Be fit, give back & feel great with a Vikes for Life annual membership.

All UVic alumni can access CARSA’s facilities at a student rate and $25 of that will support the “Alumni Association Bursary for Active, Healthy Living.” Rate applies for annual renewals.

*Must have valid UVic Alumni ONECard. More at uvic.ca/alumni

See page 2 to learn more about the benefits of membership.

<table>
<thead>
<tr>
<th>12 months (annual fee)</th>
<th>VIKES FIT OR CLIMB</th>
<th>VIKES FIT PLUS</th>
<th>VIKES ALL-IN FIT &amp; CLIMB</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$253.17</td>
<td>$410.17</td>
<td>$461.17</td>
</tr>
</tbody>
</table>

**FLEX 3 SEASON PASS**

**SAVE 20% on regular season single game tickets**

Choose 3 game nights

- JAN 5 or 6
- JAN 19 or 20
- JAN 26 or 27
- FEB 1

BUY TICKETS ONLINE: GOVIKESGO.COM/TICKETS

*Does not include service fee. Includes both women’s and men’s games.
MEMBERSHIP
BUY OR RENEW NOW AT MEMBERSHIP SERVICES

PROGRAMS & LEAGUES
REGISTER ONLINE AT VIKESREC.CA OR IN PERSON
DECEMBER 1 AT 6:30AM

MEMBERSHIP
02

DROP-IN & POLICIES
03

FACILITIES & RENTALS
04

FITNESS PROGRAMS
06

PERSONAL TRAINING
07

MIND BODY PROGRAMS
08

GROUP FITNESS
09

VIKES EVENT CALENDAR
10

CLIMBING CENTRE
12

INSTRUCTIONAL REC
14

DROP-IN REC
17

CAMPS & COMMUNITY
17

VIKES OUTDOOR
18

VIKES INTRAMURALS
20

SPORT CLUBS
21

CONTENTS

BUILDING HOURS
JAN 2-APR 29, 2018

CARSA - 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** ......................................... 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

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

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

+ CARSA Squash 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

*Eligibility may vary

## GROUP FITNESS SCHEDULE
See page 9 for a schedule of group fitness classes included with your membership.

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

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

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

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

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

## STUDENTS
### VIKES FIT OR CLIMB
- **STUDENTS (assessed)**
- **STUDENTS (non-assessed)**

<table>
<thead>
<tr>
<th>Membership Level</th>
<th>4 months</th>
<th>8 months</th>
<th>12 months</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STUDENTS</strong></td>
<td>$104</td>
<td>$188</td>
<td>$183</td>
</tr>
<tr>
<td><strong>STUDENTS</strong></td>
<td>$183</td>
<td>$266</td>
<td>$208</td>
</tr>
</tbody>
</table>

*ASSESSED: Athletics and Recreation fee paid with tuition, base membership in effect ** NON-ASSESSED: Athletics and Recreation fee not paid with tuition

### VIKES FIT PLUS

<table>
<thead>
<tr>
<th>Membership Level</th>
<th>4 months</th>
<th>8 months</th>
<th>12 months</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STUDENTS</strong></td>
<td>$188</td>
<td>$266</td>
<td>$290</td>
</tr>
</tbody>
</table>

### VIKES ALL-IN FIT & CLIMB

<table>
<thead>
<tr>
<th>Membership Level</th>
<th>4 months</th>
<th>8 months</th>
<th>12 months</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STUDENTS</strong></td>
<td>$208</td>
<td>$295</td>
<td>$208</td>
</tr>
</tbody>
</table>

## STAFF & FACULTY

<table>
<thead>
<tr>
<th>Membership Level</th>
<th>4 months</th>
<th>8 months</th>
<th>12 months</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>REGULAR</strong></td>
<td>$62</td>
<td>$141</td>
<td>$208</td>
</tr>
<tr>
<td><strong>CONTINUING</strong></td>
<td>$240</td>
<td>$275</td>
<td>$295</td>
</tr>
<tr>
<td><strong>UVIC RETIRES</strong></td>
<td>$104</td>
<td>$183</td>
<td>$208</td>
</tr>
</tbody>
</table>

## COMMUNITY

<table>
<thead>
<tr>
<th>Membership Level</th>
<th>4 months</th>
<th>8 months</th>
<th>12 months</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ADULT</strong></td>
<td>$255</td>
<td>$510</td>
<td>$528</td>
</tr>
<tr>
<td><em><em>YOUTH</em> (14-18)</em>*</td>
<td>$153</td>
<td>$307</td>
<td>$329</td>
</tr>
<tr>
<td><strong>CHILD</strong> (6-13)</td>
<td>$128</td>
<td>$256</td>
<td>$265</td>
</tr>
<tr>
<td><strong>ADULT</strong></td>
<td>$285</td>
<td>$570</td>
<td>$590</td>
</tr>
<tr>
<td><em><em>YOUTH</em> (14-18)</em>*</td>
<td>$230</td>
<td>$460</td>
<td>$476</td>
</tr>
<tr>
<td><strong>CHILD</strong> (6-13)</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
</tbody>
</table>

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

## ALUMNI

<table>
<thead>
<tr>
<th>Membership Level</th>
<th>4 months</th>
<th>12 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ALUMNI ASSOCIATION MEMBER</strong></td>
<td>$234</td>
<td>n/a</td>
</tr>
<tr>
<td><strong>VIKES FOR LIFE ALUMNI</strong></td>
<td>n/a</td>
<td>$253.17</td>
</tr>
</tbody>
</table>

Please note: Memberships cannot be purchased on a monthly basis. The full fee is due upon purchase. All Prices Include GST.
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
In order to maintain a healthy, safe environment in the weight room, all participants are asked to wear clean, athletic clothing and closed-toe shoes while working out or participating in activities.

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

VALID MEMBERSHIP ID
All members must provide a valid ONECard or Vikes membership card to use in all facilities. Without 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 uvic.ca/ONEcard

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

LOCKERS

MEMBER SERVICES

LOCKERS

DROP-IN & POLICIES

TOWEL SERVICE

<table>
<thead>
<tr>
<th>Day use</th>
<th>4 mths</th>
<th>8 mths</th>
<th>12 mths</th>
</tr>
</thead>
<tbody>
<tr>
<td>$3.5</td>
<td>$41</td>
<td>$78</td>
<td>$110</td>
</tr>
</tbody>
</table>

LOCKER AVAILABILITY AND RENTAL DURATION VARY BASED ON TIME OF YEAR.
FACILITIES & RENTALS

CENTRE FOR ATHLETICS, RECREATION AND SPECIAL ABILITIES (CARSA)

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

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

**CARSA FIELDHOUSE**
One hardwood and two multi-sport spring-cushioned floors that can combine to be a diverse multi-sport space for all activities. This space can be sectioned off to host a variety of activities, or opened up for larger events.

**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 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. 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

Instructor: Monica Elliott

This fun and challenging workout. calories as you build lean muscle with coordination and flexibility, and burn athlete alike. Build stamina, improve conditioning, ballet and resistance training on and off a barre. Instructor: Ashley McLaren

Jan 15-Mar 26 M 6-6:55p $74/589 60056
Apr 9-30 M 6-6:55p $30 60059

Barre Fitness
Gwynne Studio

Barre Fitness is a 45min class using a combination of ballet barre exercises, free weights and pilates. This class promises a fun, multi-leveled, full body workout. Come join us at the barre. Instructor: Nicole Lakas

Jan 18-Mar 8 Th 4-4:55p $30/36 60126
Feb 19-Mar 15 Th 4-4:55p $22/$26 60265

Nike Barre Fusion
Nike Team Serenity Studio

55 minutes of a full-body barre workout. Concentrating on hips, thighs, seat, abdominals and arms, this class combines elements of Pilates, core conditioning, ballet and resistance training on and off a barre. Instructor: Vanessa Futcher

Jan 18-Mar 29 Th 11:30a-12:15p$66/$80 60120
Jan 17-Mar 28 W 12:15-1p $66/580 60091

Nike Bootcamp
Nike Team Serenity Studio

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

Instructor: Anna Weston (Sa), Kelsey Blake (Th)

Jan 14-Mar 24 Sa 10-10:45a $56/66 60101
Jan 18-Mar 29 Th 7-7:45a $56/66 60100
Apr 7-28 Sa 10-10:45a $22 60099

Nike Gains
Gwynne Studio

This dynamic, kick-assing workout combines kickboxing with high-intensity sports conditioning drills to sculpt your most important assets. Punch, kick, squat and lunge your way to increased strength, power and agility.

Instructor: Kelsey Blake

Jan 16-Feb 6 T 3:30-4:15p $22/256 60263
Feb 20-Mar 13 T 3:30-4:15p $22/256 60264

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

Jan 16-Mar 29 T Th F 6:45-7:40a $252/300 60076
Apr 3-27 T Th F 6:45-7:40a $103 60077

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

Jan 18-Mar 8 Th 6-6:55p $74/589 60129
Apr 5-26 Th 6-6:55p $30 60130

Beginners Zumba
Gwynne Studio

A quick dance workout for newbies or those who want to improve technique to for a better work out and prevent injury. No dance background or experience required.

Instructor: Catalina Dau

Jan 19-Feb 9 F 12-12:15p $22/256 60305
Feb 23-Mar 16 F 12-12:15p $22/256 60306

Zumba
Nike Team Serenity 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

Jan 14-Mar 25 Sa 10-10:55a $74/589 60128
Jan 18-Mar 29 Th 5:30-6:25p $74/589 60127
Apr 8-29 Sa 10-10:55a $30 60257

Recovery

Nike Quick Stretch
Nike Team Serenity Studio (Sa W)
Gwynne Studio (Th)

Stretch, relax and rest sore muscles with a certified instructor who will guide you through this gentle flexibility session. This quick stretch class is a great way to wake up your muscles and smooth out any kinks.

Instructor: Catherine Vannance (W), Anna Weston (Sa), Monica Elliott (Th)

Jan 13-Mar 24 Sa 11-11:25a $25/30 60259
Jan 17-Mar 28 W 1-1:25p $25/30 60258
Jan 18-Mar 29 Th 7:45-8:10a $25/30 60261

Roll It Out: Trigger Point Massage and Stretch
Gwynne Studio

Explore how to become your own best body worker. Using rollers to wake up your muscles and smooth out any kinks. Small-group based design ensures the individual attention you need to help you meet your health and fitness goals.

Instructor: Michelle Maynard (Th), Michelle McCaffrey (W), Monica Elliott (Th)

Jan 15-Feb 5 M 6-6:30p $22/265 60151
Feb 19-Mar 12 M 6-6:30p $22/265 60252
Apr 4-25 W 12-12:15p $22 60153

Trx

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 (Th), Vanessa Futcher (Sa)

Jan 16-Mar 27 T 12-12:15p $66/580 60084
Jan 13-Mar 24 Sa 11-11:45a $66/580 60085

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 Futcher

Jan 17-Mar 28 W 12-12:15p $54/564 60150
Jan 15-Feb 5 M 6-6:30p $22/265 60151
Feb 19-Mar 12 M 6-6:30p $22/265 60152
Apr 4-25 W 12-12:15p $22 60153

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

Jan 18-Mar 29 Th 6:30-7:25p $80/956 60131

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 a heart-pumping (and fun) workout, all in one class! Instructor: Peter Marchuk

Jan 18-Mar 29 Th 12-12:45p $66 60119
Apr 5-26 Th 12-12:45p $26 60256

Trx Pilates
TRX Studio

A combination of the body weight resistance of TRX Suspension Training with core strengthening principles of Pilates. Fun pneumometrics, challenging TRX exercises and Pilates moves on and off the TRX.

Instructor: Ashley McLaren

Jan 17-Feb 7 T 4:30-5:15p $26/332 60148
Feb 21-Mar 14 T 4:30-5:15p $26/332 60149

Trx Suspension Training
TRX Studio

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

Instructor: Renee Walrafen

Jan 16-Mar 27 T 5-5:35p $80/596 60156
Apr 3-24 T 5-5:35p $32 60158

Weightlifting

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

Jan 13-Feb 3 Sa 10-11am $60/572 60144

Powerlifting
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
Jan 14-Feb 4 Su 10-11a $60/572 60143
NIKE 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 more activity into your life. Can be successful in incorporating building on campus.

Promotion only available in person at CARSA Membership Services. Single program registration available online and in person.

PERSONAL TRAINING

<table>
<thead>
<tr>
<th>Group Training</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Clients (1hr)</td>
<td>$34</td>
<td>$39.50</td>
</tr>
<tr>
<td>3 Clients (1hr)</td>
<td>$28.50</td>
<td>$34</td>
</tr>
<tr>
<td>4 Clients (1hr)</td>
<td>$22.75</td>
<td>$28.50</td>
</tr>
</tbody>
</table>

* It is the responsibility of the group to ensure all group members are able to make the arranged workouts.

One-to-one Training

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>45 Minutes</td>
<td>$36</td>
<td>$44</td>
</tr>
<tr>
<td>1 Hour</td>
<td>$48.75</td>
<td>$59</td>
</tr>
<tr>
<td>4 Hours</td>
<td>$183</td>
<td>$230</td>
</tr>
<tr>
<td>6 Hours</td>
<td>$261</td>
<td>$327</td>
</tr>
<tr>
<td>10 Hours</td>
<td>$413</td>
<td>$515</td>
</tr>
</tbody>
</table>

* Personal Training sessions expire 6 months from date of purchase.

FWC YOUTH ORIENTATION - $21

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

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

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

GETTING STARTED

1. Visit vikesrec.ca click on personal training under the health and fitness tab to view bios and availability of our trainers.
2. E-mail 1-2 personal trainers of your choice, provide them with a brief description of what you are looking for and your availability.
3. Once you and your trainer decide to work together print and fill out our client intake package located online or a paper copy can be picked up at the CARSA membership services desk.
4. Take the completed package with the name of your trainer highlighted to the CARSA membership services desk and pay for your session(s).

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

ELDER ACADEMY

Vikes Athletics & Recreation and the UVic Retirees Association (UVRA) are proud to partner in offering the Elder Academy, a series of workshops and courses for participants aged 55.

55° STRENGTH, STRETCH & STAMINA - $66

New to fitness or returning after some time off? Want to feel more comfortable using the equipment? This 8 week course will teach the basics of exercise under the guidance of a certified personal trainer. Gain experience and learn how to use the strength and cardio machines, free weights and resistance bands and learn about flexibility and stretching, participate in a low impact cardiovascular class and receive theoretical information about exercise and the body so you can be successful in incorporating more activity into your life.

55° CIRCUIT TRAINING - $66

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.

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

BURN AND FIRM PILATES TRX Studio (M) Gwynne Studio (T)
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.
Instructors: Michelle Maynard (M) Renee Walrafen (T)
Jan 15-Mar 26 M 12:15-1:15p $66/$80 60065
Jan 16-Mar 27 T 7-7:45p $66/$80 60266

CARDIO 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
Jan 18-Mar 29 Th 7:45-8:30p $56/$66 60132

YOGA

BEDTIME YOGA Nike Team Serenity 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
Jan 17-Mar 28 W 6:30-7:25p $74/$89 60098

HATHA FLOW Nike Team Serenity Studio
Take time to enjoy a stretch, reduce stress and renew your energy. Novice participants will be introduced to relaxation through the basic practice of Hatha Yoga. Continuing students will benefit from the opportunity to go deeper into their practice.
Instructor: Nicole Lakas
Jan 17-Mar 28 W 4-4:55p $74/$89 60093

LENGTH AND FLOW Nike Team Serenity 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 Silveira
Jan 13-Mar 24 Sa 11-11:55a $74/$89 60146

LUNCH BOX POWER YOGA Nike Team Serenity Studio
Break up your day with this cheerful, vibrant yoga hour. A tasty combo of delicious poses created to nourish your body and fill up your spirit. Open to all levels.
Instructor: Nicole Lakas
Jan 18-Mar 29 Th 12:30-1:25p $74/$89 60121
Apr 5-26 Th 12:30-1:25p $30 60123

NIKE BEGINNERS YOGA Nike Team Serenity Studio
New to Yoga? No problem! This program is designed for the beginner with NO prior Yoga experience. Learn the foundational postures to create more flexibility and comfort in the body. Postures will be broken down to show proper alignment, breath and core control.
Instructor: Kristen Silveira
Jan 16-Feb 6 T 5-5:45p $22/$26 60136
Feb 20-Mar 13 T 5-5:45p $22/$26 60137

NIKE POWER HOUR Nike Team Serenity 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: Catalina Dau
Jan 14-Mar 25 Su 11-11:55a $74/$89 60141
Apr 8-29 Su 11-11:55a $30 60142

POWER FLOW YOGA Nike Team Serenity 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
Jan 15-Mar 26 M 4:45-5:40p $74/$89 60055

RELAX AND RESTORE YOGA Nike Team Serenity 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: Annika Van Helt
Jan 19-Mar 23 F 4:15-5p $50/$60 60134

RESTORATIVE FLOW YOGA Nike Team Serenity Studio
Flow through a series of restorative postures sure to leave you feeling relaxed and rejuvenated. Breathe away the stress and get ready to take on the rest of your week.
Instructor: Catherine Vallance (M), Catalina Dau, (Th)
Jan 15-Mar 26 M 3-3:45p $56/$66 60066
Jan 18-Mar 29 Th 6:30-7:15p $56/$66 60067

RISE AND FLOW YOGA Nike Team Serenity Studio
Start your morning right with invigorating sun salutations to bring energy to your day. Flow through sequences designed to open your heart, shoulders, hips and back while strengthening and toning your core, arms and legs.
Instructor: Ashley McLaren
Jan 17-Mar 28 W 7:15-8a $56/$66 60088
Apr 4-25 W 7:15-8a $22 60089

SLOW FLOW Nike Team Serenity Studio
A meditative flow that practices slowing down by using a steady breath, holding postures, transitioning smoothly, and opening gently and mindfully with the ability to move deeper into one’s body and self.
Instructor: Catherine Vallance
Jan 17-Mar 28 W 12-12:45p $56/$66 60090

STAFF YOGA Nike Team Serenity Studio
Take time to enjoy a stretch, reduce stress and renew your energy. Novice participants will be introduced to relaxation through the basic practice of Hatha Yoga. Continuing students will benefit from advanced forms of basic postures.
Instructor: Renee Walrafen
Jan 15-Mar 26 M 12-12:55p $74 60062
Apr 9-30 M 12-12:55p $30 60064

YOGA CHILL OUT Nike Team Serenity Studio
Come decompress from work and study! 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
Jan 19-Mar 23 F 7-7:45p $50/$60 60135
Apr 6-27 F 7-7:45p $22 60140

YOGA CORE Nike Team Serenity Studio
A fluid style approach to yoga, learn asanas that strengthen core muscle groups and improve overall alignment in the body. In this class we will discover our core as our center by using breath and movement to develop focus and relaxation from within. All levels welcome.
Instructor: Nicole Lakas
Jan 18-Mar 29 Th 3-3:45p $56/$66 60124

YOGA FOR STIFF PEOPLE Nike Team Serenity 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
Jan 16-Mar 27 T 1-1:45p $56/$66 60081

YOGA RE-CHARGE Nike Team Serenity 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
Jan 19-Mar 23 F 7:15-8a $50/$60 60135

YOGA TONE Nike Team Serenity Studio
This class combines yoga postures, strength 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
Jan 17-Mar 28 W 5-5:45p $56/$66 60095
Apr 4-25 W 5-5:45p $22 60097

YOLATES Nike Team Serenity Studio
This combination of pilates, yoga and muscular conditioning focuses on developing strength and stamina for both mind and body. All fitness levels welcome.
Instructor: Nicole Lakas
Jan 16-Mar 27 T 12-12:55p $74/$89 60078
Apr 3-24 T 12-12:55p $30 60080

YOGA POWER HOUR Nike Team Serenity Studio
Unwind from your weekend and prepare for the week ahead. This candlelight yoga class will have you moving in and out of juicy, relaxing postures designed to release tension and stress from your hamstrings, hips and shoulders. No class Feb 11.
Jan 14-Mar 25 Su 7-7:55p $10 Drop-in $5 Students
### 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.

### CLASS DESCRIPTIONS

Visit vikesrec.ca/groupfitness for class descriptions.

### ACTIVE LIVING GUIDE | WINTER 2018

---

#### FULL SCHEDULE: JANUARY 3-MARCH 29, 2018

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MORNING</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPIN 45</td>
<td>SPIN 60</td>
<td>SPIN 45</td>
<td>SPIN 60</td>
<td>SPIN 45</td>
<td>SPIN 45</td>
<td>CORE 45</td>
</tr>
<tr>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
</tr>
<tr>
<td>6:45-7:45a</td>
<td>6:45-7:45a</td>
<td>6:45-7:45a</td>
<td>6:45-7:45a</td>
<td>7:00-7:45a</td>
<td>9:00-9:45a</td>
<td>9:00-9:45a</td>
</tr>
<tr>
<td><strong>NIKE BREAKFAST CLUB</strong></td>
<td><strong>NIKE BREAKFAST CLUB</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gwynne Studio</td>
<td>Gwynne Studio</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00-7:45a</td>
<td>7:00-7:45a</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>AFTERNOON</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPIN 30</td>
<td>CORE 30</td>
<td>SPIN 45</td>
<td>STRENGTH 45</td>
<td>CORE 30</td>
<td>SPIN 30</td>
<td>CORE 30</td>
</tr>
<tr>
<td>Dairyland Studio</td>
<td>Gwynne Studio</td>
<td>Dairyland Studio</td>
<td>Gwynne Studio</td>
<td>Gwynne Studio</td>
<td>Dairyland Studio</td>
<td>Gwynne Studio</td>
</tr>
<tr>
<td>11:30a-12:00p</td>
<td>11:30a-12:00p</td>
<td>6:45-7:45a</td>
<td>9:00-9:45a</td>
<td>10:00-10:45a</td>
<td>11:30-12:00p</td>
<td>11:30-12:00p</td>
</tr>
<tr>
<td><strong>SPIN 45</strong></td>
<td><strong>TABATA</strong></td>
<td><strong>STRENGTH 30</strong></td>
<td><strong>SPIN 45</strong></td>
<td><strong>SPIN 30</strong></td>
<td><strong>SPIN 45</strong></td>
<td><strong>SPIN 45</strong></td>
</tr>
<tr>
<td>Dairyland Studio</td>
<td>Gwynne Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
</tr>
<tr>
<td>12:15-1:00p</td>
<td>12:15-1:00p</td>
<td>6:45-7:45a</td>
<td>7:00-7:45a</td>
<td>12:15-1:00p</td>
<td>12:15-1:00p</td>
<td>12:15-1:00p</td>
</tr>
<tr>
<td><strong>STRENGTH 30</strong></td>
<td><strong>SWEAT AND SCULPT</strong></td>
<td><strong>SPIN 30</strong></td>
<td><strong>SPIN 30</strong></td>
<td><strong>SPIN 30</strong></td>
<td><strong>SPIN 30</strong></td>
<td><strong>SPIN 30</strong></td>
</tr>
<tr>
<td>Gwynne Studio</td>
<td>Gwynne Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
</tr>
<tr>
<td>1:15-1:45p</td>
<td>3:30-4:15p</td>
<td>6:45-7:45a</td>
<td>6:45-7:45a</td>
<td>6:45-7:45a</td>
<td>6:45-7:45a</td>
<td>6:45-7:45a</td>
</tr>
<tr>
<td><strong>EVENING</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>H.I.I.T CORE</td>
<td>BLT</td>
<td>CARDIO CRAZE</td>
<td>TABATA</td>
<td>THEMED SPIN</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gwynne Studio</td>
<td>Dairyland Studio</td>
<td>Gwynne Studio</td>
<td>Gwynne Studio</td>
<td>Dairyland Studio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:45-5:45p</td>
<td>4:00-4:30p</td>
<td>4:45-5:45p</td>
<td>4:45-5:45p</td>
<td>4:45-5:45p</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPIN 30</td>
<td>SPIN 30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:15-1:00p</td>
<td>12:15-1:00p</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LADIES NIGHT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Climbing Wall</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00-8:00p</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

All Spin Classes are accessible!

---

No Classes Feb 12 for Family Day and Mar 30-Apr 2 for Easter Weekend. Visit vikesrec.ca for reduced reading break schedule.

---

#### EXAM TIME SCHEDULE: APRIL 3-29, 2018

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MORNING</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPIN 45</td>
<td>SPIN 60</td>
<td>SPIN 45</td>
<td>SPIN 60</td>
<td>SPIN 45</td>
<td>SPIN 45</td>
<td>CORE 45</td>
</tr>
<tr>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
</tr>
<tr>
<td>6:45-7:45a</td>
<td>6:45-7:45a</td>
<td>6:45-7:45a</td>
<td>6:45-7:45a</td>
<td>7:00-7:45a</td>
<td>9:00-9:45a</td>
<td>9:00-9:45a</td>
</tr>
<tr>
<td><strong>NIKE BREAKFAST CLUB</strong></td>
<td><strong>NIKE BREAKFAST CLUB</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gwynne Studio</td>
<td>Gwynne Studio</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00-7:45a</td>
<td>7:00-7:45a</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>AFTERNOON</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPIN 45</td>
<td>TABATA</td>
<td>SPIN 45</td>
<td>STRENGTH 45</td>
<td>SPIN 30</td>
<td>CARDIO CRAZE</td>
<td><strong>THEMED SPIN</strong></td>
</tr>
<tr>
<td>Dairyland Studio</td>
<td>Gwynne Studio</td>
<td>Dairyland Studio</td>
<td>Gwynne Studio</td>
<td>Gwynne Studio</td>
<td>Gwynne Studio</td>
<td>Dairyland Studio</td>
</tr>
<tr>
<td>12:15-1:00p</td>
<td>12:15-1:00p</td>
<td>6:45-7:45a</td>
<td>9:00-9:45a</td>
<td>10:00-10:45a</td>
<td>11:30-12:00p</td>
<td>4:30-5:15p</td>
</tr>
<tr>
<td><strong>H.I.I.T CORE</strong></td>
<td><strong>BLT</strong></td>
<td><strong>CARDIO CRAZE</strong></td>
<td><strong>TABATA</strong></td>
<td><strong>THEMED SPIN</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gwynne Studio</td>
<td>Dairyland Studio</td>
<td>Gwynne Studio</td>
<td>Gwynne Studio</td>
<td>Dairyland Studio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:15-1:45p</td>
<td>4:45-5:45p</td>
<td>4:45-5:45p</td>
<td>4:45-5:45p</td>
<td>4:30-5:15p</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SPIN 45</strong></td>
<td><strong>SPIN 30</strong></td>
<td><strong>SPIN 30</strong></td>
<td><strong>TABATA</strong></td>
<td><strong>THEMED SPIN</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td>Dairyland Studio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00-5:45p</td>
<td>5:00-5:45p</td>
<td>6:00-6:30p</td>
<td>4:00-4:30p</td>
<td>4:30-5:15p</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>EVENING</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LADIES NIGHT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Climbing Wall</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00-8:00p</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

*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!**
WINTER 2018

JANUARY

JAN 5 🎨 Nights of Lightning
BBALL vs Thompson Rivers
W 6p | M 8p @ CARSA

JAN 6
BBALL vs Thompson Rivers
W 5p | M 7p @ CARSA

JAN 8-28
Climbing - World Cup Month

JAN 10-11
Clubs & Course Union Days
10a-4p @ SUB

JAN 12 🎨 Yoga Rave
6:30p @ CARSA

JAN 19
BBALL vs UNBC
W 6p | M 8p @ CARSA

JAN 20
SWIM vs SFU
@ Saanich Commonwealth Place
BBALL vs UNBC
W 5p | M 7p @ CARSA

JAN 26 🎨 Shoot for the Cure
BBALL vs Mount Royal
W 5p | M 7p @ CARSA

FEBRUARY

FEB 1 🎨 Vikesforlife Alumni Night
BBALL vs UBC
W 6p | M 8p @ CARSA

FEB 3
ROW Monster Erg
@ CARSA Erg Room
MRUG vs Nanaimo
2:30p @ Wallace Field
Red-Tape Climbing Competition

FEB 10
SWIM vs SFU
@ Saanich Commonwealth Place

FEB 11
SWIM vs SFU
@ Saanich Commonwealth Place

FEB 17
MRUG vs Burnaby
2:30p @ Wallace Field

FEB 23 🎨 Hockey Night 2.0
7:30p @ ISC Arena

FEB 24-25
WRUG CW 7’s @ Wallace Field

MARCH

MAR 3
MRUG vs UBCOB Ravens
2:30p @ Wallace Field

MAR 5-23
Vikes Climbing Feet Competition

MAR 10-11
ROW vs Elk Lake Spring Regatta

MAR 16-18
Intramurals March Madness Soccer Tournament

MAR 24
MRUG vs Westshore
2:30p @ Wallace Field

MAR 24 🎨 Dance Showcase
7:30p @ Farquhar Auditorium

MAR 30 🎨 Blue & Gold Blitz Colour Run
4pm @ SUB to start

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

Comox Valley:
• 699 Aspen Rd, Comox

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

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

www.peninsulaco-op.com
GETTING STARTED

To use the bouldering walls or Auto-belay simply drop by anytime during operating hours and our staff will get you started. You’ll be given a short orientation of the facility, safety regulations, and rules during your first visit. To access the parts of the tower where there is no Auto-belay, you will need to know how to manage the ropes or come with someone who knows. We run weekly courses to teach new climbers the skills needed to belay safely. Experienced climbers can simply pass a belay test on their first visit, no appointment necessary.

HOURS

JAN 1-APR 30 2018

Monday-Friday 10am-10pm
Weekends, Holidays 12-6pm

READING BREAK FEB 13-16

Tuesday-Friday 1-9pm

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

One month pass $85
10 Punch Pass Students $90
10 Punch Pass Staff / Community/Alumni: $135

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.

CLIMB FIT PASS | 4 MONTHS - $60

FREE TRIAL JAN 7-14
Drop in and try any of these sessions

MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY

**RISE AND CLIMB**
Climbing Centre 8-9:30a

**STRENGTH 30**
Gwynne Studio 1:15-1:45p

**SPIN 30**
Dairyland Studio 12:15-12:45p

**CORE 30**
Nike Team Serenity Studio 11:30a-12:00p

**CARDIO CRAZE**
Gwynne Studio 3:30-4:15p

**LADIES NIGHT**
Climbing Centre 6-8pm

**TRAINING SESSIONS**
Climbing Centre 6-7p
See online schedule for topics

**TECHNIQUE TIME**
Climbing Centre 4:30-5:30p
See online schedule for topics

**THEMED SPIN**
Dairyland Studio 4:30-5:15p

No classes between February 12-16 over reading break or on Stat holidays. (CARSA Day Pass not included)

- Included in Vikes Fit or Climb Membership
- $5 drop-in without Vikes Climb Fit Program

BOOKINGS FOR SCHOOL OR GROUP EVENTS

Want to host an event or field trip at the Peninsula Co-op Climbing Center? We can help facilitate learning and growth through various team-building and climbing activities.

Rates start at $55 for up to 4 people

Email Sebastian Powell powells@uvic.ca for more on group & school bookings.
COURSES

CLIMB FIT
Peninsula Co-op Climbing Centre
Want to increase your climbing skills, or have trouble getting motivated to train. For one low price, you will get access to all the group classes for the semester. Your day pass is included for this program but not rentals.

Jan 15-Mar 26 M 8-9a $60/$70 60224

INTRO TO CLIMBING
Peninsula Co-op Climbing Centre
A 2 hour introductory course on the fundamentals for top rope climbing. Learn the basics of belaying and climbing movements. Harnesses and climbing shoes provided.

Jan 13-Mar 26 Schedule: $32/$40

INTRO TO BOULDERING
Peninsula Co-op Climbing Centre
A 2 hour introductory course on the fundamentals for bouldering. Learn basic risk management like how to fall and spot, proper warm up, and basic climbing techniques that form the basis for more advance skills.

Jan 18-Apr 5 Schedule: $32/$40

LEAD CLIMBING
Peninsula Co-op Climbing Centre
This 2.5 hour course teaches the skills to take your climbing to the next level - lead climbing. Learn the dos and don'ts of clipping, falling, and belaying lead climbers. Prerequisite: Able to climb all the entry-level routes in the gym and must have passed a top-rope belay test.

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

YOUTH CLUB
Peninsula Co-op Climbing Centre
Youth will learn how to belay, climbing techniques and play games. This course is designed to help develop youth climbing abilities while learning basic physical literacy skills needed for participation in activity and sport. (Saturday: ages 10-14, Sunday: ages 8-10)

Jan 6-27 Sa 9-10:30a $60/$75 60225
Feb 4-25 Su 9-10:30a $60/$75 60230
Mar 4-25 Su 9-10:30a $60/$75 60231
Apr 8-29 Su 9-10:30a $60/$75 60232

FAMILY DROP-IN NIGHTS
FRIDAYS 6-9PM - $20
1-2 adults and up to 3 kids
(extra person $5)

We are making it 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!

SPECIAL EVENTS
WORLD CUP MONTH
January 8-28
Every week we will be setting a different section of the wall with only World Cup style boulder problems. Get ready for some Trickery.

RED-TAPE CLIMBING COMPETITION
February 3
Time to get excited for our 3rd annual boulder competition, there will be categories for all abilities. Come out and show your school pride.

VIKES CLIMBING FEET
March 5 – 23rd
Get ready for the outdoor season. Come in and see how many FEET you can climb over the 3 weeks. For every benchmark you reach, you will be enter to win some great draw prizes. Doesn’t matter how hard you climb, just how much you climb!

Enter as Team and win a free Pizza party!
(Max 6 ppl per team)

YOUTH PROGRAM
Peninsula Co-op Climbing Centre
Designed for those youth in the Stage 3 - Learn to Train stage of climbing. Participants need to have a previous climbing experience and know how to belay. Youth will be run through drills, activities and games to help improve their technical skills and overall climbing strength.

Jan 10-31 W 5-7p $100 60233
Feb 9-Mar 1 W 5-7p $125 60234
Mar 7-28 W 5-7p $125 60235
Apr 4-25 W 5-7p $100 60236

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

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

Party room also available for booking!
Additional fee applies. Subject to availability. Decorations not supplied.
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.
Jan 14-Mar 18 Su 8:30-9:15p $54/$68 60468
Jan 17-Mar 14 W 8:15-9p $54/$68 60467

ADULT SWIM BASICS 2
McKinnon Pool
Develop your front and back crawl, establish comfort in deep water, and increase your swimming distance. Prerequisite: RC Swim Basics 1 or the ability to swim 15m continuously.
Jan 14-Mar 18 Su 4:30-5:15p $54/$68 60470
Jan 17-Mar 14 W 7:30-8:15p $54/$68 60469

ADULT SWIM STROKES
McKinnon Pool
Develop one or more swimming strokes, work toward proficiency and increase endurance. Choose the strokes you want to improve and set your goals and priorities. Prerequisite: RC Swim Basics 1 or the ability to swim 15m continuously.
Jan 14-Mar 18 Su 4:30-5:15p $54/$68 60468
Jan 17-Mar 14 W 7:30-8:15p $54/$68 60467

CANOE WATERPOLO
McKinnon Pool
A team game played in kayaks, which combines elements of water polo, basketball and kayaking. Enjoy a combination of game play and skills practice. Boats and equipment provided.
Jan 14-Apr 22 Su 11:10-11:55a $133 60588

PRE-SET PRIVATE LESSONS
McKinnon Pool
A convenient way to have one-to-one instruction. The instructor, times and dates are pre-booked.
Jan 14-Mar 18 S 4:43-30p $150 60457
Jan 17-Feb 21 W 7:30-8p $100 60456
Jan 18-Feb 22 Th 4:43-30p $100 60459
Jan 18-Feb 22 Th 4:30-5p $100 60480
Feb 18-Mar 28 W 7:30p $100 60477
Mar 1-Mar 29 Th 4:43-30p $100 60477
Mar 1-Mar 29 Th 4:30-5p $100 60481
Mar 6-Apr 3 T 4:43-30p $100 60461
Mar 6-Apr 3 T 4:30-5p $100 60478

SMALL GROUP COACHING
McKinnon Pool
Small group swimming workshop to improve your strokes through theory break down, observation, video taping and drill practice. Take away drills to improve propulsion and efficiency and a four week training plan. Coached by Ian Mattock.
Jan 28 Su 3:53-5p $200/$250 61256
Feb 25 Su 3:53-5p $200/$250 61257
Mar 25 Su 3:53-5p $200/$250 61258
Apr 22 Su 3:53-5p $200/$250 61259

EMERGENCY FIRST AID
McKinnon 155
Learn basic first aid and lifesaving practices including CPR and choking practices for adults, children and infants as well as how to deal with basic traumas.

Classroom Original Course
Feb 24 Sa 3:30-6p $78 60508
Mar 27 Th 7:30-10:30p $59 60510

Classroom Recertification
Jan 20 Sa 9:30a-3p $78 60511
Apr 21 Sa 9:30a-3p $78 60511

CERTIFICATIONS

NATIONAL LIFEGUARD (NL) RECERTIFICATION - POOL OPTION
McKinnon 155 / Pool
A combined precert/recert clinic allowing NLS candidates to review NLS skills and knowledge as well as learn new information on lifeguarding. Prerequisite: proof of previous NL Pool certification, CPR is recommended.
Mar 24-25 Sa 11a-3p, Su 12-4p $96 60593

NEW! ONLINE FIRST AID
McKinnon 155
This new option allows learners to complete an online module prior to attending the one-day practical evaluation day with an instructor.
Register early for this option to allow time to receive online access and complete all the modules prior to the practical evaluation.

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

Classroom Original Course
Feb 24 Sa 9:30a-4p $48 60513

Online Original Course (Practical skills day)
Jan 20 Sa 9:30a-2p $48 60515
Apr 21 Sa 9:30a-2p $48 60516

Classroom Recertification
Jan 21 Su 9:30a-2p $40 60521
Mar 4 Su 9:30a-2p $40 60522
Apr 22 Su 9:30a-2p $40 60523

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 uvicscuba.com. Learning to scuba dive requires being medically allowed to dive and comfortable in the water. You must be able to float or tread water for 10 mins 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).

DRAWSUIT ORIENTATION
McKinnon 155 & McKinnon Pool
Prepare for cold water diving. The drysuit orientation does not ‘certify’ you to dive in a drysuit, but logging your experience and training with a professional will allow you to rent or buy a drysuit so you can remain warm, regardless of the time of year.

OPEN WATER DIVER
McKinnon 155 & Pool/Ocean
A lifetime certification to dive to 60 feet/18 meters anywhere in the world through PADI. The course involves learning safety precautions and techniques about diving (Theory) and practicing safety precautions and good diving techniques in the pool. You will apply your newly acquired skills to the open water through 4 open water ocean dives.

ADVANCED OPEN WATER DIVER
Ocean
There are several types of diving that require different safety precautions and diving techniques than what you may have learned in the Open Water Course. The PADI Advanced Open Water Certification course allows you to choose 5 different styles of diving to practice and learn with a professional (must include deep diving and underwater navigation).

INSTRUCTIONAL REC
DANCE

AFRO GROOVE
Nike Team Serenity Studio
Dance the pulse and feel the drum beat while exploring the roots of jazz and hip hop. A dance party accompanied by polyrhythmic live drumming vibrations will end the session. All levels welcome.

Instructor: Nikko Snow
Jan 17-Mar 28 W 7:30-8:25p $50/$63 60591

BALLET
Gwynne Studio (L1),
Nike Team Serenity Studio (L2, 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.

Instructor: Jared Middleton (L1), Marla MacKinnon (L2, L3)
Level 1
Jan 15-Mar 26 M 8-8:55p $50/$63 60438
Level 2
Jan 18-Mar 22 Th 7:20-8:30p $63/$78 60439
Level 3
Jan 15-Mar 26 M 6:30-7:35p $75/$93 60440

CONTEMPORARY DANCE
Nike Team Serenity 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.

Instructor: Dyana Sonik-Henderson (L1), Jared Middleton (L2)
Level 1
Jan 16-Mar 27 T 7-7:55p $80/$105 60445
Level 2
Jan 17-Mar 28 W 8:15-9:25p $63/$78 60446

DANCE CONDITIONING
Nike Team Serenity Studio
Dance to Get Fit. More than just exercise, dance is a powerful art form that can change how you look, feel, and move. This practice provides a regimen of exercises that focus on strengthening, toning, and stretching the whole body.  

Instructor: Eve Sadlowski
Jan 14-Mar 25 Su 5:30-6:40p $63/578 60543

CREATE
Gwynne Studio (L1),
Nike Team Serenity Studio (L2, L3)
A 4-week Pop-up Series. Experience the joy of dance while discovering the creative process. Experiment with rhythm, music, spoken word, instruments and props. For the finale, share a short piece, activity, song or story inspired by dance. Everyone welcome.

Instructor: Nikko Snow
Jan 17-Feb 7 W 8:30-9:25p $20/$25 60592

HIP HOP
Nike Team Serenity 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.

Instructor: Abhilasha Vyas (L1), Eve Sadlowski (L2)
Level 1
Jan 16-Mar 27 T 8-8:55p $50/$63 60441
Level 2
Jan 16-Mar 27 T 8-9:10p $63/$78 60442

JAZZ
Nike Team Serenity Studio
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.

Instructor: Dyana Sonik-Henderson (L1), Anh Duong (L2)
Level 1
Jan 16-Mar 27 T 6-6:55p $50/$63 60443
Level 2
Jan 17-Mar 28 W 7-8:10p $63/$78 60444

PUSSY CAT DOLLS
McKinnon Studio
Want to dance like the dolls? This class is a mixture of Hip Hop and Street Jazz with provocative, fun & girly choreography. 

Instructor: Monika Sandhu
Jan 18-Mar 29 Th 7-8:05p $63/$78 60541

STAFF DANCE LUNCHTIME GROOVE
Nike Team Serenity Studio

Instructor: Nikko Snow
Jan 17-Mar 28 W 12:15-1:15p $50/$63 60589

UVIC DANCE COMPANY FUSION
Gwynne 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.

Instructor: Anh Duong
Jan 14-Mar 25 S 6:45-7:55p $63/$78 60544

“I LIKE TO MOVE IT”
TRX Studio
An all abilities class for those who like to ‘move it, move it’. No matter what your experience or ability, explore the joy of movement in a supportive environment. This partnership program with The Embrace Arts Foundation, an organization devoted to providing arts and recreation programming for individuals of all abilities, is facilitated by Tiffany Tjosvold, BED and DanceAbility certified instructor.

Instructor: Tiffany Tjosvold
Jan 17-Mar 28 W 7-7:55p $50/$63 60437

Visit vikesrec.ca/swim for descriptions.

INCLUSIVE PROGRAMS FOR ALL ABILITIES

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

DROP-IN ACTIVITIES
We currently offer blind soccer, wheelchair tennis and wheelchair basketball. People of all abilities can participate together. Equipment and sport chairs are provided.

Visit vikesrec.ca/dropin for full schedules.

REGISTERED ACTIVITIES

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

ADAPT STRENGTH AND CONDITIONING
A Strength & Conditioning program designed specifically for people with mobility limitations. This program will focus on mobility, functionality and stability, while taking into account sport and/or fitness needs.

“I LIKE TO MOVE IT”
Dance like nobody’s watching. No matter your experience or ability, explore the joy of movement in partnership with the Embrace Arts Foundation.

JUST FOR KICKS
A free indoor soccer program for kids of all abilities to participate in soccer and learn fundamental movement skills.

Visit CARSA Membership Services or vikesrec.ca/inclusive to register.
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
Jan 15-Mar 14 M F 6:15-8p $40/$49 60312
Intermediate - experience required
Jan 8-Apr 11 M F 6:15-8p $79/$99 60310

BRAZILIAN JIU JITSU
McKinnon Dance Studio
A grappling art and system of self-defense. This cornerstone of mixed martial arts training was originally designed to allow a smaller person to defend against a larger, stronger attacker in a realistic manner. Experience an exhilarating workout in a completely recreational and highly social setting.

Jan 9-Apr 3 T 1:23:30p $68/$85 60314

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.

Jan 10-Apr 4 W 5:30-7p $68/$85 60315

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
Jan 9-Mar 9 T 7:8-9:30p $40/$49 60325
Intermediate - experience required
Jan 2-Apr 29 T 7:8-9:30p Su 3-5p $103/$124 60324

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.

Jan 2-Apr 29 T 6-7p Su 3-5p $99 60327

FENCING
CARSA Fieldhouse Zone 1B
Once exclusively a form of personal combat, fencing is now enjoyed as a competitive and recreational sport worldwide. The sport calls for precision, coordination, and strategy, while developing focus, hand-eye coordination and discipline.

Junior (10-14yrs)
Jan 10-Mar 28 W 6-7p $79 60319
Introduction - beginners welcome
Jan 13-Mar 31 Sa 5:6-30p $79/$99 60318
Intermediate - experience required
Jan 10-Mar 31 W F 6-8p Sa 5-8p $79/$99 60317

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.

Jan 10-Apr 4 W 4:30-5:30p $60/$74 60320

KARATE FOR KIDS
McKinnon Dance Studio
Karate is fun for kids! And it is a great way to develop motor skills, physical activity, discipline and respect. Ages 5 to 11.

Jan 6-Feb 24 Sa 10-11a $30 60322
Mar 3-Apr 28 Sa 10-11a $30 60323

KARATE FOR KIDS
CARSA Fieldhouse Zone 1B

MMA/WRESTLING
McKinnon Dance Studio
This fundamentals class will teach different techniques which will improve strength, speed, flexibility and endurance.

Kids Wrestling Fundamentals (Ages 5-15)
Jan 9-Apr 6 Tu 4-5:15p F 5-6:15p $65 60905

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
Jan 9-Mar 8 T Th 5:30-7p $40/$49 60332
Intermediate - experience required
Jan 6-Apr 28 T Th 5:30-7p Sa 11a-1p $126/$158 60330

SHORINJI RYU KARATE
McKinnon Dance Studio
This Japanese martial art focuses on energy (Chi) meditation, martial science, philosophy and history. Standing and ground self-defense techniques are explored. No experience required.

Jan 9-Apr 3 T 7-8:30p $68/$85 60329

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!

Jan 11-Apr 26 Th 7:30-9p $68/$85 60333

TEAKWONDO (WORLD TAEKWONDO FEDERATION)
TRX Studio
Students will be introduced to the Olympic sport of Taekwondo (WTF), a Korean martial art. Particular emphasis will be placed 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.

Jan 9-Apr 3 T 7-8p $60/$74 60336

TENNIS LV 3.0+
CARSA Fieldhouse Zone 2
This course is designed for players who are able to move their opponents around the court, can control ball direction, are consistent in their ground strokes and net play and consistently hit 50% of their first serves in with power.

Sundays - Learn & Play
Jan 7-Feb 11 Su 10:30a-12p $90/$105 60367
Mar 4-Apr 8 Su 10:30a-12p $90/$105 60368

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.

Jan 8-Apr 2 M 6:30-7:15p $70/$85 60342

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.

Jan 8-Apr 2 M 7:15-8p $70/$85 60344

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!

Jan 8-Apr 2 M 8-8:45p $70/$85 60341

TENNIS LV 1.0-1.5
CARSA Fieldhouse Zone 2
This course is designed for players just starting to play tennis, or who have been introduced to the game but have difficulty playing due to a lack of consistency in rallying and serving.

Jan 9-Apr 3 T 5:30-6:30p $100/$120 60360

TENNIS LV 2.0-2.5
CARSA Fieldhouse
This course is designed for players who can consistently rally 10 balls in a row, tend to position themselves on court to protect against their weaknesses, are often reluctant to come to the net and struggle with consistency in their toss.

Tuesdays (Zone 2)
Jan 9-Apr 3 T 6:30-7:30p $100/$120 60362

Sundays - Learn & Play (Zone 2A)
Jan 7-Feb 11 Su 9-10:30a $90/$105 60363
Mar 4-Apr 8 Su 9-10:30a $90/$105 60364

WING CHUN
McKinnon Dance Studio
Popularized by Bruce Lee, this Chinese martial art is simple, quick, effective & economical. The complete art can be learned in less than six months. Open to all levels. Beginners welcome!

Jan 8-Apr 30 M 8-9:30p $68/$85 60337
**Join a TC10K walk or run training clinic!**

Start the popular 14-week program in January! Includes race entry & shirt, technical training shirt, training tools & expert tips, limited recreation centre use, discounts from our retail partner - The Running Room, lots of support and camaraderie provided by an enthusiastic team of leaders!

**TC 10K OFFICIAL TRAINING CLINIC**

Clearihue C110

Prepare for the 29th annual TC10K - happening April 28, 2018. Your clinic registration fee includes all the pieces to get you set for the start line at this great event: race entry, training tools and expert tips, 14 week training program, race shirt, technical training shirt, and lots of support and camaraderie! Walkers and runners of all levels are welcome. Note that as session progresses / race day approaches, total timeframe may increase somewhat beyond the 90 min sessions. Instruction provided by the Victoria International Running Society (VIRS).

To register for the clinic, visit tc10k.ca (under the Clinics section)

**PRO-D DAY CAMP**

CARSA Fieldhouse Zone 1B

Spend your Pro-D Day with the Vikes! Our fantastic camp leaders are back to plan a day filled 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!

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Start Date</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-7 yrs</td>
<td>Feb 23</td>
<td>8:15a-5:15p</td>
<td>$40 60555</td>
</tr>
<tr>
<td></td>
<td>Apr 20</td>
<td>8:15a-5:15p</td>
<td>$40 60557</td>
</tr>
<tr>
<td>8-12 yrs</td>
<td>Feb 23</td>
<td>8:15a-5:15p</td>
<td>$45 60556</td>
</tr>
<tr>
<td></td>
<td>Apr 20</td>
<td>8:15a-5:15p</td>
<td>$45 60558</td>
</tr>
</tbody>
</table>

**SPRING BREAK SPORTS & ADVENTURE CAMP**

CARSA Fieldhouse Zone 1B

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.

<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Mar 19-23 M-F 8:15a-5:15p</td>
<td>$160 60561</td>
</tr>
<tr>
<td>Week 2</td>
<td>Mar 26-29 M-Th 8:15a-5:15p</td>
<td>$160 60562</td>
</tr>
</tbody>
</table>

**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.

**FIELD HOUSE FIT FOR ALL**

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

**WEIGHTLESS FITNESS**

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

**HIT THE TURF**

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

**CAMPS & COMMUNITY**

**DROP-IN REC**

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

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.

---

### COURSES

#### AVALANCHE SKILLS TRAINING 1
**CARSA A241**

Designed for individuals with little to no avalanche related experience. Students will learn to recognize avalanche terrain, gain the skills to initiate and manage a self rescue, have a basic understanding of how weather contributes to avalanche hazard, be able to understand and interpret avalanche bulletins and the hazard scale, be able to interpret and utilize the Avaluator card, and learn basic analysis of layers in the snowpack. This is a two-day course with one evening session.

Jan 20 Sa 8:30a-4:30p $330 60585

#### 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.

Jan 21-28 Sa 12-3p $95/$120 60383
Mar 11-18 Su 12-3p $95/$120 60384

#### 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.

Apr 7 Sa 10a-12:30p $70/$80 60385
Apr 21 Sa 10a-12:30p $70/$80 60386

#### 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.

Apr 7 Sa 1:30-4p 570/$80 60389
Apr 21 Sa 1:30-4p 570/$80 60390

#### KAYAK ROLLING
**McKinnon Pool**

Learn to roll a kayak. This pool based course focuses on the techniques need to master rolling a kayak via a progression of examples and exercises. A small instructor to student ratio ensures plenty of feedback for ease of learning. No previous paddling experience is required.

Feb 21-28 W 7:30-8:30p $50/$60 60393
Mar 7-14 W 7:30-8:30p $50/$60 60394

#### SAILING LESSONS LEVEL 1

The UVic Sailing Club offers sailing lessons for all levels taught by experienced and qualified sailing instructors. Members who already have sailing experience have the opportunity to learn to race, train seriously, travel to US regattas, or just get out on the water for fun through our recreational/ race team program. Contact the club for specific dates, times and activities: sailing@uvic.ca website uvicsailing.ca

**$84 60358**

#### INTRO TO STAND UP PADDLE
**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.

Jan 14 - 12-3pm

**$84 60387**

### EQUIPMENT RENTALS

<table>
<thead>
<tr>
<th>TENTS</th>
<th>1 Day</th>
<th>2-3 Days</th>
<th>4-6 Days</th>
<th>7-10 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 person - 3 Season</td>
<td>$20</td>
<td>$40</td>
<td>$60</td>
<td>$80</td>
</tr>
<tr>
<td>4 person - 3 Season</td>
<td>$25</td>
<td>$50</td>
<td>$75</td>
<td>$100</td>
</tr>
<tr>
<td>5 person - 3 Season</td>
<td>$35</td>
<td>$70</td>
<td>$105</td>
<td>$140</td>
</tr>
<tr>
<td>6 person - 3 Season</td>
<td>$35</td>
<td>$70</td>
<td>$105</td>
<td>$140</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SLEEPING BAGS</th>
<th>1 Day</th>
<th>2-3 Days</th>
<th>4-6 Days</th>
<th>7-10 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liner</td>
<td>$4</td>
<td>$8</td>
<td>$12</td>
<td>$16</td>
</tr>
<tr>
<td>Mummy - 3 Season (0 to 10 degrees)</td>
<td>$16</td>
<td>$32</td>
<td>$48</td>
<td>$64</td>
</tr>
<tr>
<td>Matt - Foam</td>
<td>$4</td>
<td>$8</td>
<td>$12</td>
<td>$16</td>
</tr>
<tr>
<td>Matt - Air</td>
<td>$7.5</td>
<td>$15</td>
<td>$22</td>
<td>$30</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BACKPACKS</th>
<th>1 Day</th>
<th>2-3 Days</th>
<th>4-6 Days</th>
<th>7-10 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekend (30-50L)</td>
<td>$8.5</td>
<td>$17</td>
<td>$25.5</td>
<td>$34</td>
</tr>
<tr>
<td>Multiday (50-65L)</td>
<td>$14</td>
<td>$28</td>
<td>$42</td>
<td>$56</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SNOW SPORTS</th>
<th>1 Day</th>
<th>2-3 Days</th>
<th>4-6 Days</th>
<th>7-10 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snow Shoes</td>
<td>$15</td>
<td>$30</td>
<td>$45</td>
<td>$60</td>
</tr>
<tr>
<td>Gaiters</td>
<td>$3</td>
<td>$6</td>
<td>$9</td>
<td>$12</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WATER SPORTS</th>
<th>8 Hrs</th>
<th>24 hrs</th>
<th>2-3 Days</th>
<th>4-6 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sea Kayak* – Single</td>
<td>$40</td>
<td>$62.5</td>
<td>$100</td>
<td>$150</td>
</tr>
<tr>
<td>PFD</td>
<td>$6</td>
<td>$10</td>
<td>$20</td>
<td>$30</td>
</tr>
</tbody>
</table>

*PFD included in Sea Kayak Rental
**VIKES INTRAMURALS**

<table>
<thead>
<tr>
<th>LEAGUE</th>
<th>DATE</th>
<th>DAY &amp; TIME</th>
<th>LOCATION</th>
<th>COST (MEM/ NON-MEM)</th>
<th>REG #</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BASKETBALL</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>Jan 17-Mar 28</td>
<td>W 5pm-11pm</td>
<td>CARSA Fieldhouse</td>
<td>$42/$52</td>
<td>60397</td>
</tr>
<tr>
<td>Individual</td>
<td>Jan 18-Mar 29</td>
<td>Th 5pm-11pm</td>
<td>CARSA Fieldhouse</td>
<td>$42/$52</td>
<td>60396</td>
</tr>
<tr>
<td>Individual</td>
<td>Jan 19-Mar 30</td>
<td>F 5pm-11pm</td>
<td>CARSA Fieldhouse</td>
<td>$42/$52</td>
<td>60398</td>
</tr>
<tr>
<td>Team (Rec)</td>
<td>Jan 17-Mar 28</td>
<td>W 5pm-11pm</td>
<td>CARSA Fieldhouse (Court 2)</td>
<td>$209/$260</td>
<td>60399</td>
</tr>
<tr>
<td>Team (Comp)</td>
<td>Jan 18-Mar 29</td>
<td>Th 5pm-11pm</td>
<td>CARSA Fieldhouse (Court 2)</td>
<td>$209/$260</td>
<td>60400</td>
</tr>
<tr>
<td>Team (Rec)</td>
<td>Jan 19-Mar 23</td>
<td>F 5pm-11pm</td>
<td>CARSA Fieldhouse</td>
<td>$209/$260</td>
<td>60401</td>
</tr>
<tr>
<td><strong>DOODGEBALL</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>Jan 18-Mar 29</td>
<td>Th 7pm-11:30pm</td>
<td>CARSA Fieldhouse (Court 2)</td>
<td>$42/$52</td>
<td>60409</td>
</tr>
<tr>
<td>Team</td>
<td>Jan 18-Mar 29</td>
<td>Th 7pm-11pm</td>
<td>CARSA Fieldhouse (Court 2)</td>
<td>$209/$260</td>
<td>60410</td>
</tr>
<tr>
<td><strong>FLAG FOOTBALL</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>Jan 15-Mar 26</td>
<td>M 5:30pm-11:30pm</td>
<td>Artificial Turf #3</td>
<td>$42/$52</td>
<td>60413</td>
</tr>
<tr>
<td>Team (open)</td>
<td>Jan 15-Mar 26</td>
<td>M 7:30pm-11:30pm</td>
<td>Artificial Turf #3</td>
<td>$209/$260</td>
<td>60415</td>
</tr>
<tr>
<td><strong>FUTSAL</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>Jan 15-Mar 26</td>
<td>M 6:30pm-11:45pm</td>
<td>CARSA Fieldhouse</td>
<td>$42/$52</td>
<td>60417</td>
</tr>
<tr>
<td>Team</td>
<td>Jan 15-Mar 26</td>
<td>M 6:30pm-11pm</td>
<td>CARSA Fieldhouse</td>
<td>$209/$260</td>
<td>60419</td>
</tr>
<tr>
<td><strong>ICE HOCKEY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>Jan 14-Mar 25</td>
<td>Su 5:15pm-12am</td>
<td>ISC Ice Rink</td>
<td>$126/$145</td>
<td>60421</td>
</tr>
<tr>
<td>Individual</td>
<td>Jan 17-Mar 30</td>
<td>W 8:30pm-12am</td>
<td>ISC Ice Rink</td>
<td>$126/$145</td>
<td>60420</td>
</tr>
<tr>
<td>Team (Comp)</td>
<td>Jan 14-Apr 1</td>
<td>Su 5:15pm-12am</td>
<td>ISC Ice Rink</td>
<td>$1093/$1228</td>
<td>60423</td>
</tr>
<tr>
<td>Team (Rec)</td>
<td>Jan 17-Mar 30</td>
<td>W 8:30pm-12am</td>
<td>ISC Ice Rink</td>
<td>$1093/$1228</td>
<td>60422</td>
</tr>
<tr>
<td><strong>INDOOR SOCCER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>Jan 16-Mar 27</td>
<td>T 5:30pm-11:30pm</td>
<td>McKinnon Gym</td>
<td>$42/$52</td>
<td>60425</td>
</tr>
<tr>
<td>Team</td>
<td>Jan 16-Mar 27</td>
<td>T 5:30pm-11:30pm</td>
<td>McKinnon Gym</td>
<td>$209/$260</td>
<td>60426</td>
</tr>
<tr>
<td><strong>OUTDOOR SOCCER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Res Soccer 7 a side</td>
<td>Jan 20-Mar 31</td>
<td>Sa 11am-5pm</td>
<td>Artificial Turf #2</td>
<td>$1045</td>
<td>60424</td>
</tr>
<tr>
<td>Individual</td>
<td>Jan 15-Mar 26</td>
<td>M 5pm-11pm</td>
<td>Artificial Turf #2A</td>
<td>$42/$52</td>
<td>60427</td>
</tr>
<tr>
<td>Individual</td>
<td>Jan 16-Mar 27</td>
<td>T 5pm-11pm</td>
<td>Artificial Turf #2</td>
<td>$42/$52</td>
<td>60430</td>
</tr>
<tr>
<td>Individual</td>
<td>Jan 17-Mar 28</td>
<td>W 5pm-11pm</td>
<td>Artificial Turf #2</td>
<td>$42/$52</td>
<td>60428</td>
</tr>
<tr>
<td>Individual</td>
<td>Jan 18-Mar 29</td>
<td>Th 5pm-11pm</td>
<td>Artificial Turf #2</td>
<td>$42/$52</td>
<td>60431</td>
</tr>
<tr>
<td>Individual</td>
<td>Jan 21-Mar 25</td>
<td>Su 11am-7pm</td>
<td>Artificial Turf #2</td>
<td>$42/$52</td>
<td>60429</td>
</tr>
<tr>
<td>Team</td>
<td>Jan 15-Mar 26</td>
<td>M 5pm-11pm</td>
<td>Artificial Turf #2</td>
<td>$209/$260</td>
<td>60432</td>
</tr>
<tr>
<td>Team</td>
<td>Jan 16-Mar 27</td>
<td>T 5pm-11pm</td>
<td>Artificial Turf #2</td>
<td>$235/$292</td>
<td>61219</td>
</tr>
<tr>
<td>Team</td>
<td>Jan 17-Mar 28</td>
<td>W 5pm-11pm</td>
<td>Artificial Turf #2</td>
<td>$235/$292</td>
<td>60433</td>
</tr>
<tr>
<td>Team</td>
<td>Jan 18-Mar 29</td>
<td>Th 5pm-11pm</td>
<td>Artificial Turf #2</td>
<td>$235/$292</td>
<td>60436</td>
</tr>
<tr>
<td>Team</td>
<td>Jan 21-Apr 1</td>
<td>Su 11am-7pm</td>
<td>Artificial Turf #2/#3</td>
<td>$235/$292</td>
<td>60434</td>
</tr>
<tr>
<td><strong>SOFTBALL</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual Co-ed (Rec)</td>
<td>Jan 24-Mar 28</td>
<td>W 5:30pm-11pm</td>
<td>Artificial Turf #3</td>
<td>$42/$52</td>
<td>61205</td>
</tr>
<tr>
<td>Individual Co-ed (Comp)</td>
<td>Jan 25-Mar 29</td>
<td>Th 5:30pm-11pm</td>
<td>Artificial Turf #3</td>
<td>$42/$52</td>
<td>61206</td>
</tr>
<tr>
<td>Team Co-ed (Rec)</td>
<td>Jan 4-Mar 28</td>
<td>W 5:30pm-11pm</td>
<td>Artificial Turf #3</td>
<td>$235/$292</td>
<td>61207</td>
</tr>
<tr>
<td>Team Co-ed (Comp)</td>
<td>Jan 25-Mar 29</td>
<td>Th 5:30pm-11pm</td>
<td>Artificial Turf #3</td>
<td>$235/$292</td>
<td>61208</td>
</tr>
<tr>
<td><strong>ULTIMATE</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual True Seed Co-ed</td>
<td>Jan 23-Mar 27</td>
<td>T 7:11pm</td>
<td>Artificial Turf #2B</td>
<td>$41/$561</td>
<td>61209</td>
</tr>
<tr>
<td>Individual True Seed Co-ed</td>
<td>Jan 25-Mar 29</td>
<td>Th 5:11pm</td>
<td>Artificial Turf #2B</td>
<td>$41/$561</td>
<td>61210</td>
</tr>
<tr>
<td>Team True Seed Co-ed</td>
<td>Jan 23-Mar 27</td>
<td>T 7:11pm</td>
<td>Artificial Turf #3</td>
<td>$235/$292</td>
<td>61211</td>
</tr>
<tr>
<td>Team True Seed Co-ed</td>
<td>Jan 25-Mar 29</td>
<td>Th 5:11pm</td>
<td>Artificial Turf #2B</td>
<td>$235/$292</td>
<td>61212</td>
</tr>
<tr>
<td><strong>VOLLEYBALL</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual True Seed Co-ed</td>
<td>Jan 22-Mar 26</td>
<td>M 7:11:30pm</td>
<td>McKinnon Gym</td>
<td>$42/$52</td>
<td>61213</td>
</tr>
<tr>
<td>Individual True Seed Co-ed</td>
<td>Jan 24-Mar 28</td>
<td>W 7:11:30pm</td>
<td>McKinnon Gym</td>
<td>$42/$52</td>
<td>61214</td>
</tr>
<tr>
<td>Individual True Seed Co-ed</td>
<td>Jan 25-Mar 29</td>
<td>T 7:11:30pm</td>
<td>McKinnon Gym</td>
<td>$42/$52</td>
<td>61215</td>
</tr>
<tr>
<td>Team True Seed 6’s Co-ed</td>
<td>Jan 22-Mar 26</td>
<td>M 7:11:30pm</td>
<td>McKinnon Gym</td>
<td>$209/$260</td>
<td>61216</td>
</tr>
<tr>
<td>Team True Seed 6’s Co-ed</td>
<td>Jan 24-Mar 28</td>
<td>W 7:11:30pm</td>
<td>McKinnon Gym</td>
<td>$209/$260</td>
<td>61217</td>
</tr>
<tr>
<td>Team True Seed 6’s Co-ed</td>
<td>Jan 25-Mar 29</td>
<td>T 7:11:30pm</td>
<td>McKinnon Gym</td>
<td>$209/$260</td>
<td>61218</td>
</tr>
</tbody>
</table>

**March Madness Soccer Tournament**

March 16-18, 2018 | $200

The popular, annual 7 vs 7 co-ed soccer tournament at UVic returns in March! Register early as team spots fill up fast in this two-tiered tournament that has Championship T-shirts on the line.

- Min. 2 females on field at all times
- Current Vikes varsity soccer players are not permitted
- First 18 teams get free t-shirts - Players must play in at least one round-robin game to be eligible to play in playoffs.

Full details: vikesrec.ca/intramurals

**REGISTRATION**

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

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

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

**REFUND POLICY**

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

CLUBS & COURSE UNION DAYS | JANUARY 10-11
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.

Archery archery@uvic.ca
Badminton smashing@uvic.ca
Ballroom Dance ballroom@uvic.ca
Caving caving@uvic.ca
Cheer cheer@uvic.ca
Climbing vikescimb@uvic.ca
Cycling vikesclimb@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
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

PLAY IN ANY INTRAMURAL GAME & COME TO FELICITA’S AFTERWARDS FOR 20% OFF YOUR MEAL!*

#Felicitas

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

FELICITAS.CA

*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
LIVE ACTIVE. BE HEALTHY.

thrive together