plenty of
good eats.
Humboldt State is home to all sorts of
great on-campus eateries. At the Depot,
you can grab anything from a fresh-baked chocolate croissant to a grilled chicken and feta wrap. At the "3," our full-service cafeteria, you can order delicious entrees or make your own gourmet omelet for breakfast. Craving a mocha or pint of Ben and Jerry's? Try our on-campus coffee shops and mini-marts. Don't forget to stop by to check out the Library Cafe!
Visit www.humboldt.edu/dining today!
Since 1980, Center Activities has continued to provide outdoor, recreational, fitness, educational and social experiences to Humboldt State University students and the surrounding community in order to promote personal development, discovery, and foster involvement in the community. Center Activities is your one-stop recreation destination. Whether you are looking for a certification program, outdoor equipment rental, or want to take the first steps toward learning a new skill, we’ll help you reach your goal.

**Equipment Rental Program:** We have the gear you need! Reservations are encouraged as equipment is rented on a first-come, first-serve basis. Receive 50% off regular price when renting equipment for one of our scheduled adventures. See the Rental Guide on page 27-28 for pricing, policies, and available equipment.

**Leisure Activities:** This program offers personal enrichment courses in music, food & beverage, art and more! Class offerings are taught by skilled and qualified instructors from the surrounding community who wish to share their knowledge.

**Outdoor & Aquatic Activities:** Choose from many exciting adventures throughout the entire year! This program offers introductory and intermediate options through a variety of tours, skills seminars and classes. All of these courses are designed to suit your needs. Youth aquatics camps are offered each summer, encouraging outdoor recreation as a healthy, lifelong pursuit.

**Private Trips:** Have friends or a special group looking for an adventure? Want to explore a particular trail system or waterway but need us to lead the way? We are happy to help plan your custom trip. Please contact us for more information and pricing!

**Recreation & Wellness Center:** A multi-departmental collaboration between Center Activities, Recreational Sports and Student Health and Wellness Services. The Recreation & Wellness Center seeks to fulfill the varying needs of individuals looking to explore the many dimensions of wellness as part of Humboldt State University’s ongoing mission to foster well-being for the entire campus and surrounding community. The Recreation and Wellness Center is located on the east side of campus adjacent to the Redwood Bowl. Visit the drop-in lounge where one can find great magazines, video games, board games, karaoke and more.

**Get Informed**

**Get Inspired**

**Get Active**

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**Office Hours**

**Center Activities Office Hours**

Monday - Friday • 10:00 AM - 6:30 PM

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**Recreation & Wellness Center Lounge Hours**

Monday – Thursday 9:00 AM – 9:00 PM • Fridays 9:00 AM – 6:30 PM

Sundays 10:30 AM – 3:30 PM

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**Get Informed**

**Get Inspired**

**Get Active**
HUMBOLDT BAY AQUATIC CENTER

Located on the beautiful Eureka waterfront across from Woodley Island Marina, the Humboldt Bay Aquatic Center (HBAC) is dedicated to providing aquatic boating recreation and education. This multi-purpose facility provides spacious rooms to rent for any special event with spectacular views.

Aquatic Equipment Rentals: The Humboldt Bay Aquatic Center rental program offers kayaks, stand up paddle boards, canoes, windsurf gear, sailboats and much more! All aquatic rentals include a brief paddling and safety orientation if you are launching from the bay, as well as a personal flotation device (PFD), wetsuit, splash jacket, paddle and watercraft. **Turn to page 27 for pricing.**

Group Tours: HBAC provides group tours for HSU students, school groups, clubs, and anyone else who want to get outside and enjoy nature together! Guided tours can focus on a range of areas such as wildlife interpretation, water safety skills, outdoor adventure, education, or plain simple fun! Call for your custom package and pricing today.

Room Rentals: The Humboldt Bay Aquatic Center is a state of the art facility for business meetings with attentive staff and numerous amenities including wireless internet, audio/visual equipment, whiteboards, prep kitchen, and coffee and tea service. View our rental rates or download a reservation request form at hbac@humboldt.edu

STUDENT RECREATION CENTER

The Student Recreation Center (SRC) is comprised of two buildings to best serve the Humboldt State community. The SRC is located near the Kinesiology & Athletics Building; the SRC West is located between the Forbes and West Gyms. Our purpose is to enrich the opportunity for on-campus physical activity through drop-in recreation, group fitness classes, indoor climbing, personal training, and special events.

Indoor Field Space: The indoor field is used for jogging, intramural and sport clubs practice, athletics practice, special events, drop-in recreation, and private rentals.

Strength Training: The strength training area of the SRC features a weight room with a variety of equipment such as free weights, resistance machines, bench presses, incline presses, squat racks, and Olympic Lifting Platforms.

Cardio Training: The cardio training areas of both facilities offer a variety of exercise equipment, including ADA accessible machines.

Climbing Wall: The SRC offers a bouldering area and seven roped climbs as tall as 46 feet. Basic climbing instruction is available at this facility for those new to the sport. The SRC West features a bouldering wall with climbing routes set for every skill level. Both facilities offer rental gear and are available for private rentals.

Fees & Eligibility: Current membership and photo ID required. Registered HSU students are currently paying $48 per semester to support the SRC. With this in mind the following fees will apply:
- Continuing Students: $48 per semester
- Extended Education Students: $58 per semester
- Staff/Faculty: $55 per half semester
- S90 per semester
- $230 per year
- Healthy-U Program: $30 per semester
- Alumni Association Members: $70 per half semester
- $120 per semester
- Sponsored Individual: $10 single use visit
- $65 for a pass of 10 visits

STUDENT RECREATION CENTER—WEST

**HOURS OF OPERATION:**
Monday-Friday
8:00 AM - 8:00 PM

**CLIMBING WALL HOURS:**
Monday-Thursday
12:00 - 10:00 PM
Friday
12:00 - 8:00 PM
Saturday & Sunday
12:00 - 4:00 PM
RECREATIONAL SPORTS

Recreational Sports offers Drop-in Activities, Intramural Sports programs and Sport Clubs for any student who wants to participate in a wide array of sporting and recreational events. Whether you are wanting a just-for-fun league or are looking for a more competitive experience, the all-inclusive programs of Rec Sports provides opportunities to connect with the campus community and each other in a fun, safe environment that emphasizes fair play, sportsmanship and the lifelong pursuit of physical activity.

Drop-In: Drop-in activities are set up for students, faculty and staff to come and recreate in an unstructured environment. We offer various sports during the day and evening hours. Because of limited gym space, the evening hours are only available when Intramural leagues are not in session (first 4 weeks of classes and last 4 weeks of classes). The daytime hours are ongoing throughout the semester.

Intramurals: The Intramural Sports Program at HSU is designed to offer students, faculty/staff and community members recreational activities in which they can participate on campus. Intramural Sports offers team sports in recreational as well as competitive leagues, depending on the participants’ skill level. Leagues feature five weeks of round robin play followed by a single elimination tournament. Single day special event tournaments are also offered. Getting involved in Intramural Sports is a great way to meet new people, stay healthy, and have fun! Stop by our office in the Recreation and Wellness Center 101 to sign up!

REGISTER YOUR TEAM ONLINE!
Register Here: imleagues.com/humboldt

Sports Clubs: The Sports Club program at Humboldt State University provides opportunities for students to participate in a competitive sport and compete with other off-campus clubs and Universities. Each sport club has a volunteer coach that will lead the team. The goal for sports club membership is to provide leadership experiences for students as well as providing skill development, fitness, and strength building in a competitive arena to showcase students’ athleticism. All students are encouraged to join a club sport, regardless of skill level.

Sports Club Teams:

<table>
<thead>
<tr>
<th>Archery</th>
<th>Baseball</th>
<th>Cycling</th>
<th>Cheer</th>
<th>Climbing</th>
<th>Disc Golf</th>
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<tbody>
<tr>
<td>Men’s Crew</td>
<td>Women’s Ultimate</td>
<td>Frisbee</td>
<td>Men’s Lacrosse</td>
<td>Women’s Rugby</td>
<td>Volleyball</td>
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<td>Women’s Lacrosse</td>
<td>Men’s Rugby</td>
<td>Women’s Rugby</td>
<td>Fencing</td>
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INTRAMURAL SPORTS

BASKETBALL

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<tr>
<td>“A”</td>
<td>Mondays</td>
<td>8 - 11 PM</td>
<td>Forbes Gym</td>
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<td>“B”</td>
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<td>“C”</td>
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<td>Coed “B”</td>
<td>3 - 7 PM</td>
<td>Field House</td>
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<td>Coed “C”</td>
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<td>Redwood Bowl</td>
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FLAG FOOTBALL

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VOLLEYBALL

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<td>Coed “B”</td>
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<td>Doubles</td>
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<td>Forbes Gym</td>
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Stop by and let us help you to make recreation and wellness your destination! The Recreation & Wellness Center (RWC) encourages campus interaction and enhances the Humboldt experience through dynamic, inclusive recreation, fitness and wellness programs which promote healthy lifestyles, social development and leadership skills necessary for student success.

**Student Health & Wellness Services:** Humboldt State University Peer Health Educators are students working with Health & Wellness Services to create a more holistically healthy community at HSU. This is done through a model of Health Education that rejects the language of shame and fear and instead focuses on compassion and social justice. HSU’s Peer Health Educators do the important work of engaging students and fostering community connections, as well as creating spaces where students feel respected.

These students develop workshops, events, classroom presentations, and educational outreach to teach about issues like sexual health, sexualized violence, mental health, healthy eating, body image empowerment, consent, alcohol and other drugs, stress relief, and much more. Each student is trained and certified through the Bacchus Certified Peer Health Education program. If you are interested in becoming a Peer Health Educator, or in connecting with a Peer Health educator, contact Mira Friedman at 707.826.5234 or mira@humboldt.edu.
SPECIAL EVENTS

2 DAYS OF PADDLING FUN ON HUMBOLDT BAY

PADDLEFEST
A PEOPLE POWERED WATER ADVENTURE

FOOD
MUSIC
CLINICS
CLASSES
TOURS
PRIZES
& MORE

All proceeds go to The Youth Aquatic Scholarship Fund

SEPT 12-13, 2015
Humboldt Bay Aquatic Center
921 Waterfront Dr.
Eureka, CA
707-443-4442

WORK ONE-ON-ONE WITH A PERSONAL TRAINER

PRICE PACKAGES
INDIVIDUAL $20-$30**
BUDDY (2 PEOPLE) $15-$25**
SMALL GROUP (3-6 PEOPLE) $10-$20**

SEPTEMBER ONLY
BUY 2 SESSIONS GET 1 FREE

TIMES VARY DUE TO AVAILABILITY.
**PRICE PER SESSION DEPENDS ON HOW MANY SESSIONS ARE PURCHASED.
PRICE PER PERSON PER SESSION.
We partner with certified professionals who are leaders in their field and have a passion for teaching. Whether you are needing CPR and First Aid for employment, are looking to develop professionally through our Emergency Medical Technician training, or would like to become a leader in the backcountry with our Wilderness First Responder course, we can help you achieve your goals.

**Certification Courses**

**CPR/AED for the Professional Rescuer**  
September 5, 12, & October 24  
Designed for first responders, learn how to use different breathing devices for resuscitation and how to care for breathing and cardiac emergencies.  
Program Fee: $70 HSU Students • $85 All Others  
Days & Times: Saturday • 9:00 AM – 3:00 PM  
Location: Recreation & Wellness Center Lounge

**First Aid and Adult CPR**  
September 13 & October 25  
Learn to care for breathing and cardiac emergencies for adults, and how to deal with sudden illnesses, wounds, and injuries to muscles, bones, and joints  
Program Fee: $65 HSU Students • $80 All Others  
Day & Times: Sunday • 10:00 AM – 3:00 PM  
Location: Recreation & Wellness Center Lounge

**Adult and Pediatric CPR**  
October 31  
Learn to recognize an emergency, prevent disease transmission, and care for breathing and cardiac emergencies for adults, children and infants.  
Program Fee: $65 HSU Students • $80 All Others  
Day & Times: Saturday • 9:00 AM – 2:00 PM  
Location: Recreation & Wellness Center Lounge

**ACA Instructor Certification for Whitewater Kayak**  
October 16 - 18 & 23 - 24  
This course is designed to develop instructional and personal paddling technique, and to prepare you to teach our beloved sport at the highest standard. Learn teaching progressions, perfect your strokes, and develop your critical eye. Here is your opportunity to get a job doing what you love!  
Program Fee: Level 1: $180 HSU Students • $200 All Others  
Level 2: $280 HSU Students • $300 All others  
Level 3: $380 HSU Students • $400 All others  
Level 4: $480 HSU Students • $500 All others  
Days & Times: Friday, Saturday & Sunday for the first weekend and Saturday & Sunday for the second. Level 1 and 2 certification conclude by the end of the first weekend. Levels 3 - 4 must attend both weekends. In general, we will meet every morning at 8:30 AM and participants should expect to be on the water until 5:30 PM or later.  
Location: First day meeting at Stone Lagoon visitor center. See the website or call Center Activities for more detailed locations for each day.
Emergency Medical Technician Certification (EMT)
August 24 – December 15
The Emergency Medical Technician (EMT) provides basic life support care to critically ill or injured patients. EMTs learn to manage airways using artificial devices, assess the severity of illness or injury, manage wounds and bleeding, immobilize fractures, perform CPR, utilize an automated defibrillator and assist with administration of some medications.

Program Fee: $325 HSU Students • $365 All Others

Days & Times: Monday & Tuesday • 5:00 – 10:00 PM
One additional Saturday class • November 7
Location: Nelson Hall East 102 • Goodwin Forum

Note: class will not meet during Thanksgiving break
Requirements & Co-requisites: 18 years of age at time of course completion, 160 classroom hours, 24 field and clinical observation hours, CPR for the Professional Rescuer or equivalent, Background check through Certified Background Company ($45), immunizations or proof of immunizations (MMR, TB, Hepatitis B, influenza.)

EMT Refresher Course
October 16 - 18
Current or less than 1 year expired NREMT candidates who wish to maintain national certification can also take this course for the “Transition” updated curriculum. Additional prerequisites required for Transition/Refresher candidates. Please contact EMT instructors at hsuemt@gmail.com for additional information.

Program Fee: $180 HSU Students • $200 All Others
Days and Times: Friday, Saturday, & Sunday • 11:00 AM – 7:00 PM
Location: Nelson Hall East 102 • Goodwin Forum

EMT Skills Verification
October 18
Those who need their Skills Verification List checked off may participate during the last day of the EMT Refresher class. Please contact Center Activities for further information regarding details and registration. Advance registration and pre-payment is required.

Program Fee: $50 HSU Students • $75 All Others
Day & Time: Sunday • 11:00 AM – 7:00 PM
Location: Nelson Hall East 102 • Goodwin Forum
Registration Deadline: October 16

EMT CE Units
Current EMT’s and Paramedics who wish to earn Continuing Education (CE) units may obtain up to five hours of credit for each EMT lecture attended. All classes are open for attendance. Please call Center Activities for further information regarding payment and advance registration.

Program Fee: $4 per CE hour
Days & Times: Please see details for the EMT course
Wilderness First Responder (WFR) with Wilderness Medicine Institute of NOLS
January 6 - 15
This challenging 80hr course is designed to provide outdoor leaders, instructors, guides, rangers and travelers with the knowledge needed to deal with emergencies in remote settings. This class meets national standards for urban and extended care situations and is recognized by many agencies, schools and institutions. All levels of previous training are welcome. Successful course completion earns you a WMI Adult & Child CPR certification and a WMI Wilderness First Responder certification. EMTs will earn a Wilderness EMT certification. All certifications are current for two years. For more information please see the CA website.
Program Fee: $610 HSU Students • $665 All Others. You will be required to pay a 50% deposit to secure a space in the class.
Day & Times: See website
Location: Nelson Hall East 102 • Goodwin Forum
Registration Deadline: December 4, unless spaces are not filled.
Course fee includes: instruction, all course materials including books and handouts, and all certification costs.

Wilderness First Responder Recertification with WMI of NOLS
March 12-14
This three-day scenario-based course is designed as a review and practice of evacuation and decision making guidelines. It also provides wilderness medicine practitioners with current updates in the wilderness medicine field. There will be a written examination at the beginning of this course. It may be used to recertify WFR and WEMT (wilderness portion only) for the following organizations: WMI, NOLS, SOLO, and WMA. This class includes CPR. For more information please see the Center Activities website.
Program Fee: $230 HSU Students • $265 All Others
Early Bird Discount: A discount of $5 will be given for those who register before January 27.
Day & Times: Saturday- Monday
Location: Nelson Hall East 102 • Goodwin Forum
Registration Deadline: February 6, unless spaces are not filled.
Notes: You will be required to pay a 50% deposit to secure a space in the class.

Wilderness First Aid with Wilderness Medicine Institute of NOLS
April 9-10
This two-day course covers the basics of emergency care with an emphasis on extended care situations (more than one hour from more advanced medical assistance). A Wilderness First Aid certification card is awarded upon completion of the class. In order to recertify Wilderness First Responder through this WFA course, students must have a current WFR certification from WMI, SOLO, NOLS, WMA or WPT. Please check your WFR certification closely. CPR is not included. For more information please see the Center Activities website.
Program Fee: $180 HSU Students • $200 All Others
Registration Deadline: March 13 • Registration after this date is possible if there are spaces available.
Early Bird Discount: A discount of $5 will be given for those who register before March 2.
Location: Nelson Hall East 102 • Goodwin Forum
Notes: Can also be used as a NOLS/WMI Wilderness First Responder Recertification course.

Lifeguard Certification Course
September 15 - October 2
This course will provide participants with the knowledge and skills required to recognize and eliminate common aquatic hazards, accidents and injuries. Participants must be at least 15 years of age and have excellent swim skills. Includes training and certification in Lifeguarding, First Aid and CPR for the Professional Rescuer. Class space is limited.
Price: $250 includes lifeguard training manual, pocket mask and certification cards.
Days & Times: Tuesday-Thursday • 6:00 - 9:00 PM
Saturday • 11:00 AM - 3:00 PM
Notes: Please be prepared to participate in swimming pre-test. Makeup class sessions cost $40.00 per hour. Please call the Arcata Community Pool for more information 707-822-6801

NAUI SCUBA Diver Course
Pre-Scuba Class Dates Open Water Dive Weekend
Session I: Aug 10 Aug 15 - Sep 20 Sep 19 - 20
Session II: Oct 5 Oct 10 - Nov 15 Nov 14 - 15
The NAUI SCUBA Diver Course is a five week program of instruction in the safe use of SCUBA equipment and water skills. The class consists of Saturday classroom lectures at the Alpha Training Group facility in Fairhaven, and Monday night pool sessions at the Arcata Community Pool. The course concludes with an open water dive in Mendocino over a weekend. Students will be required to provide a set of personal dive equipment and wetsuit for the open water portion of the course. Student equipment requirements are discussed in detail during the lecture seminar. All participants must fill out a medical evaluation prior to course. Evaluations are available at the front desk. Enquires may be directed to Alpha Diving Industries at 707.825.7880 or email at alpha.divers@hotmail.com
Tuition & Fees: $500 Plus additional charges for equipment
Days & Times: Classroom session: Saturdays • 9:00 – 11:00 AM
Pool sessions: Mondays • 6:00 - 9:00 PM
Students must register for Scuba, but must attend and pass the Pre-Scuba Class.
Fees: $7 drop-in fee
Time: 6:00 -9:00 PM • additional equipment required

The Lifeguard and SCUBA courses take place at the Arcata Community Pool. Please contact the Arcata Community Pool for registration and more information. 1150 16th Street Arcata, CA 95521
Tel: (707)822-6801
LEISURE ACTIVITIES

Take advantage of these unique programs offering personal enrichment and skill acquisition courses encompassing the arts, movement, skills, training and more. Registration deadlines for Leisure Activities will be the first day of classes for most offerings. Please call Center Activities to inquire about the possibility of registering for courses that have already begun. You may attend the first class for an opportunity to ask instructors questions prior to registering for courses that meet more than four times. For more detailed class descriptions and instructor biographies, please visit our website at: www.humboldt.edu/centeractivities

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MIND & SPIRIT ............................................................ 11

FOOD & BEVERAGE

Beer Brewing
October 18
This one-day seminar is an intermediate home-brewing course that will cover a variety of topics associated with all-grain brewing, including some advanced techniques. The students will benefit from a hands-on style presentation where they will experience the brewing process first hand while discussing related topics. Visit the Humboldt Regeneration Brewery and Farm for more information.

Program Fee: $45 HSU Students • $50 All Others
Days & Times: Sunday • 10:00 AM – 4:00 PM
Location: Humboldt Regeneration 2320 Central Ave. Unit F, McKinleyville, CA 95519 (Behind AAA Storage)
Notes: You must be 21 and over with a valid ID to register for this class. Parking is limited, parking available on Bates Rd.

Wine Tasting
October 21
Ever wonder what swirling wine in the glass was about? What do the “legs” really mean? This two hour class will show you how to understand and appreciate wine. To be held at Libation on the plaza in Arcata. This is the first class of their four class wine appreciation series and can be used for that series.

Program Fee: $20 HSU Students • $25 All Others
Days & Times: Wednesday • 7:00 PM
Location: Libation 761 8th Street, Suite D, Arcata, CA 95521
Notes: You must be 21 and over with a valid ID to register for this class.

MUSIC

Jazz Improvisation
September 1 - November 6
This class is geared toward the beginning or intermediate jazz improviser. Students will work together to gain the necessary skills to be effective soloists, learn fundamental chords and scales and the basics of swing rhythm, and be introduced to the twelve bar blues and other essential jazz song forms. Students will also learn how to compose a simple twelve bar blues song, and have the opportunity to perform it for the class.

Program Fee: $30 HSU Students • $38 All Others
Days & Times: Tuesdays • 6:00 – 7:30PM
Location: Recreation & Wellness Center • Room 122
**SKILLS**

**Introduction to Archery**  
*September 19, October 24, or November 14*  
This class is designed to introduce archery through the hands-on application of using a bow and arrow. You will learn the fundamentals of archery as well as the proper care and use of archery equipment.  
**Program Fee:** $30 HSU Students • $35 All Others  
**Days & Times:** Saturday • 9:00 AM – 12:00 PM  
**Location:** Recreation & Wellness Center • Room 124

**First Time Home Buyer’s Seminar**  
*September 9 - 10 & 16-17*  
Learn all you need to know to buy your first home: Finding it, financing, inspections, disclosures, negotiations, contracts, taxes, and more.  
**Program Fee:** $8 HSU Students • $13 All Others  
**Day & Times:** Wednesday & Thursday • 6:30 PM – 7:45 PM  
**Location:** HSU Science Building A 564

**MIND & SPIRIT**

**Einstein’s Theory of Special Relativity Simply Explained**  
*September 24 & October 1*  
Learn what Einstein’s theory teaches us about space, time, and time travel using almost no math.  
**Program Fee:** $8 HSU Students • $13 All Others  
**Day & Times:** Thursday • 6:30 PM – 7:45 PM  
**Location:** HSU Science Building A 564

**To Find More Classes**  
707-826-3357  
www.humboldt.edu/centeractivities  
facebook.com/CenterActivities
HEALTH & FITNESS

We strive to offer a variety of classes to promote an active and healthy lifestyle. Join us in a safe and motivating environment that will keep you moving!

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MARTIAL ARTS & SELF DEFENSE

Isshinryu Karate
Session 1: August 31 - October 14
Session 2: October 19 - December 9
If you are looking for an activity that provides a workout with the benefit of learning a practical form of self-defense, this may be for you. Isshinryu Karate is a classical style of Okinawan Karate. Robert Sherman, eight degree black belt and chief instructor, has taught Isshinryu Karate concurrently at HSU since 1979.
Program Fee: $60 HSU Students • $70 All Others
Days & Times: Mondays & Wednesdays • 7:00 – 9:00 PM
Location: Recreation & Wellness Center • Room 126

Tae Kwon Do
August 31 - December 16
Tae Kwon Do increases your cardiovascular fitness, muscular strength, and flexibility while teaching you effective self-defense techniques in realistic situations. Whether you are new to the Martial Arts, or already experienced, our proven method of instruction will help you succeed. Students can test for their first belt at the end of the semester and can attend additional classes at Sun Yi’s Academy of Tae Kwon Do, here in Arcata.
Program Fee: $75 HSU Students • $90 All Others
Days & Times: Wednesdays • 5:00 – 6:00 PM
Location: The first two weeks are at HSU’s Recreation & Wellness Center Room 125, the following weeks at Sun Yi’s Academy of Tae Kwon Do, Arcata
Note: A $20 fee for the Uniform is needed the first day of classes

GROUP FITNESS

Yoga
Session I: September 9 - October 7
Session II: October 21 - November 18
This class is designed to build warmth, mobilize joints, and get energy flowing through stretching the connective tissues and releasing the hips, hamstrings, shoulders and back, and using therapeutic breath throughout the practice. This is a fun class with sequences from various schools of yoga. Cultivate inner awareness while building strength and flexibility.
Drop-In Fees: $5 HSU Students • $6 All Others
Program Fee per Session: $25 HSU Student • $30 All Others
Program Fee for Both Sessions: $40 HSU Students • $50 All Others
Day & Time: Wednesdays • 5:30 – 6:30 PM
Location: Recreation & Wellness Center • Room 126
**Spin**
Session I: September 7 – October 8
Session II: October 19 – November 19
Spinning is a non-impact, highly effective way to build cardiovascular strength and endurance. This class includes 40 minutes of high intensity cardio set to music with a 10 minute cool down and stretch period. This class is appropriate for all levels. Class size is limited—register early!
A wheelchair accessible station is available with 1 day advance notice.
Program Fee per Session: $25 HSU Students • $35 All Others
Program Fee for Both Sessions: $40 HSU Students • $55 All Others
Days & Times: Mondays & Wednesdays • 5:30 – 6:15 PM
or Tuesdays & Thursdays • 5:30 – 6:15 PM
Location: Recreation & Wellness Center • Room 126

**Butts ‘N’ Guts**
Session I: September 7– October 7
Session II: October 19 – November 18
This challenging 30 minute class is specifically designed to target your core and lower body with a combination of exercises using your own body weight.
Drop-In Fee: $3 HSU Student • $4 All Others
Program Fee Per Session: $20 HSU Students • $30 All Others
Program Fee for Both Sessions: $30 HSU Students • $40 All Others
Days & Time: Monday & Wednesday • 12:15 –12:45 PM
Location: Recreation & Wellness Center • Room 125

**Olympic Weightlifting**
September 26
This clinic will take participants through the complete technical progressions of Olympic Clean & Jerk, Snatch, and additional movement variations. Participants will also gain the necessary baseline knowledge about the programming of such movements into their own training programs. The clinic includes practical hands-on portions as well as handouts, demonstrations and discussions. It is suitable for Strength & Conditioning/Sports Performance, Health & Fitness, and weightlifting enthusiasts alike.
Program Fee: $30 HSU Students • $40 All Others
Day & Time: Saturday • 9:00 AM – 12:00 PM
Location: Student Recreation Center

**Personal Training**
Personal trainers are certified fitness professionals that work one-on-one or in a group setting with their clients. You can consider a personal trainer as your private coach who will educate you about health, exercise and nutrition. Personal trainers assess the risks and plan a safe exercise program. They can help motivate, improve exercise routines and help their clients to achieve fitness and weight loss goals.

** program Fee:**
Individual $20-$30 per session**
Buddy (2 people) $15-$25 per session**
Small Group (3-6 people) $10-$20 per session**

*Times vary due to availability. Call 826-4197 to find out more.
**Price per session depends on how many sessions are purchased. Price is per person.

**Aquatic Fitness**
The Aquatic Fitness courses take place at the Arcata Community Pool. Please contact the Arcata Community Pool for registration and more information. 1150 16th Street Arcata, CA 95521 Tel: (707)822-6801

**Water Exercise**
These classes are one-hour long, medium intensity aerobic workouts. Tuesday and Thursday mornings class is held in the deep end area and all other classes are held in the four-foot lap lanes.
Day & Time: Monday, Wednesday, & Friday • 7:30 – 8:30 AM
Tuesday & Thursday • 8:30 – 9:30 AM (deep water)
Monday - Friday • 7:00 – 8:00 PM

**Adaptive Aquatics**
Come and bring your child of exceptional needs to this fun and safe environment. Facilitated by our trained staff, Adaptive Aquatics will reinforce basic water safety in the presence of fun and exciting games.
Day & Time: Friday • 5:00 – 6:00 PM

**Lap Swimming**
Adults can utilize our lanes for lap swimming and exercise any hour the facility is open. Lap lanes are available for rental for $30/hour.

**Prenatal & Post-Partum Exercise**
This class is designed for expectant mothers and new mothers who would like to begin or continue an exercise routine.
Days & Times: Monday - Friday • 12:00 - 1:00 PM

To Find More Classes
707-826-4197
www.facebook.com/StudentRecreationCenter
www.humboldt.edu/src
Equipment Rental Program: We have the gear you need! Reservations are encouraged as equipment is rented on a first-come, first-serve basis. Receive 50% off regular price when renting gear for one of our scheduled outings. See the Rental Guide on pages 27-28 for pricing, policies, and available equipment.

Mandatory Pre-Trip Meetings: Many classes have a mandatory pre-trip meeting, which helps participants prepare for the trip and for the group to work out logistical details like transportation. Pre-trip meetings also give the instructors a chance to meet all the participants, assess the group’s skill level, and cover any instructional material and equipment needs. Pre-trip attendance is beneficial to the whole group but if you are unable to attend, please notify our office ahead of time so that our staff can plan accordingly.

Transportation: Some courses include transportation in one of the University Center’s passenger vans. Other courses require participants to provide their own transportation. Transportation logistics, including carpool arrangements, will be arranged at the pre-trip meeting or as otherwise noted.

Private Trips: If these class dates don’t work for your schedule, no need to worry! Please call 707.826.3357 and our staff will help you organize your own private outing!
AQUATIC ADVENTURES

PADDLING ADVENTURES
From rivers to the ocean, the North Coast is an amazing place for all your kayaking adventures. We have highly trained instructors that are passionate about paddling and getting more people involved in our local paddling community. We have an extensive curriculum that will teach you everything you need to know to get started and be safe. Our paddling tours cater especially to the first time paddler. Experienced paddlers are welcome to attend as well.

Canoeing
Canoe the Slough
September 6
Canoe the Eureka Slough and bird watch in Humboldt Bay, home to over 1,000 species of birds. Bring your binoculars and get ready to view migratory songbirds, shorebirds, raptors, egrets, herons and many more. Our professional and experienced naturalists will guide you through the scenic wetland for an epic adventure. Bring packable snacks.

Program Fee: $25 HSU Students • $35 All Others
Program Fee Includes: 3 hour excursion, instruction, and gear
Day & Time: Sunday • 1:00 PM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday before class

Mixed Paddles
Family Fun Weekends
October 11, November 8
Get your family together for a memorable paddling excursion at an unbeatable value! Our staff will outfit you with an appropriate craft, give a brief paddle and safety talk and introduction to the boats, then your family can launch off our dock to lead your own adventure.

Program Fee: $20 per adult • Children paddle for free (limit 2 per adult, ages 6-17)
Program Fee Includes: boat, gear, paddle, PFD, and safety talk
Day & Time: Sundays • Drop in any time between 10:00 AM – 4:00 PM
Location: Humboldt Bay Aquatic Center

Halloween Spooky Moonlight Paddle
October 30
Come join us to SUP, kayak, and canoe around the Humboldt Bay while sporting your favorite Halloween costume. Whether you are a super hero, villain, princess, dinosaur, or Richard Nixon, you should sport this year’s look out on the water. *Only costumes that will not interfere with safety equipment will be permitted.

Program Fee: $20 HSU Students • $25 All Others
Program Fee Includes: 2 hour session, instruction, and gear
Day & Time: Friday • 5:00 PM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday before class

Polar Bear Paddle & Plunge
January 2
Test your might and come celebrate the New Year with our first annual Polar Bear Paddle and Plunge here at the Humboldt Bay Aquatic Center. We will kick off the trip with a paddle around the Samoa Bridge to warm up, then finish up with a plunge from our dock into the icy winter waters of Humboldt Bay. Enjoy hot chocolate and showers after your plunge.

Program Fee: $15 HSU Students • $20 All Others
Program Fee Includes: 1.5 hour session, instruction, gear, and hot chocolate
Day & Time: Saturday • 11:00 AM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday before class

Valentines Sunset Paddle
February 14
Grab your honey and a paddle! For this trip we will loop around Woodley Island in our tandem kayaks. Let the glassy water and light breeze set the mood, and we'll try our best to get you back to shore before dinner time *hint, hint!*

Program Fee: $35 HSU Students • $45 All Others
Program Fee Includes: 3 hour guided tour, gear, and chocolate
Day & Time: Sunday • 2:30 PM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday before class

Valentine’s Sunsets Paddle
February 14
Grab your honey and a paddle! For this trip we will loop around Woodley Island in our tandem kayaks. Let the glassy water and light breeze set the mood, and we’ll try our best to get you back to shore before dinner time *hint, hint!*

Program Fee: $35 HSU Students • $45 All Others
Program Fee Includes: 3 hour guided tour, gear, and chocolate
Day & Time: Sunday • 2:30 PM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday before class

Paddling Adventures
From rivers to the ocean, the North Coast is an amazing place for all your kayaking adventures. We have highly trained instructors that are passionate about paddling and getting more people involved in our local paddling community. We have an extensive curriculum that will teach you everything you need to know to get started and be safe. Our paddling tours cater especially to the first time paddler. Experienced paddlers are welcome to attend as well.

Canoeing
Canoe the Slough
September 6
Canoe the Eureka Slough and bird watch in Humboldt Bay, home to over 1,000 species of birds. Bring your binoculars and get ready to view migratory songbirds, shorebirds, raptors, egrets, herons and many more. Our professional and experienced naturalists will guide you through the scenic wetland for an epic adventure. Bring packable snacks.

Program Fee: $25 HSU Students • $35 All Others
Program Fee Includes: 3 hour excursion, instruction, and gear
Day & Time: Sunday • 1:00 PM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday before class

Mixed Paddles
Family Fun Weekends
October 11, November 8
Get your family together for a memorable paddling excursion at an unbeatable value! Our staff will outfit you with an appropriate craft, give a brief paddle and safety talk and introduction to the boats, then your family can launch off our dock to lead your own adventure.

Program Fee: $20 per adult • Children paddle for free (limit 2 per adult, ages 6-17)
Program Fee Includes: boat, gear, paddle, PFD, and safety talk
Day & Time: Sundays • Drop in any time between 10:00 AM – 4:00 PM
Location: Humboldt Bay Aquatic Center

Halloween Spooky Moonlight Paddle
October 30
Come join us to SUP, kayak, and canoe around the Humboldt Bay while sporting your favorite Halloween costume. Whether you are a super hero, villain, princess, dinosaur, or Richard Nixon, you should sport this year’s look out on the water. *Only costumes that will not interfere with safety equipment will be permitted.

Program Fee: $20 HSU Students • $25 All Others
Program Fee Includes: 2 hour session, instruction, and gear
Day & Time: Friday • 5:00 PM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday before class

Polar Bear Paddle & Plunge
January 2
Test your might and come celebrate the New Year with our first annual Polar Bear Paddle and Plunge here at the Humboldt Bay Aquatic Center. We will kick off the trip with a paddle around the Samoa Bridge to warm up, then finish up with a plunge from our dock into the icy winter waters of Humboldt Bay. Enjoy hot chocolate and showers after your plunge.

Program Fee: $15 HSU Students • $20 All Others
Program Fee Includes: 1.5 hour session, instruction, gear, and hot chocolate
Day & Time: Saturday • 11:00 AM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday before class

Valentines Sunset Paddle
February 14
Grab your honey and a paddle! For this trip we will loop around Woodley Island in our tandem kayaks. Let the glassy water and light breeze set the mood, and we’ll try our best to get you back to shore before dinner time *hint, hint!*

Program Fee: $35 HSU Students • $45 All Others
Program Fee Includes: 3 hour guided tour, gear, and chocolate
Day & Time: Sunday • 2:30 PM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday before class
Kayaking Instruction
Classes are designed to help participants learn at their own pace.

If these class dates don't work for your schedule, no need to worry!
Please call and we will help you organize a private outing!

Sea Kayaking Basics – On Land
September 2, October 7, January 6
This two-hour on land session will be held at the Humboldt Bay Aquatic Center and focus on the anatomy of boats, proper outfitting and gear, and everything else you need to know before your get your toes wet. This is a great way to feel more comfortable and confident about the sport before your first kayaking lesson.

Program Fee: FREE
Program Fee Includes: Demonstrations & Handouts
Time: 6:00 - 8:00 PM
Location: Humboldt Bay Aquatic Center

Sea Kayaking Fundamentals
September 19, October 17, January 16
In this course, our experienced and professional instructors will continue to cover boat handling, proper posture, paddling efficiency, bracing and safety techniques. They will also introduce intermediate techniques such as self and assisted rescues and priorities, channel traffic signals, and intermediate paddle strokes.

Program Fee: $40 HSU Students • $50 All Others
Program Fee Includes: 4 hour session, instruction, gear, and handouts
Day & Time: 9/19/15 @ 10:00 AM • 10/17/15 @ 9:00 AM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday before class

Intermediate Sea Kayaking
September 26, October 24, January 23
In this course we will move into more intermediate and advanced sea kayaking topics and skill practices such as wet exits, advanced bracing, T-rescues, heel hooks, rescue aids, and other techniques required to further your experience as a sea kayaker. Our experienced and professional instructors will follow you through your progression and be able to give you the feedback and attention you need to properly develop.

Prerequisite: Introduction to Sea Kayaking 101 or Instructor Approval
Program Fee: $40 HSU Students • $50 All Others
Program Fee Includes: 4 hour session, instruction, gear, and handouts
Day & Time: 9/26/15 @9:00 AM • 10/24/15 @ 8:30 AM
1/23/15 @ 10:00 AM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday before class
Sea Kayak & Rescue Safety
October 4, January 3
Progress your paddling skills in this fun and safe environment with this course that focuses on rescue & safety that no paddler should be without. Our instructors cover paddle float re-entry, rodeo re-entry, t-rescues, towing, tides and weather conditions.
Program Fee: $35 HSU Students • $45 All Others
Program Fee Includes: 4 hour session, instruction, gear, and handouts
Day & Time: 10/4/15 @ 10:00 AM • 1/3/16 @ 1:00 PM
Registration Deadline: Thursday before class

Private Kayak Fishing Instruction
Have you ever wondered what it’s like to fish from a kayak but don’t know where to start? We offer private kayak fishing lessons that cover the fundamentals, equipment, tides, and techniques. Our experienced guides will steer you towards an affordable fishing setup for a $50 budget, and teach you how to fish from your boat.
Prerequisite: Current CA Fishing License and display upon arrival. Kayaking 101 or Instructor Approval.
Program Fee: $125 HSU Students • $145 All Others – Age Limit 12
Program Fee Includes: Instruction, Boat, Wetsuit, Splash Jacket, PFD (No Fishing Gear Provided)
Day & Time: By appointment only – 4 Hours of Instruction
Location: Humboldt Bay Aquatic Center

Private Sea Kayaking Instruction
Looking to try something new or ready to accelerate your paddling abilities? Humboldt Bay Aquatic Center offers private paddling instruction varying in skill level and learning styles. Training sessions are tailored to your personal goals and lead you through a personalized progression.
Program Fee: $50 HSU Students • $60 All Others
Program Fee Includes: 2.5 hour session, instruction, and gear
Day & Time: By Appointment Only
Location: Humboldt Bay Aquatic Center

SEA KAYAKING TOURS

Sunset-Moonrise Paddle
August 29, September 27, October 25
Come join us for an evening paddle and perhaps catch a peek of the full moon over Humboldt Bay. We provide a choice of kayaks or canoes, and experienced guides to facilitate these two-hour memorable adventures.
Program Fee: $25 HSU Students • $35 All Others
Program Fee Includes: 2 hour excursion, instruction, safety lighting, and gear
Day & Time: 8/29/15 @ 7:30 PM • 9/27/15 @ 7:30 PM
10/25/15 @ 7:00 PM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday before class

Women on the Water
August 30, September 20, October 18, January 24
This paddle class will be led by our experienced and professional female guiding staff geared toward other women seeking basic kayaking knowledge. Gain confidence and skill, and meet other women while empowering yourself to become a lifelong sea kayaker and adventurer.
Program Fee: $20 HSU Women • $30 All Others
Program Fee Includes: 2 hour session, instruction, and gear
Day & Time: 8/30/15 @ 11:30 AM • 9/20/15 @ 10:00 AM
10/18/15 @ 10:00 AM • 1/24/16 @ 10:00 AM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday before class

Mad River Kayak Paddle
October 24
Paddle the sunny and scenic Mad River from Blue Lake towards the Coast through beautiful riparian habitats rich with wildlife. Gain a new perspective of the watershed that supplies our drinking water. Join our experienced guides for a relaxing float in canoes or kayaks. Bring a packable lunch.
Program Fee: $35 HSU Students • $45 All Others
Program Fee Includes: transportation, paddle instruction, and gear
Trip Departure: Sunday • 10:00 AM • from the Humboldt Bay Aquatic Center (921 Waterfront Drive, Eureka - next to the Adorni Center). For those who live north of Eureka, please contact us to arrange a meeting place closer to your home.
Registration Deadline: Tuesday before trip

Mandatory Pre-Trip: Thursday • October 22 • 6:00 PM
Recreation & Wellness Center Lounge

Southern Humboldt Bay: Wildlife Refuge Tour
October 18
Join us for a unique and scenic paddle tour in the southern end of Humboldt Bay which is part of the Humboldt Bay National Wildlife Refuge. This is an area rich in wildlife, including migratory shorebirds, egrets, herons, raptors, harbor seals and more! Additional information will be mailed upon registration.
Program Fee: $35 HSU Students • $45 All Others
Program Fee Includes: transportation, sea kayak instruction, sea kayaks and gear
Trip Departure: Sunday • 9:00 AM • from the Humboldt Bay Aquatic Center (921 Waterfront Drive, Eureka - next to the Adorni Center). For those who live north of Eureka, please contact us to arrange a meeting place closer to your home.
Registration Deadline: Thursday before class
Eel River Slough: Cock Robin Island Tour  
November 1  
This tour takes place on the Eel River Slough and Cock Robin Island located just north of Ferndale and west of Loleta. This is an area rich in wildlife as it is influenced by both fresh water flowing from the Eel River and by saltwater coming in and out with the tides. After paddling, we will stop at the local Loleta Cheese Factory for some tasty samples. Additional information will be mailed upon registration.  
Program Fee: $44 HSU Students • $59 All Others  
Program Fee Includes: transportation, sea kayak instruction, sea kayaks, and gear  
Trip Departure: Sunday • 10:00 AM from the Humboldt Bay Aquatic Center (921 Waterfront Drive, Eureka - next to the Adorni Center). For those living in Arcata, please contact us to arrange transportation to Eureka  
Registration Deadline: Tuesday before trip

Ride the Tide  
February 6  
Celebrate water in motion as we ride the biggest king tide of the season. During the epic adventure we’ll start by paddling against the current to warm up and earn our keep by sprinting to the final destination. For the cool down, we’ll turn around and ride the king tide home taking in the spectacular views of Humboldt Bay.  
Prerequisite: Kayaking 101  
Program Fee: $20 HSU Students • $30 All Others  
Program Fee Includes: 2 hour session, instruction, and gear  
Day & Time: Saturday • 12:30 PM  
Location: Humboldt Bay Aquatic Center  
Registration Deadline: Thursday before class

Stand Up Paddling
Stand Up Paddle Fitness  
Every Sunday in September, October, and November  
Get all the benefits of cardio, core, and balance training while you escape the walls of the gym for the fresh air of Humboldt Bay. This once a week morning routine will help you reach your fitness goals in a supportive yet challenging class. All levels of experience are welcome!  
Program Fee: $85 HSU Students • $100 All Other  
Drop-In Fee: $10 HSU Students • $12 All Other  
Program Fee Includes: 75 minute session, instruction, and gear  
Day & Time: Sundays • 9:00-10:15 AM  
Location: Humboldt Bay Aquatic Center  
Registration Deadline: Thursday before class

Learn How To Stand Up Paddle  
September 5, October 10, January 9  
Join the growing world of stand up paddling (it’s not as hard as it looks!) by learning essential information and skills for the sport. Enjoy the sights of the waterfront, while getting a fun workout at the same time. Instruction includes board handling, positioning, basic paddling techniques, maneuvering, water safety, and ocean awareness.  
Program Fee: $30 HSU Students • $40 All Others  
Program Fee Includes: 2 Hour session, instruction, and gear  
Day & Time: 9/5/15 @ 10:00 AM • 10/10/15 @ 10:00 AM  
1/9/16 @ 9:00 AM  
Location: Humboldt Bay Aquatic Center  
Registration Deadline: Thursday before class

Stone Lagoon Stand Up Paddle Tour  
October 4  
Join us for a paddle on beautiful Stone Lagoon located along the coast north of Trinidad. This shallow bay is nestled in the mountains and separated from the Pacific Ocean with a thin sandbar. It is a favorite resting place for migratory waterfowl and there may even be an opportunity to see Roosevelt Elk grazing on the shorelines. Additional information will be mailed upon registration. (Location may be subject to change due to river flow)  
Program Fee: $35 HSU Students • $45 All Others  
Program Fee Includes: Stand up paddle instruction, stand up paddle gear, and transportation  
Trip Departure: 9:00 AM • the J Parking Lot on HSU Campus  
Registration Deadline: Tuesday before trip

Mad River Mouth Stand Up Paddle Tour  
October 17  
Join us for a paddle on the Mad River mouth, located at the end of the Mad River. There will be plenty of opportunities to bird watch, paddle, and enjoy this estuary that is right in our backyard! Additional information will be mailed upon registration. (Location may be subject to change due to river flow)  
Program Fee: $30 HSU Students • $40 All Others  
Program Fee Includes: Stand up paddle instruction, stand up paddle gear, transportation  
Trip Departure: TBD from the J Parking Lot on HSU Campus. For those who live in Eureka, please contact us to arrange your pick up at the Humboldt Bay Aquatic Center.  
Registration Deadline: Tuesday • October 13
**Surfing**

If these class dates don't work for your schedule, no need to worry! Please call 707.826.3357 and Center Activities will help you organize a private outing!

**Introduction to Surfing**

**Woman's Session:** September 5  
**Session I:** September 19

This course offers students the opportunity to safely learn and enjoy the sport of surfing! Designed for the individual having little or no surfing experience, we will focus on water safety, surf etiquette, ocean awareness, surfboard handling and technique. We will surf where the conditions are best for beginning surfers. Transportation will be by carpool.

**Program Fee:** $54 HSU Students • $64 All Others  
**Program Fee Includes:** instructors, surfboard, wetsuit, booties, and instructional materials  
**Registration Deadline:** Tuesday before class  
**Mandatory Pre-Trip Meeting:** Thursday's before each trip  
6:00 PM • Recreation & Wellness Center Lobby

**Intermediate Surfing**

October 4

Are you ready to get out of the whitewater and surf real waves? Join us for the continuation of Introduction to Surfing with a progression of skills from paddling out to the lineup to negotiating the waves. Surf gear is provided, or you’re welcome to bring your own. Transportation will be by carpool.

**Program Fee:** $59 HSU Students • $69 All Others  
**Program Fee Includes:** instructors, surfboard, wetsuit, booties, and instructional materials  
**Prerequisite:** Introduction to Surfing or instructor approval  
**Registration Deadline:** Tuesday before class  
**Mandatory Pre-Trip Meeting:** Thursday • 6:00 PM • October 1  
Recreation & Wellness Center Lobby

**$54 HSU Students • $69 All Others**

****Receive a $20 discount on Intermediate Surfing if you sign up for Introduction to Surfing!**

**Whitewater River Kayaking**

Our river kayaking series is designed to build on the skills learned in the kayaking basics courses. If you did not complete these courses but have prior experience with kayaking, please contact our office for approval.

**Introduction to Whitewater Kayaking**

**Mandatory Pool Dates:** October 4  
**River Dates:** October 10 - 11

This course focuses on developing paddling skills and safety to get you started on whitewater kayaking. You will be introduced to the basics of kayaking and a combat roll in the Arcata Community Pool and progress to moving whitewater during a weekend overnight on the Trinity River. The focus will be on boating safety, basic strokes, boat control, hydrology, wet exits, and rolling the kayak. A combination of inflatable kayaks and hard-shell kayaks will be used depending on individual's needs and skill progression.

**Program Fee:** $175** HSU Students • $210** All Others  
**Program Fee Includes:** instruction, kayaks, river gear, transportation, camping and permit fees. Food not included.  
**Registration Deadline:** Tuesday before trip  
**Prerequisite:** Introduction to Kayak Rolling or instructor approval.  
**Recommended:** Kayak Fundamentals

****Receive a $20 discount when you sign up for Kayak Fundamentals and Intro to Kayak Rolling.

**Whitewater Kayaking Weekend**

**September 19 - 20**

Come join us for a fun filled weekend of Whitewater River Kayaking on one of our local world-class rivers! In order to ensure an awesome experience for all, we will choose the run based on participant experience and water level at our pre-trip meeting. Participants will have the option between inflatable kayaks and hard-shell kayaks depending on individual's experience and skill level.

**Program Fee:** $135 HSU Students • $150 All Others  
**Program Fee Includes:** transportation, paddle instruction, and gear  
**Trip Departure:** Saturday • 9:00 AM from the J Parking Lot on the HSU Campus.

**Registration Deadline:** Tuesday • September 15

**Mandatory Pre-Trip:** Thursday • September 17 • 6:00 PM  
Recreation & Wellness Center Lounge

**Whitewater River Rafting**

Northern California is well known for its pristine, world-class rivers and recreational whitewater sections. Let us worry about the details and logistics or arranging a whitewater tour by signing up for our exciting raft tours.

**Group Rafting Information:** If you have a group of people who want to have a great time together on the river, we can help! As the only Arcata-based organization that offers rafting, we can design a custom adventure for your group that will make for a memorable day. If you’ve never experienced the thrill of whitewater or just want to get out on the river, join us on a Class II or Class III stretch of the river that has the best conditions for your group. Price variables include the size of your group, transportation arrangements, food and location (dependant on weather and river conditions). No experience is necessary!

**Rafting the North Coast**

**Option I:** September 5  
**Option II:** September 26

Join us for a day of adventure on one of the North Coast's premier stretches Class III whitewater, intermixed with serene, relaxing sections ideal for swimming and wildlife viewing. The river we choose will be dependent on river flows and conditions.

**Program Fee:** $64 HSU Students • $79 All Others  
**Program Fee Includes:** instruction, permit fees and river equipment.

**Trip Departure:** 9:00AM the J Parking Lot on HSU Campus. For those who live in Eureka, please contact us to arrange your pick up at the Humboldt Bay Aquatic Center.

**Registration Deadline:** Tuesday before trip  
**Mandatory Pre-trip Meeting:** Tuesday before each trip • 6:00 PM  
Recreation & Wellness Center Lobby
SAILING
The Sailing courses are designed to help participants become familiar with rigging various types of boats and become comfortable with harnessing the wind.

If these class dates don’t work for your schedule, no need to worry! Please call 707.826.3357 and Center Activities will help you organize a private outing!

Learn Sailing Basics – On Land
September 16
This two-hour on land session will be held at the Humboldt Bay Aquatic Center and focus on the anatomy of boats, navigation, knots and everything else you need to know before your get your toes wet. This is a great way to feel more comfortable and confident about the sport before your first sailing lesson.
Program Fee: $15 HSU Students • $20 All Others
Program Fee Includes: 2 hour instruction, demonstrations, and handouts
Day & Time: Wednesday 
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday before class

Introduction to Sailing
September 26 - 27
Join Center Activities for two full exhilarating days at Big Lagoon and learn to harness the wind on two of the world’s most popular and versatile sail boats. We will utilize the Olympic Class Lasers as well as the fun and user-friendly Pico boats that are ideal for entry-level sailing. Each participant will steer and control their own boat. Skills will include rigging, sailing theory, boat maneuvering, launching and capsize recovery.
Program Fee: $132 HSU Students • $149 All Others
Program Fee Includes: instruction, sailboat and equipment, lifejacket and wetsuit. Transportation will be by carpool. Camping at Big Lagoon is optional.
Registration Deadline: Tuesday before class
Mandatory Pre-trip Meeting: Tuesday • September 22 • 6:00 PM Recreation & Wellness Center Lobby
Sailing Refresher  
October 3 - 4  
This class is designed for those who have sailed before but haven’t been out in a while. This one day course will review rigging, sailing theory, boat maneuvers, and give you the chance to practice your skills on Big Lagoon. Sailboats will be Lazers and Picos.  
Program Fee: $50 HSU Students • $62 All Others  
Program Fee Includes: instruction, sailboat and equipment, life-jacket and wetsuit. Transportation will be by carpool.  
Prerequisite: Participants must have previous sailing experience.  
Registration Deadline: Tuesday before class  
Mandatory Pre-trip Meeting: Tuesday • September 29 • 6:00 PM  
Recreation & Wellness Center Lobby

Intermediate Sailing  
October 24 - 25  
This class is designed to get back on the water and take the skills learned in Introduction to Sailing a step further. The Coronado, a 15-foot sailboat, will be utilized to become more proficient in your sailing techniques and learn the lines of a larger sea craft. The course will also cover water safety, navigation, and the basics of how to sail on your own.  
Program Fee: $132 HSU Students • $149 All Others  
Program Fee Includes: instruction, sailboat and equipment, lifejacket and wetsuit. Transportation will be by carpool. Camping at Big Lagoon is optional.  
Prerequisite: Participants must have completed Introduction to Sailing within the last year. If you completed the Introduction course more than one year ago, Sailing Refresher Course is required. Or instructor approval.  
Registration Deadline: Tuesday before class  
Mandatory Pre-trip Meeting: Tuesday • October 20 • 6:00 PM  
Recreation & Wellness Center Lobby

**Receive a $20 discount on Intermediate Sailing if you sign up for Introduction to Sailing or Sailing Refresher.**

Advanced Sailing  
November 7  
This course introduces students to sailing on the bay, as well as how to dock safely, navigate around mudflats, boat traffic, bridges and the general rules of the road. Instruction includes radio communications, current, weather, tides as well as safety equipment needed on your vessel for operating in a federal navigation corridor.  
Pre-Requisite: Intermediate Sailing or Approval by the Instructor  
Program Fee: $50 HSU Students, $65 All Others  
Program Fee Includes: instruction, sailboat, and gear  
Day & Time: Saturday • 9:00 AM - 4:00 PM  
Mandatory Pre-Trip Meeting: Tuesday • 6:00 PM • November 3  
Location: Humboldt Bay Aquatic Center  
Registration Deadline: Friday • October 30

HSU Sailing Club Demo-Day: (HSU students only)  
September 20  
Interested in learning how to sail, but don’t know where to start? Join us for a day of demonstration led by the HSU sailing club and our experienced instructors. We’ll go over vocabulary, techniques, and even get you some time on the water. At the end of the trip you can register for one of our upcoming Sailing Courses and join HSU’s growing Sailing Club.  
Program Fee: $20 HSU Students  
Program Fee Includes: demonstrations, gear, and handouts  
Day & Time: Saturday • 12:00 - 4:00 PM  
Location: Humboldt Bay Aquatic Center

**TO FIND MORE CLASSES**  
707-826-3357  
www.humboldt.edu/centeractivities  
facebook.com/CenterActivities
OUTDOOR ADVENTURES

OUTDOOR SKILLS
These skill seminars will help you become more confident and skilled in the outdoors. These classes will be taught by knowledgeable Center Activities outdoor staff. Pick a class that meets your needs and join us!

Knots Seminar
Session I: September 16
Session II: October 21
Outdoor enthusiasts use an assortment of ropes and knots for outdoor skills. Many of these same knots can be useful for a variety of everyday uses, ranging from camping, climbing, sailing, loading vehicles, and more. This seminar will cover various knots including hitches, bends, loops and other important knots. If you would like to have the mystery taken out of knot tying, this class is for you!
Program Fee: Free
Days & Times: Monday • 6:00 - 7:00 PM
Location: Recreation & Wellness Center Lobby
Note: No prior registration needed

Leave No Trace Seminar
Session I: September 30
Session II: November 18
When adventuring in the outdoors, there is nothing more important than protecting the areas we use and love. Leave No Trace is an internationally recognized program that utilizes a set of ethics that helps us to understand how to reduce our impact in the backcountry as well as the front country. This training will give you a general knowledge of how to make good decisions to reduce your impact wherever you are.
Program Fee: Free
Days and Times: Wednesday • 6:00 - 7:00 PM
Location: Recreation & Wellness Center Lounge
Note: No prior registration needed

Map & Compass Navigation
November 12 & 14
Join us as we learn the essential skill set of map and compass based navigation. This course will benefit both the novice navigator as well as those looking to build confidence in their skills. The course includes a combination of classroom presentations and outdoor practical experience that will help you to better plan hikes and backcountry trips. Topics covered include how to interpret topographical maps, the features of a compass, how to orient a map to match the environment both with and without a compass, how to take bearings and triangulate your position using a compass, and how to use a map & compass to navigate to new locations.
Program Fee: $35 HSU Students • $50 All Others
Program Fee Includes: instruction, map & compass packet, and all necessary course materials.
Days & Times: Thursday • 6:00 - 8:00 PM • Saturday • 9:00 - 2:00 PM
Location: Recreation & Wellness Center Lobby

Backpacking Trips
This program is designed to make backpacking accessible for everyone by utilizing short to mid-distance routes. During the pre-trip meeting we’ll arrange the Friday afternoon departure, transportation, meals and equipment. On all trips, the transportation will be by carpool, which has made it possible for us to keep the prices of these trips as low as possible. If you don’t have some of the equipment, don’t worry! Any rentals that you need are 50% off of our regular prices. Don’t know how to plan an appropriate backpacking meal? We’ll even help you with a group meal! Our goal is to get you into the wilderness!
If these class dates don’t work for your schedule, no need to worry! Please call 707.826.3357 and Center Activities will help you organize a private outing!

Backpacking The Lost Coast
September 11 - 13
Looking for a bit of a challenge, but aren’t ready to traverse steep mountains? The Lost Coast of southern Humboldt County is an area that is unique to the entire coast of California. It is the largest road less area on this coastline, with 25 miles of dynamic ocean views and un-crowded beaches. This trip takes place on the northern segment of the Lost Coast Trail. Though the trail is moderately level, the soft sand and traverse rocks make it an ideal challenge for any backpacker.
Program Fee: $75 HSU Students • $95 All Others
Program Fee Includes: instruction, camping/permit fees, one group meal, and instructional materials. Transportation will be by carpool.
Trip Departure: Friday • 5:00 PM
Registration Deadline: Tuesday before trip
Mandatory Pre-trip Meeting: Tuesday • 6:00 PM • September 8
Recreation & Wellness Center Lobby
Topics Include: gear, clothing, food, packing and backpacking basics
Backpacking The Trinity Alps
October 2 – 4
Clear streams, grassy meadows, waterfalls, swimming holes, alpine lakes await in the Trinity Alps Wilderness Area. This backpacking trip offers the experience of backcountry exploration and the opportunity to meet other backpackers. The trip will consist of moderate high country terrain and cover 10-12 miles round trip. The specific trailhead and destination will be determined at the pre-trip meeting.
Program Fee: $75 HSU Students • $90 All Others
Program Fee Includes: instruction, camping/permit fees, one group meal, and instructional materials. Transportation will be by carpool.
Trip Departure: Friday • 5:00 PM
Registration Deadline: Tuesday before trip
Mandatory Pre-trip Meeting: Tuesday • 6:00 PM • September 29
Recreation & Wellness Center Lounge
Topics Include: gear, clothing, food, packing and backpacking basics

Women’s Backpacking
October 9 – 11
Join us for a backpacking outing specifically catered to women! This trip is ideal for those looking for a chance to enjoy the peace and serenity of the wilderness with an opportunity to make friends with like-minded ladies. The destination will be discussed at the pre-trip meeting. No previous experience necessary!
Program Fee: $75 HSU Students • $90 All Others
Program Fee Includes: instruction, camping/permit fees, one group meal, and instructional materials. Transportation will be by carpool.
Trip Departure: Friday • 5:00 pm
Registration Deadline: Tuesday before trip
Mandatory Pre-trip Meeting: Tuesday • 6:00 PM • October 6
Recreation & Wellness Center Lobby
Topics Include: gear, clothing, food, packing and backpacking basics

Backpacking In The Marble Mountains
October 16 – 18
Our local wilderness areas are beautiful and the Marble Mountains are no exception. One of California’s oldest formally designated wilderness areas, it is known for its namesake, Marble Mountain, an outstanding limestone feature. This program is designed to accommodate beginner to experienced backpackers. The trip will provide you with all of the basic information for safe backcountry travel. The specific trailhead and destination will be determined at the pre-trip meeting.
Program Fee: $75 HSU Student • $90 All Others
Program Fee Includes: instruction, camping/permit fees, one group meal, and instructional materials. Transportation will be by carpool.
Trip Departure: Friday • 5:00 PM
Registration Deadline: Tuesday before trip
Mandatory Pre-trip Meeting: Tuesday • 6:00 PM • October 13
Recreation & Wellness Center Lobby
Topics Include: gear, clothing, food, packing and backpacking basics

Nothing like a campfire... and a clean sleeping bag
DOWN SLEEPING BAGS $20
On the hill
12th & G Streets
ARCATA
OPEN EVERY DAY
emeraldcitylaundry.com
ROCK CLIMBING CLASSES

These courses offer climbers an excellent way to develop new skills or refine old ones. Through a steady progression of skill development, participants will gain a solid foundation of safe and technical rock climbing skills.

If these class dates won’t work for your schedule, no need to worry! Please call 707.826.3357 and Center Activities will help you organize a private outing!

Introduction to Rock Climbing
September 6 - November 20
This course is designed as an introduction to the sport of rock climbing with an emphasis on climbing for enjoyment and health. This course will cover the basic skill needed for “bouldering”, technical rock climbing, including safety considerations, climbing techniques, use of equipment, basic knots, belaying, and rappelling. All participants have an opportunity to take a belay certification test at the end of class. No experience necessary.

Program Fee: $10 HSU Students • $18 All Others
Program Fee Includes: Instruction and all rock climbing equipment needed for course.
Days & Times: Sundays 12:00-2:00 PM
Location: Student Recreation Center
Registration Deadline: Tuesday before class

Introduction To Bouldering
Session I: September 20 (Lost Rocks)
This class is designed to provide beginner climbers with an understanding of basic bouldering skills. This class will cover a range of techniques fundamental to climbing, such as bouldering strategy, body positioning, footwork, and how to manage risks while bouldering.

Program Fee: $55 HSU Students • $65 All Others
Program Fee Includes: Instruction and all rock climbing equipment needed for course.
Location: Session I: Lost Rocks, Klamath CA
Registration Deadline: Tuesday before class

Session II: October 11 (Luffenholtz Beach)
This class is designed to provide beginner climbers with an understanding of basic bouldering skills. This class will cover a range of techniques fundamental to climbing, such as bouldering strategy, body positioning, footwork, and how to manage risks while bouldering.

Program Fee: $55 HSU Students • $65 All Others
Program Fee Includes: Instruction and all rock climbing equipment needed for course.
Location: Session II: Luffenholtz Beach, Trinidad CA
Registration Deadline: Tuesday before the course

Introduction to Top Rope and Anchoring
September 26
This course provides an introduction to top rope climbing and is designed as a continuation of the Introduction to Rock Climbing course. This course will cover knots, building and evaluating anchor systems, rappelling on steep terrain, safety equipment and improved climbing technique. This course is perfect for those preparing for an outdoor climbing course or a trip with friends.

Prerequisite: Participants must have belay certification at the Student Recreation Center and have taken the Intro to Climbing class or have instructor approval.

Program Fee: $34 HSU Students • $49 All Others
Program Fee Includes: Instruction and all rock climbing equipment needed for course.
Day, Time & Location: Saturday • 12:00-5:00 PM
Student recreation Center
Registration Deadline: Wednesday before trip

Outdoor Climbing At Moonstone Beach
October 3
Join us for a great day of fun and sun while climbing at Moonstone Beach. This course will build on the principles from the Intro to Climbing course and recap the basic skills required to have fun and stay safe while climbing.

Program Fee: $55 HSU Students • $65 All Others
Program Fee Includes: Transportation, sea kayak instruction, sea kayaks and gear
Trip Departure: Sunday • 9:00 AM from the Humboldt Bay Aquatic Center (921 Waterfront Drive, Eureka - next to the Adorni Center).
For those who live north of Eureka, please contact us to arrange a meeting place closer to your home.

Prerequisite: Intro to Rock Climbing
Registration Deadline: Tuesday before trip

Women’s Climbing Night
November 11
Climb in a supportive environment with the help of knowledgeable staff, meet other climbers and explore opportunities for adventure. This is a great opportunity to get valuable coaching from a seasoned pro and learn how to tweak your moves for better performance.

Program Fee: $5
Program Fee Includes: Gear and staff instruction
Day & Time: Wednesday • 7:00 – 10:00 PM
Location: SRC West

Outdoor Climbing At Land Of The Lost
November 15
Head with us to the mountains as we hike in to the unique crags of Land of the Lost. This area boasts the best beginner and intermediate lead climbing in Humboldt. This course will build on the principles from the Intro to Climbing course and recap the basic skills required to have fun and stay safe while climbing. The basics of Sport Leading will also be covered and participants will have a chance to do mock sport lead.

Program Fee: $60 HSU Students • $65 All Others
Program Fee Includes: Transportation, sea kayak instruction, sea kayaks and gear
Trip Departure: Sunday • 9:00 AM from the Humboldt Bay Aquatic Center (921 Waterfront Drive, Eureka - next to the Adorni Center).
For those who live north of Eureka, please contact us to arrange a meeting place closer to your home.

Prerequisite: Intro to Climbing
Registration Deadline: Tuesday before trip

TO FIND MORE CLASSES
707-826-3357
www.humboldt.edu/centeractivities
facebook.com/CenterActivities
## FALL 2015 COURSE CALENDAR

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<tr>
<th>Date</th>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-Jan</td>
<td>Polar Bear Paddle and Plunge</td>
<td>15</td>
</tr>
<tr>
<td>3-Jan</td>
<td>Sea Kayak &amp; Rescue Safety</td>
<td>17</td>
</tr>
<tr>
<td>6-Jan</td>
<td>Wilderness First Responder (WFR) with Wilderness Medicine Institute of NOLS</td>
<td>9</td>
</tr>
<tr>
<td>6-Jan</td>
<td>Sea Kayaking Basics - On Land</td>
<td>16</td>
</tr>
<tr>
<td>9-Jan</td>
<td>Intro to Sea Kayaking 101</td>
<td>16</td>
</tr>
<tr>
<td>9-Jan</td>
<td>Learn How to Stand Up Paddle</td>
<td>18</td>
</tr>
<tr>
<td>10-Jan</td>
<td>Paddle Strokes Seminar</td>
<td>17</td>
</tr>
<tr>
<td>16-Jan</td>
<td>Sea Kayaking Fundamentals</td>
<td>16</td>
</tr>
<tr>
<td>23-Jan</td>
<td>Intermediate Sea Kayaking</td>
<td>16</td>
</tr>
<tr>
<td>23-Jan</td>
<td>Junior Explorer Kayak Paddle</td>
<td>17</td>
</tr>
<tr>
<td>24-Jan</td>
<td>Women on the Water</td>
<td>17</td>
</tr>
<tr>
<td>6-Feb</td>
<td>Ride the Tide</td>
<td>18</td>
</tr>
<tr>
<td>14-Feb</td>
<td>Valentines Sunset Paddle</td>
<td>15</td>
</tr>
<tr>
<td>12-Mar</td>
<td>Wilderness First Responder Recertification with WMI of NOLS</td>
<td>9</td>
</tr>
<tr>
<td>9-Apr</td>
<td>Wilderness First Aid with Wilderness Medicine Institute of NOLS</td>
<td>9</td>
</tr>
</tbody>
</table>
Rental Gear

Rental Hours

• Please call in advance for more information
• Please note that aquatic rentals are subject to approval and the associated approval time availability may vary.

Rental Policies

• All rentals require a deposit.
• Advance reservations require full payment at the time a reservation is made.
• All surfboard, boogie board and boat rentals require special approval. Please call Center Activities for more information.
• Renters are responsible for loading, tying down, and transporting equipment.

Rental Locations

• Humboldt Bay Aquatic Center
  707.443.4222
  hbac@humboldt.edu
  921 Waterfront Drive, Eureka
• Center Activities Office
  707.826.3357
  cntract@humboldt.edu
  Recreation & Wellness Center
  Room 101
  Humboldt State University

Aquatic Equipment

<table>
<thead>
<tr>
<th>Rental Location</th>
<th>Item(s)</th>
<th>Day</th>
<th>Weekend</th>
<th>Weekly</th>
</tr>
</thead>
<tbody>
<tr>
<td>HBAC/CA</td>
<td>Canoe Package (includes canoe, 2 paddles and 2 PFDs)</td>
<td>$40/$45</td>
<td>$50/$55</td>
<td>$110/$120</td>
</tr>
<tr>
<td>HBAC/CA</td>
<td>River Kayak Package (includes river kayak, paddle, spray skirt, helmet and PFD)</td>
<td>$30/$35</td>
<td>$40/$45</td>
<td>$110/$120</td>
</tr>
<tr>
<td>HBAC/CA</td>
<td>Single Sea Kayak Package (includes sit-in* or sit-on-top kayak, paddle, paddle float, PFD)</td>
<td>$30/$35</td>
<td>$40/$45</td>
<td>$110/$120</td>
</tr>
<tr>
<td>HBAC/CA</td>
<td>Double Sea Kayak Package (includes sit-in* or sit-on-top kayak, 2 paddles, 2 paddle floats, 2 PFDs)</td>
<td>$40/$45</td>
<td>$50/$55</td>
<td>$110/$120</td>
</tr>
<tr>
<td>HBAC</td>
<td>Stand Up Paddle Board Package (includes SUP, paddle, PFD)</td>
<td>$30/$35</td>
<td>$40/$45</td>
<td>$110/$120</td>
</tr>
<tr>
<td>HBAC</td>
<td>Windsurf Board Package (includes board, sail, PFD)</td>
<td>$30/$35</td>
<td>$40/$45</td>
<td>$110/$120</td>
</tr>
<tr>
<td>HBAC</td>
<td>Sailboat Package (includes Laser or Pico boat, helmet(s), PFD(s)) Special conditions apply.</td>
<td>$50/$55</td>
<td>$65/$70</td>
<td>$120/$135</td>
</tr>
<tr>
<td>CA</td>
<td>Surfboard (includes board and leash)</td>
<td>$20/$25</td>
<td>$25/$30</td>
<td>$50/$55</td>
</tr>
<tr>
<td>CA</td>
<td>Boogie Board</td>
<td>$10/$15</td>
<td>$15/$20</td>
<td>$25/$30</td>
</tr>
</tbody>
</table>

Miscellaneous Aquatic Equipment

<table>
<thead>
<tr>
<th>Rental Location</th>
<th>Item(s)</th>
<th>Day</th>
<th>Weekend</th>
<th>Weekly</th>
</tr>
</thead>
<tbody>
<tr>
<td>HBAC/CA</td>
<td>Paddle (canoe, kayak, SUP)</td>
<td>$10/$15</td>
<td>$15/$20</td>
<td>$20/$25</td>
</tr>
<tr>
<td>CA</td>
<td>Foam Vehicle Roof Rack (canoe or kayak)</td>
<td>$5/$10</td>
<td>$10/$15</td>
<td>$15/$20</td>
</tr>
<tr>
<td>HBAC</td>
<td>Sailboat Trailer (need to have 1 7/8&quot; trailer ball, flat four wiring)</td>
<td>$15/$20</td>
<td>$20/$25</td>
<td>$30/$35</td>
</tr>
</tbody>
</table>

Personal Aquatic Equipment

<table>
<thead>
<tr>
<th>Rental Location</th>
<th>Item(s)</th>
<th>Day</th>
<th>Weekend</th>
<th>Weekly</th>
</tr>
</thead>
<tbody>
<tr>
<td>HBAC/CA</td>
<td>Helmet</td>
<td>$5/$10</td>
<td>$10/$15</td>
<td>$20/$25</td>
</tr>
<tr>
<td>HBAC/CA</td>
<td>PFD</td>
<td>$10/$15</td>
<td>$15/$20</td>
<td>$25/$30</td>
</tr>
<tr>
<td>HBAC/CA</td>
<td>Spray Skirt</td>
<td>$5/$10</td>
<td>$10/$15</td>
<td>$25/$30</td>
</tr>
<tr>
<td>HBAC/CA</td>
<td>Farmer John Style Wetsuit</td>
<td>$10/$15</td>
<td>$15/$20</td>
<td>$25/$30</td>
</tr>
<tr>
<td>CA</td>
<td>5mm Hotline Wetsuit w/hood</td>
<td>$15/$20</td>
<td>$20/$25</td>
<td>$30/$35</td>
</tr>
<tr>
<td>CA</td>
<td>4/3 Youth Wetsuit</td>
<td>$10/$15</td>
<td>$15/$20</td>
<td>$25/$30</td>
</tr>
<tr>
<td>HBAC/CA</td>
<td>Booties</td>
<td>$5/$8</td>
<td>$10/$12</td>
<td>$15/$20</td>
</tr>
</tbody>
</table>

*Sit-in kayak rentals include spray skirt(s) and bilge pump(s)
All prices listed do not include sales tax.
Please note that standard sales tax rates apply.
### Snow Gear

<table>
<thead>
<tr>
<th>Rental Location</th>
<th>Item(s)</th>
<th>Day</th>
<th>Weekend</th>
<th>Weekly</th>
<th>Student Price/ All Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>CA</td>
<td>Variety of Burton, JD and Rossignol</td>
<td>$20/$25</td>
<td>$25/$30</td>
<td>$35/$40</td>
<td>$20/$25</td>
</tr>
<tr>
<td>CA</td>
<td>Cross Country Ski Package (includes skis, boots and poles)</td>
<td>$15/$20</td>
<td>$20/$25</td>
<td>$30/$35</td>
<td>$10/$15</td>
</tr>
<tr>
<td>CA</td>
<td>Cross Country Skis (NNN-BC Binding, choose from telemark, metal edge or a beginner-friendly model)</td>
<td>$10/$15</td>
<td>$15/$20</td>
<td>$25/$30</td>
<td>$5/$10</td>
</tr>
<tr>
<td>CA</td>
<td>Boots (NNN-BC, with a backcountry option)</td>
<td>$10/$15</td>
<td>$15/$20</td>
<td>$25/$30</td>
<td>$5/$10</td>
</tr>
<tr>
<td>CA</td>
<td>Poles</td>
<td>$5/$10</td>
<td>$10/$15</td>
<td>$20/$25</td>
<td>$5/$10</td>
</tr>
<tr>
<td>CA</td>
<td>Gloves &amp; Mitts</td>
<td>$5/$10</td>
<td>$10/$15</td>
<td>$20/$25</td>
<td>$5/$10</td>
</tr>
<tr>
<td>CA</td>
<td>Waterproof Shell Pants</td>
<td>$5/$10</td>
<td>$10/$15</td>
<td>$20/$25</td>
<td>$5/$10</td>
</tr>
<tr>
<td>CA</td>
<td>Waterproof Jacket</td>
<td>$10/$15</td>
<td>$15/$20</td>
<td>$25/$30</td>
<td>$10/$15</td>
</tr>
<tr>
<td>CA</td>
<td>Gaiters</td>
<td>$5/$10</td>
<td>$10/$15</td>
<td>$20/$25</td>
<td>$5/$10</td>
</tr>
<tr>
<td>CA</td>
<td>Snow Shoes</td>
<td>$15/$20</td>
<td>$20/$25</td>
<td>$30/$40</td>
<td>$15/$20</td>
</tr>
<tr>
<td>CA</td>
<td>Ice Axe</td>
<td>$10/$15</td>
<td>$15/$20</td>
<td>$25/$30</td>
<td>$10/$15</td>
</tr>
<tr>
<td>CA</td>
<td>Crampons</td>
<td>$10/$15</td>
<td>$15/$20</td>
<td>$25/$30</td>
<td>$10/$15</td>
</tr>
</tbody>
</table>

### HBAC On-Site Rentals

The Humboldt Bay Aquatic Center rental program offers kayaks, stand up paddle boards, canoes, windsurf gear, sailboats and much more! All aquatic rentals include a brief paddling and safety orientation if you are launching from the bay, as well as a personal flotation device (PFD), wetsuit, splash jacket, paddle and watercraft.

Our flat rate allows you to come paddle for short trip or a day long adventure. For those who want to take the gear off-site must be equipped with functional rack system for transport of watercrafts.

<table>
<thead>
<tr>
<th>Equipment</th>
<th>HSU Student</th>
<th>Community Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kayak Or Stand Up Paddle Board</td>
<td>$20</td>
<td>$25</td>
</tr>
<tr>
<td>Tandem Kayak Or Canoe</td>
<td><strong>$30</strong></td>
<td><strong>$35</strong></td>
</tr>
</tbody>
</table>

Disclosures & Policies: Launch of on-site rentals conclude one hour before closing. Rental limits are based on forecasted weather conditions and paddler abilities.
**Driving directions to the Humboldt Bay Aquatic Center**

**Traveling South on Highway 101:**
Turn right onto L Street, continue until Waterfront Drive. Turn left on Waterfront Drive. The HBAC will be on your right.

**Traveling North on Highway 101:**
Turn left onto I Street, which becomes Waterfront Drive. The HBAC will be on your left.

**Parking:** If the HBAC parking lot is full, please use the free public parking lots on the corner of L Street and Waterfront Drive. Please do not use the parking lot immediately adjacent to the Adorni Center.

**Redwood Transit System - From HSU to HBAC:**
14th St. & B St. Arcata - take the Mainline South (to Fortuna)
Exit at 4th & K in Eureka, walk 5 minutes to Waterfront Dr.

**HSU Parking Information:** Parking permits are required at all HSU parking lots until 10:00 PM Monday through Thursday, and 5:00 PM Fridays. There is no charge to park on the weekends. One-day parking permits are available all day at self-serve dispensers on Harpst Street and cost $3.50. A self-serve dispenser can also be found at the Library Parking lot and is available for use after 5:00 PM. There are a limited amount of coin-operated parking meters along the following streets: B Street, Harpst Street, Rossow Street, and Union Street. In addition, there is a semester evening permit that may be purchased for $50.00 through the HSU Cashier’s Office, located on Harpst Street.

**Insurance Information:** Participation in RWC and Center Activities events is at your own risk. Health or accident insurance is not provided. Student or personal health insurance is highly recommended.

**Group Fitness Instructors:** SRC Group Fitness Instructors are highly qualified individuals who hold certifications in their area of expertise. Those interested in offering a class through the SRC are welcome to apply, as we constantly strive to bring a wide variety of fun fitness classes to the HSU campus.

**Permit Information:** Center Activities holds special use permits with the Shasta-Trinity, Six Rivers and Klamath National Forests, BLM, Humboldt County and California State Parks. We also work closely with Humboldt County Parks, and other agencies as needed.

**Center Activities Staff:** All Outdoor Trip Leaders have strong backgrounds in the fields they teach. Each Trip Leader must have a minimum of First Aid and CPR certification. They also have skills, training and experience necessary for specific activities such as backcountry medicine, river rescue, or aquatics and rock climbing certifications.

Leisure Instructors are highly qualified local professionals who bring extensive experience and a passion for teaching to the diverse classes and certifications offered through this program. Those interested in offering a class through Center Activities are welcome to apply, as we are constantly striving to bring a wide variety of extracurricular activities to the local community.

If you wish to join the Center Activities team, please contact our office for more information!

**California Division of Boating & Waterway:** Center Activities is the regional boating safety center for the North Coast and is supported by the California State Parks Division of Boating and Waterways (DBW). DBW allocates funds for boating facilities, boating safety education and boating law enforcement throughout California. Center Activities aquatics equipment inventory is also funded by DBW to enhance boating safety education in Northern California. Please see www.dbw.ca.gov for more information.

The collaborating programs of Center Activities and the Recreation & Wellness Center are equal opportunity service providers and are eager to work with people of all abilities. Inquire about accommodations for programming.
Fall 2015 Registration Form

Space is limited and participation is on a first-come, first-served basis. Please register early to ensure your space. Registration may be possible after the deadline, space permitting. Please mail payment and registration form to:

Center Activities, HSU
#1 Harpst Street, Arcata, CA 95521
or fax to (707) 826-3354.

For further information, please call (707) 826-3357 or email cntract@humboldt.edu

Address _____________________________________________ City __________________________
Email ____________________________________________ State __________ Zip __________________________

How did you hear about us? ☐ TV Ad ☐ Newspaper Ad ☐ Picked up brochure at: __________________ Other: __________________

Please call two days prior to class starting date to verify enrollment and class status: (707) 826-3357

Please Read and Initial:

CANCELLATION AND REFUND POLICY

A. We reserve the right to cancel or modify any activity due to inclement weather, insufficient participation or other conditions beyond our control. In the event that Center Activities cancels an activity, all fees collected are fully refundable or fully transferable. Should any participant cancel a class, trip, or outing of their own volition, the following guidelines are applicable. Refunds will not be given outside these guidelines except in rare situations and then only with the approval of the Center Activities Manager. This policy is necessary to ensure proper student / instructor ratios, the highest quality programs, and to secure the lowest prices from the agencies with which we work. INITIAL

B. Courses facilitated by outside agencies, such as the Wilderness First Responder/First Aid are subject to different refund and cancellation policies from Center Activities. Customers registering for such courses will be notified of such policies by Center Activities. INITIAL

C. For courses that meet four or fewer times (including outdoor excursions that have a pre-trip meeting), no refunds or transfers/account credits will be given within seven days prior to the beginning of the activity. Refund requests more than seven days prior to an activity will be assessed a 25% or $10 fee, whichever is greater. Account credits may only be transferred one time. There are no refunds made after the initial transfer is done. Account credits will expire after two years if they are not used, or a refund has not been requested. INITIAL

D. For courses that meet five or more times, a full refund will be issued if the participant withdraws prior to the second class meeting. No refunds or transfers/account credits will be issued after the second class meeting. INITIAL

Payment Method

Payment in full must accompany registration. Please do not send cash. If using a check, you must include your license and expiration date and make payable to Center Activities. You agree to pay the total fees as stated above.

☐ VISA ☐ MASTERCARD ☐ DISCOVER ☐ AMERICAN EXPRESS Credit Card#: ________________________________ ________________________________ ________________________________ ________________________________ Exp Date: ______/____/____ Cardholder Full Name (please print): ____________________________________________

Cardholder Signature: ____________________________________________________________________________ Date: __________________________

☐ CHECK OR MONEY ORDER: License/ID#: __________________________________ Exp Date: ______/____/____

FOR OFFICE USE ONLY:

Payment Received? YES NO Form Signed? YES NO
Total Fees Paid: $ __________ Transaction #: __________________
Form of Payment: Check Cash Credit Card
Given Confirmation? YES NO Staff Initial ______ Date ______

Registration continues on next page
RELEASE, WAIVER OF LIABILITY, INDEMNITY AGREEMENT AND MEDICAL RELEASE

I am aware that during the outing, trip, class, instruction, or other activity in which I am enrolling through the University Center, Center Activities Program I will be exposed to certain risks and hazards. I am aware that these risks and hazards may result in property damage, personal injury or death.

In consideration of being permitted to enroll in and participate in the outing, class instruction or other activity, I agree to the following:

1. I hereby release, waive, discharge and covenant not to sue the State of California, the Trustees of the California State University, Humboldt State University, Humboldt State University Center, Center Activities Program, their directors, officers, employees and agents (hereinafter, referred to as "Releasees") from all liability to me, my personal representatives, assigns, heirs and next of kin for any loss or damage in any claim or demands therefore, on account of property damage, personal injury or death, whether caused by the negligence of the Releasees or otherwise, arising out of the outing, trip, class, instruction or other activity.

2. I agree to indemnify, save and hold harmless the Releasees and each of them from any loss, liability, damage or cost that they may incur due to my enrollment or participation in the outing, trip, class, instruction or other activity whether caused by the negligence of the Releasees or otherwise.

3. I hereby assume full responsibility and risk of bodily injury, death or property damage due to the negligence of Releasees or otherwise arising out of the outing, trip, class, instruction or other activity. I understand that there are certain risks and dangers that may occur, including but not limited to: the hazards of traveling in mountainous terrain; the hazards of aquatic activities; exposure to personal injury; accident or illness in remote places without medical facilities; forces of nature; and travel by air, train, boat, automobile or other conveyance.

4. I further expressly agree that the foregoing Release, Waiver and Indemnity Agreement is intended to be as broad and inclusive as is permitted by the laws of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, continue in full legal force and effect.

5. I have read and voluntarily signed the Release, Waiver of Liability and Indemnity Agreement and further agree that no oral representation, statement or inducements not contained in this document have been made.

6. I agree that while participating in this activity I agree to conform to all policies of the Center Activities Program, and to abide by all state and federal laws. I also agree to accept and follow the directions of the outing or activity leader(s) or instructor(s) and to act in a mature and responsible manner. I further agree to follow all wilderness regulations and ethics, and to adhere to any lodging or campground requirements or precepts. I agree not to leave the group unless first notifying the outing or activity leader. I understand that upon leaving the group, I waive all rights as an outing or activity participant.

7. I hereby grant permission for the performance of any emergency medical treatment that may be required in the case of an accident wherein I am rendered unconscious or unable to approve of the required medical treatment. I hereby hold harmless and agree to indemnify the Releasees from any claims, causes of actions, damages and/or liabilities arising out of or resulting from said medical treatment. In the event that I become the victim of an accident I will hold harmless from any liability or negligent actions which may arise in connection with the search and rescue, stabilization, evacuation, transportation, and emergency care I receive while secondary aid resources are being sought.

8. I hereby agree to permit University Center, Center Activities Program’s employees, agents and other guests to take photographs and make film records of the trip without further recourse. I understand and agree that such photographs and/or film records may be used for commercial and/or promotional purposes.

9. I hereby agree that California law will apply to any legal actions for personal injury, property damage or death arising out of any outing, trips, classes, instructions or other activities in which I am enrolling through the University Center, Center Activities Program. I further agree that California is the proper forum in which to file any legal action arising out of any activity in which I am enrolling. I agree to attempt to settle any dispute (that cannot be settled by discussion) through mediation before a mutually acceptable mediator.

10. I hereby acknowledge that this agreement shall be governed by and construed in accordance with California law and each party hereby irrevocably submits to the exclusive jurisdiction and service of process of the California courts. I further acknowledge that this agreement was entered into in Humboldt County, California and all legal actions arising from this agreement shall be filed in the courts of Humboldt County.

PARTICIPANT SIGNATURE _____________________________ DATE _____________________________

SIGNATURE OF PARENT (if applicant is a minor) _____________________________ RELATIONSHIP _____________________________

PHONE _____________________________ SECOND PHONE _____________________________

List below any ALLERGIES and any special MEDICAL CONSIDERATIONS that may affect participant’s ability to participate in the activity for which you are registering. If you need more room, please attach an additional sheet. Please also list any MEDICATIONS the participant is currently taking, or will have with them during the activity, listing all pertinent details. This information is CONFIDENTIAL.

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