REGISTRATION INFO

- Spring Registration is open!
- Sign up for Campus Recreation classes and activities online at campusrec.uci.edu or at the Campus Recreation Services Desk, upstairs at the ARC, or use our app.

ARC HOURS

SPRING QUARTER HOURS

<table>
<thead>
<tr>
<th>Day</th>
<th>Mon - Thurs</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6AM - 1 AM</td>
<td>6AM - 12AM</td>
<td>8AM - 9 PM</td>
<td>8AM - 12AM</td>
</tr>
</tbody>
</table>

SPRING BREAK
- Friday 2/33: 6AM - 8PM
- Sat - Sun 3/23-3/24: 8AM - 8PM
- Mon - Fri 3/25-3/29: 6AM - 8PM
- Sat - Sun 3/30-3/31: 8AM - 8PM

EASTER SUNDAY WEEKEND
- 4/21: 12PM - 8PM

MEMORIAL DAY WEEKEND
- 5/25-5/26: 8AM - 8PM (SAT/SUN)
- 5/27: 8PM - 10PM

FACILITY & EVENT RESERVATIONS

CONTACT US TO BOOK YOUR EVENT!

CAMPUSREC.ULC.EDU/ARC/RENTALS.ASP
949.824.3738
### DANCE

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Location</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>BALLET</td>
<td>Mon 04/01-06/03</td>
<td>7:30pm-8:20pm</td>
<td>Physical Forum</td>
<td></td>
<td></td>
<td>$40</td>
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<tr>
<td>BELLY DANCE</td>
<td>Wed 04/03-06/05</td>
<td>7:30pm-8:50pm</td>
<td>Physical Forum</td>
<td></td>
<td></td>
<td>$50</td>
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<tr>
<td>BURLESQUE</td>
<td>Wed 04/03-06/05</td>
<td>7:30pm-8:20pm</td>
<td>Activity Annex</td>
<td></td>
<td></td>
<td>$45</td>
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<tr>
<td>HIP HOP</td>
<td>Thu 04/04-06/06</td>
<td>7:30pm-8:20pm</td>
<td>Physical Forum</td>
<td></td>
<td></td>
<td>$45</td>
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<tr>
<td>HIP HOP - BEGINNER</td>
<td>Wed 04/03-06/05</td>
<td>8:30pm-9:20pm</td>
<td>Activity Annex</td>
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<td></td>
<td>$45</td>
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<tr>
<td>JAZZ&amp;LYRICAL DANCE</td>
<td>Thu 04/04-06/06</td>
<td>6:30pm-7:20pm</td>
<td>Activity Annex</td>
<td></td>
<td></td>
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<tr>
<td>SALSA DANCE</td>
<td>Tue 04/02-06/04</td>
<td>8:30pm-9:20pm</td>
<td>Physical Forum</td>
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<tr>
<td>SWING DANCE</td>
<td>Wed 04/03-06/05</td>
<td>8:30pm-9:20pm</td>
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<tr>
<td>TANGO/BALLROOM DANCE</td>
<td>Tue 04/02-06/04</td>
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### MARTIAL ARTS

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<tr>
<th>Class</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Location</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>JAPANESE KARATE</td>
<td>Thu 04/04-06/06</td>
<td>7:00pm-8:20pm</td>
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<td></td>
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<tr>
<td>JAPANESE SWORD/IAIDO</td>
<td>Fri 04/05-06/07</td>
<td>7:00pm-9:20pm</td>
<td>Physical Forum</td>
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<tr>
<td>JIU JITSU - BRAZILIAN</td>
<td>Mon 04/01-06/07</td>
<td>6:00pm-7:20pm</td>
<td>Sports Studio</td>
<td></td>
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<td>$42</td>
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<tr>
<td>Judo</td>
<td>Mon 04/01-06/03</td>
<td>7:30pm-8:50pm</td>
<td>Sports Studio</td>
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<td>KENDO</td>
<td>Tue 04/02-06/07</td>
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<td>KRAV MAGA</td>
<td>Wed 04/03-06/05</td>
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<td>KUNG FU</td>
<td>Mon 04/01-06/03</td>
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<td>MUAY THAI</td>
<td>Wed 04/03-06/06</td>
<td>3:30pm-4:50pm</td>
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<td>TAEKWONDO</td>
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<td>WING CHUN</td>
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### SPORTS & RECREATION

<table>
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<th>Cost</th>
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<tbody>
<tr>
<td>ACRO-YOGA</td>
<td>Tue 04/02-06/04</td>
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<td>Training Zone</td>
<td>FitPass</td>
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<tr>
<td>BOXING</td>
<td>Mon 04/01-06/03</td>
<td>7:30pm-8:50pm</td>
<td>Workout Shop</td>
<td></td>
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<tr>
<td></td>
<td>Thu 04/04-06/06</td>
<td>7:30pm-8:50pm</td>
<td>Workout Shop</td>
<td></td>
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<tr>
<td>FENCING</td>
<td>Wed 04/03-06/05</td>
<td>7:00pm-8:20pm</td>
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<td>GUITAR</td>
<td>Tue 04/02-06/04</td>
<td>7:30pm-8:50pm</td>
<td>Workout Shop</td>
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<td>$55</td>
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<tr>
<td>GOLF-BEGINNER</td>
<td>Mon 04/01-06/06</td>
<td>3:30pm-5:20pm</td>
<td>Upper Field</td>
<td></td>
<td></td>
<td>$50/$70</td>
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<tr>
<td>GYMNASTICS</td>
<td>Tue 04/02-05/14</td>
<td>7:30pm-8:50pm</td>
<td>South Coast Gym</td>
<td></td>
<td>$70/$90</td>
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<td>Mon 04/01-05/08</td>
<td>5:30pm-6:20pm</td>
<td>Tennis Courts</td>
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<td>$55/$75</td>
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<tr>
<td></td>
<td>Tue/Thu 04/02-05/09</td>
<td>6:30pm-7:20pm</td>
<td>Tennis Courts</td>
<td></td>
<td>$55/$75</td>
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</tr>
<tr>
<td>TENNIS-INTERMEDIATE</td>
<td>Mon 04/01-05/08</td>
<td>6:30pm-7:20pm</td>
<td>Tennis Courts</td>
<td></td>
<td>$55/$75</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tue/Thu 04/02-05/09</td>
<td>5:30pm-6:20pm</td>
<td>Tennis Courts</td>
<td></td>
<td>$55/$75</td>
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</table>

Prices listed Students & ARC Members/Non-members
No classes on 5/27
## SPRING 2019
### GROUP FITNESS PROGRAM SCHEDULE

#### MONDAY
- **F45** 6:30AM
  - **STUDIO CYCLING** 6:30AM
- **F45** 7:30AM
  - **TREAD & SHRED** 7:30AM
- **F45** 8:30AM
  - **STRENGTH SETS** 8:30AM
- **F45** 9:30AM
  - **CARDIO COMBAT** 9:30AM

#### TUESDAY
- **F45** 6:30AM
  - **STUDIO CYCLING** 6:30AM
- **F45** 7:30AM
  - **BARRE FUSION** 7:30AM
- **F45** 8:30AM
  - **TREAD & SHRED** 8:30AM
- **F45** 9:30AM
  - **STRENGTH SETS** 9:30AM

#### WEDNESDAY
- **F45** 6:30AM
  - **STUDIO CYCLING** 6:30AM
- **F45** 7:30AM
  - **BARRE FUSION** 7:30AM
- **F45** 8:30AM
  - **TREAD & SHRED** 8:30AM
- **F45** 9:30AM
  - **STRENGTH SETS** 9:30AM

#### THURSDAY
- **F45** 6:30AM
  - **STUDIO CYCLING** 6:30AM
- **F45** 7:30AM
  - **BARRE FUSION** 7:30AM
- **F45** 8:30AM
  - **TREAD & SHRED** 8:30AM
- **F45** 9:30AM
  - **STRENGTH SETS** 9:30AM

#### FRIDAY
- **F45** 6:30AM
  - **STUDIO CYCLING** 6:30AM
- **F45** 7:30AM
  - **BARRE FUSION** 7:30AM
- **F45** 8:30AM
  - **TREAD & SHRED** 8:30AM
- **F45** 9:30AM
  - **STRENGTH SETS** 9:30AM

#### SATURDAY
- **F45** 6:30AM
  - **STUDIO CYCLING** 6:30AM
- **F45** 7:30AM
  - **BARRE FUSION** 7:30AM
- **F45** 8:30AM
  - **TREAD & SHRED** 8:30AM
- **F45** 9:30AM
  - **STRENGTH SETS** 9:30AM

#### SUNDAY
- **F45** 6:30AM
  - **STUDIO CYCLING** 6:30AM
- **F45** 7:30AM
  - **BARRE FUSION** 7:30AM
- **F45** 8:30AM
  - **TREAD & SHRED** 8:30AM
- **F45** 9:30AM
  - **STRENGTH SETS** 9:30AM

---

**KEY**
- **$45** F45 PASS
- **$40** GROUP EX PASS
- **$35** YOGA PASS
- **$80** ALL ACCESS PASS
SPRING 2019 PROGRAM SCHEDULE

Olympic Weightlifting

<table>
<thead>
<tr>
<th></th>
<th>Mon 04/01-04/29</th>
<th>12:00pm-1:30pm</th>
<th>Fit Lab</th>
<th>$75</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>05/03-05/01</td>
<td>12:00pm-1:30pm</td>
<td>Fit Lab</td>
<td>$75</td>
</tr>
</tbody>
</table>

**ADULT SWIM**

**ADULT SWIM- BEGINNER**

<table>
<thead>
<tr>
<th></th>
<th>Mon/Wed 04/01-05/08</th>
<th>5:00pm-5:40pm</th>
<th>Pool Lanes 1-3</th>
<th>$45</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue/Thu</td>
<td>04/02-05/09</td>
<td>5:45pm-6:25pm</td>
<td>Pool Lanes 1-3</td>
<td>$45</td>
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**ADULT SWIM- BEG/INTERMEDIATE**

<table>
<thead>
<tr>
<th></th>
<th>Mon/Wed 04/01-05/08</th>
<th>5:45pm-6:25pm</th>
<th>Pool Lanes 1-3</th>
<th>$45</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue/Thu</td>
<td>04/02-05/09</td>
<td>5:00pm-5:40pm</td>
<td>Pool Lanes 1-3</td>
<td>$45</td>
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</tbody>
</table>

Prices listed are UCI Staff (non-student position)/UCI Students & ARC Members/Non-ARC Members

CPR

<table>
<thead>
<tr>
<th></th>
<th>Sat 04/13</th>
<th>10:00am-5:00pm</th>
<th>Team Room</th>
<th>$70/$80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri</td>
<td>04/26</td>
<td>9:00am-4:00pm</td>
<td>Team Room</td>
<td>$70/$80</td>
</tr>
<tr>
<td>Sat</td>
<td>05/10</td>
<td>9:00am-4:00pm</td>
<td>Team Room</td>
<td>$70/$80</td>
</tr>
<tr>
<td>Sat</td>
<td>05/18</td>
<td>10:00am-5:00pm</td>
<td>Team Room</td>
<td>$70/$80</td>
</tr>
<tr>
<td>Sat</td>
<td>06/01</td>
<td>10:00am-5:00pm</td>
<td>Team Room</td>
<td>$70/$80</td>
</tr>
</tbody>
</table>

Lifeguard Class (Sat/Sun)

|   | 5/25-5/26 | 9:00am-7:00pm | Team Room/Pool | $160 |

CPR/ AED/ FIRST AID

Cooking

**FOR SPRING COOKING SCHEDULE:**

[CampusRec.ucI.edu/cooking](http://CampusRec.ucI.edu/cooking)

Intramural Sports

**LEAGUES**

**FLAG FOOTBALL (4-ON-4)**

| Open | Thu | 6:30pm, 7:30pm, 8:30pm |

**SOFTBALL (10-ON-10)**

| Men’s Open | Sun | 8:30pm |
| Men’s Open | Mon | 7:30pm |
| CoRec Open | Sun | 7:30pm |
| CoRec Open | Mon | 8:30pm |
| CoRec Open | Tue | 8:30pm |
| Women’s Open | Tue | 7:30pm |

**VOLLEYBALL (6-ON-6)**

<table>
<thead>
<tr>
<th>CoRec Reverse</th>
<th>Wed</th>
<th>7:30pm, 8:30pm, 9:30pm, 10:30pm</th>
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</thead>
<tbody>
<tr>
<td>Thu</td>
<td>10:00pm, 11:00pm</td>
<td></td>
</tr>
</tbody>
</table>

**TEAM HANDBALL (6-ON-6)**

| Open | Mon | 7:30pm-10:00pm |

**TOURNAMENTS**

**SPIKEBALL**

Open | TBD |

**SMENNIS “SOCCER TENNIS” (2-ON-2)**

Open | TBD |

Registration Info

$15/MEMBER (QUARTER)

DEADLINE: Tuesday, April 9, 2019 @11:59pm (Online)

MANAGER’S MEETING: Thursday, April 11, 2019 @ 7:00pm

For the most accurate sport listings and times of play, please log-in to your IMLeagues account

Create an account at IMLeagues.COM/UCI
OUTDOOR & BOATING

OUTDOOR TRIPS

JOSHUA TREE URBAN ADVENTURE
Sat 04/06/2019 8:30am-6:00pm $55/$65

STUDENT TRIP LEADER TRAINING
Tues 04/09-06/04 7:00pm-8:30pm $15/$25

BACKPACKING WORKSHOP-SURVIVAL
Thurs 04/11/2019 7:00am-8:30pm $10/$15

ORTEGA FALLS ROCK CLIMBING
Sat 04/27/2019 8:00am-4:00pm $35/$45

ECHO CLIFFS ROCK CLIMBING
Sat 05/18/2019 8:00am-6:00pm $35/$45

FREE HIKES IN ORANGE COUNTY
Saturday 04/20/19 9:00am-11:00pm FREE
05/11/19 9:00am-11:00pm FREE

ROCK CLIMBING

CLIMB ONE
Tue 04/09-04/16 6:00pm-8:00pm Rockwall $20
Wed 04/10-04/17 7:00pm-9:00pm Rockwall $20
Wed 04/24-05/01 9:00pm-11:00pm Rockwall $20
Thu 04/25-05/02 8:00pm-10:00pm Rockwall $20
Tue 05/07-05/14 9:00pm-11:00pm Rockwall $20
Wed 05/22-05/29 7:00pm-9:00pm Rockwall $20

CLIMB 101
Wed 04/03-05/29 6:00pm-7:00pm Rockwall $50

CLIMBING CLUB BELAY CLASS
Tues 04/03-06/04 5:00pm-7:00pm Rockwall $10

LEAD CLIMBING
Thur 04/25-05/16 7:00pm-9:00pm Rockwall $60

BALANCE & SEQUENCING
Wed 04/24-05/08 7:00pm-9:00pm Rockwall $30

TURNING
Wed 05/15-05/29 7:00pm-9:00pm Rockwall $30

ROCKWALL MEMBERSHIP
Spring Quarter Rockwall $40

FREE FIRST TIME CLIMBS FOR EVERYONE
Mon 04/01/2019 7:00pm-10:00pm Rockwall Free

CRATE STACKING NIGHTS
Wed 04/10/2019 8:00pm-10:00pm Free for Rockwall Members

AERIAL SILKS CLASSES
Thur 04/11-05/02 5:45pm-7:00pm Rockwall $75
Thur 05/09-05/30 5:45pm-7:00pm Rockwall $75

AERIAL SILKS WORKSHOP
Sun 04/07/2018 2:00pm-3:15pm Rockwall $20

STAND-UP PADDLE

FULL MOON PADDLE
Fri 04/19/2019 7:00pm-9:30pm UCI Crew Base $25/$35
Sat 05/18/2019 7:00pm-9:30pm UCI Crew Base $25/$35

DAY PADDLE
Sun 04/14/2019 1:00pm-3:30pm UCI Crew Base $25/$35

SUNSET PADDLE
Sat 05/11/2019 5:30pm-8:00pm UCI Crew Base $25/$35

Prices listed Students & ARC Members/Non-members
# Sailing

**Register at newportbeachca.gov**

## Introduction Sailing-Dinghy

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td>04/07/2019</td>
<td>10:00am-1:00pm</td>
<td>Marina Park</td>
<td>$55/$65</td>
</tr>
<tr>
<td>Sat</td>
<td>04/20/2019</td>
<td>10:00am-1:00pm</td>
<td>Marina Park</td>
<td>$55/$65</td>
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<tr>
<td>Sun</td>
<td>05/05/2019</td>
<td>10:00am-1:00pm</td>
<td>Marina Park</td>
<td>$55/$65</td>
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<tr>
<td>Sat</td>
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<td>10:00am-1:00pm</td>
<td>Marina Park</td>
<td>$55/$65</td>
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<td>Sun</td>
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<td>10:00am-1:00pm</td>
<td>Marina Park</td>
<td>$55/$65</td>
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<tr>
<td>Sat</td>
<td>06/15/2019</td>
<td>10:00am-1:00pm</td>
<td>Marina Park</td>
<td>$55/$65</td>
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</table>

## Beginner Sailing-Dinghy

<table>
<thead>
<tr>
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<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat</td>
<td>04/06-04/07</td>
<td>10:00am-1:00pm</td>
<td>Marina Park</td>
<td>$95/$105</td>
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<tr>
<td>Sat</td>
<td>05/04-05/05</td>
<td>10:00am-1:00pm</td>
<td>Marina Park</td>
<td>$95/$105</td>
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<tr>
<td>Sat</td>
<td>05/18-05/19</td>
<td>10:00am-1:00pm</td>
<td>Marina Park</td>
<td>$95/$105</td>
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<tr>
<td>Sat</td>
<td>06/01-06/02</td>
<td>10:00am-1:00pm</td>
<td>Marina Park</td>
<td>$95/$105</td>
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<tr>
<td>Sat</td>
<td>06/15-06/16</td>
<td>10:00am-1:00pm</td>
<td>Marina Park</td>
<td>$95/$105</td>
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## Intermediate Sailing-Dinghy

<table>
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<th>Time</th>
<th>Location</th>
<th>Price</th>
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<tbody>
<tr>
<td>Sat</td>
<td>04/07-05/05</td>
<td>1:30pm-4:30pm</td>
<td>Marina Park</td>
<td>$125/$140</td>
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<tr>
<td>Sat</td>
<td>05/18-06/08</td>
<td>1:30pm-4:30pm</td>
<td>Marina Park</td>
<td>$125/$140</td>
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*Intermediate Sailing-Dinghy will not take place on 4/21 for Easter Sunday*

## Intro to Sailing - Keelboat

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
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<tbody>
<tr>
<td>Sat</td>
<td>04/06/2019</td>
<td>10:00am-1:00pm</td>
<td>Marina Park</td>
<td>$65/$75</td>
</tr>
<tr>
<td>Sat</td>
<td>05/04/2019</td>
<td>10:00am-1:00pm</td>
<td>Marina Park</td>
<td>$65/$75</td>
</tr>
<tr>
<td>Sat</td>
<td>06/01/2019</td>
<td>10:00am-1:00pm</td>
<td>Marina Park</td>
<td>$65/$75</td>
</tr>
</tbody>
</table>

## Beginner Sailing - Keelboat

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat</td>
<td>04/06-04/27</td>
<td>10:00am-1:00pm</td>
<td>Marina Park</td>
<td>$215/$240</td>
</tr>
<tr>
<td>Sat</td>
<td>05/04-05/25</td>
<td>10:00am-1:00pm</td>
<td>Marina Park</td>
<td>$215/$240</td>
</tr>
</tbody>
</table>

## Keelboat 1

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td>05/05-05/26</td>
<td>1:30pm-4:30pm</td>
<td>Marina Park</td>
<td>$155/$165</td>
</tr>
<tr>
<td>Sun</td>
<td>06/02-06/23</td>
<td>1:30pm-4:30pm</td>
<td>Marina Park</td>
<td>$155/$165</td>
</tr>
</tbody>
</table>

## Keelboat 2

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td>03/31-04/28</td>
<td>1:30pm-4:30pm</td>
<td>Marina Park</td>
<td>$155/$165</td>
</tr>
</tbody>
</table>

## Open Sailing Session

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat</td>
<td>04/13/2019</td>
<td>1:00pm-3:00pm</td>
<td>Marina Park</td>
<td>$155/$165</td>
</tr>
</tbody>
</table>

*Prices listed Students & ARC Members/Non-members

## Paddle Rentals

**At Marina Park**

### Drop-in Rental Rates:

- $20/hr per Kayak or Stand Up Paddle Board

### Punch Card Pass Information

<table>
<thead>
<tr>
<th>Pass Type</th>
<th>Sessions</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-punch pass</td>
<td>5 sessions</td>
<td>$75</td>
</tr>
<tr>
<td>10-punch class</td>
<td>10 sessions</td>
<td>$100</td>
</tr>
</tbody>
</table>

### Spring Paddle Hours

- **Monday-Sunday**: 9:00am-5:00pm

- Call Boating Office (949) 270-8160 in advance to confirm hours and make reservations, if desired
- Ages 16+ or 6-15 if accompanied by adult on board
FITNESS TESTING

AVAILABLE FITNESS TESTS
- Bod Pod
- Submax VO2
- RMR
- Combo of Any 3

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MASSAGE THERAPY

UCI Students
- 1-3 Sessions: $50/session
- 4-6 Sessions: $45/session

ARC Members
- 1-3 Sessions: $60/session
- 4-6 Sessions: $55/session

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PERSONAL TRAINING

PERSONAL TRAINING RATES
- UCI Students: $52/session
- ARC Members: $55/session

BUDDY TRAINING RATES
- UCI Students: $59/session
- ARC Members: $62/session

PERSONAL CLUBS

- Archery
- Boxing
- Badminton
- Baseball
- M. Basketball
- Cycling
- Climbing
- Cricket
- Dragon Boat
- Fencing
- Figure Skating
- MA Japanese Karate
- MA BJJ
- MA Kendo
- MA Taekwondo
- MA Wushu
- M Lacrosse
- W Lacrosse
- Powerlifting
- Roller Hockey
- M Rowing
- W Rowing
- M Rugby
- W Rugby
- Running
- Sailing
- jkiuchii@uci.edu
- mdigel@uci.edu
- thienhn4@uci.edu
- beckytouj@gmail.com
- jjfriese@uci.edu
- salshaka@uci.edu
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