

april-june 2007

fitness & recreation



UCSF

University of California
San Francisco

CampusLife Services
FITNESS & RECREATION

our purpose

To enrich the human spirit, quality of life and community at UCSF.

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Recreational Sports

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UCSF Camps Programs

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Youth & Family Programs

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UCSF Health & Wellness Center

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Millberry Fitness & Recreation Center

UCSF Parnassus Campus

General Information 415.476.1115

Member Services

500 Parnassus Avenue-I Level

San Francisco, CA 94143-0234

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Bakar Fitness & Recreation Center

UCSF Mission Bay Campus

General Information 415.514.4545

Member Services

1675 Owens Street

San Francisco, CA 94143-3000

memberships@cls.ucsf.edu • 476.JOIN

what's new

Unmistakably romantic, dangerous, and passionate. We're talking Tango! Beginners are welcome and no partner is required (p.12 & 13.) For the younger camper check out Spring mini-camps (p.30). And if you haven't experienced our new massage room and a client lounge at Mission Bay, don't wait another second to treat yourself! Watch for the new UCSF Health and Wellness Center coming to Mission Bay soon.

new



new Spinning® studio 9



new massage lounge 17

celebrate change



what's free

Hip-Hop comes to Mission Bay for children 4 to 12 years old. It's a high energy workout that's also fun. Free for child members (p. 31). If you're a member, choose from a variety of free fitness and nutrition clinics to keep you healthy (p. 19). Look for the icon throughout the catalog for more free activities for members. Membership has its rewards.

free



climbing wall 21

students!



Passport to Wellness

Starting April 2-May 24, any workout gets you a stamp! Attend programs. Get stamps. Be well.

what's inside

programs and services are open to the public

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adult aquatics

immerse yourself in wellness

water exercise core classes—Parnassus

The Wave Workout

Tone your muscles, improve flexibility, and increase your endurance. Swimming skills not necessary.

A great class for pregnant women! Drop-in only.

Free to Premier members. (no class 5/28)

Taiko Wong

M, W, F 2:00-2:55 pm Parnassus

Swim Conditioning

Guaranteed to step up your heart rate while improving strength and endurance.

Prerequisite: ability to swim 200 yards non-stop with side breathing. Swim your way to health and fitness. Drop-in only. Free to Premier members.

Tu, Th 6:30-7:30 am Parnassus

Aquacise

Increase flexibility, strength, and endurance with 55 minutes of water exercise. Swimming skills are not necessary. Not recommended for pregnant women, due to the warm water temperature. Drop-in only.

Free to Premier members.

Taiko Wong

Sa 4:30-5:25 pm Parnassus



Adults: learn your A/B/Cs!

Adult fees are based on UCSF affiliation:

- A- For UCSF students and Fitness & Recreation members
- B- For non-member UCSF Faculty/Residents/Post Docs/Staff
- C- For non-member General Public

Parnassus pool schedule

april-june 2007

M	Tu	W	Th	F	Sa	Su
6:00-10:00 am lap swim	6:30-7:30 am swim conditioning	6:00 am-2:00 pm lap swim	6:30-7:30 am swim conditioning	6:00 am-2:00 pm lap swim	7:30 am-2:00 pm children's classes	7:30 am-12:15 pm children's classes
10:00-11:00 am parent/child lessons	7:30 am-2:30 pm lap swim	2:00-3:00 pm wave workout	7:30 am-2:30 pm lap swim	2:00-3:00 pm wave workout	2:00-2:30 pm lap swim	12:15-1:00 pm adult learn to swim
11:00 am-2:00 pm lap swim	2:30-4:00 pm children's classes	3:00-6:30 pm lap swim	2:30-3:30 pm children's classes	3:00-9:00 pm lap swim	2:30-4:30 pm family swim	1:00-2:30 pm lap swim
2:00-3:00 pm wave workout	4:00-9:00 pm lap swim	6:30-7:30 pm teen learn to swim	3:30-9:00 pm lap swim		4:30-5:30 pm aquacise	2:30-4:30 pm family swim
3:00-6:30 pm lap swim		7:30-8:30 pm fitness swim			5:30-8:00 pm lap swim	4:30-5:30 pm pool rental
6:30-7:30 pm teen learn to swim		8:30-9:15 pm adult learn to swim				5:30-7:00 pm lap swim
7:30-8:30 pm fitness swim						
8:30-9:15 pm adult learn to swim						

Schedules are subject to change.

Mission Bay outdoor pool schedule

april-june 2007

M	Tu	W	Th	F	Sa	Su
5:30-7:00 am* masters swim team	5:30-8:00 am** lap swim	5:30-7:00 am* masters swim team	5:30-11:30 am lap swim	5:30-7:00 am* masters swim team	7:30-9:00 am* masters swim team	7:30-9:00 am masters swim team
7:00-8:30 am* masters swim team	8:00-11:30 am lap swim	7:00-8:30 am* masters swim team	11:30 am-12:30 pm* masters swim team	7:00-8:30 am* masters swim team	9:00-11:30 am lap swim	9:00-11:30 am lap swim
8:30 am-4:00 pm lap swim	11:30 am-12:30 pm* masters swim team	8:30 am-4:00 pm lap swim	12:30-4:00 pm lap swim	8:30 am-4:00 pm lap swim	11:30-2:30 pm** family swim	11:30 am-2:30 pm** pool party/rental
4:00-5:00 pm** children's swim team	12:30-4:00 pm lap swim	4:00-5:00 pm** children's swim team	4:00-5:00 pm** children's swim team	4:00-5:00 pm** children's swim team	2:30-5:00 pm** pool party/rental	2:30-5:00 pm** family swim
5:00-7:00 pm lap swim	4:00-5:00 pm** children's swim team	5:00-9:30 pm lap swim	5:00-7:00 pm lap swim	5:00-9:30 pm lap swim	5:00-7:30 pm lap swim	5:00-7:30 pm lap swim
7:00-8:30 pm* masters swim team	5:00-7:00 pm lap swim		7:00-8:30 pm* masters swim team			
8:30-9:30 pm lap swim	7:00-8:30 pm* masters swim team		8:30-9:30 pm lap swim			
	8:30-9:30 pm lap swim					

*2 lanes available for lap swim **3 lanes available for lap swim

Schedules are subject to change.

Mission Bay indoor pool schedule

april-june 2007

M	Tu	W	Th	F	Sa	Su
5:30-9:00 am lap swim	5:30-7:00 am lap swim	5:30-9:00 am lap swim	5:30-7:00 am lap swim	5:30-9:00 am lap swim	8:00-9:00 am lap swim	8:00-9:00 am lap swim
9:00-10:00 am wave workout	7:00-8:00 am wave workout	9:00-10:00 am aquacise	7:00-8:00 am wave workout	9:00-10:15 am aquafit	9:00-10:00 am aquafit	9:00-9:45 am adult learn to swim
10:00-11:00 am lap swim	8:00-9:00 am lap swim	10:00-11:00 am lap swim	8:00-9:00 am lap swim	10:15-11:00 am lap swim	10:00 am-12:00 pm children's learn to swim	10:00-12:00 pm children's learn to swim
11:00 am-12:00 pm parent/ child lessons	9:00-10:00 am arthritis foundation aquatic program	11:00 am-12:00 pm parent/ toddler time	9:00-10:00 am arthritis foundation aquatic program	11:00 am-12:00 pm parent/ toddler time	12:00-1:00 pm parent/ child lessons	12:00 pm-1:00 pm parent/ child lessons
12:00-1:15 pm aquafit	10:00-11:00 am pool closed	12:00-1:00 pm aquafit	10:00-11:00 am lap swim	12:00-1:00 pm aquacise	1:00-2:00 pm children's learn to swim	1:00-2:00 pm children's learn to swim
1:15-3:00 pm lap swim	11:00 am-12:00 pm parent/toddler time	1:00-2:30 pm lap swim	11:00 am-12:00 pm parent/toddler time	1:00-3:00 pm lap swim	2:00-3:00 pm private lessons	2:00-3:00 pm private lessons
3:00-5:00 pm children's learn to swim	12:00-3:00 pm lap swim	2:30-5:00 pm children's learn to swim	12:00-3:00 pm lap swim	3:00-6:00 pm family swim	3:00-4:00 pm parent/ toddler time	3:00-4:00 pm parent/ toddler time
5:00-6:00 pm family swim	3:00-4:30 pm family swim	5:00-6:00 pm family swim	3:00-4:30 pm family swim	6:00-7:00 pm kids fitness swim	4:00-7:30 pm family swim	4:00-7:30 pm family swim
6:00-7:00 pm kids fitness swim	4:30-5:30 pm aquacise	6:00-7:00 pm kids fitness swim	4:30-5:30 pm aquacise			
7:00-8:00 pm adult fitness swim	5:30-6:30 pm kids fitness swim	7:00-8:00 pm adult fitness swim	5:30-6:30 pm kids fitness swim			
8:00-8:45 pm adult learn to swim	7:00-8:00 pm aquafit	8:00-8:45 pm adult learn to swim	7:00-8:15 pm aquafit	8:15-9:00 pm lap swim		

During program time, family and lap swim are excluded.



adult aquatics

feel like a champion

aquatics classes—Parnassus

Weekday Classes - Session One

1000.401 Level I-III	
1005.401 Level IV-VI	
M, W 4/2-5/2	8:30-9:15 pm
(11 classes)	
Parnassus	\$105/109/125

Weekday Classes - Session Two

1000.402 Level I-III	
1005.402 Level IV-VI	
M, W 5/7-6/11	8:30-9:15 pm
(11 classes, no class 5/28)	
Parnassus	\$105/109/125

Sunday Classes

1001.401 Level I-III	
1006.401 Level IV-VI	
Su 4/8-6/10	12:15-1:00 pm
(10 classes)	
Parnassus	\$95/105/115

Fitness Swim

Improve your skills or stamina with a professionally structured swim workout.

Level I

Session 1	
1010.401	
M, W 4/2-5/2	7:30-8:30 pm
(11 classes)	
Parnassus	\$115/125/139

Session 2

1010.402	
M, W 5/7-6/11	7:30-8:30 pm
(11 classes, no class 5/28)	
Parnassus	\$115/125/139

Private/Semi-Private Swimming Lessons

Benefit from the personal attention of our swimming instructors. You'll advance at your own pace while focusing on specific skills or overall improvement. Thirty-minute lessons are offered at various convenient times. To be placed on the waiting list call 415.476.0334. Aquatics Staff

Private (you and a swimming instructor)

1030.401	1 lesson	\$25/29/35
1031.401	5 lessons	\$95/125/135
1032.401	10 lessons	\$179/225/239

Parnassus

Semi-Private (you and a friend with one of our swimming instructors)

Fees for two people:

1033.401	1 lesson	\$39/45/49
1034.401	5 lessons	\$165/195/219
1035.401	10 lessons	\$299/349/389

Parnassus

Lifeguard Training

Become a certified lifeguard by the end of this course! You may even qualify for course reimbursement, if you are hired to work as a lifeguard at either one of our facilities. You must be at least 15 years old and pass a swim test on the first day of class. The test includes a 500 yard swim (200 yards freestyle, 100 yards breaststroke, and 200 yards freestyle and/or breaststroke) and retrieval of and swimming with a 10-pound brick. Course fee includes book and CPR mask. A \$16 certificate fee is payable to the instructor upon successful completion of the course.

For more information, call Jeff Franco at 476.0334.

2160.401	M-F 4/9-13	4:00-10:00 pm	Pool	\$145/149/155
2160.402	MTW 5/14-5/25	6:00-10:30 pm	Pool	\$145/149/155
2160.403	MTW 6/18-6/29	9:00 am-1:00 pm	Pool	\$145/149/155



Adults: learn your A/B/Cs!

Adult fees are based on UCSF affiliation:

- A- For UCSF students and Fitness & Recreation members
- B- For non-member UCSF Faculty/Residents/Post Docs/Staff
- C- For non-member General Public

Validated \$1.50 parking is easy & convenient. See pg 36.

SCUBA

Have fun while safely preparing for a weekend of ocean diving in Monterey. Receive N.A.U.I. certification upon successful completion of your dives. Fee includes all equipment for pool sessions (except mask, snorkel, fins, boots, and gloves; \$110-250) Equipment rental for ocean dives is available at local shops.

(7 classes)

Don Harrison

1040.401	Tu Th	5/17-6/7	6:30-10:20 pm
Dive Dates:	Sa Su	6/9-6/10	\$155/179/205
Parnassus			

masters swim team—Mission Bay

Our coaches provide stroke technique and endurance training that make for an amazing workout. Ideal for swimmers with a competitive background, as well as those who want to swim for fitness. For more information contact Sandy Gilfillan at 415.514.4617 Ext. 1, Jeff Franco at 415.476.0334, or Sasha Albani at 415.514.4617 ext 3. \$60 annual fee due prior to attending first workout. Participants are required to register with U.S. Masters Swimming (\$35 annual fee). Forms are available at the second floor Service Desk or from the coaches. Forms must be turned into the coaches for processing. For UCSF Students and Fitness and Recreation Center members only.

M, W, F	5:30-7:00 am	Tu, Th	11:30-12:30 pm
M, W, F	7:00-8:30 am	M, Tu	7:00-8:30 pm
Th	7:00-8:30 pm	Sa, Su	7:30-9:00 am
Mission Bay outdoor pool			

water exercise core classes—Mission Bay

Enjoy water exercise classes throughout the season.

Aquacise

Increase strength, flexibility, and endurance with water exercise.

Drop-in only. Free for Premier members.

W	9:00-9:55 am	F	12:00-1:00 pm
Tu, Th	4:30-5:30 pm	Mission Bay indoor pool	

Arthritis Foundation Aquatic Program

This class improves and sustains participant's joint mobility, muscle tone, functional endurance, and independence. Gentle movements increase joint flexibility and range of motion while restoring or maintaining muscle strength. Drop-in only.

Free for Premier members.

Tu, Th	9:00-10:00 am	Mission Bay indoor pool
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AquaFit

Get your heart rate up! This class features aerobic conditioning, resistance training, and flexibility exercises. Drop-in only. Free for Premier members.

F	9:00-10:15 am	M	12:00-1:00 pm
W	12:00-1:00 pm	Tu, Th	7:00-7:55 pm
Sa	9:00-9:55 am	Mission Bay indoor pool	

The Wave Workout

Tone your muscles and improve flexibility. Swimming skills not necessary.

Drop-in only. Free for Premier members.

M	9:00-10:15 am	
Tu, Th	7:00-8:00 am	Mission Bay indoor pool

adult learn to swim—**Mission Bay**

It's never too late to learn how to swim.

Weekday Classes - Session One

(10 classes)	
1003.450	Level 1-3
1007.450	Level 4-6
M, W 4/2-5/2	8:00-8:45 pm
Mission Bay indoor pool	\$105/109/115

Weekday Classes - Session Two

(10 classes, no class 5/28)	
1004.450	Level 1-3
1008.450	Level 4-6
M, W 5/7-6/11	8:00-8:45 pm
Mission Bay indoor pool	\$105/109/115

Weekend Classes

(10 classes)	
1009.450	Level 1-3
1010.450	Level 4-6
Su 4/8-6/10	9:00-9:45 am
Mission Bay indoor pool	\$105/109/115

Fitness Swim

Improve your skills or stamina with a professionally structured swim workout.

(11 classes, no class 5/28)

1010.451	
M, W 4/2-5/2	7:00-8:00 pm
\$115/125/139	
1011.451	
M, W 5/7-6/11	7:00-8:00 pm
\$115/125/139	
Mission Bay	

Private/Semi-Private**Swimming Lessons**

Benefit from the personal attention of our swimming instructors. You'll advance at your own pace while focusing on specific skills or overall improvement. Thirty-minute lessons are offered at various times. To be placed on the waiting list call Sasha Albani at 415.514.4617 ext. 3.

Private

(you and a swimming instructor)

1030.450	1 lesson	\$25/29/35
1031.450	5 lessons	\$95/125/135
1032.450	10 lessons	\$179/225/239
Mission Bay		

Semi-Private

(you and a friend with one of our swimming instructors)

1033.450	1 lesson	\$39/45/49
1034.450	5 lessons	\$165/195/219
1035.450	10 lessons	\$299/349/389
Mission Bay		

Core Classes

What: A variety of exercise classes for all levels and interests

Registration: Drop-in available. Same day reservation recommended. Premier members may reserve online, by phone or in person (see p 36).

Class size: 10-30

Commitment: Single class drop-in basis

Cost: Included with Premier membership; Standard members, UCSF employees and general public must purchase a class card or pay per class

core classes

cardio

Cardio Kickboxing

Kick, jab, punch, and sweat it out in this fun, energizing workout that combines the kicks and punches of martial arts with traditional cardio moves. All levels.

Spinning®

In just 40 minutes, you're on your way to building mental and physical strength. The Spinning Energy Zones™ (Interval, Endurance, Strength, Recovery, and Race day) will inspire you to reach your personal best.

Spin® Core *Parnassus only*

40 Minutes on the bike, 15 minutes off the bike. Get in gear for the ultimate cardio and core conditioning workout.

Spinning®: Anaerobic

Threshold Assessment *Parnassus only*

Learn your individual heart rate training range for each of the five Energy Zones using the Polar heart rate monitor to manage effective exercise intensity. A must for every Spinning enthusiast!

Step

This is the classic high-energy workout with moderate impact using an adjustable platform, creative choreography, and upbeat music.

cardio/strength

Athletic Conditioning *Mission Bay only*

Get motivated in this cross-training class, incorporating intervals of cardio and resistance training to create a full-body workout.

Kickboxing 101 *Mission Bay only*

Intensify your core workout. The kickboxing style of Muay Thai incorporates kicks, punches, elbows, and knees using punching and kicking pads. Practice functional martial arts skills and get a great workout.

Step 'n' Sculpt *Parnassus only*

Maximize toning and calorie burning using light hand weights in this fun-filled step class.

Turbo Kick™ *Parnassus only*

A high-calorie burning, interval workout combining shadow boxing, kickboxing, sports drills, yoga, and simple dance moves. Athletic, effective, and fun.

dance

BODYJAM®

The sensational new, high energy, dance-inspired workout that will get you jamming to the latest music and dance club moves. It's cardio fun at its best!

Hip-Hop *Mission Bay only*

This high-energy class begins with a 20-minute warm up. Jazz and funk combinations are broken down slowly and then choreographed to the latest urban music. Fun for all.

strength

ABT (Abs, Buns, and Thighs) *Parnassus only*

Tone and tighten in this good old-fashioned, below-the-belt 45-minute workout.

BODYPUMP®

A revolutionary workout that uses barbells with adjustable weights to strengthen, tone, and define every major muscle group in your body.

TNT! (Tone 'n' Tighten)

A full-body conditioning workout using tubing, bands, balls, and hand weights to enhance muscle definition, balance, strength, and endurance.

mind/body

Ashtanga Flow *Mission Bay only*

A dynamic, invigorating practice that synchronizes movement and breath in a continuous flow of poses that build heat. Improves flexibility, strength, and mental focus. Intermediate to advanced levels.

Hatha Yoga-Mixed Levels

A blend of traditional yoga styles with an emphasis on core strength, flexibility, and balance, as well as concentration and breath.

Iyengar Yoga-Beginner and Mixed Levels

Classic yoga poses are held at length. Emphasis is on precision and alignment, as well as creating a balance between strength and flexibility.

Pilates Mat Class-Mixed Levels

Improve your posture and performance in everyday activities through Joseph Pilates' unique method of strength and flexibility conditioning.

Pilates Fusion-Mixed Levels

A wonderful blend of core strengthening and dance conditioning exercises.

Restorative Yoga *Parnassus only*

Relax and recharge with Restorative yoga, the perfect antidote to stress. Props (chairs, blankets, and bolsters) provide support and allow you to hold poses longer with little or no effort. Both soothing and regenerating, this practice helps to calm the mind and induce deep rest.

Vinyasa Flow

Yoga postures flow in a logical sequence. Each position complements those that precede and follow. Focus is on the synchronization of breath and the continuous flow of movement. Vinyasa, like Ashtanga, is a vigorous style of yoga.

Yoga Flow-Mixed Levels *Mission Bay only*

Build endurance, strength, and flexibility through a gentle flowing sequence of yoga poses. Unify the mind and body with breath.

Parnassus group fitness core class schedule: FREE to Premier members

april-june 2007

M	Tu	W	Th	F	Sa	Su
6:15-7:10 am spinning Studio 3 - Jill	6:30-7:30 am swim conditioning Pool - Kurtis	6:15-7:10 am spinning Studio 3 - Jean	6:30-7:30 am swim conditioning Pool - Kurtis	6:15-7:10 am spinning Studio 3 - Rosemary	8:30-9:30 am step Studio 2 - Lorenzo	8:30-9:25 am spinning Studio 3 - Jill
7:15-8:15 am pilates fusion (mixed levels) Studio 2 - Kristen	7:00-8:00 am hatha yoga (mixed levels) Studio 1 - Michael	7:15-8:15 am pilates fusion (mixed levels) Studio 2 - Kristen	7:00-8:00 am hatha yoga (mixed levels) Studio 1 - Michael	12:00-12:55 pm spin core Studio 3 - Kimi	9:15-10:30 am vinyasa flow Studio 1 - Eric	9:30-10:45 am restorative yoga (mixed levels) Studio 1 - Cynthia
12:00-1:00 pm bodypump Studio 2 - Bonnie	12:00-12:55 pm spin core Studio 3 - Kimi	12:00-1:00 pm bodypump Studio 2 - Bonnie	12:00-12:55 pm spin core Studio 3 - Kimi	12:00-1:00 pm bodyjam Studio 2 - Matty	9:40-10:40 am bodypump Studio 2 - Nate	9:35-10:35 am bodypump Studio 2 - Matty
12:00-1:00 pm pilates mat (mixed levels) Studio 1 - Natazha	12:00-12:55 pm step Studio 2 - Matty	12:00-1:00 pm turbo kick Studio 1 - Michelle	12:00-12:55 pm step Studio 2 - Matty	1:10-2:10 pm iyengar yoga (mixed levels) Studio 1 - Barbara	1:00-2:00 pm iyengar yoga (mixed levels) Studio 2 - Barbara	10:45-11:45 am bodyjam Studio 2 - Matty
1:10-2:10 pm spinning Studio 3 - Lauren	1:00-2:00 pm bodyjam Studio 2 - Kimi	1:10-2:10 pm iyengar yoga (mixed levels) Studio 1 - Barbara	5:10-5:55 pm TNT! Studio 1 - Kimi	1:10-2:10 pm bodypump Studio 2 - Matty	4:30-5:25 pm aquacise Pool - Taiko	
2:00-3:00 pm wave workout Pool - Taiko	2:00-3:00 pm iyengar yoga (beginner level) Studio 1 - Monique	1:10-2:10 pm spinning Studio 3 - Lauren	6:00-6:55 pm cardio kickboxing Studio 1 - Kimi	2:00-3:00 pm wave workout Pool - Taiko		
2:30-3:30 pm iyengar yoga (mixed levels) Studio 1 - Barbara	5:10-5:55 pm abs, buns, thighs Studio 2 - Jill	1:15-2:15 pm pilates mat (mixed levels) Studio 2 - Natazha	7:00-7:55 pm step Studio 1 - Lorenzo	5:10-6:10 pm bodypump Studio 2 - Kimi		Premier members can now reserve online at: https://www.xiron.com/schedule/ucsf
5:10-6:10 pm step 'n' sculpt Studio 2 - Sandy	6:00-6:45 pm spinning-anaerobic threshold assessment (4/24 only) Studio 3 - Jill	6:00-3:00 pm wave workout Pool - Taiko	7:15-8:10 pm spinning Studio 3 - tba	6:20-7:20 pm bodyjam Studio 2 - Kimi		Classes and instructors subject to change.
6:15-7:10 pm spinning Studio 3 - Jenn	6:00-6:55 pm cardio kickboxing Studio 1 - Angie	5:10-6:10 pm bodypump Studio 2 - Jennifer				General public welcome. See page 36.
6:15-7:15 pm bodypump Studio 2 - Katie	7:00-7:55 pm step Studio 1 - Timothy	6:15-7:10 pm spinning Studio 3 - Jenn				contact us
7:00-7:55 pm bodyjam Studio 1 - Timothy	7:15-8:10 pm spinning Studio 3 - tba	6:15-7:10 pm TNT! Studio 2 - Kimi				Membership information-415.476.0348
7:20-8:15 pm pilates mat (mixed levels) Studio 2 - Ashley	7:20-8:20 pm bodypump Studio 2 - Matty	7:20-8:15 pm pilates mat (mixed levels) Studio 2 - Janine				General information-415.476.1115 or visit www.campuslifeservices.ucsf.edu

Come join us in our new state-of-the-art Spinning® studio at Parnassus

new

Get 2 free Spinning® classes with each 20-class card purchase during April 2007.

free

Parnassus specialty & small group training schedule (additional fees & registration required for all participants)

M	Tu	W	Th	F	Sa	Su
6:15-7:10 am small group bootcamp Studio 2 - Jill (4/16-5/21)	5:00-5:55 pm small group yoga introductory Studio 1 - Barbara (5/8-5/29)	6:15-7:10 am small group bootcamp Studio 2 - Jill (4/18-5/23)	1:10-2:10 pm feldenkrais (mixed levels) Studio 1 - Karen (4/12-5/31)	6:15-7:40 pm integrated yoga (level II-int) Studio 1 - Barbara (4/13-6/29)	2:15-4:15 pm one day workshops all levels welcome Studio 2	12:00-2:00 pm aikido non-instructional workout Studio 1- Robert (4/15-6/24)
1:15-2:15 pm pilates allegro (level I) Studio 2 - Natazha (4/9-6/8)	6:00-6:55 pm yoga for a healthy back Studio 1 - Barbara (4/10-5/1)	6:15-7:25 pm ashtanga basics Studio 1-Amira (4/11-6/27)	4:30-5:55 pm one day workshops all levels welcome Studio 2	7:30-8:30 pm intro to swing Studio 2 - Jen (4/13-5/11)	yoga: women's health Barbara (4/28)	2:00-5:00 pm tae kwon do non-instructional workout Studio 2 - Joe (4/15-6/24)
6:00-6:55 pm qi gong Studio 1 - Angela (4/16-6/25)	6:00-6:55 pm small group spinning/8-week weight loss Studio 3 - Jill (5/1-6/26)	7:30-8:30 pm aikido (level I-beg.) Studio 1 - Robert (4/11-6/27)	7:30-8:30 pm core conditioning Natazha (4/26)	7:30-8:30 pm dynamic stretch Natazha (5/3)	7:30-9:30 pm intro to lindy hop Studio 2 - Jen (6/1-6/29)	
8:00-9:25 pm integrated yoga (level I beg.) Studio 1 - Barbara (4/9-6/25)	6:00-7:10 pm pilates allegro (level II) Studio 2 - Ashley (4/10-6/26)	8:30-9:30 pm aikido (level II-int) Studio 1 - Robert (4/11-6/27)	6:00-6:55 pm pilates allegro (level I) Studio 2 - Ashley (4/12-6/28)	7:00-8:10 pm pilates allegro (level II) Studio 2 - Ashley (4/12-6/28)	7:30-9:30 pm one day workshop all levels welcome Studio 2	
	8:00-9:55 pm tae kwon do (level I, II, and III) Studio 1 - Joe (4/10-6/26)		7:00-8:10 pm pilates allegro (level II) Studio 2 - Ashley (4/12-6/28)	7:00-8:10 pm pilates allegro (level II) Studio 2 - Ashley (4/12-6/28)	7:30-9:30 pm lindy hop Jen (5/18)	
	9:05-10:00 pm salsa/merengue Studio 2 - Marge (4/24-5/29)		8:00-9:55 pm tae kwon do (level I, II, and III) Studio 1 - Joe (4/12-6/28)	8:00-9:55 pm tae kwon do (level I, II, and III) Studio 1 - Joe (4/12-6/28)	8:45-9:45 pm private swing/lindy hop by appointment only Studio 2 - Jen (4/13-6/29)	

Group Fitness

Mission Bay group fitness core class schedule: FREE to Premier members

april-june 2007

M	Tu	W	Th	F	Sa	Su
6:15-7:10 am spinning Studio 1 - Amelie	6:00-6:55 am TNT! Studio 1 - Kimi	6:15-7:10 am spinning Studio 1 - Chantilly	6:00-6:55 am bodypump Studio 1 - Kimi	6:15-7:10 am spinning Studio 1 - Chantilly	8:30-9:30 am bodypump Studio 1 - Katie	8:30-9:25 am spinning Studio 1 - Lochlann/JoAnne
6:45-8:00 am yoga flow Studio 2 - Eva	7:00-8:00 am wave workout Indoor Pool	6:45-8:00 am yoga flow Studio 2 - Eva	7:00-8:00 am wave workout Indoor Pool	6:45-8:00 am yoga flow Studio 2 - Eva	9:00-10:00 am aquafit Indoor Pool	9:15-10:30 am hatha yoga Studio 2 - Patricia
9:00-10:00 am wave workout Indoor pool	9:00-10:00 am arthritis foundation aquatic program Indoor Pool	9:00-10:00 am aquacise Indoor Pool	9:00-10:00 am arthritis foundation aquatic program Indoor Pool	9:00-10:15 am aquafit Indoor Pool	9:15-10:25 am hatha yoga Studio 2 - Kristen	9:30-10:25 am cardio kickboxing Studio 1 - Julie
9:00-10:15 am vinyasa flow Studio 2 - Eric	9:30-10:25 am pilates mat (mixed levels) Studio 2 - Emily	9:30-10:25 am TNT! Studio 1 - Sandy	9:30-10:25 am pilates mat (mixed levels) Studio 2 - Gabriella	9:30-10:25 am pilates mat (mixed levels) Studio 2 - Emily	9:35-10:30 am spinning Studio 1 - Katie	10:30-12:00 pm ashtanga yoga Studio 2 - Amira
9:30-10:25 am TNT! Studio 1 - Julie	12:00-1:00 pm yoga flow Studio 2 - Maria	12:00-1:00 pm spinning Studio 1 - Tim	12:00-1:00 pm yoga flow Studio 2 - Eva	12:00-1:00 pm bodypump Studio 1 - Adrienne	10:30-11:25 am pilates fusion (mixed levels) Studio 2 - Kristen	4:00-5:15 pm hatha yoga Studio 2 - Kristen
12:00-12:55 pm spinning Studio 1 - Tim	12:00-1:00 pm bodypump Studio 1 - Adrienne	12:00-1:00 pm aquafit Indoor Pool	12:00-1:00 pm aquacise Indoor pool	12:00-1:00 pm bodypump Studio 1 - Adrienne	10:35-11:30 am bodyjam Studio 1 - Kimi	
12:00-1:15 pm aquafit Indoor Pool	4:30-5:30 pm aquacise Indoor pool	4:30-5:45 pm hatha yoga Studio 2 - Patricia	4:30-5:30 pm hatha yoga Studio 2 - Patricia	4:30-5:30 pm pilates mat (mixed levels) Studio 2 - Kristen		
4:30-5:45 pm hatha yoga Studio 2 - Patricia	5:15-6:15 pm pilates mat (mixed levels) Studio 2 - Nicole	5:30-6:30 pm bodypump Studio 1 - Carlos	5:30-6:30 pm bodypump Studio 1 - Chantilly	5:30-6:25 pm spinning Studio 1 - Abe		
5:30-6:30 pm bodypump Studio 1 - Carlos	5:30-6:25 pm spinning Studio 1 - Rosemary	6:00-6:55 pm pilates mat (mixed levels) Studio 2 - Cecilia	6:00-6:55 pm pilates mat (mixed levels) Studio 2 - Cecilia	6:00-6:55 pm ashtanga flow Studio 2 - Amira		
6:00-6:55 pm pilates mat (mixed levels) Studio 2 - Cecilia	6:30-7:25 pm kickboxing 101 Studio 1 - Rex	6:30-7:25 pm spinning Studio 1 - Lochlann	6:40-7:40 pm spinning Studio 1 - Carlos	6:30-7:25 pm step Studio 1 - Carlos		
6:35-7:30 pm spinning Studio 1 - Abe	6:30-8:00 pm ashtanga flow Studio 2 - Amira	7:00-8:00 pm aquafit Indoor Pool	7:00-8:15 pm ashtanga flow Studio 2 - Todd	6:30-8:00 pm ashtanga flow Studio 2 - Amira		
7:00-8:30 pm yoga flow Studio 2 - Amira	7:30-8:30 pm athletic conditioning Studio 1 - Ernest			7:00-8:15 pm aquafit Indoor Pool		
7:30-8:30 pm hip-hop Studio 1 - Emerson				7:30-8:30 pm athletic conditioning Studio 1 - Ernest		
				8:00-9:00 pm hip-hop Studio 2 - Emerson		

general information

Premier members can now reserve online at:
<https://www.xpiron.com/schedule/ucsf>
 Classes and instructors subject to change.
 General public welcome. See page 36.
 contact us
 Membership information—415.476.5646
 General information—415.514.4545
 or visit
www.campuslifeservices.ucsf.edu





Specialty Programs

What: Enhance your current skill level in a specific discipline or try something new

Registration: Advance registration required; priority registration for Premier members

Class size: 10-30. Programs are subject to minimum participation levels. Register early to avoid cancellations.

Commitment: One-day workshops or 6 to 12-week sessions

Cost: Fee based. Learn your a/b/c pricing status on page 36.

specialty programs at parnassus

dance

Intro to Salsa and Merengue

Let the rhythms of salsa and merengue whisk you away while you groove to the music using the classic steps of these dance styles. Includes a field trip to a local salsa club at the end of the session. No partner required. Beginners welcome. Registration only.

(6 classes)

Marge Gabbert is a professional ballroom and Latin dance teacher.

2100.401 Tu 4/24-5/29 9:05-10:00 pm Parnassus Studio 2
\$59/69/75

Intro to Swing Dancing

Get into the swing of things and kick up your heels to classic big band music. Get a great workout, have fun, and learn the easy moves of East Coast swing. No partner required.

Beginners welcome. Registration only. (5 classes)

"Hep Jen" Holland has been teaching swing and lindy hop since 1994. Hep Jen also teaches for Lindy in the Park.
2103.401 F 4/13-5/11 7:30-8:30 pm Parnassus Studio 2
\$59/69/75

Intro to Lindy Hop

Learn the original swing dance of the 1930's. You'll cover all the basics of Lindy Hop: the Swing Out, Partner Charleston, and many more steps that are sure to get you hooked on this high-energy dance. No partner required. Beginners welcome. Registration only.

(5 classes)

"Hep Jen" Holland

2101.401 F 6/1-6/29 7:30-8:30 pm Parnassus Studio 2
\$59/69/75

martial arts

Tae Kwon Do

Improve your fitness and coordination while learning an effective system of self-defense. Non-instructional workouts on Sundays from 2:00-5:00 pm are included. Registration only. (24 classes)

Joe Burgard, 3rd degree Black Belt; e-mail jburgard@redandwhite.com or visit www.e-things.com/ucsftkd

Level I - Beginner

2420.401 Tu, Th 4/10-6/28 8:00-8:55 pm Parnassus Studio 1
Su 2:00-5:00 pm Non-instructional Studio 2
\$185/205/219

Level II - Intermediate

2425.401 Tu, Th 4/10-6/28 8:00-8:55 pm Parnassus Studio 1
Su 2:00-5:00 pm Non-instructional Studio 2
\$185/205/219

Level III - Advanced

2430.401 Tu, Th 4/10-6/28 9:00-9:55 pm Parnassus Studio 1
Su 2:00-5:00 pm Non-instructional Studio 2
\$185/205/219

Aikido

Learn effective techniques for self-defense in this nonviolent, martial arts discipline. Improve core strength, posture, flexibility, reflexes, and mind-body coordination while reducing stress. Non-instructional workouts on Sundays, 12:00-2:00 pm included. Registration only. (6 classes) Robert Toyama, 1st and 2nd degree Black Belt; e-mail aikiodori@yahoo.com

Level 1 - Beginner

Session One		
2433.401	W 4/11-5/16	7:30-8:30 pm
Parnassus	Studio 1	
Non-instructional	Su	12:00-2:00 pm
Studio 1	\$59/69/75	
Session Two		
2433.403	W 5/23-6/27	7:30-8:30 pm
Parnassus	Studio 1	
Non-instructional	Su	12:00-2:00 pm
Studio 1	\$59/69/75	

Level 2 - Intermediate

Session One		
2433.402	W 4/11-5/16	8:30-9:30 pm
Parnassus	Studio 1	
Non-instructional	Su	12:00-2:00 pm
Studio 1	\$59/69/75	
Session Two		
2433.404	W 5/23-6/27	8:30-9:30 pm
Parnassus	Studio 1	
Non-instructional	Su	12:00-2:00 pm
Studio 1	\$59/69/75	

mind/body

The Feldenkrais® Method: Awareness Through Movement

Mixed Levels

Learn new ways to move with greater range and ease. Increase flexibility in the spine, discover the power of the pelvis and practice more efficient breathing techniques to improve overall well-being. Effective and easy lessons benefit any age and physical condition, for those recovering from injuries and chronic pain to athletes wishing to improve performance. Beginners welcome. Registration only. (8 classes)

Karen Ingebrigtsen, Certified Feldenkrais Practitioner
2416.401 Th 4/12-5/31 1:10-2:10 pm
Parnassus Studio 1 \$85/95/105

specialty programs at parnassus

Qi Gong

Mixed Levels

Regular practice of this ancient Chinese art is beneficial for anyone who may experience chronic physical ailments, pain, are elderly, or seek alternative methods to accelerate self-healing and an improved sense of well-being. Beginners welcome. Registration only.

(9 classes; no class 5/28)

Angela Lee is a licensed acupuncturist who merges her native Chinese culture and Western upbringing; visit www.areturntohealth.com

2415.401 M 4/16-6/25 6:00-6:55 pm Parnassus Studio 1
\$85/95/105

yoga

Ashtanga Basics

Mixed Levels

Improve flexibility, endurance, circulation and mental focus. This dynamic, invigorating practice involves synchronizing movement with the breath, and arouses your inner fire to cleanse, align and strengthen the body through a series of flowing postures. Postures include sun salutations, inversions and arm balancing. Beginners welcome. Registration only. (12 classes)

Amira Haidary, Certified Yoga Instructor

2310.401 W 4/11-6/27 6:15-7:25 pm Parnassus Studio 1
\$129/139/149

Integrated Yoga

Drawing from the traditions of Iyengar, Sivananda, Bikram, Ashtanga, and Viniyoga, these classes help you achieve greater mind/body awareness. Registration only.

Barbara Wiechmann, Certified Yoga Instructor

Level I - Beginner (11 classes; no class 5/28)

2300.401 M 4/9-6/25 8:00-9:25 pm Parnassus Studio 1
\$125/135/145

Level II - Intermediate (12 classes)

2305.401 F 4/13-6/29 6:15-7:40 pm Parnassus Studio 1
\$139/149/159

workshops: dance, pilates and yoga

Too busy for a six-week session? We have just the thing for you. Check out our Spring line-up of workshops. Each workshop meets once for one and a half to two hours.

Core Conditioning: Abs and Back

Training for a specific event or just want to get stronger and faster? Learn appropriate core strength and stability exercises and efficient breathing techniques to enhance everyday performance, increase flexibility, and prevent injury. All levels welcome. Registration only.

Natazha Bernie, Certified Pilates Instructor and Team-In-Training Coach

2214.401 Th 4/26 4:30-5:55 pm Parnassus Studio 2
\$19/25/29

Dynamic S-t-r-e-t-c-h

Tired of being sore after your workouts? Need to update your race day stretching routine? Join coach Natazha Bernie to learn the most effective breathing, stretching, and self-massage techniques. Improve performance, prevent injuries and recover faster. All levels welcome. Registration only.

Natazha Bernie, Certified Pilates Instructor and Team-In-Training Coach

2214.402 Th 5/3 4:30-5:55 pm Parnassus Studio 2
\$19/25/29

validated \$1.50 parking is easy & convenient. See pg 36.

Lindy Hop

Kick up your heels to the original swing dance of the 1930's and experience why the Lindy is all the rage. No partner required. Beginners welcome. Registration only.

"Hep Jen" Holland has been teaching lindy hop and swing since 1994.

2101.402 F 5/18 7:30-9:30 pm
Parnassus Studio 2 \$29/35/39

Argentine Tango *(new)*

Learn the patterns and intricate footwork that leave you breathless. The Tango experience is fun and entertaining. No partner required. Beginners welcome. Registration only. Marge Gabbert is a professional ballroom and Latin dance teacher.

2100.402 Tu 6/5 8:00-10:00 pm
Parnassus Studio 2 \$29/35/39

Yoga for Women's Health *(new)*

Explore how asana sequences and breathing techniques can positively impact disease prevention and symptom relief for several common maladies that affect women, particularly the menstrual cycle and menopause. Leave this workshop with ways to cope with physical stresses and discomforts.

All levels welcome. Registration only.

Barbara Wiechmann, Certified Yoga Instructor

2351.401 Sa 4/28 2:15-4:15 pm
Parnassus Studio 2 \$29/35/39

Yoga for Hip Mobility/Stability *(new)*

Hips are an area of the body that tighten up throughout life whether you are active or inactive. Learn safe yoga asanas and postures to stabilize the hip joint and stretch the muscles supporting the hip. Opening and releasing tension in the hip joint, enhances functional movement and comfort in the body which, in turn, leads to a heightened sense of freedom and wellbeing. All levels welcome.

Registration only.

Barbara Wiechmann, Certified Yoga Instructor

2351.402 Sa 5/19 2:15-4:15 pm
Parnassus Studio 2 \$29/35/39

private/semi-private sessions

Progress at your own pace and focus on your specific needs. Prior to registering for your private session at the service desk, contact the instructor for pricing and to schedule your 1-hour session.

Private/Semi-Private Pilates

Allegro Reformer and Mat Sessions

Contact Ashley Beldon at 415.531.4902

Private/Semi-Private Yoga Sessions

Contact Barbara Wiechmann at
barbara@c255.ucsf.edu

Private/Semi-Private Swing/Lindy Hop Dancing Sessions

Contact Jen Holland at hepjen@hepjen.com



specialty programs at mission bay

martial arts

T'ai Chi (Yang and Chen Styles)

This style of t'ai chi is beneficial for self-defense, stress reduction, improving health and fitness, and enhancing mind/body connection. Practitioners will be taught basic skills for breathing, meditation, kinetic linking, biofeedback, and self-defense. All skill levels welcome.

Dr. Duc Dong has been teaching for over ten years and was the Grand Champion for internal styles at the US National Chinese Martial Arts Competition in 2000.

Session One (6 classes, no class 4/21, 5/5)
2400.451 Sa 4/7-5/26 10:00-11:30 am
Mission Bay, Bernadett Lounge \$74/88/96
 Session Two (5 classes)

2400.452 Sa 6/2-6/30 10:00-11:30 am
Mission Bay, Bernadett Lounge \$61/73/79

Women's Basic Self-Defense

Workshop

Take control of your environment! Back by popular demand, this workshop offers women the essential skills needed to defend themselves and maintain confidence in any situation. Practice and train in a series of safe, but realistic scenarios and learn how to program your mind and body to respond automatically, day or night.

Taught by IMPACT Bay Area ,www.impactbayarea.org. Scholarships available for three UCSF students.

Applications due April 13th! Contact 415.476.5223

Session One
2434.451 Sa 5/19 2:30-5:30 pm
Mission Bay Studio 1 \$55/65/75

dance

Argentine Tango

Level 1: This beginning four-session course will enable you to develop a great foundation for learning Argentine Tango. Learn basic movement patterns and connect with the music. Level 1+: Continue to build and review basic movement patterns from Level 1 adding more techniques as well as gain awareness for social space.

Level 2: The third month of the practice will focus on musicality and improvisations. (After class for each level you can stay for a "practica," a time to practice your dancing and build skills).

Instructor: Roberto Riobo is a well known Tango maestro throughout Argentina, the Bay Area, and Germany. He graduated in 1994 from the University of Tango in Buenos Aires.

Session One (Level 1)

2102.451 F 4/6-4/27 7:30-8:30 pm **Mission Bay Studio 1**
\$50/60/70

Session Two (Level 1+)

2102.452 F 5/4-5/25 7:30-8:30 pm **Mission Bay Studio 1**
\$50/60/70

Session Three (Level 2)

2102.453 F 6/1-6/22 7:30-8:30 pm **Mission Bay Studio 1**
\$50/60/70

Samba

Presented by Rhythm & Motion Dance Center, this multi-level, energetic and aerobic class incorporates several different styles of: Rio (carnava) samba, Samb Axe' (from Bahia which includes learning popular and fun routines to up-tempo songs) Samba Reggae (which has Afro-Brazilian influences), and Frevo (a fast-paced dance originating from Pernambuco). All levels welcome!

Instructor: Raffaella Falchi has been dancing and studying samba for 9 years. She has performed professionally with numerous Brazilian dance companies in the Bay Area, as well as in Europe and Brazil.

Session One (5 classes)

2100.451 Su 4/8-5/6 10:30 am-12:00 pm **Mission Bay Studio 1**
\$62/74/80

Session Two

2100.452 Su 5/13-6/10 10:30 am-12:00 pm **Mission Bay Studio 1**
\$62/74/80

mind/body

Prenatal Yoga

Prenatal Yoga is a wonderful way to exercise and prepare for the journey of birth. This yoga style combines strengthening and balancing postures with stretches and synchronized breathing. The benefits include increased circulation, flexibility, and breath awareness, which will aid in birthing.
 (8 classes, no class 4/22, 5/27)

Instructor: Tba

2310.451 Su 4/8-6/10 10:30-11:45 am **Mission Bay, Bernadett Lounge**
\$80/95/105

Small Group Training

What: Develop new skills and enhance athletic performance in an intimate setting

Registration: Advance registration required; priority registration for Premier members

Class size: 3-10. Programs are subject to minimum participation levels. Register early to avoid cancellations.

Commitment: Approximately one hour a week for a period of 4 to 6 weeks

Cost: Fee based. Learn your a/b/c pricing status on page 36.

small group training at parnassus

Bootcamp for Peak Conditioning

Take your conditioning to peak performance level in this full-body workout incorporating calisthenics, sport-specific drills, hand weights, resistance tubing, and more. Enhance muscular strength and endurance, improve agility and core stability, and experience weight loss. Personal coaching can help turn your fitness goals into reality. Includes two private fitness assessments and nutritional recommendations. After registering, contact jpixley@cls.ucsf.edu to schedule your pre-training assessment. Eight participants.

(12 classes)

Jill Pixley, Certified Personal Trainer

2242.401 M, W 4/16-5/23 6:15-7:10 am
Parnassus Studio 2 \$189/199/209

Spinning® 8-Week Weight Loss Program

Experience progressive training, Healthy Habits nutrition information, coaching, camaraderie, and calorie-burning Spinning® rides. Includes three private assessments, heart rate monitor training, weekly manual, and daily logbook. Ten participants.

(9 classes)

Jill Pixley, Certified Personal Trainer

3122.401 Tu 5/1-6/26 6:00-6:55 pm
Parnassus Studio 3 \$165/175/189

Yoga for a Healthy Back

Yoga has many tools to maintain a healthy back and reclaim comfortable movement. Learn about lower back anatomy, achieve awareness of posture and breath, and discover exercises that keep the hips mobile, the abdominals strong, and the hamstrings flexible. (4 classes)

Barbara Wiechmann, Certified Yoga Instructor

2362.401 Tu 4/10-5/1 5:00-5:55 pm
Parnassus Studio 1 \$65/79/85

Yoga Introductory

Practice the fundamental Hatha yoga styles in a small group setting. The focus is on building a solid foundation of poses, gaining self-confidence, and increasing breath awareness. Excellent for creating flexibility and balance in body and mind.

(4 classes)

Barbara Wiechmann, Certified Yoga Instructor

2361.401 Tu 5/8-5/29 5:00-5:55 pm
Parnassus Studio 1
\$65/79/85

Pilates Allegro

Experience the power of Pilates with the Allegro Reformer, a machine that assists and accentuates performance of Pilates exercises. Build strong postural and abdominal muscles through this unique approach to strength training. The Reformer allows the body to be supported where it is weak and challenged where it is strong.

Pilates Allegro Level I – Beginner

Prior mat work or Reformer experience is preferred but not required.

Ashley Beldon, Certified Pilates Instructor; Natazha Bernie, Certified Pilates Instructor

Session One (Mon, 5 classes; Thurs, 6 classes)

2205.401 M 4/9-5/7 1:15-2:15 pm
Parnassus Studio 2
\$79/95/99
2205.402 Th 4/12-5/17 6:00-6:55 pm
Parnassus Studio 2
\$99/109/115

Session Two (Mon, 5 classes, no class 5/28; Thurs, 6 classes)

2205.403 M 5/14-6/18 1:15-2:15 pm
Parnassus Studio 2
\$79/95/99
2205.404 Th 5/24-6/28 6:00-6:55 pm
Parnassus Studio 2
\$99/109/115

Pilates Allegro Level II – Intermediate

This class has a faster pace with more challenging variations and additional exercises for core control and extremity strength. Prerequisite: completion of two sessions of Allegro Level I.

Ashley Beldon, Certified Pilates Instructor

Session One (6 classes)

2206.401 Tu 4/10-5/15 6:00-7:10 pm
Parnassus Studio 2
\$99/109/115
2206.402 Th 4/12-5/17 7:00-8:10 pm
Parnassus Studio 2
\$99/109/115

Session Two (6 classes)

2206.403 Tu 5/22-6/26 6:00-7:10 pm
Parnassus Studio 2
\$99/109/115
2206.404 Th 5/24-6/28 7:00-8:10 pm
Parnassus Studio 2
\$99/109/115



small group training at mission bay

Pilates Allegro Reformer Beginner Package - 5 sessions

This is a great place to discover the benefits of Pilates and gain the confidence, comfort and skill to join our Pilates Allegro Reformer Mixed Level groups. Work one on one with a Certified Pilates Trainer who will do a postural assessment, introduce you to the Reformer, a machine that assists and accentuates performance of Pilates exercises, and get you started with ten essential Pilates exercises that build core and total body strength. To schedule your appointments contact Adrienne Chambers, 415.514.4538 or email achambers@cls.ucsf.edu.

Pilates Allegro Beginner Package

5 Sessions \$250/300/325

Pilates Allegro Reformer – Level II

This class continues the development of Pilates fundamentals and introduces more challenging variations and additional exercises for core control and extremity strength. Prerequisite: completion of 5 sessions of Pilates Allegro Beginner Package or prior Reformer experience is required and/or permission from instructor.

Certified Pilates Trainers: Brigitte Brunner, Christopher Nelson, Gabriella Cole, Emily Corpuz and Adrienne Chambers.

Session One (8 classes, no class 5/26)

2216.451	M, W 4/2-4/25	4:30-5:25 pm	Pilates Studio	\$145/170/185
2216.452	M, W 4/2-4/25	5:30-6:25 pm	Pilates Studio	\$145/170/185
2216.453	M, W 4/2-4/25	6:30-7:30 pm	Pilates Studio	\$145/170/185
2216.454	Tu, Th 4/3-4/26	7:00-7:55 am	Pilates Studio	\$145/170/185
2216.455	Tu, Th 4/3-4/26	10:45-11:40 am	Pilates Studio	\$145/170/185
2216.456	Tu, Th 4/3-4/26	12:00-12:55 pm	Pilates Studio	\$145/170/185
2216.457	Sa 4/7-6/2	9:30- 10:25 am	Pilates Studio	\$145/170/185

Session Two (8 classes, No class 5/28)

2216.458	M, W 5/2-5/30	4:30-5:25 pm	Pilates Studio	\$145/170/185
2216.459	M, W 5/2-5/30	5:30-6:25 pm	Pilates Studio	\$145/170/185
2216.460	Tu, Th 5/8-5/31	6:30-7:25 pm	Pilates Studio	\$145/170/185
2216.461	Tu, Th 5/3-5/31	7:00-7:55 am	Pilates Studio	\$145/170/185
2216.462	Tu, Th 5/8-5/31	10:45-11:40 am	Pilates Studio	\$145/170/185
2216.463	Tu, Th 5/8-5/31	12:00-12:55 pm	Pilates Studio	\$145/170/185
2216.464	Sa 6/9-7/28	9:30-10:25 am	Pilates Studio	\$145/170/185

Session Three (8 classes)

2216.465	M, W 6/4-6/27	4:30-5:25 pm	Pilates Studio	\$145/170/185
2216.466	M, W 6/4-6/27	5:30-6:25 pm	Pilates Studio	\$145/170/185
2216.467	M, W 6/4-6/27	6:30-7:25 pm	Pilates Studio	\$145/170/185
2216.468	Tu, Th 6/5-6/28	7:00-7:55 am	Pilates Studio	\$145/170/185
2216.469	Tu, Th 6/5-6/28	10:45-11:40 am	Pilates Studio	\$145/170/185
2216.470	Tu, Th 6/5-6/28	12:00-12:55 pm	Pilates Studio	\$145/170/185

New! Pilates Studio at Mission Bay

Strengthen your core in a new studio devoted exclusively to Pilates and staffed by Certified Pilates Trainers.

- More hours and trainings: private, semi-private, small groups
- More equipment: Combo Chair, Ladder Barrel, Trapeze Table, Reformers
- Beginners and advanced welcome. For information or to take a tour, contact: Adrienne Chambers, achambers@cls.ucsf.edu or 514.4538.



Small Group Training

What: Develop new skills and enhance athletic performance in an intimate setting

Registration: Advance registration required; priority registration for Premier members

Class size: 3-10. Programs are subject to minimum participation levels. Register early to avoid cancellations.

Commitment: Approximately one hour a week for a period of 4 to 6 weeks

Cost: Fee based. Learn your a/b/c pricing status on page 36.

small group training at mission bay

Introduction to Pilates Circuit

Get introduced to basic exercises on all the Pilates equipment, which includes the Reformer, Combo Chair, Ladder Barrel and Trapeze Table. A dynamic total body workout is designed to strengthen and lengthen your body. Prerequisite: Completion of 16 sessions of Pilates Allegro Reformer Level II and/or permission from the instructor. Limited to 4 participants.

Certified Pilates Trainer: Brigitte Brunner and Gabriella Cole
Session One (6 classes)

2217.451 M, W 4/2-4/25 9:30-10:30 am
Pilates Studio \$199/238/260

Session Two (6 classes)

2217.453 M, W 5/2-5/30 9:30-10:25 am
Pilates Studio \$199/238/260

Session Three (6 classes)

2217.455 M, W 6/4-6/27 9:30-10:25 am
Pilates Studio \$199/238/260

Private/Semi-Private Pilates Sessions

Progress at your own pace and focus on your specific needs. To inquire about our pricing or to schedule your one-hour session at Bakar Fitness & Recreation Center, Call Adrienne Chambers at 415.514.4538 or e-mail achambers@cls.ucsf.edu

W³: Women With Weights

Hit a plateau? Not seeing a change in your body? Bored with your workout routine? Get energized with Women with Weights and learn the fundamentals of strength training in the weight room. You'll focus on building muscular strength and endurance by using weight machines, free weights, barbells, and other equipment. Limited to 4 participants.
(8 classes, no class 5/28)

Session One

2240.451	M, W	4/2-4/25	5:00-6:00 pm	Weight Room	\$199/238/258
2240.452	M, W	4/2-4/25	9:00-10:00 am	Weight Room	\$199/238/258

Session Two

2240.453	M, W	5/2-5/30	5:00-6:00 pm	Weight Room	\$199/238/258
2240.454	M, W	5/2-5/30	9:00-10:00 am	Weight Room	\$199/238/258

Session Three

2240.451	M, W	6/4-6/27	5:00-6:00 pm	Weight Room	\$199/238/258
2240.451	M, W	6/4-6/27	9:00-10:00 am	Weight Room	\$199/238/258

Spinning® 8-Week Weight Loss Program

Experience progressive training, Healthy Habits nutrition information, coaching, camaraderie, and calorie-burning Spinning® rides. Includes three private assessments, heart rate monitor training, weekly manuals, and a daily logbook. After registering contact achambers@cls.ucsf.edu to schedule your pre-training assessment. Ten participants.
(8 classes, plus 1 extra class for program set-up.)
Instructor: tba

3122.451 T 4/10-6/5 7:00-7:55 am Mission Bay Studio 1 \$165/175/189



Adults: learn your A/B/Cs!

Adult fees are based on UCSF affiliation:

- A- For UCSF students and Fitness & Recreation members
- B- For non-member UCSF Faculty/Residents/Post Docs/Staff
- C- For non-member General Public



massage

take a moment to relax

Parnassus Massage Hours*

Monday-Friday 8:00 am-9:30 pm
 Saturday & Sunday 9:00 am-7:30 pm

Mission Bay Massage Hours*

Monday-Friday 9:00 am-9:30 pm
 Saturday & Sunday 9:00 am-7:30 pm

Massage Styles

- Deep Tissue
- Prenatal**
- Shiatsu
- Swedish
- And many more

Individual Services

	UCSF Students	Member	Non-Member UCSF Employees	Non-Member General Public
30 min	\$37	\$38	\$43	\$48
60 min	\$57	\$59	\$64	\$69
90 min	\$70	\$73	\$78	\$83
Packages: purchase multiple appointments and save***				
5-pack, 60 min	\$260	\$270	\$295	\$320
5-pack, 90 min	\$325	\$340	\$365	\$389

Your comfort and well-being are very important to us. To maximize your enjoyment, we recommend that you arrive 15 minutes early to allow time to check in and change your clothes at a leisurely pace. Your massage practitioner will consult with you prior to beginning service to personalize your visit. Your appointment includes time for transition before and after your service, robe, towel service, and access to sauna and shower.

- Inform your practitioner of any medical issues, recent injuries, or surgeries
- All appointments cancelled with less than 24 hours notice will be charged a service fee
- Gift certificates available for purchase at the Fitness Center Service Desks

*Massage hours subject to change

**Please inform the Service Desk when booking a prenatal appointment.

*** Packages are non-refundable, non-transferable and package card must be presented at time of service.

Schedule your next appointment by phone or online

**Parnassus/Millberry
Massage services:**

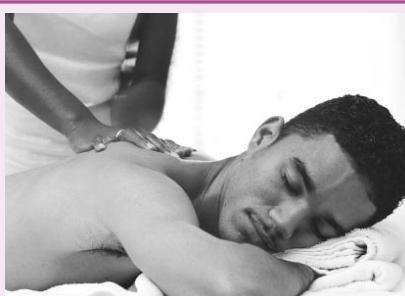
415.476.1115

**Mission Bay/Bakar
Massage services:**

415.514.4592

Book Online:

Our Online Booking Service is open to all Fitness & Recreation Center members and UCSF students. It's easy to reserve your appointment online. Click "first time user" after you log on to: <https://www.xpiron.com/schedule/ucsf> and follow the instructions.



We have the perfect gift for Mom, Dad or the graduate—the gift of massage!

Purchase massage packages or gift certificates at the Fitness Center Service Desks.

Fitness & Recreation is proud to announce the opening of a second treatment room and Client Lounge at Mission Bay.

Go for it!



Get fit, feel great. Get to know a Personal Trainer.

Are you ready to make your fitness goals a reality? Our personal training staff will help you look and feel the way you've always dreamed. Gain definition, improve strength, train for a sport, refresh your workout, experience weight loss, and more. Our Personal Trainers will create the perfect program just for you. Our professional, motivated, fun staff will help you with personal coaching and motivation. Turn thought into action!

Specialized training

If you have a specific fitness goal, check out our specialized training packages. Strength Jump Start program helps you jump higher, play better, and be stronger. Trainers combine explosive, dynamic, and functional training to maximize your sessions.

Weight loss

Don't let your weight loss goals fall by the wayside this season. Designed to make you lighter and tighter, our weight loss workout is built for success. Sessions include nutritional advice, customized program design, and two body composition readings.

Partner up

Maximize your dollar by working out with a buddy at half the cost. Exercising with a partner helps you save and get the value of personalized guidance with a Personal Trainer. Working out with a buddy is a great way to stay excited about exercising.

Student Rates

Student Rates are finally here. For more information, contact your center's Fitness Manager or speak to the staff at the Service Desk. Take advantage of your UCSF student status and save.





fitness & nutrition clinics

transform with expert advice

Fitness for Healthy Knees *free* *new*

Do you have knee pain or want to prevent injury? If your answer is yes, check out this new clinic. A certified Personal Trainer is ready to direct your healing process and help you prevent future knee problems. Learn specialized and efficient tactics to strengthen muscles surrounding and protecting the knee, allowing for maximal integrity of the knee joint. Join us and we'll get you running again. Sign up at least 48 hours in advance. Fitness attire only.
 3055.401 Tu 5/15 5:10-6:00 pm Parnassus Fitness floor \$0/10/19

Fitness for Smoking Cessation *free* *new*

Quitting isn't easy, but we can help without judgement. Fitness feels good and will add to your life. This clinic will also help you manage the "quit smoking weight gain." Have fun, sweat and be surrounded by people who share the same goals. We want to make sure that you quit smoking because it feels good, not just because smoking is bad for you. Sign up at least 48 hours in advance. Fitness attire only.

3055.402 Tu 6/12 4:00-4:50 pm Parnassus Studio 2 \$0/10/19

Professional Nutritional Counseling

Let Jenny Schwartz, registered dietician, create an individualized plan to help you lead a healthier life. Following an individualized food plan will boost your results, charge your energy and enhance your health. Jenny specializes in weight loss, disease prevention and sports nutrition.

3037.401	\$85 single session
3037.402	\$40 for follow up session
3037.403	\$195 For complete package: Includes two, one-hour sessions and one 30-minute follow up.

Grocery Shopping With Success *free* *new*

Do you find making healthy choices at the grocery store confusing? Don't reach for the same foods every time you shop. Learn how to follow a diet full of variety. This clinic will show you how to make the right choices, help you understand food labels, and the real meanings of terms, such as organic vs. trans fat and percent daily value.

3056.403 W 4/25 5:30-6:30pm Parnassus tba \$0/10/19

Performance Nutrition: Strength and Endurance *free*

Proper nutrition is essential for a great workout and quick recovery. Do you exercise to get stronger, faster, leaner? The nutritional approach is the same: Fuel muscle as much as possible and body fat as little as possible. This clinic includes Marathon and Triathlon nutrition information. Learn nutrition plans for all phases of your training.

Clyde Wilson researches muscle fatigue and metabolic rate in the Department of Biophysics and Biochemistry and teaches nutrition and exercise at Stanford University.

3055.451	W 6/27	5:30-7:45 pm
Mission Bay	tba	\$0/10/19

Lunch Hour Boot Camp, Total Body Conditioning

Don't have time to fit a high intensity workout into your lunch hour? Let us do the planning for you. Leeane Jensen, outdoor adventure-certified, is ready to take you through a vigorous 6-week program. These time-efficient workouts include cardiovascular, strength and core training using functional body weight and resistance tubing exercises. Hard work can be fun, rewarding, and time efficient.

(6 classes)	
3048.401	Tu 4/3-5/8 12:00-1:00 pm
Parnassus	Meets on Fitness Floor
\$110/120/130	

The Wall is coming

It's countdown to the climb up.



Wall climbing activities include:

- Clinics and classes
- Recreational climbing
- Teambuilding programs
- Parties and events

For more information, call Outdoor Programs at 415.476.2078. Or visit us on the web: www.outdoors.ucsf.edu

outdoor programs climbing wall

rise and shine

the wall

Our custom designed, freeform wall, provides the perfect vantage point for you to enjoy City and Bay views as you climb. Large slabs, top to bottom cracks, and a variety of routes provide exciting climbing opportunities for beginners and experts alike.

Climb With Us

Our climbing wall is available for a variety of uses including: instructional classes, custom programs, recreational climbing hours, and special events.

Recreational Climbing Hours

Certified climbers can use the wall at their own pace during Recreational Climbing Hours. All climbers must pass our skills test and safety orientation. Climbing teams can reserve space for the wall on-line or by telephone. Drop-in is first come/first served. Climbers must be over the age of 15 to climb during open hours without a parent or guardian. Climbers, ages 8 to under 14 years of age must be accompanied and belayed by a parent or guardian. Supervision and equipment are provided.

Quarterly Unlimited Pass (Students and Members only)	\$40 per Quarter
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Per Visit (Students and Members only)	\$10
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General Public Drop In rate	\$15
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The spring schedule is posted on the 4th floor, available on line at www.outdoors.ucsf.edu, or by calling 415.476.2078

Skills Test & Safety Orientation

All climbers wishing to use the wall during Open Climbing Hours must successfully pass our skills test and Safety Orientation. To receive certification climbers will need to demonstrate proficiency in belay technique, knot tying skills, proper equipment use, and knowledge of climbing commands and etiquette.

\$35/40/45

Introduction to Rock Climbing

This three-hour entry-level climbing class is designed to get you up and climbing on our wall. You'll learn and practice basic climbing skills, proper use of equipment, and belay techniques. Successful completion of this course will qualify beginner climbers to take the skills test and safety orientation.

\$55/65/75

Private Group Programs

Customized teambuilding programs, birthday parties, and other special events are available to groups wishing to have exclusive use of the wall. Custom programs range from 2 to 4 hours and include climbing and belay instruction. Events can incorporate the use of our outdoor grass fields, indoor meeting rooms, and catering too. Please call 415.476.2078 for pricing and availability.

The Nature of Rock Climbing

Rock climbing is a sport that challenges both mind and body and involves an element of risk. To manage this reality, Outdoor Programs has developed a risk management strategy that encompasses and supports all levels of our climbing wall program. Outdoor Programs is committed to investing time and resources into these practices because the health and well-being of our climbing community is our highest priority.

For more information, call Outdoor Programs at 415.476.2078.

Or visit us on the web: www.outdoors.ucsf.edu.

outdoor programs

go with the flow

Sausalito Moonlight Paddle

Skill Level: Easy

Moonlight, the bay, and a chance to share the experience with new friends and old: join us and enjoy the panoramic views from Richardson Bay as the sun sets behind Mount Tamalpais on this moonlight paddle adventure. You'll witness unforgettable views of San Francisco, Angel Island, Treasure Island and Alcatraz. Plan to arrive at 6pm in Sausalito. We'll talk safety, paddle onto the bay, and stop to share a snack and new memories before returning home. Depending on the moon schedule, plan on paddling for approximately two and a half hours.

Trip 1: 9300.401	M 4/2
Trip 2: 9300.402	Tu 5/1
Trip 3: 9300.403	W 5/30
Trip 4: 9300.404	Th 6/28
Trip 5: 9300.405	F 6/29
\$39/55/65	

Introduction to Sea Kayaking

Skill Level: Easy

This one-day introductory course is designed to give you the skills and confidence to begin paddling on your own in a single kayak. In the morning we will cover boat design, paddling techniques, and rescue skills. After lunch, we move into the classroom to talk tides, weather, and safe boating practices. This course is taught to ACA standards and is recognized by most sea kayaking companies, qualifying you for future rentals. Price includes professional instruction, wetsuit, paddle jacket, and all kayaking equipment.

Trip 1: 9304.401	Su 4/15
Trip 2: 9304.402	Sa 6/2
\$80/95/\$110	

Angel Island Paddle

Skill level: Moderate

Experience one of the Bay Area's most loved destinations, Angel Island. This one-day trip begins with a basic safety and paddling skills orientation, kayaking on the bay, followed by lunch on historic Angel Island. Plan on arriving by 9 am at Sausalito's Dunphy Park. Fees include all necessary kayaking equipment and Outdoor Programs guides.

9321.401	Sa 4/28	\$80/95/110
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Kayaking for Core Fitness

Kayaking for Core Fitness Level 1 is a three-week series of early morning workouts on beautiful Mission Bay. Perfect for beginners, this series utilizes stable double kayaks. Outdoor Programs instructors will take care of all the logistics so all you have to do is show up! Kayakers of all abilities can develop a core-powered forward stroke. Sign up with a friend or get ready to make a new one!

9305.401	Tu, Thu 6/5-6/21	6:30-7:45 am
\$120/130/140		

Surfing

Skill Level: Easy

Always wanted to learn to surf but never knew where to start? Then try your hand in this great beginner surfing class. Lessons are held at Linda Mar Beach, a mile long stretch in Pacifica that offers a perfect setting for beginners. Classes will focus on ocean safety, surfing fundamentals, and surfing etiquette. The small group instruction style helps to create a fun atmosphere for learning this great sport.

Classes are approximately 2.5 hours long, and begin at 8:00am. Price includes surfboard, wetsuit and instruction.

9551.401	Su 6/3	8:00-10:30 am
9551.402	Su 6/17	8:00-10:30 am
\$69/79/89		

outdoor programs information: **415.476.2078** or www.outdoors.ucsf.edu



Yosemite Waterfalls Weekend (new)

Skill Level: Easy

Join Outdoor Programs for a weekend of exploration in Yosemite Valley. From our riverside campsite we will day hike to some of Yosemite's most stunning waterfalls. No experience necessary, Outdoor Programs guides will teach you everything you need to know to camp and hike safely and comfortably. Price includes food, all camping equipment, Outdoor Programs leaders, park permits and fees.

9121.401 Tu 4/24, F-Su 4/27-29
\$125/140/160

Tahoe Mountain Retreat

Got spring fever? Relax and rejuvenate at our Tahoe mountain retreat. Price includes a two-night stay in our mountain home located in North Tahoe, two yoga classes, two guided hikes, 1/2 hour massage and 5 delicious, healthy meals. Transportation not included. Please see website for more details: www.outdoors.ucsf.edu

9440.401 Tu 4/24, F-Su 4/27-4/29
\$200/220/240

Big Sur Backpack

Skill Level: Moderate

Discover why Big Sur is hailed as one of the most inspiring coastlines in the United States. The month of May is the perfect time to experience the redwood forest, oak woodlands and incredible ocean vistas of this magnificent wilderness area. Plan on leaving the Bay Area on Friday evening, hiking and camping throughout the weekend, and returning home Sunday evening. We will be hiking five to seven miles Saturday and Sunday on steep and moderate terrain. Very good physical condition and previous backpacking experience required.

Fees include food, group gear, permits, fees and Outdoor Programs guides. Personal gear and transportation not included.

9189.401 Tu 5/8, F-Su 5/11-5/13
\$125/140/160

Memorial Weekend on the Lost Coast

Skill Level: Difficult

Trek along a stretch of the rugged Lost Coast of California. Backpackers will enjoy the nearly unspoiled scenery, sweeping views of the ocean, the redwoods, and the total group experience. Plan on leaving the Bay Area on Friday evening, hiking and camping throughout the weekend. You'll return to the Bay Area late Monday evening. Price includes all necessary permits and fees, food, group gear, and Outdoor Programs guides. Personal equipment and transportation are not provided. Very good physical fitness and prior backpacking experience required.

9102.401 Tu 5/22, F-M 5/25-5/28 \$165/189/210

Yosemite Beginner Backpacking Clinic

Skill Level: Easy

Learn how to backpack with style and experience the outdoors in a whole new way! Outdoor Programs is offering a backpacking clinic perfect for both the first timer and those with some backpacking experience looking to expand their skill base. This clinic will cover how to pack and fit your backpack, map & compass skills, water filtration, backcountry cooking and Leave No Trace practices.

9101.401 Tu 6/19, F-Su 6/22-6/24 \$125/140/160

Wilderness First Aid

Wilderness First Aid emergencies are unique in their needs. Learn what it takes to tackle these emergencies correctly in our lively and informative class, where the emphasis is on making good decisions by staying calm, making accurate assessments, and employing good communication and leadership skills.

This session will be led by Bobbie Foster, an American Health and Safety Institute instructor who has taught for Outdoors Programs and other organizations for over 15 years.

9205.401 Sa, Su 4/21-4/22 8:00 am-5:00 pm
\$105/130/155

looking out for students



Student reg fees at work: a portion of reg fees underwrites a variety of programs and services designed to help students experience a healthy and balanced life at UCSF.

Parnassus gymnasium schedule

april-june 2007

M	Tu	W	Th	F	Sa	Su
5:30 am-3:45 pm open gym	5:30 am-12:00 pm kindergym	5:30 am-12:00 pm kindergym	5:30 am-12:00 pm open gym	5:30 am-12:15 pm open gym	7:30-11:00 am open gym	7:30-11:00 am open gym
3:15-5:45 pm basketball drop-in	1:00-3:15 pm futsal drop-in	12:15pm-1:15pm dodgeball drop-in	12:00-6:00 pm basketball drop-in	1:00-3:15 pm futsal drop-in	11:00 am-2:00 pm dodgeball league	3:00-8:00 pm futsal leagues
6:00-10:00 pm basketball league	3:15-7:20 pm basketball drop-in	1:30-5:45 pm basketball drop-in	6:15-10:00 pm basketball 6 ft. & under league	3:15-6:30 pm basketball drop-in	5:30-8:00 pm badminton drop-in	
	7:20-8:20 pm women's basketball drop-in	6:00-10:00 pm volleyball leagues		6:30-10:00 pm volleyball drop-in		
	8:20-10:00 pm basketball league					
Schedule subject to change based on availability.						
For drop-in sports and league descriptions, please see pages 26-28.						

Mission Bay gymnasium schedule

april-june 2007

M	Tu	W	Th	F	Sa	Su
5:30 am-12:00 pm open gym	5:30 am-12:00 pm open gym	5:30 am-12:00 pm open gym	5:30 am-12:00 pm open gym	5:30 am-12:00 pm open gym	8:00 am-12:00 pm family badminton	7:30 am-3:00 pm open gym
12:00-1:30 pm basketball drop-in	9:00 am-12:00 pm kindergym	12:00-1:30 pm basketball/badminton drop-in	9:00 am-12:00 pm kindergym	12:00-1:30 pm basketball drop-in	12:00-3:00 pm open gym	11:00 am-3:00 pm dodgeball league
1:30-5:30 pm school programs	12:00-1:30 pm futsal drop-in	1:30-5:30 pm school programs	12:00-1:30 pm futsal drop-in	1:30-5:30 pm school programs	3:00-8:00 pm basketball drop-in	2:00-8:00 pm futsal league
4:00-5:45 pm open gym	1:30-5:30 pm school programs	4:00-5:45 pm open gym	1:30-5:30 pm school programs	4:00-5:45 pm open gym	4:00-5:45 pm open gym	3:00-8:00 pm basketball drop-in
7:00-10:00 pm volleyball drop-in	4:00-5:45 pm open gym	5:45-10:00 pm volleyball league	5:45-10:00 pm basketball co-ed & intermediate leagues	6:00-10:00 pm basketball women's & intermediate leagues		
Schedule subject to change based on availability.						
For drop-in sports and league descriptions, please see pages 26-28.						



looking out for students

Student reg fees at work: a portion of reg fees underwrites a variety of programs and services designed to help students experience a healthy and balanced life at UCSF.



recreational sports

bounce back

sports clinics and tournaments—Parnassus and Mission Bay

Squash Clinics

Learn to play squash in this 1-hour clinic. Instructor Dominique Chiquet has more than 20 years of experience teaching squash. Equipment will be provided. Contact Dominique at 415.476.0356, ext 3 or dchiquet@cls.ucsf.edu. Maximum of 8 participants per clinic.

Beginners

0087.403	Th 4/26	6:45-7:45 pm
Parnassus	\$25/35/45	
0087.453	Tu 4/3	6:45-7:45 pm
Mission Bay	\$25/35/45	

Advanced Beginners

0087.404	Th 6/7	6:45-7:45 pm
Parnassus	\$25/35/45	
0087.454	Tu 6/5	6:45-7:45 pm
Mission Bay	\$25/35/45	

Introductory Squash Clinics *(free)* **(Members only)**

Learn how to play squash in this introductory clinic with Dominique Chiquet.* Please sign up ahead of time.

Maximum 10 participants.

Th	4/26	6:00-6:45 pm
Parnassus		
Sa	6/2	5:15-6:00 pm
Parnassus		
Tu	4/3	6:00-6:45 pm
Mission Bay		

*1 lifetime free lesson per membership.

Squash Private Lessons

Sign up at any Fitness & Recreation Service Desk for a 45-minute private or semi-private lesson. To confirm lesson time and location, call Dominique Chiquet at 415.476.0356 ext. 3 or email dchiquet@cls.ucsf.edu.

0040.401	Private	1-on-1	Parnassus	\$55
0040.451	Private	1-on-1	Mission Bay	\$55

To reserve a court or book a lesson

To reserve a court or book a lesson at Parnassus, call 415.476.1115; for Mission Bay, call 415.514.4545. Fitness & Recreation Center members and students can also use our Online Booking Service, at: <https://www.xpiron.com/schedule/ucsf>. Click first time user.

New Squash ladder for Fitness & Recreation Centers at UCSF

You can sign up for the ladder at:

- Bakar Fitness & Recreation Center <http://squash-ladder.net/UCSF/index.php>, or
- Millberry Fitness & Recreation Center <http://squash-ladder.net/millberry/index.php>

Squash Lesson Signature Card *(new)*

You can now purchase a Squash Lesson Signature Card for 5 individual lessons for just \$250.

Youth Squash

Recreational Sports also offers Youth Squash Clinics. See page 32 in the Youth & Family section for more information.

recreational sports *it's how you play the game*



partner card system free

Looking for a running, hiking, or biking buddy? Find a partner for over 25 recreational activities! Check out the partner box in the Fitness Centers or ask for information at the Service Desk. Free to participate.

drop-in sports—Parnassus and Mission Bay free

Basketball

Want to shoot hoops? Drop-in basketball is available every day at Fitness & Recreation Centers at UCSF. Check our website for gym times.

Futsal (Indoor Soccer)

Play the hottest lunchtime sport on campus. Futsal is year-round. All skill levels welcome.

Badminton

Smash a few birdies during open-play badminton. Birdies and rackets are provided. With three courts available, you can play singles or doubles depending on the number of participants.

Volleyball

Bump, set, and spike! Volleyball offers a friendly and supportive atmosphere for fun and fitness. All skill levels welcome.

Women's Basketball

Meet new people and socialize with old friends. You don't need a team to play—just purchase your Drop-in Play Card at the Service Desk today. All skill levels welcome.

Dodgeball new

Come dodge, duck, and throw in our newest drop-in sport. All skills welcome.

Racquetball

Meet new players and improve your skills through competition. Join and be part of the UCSF racquetball ladder. For information at Parnassus, call 415.476.0356; for Mission Bay, call 415.514.4594; or e-mail recreationsports@cls.ucsf.edu.

Squash

Meet new players and improve your skills through competition. Join and be part of the UCSF squash ladder. For information, call 415.476.0356, ext. 3; or e-mail Dominique Chiquet at, dchiquet@cls.ucsf.edu.

Court Reservations

To reserve a squash or racquetball court at Parnassus, call 415.476.1115; for Mission Bay, call 415.514.4545. Fitness & Recreation Center members and students can also use our Online Booking Service at: <https://www.xpiron.com/schedule/ucsf>. Click "first time user."

sports clubs

Table Tennis Club at UCSF free

Join our growing table tennis community. Learn the basics or hone your skills. Tables are available during Parnassus Game Room hours:
Monday-Friday, 8:00 am-10:00 pm
Saturday, 8:30 am-8:00 pm
Sunday, 12:30-8:00 pm
Open to UCSF students and Fitness & Recreation Center members. For more information, contact John Richards at 415.885.7642 or John.Richards@UCSFmedctr.org.

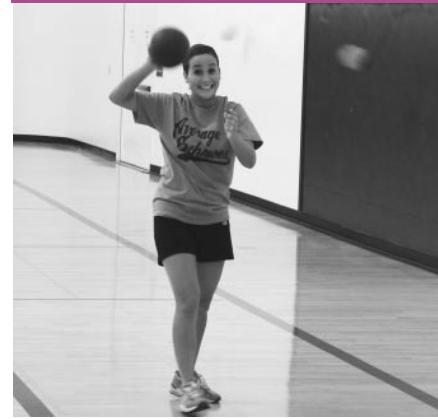
Golf Club at UCSF

This club is a member of the Northern California Golf Association and holds monthly tournaments throughout the Bay Area. Golfing experience is necessary. For more information contact Ron Brown at 415.502.6897, or BrownR@anesthesia.ucsf.edu. Fee required to participate.

Ultimate Frisbee Club at UCSF

Join the newest club on campus! The Ultimate Frisbee Club practices at Golden Gate Park in the afternoons. No experience necessary. For more information contact Kelly Baptiste at kellykbaptiste@yahoo.com. Fee required to participate.

For Parnassus and Mission Bay gymnasium schedules visit: www.recsports.ucsf.edu



Parnassus drop-in sports schedule

Sport	Days of Play	Times of Play	Cancelled Dates
Badminton	Saturdays	5:30-8:00 pm	4/21
Basketball	Mondays	3:45-5:45 pm	none
	Tuesdays	3:15-7:20 pm	none
	Wednesdays	1:30-5:45 pm	4/18
	Thursdays	12:00-6:00 pm	4/5, 4/12, 4/26, 6/14, 6/28
	Fridays	3:15-6:30 pm	5/11, 5/17, 6/8, 6/15
Futsal (Indoor Soccer)	Tuesdays, Fridays	1:00-3:15 pm	5/4, 5/18, 6/8, 6/15
	Wednesdays	4:00-5:00 pm	4/18
Racquetball	Mondays	6:00-8:00 pm	none
Squash	Tuesday	6:45-9:00 pm	none
Volleyball	Fridays	6:30-10:00 pm	4/20, 5/11, 6/15
Women's Basketball	Tuesdays	7:20-8:20 pm	none
Dodgeball	Wednesdays	12:15-1:15 pm	4/18
Drop-in Sports		Fees	
UCSF Student/Fitness & Recreation Center Member		Free	
UCSF Employee, General Public		\$10 per drop-in or \$40 for five drop-ins	
Fitness & Recreation Centers at UCSF are not responsible for lost or stolen cards. Drop-in play cards are non-refundable.			

Drop-in information

- A drop-in card allows employees and general public to participate in the drop-in sport
- A drop-in card must be stamped or hole-punched when participants enter the gym.
- Check the schedules above and below for the designated drop-in times for each sport.
- Drop-in play cards can be used only during drop-in times.
- Drop-in play cards can be used at both Mission Bay and Parnassus.

For information at Parnassus, call 415.476.0356; for Mission Bay, call 415.514.4594.

For both gymnasium schedules, visit www.recsports.ucsf.edu.

Mission Bay drop-in sports schedule

Sport	Days of Play	Times of Play	Cancelled Dates
Badminton	Wednesdays	12:00-1:30 pm	none
	Fridays	6:00-10:00 pm	3/30
Family Badminton	Saturdays	8:00 am-12:00 pm	none
Basketball	Monday, Wednesdays & Fridays	12:00-1:30 pm	none
	Fridays	6:00-10:00 pm	3/30
	Saturdays & Sundays	3:00-8:00 pm	none
Futsal	Tuesdays, Thursdays	12:00-1:30 pm	none
Racquetball	Tuesdays	6:00-8:00 pm	none
Squash	Wednesdays	6:00-7:30 pm	none
Volleyball	Mondays	7:00-10:00 pm	5/28
Youth Squash	Tuesdays & Thursdays	3:45-6:00 pm	none
Youth Dodgeball	Tuesdays & Thursdays	4:30-5:45 pm	none
Drop-in Sports		Fees	
UCSF Student/Fitness & Recreation Center Member		Free	
UCSF Employee, General Public		\$10 per drop-in or \$40 for five drop-ins	
Fitness & Recreation Centers at UCSF are not responsible for lost or stolen cards. Drop-in play cards are non-refundable.			

recreational sports

get together and have a ball



spring leagues—Parnassus and Mission Bay

(Please see league schedules for location, page 29.)

Join Now!

Dodgeball 6-on-6 Co-Ed

Come dodge, duck, and throw in our newest league. Open to all skill levels.

Women's Basketball

Join our basketball league, ladies! Pass, shoot, and jump your way to the winner's circle. Open to all skill levels.

Softball 10-on-10 Co-ed

Open to all Levels

Co-ed Basketball

Looking for something fun and different? Come participate in our newest basketball league at Fitness & Recreation Centers at UCSF.

Basketball: 5-on-5 Open

Feel the thrill when you hit the game-winning basket at the buzzer. Intermediate/advanced.

Futsal (Indoor Soccer): 5-on-5

Experience indoor, Brazilian-style soccer—where the ball is low-bounce. A great way to improve your dribbling, passing, and overall skills. All skill levels welcome.

Men's & Women's Squash

Play against your fellow squash players and get a great workout. Open to all skill levels.

Volleyball: 6-on-6 Co-Ed

Pass, set, and spike your way to the top of the league standings. There are two divisions: Beginner/Intermediate is for the novice and Intermediate/Advanced is for the intermediate to advanced player.

Tennis

Join the tennis league this spring. Bring your racket and balls, and join us for a fun season. See you on the court! Open to all levels.

registration for recreational sports

Download registration forms at:

www.campuslifeservices.ucsf.edu/fitnessrecreation/recreationsports
or call 415.476.0356 for Parnassus; 415.514.4594 for Mission Bay. League entry forms are available online or at the Fitness & Recreation Centers at UCSF.

(Space is limited. First come, first served.)

Priority Registration: March 12

UCSF students and Premier members only.

General Registration: March 15

UCSF students and Standard members only.

Open Registration: March 19

Open registration welcomes all UCSF students, Fitness & Recreation Center members, non-member UCSF employees, and general public.

League registration entry forms are due by 5:00 pm on Thursday, March 19.

league tips:

- There are typically 8 weeks in a league.
- League cards are for paid players who are non-member UCSF employees and General Public.
- Recreational Sports Staff will issue league cards during the first week of leagues.
- League cards are available at the Service Desk after the first week.
- Players must have league cards to enter the Fitness & Recreation Center.
- There is a \$5 league card replacement fee for lost cards.
- Additional players may be added up to the 3rd week using a registration form.
- Drop-in play cards are not interchangeable with league cards.



looking out for students

Student reg fees at work: a portion of reg fees underwrites a variety of programs and services designed to help students experience a healthy and balanced life at UCSF.

Parnassus league schedule

Leagues	Days of Play	League Date	Captains Meeting
** Basketball: Advanced 5-on-5 • • •	Tuesdays	4/3-5/22	3/27, Tu 6:15 pm
** Basketball: Intermediate 5-on-5 • •	Mondays	4/2-5/21	3/27, Tu 6:15 pm
** Basketball: Int 6 Ft. and Under 5-on-5 • •	Thursdays	4/5-5/24	3/27, Tu 6:15 pm
* Dodgeball •	Saturdays	4/1-5/26	3/28, W 7:00 pm
** Futsal (Indoor Soccer) • •	Sundays	4/15-6/10	3/27, Tu 7:00 pm
** Futsal (Indoor Soccer) •	Sundays	4/15-6/10	3/27, Tu 7:00 pm
Squash: Men's • •	Mondays	4/2-5/21	3/29, Th 6:00 pm
Squash: Women's • •	Thursdays	4/5-5/24	3/29, Th 6:00 pm
* Volleyball 6-on-6 • •	Wednesdays	4/4-5/23	3/28, W 6:15 pm
* Volleyball 6-on-6 •	Wednesdays	4/4-5/23	3/28, W 6:15 pm
* Softball 10-on-10 •	Saturdays	4/14-6/9	3/28, W 7:00 pm
** Tennis	Wednesdays	4/4-5/23	3/28, W 7:00 pm

All Captains meeting locations will be in the Golden Gate Room.
For current information, schedules, standings, and club tournaments, visit
www.campuslifeservices.ucsf.edu/fitnessrecreation/recreationsports or call 415.476.0356.

Mission Bay league schedule

Leagues	Days of Play	League Date	Captains Meeting
* Basketball: Co-ed 5-on-5 • •	Wednesdays	4/4-5/23	3/29, Th 6:15 pm
** Basketball: Intermediate 5-on-5 • •	Wednesdays	4/4-5/23	3/29, Th 6:15 pm
** Basketball: Intermediate 5-on-5 • •	Thursdays	4/5-5/24	3/29, Th 6:15 pm
Basketball: Women's 5-on-5 • •	Thursdays	4/5-5/24	3/29, Th 6:15 pm
* Dodgeball •	Sundays	4/15-6/10	3/28, W 6:15 pm
** Futsal: • •	Sundays	4/15 - 6/10	3/29, Th 7:00 pm
** Futsal: •	Sundays	4/15-6/10	3/29, Th 7:00 pm
Squash: Women's • •	Thursdays	4/5-5/24	3/27, Tu 7:00 pm
* Volleyball 6-on-6 •	Tuesdays	4/3-5/22	3/27, Tu 6:15 pm
* Volleyball 6-on-6 • •	Tuesdays	4/3-5/22	3/27, Tu 6:15 pm
* Softball 10-on-10 •	Saturdays	4/14-6/9	3/28, W 7:00 pm (at Parnassus)
** Tennis	Wednesdays	4/4-5/23	3/28, W 7:00 pm (at Parnassus)

All Captains meetings will be at Mission Bay on the 4th floor in the Bernadett Community Lounge.
For current information, schedules, standings, and club tournaments,
visit: www.campuslifeservices.ucsf.edu/fitnessrecreation/recreationsports or call 415.514.4594.

Levels: • = Beginners • • = Intermediate • • • = Advanced
*Co-ed = required gender ratio on court
**Open = no gender requirements

Fee information: individual fee based on sport and affiliation with UCSF

League Sport	UCSF Student	Member	UCSF Employee	General Public
Basketball	\$15	\$40	\$50	\$60
Dodgeball	\$15	\$40	\$50	\$60
Futsal	\$15	\$40	\$50	\$60
Squash	\$15	\$40	\$50	\$60
Volleyball	\$15	\$40	\$50	\$60
Softball	\$15	\$40	\$50	\$60
Tennis	\$15	\$40	\$50	\$60

For Parnassus and Mission Bay gymnasium schedules visit: www.recsports.ucsf.edu

youth & family

get on the fun bus

UCSF day camps

Program for youth entering 1-10th grades.
ucscfcamps@cls.ucsf.edu



Spring Action Camp*

For youth entering grades 1-6

2052.401	M	4/02	9:00 am-4:00 pm
2052.402	Tu	4/03	9:00 am-4:00 pm
2052.403	W	4/04	9:00 am-4:00 pm
2052.404	Th	4/05	9:00 am-4:00 pm
2052.405	F	4/06	9:00 am-4:00 pm
2052.406	M	4/09	9:00 am-4:00 pm
2052.407	Tu	4/10	9:00 am-4:00 pm
2052.408	W	4/11	9:00 am-4:00 pm
2052.409	Th	4/12	9:00 am-4:00 pm
2052.410	F	4/13	9:00 am-4:00 pm
Mission Bay			\$55/62/70

Spring Mini-camp*

(Ages 4-6)

2052.411	M	4/02	9:00 am-4:00 pm
2052.412	Tu	4/03	9:00 am-4:00 pm
2052.413	W	4/04	9:00 am-4:00 pm
2052.414	Th	4/05	9:00 am-4:00 pm
2052.415	F	4/06	9:00 am-4:00 pm
2052.416	M	4/09	9:00 am-4:00 pm
2052.417	Tu	4/10	9:00 am-4:00 pm
2052.418	W	4/11	9:00 am-4:00 pm
2052.419	Th	4/12	9:00 am-4:00 pm
2052.420	F	4/13	9:00 am-4:00 pm
Mission Bay			\$55/62/70

Spring School Professional Day

For youth entering grades 1-6

2052.421	M	4/19	9:00 am-4:00 pm
Mission Bay			\$55/62/70

Discovery Camps*

What do you get when science, nature, and children collide? Camp days filled with fun and discovery! At UCSF Discovery Camp your child will go on interactive explorations, participate in arts & crafts, games, and travel to local destinations such as Lawrence Hall of Science, Elkus Ranch, Discovery Museum, and more.

Sea Lions Discovery*

For youth entering grades 1-3

Your young adventurers will experience a balance of fun & games, local exciting visits, and have scheduled quiet time to rest during the camp day. Age-appropriate curriculum starts to repeat every other session.

9660.101	M-F	6/18-29	9:00 am-4:00 pm
9660.102**	M-F	7/2-13	9:00 am-4:00 pm
9660.103	M-F	7/16-27	9:00 am-4:00 pm
9660.104	M-F	7/30-8/10	9:00 am-4:00 pm

\$434/460/484

Bobcats Discovery*

For youth entering grades 4-6

Bobcat days are filled with fun interactive explorations, arts & crafts, games, and science and nature expeditions throughout the Bay Area. Age-appropriate curriculum repeats every other session.

9661.101	M-F	6/18-29	9:00 am-4:00 pm
9661.102**	M-F	7/2-13	9:00 am-4:00 pm
9661.103	M-F	7/16-27	9:00 am-4:00 pm
9661.104	M-F	7/30-8/10	9:00 am-4:00 pm
Mission Bay			\$434/460/484

Bay Area Explorers*

For youth entering grades 5-7

Culture, geography, and teamwork are emphasized through a mix of outdoor adventures. Your child will experience stops at China Camp, the Japanese Tea Garden, Mission murals, rock climbing, and an Angel Island Ascent. This popular session fills up fast!

9662.101	M-F	6/18-29	9:00 am-4:00 pm
9662.102**	M-F	7/2-13	9:00 am-4:00 pm
9662.103	M-F	7/16-27	9:00 am-4:00 pm
9662.104	M-F	7/30-8/10	9:00 am-4:00 pm
Mission Bay			\$510/544/570

Ocean Explorers

For youth entering grades 5-7

In this camp young minds learn the wonders of the Bay Area's marine ecology. Activities may include swimming at Mission Bay, maritime history of SF bay, tide pooling at Fitzgerald Marine Reserve, kayaking, surf lessons, canoeing restoration with Save the Bay and more. Reserve your child's space today! Sessions fill up fast!

9662.106	M-F	6/18-29	9:00 am-4:00 pm
9662.107**	M-F	7/2-13	9:00 am-4:00 pm
9662.108	M-F	7/16-27	9:00 am-4:00 pm
9662.109	M-F	7/30-8/10	9:00 am-4:00 pm
Mission Bay			\$510/544/570

Teen Leadership Program*

For youth entering grades 8-10th

Your teen will learn and practice effective leadership and teamwork skills that can serve them for a lifetime. Week one focuses on teambuilding and group bonding through ropes course, kayaking, and an overnight camping trip. Week two focuses on teaching specific job skills including first aid and CPR, interviewing techniques, and leading age-appropriate activities for kids. Your young leader may be able to put their new skills to use by signing up to be a Junior Counselor at one of our camp sessions later in the summer. Reserve your child's space today!

9663.101**	M-F	7/2-13	9:00 am-4:00 pm
Mission Bay			\$570/604/640

specialty camps

Half-day & Full-day* camp available

Learn new and non-traditional sports skills through sailing classes on Lake Merced, rock climbing and swimming lessons at Mission Bay. Full time working parents can register your child for a full camp day that includes afternoon swimming, arts & crafts, sports, games, and short field trips (see Full Day Camp on next page.)

Climbing Camp***

For youth entering 3rd grade

Scale the wall! Kids learn rock-climbing skills with our fun and experienced rock climbing staff at Mission Bay.

9667.101	M-F 8/13-8/17	9:00 am-12:00 pm
9667.102	M-F 8/20-8/24	9:00 am-12:00 pm
Mission Bay	\$170/190/225	

Swimming Camp***

For youth entering 3rd grade

Improve swimming skills through fun games and exercises with Mission Bay's excellent swim staff.

9668.101	M-F 8/13-8/17	9:00 am-12:00 pm
9668.102	M-F 8/20-8/24	9:00 am-12:00 pm
Mission Bay	\$170/190/225	

Sailing Camp#***

For youth entering 3rd grade

Young sailors learn essential skills sailing a small boat on Lake Merced with experienced staff.

9669.101	M-F 8/13-17	9:00 am-1:00 pm
9669.102	M-F 8/20-24	9:00 am-1:00 pm
Mission Bay	\$/190/220/240	

specialty full day camp*

Kids participate in one of our specialty morning camps and then stay at Mission Bay for more sports, arts & crafts, swimming, games, cooking, and mini field trips in the afternoon.

Climbing & Afternoon Camp*

For youth entering 3rd grade

9670.101	M-F 8/13-8/17	9:00 am-4:00 pm
9670.102	M-F 8/20-8/24	9:00 am-4:00 pm
Mission Bay	\$245/280/305	

Swimming + Afternoon Camp*

For youth entering 3rd grade

9671.101	M-F 8/13-8/17	9:00 am-4:00 pm
9671.102	M-F 8/20-8/24	9:00 am-4:00 pm
Mission Bay	\$245/280/305	

Sailing & Afternoon Camp*#

For youth entering 3rd grade

9672.101	M-F 8/13-8/17	9:00 am-4:00 pm
9672.102	M-F 8/20-8/24	9:00 am-4:00 pm
Mission Bay	\$260/300/325	

Notes:

*UCSF free am/pm care (7:30am-9:00am & 4:00-6:00pm)

**No camp on July 4th

***No pm care available

Transportation provided to Lake Merced

Upon registration you will receive detailed information about camp in the mail.

youth classes—Parnassus and Mission Bay**Kuk Sool Won (Kung Fu Kids)**

This martial art emphasizes flow, self-defense, grace and is taught in a fun, non-competitive manner. Class structure and instructor's style help promote self-confidence, respect, discipline and self-esteem.

(13 classes)

Ages 8-12 years

Ernest Westbrook

2012.451	Th 4/12-6/28	4:00-5:00 pm
Mission Bay Studio 1	\$155/170/180	

Tae Kwon Do

Help foster your child's self-esteem, confidence, and physical conditioning with this dynamic martial art known for its powerful and exciting kicking. A white uniform is required and may be purchased from the instructor for \$25. (11 classes, no class 5/25)

Steve Rogers

Ages 6-12 years

2010.401	Sa 4/14-6/30	10:35 am-12:15 pm
Parnassus Studio 1		\$125/145/155
2010.403	Sa 4/14-6/30	3:00-4:30 pm
Parnassus Studio 1		\$125/145/155

Ages 13-17 years

2010.402	Sa 4/14-6/30	1:00-2:30 pm
Parnassus Studio 1		\$125/145/155

Kindergym-Parent/Child

Jump! Play! Sing! Join your child in this playful, interactive environment that aids in developing motor skills, spatial awareness, and comfort with group activity. Includes creative movement and musical activities.

Gayle Schmitt, Faith Lau

Ages 1-1/2 to 4 years
(12 classes)

2000.401	Tu 4/10-6/26	9:00-9:40 am
Parnassus Gymnasium		\$135/155/170

Ages 1-3 years

(11 classes; no class 4/18)

2001.401	W 4/11-4/27	9:00-9:40 am
Parnassus Gymnasium		\$125/145/155

Ages 1-3 years

(12 classes)

2000.451	Tu 4/10-6/26	9:00-9:45 am
Mission Bay Gymnasium		\$135/155/170

Ages 3-5 years

(12 classes)

2001.451	Th 4/12-6/28	9:45-10:30 am
Mission Bay Gymnasium		\$135/155/170

Kids' Hip-Hop *free*This contemporary dance movement class is just for kids! Choreography will include breakin', uprockin', and groovin'. Young people build confidence and enhance their creative skills. Free to child members.
(12 classes; no class 5/28)

Emerson Aquino

Ages 4-6 years

2014.451	M 4/9-6/25	3:30-4:10 pm
Mission Bay Studio 1		\$0/155/170

Ages 7-12 years

(13 classes)

2015.451	W 4/11-6/27	4:00-5:00 pm
Mission Bay Studio 1		\$0/170/180

Youth Yoga free

An ideal entry into the wonderful world of yoga, this class utilizes Iyengar yoga poses and props to assist the students. Youth Yoga emphasizes synchronized breathing and stretching.

Individualized guidance is provided. Child's ability to focus attentively is fundamental. Free to child members. (13 classes)

Courtney Knapp/Rachael Schwimmer

Ages 7-12 years

2017.401 Th 4/12-6/28 4:00-5:00 pm

Parnassus Studio 1 \$0/170/180

2017.451 Tu 4/10-6/26 4:00-5:00 pm

Mission Bay Studio 1 \$0/170/180

Junior Squash Tournament

Have fun in our youth squash tournament with Dominique Chiquet. The tournament will be divided into 5 different age groups: Under 9, Under 11, Under 13, Under 15 and Under 17. This will be a great opportunity to improve on your skills.

Beginners welcome. Equipment provided. For more information please contact Dominique Chiquet at 415.475.0356 ext. 3 or dchiquet@cls.ucsf.edu.

Ages 7-17

0041.457 Sa 3/31 10:00am-4:00pm
Mission Bay \$11/13/15

After School Squash Clinic new

Come and have your kids learn the fundamental game of squash with our squash pro Dominique Chiquet. No knowledge of the game is necessary, beginners are welcome! Equipment will be provided. Maximum of 6 participants per clinic.

To reserve a spot or for further information please contact Dominique Chiquet at 415.476.0356 ext 3 or dchiquet@cls.ucsf.edu.

Ages 6-7

0041.403 Th 4/26-6/14 3:45-4:30 pm
Parnassus \$145/160/180

0041.453 Tu 4/24-6/12 3:45-4:30 pm
Mission Bay \$145/160/180

Ages 8-12

0041.404 Th 4/26-6/14 4:30-5:15 pm
Parnassus \$145/160/180

0041.454 Tu 4/24-6/12 4:30-5:15 pm
Mission Bay \$145/160/180

Youth Squash Clinic

Come and have your kids learn the fundamental game of squash with our squash pro Dominique Chiquet. No knowledge of the game is necessary, beginners are welcome! Equipment will be provided. Maximum of 6 participants per clinic. To reserve a spot or for further information please contact Dominique Chiquet at 415-476-0356 ext 3 or dchiquet@cls.ucsf.edu.

Ages 6-13

0041.402 Sa 6/2 4:30-5:15pm
Parnassus \$11/13/15

0041.452 Sa 4/21 4:30-5:15pm
Mission Bay \$11/13/15

Family Badminton Drop-in free

Drop-in and have some fun with your family.

See page 27 for drop-in information. Equipment is provided. Members are free. General public purchase drop-in play card.

Sa 4/13-6/29 8:00 am-12:00 pm

Mission Bay Gymnasium

more youth & family activities

Pajama Party Madness

Looking for a way to enjoy a night out and peace of mind? Then leave your children with us. Pajama Party Madness includes games and stories, arts and crafts, popcorn, and a favorite kid's movie. Have your children wear their favorite pair of pajamas, and be sure to bring a blanket. Go out and leave the fun to us! For more info, e-mail:

ucsfyouthfamily@cls.ucsf.edu

Ages 5-9 years

2019.401 F 5/11 5:30-9:30 pm

2019.402 F 6/8 5:30-9:30 pm

Parnassus Game Room \$15/17/20

2019.451 F 4/20 5:30-9:30 pm

2019.452 F 5/18 5:30-9:30 pm

2019.453 F 6/15 5:30-9:30 pm

Bernadett Lounge \$15/17/20

Leave your Parents at Home

Enjoy a "parent-free" evening of fun. Leave them at home for a night and join us for ping-pong, pool and foosball. Organized games and activities are included. For more information, e-mail ucsfyouthfamily@cls.ucsf.edu.

Ages 10-14 years

2019.403 F 5/11 5:30-9:30pm

2019.404 F 6/8 5:30-9:30pm

Parnassus Game Room \$15/17/20

2019.454 F 4/20 5:30-9:30pm

2019.455 F 5/18 5:30-9:30pm

2019.456 F 6/15 5:30-9:30pm

Mission Bay Game Room \$15/17/20

Kindergym Birthday Parties

Jump! Play! Sing! Celebrate your child's birthday party or any occasion with our Kindergym equipment. Let our staff lead your children through our Kindergym fun with the added bonuses of organized parachute games and extra time to play. Party also includes Kindergym party room. Parties are available at both Parnassus and Mission Bay sites. For more information e-mail ucsfyouthfamily@cls.ucsf.edu

\$250/280/300

Dodgeball Drop-in for kids (8-12 years)

Get in rolling with Dodgeball, fun, new and exiting. Kids come and join us playing and exercising your body with our soft ball. You can only laugh when they hit you!

0075.451 Tu-Th 4:30 am-5:45 pm
Mission Bay Gymnasium

\$10 (single drop-in play)

0076.452 Tu-Th 4:30 am-5:45 pm
Mission Bay Gymnasium

\$40 (drop-in card play – 5 visits)



youth aquatics

Parnassus and Mission Bay

Parent and Child Aquatics

Please note that parent participation is required for Level A and Level B.

Level A

Ages 6 months to 2 years old with little or no previous water experience

Level B

Ages 18 months to 4 years old who:

- have two or more previous water sessions, or
- submerge reluctantly/not at all, or
- require flotation support at all times, or
- would benefit from parental presence and support

Pre-School

Ages 3-5 years:

- no parent participation required

swim teams—Mission Bay

Youth Pre-Swim Teams

This introduction to competitive swimming is designed for children who have graduated from the American Red Cross Learn to Swim program (must have Level 5 skills or better). The class explores and refines the four competitive strokes, turns, starts, and more during the 60-minute session. Daily workouts are provided for the group by qualified staff. Children can have up to five sessions per week.

(No class 5/28)

Ages 9-12 years

M, W, F 6:00-7:00 pm

T, TH 5:30-6:30 pm

1 time per week	\$9/13/18*
2 times per week	\$18/26/36*
3 times per week	\$27/39/54*
4 times per week	\$36/52/72*
5 times per week	\$45/65/90*

*Fees are per month

Mission Bay

Children's Swim

Children Ages 6-12

Levels 1-6

Our Red Cross Learn to Swim program is designed to meet the needs of children with a wide range of abilities, from initial water adjustment to advanced skills and techniques. See below and pages 34-35 for class information and fees.

Level 1 - Introduction to Water Skills

Students will start developing good attitudes and safe water practices. This level includes breath control, underwater swimming, changing directions, and swimming on front and back.

Level 2 - Fundamental Aquatic Skills

Students will learn how to return to a vertical position from floating and how to alternate arm and leg actions on front and back.

Level 3 - Stroke Development

Students will coordinate the front and back crawl. Elements of the butterfly and the fundamentals of treading water will also be introduced.

Level 4 - Stroke Improvement

Students will improve swimming skills and increase endurance. This course continues to build on the butterfly and introduce the elementary backstroke, breaststroke, and elements of sidestroke.

Level 5 - Stroke Refinement

Students will refine performance of all the strokes and increase distances. Flip turns are also introduced.

Level 6 - Swimming and Skill Proficiency

Teen Learn to Swim

(11 classes; no class 5/28)

Session One

1011.301 M, W 4/2-5/7	6:30-7:30 pm	Parnassus
\$115/125/139		

Session Two

1011.302 M, W 5/9-6/18	6:30-7:30 pm	Parnassus
\$115/125/139		

(11 classes)

Session One

1011.352 M, W 4/2-5/7	4:30-5:00 pm	Mission Bay
\$79/89/95		

Session Two

1011.353 M, W 5/9-6/18	4:30-5:00 pm	Mission Bay
\$79/89/95		



Kids: learn your A/B/Cs

Youth fees are based on UCSF affiliation:

- A- For UCSF students' children and Fitness & Recreation child members
- B- For Fitness & Recreation members' and non-member UCSF employees' children
- C- For non-member General Public children



registration

For information on registration for Spring 2007, please see page 36*. Registration must be done in person. If you are unable to attend, feel free to send a friend with a completed registration form and waiver in your place. Classes are very popular, so sign up early. Space is limited. First come, first served.

*Children who are currently enrolled in our program are able to pre-register. However, space is limited. If you are new to our program, we encourage you to contact us about space availability, March 26-30, 2007, prior to registering.

call our hotline:
415.514.3570 (Parnassus)
Registration hours after
March 31:
M-F 6:00 am-8:00 pm
Sa-Su 7:30 am-6:00 pm

swimming fun & safe

The most important thing to remember is to have a good time. But we also want to make sure that swimming is a safe activity for everyone.

To make this happen, we ask that you please enjoy your food and drinks outside of the Fitness Center, locker rooms, and pool area.

Parents of small children are also asked to supervise them at all times. Please help them to understand that running and shouting in the locker rooms, showers, pool, and viewing areas is both dangerous and distracting for other members.

Our sauna is a wonderful way to relax, but can also be dangerous when used improperly. Because of this, we ask that you be 16 years or older to use the sauna.

Children age five and under may use the locker room of the opposite sex if accompanied by an adult. Children age six and older must use the gender-appropriate locker room.

Please have your child change in the locker room—not on the pool deck or fitness floor.

Our aquatics staff are happy to assist you in a safe and happy experience for you and your child.

Remember, safe swimming is fun swimming!

Parnassus youth aquatics schedule

Parent/Child - Fee per session: \$79/89/95 (10 classes; no class 5/28)

Class	Time	M 4/2-6/4 Code	Sa 4/7-6/9 Code
Parent/Child A	10:00-10:30 am 1:00-1:30 pm	J01 —	— J45
Parent/Child B	10:30-11:00 am 1:30-2:00 pm	J02 —	— J47

Pre-School Lessons - Fee per session: \$79/89/95

Weekday	Tu 4/3-6/5 Time	Tu 4/3-6/5 Code	Th 4/5-6/7 Time	Th 4/5-6/7 Code	Weekend Time	Sa 4/7-6/9	Su 4/8-6/10
	2:30-3:00 pm 3:00-3:30 pm	J03 P-1 J04 P-2	J06 P1 —	9:00-9:30 am 9:30-10:00 am 10:00-10:30 am 11:00-11:30 am 11:30 am-12:00 pm 12:00-12:30 pm	J20 — — J34 J38 J41	J57 J62 — J77 — —	

Children's Weekend Learn to Swim Schedule - Fee per session: \$79/89/95

Levels 1-3	Sa 4/7-6/9 Time	Sa 4/7-6/9 Code	Su 4/8-6/10 Time	Su 4/8-6/10 Code	Levels 4-6	Sa 4/7-6/9 Time	Sa 4/7-6/9 Code	Su 4/8-6/10 Time	Su 4/8-6/10 Code
Level 1	8:00-8:30 am 8:30-9:00 am 9:00-9:30 am 9:30-10:00 am 10:00-10:30 am 10:30-11:00 am 11:00-11:30 am	J12 J16 J21 J24 — J30 —	—		Level 4	8:00-8:30 am 8:30-9:00 am 9:30-10:00 am 10:00-10:30 am 10:30-11:00 am 11:00-11:30 am 11:30 am-12:00 pm 1:00-1:30 pm	J15 J18 J25 — J33 J37 J39 J46	—	
Level 2	8:00-8:30 am 8:30-9:00 am 9:00-9:30 am 9:30-10:00 am 10:00-10:30 am 10:30-11:00 am 11:00-11:30 am	J13 J17 — J10 — J31 J35	— J53 J59 J64 J68 J73 J79		Level 5	8:30-9:00 am 9:00-9:30 am 9:30-10:00 am 10:00-10:30 am 10:30-11:00 am 11:00-11:30 am 1:30-2:00 pm	J19 — J26 J29 — — J48	J56 J61 — J71 J76 J81 —	
Level 3	8:00-8:30 am 8:30-9:00 am 9:00-9:30 am 9:30-10:00 am 10:00-10:30 am 10:30-11:00 am 11:00-11:30 am 12:00-12:30 pm	J14 — J22 — — J32 J36 J42	— J54 J60 J65 J69 J74 — —		Level 6	7:30-8:00 am 8:00-8:30 am 9:00-9:30 am 10:00-10:30 am 11:30 am-12:00 pm 11:30 am-12:15 pm 12:00-12:30 pm 12:30-1:00 pm	J11 — J23 J28 J40 — J43 J44	J50 J51 — — — J82 — —	

Children's Weekday Learn to Swim Schedule - Fee per session: \$79/89/95

Class	Time	Tu 4/3-6/5 Code	Th 4/5-6/7 Code
Level 3	3:00-3:30 pm	—	J07
Level 4	3:30-4:00 pm	J83	—
Level 6	3:30-4:00 pm	J05	—

— Indicates no class offered

See page 36 for youth aquatics registration information.

Mission Bay youth aquatics schedule

Parent/Child - Fee per session: \$79/89/95 (10 classes; no class 5/28)

Class	Time	M 4/2-6/11 Code	Sa 4/7-6/9 Code	Su 4/8-6/10 Code
Parent/Child A	11:00-11:30 am	MB01	-	-
Parent/Child B	11:30 am-12:00 pm	MB02	-	-
Parent/Child A	12:00-12:30 pm	-	MB03 MB05	
Parent/Child B	12:30-1:00 pm	-	MB04	MB06

Pre-School Lessons - Fee per session: \$79/89/95 (10 classes; no class 5/28)

Class	M/W 4/2-5/2 Code	M/W 5/7-6/11 Code	Sa 4/7-6/9 Code	Su 4/8-6/10 Code
10:00-10:30 am	-	-	MB100	MB126
10:30-11:00 am	-	-	MB105	MB131
1:00-1:30 pm	-	-	MB113	-
1:30-2:00 pm	-	-	-	MB139
3:00-3:30 pm	MB10	MB12	-	-

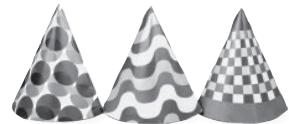
Children's Weekday Learn to Swim Schedule - Fee per session: \$79/89/95 (10 classes; no class 5/28)

Class	M/W 4/2-5/2 Code	M/W 5/7-6/11 Code
Time		
Level 1	3:30-4:00 pm	MB20
	4:00-4:30 pm	MB24
	4:30-5:00 pm	-
Level 2	3:30-4:00 pm	MB21
	4:00-4:30 pm	-
	4:30-5:00 pm	MB28
Level 3	3:30-4:00 pm	MB22
	4:00-4:30 pm	MB25
	4:30-5:00 pm	-
Level 4	3:30-4:00 pm	-
	4:00-4:30 pm	MB26
	4:30-5:00 pm	MB29
Level 5	3:30-4:00 pm	MB23
	4:00-4:30 pm	-
	4:30-5:00 pm	MB30
Level 6	3:30-4:00 pm	-
	4:00-4:30 pm	MB27
	4:30-5:00 pm	MB31

Splish at Parnassus, Splash at Mission Bay!

Make waves with a unique and unforgettable pool party. Celebrate birthdays or any occasion at all! Includes: Use of pool for 20 swimmers with one lifeguard.

Parnassus pool available Sundays, 4:30-5:30 pm. Mission Bay pool is available at various times. For more information or reservations call 415.476.0334 for Parnassus or 415.514.4673 for Mission Bay.



Children's Weekend Learn to Swim Schedule - Fee per session: \$79/89/95

Class	Time	Sa 4/7-6/9 Code	Su 4/8-6/10 Code	Class	Time	Sa 4/7-6/9 Code	Su 4/8-6/10 Code
Level 1	10:00-10:30 am	MB101	MB127	Level 4	10:00-10:30 am	MB104	-
	10:30-11:00 am	MB106	MB132		10:30-11:00 am	-	MB134
	11:00-11:30 am	MB110	MB136		11:00-11:30 am	MB125	-
	11:30 am-12:00 pm	MB114	MB140		11:30 am-12:00 pm	MB117	MB143
	1:00-1:30 pm	MB120	MB146		1:00-1:30 pm	-	MB149
Level 2	10:00-10:30 am	MB102	MB128	Level 5	10:00-10:30 am	-	
	10:30-11:00 am	MB107	MB133		10:30-11:00 am	MB108	-
	11:00-11:30 am	MB111	MB137		11:00-11:30 am	-	-
	11:30am-12:00 pm	MB115	MB141		11:30 am-12:00 pm	MB118	MB144
	1:00-1:30 pm	MB121	MB147		1:00-1:30 pm	MB124	MB150
Level 3	10:00-10:30 am	MB103	MB129	Level 6	10:00-10:30 am	-	
	10:30-11:00 am	-	-		10:30-11:00 am	MB109	MB135
	11:00-11:30 am	MB112	MB138		11:00-11:30 am	-	-
	11:30 am-12:00 pm	MB116	MB142		11:30 am-12:00 pm	MB119	MB145
	1:00-1:30 pm	MB122	MB148		1:00-1:30 pm	-	MB151

- Indicates no class offered

See page 36 for youth aquatics registration information.

Registration Info

Registration Dates and Hours— Parnassus and Mission Bay

Adult and Youth Programs

Space is limited. First come, first served. You may register at either Fitness & Recreation Center location regardless of class/activity location. Register early.

Priority Registration for Premier Members and Students:

Starts Monday, March 12 (ongoing) Mail/Fax/Drop-off
Monday-Friday: 6:00 am-8:00 pm
Saturday and Sunday: 7:30 am-6:00 pm

Registration for Standard Members:

Starts Thursday, March 15 (ongoing) Mail/Fax/Drop-off
Monday-Friday: 6:00 am-8:00 pm
Saturday and Sunday: 7:30 am-6:00 pm

Registration for Non-Member UCSF Employees and General Public:

Starts Monday, March 19 (ongoing) Mail/Fax/Drop-off
Monday-Friday: 6:00 am-8:00 pm
Saturday and Sunday: 7:30 am-6:00 pm

Youth Participation Policy:

Children 14 and under may participate in pre-specified, programmed gym, court, pool, or studio activities with direct adult supervision only. Children 15 and over may participate in activities in these areas and use the weight machines, free weights, and cardio equipment without direct adult supervision. Participation in Group Fitness Core classes is only available to children 15 and over.

Youth Aquatics Lessons

Space is limited. First come, first served. Register early.

Priority Registration for Premier Members and Students:

Starts Tuesday, March 27: 8:00 am-7:00 pm
Registration in person ONLY
Must present Premier Membership Card

Registration for Standard Members:

Starts Thursday, March 29: 8:00 am-7:00 pm
Registration in person ONLY
Must present Standard Membership Card

Registration for Non-Member UCSF Employees and General Public:

Saturday, March 31 (ongoing)
Registration in person ONLY
Time: Doors open at 7:30 am
UCSF employees must present ID

Registration Details

Pricing Structure:

Programs are priced with an A/B/C three-tier structure:

Adult Fees

A = UCSF Students/Fitness & Recreation Center Members
B = Non-member UCSF Faculty/Residents/Post Docs/Staff
C = Non-member General Public

Youth Fees

A = UCSF Students' Children, Fitness & Recreation Child Members
B = Fitness & Recreation Adult Members' Children and Non-member UCSF Employee Children
C = Non-member General Public Children
Children under 3 years eligible for parents' fee structure

Confirmation and Check-in:

If you do not receive your confirmation prior to the first day of your session or program, call Parnassus at 415.476.1115; or Mission Bay at 415.514.4545. Confirmation includes location and directions. Bring your admittance voucher, membership card, or UCSF student/employee ID for check-in and entry into your session or program.

Locations:

Parnassus programs are located at the Millberry Fitness & Recreation Center in the UCSF Millberry Union at 500 Parnassus or in classrooms located in the Medical Sciences Building at 513 Parnassus. Mission Bay programs are located at the Bakar Fitness & Recreation Center in the UCSF Mission Bay Community Center at 1675 Owens.

Cancellations:

Programs are subject to minimum participation levels. Register early to avoid cancellations. You will be notified by phone if Fitness & Recreation Centers at UCSF must cancel an Adult/Youth Program, Youth Aquatics Lesson, or Outdoor Programs Activity/Trip.

Credit and Refund Policy:

The Fitness & Recreation Centers at UCSF adhere to a "No Refund" policy for all customer-cancelled, registered sessions, programs, lessons, activities, and trips.

Credit only is issued for Adult/Youth Programs and Youth Aquatics Lessons when requested 24 hours prior to the first day of a class, activity or session. Credit only is issued for Outdoor Programs Activities/Trips when requested 7 days prior to the activity or the pre-trip meeting. All cancellations are subject to a \$15 processing fee. No credit can be issued after the deadlines stipulated above.

If the Fitness & Recreation Centers at UCSF must cancel an Adult/Youth Program, Youth Aquatics Lesson, or Outdoor Program a full refund is available in the same form as the original payment.

Group Fitness Core Class Details

Core classes are included with Premier membership. Bakar Premier Express members, standard members and non-members must purchase a Group Fitness Class Card or single class coupon to participate. Participants must check in at the Service Desk and pick up a class entry card 20 minutes prior to scheduled class start times. For safety, all Group Fitness Core classes close 10 minutes after class begins.

Group Fitness Class Card Policies:

Class Cards may be used for all Core classes, are site-specific and valid for three months from date of purchase. Student cards have no expiration and can be used at both locations. Bakar Premier and Standard Express members may purchase cards at either location to participate in appropriate classes at the corresponding facility.

Group Fitness Single Class and Class Card Fees:

Single Class = \$15
5-Class Card = \$39/45/59
10-Class Card = \$59/85/99
20-Class Card = \$99/135/159

Group Fitness Same Day Class

Reservation Procedures:

Everyone may reserve a spot in any Core class the same day as early as 6:00 am M-F and 8:00 am Sat-Sun. Reservations will be accepted throughout the day until classes fill. Premier members may make reservations starting at 6:00 am, M-F online at <https://www.xpiron.com/schedule/ucsf>, over the phone, or in person. Class Card holders may make reservations in person and must pay for class at time of reservation. A class reservation can only be made for the reserving party. Please call if there is a need to cancel as a courtesy to fellow participants. Same Day reservation privileges are revocable with habitual no-shows. The Fitness & Recreation Centers at UCSF are not responsible for lost or stolen cards, refunds, transfers, or extensions.

Fitness Centers Holiday Schedule Parnassus and Mission Bay

Cesar Chavez Day

Friday, March 30
Open 7:30 am-8:00 pm

Memorial Day

Monday, May 28
Closed

Parking

Millberry Fitness & Recreation Center

500 Parnassus Avenue Garage

Members and guests are allowed up to 3 hours of discounted parking at \$1.50 on weekdays from 4:45 pm-8:30 am, and anytime on weekends. Bring your parking ticket to the Service Desk for validation.

Bakar Fitness & Recreation Center - Mission Bay Community Center Garage

1625 Owens Street

Premier Fitness Members:
Premier fees include up to 3 hours of validated parking. Bring your parking ticket to the Service Desk for validation.

Standard Fitness Members:

Members and guests are allowed up to 3 hours of discounted parking at \$1.50 on weekdays from 4:45 pm-8:30 am, and anytime on weekends. Bring your parking ticket to the Service Desk for validation.

STEP 1 PARTICIPANT INFORMATION

(One form per participant. All fields are required in order to register. In-person registration required for Youth Aquatics Lessons.)

Adult Participant Name (or parent/guardian):

First M.I. Last Birth Year (optional) Sex (optional)

Child Participant Name (one child per Registration Form and Waiver):

First M.I. Last Birth Year Sex

Street Address: _____ Apt# _____ City _____ Zip _____

Home Phone () _____ Work Phone () _____ Cell Phone () _____

E-mail Address _____

Emergency Contact Name: _____ Relationship: _____ Phone () _____

STEP 2 WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Fitness & Recreation Centers at the University of California, San Francisco

Activity, Program, Session, Lesson and/or Trip: _____

Waiver: In consideration of being permitted to participate in any way in any activity, program, session, lesson and/or trip named above, indicated on the reverse side of or attached to this document, hereinafter called "Activity," I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge and covenant not to sue** The Regents of the University of California, its officers, employees and agents from liability **from any and all claims including the negligence of The Regents of the University of California, its officers, employees and agents**, resulting in personal injury, accidents or illness (including death) and property loss arising from, but not limited to, participation in the "Activity."

Signature of Participant

Date

Signature of Parent/Guardian of Minor

Date

Assumption of Risks: Participation in the "Activity" carries with it certain inherent risk that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one "Activity" to another but the risks range from 1) minor injuries such as scratches, bruises and sprains to 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I understand the words and language in them. I have been advised of the potential dangers incidental to receiving instruction and participating in the "Activity." I know, understand and appreciate these and other risks are inherent in the "Activity." I hereby assert that my participation is voluntary and I knowingly assume all such risks.

Indemnification and Hold Harmless: I also agree to indemnify and hold The Regents of the University of California harmless from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney fees brought as a result of my involvement in the "Activity," and to reimburse them for any such expense incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement of Understanding: I have read this waiver of liability, assumption of risks and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue**. I understand and agree that if I am signing this waiver of liability, assumption of risks and indemnity agreement on behalf of a minor child, I am giving up substantial rights for said minor child, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

Photo Release: I hereby grant the University of California, San Francisco to take and use my and/or my minor child's photograph on its world wide web or in other official University printed publications without further consideration and I acknowledge the University's right to crop or treat the photograph at its discretion. I also acknowledge that the University may not choose to use said photos at this time but may do so at its own discretion at a later date.

YES NO

Signature of Participant

Date

Signature of Parent/Guardian of Minor

Date

Participant Age (if minor): _____

CONTINUED ON BACK





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For details and program information, contact:
Sandra.stefanuto@ucsfmedctr.org, or
415.514.9724



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CampusLife Services

FITNESS & RECREATION

Documents, Media & Mail



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University of California
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- New Climbing Wall
- New Massage Room & Client Lounge

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- New Spinning® Studio

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join now!

Fitness & Recreation Centers at UCSF

Millberry Fitness & Recreation Center at UCSF Parnassus 476.0348

Bakar Fitness & Recreation Center at UCSF Mission Bay 476.JOIN

www.campuslifeservices.ucsf.edu



#1679

University of California, San Francisco
Fitness & Recreation Centers at UCSF
at 500 Parnassus Avenue
San Francisco, CA 94143-0234



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