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.

**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](http://www.recreation.ucla.edu/fitwell)

**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:

- **Rowing**
- **Sailing**
- **Stand Up Paddling**
- **Windsurfing**
- **Surfing**
- **Kayaking**

[www.recreation.ucla.edu/mac](http://www.recreation.ucla.edu/mac)

**COMPETITIVE SPORTS**
The Competitive Sports program consists of Intramural and Club Sports. Intramural Sports provides on-campus formal sports competition to participants at a variety of ability levels. Club Sports are more formal and include instruction, leadership development and competition at the regional and national level.

- **Intramural Sports**
  (including Flag Football, Basketball, Volleyball, Soccer, Tennis & Water Polo)
- **Club Sports**
  (including Archery, Baseball, Boxing, Cycling, Fencing, Golf, Rugby & Sailing)

[www.recreation.ucla.edu/competitivesports](http://www.recreation.ucla.edu/competitivesports)

**OUTDOOR ADVENTURES**
Outdoor Adventures provides a variety of recreational and instructional opportunities including a Challenge Course, Wilderness Outings, a Bike Shop, a Rock Wall, and an Outdoor Equipment Rental Center. Outdoor Adventures’ programming is designed to nurture and encourage a life-long love of outdoor pursuits.

- **Bike Shop**
- **Challenge Course**
- **Rental Center**
- **Rock Wall**
- **Wilderness Outings**

[www.recreation.ucla.edu/oa](http://www.recreation.ucla.edu/oa)

**INSTRUCTIONAL CLASSES**
We have a broad range of instructional classes available in Arts, Dance, Fitness, Martial Arts, Sports, Swimming, Tennis, Water Aerobics, Yoga and more. Many classes are designed for beginning and intermediate skill levels, but there are also advanced classes. Group Exercise, Personal Fitness Training and Private Instruction are also available.

- **Instructional Classes**
- **Private Instruction & Custom Classes**
- **Yoga Classes**
- **Group X Fitness**
- **Adaptive Programs**

[www.recreation.ucla.edu/instructionalclasses](http://www.recreation.ucla.edu/instructionalclasses)

**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](http://www.recreation.ucla.edu/youthprograms)

[www.recreation.ucla.edu/summercamps](http://www.recreation.ucla.edu/summercamps)

**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**
- **Warm Water Exercise**
- **American Red Cross Courses**
- **Scuba Diving**

[www.recreation.ucla.edu/aquatics](http://www.recreation.ucla.edu/aquatics)
CLASSES & ACTIVITIES

GROUP EXERCISE

GET STARTED WITH A FITNESS PASS!
A Fitness Pass grants you unlimited access to all Group Exercise classes for only $25/quarter. Customize your workouts by choosing from over 70 drop-in classes a week.

Purchase your Fitness Pass at Sales & Service in the John Wooden Center.

The full Group Exercise schedule is available at:
www.recreation.ucla.edu/groupx or from the FITWELL Desk.

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.

ADAPTIVE PROGRAMS

WHEELCHAIR BASKETBALL
(Level Beg)
Available: Fall, Winter, Spring
Location: John Wooden Center

ADAPTIVE TENNIS / ACEING AUTISM
(Level Beg)
Available: Winter, Spring
Location: Sunset Canyon Rec Center

WATER EXERCISE CLASSES

AQUA CORE & MORE (Level ALL)
Available: Fall, Winter, Spring
Location: South Pool

WATER SAFETY INSTRUCTOR
(Level Adv)
Available: Fall, Spring
Location: North Pool

ADULT & CHILD FIRST AID / CPR / AED
Available: Fall, Spring
Location: North Pool

AQUA FLUID JOINTS (Level Beg)
Available: Fall, Winter, Spring
Location: South Pool

ARTHRITIS H2O (Level ALL)
Available: Fall, Winter, Spring
Location: South Pool

AQUA H.I.T. (Level ALL)
Available: Fall, Winter, Spring
Location: Sunset Canyon Rec Center

KAYAK WATER POLO (Level Adv)
Available: Fall, Winter, Spring
Location: Sunset Canyon Rec Center

AQUA KICKBOXING (Level ALL)
Available: Fall, Winter, Spring
Location: North Pool

LOG ROLLING CLINIC
(Level Beg)
Available: Fall, Winter, Spring
Location: Sunset Canyon Rec Center

AQUA YOGA (Level Int)
Available: Fall, Winter, Spring
Location: South Pool

BACK TO BASICS (Level Beg)
Available: Fall, Winter, Spring
Location: South Pool

PRE/POST NATAL WATER X
(Level ALL)
Available: Fall, Winter, Spring
Location: South Pool

LIFEGUARD TRAINING WITH TITLE 22 (Level Adv)
Available: Fall, Winter, Spring
Location: North Pool

LIFEGUARD REVIEW (Level Adv)
Available: Fall, Winter, Spring
Location: North Pool

LIFEGUARD TRAINING PRE-COURSE (Level Adv)
Available: Fall, Winter, Spring
Location: North Pool

LIFEGUARD INSTRUCTOR (Level Adv)
Available: Fall, Winter, Spring
Location: North Pool

AQUATICS

ADULT CLASSES

ADULT SWIM LESSONS
(Level Beg / Adv Beg / Int)
Available: Fall, Winter, Spring
Location: Sunset Canyon Rec Center

ADULT SWIM LESSONS – SWIM FOR FITNESS (Level Adv)
Available: Fall, Winter, Spring
Location: Sunset Canyon Rec Center

KAYAK WATER POLO (Level Adv)
Available: Fall, Winter, Spring
Location: Sunset Canyon Rec Center

LOG ROLLING CLINIC
(Level Beg)
Available: Fall, Winter, Spring
Location: Sunset Canyon Rec Center

AMERICAN RED CROSS CLASSES

LIFEGUARD TRAINING WITH TITLE 22 (Level Adv)
Available: Fall, Winter, Spring
Location: North Pool

LIFEGUARD REVIEW (Level Adv)
Available: Fall, Winter, Spring
Location: North Pool

LIFEGUARD TRAINING PRE-COURSE (Level Adv)
Available: Fall, Winter, Spring
Location: North Pool

LIFEGUARD INSTRUCTOR (Level Adv)
Available: Fall, Winter, Spring
Location: North Pool

YOUTH CLASSES

WATER BABIES (Level Beg)
Available: Fall, Winter, Spring
Location: South Pool

SWIMMING FOR TWO
Available: Fall, Winter, Spring
Location: South Pool

KIDS CONQUER THE WATER
Available: Fall, Winter, Spring
Location: South Pool

ARTS

DIGITAL PHOTOGRAPHY
(Level ALL)
Available: Fall, Winter, Spring
Location: John Wooden Center

FIGURE DRAWING (Level ALL)
Available: Fall, Winter, Spring
Location: Sunset Canyon Rec Center

GUITAR (Level Beg / Adv Beg)
Available: Fall, Winter, Spring
Location: Sunset Canyon Rec Center

GUITAR (Level ALL)
Available: Fall, Winter, Spring
Location: Sunset Canyon Rec Center

IMPROV COMEDY (Level ALL)
Available: Fall, Winter, Spring
Location: John Wooden Center

KNITTING (Level ALL)
Available: Winter
Location: John Wooden Center

TAIKO DRUMMING (Level ALL)
Available: Winter
Location: John Wooden Center

YOUTH CLASSES

BALLETT (Level Beg / Adv Beg)
Available: Fall, Winter, Spring
Location: John Wooden Center

BALLETT BARRE (Level Beg)
Available: Fall, Winter, Spring
Location: John Wooden Center

BALLROOM DANCE (Level Beg)
Available: Fall, Winter, Spring
Location: John Wooden Center

BELLY DANCING (Level Beg)
Available: Winter
Location: John Wooden Center

BOLLYWOOD (Level Beg)
Available: Winter, Spring
Location: John Wooden Center

CONTEMPORARY DANCE (Level Beg)
Available: Fall, Winter, Spring
Location: John Wooden Center

BIKE SHOP (No Cost Classes)

ADULT LEARN-TO-RIDE
Available: Fall, Winter, Spring
Location: O.A Bike Shop

BIKE ASSEMBLY
Available: Fall
Location: O.A Bike Shop

BIKE BRAKES
Available: Fall
Location: O.A Bike Shop

BIKE SHOP (No Cost Classes)

BIKE COMMUTING 101
Available: Fall, Winter, Spring
Location: O.A Bike Shop

BIKE SHIFTING
Available: Spring
Location: O.A Bike Shop

FLAT TIRES
Available: Fall
Location: O.A Bike Shop

SMART CYCLING
(CLASSROOM INSTRUCTION)
Available: Fall, Winter, Spring
Location: O.A Bike Shop

SMART CYCLING
(ON-BIKE INSTRUCTION)
Available: Fall, Winter, Spring
Location: O.A Bike Shop

CHALLENGE COURSE

CHALLENGE COURSE 101
(Level Beg)
Available: Fall, Winter, Spring
Location: Sunset Canyon Rec Center

CHALLENGE COURSE PLAY & CLIMB
(Level Beg)
Available: Fall, Winter, Spring
Location: Sunset Canyon Rec Center

DANCE

BALLET (Level Beg / Adv Beg / Int)
Available: Fall, Winter, Spring
Location: John Wooden Center

BALLETT BARRE (Level Beg)
Available: Fall, Winter, Spring
Location: John Wooden Center

BALLROOM DANCE (Level Beg)
Available: Fall, Winter, Spring
Location: John Wooden Center

BELLY DANCING (Level Beg)
Available: Winter
Location: John Wooden Center

BOLLYWOOD (Level Beg)
Available: Winter, Spring
Location: John Wooden Center

CONTEMPORARY DANCE (Level Beg)
Available: Fall, Winter, Spring
Location: John Wooden Center

FITNESS & WELLNESS

GYM TOURS / EQUIPMENT ORIENTATIONS (Free of cost)
Offered at the FixWell desk in the JWC, BFit, & KREC during any open hours.

DIABETES PREVENTION PROGRAM
Available: Fall, Winter, Spring
Visit recreation.ucla.edu/fitwell for information.

GROUP EXERCISE CLASSES

REFORMER PILATES
(Level ALL)
Available: Fall, Winter, Spring
Location: John Wooden Center

INTRO TO BODY BUILDING
(Level Int)
Available: Fall
Location: John Wooden Center

INTRO TO BARRELL
Available: Fall, Winter, Spring
Location: John Wooden Center

INTRO TO KETTLEBELL TRAINING
(Level Beg)
Available: Winter, Spring
Location: John Wooden Center

INTRO TO STRENGTH TRAINING
(Level Beg)
Available: Fall, Winter, Spring
Location: John Wooden Center

LATIN SOCIAL DANCING
(Level All)
Available: Spring
Location: John Wooden Center

SALSA (Level Beg / Int)
Available: Fall, Winter, Spring
Location: John Wooden Center

SWING (Level Beg)
Available: Winter, Spring
Location: John Wooden Center

TANGO (Level Beg)
Available: Fall, Winter, Spring
Location: John Wooden Center

MAT AND REFORMER PILATES

SPIN
STEP 30/20/10, 35/30/10, 45/35/10
STEP & CONDITIONING
ULTIMATE UPPER BODY & CORE
TOTAL BODY CONDITIONING
TOTAL BODY CHALLENGE
TOTAL BODY WITH RECOVERY
URBAN BOOTCAMP
URBAN KICK
WET WORKOUT, AQUA BOOTCAMP, SHALLOW WATER AEROBICS
YOGALETTES
ZUMBA

ADVANCED STEP & CONDITIONING
AGILITY & CONDITIONING
BHANDRA BOLLYWOOD WORKOUT
BOOTCAMP FUN
BOOY KICKIN’ BARRE
CARDIO & CONDITIONING CIRCUIT
CARDIO HIP HOP
CONDITIONING WITH RINGS & PARALLEL BARS
DANCE CARDIO & CONDITIONING
GUTS, BUTTS, & THIGHS
IFT (INTENSIVE FUNCTIONAL TRAINING), IFT & MOB, IFT BARRELL
INTRO TO BARRELL
KBELOWZ WORKX
KILLER CORE
MAT AND REFORMER PILATES

... AND MORE!
MAC, Marina Del Rey
Fall, Spring

Location: MAC, Marina Del Rey
Fall, Winter, Spring
Available:

WORKSHOP
BEACH LANDING & SURF ZONE
Location: MAC, Marina Del Rey
Fall, Spring

Available:

MAC, Marina Del Rey
Fall, Winter, Spring
Available:

WORKSHOP
SEA KAYAKING GROUP PADDLES
Fall
Available:

TOTAL BODY CONDITIONING
Available:

KREC
Fall, Winter, Spring
Available:

SPIN
Available:
Location: KREC

YOGA
Available: Fall
Location: KREC

ZUMBA
Available: Fall
Location: KREC

MARINA AQUATIC CENTER
KAYAKING
SEA KAYAKING GROUP PADDLES
Available: Fall
Location: MAC, Marina Del Rey

SEA KAYAKING I / II / III / IV
Available: Fall, Winter, Spring
Location: MAC, Marina Del Rey

SEA KAYAKING SAMPLER
Available: Fall, Spring
Location: MAC, Marina Del Rey

ROLL WORKSHOP
Available: Fall, Spring
Location: IM Field

ESKIMO ROLL WORKSHOP
Available: Winter
Location: IM Field

BEACH LANDING & SURF ZONE WORKSHOP
Available: Fall, Winter, Spring
Location: MAC, Marina Del Rey

TASTE OF SEA KAYAKING
Available: Fall, Winter, Spring
Location: MAC, Marina Del Rey

ROWING
SCULLING SAMPLER
Available: Fall, Spring
Location: MAC, Marina Del Rey

SCULLING I / II
(Technique Workshop)/ III (Maas Checkout)
Available: Fall, Winter, Spring
Location: IM Field

ADVANCED ROWING CLINIC
Available: Fall, Spring
Location: MAC, Marina Del Rey

ROW IN THE CREEK
Available: Fall, Spring
Location: MAC, Marina Del Rey

SAILING
SAILING SAMPLER
Available: Fall, Spring
Location: MAC, Marina Del Rey

SAILING I – CAPRI
Available: Fall, Winter, Spring
Location: MAC, Marina Del Rey

SAILING II – LASER / RS VISION
Available: Fall, Winter, Spring
Location: MAC, Marina Del Rey

SAILING III – LASER / RS VISION
Available: Fall, Winter, Spring
Location: MAC, Marina Del Rey

SAILING – INTRO TO NAVIGATION
Available: Winter
Location: MAC, Marina Del Rey

SAILING – INTRO TO RACING – LASER & RS VISION
Available: Winter
Location: MAC, Marina Del Rey

RS VISION – GENNAKER CLINIC
Available: Fall
Location: MAC, Marina Del Rey

SPooky SAIL
Available: Fall
Location: MAC, Marina Del Rey

SURFING
OPEN SURF PRACTICE
Available: Fall
Location: MAC, Marina Del Rey

SURFING
Available: Fall, Winter, Spring
Location: MAC, Marina Del Rey

WINDSURFING
WINDSURFING SAMPLER
Available: Fall
Location: MAC, Marina Del Rey

WINDSURFING CLINIC
Available: Winter, Spring
Location: MAC, Marina Del Rey

WINDSURFING I & II
Available: Fall, Winter, Spring
Location: MAC, Marina Del Rey

STAND UP PADDLEBOARD
STAND UP PADDLEBOARD – DROP IN CLINIC
Available: Winter
Location: MAC, Marina Del Rey

STAND UP PADDLEBOARD
Available: Fall, Winter, Spring
Location: IM Field

STAND UP PADDLEBOARD I
Available: Fall, Winter
Location: MAC, Marina Del Rey

STAND UP PADDLEBOARD II
Available: Winter
Location: MAC, Marina Del Rey

MARTIAL ARTS
OPEN MAT TRAINING
Available: Fall, Winter, Spring
Location: John Wooden Center

BRUIN SELF DEFENSE (Level All)
Available: Fall, Winter, Spring
Location: John Wooden Center

FILIPINO MARTIAL ARTS (KalI)
(Level All)
Available: Fall, Winter, Spring
Location: John Wooden Center

SUNSET / FULL-MOON PADDLE
Available: Fall, Winter, Spring
Location: MAC, Marina Del Rey

MUY THAI (Level All)
Available: Fall, Winter, Spring
Location: John Wooden Center

MUAY THAI (Level INT)
Available: Fall, Winter, Spring
Location: John Wooden Center

NINJUTSU (Level All)
Available: Fall, Winter, Spring
Location: John Wooden Center

RES LIFE SELF DEFENSE (Level All)
Available: Fall, Winter, Spring
Location: John Wooden Center

SHOTOKAN KARATE (Level All)
Available: Fall, Winter, Spring
Location: John Wooden Center

TAI CHI / Qi GONG (Level All)
Available: Fall, Winter, Spring
Location: John Wooden Center

WING CHUN (Level BEG)
Available: Fall, Winter, Spring
Location: John Wooden Center

OUTDOOR ADVENTURES
TRIPS
FALL TRIPS
• Backpack Sequoia National Park
• Backpack Sespe Hot Springs
• Bouldering in Joshua Tree
• Camp & Explore Big Bear
• Camp & Explore Death Valley
• Camp & Explore Sequoia National Park
• Camp & Explore Yosemite
• Canoe the Black Canyon of the Colorado River

WINTER TRIPS
• Camp & Explore Joshua Tree
• Ski and Ride Big Bear
• Camp & Snorkel Santa Cruz Island
• Backpack Sespe Hot Springs
• Outdoor Rock Climbing
• Canoe the Black Canyon of the Colorado River
• Snowshoe Backpack Yosemite National Park
• Bishop Bouldering
• Huntington Botanical Gardens & Outdoor Photography
• Backpack Death Valley
• Whale Watch & Laguna Beach Day Trip
• Camp & Explore Yosemite
• Backpack-Havasu Canyon

ROCKWALL
BOULDERING & MOVEMENT ON ROCK (Level Beg)
Available: Fall, Winter, Spring
Location: John Wooden Center

ROCKWALL ORIENTATION (Level Beg)
Available: Fall, Winter, Spring
Location: John Wooden Center

SPORTS
GOLF (Level Beg / Int)
Available: Fall, Winter, Spring
Location: IM Field

GYMNASTICS (Level Beg / Int)
Available: Fall, Winter
Location: John Wooden Center

GYMNASTICS (Level Adv)
Available: Winter
Location: John Wooden Center

RUNNING AND CONDITIONING (Level All)
Available: Fall, Winter, Spring
Location: Drake Stadium

JOBS
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 Positions
• Martial Arts Positions
• Swim Instructors
• Lifeguards
• Camp Counselors
• Sales & Cashiering
• Facility Operations
• Marketing
• Videographers/Photographers
• Graphic Designer

www.recreation.ucla.edu/jobs
FACILITIES

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)
11000 Kinross Ave.
Westwood Village (near Lot 36)
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
Mon 5:30am–12:00am
Tu–Th 12:00am–12:00am
(open 24 hours)
Fri 12:00am–9:45pm
Sat 9:00am–7:00pm
Sun 9:00am–10:45pm
There is no entry into the JWC 45 minutes prior to closing.

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

STUDENT ACTIVITIES CENTER
Mon–Th 6:45am–11:45pm
Fri 6:45am–9:45pm
Sat–Sun 9:00am–5:45pm

BRUIN FITNESS CENTER (BFIT)
Mon–Th 6:00am–1:00am
Fri 6:00am–9:30pm
Sat 8:00am–9:00pm
Sun 8:00am–12:00am

HOLIDAY HOURS
Hours are subject to change and will be modified and posted online for the following 2016-17 days:
Nov. 11 Veterans Day
Nov. 24-25 Thanksgiving Break
Dec. 23-Jan. 2 Winter Break
Jan. 16 Martin Luther King Jr. Day
Feb. 20 Presidents Day
Mar. 31 Cesar Chavez Day
May 29 Memorial Day
Sept. 4 Labor Day
www.recreation.ucla.edu/facilities