**ABOUT US**

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.

**YOUR JOURNEY STARTS HERE: HOW TO REGISTER**

Online registration is available for classes and programs. Explore class schedules with times and locations, published each quarter online at: recreation.ucla.edu/register. In-person registration is also available at Sales & Service in the John Wooden Center and the FITWELL Desk at KREC. Facility access is included in your membership. For more info, contact Sales & Service at info@recreation.ucla.edu or 310.825.3701.

**INSTRUCTIONAL CLASSES**

Learn outside the lecture hall. Listed are our most popular instructional classes, and cost. Weekly schedules are set for patrons to participate in their chosen activities. Recreation Members must have membership to the Zone in which classes are held. Explore our website at: recreation.ucla.edu for more information.

**ADAPTIVE Classes held at John Wooden Center**

- ARCHERY
- HAND CYCLING
- WHEELCHAIR BASKETBALL
- WHEELCHAIR TENNIS
- AMERICAN RED CROSS CLASSES
- LIFEGUARD TRAINING WITH TITLE 22
- WATER EXERCISE CLASSES
- AQUA CORE & MORE
- YOUTH CLASSES
- YOUTH SWIM LESSONS
- ARTS
- Classes held at Sunset Canyon Rec Center, Student Activities Center, North Pool, or South Pool
- DIGITAL PHOTOGRAPHY
- FIGURE DRAWING
- GUITAR/UKULELE
- KEYBOARD/DIGITAL PIANO
- WATERCOLOR

**ADULT CLASSES**

- Adult Water Polo
- Log Rolling Clinic

**DANCE**

Classes held at John Wooden Center

- BALLET
- BELLY DANCING
- BOLLYWOOD
- CONTEMPORARY DANCE
- HIP HOP
- JAZZ
- LATIN SOCIAL DANCING
- TANGO

**FITNESS AND WELLNESS**

Classes held at John Wooden Center or at Drake Stadium

- GYM TOURS / EQUIPMENT ORIENTATIONS
- DIABETES PREVENTION PROGRAM
- INTRADAY WAFER TRAINING WITH TITLE 22
- INTRO TO BARBELL
- INTRO TO STRENGTH TRAINING
- REFORMER PILATES

**MARINA AQUATIC CENTER**

Classes held at Marina Aquatic Center or Monica del Rey

- Activity prices are arranged into two tiers:
  Tier 1: UCLA Students and Recreation members
  Tier 2: Community (community patrons cannot directly register online)

**OUTDOOR ADVENTURES**

- **BIKE SHOP**
  - Track- Standing
  - Smart Cycling
  - Flat Fixing
  - Stabling
  - Driven maintenance

- **OUTDOOR TRIPS**
  - Camp and Explore the Central Coast
  - Camp and Explore Malibu
  - Camp and Explore Los Padres National Forest
  - Camp and Explore Sycamore Canyon

**MARTIAL ARTS**

Classes held at John Wooden Center

- OPEN MAT TRAINING
- UCLACLUBSPORTS.COM/OPEMAT
- BOXING
- BRAZILIAN JIU-JITSU
- BRUNI SELF DEFENSE
- CAPOEIRA
- FILIPINO MARTIAL ARTS (KALI)
- HAPKIDO
- JEET KUNE DO
- JUDO
- KICKBOXING
- KRAV MAGA
- MMA
- MUAY THAI
- NINJUTSU
- SHOTOKAN KARATE
- TAI CHI

**MARINA ADVENTURES**

Classes held at various Recreation facilities. Refer to online schedule for location.

- **GOLF**
- **SQUASH**
- **Tennis**
- **Volleyball**

**PERSONALIZED SERVICES**

Take advantage of various personalized services for students and Recreation members. Services include:

- Personal Fitness Training
- Nutrition Counseling
- Chair Massage
- Fitness Assessments
Join our team to promote a healthy campus. We have student and full-time opportunities available in all departments. We also offer summer camp positions as counselors, coordinators, assistant coordinators, and swim instructors.

Positions include:
- Personal Fitness Trainers
- FITWELL Consultants
- Instructors (Fitness, Sports, Arts, Swim, Dance)
- Outdoor Adventure Guides
- Intramural Sports Officials
- Sports Beat Writers
- Marketing
- Martial Arts
- Swim Instructors
- Lifeguards
- Camp Counselors
- Sales & Cashiering Assistants and Clerks

Check our website for the most updated employment opportunities available at: recreation.ucla.edu/jobs