington (M-pm)

Kirsten Pierce (W), Monica Elliott (Th)

Sep 11-Nov 27  M 7:45-8:10a  $25/$30  57018

Sep 11-Nov 27  M 6-6:25p  $25/$30  57016

Sep 13-Nov 22  W 6-6:25p  $25/$30  57017

 Sep 14-Nov 23  Th 7:45-8:10a  $25/$30  57019

Buy One
Save 10% 

Buy Two
Save 20% 

Buy Three or More
Save 30%

Visit CARSA Membership Services to purchase. Online registration not available.

*Only valid for Nike Programs up to maximum discount of 30%. No proration available.
First-come, first-serve. Space is limited.

Online registration not available.

No registration is required—show up 10 minutes before the scheduled start time.

Price. Visit CARSA Membership Services for details.

If you fall in love with the class, you have that day to register for the program at a discounted price. Visit CARSA Membership Services for details.

**FREE FITNESS SERIES**

Curious about Barre Fitness? Have you always wanted to try a Zumba class? Yoga? Well, here's your chance! Join us 5pm-6pm in the Gwynne Studio for our Free Fitness Series. Bring a friend, meet new ones and enjoy a fun workout! If you fall in love with the class, you have that day to register for the program at a discounted price. Visit CARSA Membership Services for details.

No registration is required—show up 10 minutes before the scheduled start time. First-come, first-serve. Space is limited. Online registration not available.

**FITNESS WEIGHT CENTRE**

Vikes Recreation provides convenient personal training services for beginners and those looking for suggestions to enhance their existing programs. Personal training is the fastest and safest way to reach your goals. Our trainers are ready to help tailor a fitness program to your needs, one that is effective, focused and most importantly, fun.

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

**PERSONAL TRAINING**

<table>
<thead>
<tr>
<th>Group Training</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
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<tbody>
<tr>
<td>2 Clients (1hr)</td>
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<tr>
<td>3 Clients (1hr)</td>
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<tr>
<td>4 Clients (1hr)</td>
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* It is the responsibility of the group to ensure all group members are able to make the arranged workouts.

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<thead>
<tr>
<th>One-to-one Training</th>
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<tbody>
<tr>
<td>Power Lunch (45mins)</td>
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<tr>
<td>Fitness Consultation (1hr)</td>
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<td>Getting Started Program Package (4hrs)</td>
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<td>Achieving Success Program Package (6hrs)</td>
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<td>$327</td>
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<tr>
<td>Transform your Lifestyle Program Package (10hrs)</td>
<td>$413</td>
<td>$515</td>
</tr>
</tbody>
</table>

**POWER LUNCH (45mins)**

What can be accomplished in 45mins in the gym? LOTS!

Have you been thinking about joining the gym but don’t know where to start? Let one of our Certified Personal Trainers set you up for success! Receive a mini program tailored to your needs to show you step by step what to do. Walk away feeling confident with a program in hand and ready to hit up the gym for your next workout. Great for new-to-the-gym users as well as experienced gym goers who want to spice up their training routines.

**FITNESS CONSULTATION (1hr)**

This one hour session is suited for those looking for suggestions to change their existing fitness program or for more information on how to get started.

**“GETTING STARTED” PROGRAM PACKAGE (4 HOURS)**

This program is suited for those learning or reviewing the skills and techniques in any fitness program. Your personal trainer will work with you to outline a fitness program suited to your individual needs and will put this plan into action. You will learn safe and effective techniques over a few sessions to help promote the learning process.

**“ACHIEVING SUCCESS” PROGRAM PACKAGE (6 HOURS)**

It has been suggested that approximately 60% of people starting a new exercise regime will drop out after six months. Don’t let this happen to you! This package is suited for those who are challenged by making fitness a life long habit. You will not only receive a detailed program suited for your needs, you will learn strategies that may help you create a permanent lifestyle change.

**“TRANSFORM YOUR LIFESTYLE” PROGRAM PACKAGE (10 HRS)**

If you are committed to achieving your long term fitness goals, this 10 hour package will give you the time to see progression and form lifestyle changing habits. Your personal trainer will work with you to develop a fitness program to meet your needs and goals, and support you through the process of transforming your lifestyle.

**FWC YOUTH ORIENTATION - $21**

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

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

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

**FREE WORKSHOPS**

**SEP 24, 5-6:30PM**

**$10 (MEMB) $15 (NON-MEMBER)**

Give yourself some RnR, rest and recharge for the deadlines to come. Treat yo’self to relaxing, stretching postures, and gentle massage while finishing with a meditation to calm the body and the mind. Your productivity is sure to increase! (Gwynne Studio)

**OCT 1, 5PM**

**ZUMBA**

**SAVE 20%**

REGISTER FOR A ZUMBA PROGRAM ON SEP 10 TO

**NOV 5, 5PM**

**YOGA**

**SAVE 20%**

REGISTER FOR A YOGA PROGRAM ON NOV 5 TO

**DEC 18, 5PM**

**BARRE FITNESS**

**SAVE 20%**

REGISTER FOR A BARRE PROGRAM ON OCT 1 TO

<table>
<thead>
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<th>Time</th>
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<tr>
<td>Nov 5</td>
<td>M 6-8pm</td>
<td>57910</td>
</tr>
</tbody>
</table>

* If you are unable to attend one of the following orientations you can book a time at your convenience by purchasing personal or group training.
Holiday Fitness Pass $20

Holiday cocktails, turkey, ham, stuffing and that extra serving of pie will add up. ‘Tis the season to forgo your fitness goals so let us help you stay motivated! Get this UNLIMITED Holiday Fitness Pass for a variety of classes such as Lunch Box Power Yoga, TRX, Ballet Barre, and Roll It Out to name a few! Pass is valid November 27 to December 8 for the low price of $20. Get your pass today! It’s a great way to stay motivated to get started on your 2018 new year goals!

**NOV 27-DEC 8**

**MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY**
---|---|---|---|---
**STAFF YOGA**
Mind Body Studio 12:00-12:55p
**BALLET BARRE BLAST**
Gwynne Studio 6:00-6:55p
YOLATES
Mind Body Studio 12:00-12:55p
TRX
TRX Studio 5:00-5:55p
**ROLL IT OUT**
Mind Body Studio 12:15-1:00p
BALLET BARRE BLAST
Gwynne Studio 6:00-6:55p
**LUNCH BOX POWER YOGA**
Mind Body Studio 12:30-1:25p
**TOTAL BODY TRANSFORMATION**
Gwynne Studio 6:45-7:40a

Try for free!

Come and join us for a variety of free fitness opportunities, climb up to the top of the tower at the Peninsula Co-op Climbing Centre, or sweat it out in one of our CARSA studios. What a great opportunity to try something new, bring a friend and workout together! All classes are beginner-friendly and did we mention free?

Visit CARSA Membership Services or vikesrec.ca for more information.

Two weeks of classes for only $20! PLUS register for any program on this schedule for January and receive $20 towards your registration fee. Valid from Nov 27 to Dec 8, 2017. Registration is only available at CARSA Membership Services.
MIND BODY

PIRATES

BURN AND FIRM PILATES
TRX Studio
Burn fat and lengthen muscles faster and more efficiently by combining fluid, large muscle, low-impact pilates-inspired standing moves with various strength equipment and the TRX to get your best Pilates body in half the time.
Instructor: Michelle Maynard
Sep 14-Nov 23 Th 7:45-8:30p $56/$66 57086

FAT BURNING PILATES
Gwynne Studio
Calorie burning cardio and pilates based toning combine to maximize your fat burning potential. Connect with your abs, butt, hips and legs to create strength and length with results faster than being in the HOV lane.
Instructor: Michelle Maynard
Sep 14-Nov 23 Th 7:45-8:30p $56/$66 57086

YOLO

BEDTIME YOGA
Mind Body Studio
Restore your body and calm your busy mind. Give yourself a mid-week pick me up with this gentle sleepy time yoga class preparing your whole body for rest. Calming flow sequences, postures and breath work guide you to release tension and stress in your body.
Instructor: Kirsten Pierce
Sep 13-Nov 22 W 6:30-7:25p $74/$89 57037

HATHA FLOW
Mind Body Studio
Take time to enjoy a stretch, reduce stress and renew your energy. Novice participants will be introduced to relaxation through the basic practices of Hatha Yoga. Continuing students will benefit from the opportunity to go deeper into their practice.
Instructor: Nicole Lakas
Sep 13-Nov 22 W 4-4:55p $74/$89 57066

LENGTHEN AND FLOW
Mind Body Studio
Flow through breath-synced sequences of yoga postures to strengthen and lengthen the muscles in your entire body, then melt into longer-held postures to stretch out those deep tissues.
Instructor: Kristen Silvera
Sep 16-Dec 2 Sa 11-11:55a $74/$89 57030

LUNCH BOX POWER YOGA
Mind Body Studio
Break up your day with this cheerful, vibrant yoga hour. A tasty combo of delicious poses created to nourish your body and fill up your spirit. Open to all levels.
Instructor: Nicole Lakas
Sep 14-Nov 23 Th 12:30-1:25p $74/$89 57070

POWER FLOW YOGA
Mind Body Studio
Ignite your internal fire and sweat out stress! Flow through invigorating standing sequences, fun arm balances, back bending and dynamic core strengthening and stabilizing.
Instructor: Crista Shillington
Sep 11-Nov 27 M 4:45-5:40p $74/$89 57013

YOGA POWER HOUR
Mind Body Studio
Fit it all in one class that allows you to practice yoga and strengthen and tone your body. Work progressively toward challenging poses and every class will include deep stretching and relaxation.
Instructor: Catherine Vallance
Sep 11-Nov 27 M 12-12:45p $56/$66 57085

RELAX AND RESTORE YOGA
Mind Body Studio
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!
Instructor: Catalina Dau
Sep 15-Nov 23 Th 12:30-1:25p $74/$89 57070

RESTORATIVE FLOW YOGA
Mind Body Studio
Flow through a series of restorative postures sure to leave you feeling relaxed and rejuvenated. Breathe away the stress and get ready to take on the rest of your week.
Instructor: Catherine Vallance (M), Catalina Dau (Th)
Sep 11-Nov 27 M 3-3:45p $56/$66 57011
Sep 14-Nov 20 Th 6:30-7:15p $56/$66 57012

RISE AND FLOW YOGA
Mind Body Studio
Start your morning right with invigorating sun salutations to bring energy to your day. Flow through sequences designed to open your heart, shoulders, hips and back while strengthening and toning your core, arms and legs.
Instructor: Ashley McLaren
Sep 13-Nov 22 W 7:15-8a $56/$66 57045

YOGA FOR STIFF PEOPLE
Mind Body Studio
Feeling stiff and stressed from a long day at the office? Ease the tension in your body and mind. Stretch all your tight areas as we let go of the demands of the day and rest in the present moment. Increase flexibility and prioritize your health.
Instructor: Nicole Lakas
Sep 15-Nov 24 F 12-12:45p $56/$66 57081

YOGA TONE
Mind Body Studio
This class combines yoga postures, weight-bearing exercises, and movement for a fast-paced, high-intensity, challenging and fun full-body workout. You will build strength and get your heart rate pumping.
Instructor: Nicole Lakas
Sep 13-Nov 22 W 5-5:45p $56/$66 57047

YOLATES
Mind Body Studio
This combination of Pilates, yoga and muscular conditioning focuses on developing strength and stamina for both mind and body. All fitness levels welcome.
Instructor: Nicole Lakas
Sep 12-Nov 21 Tu 11:45-12:40p $74/$89 57022
### BEFORE YOU HEAD TO YOUR CLASS:
Make sure you grab your group fitness chip at the Membership Counter. Chips are distributed 30 min before class and will not be given out once the class has been in session for 5 minutes.

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### GROUP FITNESS

**FULL SCHEDULE: SEP 6-DEC 1, 2017**

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>SPIN 45</td>
<td>Dairyland Studio</td>
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<td>NIKE BREAKFAST CLUB</td>
<td>Gwynne Studio</td>
<td>7:00-7:45a</td>
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<td><strong>WEEKEND WARRIOR</strong></td>
<td>Gwynne Studio</td>
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<tr>
<td><strong>LADIES NIGHT</strong></td>
<td>Climbing Wall</td>
<td>6:00-8:00p</td>
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**Notes:**
- All Spin Classes are accessible.
- No Classes Oct 9 for Thanksgiving and Nov 11-13 for Remembrance Day Weekend. Dec 1 4:30pm Themed Spin canceled for a by donation charity event—all welcome.
- Visit vikesrec.ca for reduced reading break schedule.

### EXAM TIME SCHEDULE: DEC 2-15, 2017

<table>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<th>THURSDAY</th>
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<td>Gwynne Studio</td>
<td>4:45-5:45p</td>
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<td>Gwynne Studio</td>
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**Notes:**
- **Indicates classes included with your Vikes Fit or Vikes Climb Membership**
- Physical activity boosts the production of your brain's endorphins so you can stress less and study more!

---

### DID YOU KNOW?

**Visit vikesrec.ca/groupfitness for class descriptions.**

---

**ACTIVE LIVING GUIDE | FALL 2017**

---

17
# VIKES EVENTS

## SEPTEMBER 2017

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<th>MON</th>
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# VIKES NATION EVENTS

## September 2017

- **Sep 8 THUNDERFEST**
  - Festival 11:30a-4:30p @ SUB
  - Get your game face on for the first basketball game of the year! Tickets sell out fast, so get yours from CARSA Membership Services the week leading up to the game.

## October 2017

- **Oct 2-6 VIKES FIT WEEK**
  - Cross Country National championships as the Vikes compete for the 2017 Legacy Live the Head to Beacon Hill Park and run with your friends around campus.

## November 2017

- **Nov 12 U SPORTS CROSS COUNTRY NATIONAL CHAMPIONSHIP**
  - Head to Beacon Hill Park and live the Legacy as the Vikes compete for the 2017 U SPORTS National championship.

### Find Us On

Follow us for events, student life, contests and more for our campus community! Use #vikesnation this for your chance to win BIG. Winners will be drawn at events and randomly once a month!
CONVENIENCE. CUSTOMER SERVICE. CASH BACK. $27 LIFETIME MEMBERSHIP.

We’re in your neighbourhood.

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

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

Westshore Locations:
• 894 Goldstream Ave, Langford
• 2320 Millstream Rd, Langford
• 321 Wale Rd, Colwood

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

Comox Valley:
• 699 Aspen Rd, Comox

www.peninsulaco-op.com
GETTING STARTED

No experience is necessary but to use the bouldering walls or auto-belay on the tower, drop by during operating hours so staff can get you started. Receive a short orientation on the facility, safety regulations and rules. To access parts of the centre without auto-belay, you need to know how to manage the ropes or come with someone who knows. Weekly courses are run to teach new climbers the skills needed to belay safely. Experienced climbers can simply pass a belay test on their first visit, no appointment necessary. All new climbers must sign a liability waiver prior to climbing.

HOURS

SEP 5-DEC 23

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday-Friday</td>
<td>10am-10pm</td>
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<tr>
<td>Weekends, Holidays</td>
<td>12-6pm</td>
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DEC 27-31

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<th>Days</th>
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<td>Monday-Friday</td>
<td>12-8pm</td>
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<tr>
<td>Weekends, Holidays</td>
<td>12-6pm</td>
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Closed December 24-26, 2017 and January 1, 2018

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

MEMBERSHIP & FEES

PASSES

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<td>One month pass</td>
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<tr>
<td>10 Punch Pass Students</td>
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<tr>
<td>10 Punch Pass Staff / Community/Alumni</td>
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NEW! CLIMB FIT - $60

UNLIMITED ACCESS FOR 4 MONTHS

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<tbody>
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<td>Monday</td>
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<tr>
<td>Tuesday</td>
<td>RISE AND CLIMB Climbing Centre 7-8:15a</td>
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<tr>
<td>Wednesday</td>
<td>NIKE BREAKFAST CLUB Gwynne Studio 7:00-7:45a</td>
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<tr>
<td>Thursday</td>
<td>RISE AND CLIMB Climbing Centre 7-8:15a</td>
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<td>Monday</td>
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<tr>
<td>Tuesday</td>
<td>CORE 30 Gwynne Studio 11:30a-12:00p</td>
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<td>Wednesday</td>
<td>LOVE ME LATER Darylnd Studio 12:15-1:00p</td>
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<td>Thursday</td>
<td>TECHNIQUE TIME Climbing Centre 3:30-4:30p</td>
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<tbody>
<tr>
<td>Monday</td>
<td>LADIES NIGHT Climbing Centre 6-8p</td>
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<td>Tuesday</td>
<td>TRAINING SESSIONS Climbing Centre 5-7p</td>
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<td>THEMED SPIN Darylnd Studio 4:30-5:15p</td>
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• Included in Vikes Fit or Climb Membership  • $5 drop-in without Vikes Climb Fit Program

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 pages 2-8 for details.
**SPECIAL EVENTS**

**BACK TO SCHOOL BOULDER SERIES**  
**SEPTEMBER 11-25**  
This 2 week boulder series will help you get back into “Crushing Plastic” shape. Route setters will lay out new problems daily to challenge you and your team.  
Individual: $5 | Team: $20 (max 6 people)  

**2ND ANNUAL DYNO COMPETITION**  
**OCTOBER 9-21**  
IT’S BACK! Come see how far you can fly in our 2nd Annual Dyno Comp! There are 2 weeks of qualifiers, with new problems each week, and you can try as many times as you want.  
$5 (member) $10 (non-member)  
Qualifiers: Oct 9-20 Finals: Oct 21, 11am-3pm

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**FAMILY DROP-IN NIGHTS**  
**EVERY FRIDAY FROM 6-9PM**  
Starting on Sep 9 it will be easier for you and your family to come have fun at CARSA. Climbing staff will set up all the safety systems and give you a quick lesson and orientation on how to manage the ropes so your family can have a MOUNTAIN of fun!  
Questions? Email climbing@uvic.ca.  
Family: $20  
1-2 adults and up to 3 kids (extra person $5)
AQUATICS

ADULT SWIM BASICS 1
McKinnon Pool
Increase your comfort level and confidence in the water through floats, glides, kicking and swimming. This swimming intro focuses on front swim. Sep 20-Nov 8 W 8:15-9p $54/$68 58054 Sep 24-Nov 26 Su 4:30-5:15p $54/$68 58055

ADULT SWIM BASICS 2
McKinnon Pool
Develop your front and back crawl, establishing comfort in deep water, and increase your swimming distance. Prerequisite: RC Swim Basics 1 or the ability to swim 15m continuously. Sep 20-Nov 8 W 7:30-8:15p $54/$68 58062 Sep 24-Nov 26 Su 4:30-5:15p $54/$68 58063

ADULT SWIM STROKES
McKinnon Pool
Develop one or more swimming strokes, work toward proficiency and increased endurance. Choose the strokes you want to improve and set your goals and priorities. Prerequisite: RC Swim Basics 2 Sep 20-Nov 8 W 8:45p-$54/$68 58059 Sep 24-Nov 26 Su 5:30-6:15p $54/$68 58060

SWIM FIT
McKinnon Pool
Refine strokes, increase endurance and increase speed through workouts designed to accommodate those that swim 500-2000+ m. Pick the level that challenges you. Emphasis on freestyle. Sep 19-Nov 28 T 7:30-8:30p $43/$54 58068 Sep 21-Nov 30 Th 7:30-8:30p $47/$59 58069 Sep 24-Dec 3 Su 11a-12p $39/$49 58070

SWIM WORKSHOP
McKinnon Pool

PRE-SET PRIVATE/ SEMI PRIVATE LESSONS
McKinnon Pool
A convenient way to have one-to-one instruction. The instructor, times and dates are pre-booked. To add a second student for an additional fee call 250-721-8413. Sep 12-21 TTh 4:15-5p $120 58097 Sep 20-Oct 18 W 7:30-8:30p $100 58103 Sep 24-Oct 26 Su 4-4:30p $150 58095 Oct 25-Nov 29 W 7:30-8p $100 58104 Nov 21-Dec 5 TTh 4:45-5:30p $100 58100 Nov 21-Dec 5 TTH 4:45-5:30p $100 58107

NEW! ONLINE FIRST AID
This new flexible option allows learners to complete online modules. Once the online portion is complete, you will complete a one-day practical evaluation in order to be certified. Sep 24 Su 11a-4p $90 58087

EMERGENCY FIRST AID
McKinnon 150
Learn basic first aid and lifesaving procedures including CPR and choking practices for adults, children and infants as well as how to deal with basic traumas. Classroom (Certification) Sep 20 Nov 25 Oct 15 W 8:15a-12p $78 58119 Online (Practical evaluation day) Oct 21 Nov 15 W 8:15a-12p $78 58119

FIRST AID - CPR C
McKinnon 190
Learn the skills needed to recognize and respond to choking and cardiovascular emergencies for all ages. Includes the use of automated external defibrillator (AED). Classroom (Certification) Sep 30 Nov 25 Oct 21 Nov 15 W 9:30a-4p $48 58118 $48 58119 $48 58114 $48 58114 Online (Practical evaluation day) Oct 21 Nov 15 W 9:15a-12p $48 58145

STAND UP PADDLEBOARDING
McKinnon Pool

SUP FITNESS
McKinnon Pool
Enhance core, challenge stabilizing muscles and hone your focus by moving your workout to a float platform. Burpees, lunges and base movements take on a new whole new commitment on a SUP board. Sep 18-Nov 27 M 7:45-8:30p $100/$125 58303

SUP YOGA
McKinnon Pool
Yoga with a stand up paddleboard as your mat. SUP Yoga will tone your core, build your stability and provide you with a unique environment to play and have fun with your practice outside the studio. Sep 24-Nov 26 Su 5:30-6:30p $120/$150 58149

CERTIFICATIONS

NATIONAL LIFEGUARD (NL) RECERTIFICATION - POOL OPTION
McKinnon 155 / Pool
A combined precert/recert clinic allowing NL pool candidates to review NL skills and knowledge as well as learn new information on lifeguarding. Prerequisite: proof of previous NL Pool certification, CPR is recommended. Sep 30-Oct 1 Sa Su 9a-6p $122 58131 Nov 25-26 Sa Su 9a-6p $122 58132 Online (Practical evaluation day) Oct 23 Sa Su 9a-6p $122 58140 Oct 22 Sa 9a-6p $60 58136 Nov 15 W 8:15a-4:15p $60 58142

WATER SAFETY INSTRUCTOR RECERTIFICATION
McKinnon 155 / Pool
An opportunity to share ideas, review skills and address areas of challenge. Certification may not be expired for more than three years. Proof of certification and 100% attendance is required. Sep 24 Su 11a-4p $90 58087

SCUBA

REGISTRATION
1. Register and pay in person at CARSA Membership Services or online at vikesrec.ca. 2. Review course specific details and medical statement at uviscuba.com. Learning to scuba dive requires being medically allowed to dive and comfort in the water. To take a scuba course you must be able to float or tread water for 10mins and swim a minimum of 200m comfortably, continuously and without assistance. Pick up course manuals at the McKinnon Equipment Desk (no manual needed for Dry Suit Orientation).

ADVANCED OPEN WATER DIVER
Ocean
Designed to move certified divers beyond the basics. Complete five varying open water dives at local sites including deep diving, underwater navigation and three of drift, dry-suit, wreck, search and rescue, peak buoyancy and more. Prerequisite: PADI Open Water. Sep 23-26 Su Sa 9a-5p T 6-10p $329/3379 58151 Sep 28-Oct 31 Sa 9a-5p T 6-10p $329/3379 58152

FIRST AID - CPR C
McKinnon 190
Learn the skills needed to recognize and respond to choking and cardiovascular emergencies for all ages. Includes the use of automated external defibrillator (AED). Classroom (Certification) Sep 30 Nov 25 Oct 21 Nov 15 W 9:30a-4p $48 58118 $48 58119 $48 58114 $48 58114 Online (Practical evaluation day) Oct 21 Nov 15 W 9:15a-12p $48 58145

DURSUIT ORIENTATION
McKinnon 155 & McKinnon Pool
Not a certification course but is required to use a drysuit. Drysuits allow you to stay warm underwater in cold water. Divers participate in a brief review of common drysuit practices and safety concerns. Sep 14 Th 6:30-9:30p $121/$139 58154 Sep 21 Th 6:30-9:30p $121/$139 58155 Oct 26 Th 6:30-9:30p $121/$139 58156

STAND UP PADDLEBOARDING
McKinnon Pool

SUP FITNESS
McKinnon Pool
Enhance core, challenge stabilizing muscles and hone your focus by moving your workout to a float platform. Burpees, lunges and base movements take on a new whole new commitment on a SUP board. Sep 18-Nov 27 M 7:45-8:30p $100/$125 58303
DANCE

AFRO FUSION
Mind Body Studio
Discover the origins of hip-hop, jazz and yes, twerking. Afro-Fusion is a blend of modern and traditional African dances with a focus on musicality and rhythmic movement. All levels welcome.
Sep 20-Nov 29 W 7:30-8:25p $50/$63 S8163

BALLET
Gwynne Studio (L1), McK Dance Studio (L2)
Mind Body Studio (L3)
The posture, flexibility, fitness and balance of Ballet are the foundation of all dance forms. Express the emotion of music through lines that are traditional and based in technique. Each class includes barre exercises, center floor work, and across-the-floor combinations.
Level 1
Sep 18-Nov 27 M 8:855p $45/$56 S8164
Level 2
Sep 21-Nov 30 Th 8:855p $55/$69 S8165
Level 3
Sep 18-Nov 27 M 6:30-7:40p $57/$70 S8166

BOLLYWOOD MASALA
Gwynne Studio
A fusion of traditional and classical Indian dances with the influence from jazz, hip-hop and modern dance, focusing on timing, rhythm, energy and sharp controlled expressive movements.
Sep 18-Nov 27 M 7-7:55p $45/$56 S8167

CONTEMPORARY DANCE
Mind Body Studio (L1), Gwynne Studio (L2)
Communicate original choreography using structured techniques drawn from classical, modern and lyrical dance disciplines. If you’re a beginner or still working on your groove, join Level 1. Level 2 is for experienced dancers.
Level 1
Sep 19-Nov 28 T 7:755p $50/$63 S8168
Sep 20-Nov 29 W 8:15-9:25p $63/$78 S8169

DANCE CONDITIONING
Mind Body Studio
Dance to Get Fit. More than just exercise, dance is a powerful art form that can changing how you look, feel, and move. This practice provides a regimen of exercises that focuses on strengthening, toning, and stretching the whole body.
Sep 24-Dec 3 Su 5:30-6:40p $57/$70 S8253

HIP HOP
Mind Body Studio (L1), Gwynne Studio (L2)
Explore the world of Hip Hop music through a combination of street style dance with a touch of stomp, funk and pop. If you’re a beginner or still working on your groove, join Level 1. Level 2 is for experienced dancers.
Level 1
Sep 19-Nov 28 T 8-855p $50/$63 S8170
Level 2
Sep 19-Nov 28 T 8-9:10p $63/$78 S8171

JAZZ
Mind Body Studio (L1), Gwynne Studio (L2)
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.
Level 1
Sep 19-Nov 28 T 6-6:55p $50/$63 S8176
Level 2
Sep 20-Nov 29 W 7-7:55p $63/$78 S8177

PUSSY CAT DOLLS
McK Dance Studio (L1), Mind Body Studio (L2)
Want to dance like the dolls? This class is a mixture of Hip Hop and Street Jazz with provocative, fun & girly choreography.
Level 1
Sep 21-Nov 30 Th 7-7:55p $55/$69 S8174
Level 2
Sep 21-Nov 30 Th 7-7:55p $69/$86 S8175

NEW!
DANCEABILITY
McKinnon Dance Studio
is facilitated by Tiffany Tjosvold, BEd and DanceAbility certified instructor.
Sep 20-Nov 29 W 7-7:55p $50/$63 S8172

NEW!
UVIC DANCE COMPANY FUSION
Mind Body Studio
In conjunction with the UVic Dance Company, this class will combine elements of contemporary jazz, street jazz, hip hop, house, bootcamp and yoga through an intense warm-up, across-the-floor, and fun choreography. This is an upper-level class, all participants should have a minimum of two years of dance experience.
Sep 18-Nov 27 M 7:45-8:55p $57/$70 S8180

UVIC DANCE COMPANY FUSION
McKinnon Dance Studio
In conjunction with the UVic Dance Company, this class will combine elements of contemporary jazz, street jazz, hip hop, house, bootcamp and yoga through an intense warm-up, across-the-floor, and fun choreography. This is an upper-level class, all participants should have a minimum of two years of dance experience.
Sep 18-Nov 27 M 7:45-8:55p $57/$70 S8180

STAFF DANCE
Shake It Off
McKinnon Dance Studio
Re-energize for the remainder of your day. This playful class will be a mix of cardio and strengthening exercises which will work the whole body.
Sep 20-Nov 29 W 12-1p $50/$63 S8181

SQUASH COURT BOOKINGS
Court bookings are available four days before your requested booking time, on a first come, first serve basis. To book, call 250-472-4000.

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

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

Check out drop-in times online at vikesrec.ca/dropin

SQUASH COURT BOOKINGS
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VIKESREC.CA/DROPIN

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23
MARTIAL ARTS

AIKIDO
McKinnon Dance Studio
This Japanese art focuses on neutralizing rather than “winning” the conflict. Evolving from traditions of the samurai arts it focuses on perfecting the spirit.

Introduction - beginners welcome
Sep 11-Nov 8, MW 6-8p $40/$49 56953
Intermediate - experience required
Sep 6-Dec 6, MW 6-8p $78/$99 56103

CAPOEIRA
TRX Studio
This Brazilian martial art combines martial arts, music, acrobatics and dance. You will love the athleticism and motion. This class is for participants of all levels.

Sep 13-Nov 29, W 5:30-7p $68/$85 57914

KENDO
CARSA Fieldhouse Zone 1A
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.

Introduction - beginners welcome
Sep 12-Nov 3, TF 7-8:30p $40/$49 56955
Intermediate - experience required
Sep 1-Dec 31, TF 7-8:30p Su 3-5p $103/$124 56954

KENDO FOR KIDS
CARSA Fieldhouse Zone 1A
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.

Sep 1-Dec 31, TF 6-7p, Su 3:30-5p $99 56956

FUNG LOY KOK TAOIST TAI CHI
McKinnon Dance Studio
Calm your mind and cultivate your heart with this 108 move set. Transform yourself while reducing stress and joint pain, increasing strength and balance, and finding deep relaxation.

Sep 20-Nov 29, W 4:30-5:30p $60/$74 56957

SHOTOKAN KARATE
McKinnon Dance Studio
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.

Introduction - beginners welcome
Sep 12-Nov 2, T 5:30-7p Th 5:30-7p $40/$49 56962
Intermediate - experience required
Sep 5-Dec 23, Th 5:30-7p Sa 11am-1p $126/$158 56961

SYSTEMA RUSSIAN MARTIAL ART
TRX Studio
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. Beginners welcome!

Sep 7-Dec 21, Th 7:30-9p $68/$85 56964

TAEKWONDO
TRX Studio
Emphasis will be placed on self-defense, kicks & forms in this Korean martial art. Learn discipline, and respect while building fitness in a fun welcoming environment. All levels welcome.

Sep 12-Dec 5, T 7-8p $60/$74 56965

WING CHUN KUNG FU
McKinnon Dance Studio
Popularized by Bruce Lee, this Chinese martial art is simple, quick, effective & economical. The complete art can be explored. No experience required.

Sep 11-Dec 18, M 8-9:30p $68/$85 56966

WOMEN’S FITNESS KICKBOXING
McKinnon Dance Studio
Enjoy the fitness benefits of kickboxing without the sparring, or competition. Improve your strength, endurance, and coordination in this dynamic class!

Introduction - beginners welcome
Sep 11-Dec 4, M 4-5p $60/$74 56967
Intermediate - experience required
Sep 15-Dec 1, F 4-5p $60/$76 56968

RACQUET SPORTS

JUNIOR VIKES TENNIS
CARSA Fieldhouse Zone 1
Join our junior tennis stars and learn about the rhythm, balance and movement of the game in a fun and integrated class using the latest tennis coaching techniques that keep the students active and engaged.

Green 1 (10-14yrs) - Developing Skills
Sep 9-Oct 28, Sa 11a-12:30p $114 56970
Nov 4-Dec 23, Sa 11a-12:30p $114 56971
Orange 1 (8-12yrs) - Just Starting Out
Sep 9-Oct 28, Sa 9:30-11a $114 56972
Nov 4-Dec 23, Sa 9:30-11a $114 56973

JUNIOR VIKES TENNIS
CARSA Fieldhouse Zone 2
This course is designed for players just starting to play tennis, or who have been introduced to the game but have difficulty playing due to a lack of consistency in their toss, drives, court awareness and game strategy. Squash equipment supplied if necessary.

Sep 11-Nov 27, M 7:15-8p $70/$85 57545

SQUASH - BEGINNER
Squash Courts
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.

Sep 1-Nov 27 M 6:30-7:15p $70/$85 57544

SQUASH - INTERMEDIATE
Squash Courts
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.

Sep 11-Nov 27 M 7:15-8p $70/$85 57545

SQUASH - ADVANCED
Squash Courts
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!

Sep 11-Nov 27 M 8-8:45p $70/$85 57543


COURSES

INTRO TO WHITE WATER KAYAKING
McKinnon Pool
Learn the fundamental skills for whitewater kayaking. This pool-based course covers basic equipment, primary paddle strokes and essential safety procedures. Get prepared for a solid start on moving water. All skills taught are transferable to other forms of kayaking.

Oct 15-29 Su 1-3p $95/$120 57703
Nov 19-Dec 3 Su 1-3p $95/$120 57704

INTRO TO OCEAN KAYAKING
Cadboro Bay
An introduction to the sport of sea kayaking in a safe, fun and educational program. Learn through a logical progression that maximizes skill development, confidence and enjoyment of kayaking.

Sep 16 Sa 10a-12:30p $70/$80 57705
Sep 23 Sa 10a-12:30p $70/$80 57706

INTRO TO STAND UP PADDLE
Cadboro Bay & McKinnon Pool
An exciting introduction course to learn the popular sport of stand up paddle boarding, or SUP, which builds core body strength while allowing you to enjoy scenic lakes, coves and inlets. Learn the nose draw plus forward and sweep stroke and be introduced to seated pivot turns and the fundamentals of moving on your board.

Sep 27-Oct 4 W 7:30-8:30p $50/$60 58007
Nov 15-22 W 7:30-8:30p $50/$60 58008

KAYAK RESCUES
Cadboro Bay & McKinnon Pool
Learn basic rescues, whether you are brand new to the sport or just a little rusty, including wet exits, Kayak re-entry, and Individual and Partner rescues. There are both Ocean and pool sessions.

Sep 23 Sa 1:30-4pm $70/50 57707
Sep 16 Sa 1:30-4pm $70/50 57708
Nov 12 Su 12-3pm $65/50 57709

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

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

**ADVENTURE AWAITS**

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

NEW THIS FALL
<table>
<thead>
<tr>
<th>LEAGUE</th>
<th>DATE</th>
<th>DAY &amp; TIME</th>
<th>LOCATION</th>
<th>COST (MEM/NON-MEM)</th>
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<td>Individual Rec Open</td>
<td>Sep 20-Nov 29</td>
<td>W 5pm-11pm</td>
<td>CARSA Fieldhouse</td>
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<td>McKinnon Gym</td>
<td>$209/$260</td>
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</table>
**SPORT CLUBS**

**FOR STUDENTS, BY STUDENTS**

**CLUBS & COURSE UNION DAYS | SEPT 13-14**
**10am-4pm - Student Union Building**

Sport Clubs offer a wide range of recreational and competitive opportunities, providing an active and social environment for students. For more info contact the club below, for general inquiries contact clubs@uvic.ca.

<table>
<thead>
<tr>
<th>Club</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Archery</td>
<td><a href="mailto:archery@uvic.ca">archery@uvic.ca</a></td>
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<tr>
<td>Badminton</td>
<td><a href="mailto:smashing@uvic.ca">smashing@uvic.ca</a></td>
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<tr>
<td>Ballroom Dance</td>
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<td>Caving</td>
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<td>Climbing</td>
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<tr>
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<td><a href="mailto:wicket@uvic.ca">wicket@uvic.ca</a></td>
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<td>Curling</td>
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<td>Dance Company</td>
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<td>Fencing</td>
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<td>Figure Skating</td>
<td><a href="mailto:skate@uvic.ca">skate@uvic.ca</a></td>
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<tr>
<td>Ice Hockey</td>
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<td>Kayak</td>
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<td>Men’s Ultimate</td>
<td><a href="mailto:ultimate@uvic.ca">ultimate@uvic.ca</a></td>
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<td><a href="mailto:uvixens@uvic.ca">uvixens@uvic.ca</a></td>
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<td>Volleyball</td>
<td><a href="mailto:Vball@uvic.ca">Vball@uvic.ca</a></td>
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<tr>
<td>Waterpolo</td>
<td><a href="mailto:h2opolo@uvic.ca">h2opolo@uvic.ca</a></td>
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</tbody>
</table>

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

*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.

**FELICITAS.CA**

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

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*ACTIVE LIVING GUIDE | FALL 2017*
Celebrate your birthday with the Vikes!

Birthday Parties

CLIMBING CENTRE PARTIES
Ages 8 and up
(maximum 16 children)
Availability:
Saturdays 10:30-12:00pm
Sundays 1:00-2:30pm
Information and booking:
250-721-7282

FIELD HOUSE PARTIES
Ages 5 and up
(maximum 20 children)
Availability:
Sundays 3:00-4:00pm
Different sport themes available!
Information and booking:
250-853-3500

PARTY ROOM ALSO AVAILABLE FOR BOOKING!
Additional fee applies. Subject to availability. Decorations not supplied.

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