In memoriam of the boat crew and divers on the Conception.

Photo credit: Patrick Webster

Quarterly Activity Catalog   Fall 2019

Registration opens Tuesday, October 1, 9am

“In memoriam of the boat crew and divers on the Conception.”
Photo credit: Patrick Webster

Looking for more?
Go to opens.ucsc.edu

Facilities Hours
EAST FIELD HOUSE & FITNESS CENTER
Mon - Thurs 6:00AM - 11:00PM
Fri 6:00AM - 10:00PM
Sat - Sun 8:00AM - 8:00PM

For the full schedule download the Go Slugs app or visit opens.ucsc.edu

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Recreation Campus Campout
East Field, Wednesday, October 16, 6:30PM

*FIRST 60 STUDENTS MAY RENT A SLEEPING BAG AND MAT FOR FREE
*NO RSVP REQUIRED

Camp under the stars on the East Field!
Enjoy s'mores, a star talk and a light breakfast!

GROUP EXERCISE
GENERAL SCHEDULE

<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>10:45a - 11:45a CARDIO KICKBOXING @MPF</td>
<td>12:00p - 12:55p TOTAL BODY HIT @MPF</td>
<td>12:00p - 12:55p Empowering Yoga</td>
<td>12:00p - 12:55p Fit Barre @DNC</td>
<td>10:45a - 11:45a TOTAL BODY HIT @MPF</td>
<td>10:45a - 11:45a SLOW-FLOW YOGA @DNC</td>
<td></td>
</tr>
<tr>
<td>6:30p - 7:30p Body Sculpt</td>
<td>12:00p - 12:55p Empowering Yoga @DNC</td>
<td>12:00p - 12:55p Core Fusion</td>
<td>12:00p - 12:55p Cardio Kickboxing @DNC</td>
<td>11:00a - 12:00p Cardio Kickboxing @DNC</td>
<td>5:30p - 6:30p SLOW-FLOW YOGA @DNC</td>
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</tbody>
</table>

CLASSROOM KEY:
ACT = EAST FIELD HOUSE ACTIVITIES ROOM
DNC = EAST FIELD HOUSE DANCE STUDIO
NAS = EAST FIELD HOUSE MENTAL ARTS STUDIO
MPF = EAST FIELD HOUSE MULTIPURPOSE ROOM
NAM = COLLEGE 9 NAMASTE LOUNGE
PSB = PHYSICAL SCIENCES BUILDING, ROOM #240

Registration open at campusrec.ucsc.edu. (831) 459-2806

Campus Recreation
UC Santa Cruz
### slab Santa Cruz #1
- Date: Sa 10/5
- Time: 1p-4p
- Cost: $0

### Yosemite High Sierra Excursion
- Date: M 10/2
- Time: 8-11a
- Cost: $0

### Big Sur Camping
- Date: F 10/11
- Time: 12p-5p
- Cost: $0

### Wilder Ranch State Park Sunset and Full-Moon Hike
- Date: Sa 10/13
- Time: 4-7p
- Cost: $0

### Rock Climbing Course - Pacific Edge Climbing Gym
- Date: Tu 10/15
- Time: 11-12n
- Cost: $0

### Peter Grubb Sierra Hut Service Backpacking
- Date: F 10/11
- Time: 12p-6p
- Cost: $0

### Date
- Day: Tuesday, 10/18
- Time: 8-9:30a
- Activity: Beginning Surf Class #1
- Cost: $0

### COURSE
- Date: M 10/7
- Time: 9-9:30a
- Activity: CPR#1 Heart Saver - in person
- Cost: $65

### CPR & AED Online/Skills Check #1
- Date: M 10/14
- Time: 9-9:30p
- Activity: CPR & AED Online/Skills Check #1
- Cost: $65

### CPR & AED Online/Skills Check #2
- Date: M 10/21
- Time: 9-9:30p
- Activity: CPR & AED Online/Skills Check #2
- Cost: $65

### Program and facilities supported by these student fee measures:
- Recreation Programs
- Student Life Facilities
- Fitness Facility
- Sustainable Food, Health & Wellness

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### Surfing
- **Students only**

#### Grad Only: Beginning Surf Class #1
- Date: Tu 10/8 - 10/15
- Time: 10-11a
- Cost: $125

#### Beginning Surf Class #2
- Date: W 10/9 - 10/16
- Time: 10-11a
- Cost: $125

#### Beginning Surf Class #3
- Date: W 10/9 - 10/16
- Time: 12-1p
- Cost: $125

#### Beginning Surf Class #4
- Date: Th 10/10 - 10/17
- Time: 10-11a
- Cost: $125

#### Beginning Surf Class #5
- Date: Th 10/10 - 10/17
- Time: 12-1p
- Cost: $125

#### Grad Only: Beginning Surf Class #2
- Date: Tu 11/5 - 11/12
- Time: 10-11a
- Cost: $125

#### Beginning Surf Class #6
- Date: Tu 11/5 - 11/12
- Time: 12-1p
- Cost: $125

#### Beginning Surf Class #7
- Date: W 11/6 - 11/13
- Time: 7-8p
- Cost: $125

#### Beginning Surf Class #8
- Date: W 11/6 - 11/13
- Time: 12-1p
- Cost: $125

#### Beginning Surf Class #9
- Date: Th 11/7 - 11/14
- Time: 7-8p
- Cost: $125

#### Beginning Surf Class #10
- Date: Th 11/7 - 11/14
- Time: 12-1p
- Cost: $125

#### Co-Ed Beginning Surf Clinic #1
- Date: M 10/14
- Time: 7-10a
- Cost: $45

#### Co-Ed Beginning Surf Clinic #2
- Date: M 10/28
- Time: 7-10a
- Cost: $45

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### Wilderness Medicine
- **Open to All**

#### Wilderness First Aid #1
- Date: Sa 10/26
- Time: 9-10:30a
- Cost: $240

#### Wilderness First Responder Recert #1
- Date: Sa 11/9 - M 11/11
- Time: 9-10:30a
- Cost: $345

#### Wilderness First Responder #1
- Date: W 12/11 - F 12/13
- Time: 9-10:30a
- Cost: $790