UCLA Recreation offers a wide range of recreational activities and services. Our programming encompasses the competitive, social, cultural and instructional aspects of recreational activity. UCLA students, faculty, staff and eligible alumni affiliates (and their family members) can access our many programs and facilities.

RECREATION PROGRAMS

FITWELL
FITWELL is a broad based fitness and wellness program that offers a variety of services for students and campus employees. The program activates wellness on campus by educating, motivating and empowering faculty, staff and students to make healthy lifestyle choices specifically in the areas of fitness and exercise, nutrition and weight management, stress management, and general health education.

• Personal Fitness Training
• Fitwell Workshops
• Chair Massage
• Fitwell Events
• Strength & Conditioning
• Fitwell Consultants
• Staff & Faculty Programs

www.recreation.ucla.edu/fitwell

AQUATICS
With beautiful weather year round, UCLA Recreation offers endless opportunities to take advantage of Los Angeles' blue skies. Dive into one of our six pools or paddle out at the Marina Aquatic Center and soak up the LA sun.

• Bruin Masters Swimming
• Water Exercise Training
• Bruin Swim Club
• Adult & Youth Swim Lessons

www.recreation.ucla.edu/aquatics

CLUB SPORTS
Club Sports exist to provide interested individuals an opportunity to participate in a wide range of activities that will assist with skill development and personal growth, while providing a chance to compete at a high level. All clubs are student-initiated programs that are administered by UCLA Recreation. Although it varies from club to club, most clubs practice 2-3 times per week, with competition against other collegiate teams on the weekends.

To find a full listing of all our current club sports, visit the Competitive Sports website.

www.recreation.ucla.edu/club-sports

MARINA AQUATIC CENTER
The Marina Aquatic Center (MAC) is UCLA’s premier water-front recreation facility just 10 miles from campus in scenic Marina del Rey. The MAC is home to kayaking, rowing, sailing, surfing, stand up paddleboarding and windsurfing classes, as well as the UCLA Men's and Women's Rowing Teams, UCLA Sailing Team, MAC Junior Rowing Team, and youth boating programs. The MAC is open to the public, and also offers rentals and lessons for the following:

• Rowing
• Sailing
• Stand Up Paddling
• Windsurfing
• Surfing
• Kayaking

www.recreation.ucla.edu/mac

OUTDOOR ADVENTURES
Outdoor Adventures provides a variety of recreational and instructional opportunities including a Challenge Course, Outdoor Trips, a Bike Shop, a Rock Wall, and an Outdoor Equipment Rental Center. Outdoor Adventures' programming is designed to nurture and encourage a lifelong love of outdoor pursuits.

• Bike Shop
• Challenge Course
• Rental Center
• Rock Wall
• Outdoor Trips

www.recreation.ucla.edu/oas

INTRAMURAL SPORTS
Intramural Sports provides the UCLA community an opportunity to participate in organized sports and recreational activities. A variety of leagues, tournaments, and special events are offered each quarter. Participation is more leisurely than club sports, and promotes an active lifestyle and friendly competition in a fun, safe environment.

www.recreation.ucla.edu/intramural-sports

YOUTH PROGRAMS
UCLA Recreation Youth and Family Programs provides a wide range of recreation and enrichment programs for families including summer camps, youth lessons, adaptive programs, afterschool programs, and special events.

• Summer Camps
• After School & Weekend Programs
• Youth Lessons
• Adaptive Programs

www.recreation.ucla.edu/youthprograms
www.recreation.ucla.edu/summercamps
REGISTRATION

HOW DO I REGISTER?  Register online at www.recreation.ucla.edu/register
In-person registration is also available at Sales & Service in the John Wooden Center.
For more info contact Sales & Service at: info@recreation.ucla.edu or 310.825.3701.
Activities with multiple prices are arranged into two tiers:
Tier 1:  UCLA students and Recreation members.
Tier 2:  Community. Community patrons cannot directly register online.

ACTIVITY PASSES

Below activities are subject to change throughout the academic year. For the most accurate and up to date listing of all of our offerings, please check our website at www.recreation.ucla.edu.
These offer an all access entry to any and all of the classes/programs that are offered within their respective schedules. These are all available for purchase by the quarter.
Read below for more details for each of these passes and how you can obtain your own for the Quarter.

YOGA PASS (NEW!)
Unlimited access to all classes in our Yoga schedule including:
New formats: Core Yoga Flow, Yoga Sculpt, and Yoga Barre
Traditional formats: Hatha, Vinyasa Flow, Ashtanga, and Iyengar
Restorative formats: Chillax Yoga and Meditation
Cost: $45/quarter
Get your Pass: 1st floor, John Wooden Center, Sales & Cashiering.
No enrollment/sign-up necessary. First come, first serve. Wear athletic clothing. No shoes. Bring your own yoga mat.

KFIT PASS (NEW!)
Unlimited access to our most popular workouts including:
New Stages Spin bikes and classes
Total Body Challenge and HIIT classes featuring all the latest equipment including TRXs
Dance fitness classes: Zumba and Dance It Out
Yoga Workouts: Core Yoga Flow and Yoga Sculpt
Traditional yoga formats: Hatha, Ashtanga and Iyengar
Restorative yoga formats: Chillax Yoga, Candlelight Yoga, and Meditation
Boxing fitness classes
Cost: $45/quarter
Get your Pass: 1st floor, John Wooden Center, Sales & Cashiering.
Wear athletic clothing and shoes. Bring your own yoga mat.

GROUPX PASS
Unlimited access to all the most popular workouts including:
New Stages Spin bikes, system and classes
New Pardee Gym fitness floor
New equipment for Total Body Challenge and HIIT classes, Barre, Zumba Strong, Dance It Out, Agility & Conditioning, Barbell and more!
Cost: $35/quarter
Get your Pass: 1st floor, John Wooden Center, Sales & Cashiering.
No enrollment/sign-up necessary. First come, first serve. Wear athletic clothing and shoes.

INSTRUCTIONAL CLASSES

Below activities are subject to change throughout the academic year. For the most accurate and up to date listing of all of our offerings, please check our website at www.recreation.ucla.edu.
Instructional classes offer a wide range of different activities throughout each quarter. These vary in length, schedule, cost, and provide patrons a set weekly schedule to participate in their chosen activity. Class schedules with times and locations will be published prior to each quarter online at www.recreation.ucla.edu/classes.

ADAPTIVE PROGRAMS
WHEELCHAIR BASKETBALL
(Level BEG)
Location: John Wooden Center

ADAPTIVE TENNIS / ACEING AUTISM
(Level BEG)
Location: Sunset Canyon Rec Center

AQUATICS
ADULT CLASSES
ADULT SWIM LESSONS
(Level BEG / ADV BEG / INT)
Location: Sunset Canyon Rec Center

ADULT SWIM LESSONS – SWIM FOR FITNESS
(Level ADV)
Location: Sunset Canyon Rec Center

KAYAK WATER POLO
(Level ADV)
Location: Student Activities Center

LOG ROLLING CLINIC
(Level BEG)
Location: Sunset Canyon Rec Center

AMERICAN RED CROSS CLASSES
LIFEGUARD TRAINING WITH TITLE 22
(Level ADV)
Location: North Pool

LIFEGUARD REVIEW
(Level ADV)
Location: North Pool

LIFEGUARD TRAINING PRE-COURSE
(Level ADV)
Location: North Pool

LIFEGUARD INSTRUCTOR
(Level ADV)
Location: North Pool

ADULT & CHILD FIRST AID / CPR / AED
Location: North Pool

WATER SAFETY INSTRUCTOR
(Level ADV)
Location: North Pool

WATER EXERCISE CLASSES
AQUA CORE & MORE
(Level ALL)
Location: South Pool

AQUA FLUID JOINTS
(Level BEG)
Location: South Pool

AQUA WALKING AND MORE
(Level ALL)
Location: South Pool

ARTHRTIS H2O
(Level ALL)
Location: South Pool

AQUA KICKBOXING
(Level ALL)
Location: North Pool

AQUA YOGA
(Level INT)
Location: South Pool

BACK TO BASICS
(Level BEG)
Location: South Pool

PRE/POST NATAL WATER X
(Level ALL)
Location: South Pool

WARM WATER FITNESS
(Level BEG)
Location: South Pool

WAVE MAKERS (Level BEG)
Location: South Pool

YOUTH CLASSES
WATER BABIES
(Level BEG)
Location: South Pool

SWIMMING FOR TWO
Location: South Pool

KIDS CONQUER THE WATER
Location: South Pool

AMERICAN RED CROSS CLASSES
LIFEGUARD TRAINING
WITH TITLE 22
(Level ADV)
Location: North Pool

LIFEGUARD REVIEW
(Level ADV)
Location: North Pool

LIFEGUARD TRAINING PRE-COURSE
(Level ADV)
Location: North Pool

LIFEGUARD INSTRUCTOR
(Level ADV)
Location: North Pool

ADULT & CHILD FIRST AID / CPR / AED
Location: North Pool

WATER SAFETY INSTRUCTOR
(Level ADV)
Location: North Pool

WATER EXERCISE CLASSES
AQUA CORE & MORE
(Level ALL)
Location: South Pool

AQUA FLUID JOINTS
(Level BEG)
Location: South Pool

AQUA WALKING AND MORE
(Level ALL)
Location: South Pool

ARTHRTIS H2O
(Level ALL)
Location: South Pool

AQUA KICKBOXING
(Level ALL)
Location: North Pool

AQUA YOGA
(Level INT)
Location: South Pool

BACK TO BASICS
(Level BEG)
Location: South Pool

PRE/POST NATAL WATER X
(Level ALL)
Location: South Pool

WARM WATER FITNESS
(Level BEG)
Location: South Pool

WAVE MAKERS (Level BEG)
Location: South Pool

YOUTH CLASSES
WATER BABIES
(Level BEG)
Location: South Pool

SWIMMING FOR TWO
Location: South Pool

KIDS CONQUER THE WATER
Location: South Pool

ARTS
DIGITAL PHOTOGRAPHY
(Level ALL)
Location: John Wooden Center

FIGURE DRAWING
(Level ALL)
Location: Sunset Canyon Rec Center

GUITAR
(Level BEG / ADV BEG / ALL)
Location: Sunset Canyon Rec Center

TAIKO DRUMMING
(Level ALL)
Location: John Wooden Center

THE ART OF DJ’ING
(Level ALL)
Location: John Wooden Center

UKULELE GUITAR
(Level ALL)
Location: Sunset Canyon Rec Center

SEWING
(Level ALL)
Location: John Wooden Center

BIKE SHOP
(NO COST CLASSES)
ADULT LEARN-TO-RIDE
Location: O.A. Bike Shop

BIKE ASSEMBLY
Location: O.A. Bike Shop

BIKE BRAKES
Location: O.A. Bike Shop

BIKE COMMUTING 101
Location: O.A. Bike Shop

BIKE SHIFTING
Location: O.A. Bike Shop

SMART CYCLING
(CLASSROOM INSTRUCTION)
Location: O.A. Bike Shop

SMART CYCLING
(ON-BIKE INSTRUCTION)
Location: O.A. Bike Shop

CHALLENGE COURSE
CHALLENGE COURSE 101
(Level BEG)
Location: Sunset Canyon Rec Center

CHALLENGE COURSE PLAY & CLIMB
(Level BEG)
Location: Sunset Canyon Rec Center

DANCE
BALLET
(Level BEG / ADV BEG / INT)
Location: John Wooden Center
JOIN OUR FAMILY!

EMPLOYMENT OPPORTUNITIES AVAILABLE

Join our team to promote a healthy campus. We have student and full-time opportunities available in all departments. We also offer summer camp job positions as counselors, coordinators, assistant coordinators, and swim instructors.

Positions include:

- Personal Fitness Trainers
- Fitness Instructors
- Outdoor Adventure Guides
- Intramural Sports Position
- Martial Arts Positions
- Swim Instructors
- Lifeguards
- Camp Counselors
- Sales & Cashiering
- Facility Operations
- Marketing
- Videographers/Photographers
- Graphic Designers
- and more!

Check our website for the most updated employment opportunities available: www.recreation.ucla.edu/jobs
JOHN WOODEN CENTER
221 Westwood Plaza
Los Angeles, CA 90095-1612
310.206.8307

- 3 gyms available for basketball, volleyball, badminton, indoor soccer, and gymnastics
- Modern fitness and weight training equipment
- Handball, racquetball and squash courts
- Indoor Rock Wall

DRAKE STADIUM
INTRAMURAL FIELD 310.206.8307
NORTH ATHLETIC FIELD
LOS ANGELES TENNIS CENTER
420 Charles E. Young Drive West
Los Angeles, CA 90095
310.825.4546

MARINA AQUATIC CENTER
14001 Fiji Way
Marina del Rey, CA 90292
310.823.0048

NORTH POOL
120 Westwood Plaza
Los Angeles, CA 90095

PAULEY PAVILION
STUDENT ACTIVITIES CENTER
220 Westwood Plaza
Los Angeles, CA 90095
310.206.0443

- Gym for basketball, volleyball and badminton
- SAC Pool

SUNSET CANYON RECREATION CENTER (SCRC)
111 Easton Drive
Los Angeles, CA 90095-1370
310.825.3671

- Picnic and barbecue areas
- Large grass fields and outdoor amphitheater
- Sand volleyball courts
- SCRC Family Pool
- SCRC Park Pool
- Spieker Aquatics Center
- Challenge Course
- Sunset Tennis Courts

SYCAMORE PARK
- Tennis Courts
- Golf practice area

KINROSS RECREATION CENTER (KREC)
11100 Kinross Ave.
Westwood Village
310.983.3064
krec@recreation.ucla.edu

- Modern fitness and weight training equipment

SOUTH POOL
(Rehabilitation Building)
1000 Veteran Avenue
Los Angeles, CA 90024

REC SPORTS
Rec Sports allows members to come and go on their own schedule, using our facilities and equipment when needed.
www.recreation.ucla.edu/programs/rec-sports

ACADEMIC YEAR HOURS
JOHN WOODEN CENTER
Monday 5:30am–12:00am
Tu–Th open 24 hours
Friday 12:00am–9:45pm
Saturday 9:00am–7:45pm
Sunday 9:00am–10:45pm

SUNSET CANYON RECREATION CENTER
Mon–Fri 5:30am–9:00pm
Saturday 7:00am–8:00pm
Sunday 7:45am–8:00pm

STUDENT ACTIVITIES CENTER
Mon–Th 7:00am–12:00am
Friday 7:00am–10:00pm
Sat–Sun 8:00am–9:00pm

BRUIN FITNESS CENTER (BFIT)
Mon–Th 6:00am–1:00am
Friday 6:00am–9:30pm
Saturday 8:00am–8:00pm
Sunday 8:00am–12:00am

HOLIDAY HOURS
Hours are subject to change and will be modified and posted online for the following 2017-18 days:
Nov. 11 Veterans Day
Nov. 23-24 Thanksgiving Break
Dec. 25-Jan. 3 Winter Break
Jan. 15 Martin Luther King Jr. Day
Feb. 19 Presidents Day
Mar. 31 Cesar Chavez Day
May 28 Memorial Day
Sept. 3 Labor Day

www.recreation.ucla.edu/facilityhours