Offic e of Physical Education, Recreation and Sports
Quarterly Activity Catalog (QAC) Winter 2018
Office of Physical Education, Recreation and Sports
(831) 459-2806 recreation@ucsc.edu

Registration opens Tuesday, January 9th @ 9am

Originally printed in color and in a smaller size, the content for the current page is:

"February 22, 23, 24 & 25 @ 7:00 pm
Thursday/Saturday - Program A
Friday/Sunday - Program B

Tickets $18-22
brownpapertickets.com • Bicycle Trip

Sponsored by:
Adventure Sports Journal, Bay Federal Credit Union, Bicycle Trip, Capitola Veterinary Hospital, Dream Inn & Aquarius, Driscoll’s, Dr. Ryan Brandt & Family, Five Branches University, Fox, Good Times/SantaCruz.com, greenspace, KZSC, Pacific Edge Climbing Gym, Print Gallery, Mount Hermon Adventures, Santa Cruz Bicycles, Driscoll’s, Dr. Ryan Brandt & Family, Five Branches University, Fox, Good Times/SantaCruz.com, greenspace, KZSC, Pacific Edge Climbing Gym, Print Gallery, Mount Hermon Adventures, Santa Cruz Bicycles, & UCSC Colleges, Housing, and Educational Services

Students in EOP qualify for Measure 68 Access Scholarships

SEE FULL LIST OF GEAR AT recreation.ucsc.edu, or call us at (831) 502-7164.
Adventure Outings
Trip food now included in the price!

Kayaking

Surfing

CPR/First Aid

Classes & Workshops

L.A. Holiday Transportation

Food Systems Learning Journey

CPR/4ED Heartstauer In-Person Class #1
Sa 1/20, 1p $15

CPR/4ED Heartstauer In-Person Class #2
Tu 1/21, 5p $100

CPR/4ED Heartstauer In-Person Class #3
Tu 2/20, 5p $100

CPR/4ED Heartstauer In-Person Class #4
Fr 3/9, 5p $100

Nanatomik Akbotsuji
M 5/8, 8a & W 1/10, 1p $65

Total Solitary Japanese Sword
M 1/18, 11a $50

Aerial Hoop - Beginner
W 1/17, 3/7, 6p $90

Aerial Hoop - Intermediate
W 1/17, 7/7, 730p $90

Salas Dance - Intermediate
Th 1/18, 2/22, 630p $35

Salas Dance - Beginner
Th 1/18, 2/22, 730p $35

Pole Dance & Acrobatics - Beginner (6 weeks)
F 1/19, 2/23, 1p $75

Pole Dance & Acrobatics - Intermediate (6 weeks)
F 1/19, 2/23, 1p $75

Mediation & Mindfulness
M 1/22, 3/5, 5p $30

Bellydance
Tu 1/23, 2/27, 4:30p $40

Capoeira - Brazilian Martial Arts, An Introduction
W 1/24, 2/28, 345p $40

Massage For Health
Tu 1/18, 6:30p, 645p $80

Cooking: Chocolate Creations, A Dessert Class
F 2/2, 1p $36

Foot and Hand Reflexology
Sa 2/16, 1p $45

Introduction to Raqs
Su 2/11, 10a $40

Cooking: Superfood Macarons
F 3/2, 5p $36

Trigger Point Release for Pain Relief
Sa 3/3, 10a $50

Activity Date Pre-trip Cost
Kayaking

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