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 "J," 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 suggested 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 determined by the skills of qualified instructors from the surrounding community that 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.

**Outdoor Information:**
Information on recreational opportunities in Northern California and Oregon is available in the form of maps, brochures and books. Come by and speak with a Center Activities staff member if you would like assistance planning your own outings.

**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!
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.

The Front Reception and Equipment Room Staff perform a tremendous range of clerical, logistical and equipment maintenance tasks, providing essential support for all programs offered.

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.

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.

CONTACT INFORMATION
Phone: (707) 826-3357
Fax: (707) 826-3354
Recreation & Wellness Center Room 101
cntract@humboldt.edu
www.humboldt.edu/centeractivities

OFFICE HOURS
Monday - Friday
10:00 AM - 6:30 PM
Room Rentals:
Whether you're planning a business retreat or banquet dinner, you’ll find the HBAC is a top choice for a successful and memorable occasion. The Humboldt Bay Aquatic Center strikes a perfect balance between business and leisure with attentive staff and numerous amenities including high-speed wireless internet, audio/visual equipment, whiteboards, prep kitchen, and coffee and tea service. Please contact the HBAC for current rental rates and room availability.

HSU Extended Education:
Working in partnership with HSU’s Extended Education program and the Osher Lifelong Learning Institute (OLLI), the HBAC is home to over 150 classes per year with topics ranging from Shakespeare to gardening. For more information on OLLI and Extended Education classes, please visit them online at www.humboldt.edu/olli and www.humboldt.edu/extended.

HSU Women’s Crew Team:
The Humboldt Bay Aquatic Center is proud to house the 2012 & 2014 NCAA Division II national women’s rowing champions. The boat storage, locker rooms, and training room serve as the on-water headquarters for the Humboldt State University Intercollegiate women’s rowing team. For more information on the women’s rowing team, please visit them online at www.hsujacks.com.

Located on the beautiful Eureka waterfront across from Woodley Island Marina, the Humboldt Bay Aquatic Center (HBAC) is a multi-purpose facility dedicated to providing recreation and education opportunities for the local community, HSU students and staff, and clientele beyond Humboldt County. The HBAC provides rooms to rent for conferences, classes, receptions, and a variety of other events. The facility also hosts a full-scale aquatic equipment rental program, Extended Education classes, and is home to the HSU women’s rowing team.

Driving Directions:

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.

The Humboldt Bay Aquatic Center is a collaboration between the City of Eureka, California Division of Boating and Waterways, and Humboldt State University.
AQUATIC RENTALS & PROGRAMS

Launch from the Humboldt Bay Aquatic Center and adventure along the shores of Humboldt Bay with one of our aquatic rentals or programs. The HBAC’s on-site rental program offers kayaks, stand up paddle boards and canoes. Our instructional programs offer a building block for novice paddlers as well as skill refinement for the intermediate and advanced participant. We are happy to work with your community, school or special group to create a custom program to fit your needs.

Private Instruction
Focus on the paddling skills you want to or simply enjoy a day on the water with one of our trained instructors. Private instruction is a great way to assess and refine your paddling skills.

Program Fee: $30/hour HSU Students • $40/hour All Others
Minimum 2 hours. Custom rates for groups of 4 or more. Please contact our Aquatics Coordinator for private instruction.

Off-Site Aquatic Rentals
Not feeling like launching off our dock? Would you like to join a group of friends paddling up at the lagoons and don’t have your own gear? Want to take a kayak, canoe or SUP on your next camping trip? We offer off-site rentals to help you get out there and explore! Vehicles must be equipped with functional rack systems for transport of kayaks, canoes, surf and/or paddle boards. Talk with our staff about approved locations for off-site rentals and let us get you outfitted for your next adventure.

Kids Parties @ The HBAC
Have your child’s next celebration at the beautiful Humboldt Bay Aquatic Center! We provide a bay view room with sound system and HD projector, tables/chairs, prep kitchen and kayaks! Our professional kayaking staff will provide a 1:6 instructor ratio during all aquatic activities including team building and games! Contact our Operations Supervisor to set up your next event.

Ages: 8-17
Time: 4 hours
(including set up and clean up).

On-Site Aquatic Rentals
All of our HBAC aquatic rental prices include a brief paddling and safety orientation, personal flotation device (PFD), wetsuit, splash jacket, paddle and the watercraft.

Our flat rate allows you to come paddle for as long as you would like during our rental hours. Most people plan on a 2-3 hour rental. All renters should know how to swim while wearing a PFD. Children under 15 years old must be accompanied by an adult. Minors under the age of 18 must have a parent or guardians signature on their rental waiver. Participating in our rental program, you may get wet. Bringing a swimsuit to wear under the included wetsuit is a great way to prepare for your time on Humboldt Bay.

<table>
<thead>
<tr>
<th>Group Size</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-10</td>
<td>$200</td>
</tr>
<tr>
<td>11-16</td>
<td>$250</td>
</tr>
</tbody>
</table>

CONTACT INFORMATION
921 Waterfront Drive, Eureka
Phone:(707) 443-4222
Fax:(707) 443-1527
hbac@humboldt.edu
www.humboldt.edu/hbac

ADMINISTRATIVE OFFICE HOURS
Monday – Friday 9:00 AM to 5:00 PM

PEAK SEASON AQUATIC RENTAL HOURS
May 15th to September 15th
Monday - Thursday 10:00 AM to 6:00 PM
Friday - Sunday 10:00 AM to 7:00 PM

OFF SEASON AQUATIC RENTAL HOURS
Sept 16th to Nov 30th & March 1st to May 14th
Daily 10:00 AM to 4:00 PM

AQUATIC RENTAL PROGRAM CLOSURE
Dec 1st to Feb 28th

DISCLOSURES & POLICIES
Launch of on-site rentals conclude one hour before closing. Rental limits are based on forecasted weather conditions and paddler abilities.

Elicia Goldsworthy
HBAC OPERATIONS SUPERVISOR
Elicia supervises the daily operations of the Humboldt Bay Aquatic Center including facility rentals, event coordination, aquatic programming, technical support, staff supervision, facility maintenance, and customer service.
elicia.goldsworthy@humboldt.edu
(707) 443-2133

Trevor McKee
AQUATICS PROGRAM COORDINATOR
Trevor oversees the daily operations of the equipment rental and waterfront aquatics programming such as kayaking, stand up paddling, canoeing and more at the Humboldt Bay Aquatic Center.
hbac@humboldt.edu
(707) 443-4222

Kids Parties @ The HBAC
Have your child’s next celebration at the beautiful Humboldt Bay Aquatic Center! We provide a bay view room with sound system and HD projector, tables/chairs, prep kitchen and kayaks! Our professional kayaking staff will provide a 1:6 instructor ratio during all aquatic activities including team building and games! Contact our Operations Supervisor to set up your next event.

Ages: 8-17
Time: 4 hours
(including set up and clean up).

On-Site Aquatic Rentals
All of our HBAC aquatic rental prices include a brief paddling and safety orientation, personal flotation device (PFD), wetsuit, splash jacket, paddle and the watercraft.

Our flat rate allows you to come paddle for as long as you would like during our rental hours. Most people plan on a 2-3 hour rental. All renters should know how to swim while wearing a PFD. Children under 15 years old must be accompanied by an adult. Minors under the age of 18 must have a parent or guardians signature on their rental waiver. Participating in our rental program, you may get wet. Bringing a swimsuit to wear under the included wetsuit is a great way to prepare for your time on Humboldt Bay.

<table>
<thead>
<tr>
<th>Group Size</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-10</td>
<td>$200</td>
</tr>
<tr>
<td>11-16</td>
<td>$250</td>
</tr>
</tbody>
</table>

CONTACT INFORMATION
921 Waterfront Drive, Eureka
Phone:(707) 443-4222
Fax:(707) 443-1527
hbac@humboldt.edu
www.humboldt.edu/hbac

ADMINISTRATIVE OFFICE HOURS
Monday – Friday 9:00 AM to 5:00 PM

PEAK SEASON AQUATIC RENTAL HOURS
May 15th to September 15th
Monday - Thursday 10:00 AM to 6:00 PM
Friday - Sunday 10:00 AM to 7:00 PM

OFF SEASON AQUATIC RENTAL HOURS
Sept 16th to Nov 30th & March 1st to May 14th
Daily 10:00 AM to 4:00 PM

AQUATIC RENTAL PROGRAM CLOSURE
Dec 1st to Feb 28th

DISCLOSURES & POLICIES
Launch of on-site rentals conclude one hour before closing. Rental limits are based on forecasted weather conditions and paddler abilities.
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:**
Featuring artificial turf made from 32,767 recycled tires, 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 free weights, resistance machines, bench presses, incline presses, squat racks, and Olympic Lifting Platforms. There is also a large dumbbell room featuring Iron Grips Dumbbells. The SRC West features resistance machines, available for circuit training, dumbbells, kettlebells, and weighted body bars.

**CARDIO TRAINING:**
The cardio training areas of both facilities offer a variety of exercise equipment, including ADA accessible machines. All of the machines feature easy to read displays and options that allow users to choose the intensity and durations of their workout. Whether it’s working out indoors on a rainy day, training for a race, or simply building cardiovascular endurance, the aerobic area offers plenty of cross-training opportunities.

**CLIMBING WALL:**
Both the SRC and SRC West have a climbing wall as the centerpiece. 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.

**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.
 SRC PROGRAMS & FEES

Indoor Climbing
Program Fee: $10 HSU Students • $18 All Others
Dates: Tuesday & Sunday
Feb 3 - Apr 19
Time: Tuesdays • 5:30 - 7:30 PM
Sundays • 12:00 - 2:00 PM
For a full course description please go to page 25

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.

Price Packages*
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.

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 & Extended Education Students: $48 per semester
Staff/Faculty: $50 per half semester
            $80 per semester
            $200 per year
            $30 per semester for Healthy-U Program
Alumni Association Members: $65 per half semester
            $110 per semester
Sponsored Individual: $8 single use visit
            $60 for a pass of 10 visits
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. Let the RWC become your one-stop-shop for all of your recreation and wellness needs!

The Recreation & Wellness Center is a multi-departmental collaboration that brings to the HSU campus a place to fulfill the varying needs of individuals looking to explore the many dimensions of wellness. In joining the efforts of Intramurals and Club Sports, Center Activities, the Student Recreation Center, the Humboldt Bay Aquatic Center, and the Health Education component of Student Health and Wellness Services, the RWC supports Humboldt State University’s ongoing mission to foster the well-being for the entire campus and surrounding community.

**FACILITY INFORMATION:**
Adjacent to the Redwood Bowl, the RWC is located on the east side of campus. The lower section of the facility houses the main reception area and a drop-in lounge where there are a variety of activities from video games, board games, and karaoke, to weekly, monthly and one time special events. Also housed in the lower section are two group fitness studios, a conference room, a peer education room and an art/nutrition room. The top level provides access to the SRC West facility, as well as the West Gym. Check out our website at [www.humboldt.edu/centeractivities](http://www.humboldt.edu/centeractivities) under the RWC events page to find out what’s going on this month. Contact Center Activities if you are interested in planning an event or reserving a room.

**GENERAL PROGRAM INFORMATION:**
Everyone is welcome to register for programs at the RWC. Discounts are offered to currently enrolled students. Registration for Intramurals and Club Sports must be processed through Rec Sports (call 826-6011 for more information). All other registrations can be done in person at any of our locations, over the telephone using any major credit card, or through the mail using the form on page 30. Pre-registration may be mandatory for some programs. Please refer to the refund and cancellation information on the mail-in registration form.
Ravin Craig
ASSISTANT HEALTH EDUCATOR
Ravin coordinates the Peer Health Education Program. Peer Educators are HSU students who seek to educate and empower their peers to make their own choices about how to live healthy lives. They do this through programming, classroom presentations, workshops, and peer consults.

Ravin.craig@humboldt.edu

Mira Friedman
HEALTH EDUCATOR
Mira oversees the Health Education Department within Student Health & Wellness Services. She is also the Director of Prevention Education focusing on sexualized violence through the 3-year Department of Justice grant.

Mira.Friedman@humboldt.edu
(707) 826-5234

Recreation & Wellness Center
Lounge Hours
Monday – Friday 9:00 AM – 9:00 PM
Sundays 10:30 AM – 3:30 PM

STUDENT HEALTH AND 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.

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.

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.

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

Mira Friedman
HEALTH EDUCATOR
Mira oversees the Health Education Department within Student Health & Wellness Services. She is also the Director of Prevention Education focusing on sexualized violence through the 3-year Department of Justice grant.

Mira.Friedman@humboldt.edu
(707) 826-5234

Ravin Craig
ASSISTANT HEALTH EDUCATOR
Ravin coordinates the Peer Health Education Program. Peer Educators are HSU students who seek to educate and empower their peers to make their own choices about how to live healthy lives, they do this through programming, classroom presentations, workshops, and peer consults.

ravin.craig@humboldt.edu
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: dosportseasy.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:**
- Archery
- Baseball
- Cycling
- Cheer
- Climbing
- Disc Golf
- Men’s Crew
- Women’s Crew
- Men’s Ultimate Frisbee
- Women’s Ultimate Frisbee
- Men’s Lacrosse
- Women’s Lacrosse
- Men’s Rugby
- Women’s Rugby
- Volleyball
- Fencing

Everybody Plays, Play with Us!
REC SPORTS SPRING 2015 SCHEDULES

DROP-IN SPORTS

<table>
<thead>
<tr>
<th>DROP-IN SPORTS</th>
<th>TIMES</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>OPEN GYM</td>
<td>Mondays - Fridays 12 - 5 PM</td>
<td>West Gym</td>
</tr>
<tr>
<td>BASKETBALL</td>
<td>Tuesdays 7 - 9 PM</td>
<td>Forbes Gym</td>
</tr>
<tr>
<td></td>
<td>Wednesdays 7 - 9 PM</td>
<td>Forbes Gym</td>
</tr>
<tr>
<td></td>
<td>Sundays 11 AM - 1 PM</td>
<td>West Gym</td>
</tr>
<tr>
<td>VOLLEYBALL</td>
<td>Thursdays 7 - 9 PM</td>
<td>West Gym</td>
</tr>
<tr>
<td></td>
<td>Sundays 1:30 - 3:30 PM</td>
<td>West Gym</td>
</tr>
<tr>
<td>SOCCER</td>
<td>Thursdays 7 - 9 PM</td>
<td>Redwood Bowl</td>
</tr>
<tr>
<td>BADMINTON</td>
<td>Sundays 12 - 3 PM</td>
<td>Forbes Gym</td>
</tr>
</tbody>
</table>

HSU CAMPUS POOL HOURS

<table>
<thead>
<tr>
<th>HSU CAMPUS POOL HOURS</th>
<th>TIMES</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, Wednesday, &amp; Friday</td>
<td>7 - 8:30 AM</td>
<td>12 - 2 PM</td>
</tr>
<tr>
<td>Tuesday &amp; Thursday</td>
<td>7 - 8:30 AM</td>
<td>12 - 2 PM</td>
</tr>
<tr>
<td>Saturday &amp; Sunday</td>
<td>12 - 4 PM</td>
<td>-</td>
</tr>
</tbody>
</table>

Intramurals are FREE for HSU students, $10/team for faculty/staff, and $20/team for community members.
Community teams pay a $200 flat fee and are only considered if there is space in the league after all student teams sign up.
Secondary insurance is REQUIRED. The cost is $45/year for all participants. Do your insurance paperwork at: humboldtsportclubs.do-
sportseasy.com
For more information about each team visit: www.humboldt.edu/rec-sports

INTRAMURAL SPORTS

<table>
<thead>
<tr>
<th>INTRAMURAL SPORTS</th>
<th>TIMES</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>BASKETBALL</td>
<td>&quot;A&quot; Mondays 8 - 11 PM</td>
<td>Forbes Gym</td>
</tr>
<tr>
<td></td>
<td>&quot;B&quot; Tuesdays 7 - 11 PM</td>
<td>Forbes Gym</td>
</tr>
<tr>
<td></td>
<td>&quot;B&quot; Sundays 7 - 11 PM</td>
<td>Forbes Gym</td>
</tr>
<tr>
<td></td>
<td>Coed “Open” Wednesdays 7 - 11 PM</td>
<td>Forbes Gym</td>
</tr>
<tr>
<td>SOFTBALL</td>
<td>Coed Sundays 11 AM - 3 PM</td>
<td>Field House</td>
</tr>
<tr>
<td></td>
<td>Coed Mondays 7 - 11 PM</td>
<td>Field House</td>
</tr>
<tr>
<td>SOCCER</td>
<td>Coed “A” Sundays 7 - 11 PM</td>
<td>Redwood Bowl</td>
</tr>
<tr>
<td></td>
<td>Coed “B” Sundays 3 - 7 PM</td>
<td>Field House</td>
</tr>
<tr>
<td></td>
<td>Coed “C” Sundays 7 - 11 PM</td>
<td>Field House</td>
</tr>
<tr>
<td></td>
<td>Coed “C” Wednesdays 7 - 11 PM</td>
<td>West Gym</td>
</tr>
<tr>
<td></td>
<td>Coed “A” Thursdays 7 - 11 PM</td>
<td>Redwood Bowl</td>
</tr>
<tr>
<td></td>
<td>Coed “Open” Thursdays 7 - 11 PM</td>
<td>Redwood Bowl</td>
</tr>
<tr>
<td>FLAG FOOTBALL</td>
<td>Coed “Open” Tuesdays 7 - 11 PM</td>
<td>Field House</td>
</tr>
<tr>
<td></td>
<td>“A” Wednesdays 7 - 11 PM</td>
<td>Field House</td>
</tr>
<tr>
<td>VOLLEYBALL</td>
<td>Coed “A” Thursdays 7 - 10 PM</td>
<td>West Gym</td>
</tr>
<tr>
<td></td>
<td>Coed “B” Thursdays 7 - 10 PM</td>
<td>West Gym</td>
</tr>
<tr>
<td>DODGEBALL</td>
<td>Coed “A” Sundays 4 - 7 PM</td>
<td>West Gym</td>
</tr>
<tr>
<td></td>
<td>Coed “B” Sundays 4 - 7 PM</td>
<td>West Gym</td>
</tr>
<tr>
<td>BADMINTON</td>
<td>Singles Sundays 12 - 3 PM</td>
<td>Forbes Gym</td>
</tr>
<tr>
<td></td>
<td>Doubles Sundays 12 - 3 PM</td>
<td>Forbes Gym</td>
</tr>
</tbody>
</table>

Jan Henry
DIRECTOR OF RECREATIONAL SPORTS
Jan Henry directs the entire Recreational Sports program including drop-in, intramurals, and club sports. She has been with HSU since 2005.
jsh20@humboldt.edu
(707) 826-5965

Eliot Baker
ASSISTANT DIRECTOR OF RECREATIONAL SPORTS
Eliot Baker was hired in 2012 to oversee the intramural portion of the Recreational Sports program. He also assists with all other aspects of the program.
alb50@humboldt.edu
(707) 826-5961

CONTACT INFORMATION

Recreational Sports Office
Recreation & Wellness Center Room 101
Phone: (707) 826-6011
www.humboldt.edu/recsports/
Rapid Media’s 10th annual Reel Paddling Film Festival showcases the world’s best paddling films to audiences in Canada, United States and around the world. The festival inspires more people to explore rivers, lakes and oceans, push physical and emotional extremes, embrace the lifestyle and appreciate the heritage of the wild places we paddle. Your ticket to the Reel Paddling Film Festival World Tour includes a free one-year digital edition subscription to all of Rapid, Adventure Kayak, Canoeroots and Kayak Angler magazines.

**TUESDAY, MARCH 24**

Arcata Theatre Lounge
Doors open at 6:30 PM
Films start at 7:00 PM

**TICKET PRICE ADVANCED:**
$8 Students • $10 All Others

**TICKET PRICE AT DOOR:**
$10 Students • $12 All Others

**TICKET OUTLETS:**
Humboldt Bay Aquatic Center • Pacific Outfitters
Recreation & Wellness Center • Adventure’s Edge
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.

**CERTIFICATIONS**

**CPR/AED for the Professional Rescuer**  
**February 1, 7, or April 11**  
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  
**Day & Time:** Saturday or Sunday • 9:00 AM - 3:00 PM  
**Location:** Recreation & Wellness Center Lounge

**First Aid and Adult CPR/AED**  
**February 8 or April 18**  
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 & Time:** February - Sunday • 10:00 AM - 3:00 PM  
April - Saturday • 9:00 AM - 2:00 PM  
**Location:** Recreation & Wellness Center Lounge

**Adult and Pediatric CPR/AED**  
**April 12**  
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 & Time:** Sunday • 10:00 AM - 3:00 PM  
**Location:** Recreation & Wellness Center Lounge

**Emergency Medical Technical Certification (EMT)**  
**January 20 - May 12**  
This class provides entry level knowledge and skills, as well as testing strategies for the national exam and information on how to obtain and maintain national, state and local licenses and certifications.  
**Program Fee:** $325 HSU students • $365 All Others  
**Materials Required:** Current EMT book, Recommended: workbook and Online/eBook resources  
**Day & Time:** Monday - Tuesday • 5:00 - 10:00 PM  
**Location:** Nelson Hall East Room 102 • Goodwin Forum  
**Notes:** Contact hsuemt@gmail.com for any additional information.

**EMT Refresher Course**  
**March 6 - 8**  
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:** $175 HSU Students • $195 All Others  
**Day & Time:** Saturday & Sunday • 11:00 AM - 7:00 PM  
**Location:** Nelson Hall East 102 • Goodwin Forum

**EMT Skills Verification**  
**March 8**  
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:** Monday • March 2

**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 ($16 - $20 for an entire class meeting)  
**Day & Time:** Please see details for the EMT course

**Rock Wall Instructor**  
**March 28-30**  
This course is taught by an American Mountain Guides Association instructor and addresses the basic technical skills necessary to manage an instructional program at a climbing facility. It aims to increase the level of professionalism in indoor climbing and to improve the level of climbing wall instruction, to develop a more consistent standard for climbing instructors, to evaluate the skills of climbing instructors, and to provide guidance for further professional development. The course length is a minimum of 20 hours of instruction, skills demonstration, and evaluation, typically run over 2.5 days. Certification and AMGA membership lasts for three years.  
**Check our website for full course details**
**Center Activities**

**Certifications**

The website or call Center Activities for more detailed locations for both self and others. This is the class you want as a boater to stay safe and know what to do if something goes wrong. The two day format makes the course more affordable and accessible. The course addresses the river rescue needs of rafters, cat boaters, kayakers, pack rafters, canoeists, riverboarders and SUP paddlers.

**Program Fees:**
- $250 HSU Students • $275 All Others
- Days & Times: Saturday & Sunday • 8:00 AM
- Location: Trinity River Park
- Notes: Participants must come prepared for full submersion.

**Level 1 and 2 must attend the first weekend. Levels 3 and 4 must attend both weekends.**

**Location Day 1:** Stone Lagoon Visitor Center

**Notes:** Level 1 and 2 must attend the first weekend. Levels 3 and 4 must attend both weekends.

**Location:** First day meeting at Stone Lagoon Visitor Center. See the website or call Center Activities for more detailed locations for each day.

---

**Kayak ACA Instructor Certification Workshop for Whitewater**

**February 13 - 14**

A DYNAMIC water rescue course specifically written and designed for private boaters, kayakers and non-profit organizations! Basic river skills are a prerequisite! Emphasis is on identifying hazards and on RESCUE itself; both of self and others. This is the class you want as a boater to stay safe and know what to do if something goes wrong. The two day format makes the course more affordable and accessible. The course addresses the river rescue needs of rafters, cat boaters, kayakers, pack rafters, canoeists, riverboarders and SUP paddlers.

**Program Fees:**
- $250 HSU Students • $275 All Others
- Days & Times: Saturday & Sunday • 8:00 AM
- Location: Trinity River Park
- Notes: Participants must come prepared for full submersion.

**Wilderness First Responder Recertification with WMI of NOLS**

**March 20 - 22**

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:**
- $215 HSU Students • $245 All Others
- Early Bird Discount: A discount of $5 will be given for those who register before March 1.
- Location: Nelson Hall East 102 • Goodwin Forum
- Registration Deadline: February 14, 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/Wilderness First Responder Recertification with WMI of NOLS**

**April 11 - 12**

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:**
- $170 HSU Students • $190 All Others
- Registration Deadline: March 14 • 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 3.
- Location: Nelson Hall East 102 • Goodwin Forum

**Wilderness First Responder with Wilderness Medicine Institute of NOLS and American Heart Association CPR**

**May 20 - 29**

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 possible if there are spaces available. This class includes CPR. For more information please see the Center Activities website.

**Program Fee:**
- $590 HSU Students • $640 All Others
- Early Bird Discount: A discount of $20 will be given for those who register before April 5.
- Location: Nelson Hall East 102 • Goodwin Forum
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

FOOD & BEVERAGE .................... 14  
SKILLS ........................................ 14  
MUSIC ........................................ 15  
MIND & SPIRIT ............................. 15

FOOD & BEVERAGE

Making Chocolate Dipped Strawberries
February 7
Learn to make chocolate covered strawberries the easy way from a professional Chocolatier. Sandra Nakashima, founder and co-owner of Drakes Glen Creations will show you how to make artisan dipped strawberries. You will learn how to temper real chocolate, then dip strawberries and decorate. You will leave the class with the berries you dip and a deeper understanding of what goes into making chocolates. This is a fun class and no previous chocolate skill is needed.

Program Fee: $25 HSU Students • $35 All Others
Day & Time: Saturday • 10:30 AM - 12:00 PM
Location: Food Works Culinary Center, Arcata. See the website for a map.

Wine Tasting 101
February 23
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
Day & Time: Monday • 6:00 - 7:30 PM
Location: Libation 761 8th Street, Suite D, Arcata, CA
Notes: You must be 21 and over with a valid ID to register for this class.

SKILLS

Hebrew Reading
February 8 – March 29
This is a six week crash course in learning to read the Hebrew language. This will include the 22 letters of the alphabet their vowels and how to conjugate them together. Additionally this course will include esoteric explanations behind the letters and vowels.

Program Fees: $10 HSU Students • $15 All Others
Days & Times: Sundays • 5:30 - 6:30 PM
Location: Recreation & Wellness Center Room 122
Notes: This class does not meet during spring break (March 15th)

Beer Brewing 101
February 22
This one day seminar will cover a variety of topics associated with all-grain brewing including some advanced techniques. The instructor will demonstrate the brewing process on a 1 barrel pub-style brew system. The students will benefit from a hands-on style presentation where they will experience the brewing process first hand while discussing related topics.

Program Fee: $45 HSU Students • $50 All Others
Day & Time: Sunday • 10:00 AM – 4:00 PM
Location: Humboldt Regeneration 2320 Central Ave. Unit F, McKinleyville, 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 Road.

Introduction to Archery
Option I: February 14
Option II: March 21
This class is designed to introduce archery through the hands-on application of using a bow and arrow. We will learn the fundamentals of archery and cover proper care and use of archery equipment.

Program Fee: $30 HSU Students • $35 All Others
Day & Time: Saturday • 11:00 AM - 2:00 PM
Location: Recreation & Wellness Center 126
Registration Deadline: Friday before the class
Note: Participants will need to bring $5 on the day of the class to pay for equipment rental.
**Essential Oil Fundamentals:**
*How to incorporate essential oils into your life*
March 30 – May 4
Discover the many uses of essential oils therapeutically and to balance mental and emotional states. We will delve deeply into their unique medicinal properties and their profound affects on the body. Leave with recipes and ideas for practical use in your daily life while compiling your own kit of oils.

**Program Fee:** $60 HSU students • $70 all others  
**Days & Times:** Mondays • 6:15 – 7:45 PM  
**Location:** Recreation & Wellness Center Room 122  
**Notes:** There will be a $40 Materials fee

**First Time Home Buyer’s Seminar**
Check our website for dates
Learn all you need to know to buy your first home.

**Program Fee:** $8 HSU Students • $13 All Others  
**Day & Time:** Tuesdays & Thursdays • 6:00 – 7:30 PM  
**Location:** HSU Science Building A 564

**Music**

**Jazz Improvisation**
February 24 - April 7
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 - 7:30 PM  
**Location:** Recreation & Wellness Center Room 124

**Mind & Spirit**

**Einstein’s Theory of Special Relativity Simply Explained**
February 25 - March 6
Learn the basic concepts of Special Relativity.

**Program Fee:** $8 HSU Students • $13 All Others  
**Day & Time:** Tuesdays & Thursdays • 6:00 – 7:30 PM  
**Location:** HSU Science Building A 564

**Hypnosis Demystified**
Option I: February 1  
Option II: March 3
Learn what hypnosis is and why it has the power to influence and accelerate healing. Understand both the psychological and neurological underpinnings that make this therapy so potent and permanent. By dispelling the myths behind its humorous past, participants cut through the illusion of hypnotism and actually get to experience the beauty of the natural and enjoyable trance state.

**Program Fee:** $20 HSU Students • $25 All Others  
**Days & Times:** Session I: Sunday • 2:00-3:00 PM  
Session II: Tuesday • 12:00- 1:00 PM  
**Location:** Recreation & Wellness Center Room 124

**Hypnotize Yourself for Scholastic Excellence**
Option I: February 28 & March 1  
Option II: March 28 & 29
Accelerated reading and retention. Learn to read something once, with your full presence, and imprint it on your mind so that it’s available whenever you need it. Then learn the skills to have that calm confidence during exams so you can activate your full potential and excel in any subject!

**Program Fee:** $100 HSU Students • $150 All Others  
**Days & Times:** Session I: Saturday & Sunday • 2:00 - 3:30 PM  
Session II: Saturday & Sunday • 12:00 - 1:30 PM  
**Location:** Recreation & Wellness Center Room 124

**Hypnotherapy & Neuro-Linguistic Programming Workshop PART 1 - Enhance Your Mind & Heal Yourself**
Option I: February 10 - 26  
Option II: March 10 - 26
Learn self-hypnosis to enhance the power of your mind. Lessons integrate scientific research from psychology, neuroscience, quantum physics, and spirituality. Techniques covered include: instant motivation, trauma/phobia reversal, accelerated reading and retention, test anxiety, pain control, rapid actualization of goals, and many other skills to amplify the mind and control the body’s automatic responses. This will revolutionize the way you see yourself and reality.

**Program Fee:** $120 HSU Students • $180 All Others  
**Days & Times:** Session I: Tuesdays & Thursdays • 5:00 - 6:00 PM  
Session II: Tuesdays & Thursdays • 12:00 - 1:00 PM  
**Location:** Recreation & Wellness Center Room 124

**Hypnotherapy and Neuro-linguistic Programming Workshop PART 2 - Enhance Your Mind & Heal Yourself**
April 16 - 30
Learn self-hypnosis to enhance the power of your mind. Lessons integrate scientific research from psychology, neuroscience, quantum physics, and spirituality. Techniques covered include: instant motivation, trauma/phobia reversal, accelerated reading and retention, test anxiety, pain control, rapid actualization of goals, and many other skills to amplify the mind and control the body’s automatic responses. This will revolutionize the way you see yourself and reality.

**Program Fee:** $120 HSU Students • $180 All Others  
**Days & Times:** Thursdays • 5:00 - 7:00 PM  
**Location:** Recreation & Wellness Center Room TBA
Martial Arts & Self Defense
Isshinryu Karate
Option I: February 2 - March 11
Option II: March 23 - April 29
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, eighth degree black belt and chief instructor, has taught Isshinryu Karate concurrently at HSU since 1979.
Program Fee for 1 option: $40 HSU Students • $45 All Others
Program Fee for both options: $70 HSU Students • $80 All Others
Days & Times: Mondays & Wednesdays • 7:00 - 9:00 PM
Location: Recreation & Wellness Center 126

Tae Kwon Do
February 9 - May 7
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
Day & Time: Mondays & Wednesdays • 5:00 – 6:00 PM
Location: The first two weeks are at HSU's Recreation & Wellness Center, 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

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!
**GROUP FITNESS**

**Butts ‘N’Gutts**
This challenging 45 minute class is specifically designed to target your core and lower body with a combination of exercises using equipment and your own body weight, this class will work on shaping and toning your abs, butt, hips and thighs.

**Zumba**
Zumba is a fitness program that combines Latin music and easy-to-follow dance moves. It is based on the principle that a workout should be FUN AND EASY TO DO. Zumba is not only great for the body, but it is also great for the mind. Zumba routines incorporate interval training, alternating fast and slow rhythms and resistance training.

**Power Hour**
A boot camp style course designed to burn a large amount of calories in a short period of time. Push your body through various resistance, body-weight, plyometric, and functional training movements that will challenge your physical and mental strength. This class will give you variety and enjoyment, whether you are in advance physical shape or just starting out at working at intense levels of physical exertion.

**Yoga**
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.

**Spin**
Spinning is a non-impact, highly effective way to build cardiovascular strength and endurance. This class includes 35 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.

**Yoga for Stiff People**
A friendly yoga class designed to accommodate beginning and intermediate students at any level of flexibility. Designed to promote strength, balance, flexibility, and conscious min/body relaxation. Students are encouraged to practice safely within their personal level of physical fitness and limitation. Every class is ended with a guided relaxation.

**NEW YEAR’S RESOLUTIONS?**

**Couch to 5k**
Let’s say you’ve been doing a lot of sitting on the couch. The most exercise you’ve had is walking from the sofa to the fridge and clicking through television channels. You’ve decided it’s time to get moving, but you could use some help. This nine-week program enables you to transform your sedentary lifestyle into an active one where you can run for 30 minutes or 5 kilometers (3.1 miles). The plan’s structure prevents new runners from giving up and at the same time challenges them to continue moving forward.

**Personal Training**
Buy two personal training sessions before February 28, get one free. No limit, but both sessions must be purchased at the same time.
WEEKEND SEMINARS
Come join the SRC’s staff of certified Strength and Conditioning professionals as they discuss and demonstrate the hottest topics in the field of health and fitness. These one-day seminars will give you the hands-on experience you have been looking for, as well as the knowledge necessary to enhance your quality of life.

Olympic Weightlifting
Check our website for dates
This clinic will take participants through the complete technical progressions of Olympic Clean & Jerk, Snatch, and all the 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 theoretical classroom discussions and is suitable for Strength & Conditioning/ Sports Performance, Health & Fitness, and weightlifting enthusiasts alike.
Program Fee: $40 HSU Students • $50 All Others
Day & Time: Saturday • 9:00 AM – 3:00 PM
Location: Student Recreation Center

Indoor Training for Outdoor Adventure
Check our website for dates
This clinic will take participants through the various types of movement training (i.e., resistance, plyometric, body weight) that will prepare you for your outdoor adventures. Participants will also gain the necessary baseline knowledge about how to program these different styles of training (i.e., interval, work-to-rest ratios). The clinic includes practical hands-on portions as well as theoretical classroom discussions and is suitable for all Outdoor Adventure and Health & Fitness enthusiasts alike.
Day: Saturday
Time: 10:00 AM – 3:00 PM
Program Fee: $40 HSU Students • $50 All Others
Location: Student Recreation Center

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
Experience the fun, challenge and excitement of seeing new landscapes and learning new skills through the Aquatic and Outdoor Adventure programs. Our instructors are experienced, welcome individuals of all abilities and can’t wait to share their passion for outdoor recreation with you!

### Equipment Rental Program
We have the gear you need! Reservations are suggested 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 such as 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!

---

<table>
<thead>
<tr>
<th>Activity</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canoeing</td>
<td>20</td>
</tr>
<tr>
<td>Kayaking</td>
<td>20</td>
</tr>
<tr>
<td>Sailing</td>
<td>21</td>
</tr>
<tr>
<td>Sea Kayaking</td>
<td>21</td>
</tr>
<tr>
<td>Stand Up Paddling</td>
<td>22</td>
</tr>
<tr>
<td>Surfing</td>
<td>22</td>
</tr>
<tr>
<td>Whitewater</td>
<td></td>
</tr>
<tr>
<td>River Kayaking</td>
<td>23</td>
</tr>
<tr>
<td>Whitewater</td>
<td></td>
</tr>
<tr>
<td>River Rafting</td>
<td>23</td>
</tr>
<tr>
<td>Windsurfing</td>
<td>23</td>
</tr>
<tr>
<td>Outdoor Skills</td>
<td>24</td>
</tr>
<tr>
<td>Backpack Trips</td>
<td>24</td>
</tr>
<tr>
<td>Cross Country Skiing</td>
<td>25</td>
</tr>
<tr>
<td>Cycling</td>
<td>25</td>
</tr>
<tr>
<td>Rock Climbing</td>
<td>26</td>
</tr>
</tbody>
</table>
AQUATIC ADVENTURES

CANOEING

Stone Lagoon Canoe & Campout
April 18 - 19
This weekend trip will take place at one of Humboldt Lagoon State Park’s lagoons. We will spend the day paddling across the lagoon in canoes. The rest of the trip will consist of hiking to the beach, paddling around the lagoon or swimming. The evening will consist of preparing dinner, watching the sunset, socializing at the campfire and sleeping outdoors with the waves crashing in the background. This is truly a unique way of spending the weekend with a new group of people in a beautiful and majestic environment.
Program Fee: $60 HSU Students • $75 All Others
Program Fee Includes: paddle instruction and gear, transportation, and Saturday’s group dinner
Trip Departure: 12:00 PM from the J Parking Lot on HSU Campus.
Registration Deadline: Wednesday • April 15
Mandatory Pre-Trip Meeting: Thursday • April 16
6:00 – 7:00 PM • Recreation & Wellness Center Lounge
For more canoe options, see the Moonrise and Graduation Paddles on page 20.

KAYAKING

Our kayaking classes are designed to help our participants learn kayaking at their own pace.

Drop-In Kayak Roll Sessions
This open pool time gives patron an opportunity to practice basic kayak techniques including paddle strokes, bracing, and the combat roll. Equipment is available to a limited number of people on a first-come, first-served basis. Others may bring their own equipment.
Program Fee: $10
Day & Time: Wednesdays • 7:30 – 9:00 PM
Location: Arcata Community Pool
Minimum Age: 15 (parent/guardian must be present for participants under 18)
Note: Please call the Arcata Community Pool for questions or to register. 822-6801

Private Kayak Instruction
Instruction Includes equipment basics, entering and exiting a kayak, and the essentials of a combat roll. Skills are taught based on participant’s level of experience. Preregistration and prepayment are required.
Program Fee: $40 per session
Day & Time: Wednesdays • 7:00 – 8:30 PM
Students can stay until 9:00 PM to practice
Location: Arcata Community Pool
Minimum Age: 15 (parent/guardian must be present for participants under 18)
Note: Please call the Arcata Community Pool for questions or to register. 822-6801

Kayak Fundamentals
This course will provide a fun and safe environment to learn the basic line skills no kayaker should be without. Topics will include boat anatomy, kayak fit, essential equipment, paddle strokes, boat handling, bracing, safety considerations with an emphasis on injury prevention, self and assisted rescues after a capsize. Participants will have the option of trying different styles of kayaks.
Program Fee Includes: instruction, kayaks and all necessary gear

Indoor Information
March 8
Program Fee:
$30 HSU Students
$40 All Others
Day & Time:
Sunday • 4:30 – 7:30 PM
Location:
Arcata Community Pool
Registration Deadline:
March 5

Outdoor Information
March 28
Program Fee:
$35 HSU Students
$45 All Others
Day & Time:
Saturday • 1:00 – 4:00 PM
Location: Humboldt Bay Aquatic Center
Registration Deadline:
March 25
Mandatory Pre-Trip Meeting:
March 26 • 6:00 – 7:00 PM
Humboldt Bay Aquatic Center

Introduction to Kayak Rolling
Option I: March 29
Option II: April 12
This course will initially concentrate on learning improved bracing, and from there we will progress to combat roll instruction. This will be accomplished with a combination of individual instruction and practice time at the Arcata Community Pool.
Program Fee: $20 HSU Students • $28 All Others
Program Fee Includes: instruction and equipment
Day & Time: Sunday • 4:30 - 6:30 PM
Location: Arcata Community Pool
Registration Deadline: Thursday before each course

Moonrise Paddles
April 11, May 16
Come for a Saturday evening paddle and watch the moon rise over the Humboldt Bay. We provide a choice of kayaks or canoes, and experienced guides to run these 2 hour adventures.
Program Fee: $35 HSU Students • $45 All Others
Program Fee Includes: instruction, kayaks and all necessary gear
Day & Time: Saturday • April 11 • 7:00 PM
Saturday • May 16
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday before the paddle.

Family Fun Weekend
April 11 & 12, May 9 & 10 (Mother’s Day)
Get your family together for a memorable paddling excursion at an unbeatable value! Kids kayak for free on these Family Fun Weekends. Our staff gives a brief safety talk and introduction to the boats, then your family can cast off our dock to lead your own adventure.
Program Fee: $20 per adult – Children paddle free (limit 2 per adult)
Time: drop in any time between 11:00 AM – 4:00 PM
Location: Humboldt Bay Aquatic Center
Mad River Paddle
May 2
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 J Parking Lot on the HSU Campus. For those who live in Eureka, please contact us to arrange a meeting time at the Humboldt Bay Aquatic Center.
Registration Deadline: Monday • April 27
Mandatory Pre-Trip: Monday • April 27

Graduation Paddle
May 17
Come celebrate your hard work with your family and friends with a relaxing paddle on the Humboldt Bay. This tour will give you the seals-eye view of our local treasures; from Eureka Waterfront to Woodley Marina and beyond. We take kayaks and canoes for this brief morning or afternoon paddle.
Program Fee: $20 HSU Students • $25 All Others
Program Fee Includes: instruction and gear
Day & Time: Sunday • 10:30 AM or 1:30 PM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday • May 14

Sailing Refresher & Play Day
April 19
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 Lasers and Picos.
Program Fee: $ HSU Students • $ All Others
Program Fee Includes: instruction, sailboat and equipment, lifejacket and wetsuit. Transportation will be by carpool.
Prerequisite: Participants must have previous sailing experience.
Registration Deadline: Monday • April 13
Mandatory Pre-trip Meeting: Tuesday • April 14 • 6:00 PM
Recreation & Wellness Center Room 122
**Receive a $20 discount on Intermediate Sailing if you sign up for Introduction to Sailing or Sailing Refresher.

SAILING
The Sailing courses are designed to help participants become familiar with rigging various types of boats and become comfortable with harnessing the wind.

Big Lagoon Catamaran Tours
Please check our website for more information about this Big Lagoon sailing adventure.

Introduction to Sailing
April 11 -12
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 sailboats. 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: Monday • April 6
Mandatory Pre-trip Meeting: Tuesday • April 7
6:00 PM • Recreation & Wellness Center Room 124

Intermediate Sailing
May 2 - 3
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: Monday • April 27
Mandatory Pre-trip Meeting: Tuesday • April 28
6:00 PM • Recreation & Wellness Center Room 122

SEA KAYAKING
Southern Humboldt Bay: Wildlife Refuge Tour
March 29
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: Saturday • 8:30 AM from the Humboldt Bay Aquatic Center (921 Waterfront Drive, Eureka - next to the Adorni Center). For those who live in Arcata or north of Eureka, please contact us to arrange a meeting place for pickup.
Registration Deadline: Wednesday • September 3
AQUATIC CENTER ACTIVITIES

Spring 2015
humboldt.edu/centeractivities

707.826.3357

STAND UP PADDLING

SUP Fitness Paddle
April 1 - May 10
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. These twice-weekly morning workouts help you reach fitness goals in a supportive yet challenging class.

Program Fee: $60 HSU Students • $80 All Others
Drop-In Program Fee: $8 HSU Students • $12 All Others
Program Fee Includes: Instruction and gear
Day & Time: Wednesdays • 5:30 PM & Sundays • 9:00 AM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Tuesday before course

Stone Lagoon SUP Tour
April 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.

Program Fee: $35 HSU Students • $45 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: Wednesday • April 2

Learn to SUP - Stand Up Paddle

Option I: April 11
Option II: April 25
Get a new perspective on paddling while getting a fun workout. Join the growing world of stand up paddling by learning the essential information and skills for the sport. Humboldt Bay provides the flat water, scenery, and wildlife viewing - you provide the laughter and muscle power as you learn basic techniques for a new lifelong passion.

Program Fee: $30 HSU Students • $40 All Others
Program Fee Includes: Instruction and gear
Day & Time: Saturday • 9:00 AM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday before each course

Mad River Mouth SUP Tour
May 2
What can we say? We love the Mad River! Not only does it supply drinking water for over 65% of Humboldt County residents, the estuary is a nearby, beautiful destination for paddlers of all abilities. Experience the diversity of wildlife found in this unique aquatic environment from the deck of a Stand Up Paddleboard and relax on the beach where the river meets the sea. (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: 9:00 AM 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: Wednesday • April 29
Mandatory Pre-Trip: Thursday • April 30 • 6:00 PM
Recreation & Wellness Center Lounge

INTRODUCTION TO SEA KAYAKING - BASIC SKILLS

April 4
The North Coast has some of the most scenic and pristine coastline available for sea kayaking. On this one-day excursion in the Humboldt Bay our instructors will cover boat handling, improved paddling efficiency, tides, currents, weather and water safety considerations, and open water paddling techniques. This course will prepare you to safely set out on your own adventures. No experience is necessary.

Program Fee: $35 HSU Students • $45 All Others
Program Fee Includes: Instruction, kayaks and all necessary gear
Day & Time: Saturday • 11:30 AM – 3:00 PM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday • April 2
Recommended: Kayak Fundamentals

Lumberjack Paddle Tour- Humboldt Bay & Samoa Cookhouse
April 12
Join us for a paddle on the Eureka Waterfront and Woodley Island area. This tour will put in at the Humboldt Bay Aquatic Center. There will be plenty of opportunity to view wildlife, paddle and enjoy the waterfront from the bay. It will conclude at the Samoa Cookhouse and Historic Logging Museum for a late lunch. No experience is necessary.

Program Fee: $45 HSU Students • $55 All Others
Program Fee Includes: Transportation, sea kayak instruction, sea kayaks and gear, and meal at the Samoa Cookhouse.
Trip Departure: 10:30 AM from the J Parking Lot on the HSU Campus. For those who live in Eureka, please contact us to arrange a meeting time at the Humboldt Bay Aquatic Center.
Registration Deadline: Thursday • April 9

SURFING

Introduction to Surfing
Women’s Option: April 4
Option I: April 18
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: Mondays before each trip
Mandatory Pre-Trip Meeting: Tuesdays before each trip
6:00 PM • Recreation & Wellness Center Lounge

Introduction to Surfing - Women’s Option
April 4
This one-day introduction to surfing will teach students the basics of surf etiquette, safety, and technique. This course is for new surfers in search of a more challenging class.

Program Fee: $54 HSU Students • $64 All Others
Program Fee Includes: Instructors, surfboard, wetsuit, booties, and instructional materials
Registration Deadline: Monday before course
Mandatory Pre-Trip Meeting: Monday before trip
6:00 PM • Recreation & Wellness Center Lounge

Option I: April 11
Option II: April 25
Get a new perspective on paddling while getting a fun workout. Join the growing world of stand up paddling by learning the essential information and skills for the sport. Humboldt Bay provides the flat water, scenery, and wildlife viewing - you provide the laughter and muscle power as you learn basic techniques for a new lifelong passion.

Program Fee: $30 HSU Students • $40 All Others
Program Fee Includes: Instruction and gear
Day & Time: Saturday • 9:00 AM
Location: Humboldt Bay Aquatic Center
Registration Deadline: Thursday before each course

SOUTH OF TRINIDAD

Mad River Mouth SUP Tour
May 2
What can we say? We love the Mad River! Not only does it supply drinking water for over 65% of Humboldt County residents, the estuary is a nearby, beautiful destination for paddlers of all abilities. Experience the diversity of wildlife found in this unique aquatic environment from the deck of a Stand Up Paddleboard and relax on the beach where the river meets the sea. (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: 9:00 AM 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: Wednesday • April 29
Mandatory Pre-Trip: Thursday • April 30 • 6:00 PM
Recreation & Wellness Center Lounge
Aquatic Center Activities

**Intermediate Surfing**
April 25
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 line-up 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:** Monday • April 20
**Mandatory Pre-Trip Meeting:** Tuesday • April 21
6:00 PM • Recreation & Wellness Center Room 124

**Graduation Rafting the North Coast**
May 17
Celebrate the graduates’ hard work with 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. Guests and family members are welcome.

**Program Fee:** $64 HSU Students • $79 All Others
**Program Fee Includes:** instruction, permit fees and river equipment.
**Trip Departure:** 9:00 AM 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:** Monday • April 13
**Mandatory Pre-trip Meeting:** Thursday • April 16 • 6:00 PM Recreation & Wellness Center Room 124

**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 (dependent on weather and river conditions). No experience is necessary!

**Whitewater Trinity Paddle**
April 18
Hop into a raft or inflatable kayak and join us for a day of adventure on the scenic Trinity River. Explore exciting whitewater intermixed with serene, relaxing sections ideal for swimming and wildlife viewing. The section of 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:** 9:00 AM 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:** Monday • April 13
**Mandatory Pre-trip Meeting:** Thursday • April 16 • 6:00 PM Recreation & Wellness Center Room 124

**Introduction to Windsurfing**
March 29
With some of the world’s greatest windsurfing spots right here in Humboldt County, this is an opportunity to learn one of the most versatile forms of sailing. This course is designed for beginners, combining both a classroom pre-trip session as well as an outdoor. Participants will get familiar with the sport by learning the basic knots, equipment and weather considerations needed to enjoy windsurfing.

**Program Fee:** $54 HSU Students • $64 All Others
**Program Fee Includes:** instruction, windsurfing equipment, and wetsuit. Transportation will be by carpool.
**Registration Deadline:** Monday • March 23
**Mandatory Pre-trip Meeting:** Tuesday • March 24
6:00 PM • Recreation & Wellness Center Room 124

**Introduction to Surfing**
April 23
Mandatory Pre-trip Meeting:
Registration Deadline:
Prerequisite:
Recommended:

**Whitewater Rafting**

**Rafting the North Coast**
April 4
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:** 9:00 AM 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:** Monday • April 13
**Mandatory Pre-trip Meeting:** Wednesday • April 1
6:00 PM • Recreation & Wellness Center Lounge

**Windsurfing**

**Introduction to Windsurfing**
March 29
With some of the world’s greatest windsurfing spots right here in Humboldt County, this is an opportunity to learn one of the most versatile forms of sailing. This course is designed for beginners, combining both a classroom pre-trip session as well as an outdoor. Participants will get familiar with the sport by learning the basic knots, equipment and weather considerations needed to enjoy windsurfing.

**Program Fee:** $54 HSU Students • $64 All Others
**Program Fee Includes:** instruction, windsurfing equipment, and wetsuit. Transportation will be by carpool.
**Registration Deadline:** Monday • March 23
**Mandatory Pre-trip Meeting:** Tuesday • March 24
6:00 PM • Recreation & Wellness Center Room 124

**Introduction to Surfing**
April 23
Mandatory Pre-trip Meeting:
Registration Deadline:
Prerequisite:
Recommended:

**Whitewater River Kayaking**

**Introduction to Whitewater River Kayaking**
Mandatory Pool Dates: April 19
River Dates: April 25 & 26
This course focuses on developing paddling skills 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 hardshell kayaks will be used depending on the individual needs and skill progression. Additional activities may include a river safety section that involves the use of basic river safety equipment specifically adapted for kayaking situations.

**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:** Thursday • April 16
**Prerequisite:** Intro to Kayak Rolling or instructor approval
**Recommended:** Kayak Fundamentals

**Introduction to Surfing**
April 23
Mandatory Pre-trip Meeting:
Registration Deadline:
Prerequisite:
Recommended:

**Whitewater River Kayaking**

**Introduction to Whitewater River Kayaking**
Mandatory Pool Dates: April 19
River Dates: April 25 & 26
This course focuses on developing paddling skills 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 hardshell kayaks will be used depending on the individual needs and skill progression. Additional activities may include a river safety section that involves the use of basic river safety equipment specifically adapted for kayaking situations.

**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:** Thursday • April 16
**Prerequisite:** Intro 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 RIVER KAYAKING**

**Introduction to Whitewater River Kayaking**
Mandatory Pool Dates: April 19
River Dates: April 25 & 26
This course focuses on developing paddling skills 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 hardshell kayaks will be used depending on the individual needs and skill progression. Additional activities may include a river safety section that involves the use of basic river safety equipment specifically adapted for kayaking situations.

**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:** Thursday • April 16
**Prerequisite:** Intro 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 RAFTING**

**Rafting the North Coast**
April 4
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:** 9:00 AM 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:** Monday • April 13
**Mandatory Pre-trip Meeting:** Thursday • April 16 • 6:00 PM Recreation & Wellness Center Room 124

**Graduation Rafting the North Coast**
May 17
Celebrate the graduates’ hard work with 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. Guests and family members are welcome.

**Program Fee:** $64 HSU Students • $79 All Others
**Program Fee Includes:** instruction, permit fees and river equipment.
**Trip Departure:** 9:00 AM 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:** Thursday • May 14

**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 (dependent on weather and river conditions). No experience is necessary!

**WINDSURFING**

**Introduction to Windsurfing**
March 29
With some of the world’s greatest windsurfing spots right here in Humboldt County, this is an opportunity to learn one of the most versatile forms of sailing. This course is designed for beginners, combining both a classroom pre-trip session as well as an outdoor. Participants will get familiar with the sport by learning the basic knots, equipment and weather considerations needed to enjoy windsurfing.

**Program Fee:** $54 HSU Students • $64 All Others
**Program Fee Includes:** instruction, windsurfing equipment, and wetsuit. Transportation will be by carpool.
**Registration Deadline:** Monday • March 23
**Mandatory Pre-trip Meeting:** Tuesday • March 24
6:00 PM • Recreation & Wellness Center Room 124
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

Option I: February 9
Option II: March 9

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 and Times: Monday • 6:00 - 7:00 PM
Location: Recreation & Wellness Center Lounge
Note: No prior registration needed

Leave No Trace Seminar

Option I: February 11
Option II: March 11

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 back country as well as the front country. This training will give you a general knowledge of how to make good decisions to reduce your impact.

Program Fee: Free
Days & Times: Wednesday • 6:00 - 7:00 PM
Location: Recreation & Wellness Center Lounge
Note: No prior registration needed

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!

Women’s Backpacking

April 10 – 12

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: $70 HSU Students • $85 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: Monday • April 6
Mandatory Pre-trip Meeting: Tuesday • April 7 5:30 PM • Recreation & Wellness Center Lounge

Topics Include: gear, clothing, food, packing and backpacking basics

Backpack the Lost Coast

April 17 – 19

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: $70 HSU Students • $85 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: Monday • April 13
Mandatory Pre-trip Meeting: Tuesday • April 14 5:30 PM • Recreation & Wellness Center Lounge

Topics Include: gear, clothing, food, packing and backpacking basics

Backpacking the Trinity Alps

April 24 – 26

Clear streams, grassy meadows, waterfalls, swimming holes, alpine lakes await in the Trinity Alps Wilderness Area. This backpacking trip offers the experience of back country 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: $70 HSU Students • $85 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: Monday • April 20
Mandatory Pre-trip Meeting: Tuesday • April 21 5:30 PM • Recreation & Wellness Center Lobby

Topics Include: gear, clothing, food, packing and backpacking basics
Center Activities
humboldt.edu/centeractivities
707.826.3357
Spring 2015

Cycling
Whether you are an experienced rider who is looking for a group to tour with, or if you are a novice who is wondering what that clanking sound is when you pedal, we have what suits your needs. From basic repair to an intermediate biking tour, we’ll help you gear up for a fun time!

Bicycle Maintenance and Repair
Option I: March 4
Option II: April 22
This course will cover basic bike maintenance including overall condition, drive train, brakes and trail maintenance. By the end of this course you should be able to service and repair your bike both at home and on the road or trail. Participants should bring their bicycle, what tools they have, and wear old clothes.
Program Fee: $40 HSU Students • $45 All Others
Registration Deadline: Tuesday before class
Days & Times: Wednesdays • 6:00 – 8:00 PM
Location: Recreation & Wellness Center Lounge

Introduction to Road Biking & Campout
March 28-29
This outing is geared for beginning to intermediate cyclists who are wanting to try a longer distance ride and campout. Gear will be shuttled to the campsite in the support vehicle so your bike will be nice and light. We will set out on a locals’ favorite loop traveling back roads through epic surroundings. You will receive instruction on proper shifting, braking and hill descending, climbing techniques, how to avoid road hazards, road etiquette, and basic field maintenance. Participants need to bring their own bike, should wear proper riding apparel, and must have a bike helmet. The daily riding distance will be 25 - 30 miles.
Program Fee: $65 HSU Students • $75 All Others
Trip Departure: 9:00 AM • HSU J Parking Lot
Registration Deadline: Monday • March 23
Mandatory Pre-Trip: Tuesday • March 24 • 6:00 PM
Recreation & Wellness Center Lounge
Recommended: Bicycle Maintenance & Repair • Wed, March 4

Introduction to Mountain Biking & Maintenance
April 12
Enough with walking trails and hills, it’s time to ride them! This outing is the perfect way for a new mountain biker to do just that - get on the dirt and ride. With an emphasis on basic mountain biking skills, trail safety and basic maintenance, this is a perfect opportunity to turn the biking itch into reality. Participants need to bring their own bike, should wear proper riding apparel, and must have a bike helmet. The total riding distance will be 5 - 10 miles.
Program Fee: $44 HSU Students • $59 All Others
Trip Departure: 9:00 AM • Recreation & Wellness Center Lobby
Registration Deadline: Wednesday • April 8
Mandatory Pre-Trip: Thursday • April 9 • 6:00 PM
Recreation & Wellness Center Lounge
Day & Time: Monday • 6:00 - 9:00 PM
Location: Recreation & Wellness Center Lounge
**Introduction to Top Rope & Anchoring**

This course provides an introduction to outdoor top rope climbing and is designed as a continuation of the Beginning Rock Climbing course. Topics discussed will include an in-depth overview of rock climbing safety equipment and understanding of the principles of top rope anchor systems. This course will cover knots for climbers, building and evaluating anchor systems, rappelling on steep terrain and improved climbing technique. Prerequisite: Prospective participants must be top rope belayed certified at the Student Recreation Center or have instructor approval.

**Outdoor Information**

- **Date:** March 28
- **Program Fee:**
  - $49 HSU Students
  - $64 All Others
- **Program Fee Includes:** Instruction, all rock climbing equipment and permit fees. Transportation will be by carpool.
- **Registration Deadline:** Mar 25
- **Mandatory Pre-trip Meeting:**
  - Thursday • March 26
  - 6:00 PM • Recreation & Wellness Center Lounge

**Indoor Information**

- **Date:** April 4
- **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 • April 1

---

**Techniques & Conditioning for Climbing**

- **Check our website for dates**

From the basics of movement to advanced skills for pushing harder grades, these classes offer a wealth of knowledge that serve as a substantial foundation for those aspiring to become an accomplished climber, or a focused review for more advanced climbers. Refer to our website for a breakdown of daily class topics.

**Drop In Fee:** $3

**Program Fee:** $20

**Location:** Student Recreation Center

Check our website for more course details

---

**Women’s Climbing Night**

- **Check our website for dates**

Calling all women climbers! Whether you’re brand new to climbing or a seasoned pro, this event is for you. Climb in a supportive environment with the help of knowledgeable staff, meet other climbers in our community, and explore opportunities for a rockin’ adventure! No prior experience is necessary.

**Location:** Student Recreation Center

Check our website for more course details

---

**Introduction to Climbing**

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 skills needed for technical rock climbing, including safety considerations, climbing techniques, use of equipment, basic knots, belaying and rappelling. No prior experience necessary.

**Outdoor Information**

- **Date:** March 7
- **Program Fee:**
  - $49 HSU Students
  - $64 All Others
- **Program Fee Includes:** Instruction, all rock climbing equipment and permit fees. Transportation will be by carpool.
- **Registration Deadline:** Wednesday • March 4
- **Mandatory Pre-trip Meeting:**
  - Thursday • March 5
  - 6:00 PM • Recreation & Wellness Center Lounge

**Indoor Information**

- **Date:** Tuesdays & Sundays
- **February 9 - April 19**
- **Program Fee:**
  - $10 HSU Students
  - $18 All Others
- **Program Fee Includes:** Instruction and all rock climbing equipment needed for course.
- **Days & Times:**
  - Tuesday 5:30-7:00 PM
  - Sunday 12:00-2:00 PM
- **Location:** Student Recreation Center
- **Registration Deadline:** The day before class.

---

Receive a $20 Discount on the outdoor Sport Lead & Traditional Climbing if you also sign up for Intro to Rock Climbing and Intro to Top Rope & Anchoring!
**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**
- **HBAC - Humboldt Bay Aquatic Center**
  707.443.4222
  hbac@humboldt.edu
  921 Waterfront Drive, Eureka
- **CA - 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>
</tr>
</thead>
<tbody>
<tr>
<td>HBAC/CA</td>
<td>Canoe Package (includes canoe, 2 paddles and 2 PFDs)</td>
</tr>
<tr>
<td>HBAC/CA</td>
<td>River Kayak Package (includes river kayak, paddle, spray skirt, helmet and PFD)</td>
</tr>
<tr>
<td>HBAC/CA</td>
<td>Single Sea Kayak Package (includes sit-in* or sit-on-top kayak, paddle, helmet and PFD)</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>
</tr>
<tr>
<td>HBAC</td>
<td>Stand Up Paddle Board Package (includes SUP, paddle, PFD)</td>
</tr>
<tr>
<td>HBAC</td>
<td>Sailboat Package (includes Laser or Pico boat, helmet(s), PFD(s)) Special conditions apply.</td>
</tr>
<tr>
<td>CA</td>
<td>Surfboard (includes board and leash)</td>
</tr>
<tr>
<td>CA</td>
<td>Boogie Board</td>
</tr>
<tr>
<td>CA</td>
<td>Paddle (canoe, kayak, SUP)</td>
</tr>
<tr>
<td>CA</td>
<td>Foam Vehicle Roof Rack (canoe or kayak)</td>
</tr>
<tr>
<td>HBAC</td>
<td>Sailboat Trailer (need to have 1 7/8&quot; trailer ball, flat four wiring)</td>
</tr>
</tbody>
</table>

*Sit-in kayak rentals include spray skirt(s) and bilge pump(s)

Please note that sales tax rates apply

---

**MISCELLANEOUS AQUATIC EQUIPMENT**

<table>
<thead>
<tr>
<th>Rental Location</th>
<th>Item(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>HBAC/CA</td>
<td>Paddle (canoe, kayak, SUP)</td>
</tr>
<tr>
<td>CA</td>
<td>Foam Vehicle Roof Rack (canoe or kayak)</td>
</tr>
<tr>
<td>HBAC</td>
<td>Sailboat Trailer (need to have 1 7/8&quot; trailer ball, flat four wiring)</td>
</tr>
</tbody>
</table>

**PERSONAL AQUATIC EQUIPMENT**

<table>
<thead>
<tr>
<th>Rental Location</th>
<th>Item(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>HBAC/CA</td>
<td>Helmet</td>
</tr>
<tr>
<td>HBAC/CA</td>
<td>PFD</td>
</tr>
<tr>
<td>HBAC/CA</td>
<td>Spray Skirt</td>
</tr>
<tr>
<td>HBAC/CA</td>
<td>Farmer John Style Wetsuit</td>
</tr>
<tr>
<td>CA</td>
<td>Smm Hotline Wetsuit w/hood</td>
</tr>
<tr>
<td>CA</td>
<td>4/3 Youth Wetsuit</td>
</tr>
<tr>
<td>HBAC/CA</td>
<td>Booties</td>
</tr>
</tbody>
</table>

*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>
</tr>
</thead>
<tbody>
<tr>
<td>CA</td>
<td>Variety of Burton, JD and Rossignol Package</td>
<td>$20/$25</td>
<td>$25/$30</td>
<td>$35/$40</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>
</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>
</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>
</tr>
<tr>
<td>CA</td>
<td>Poles</td>
<td>$5/$10</td>
<td>$10/$15</td>
<td>$20/$25</td>
</tr>
<tr>
<td>CA</td>
<td>Gloves &amp; Mitts</td>
<td>$5/$10</td>
<td>$10/$15</td>
<td>$20/$25</td>
</tr>
<tr>
<td>CA</td>
<td>Waterproof Shell Pants</td>
<td>$5/$10</td>
<td>$10/$15</td>
<td>$20/$25</td>
</tr>
<tr>
<td>CA</td>
<td>Waterproof Jacket</td>
<td>$10/$15</td>
<td>$15/$20</td>
<td>$25/$30</td>
</tr>
<tr>
<td>CA</td>
<td>Gaiters</td>
<td>$5/$10</td>
<td>$10/$15</td>
<td>$20/$25</td>
</tr>
<tr>
<td>CA</td>
<td>Snow Shoes</td>
<td>$15/$20</td>
<td>$20/$25</td>
<td>$30/$40</td>
</tr>
<tr>
<td>CA</td>
<td>Ice Axe</td>
<td>$10/$15</td>
<td>$15/$20</td>
<td>$25/$30</td>
</tr>
<tr>
<td>CA</td>
<td>Crampons</td>
<td>$10/$15</td>
<td>$15/$20</td>
<td>$25/$30</td>
</tr>
</tbody>
</table>

# Camping & Backpacking 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>CA</td>
<td>Hammock</td>
<td>N/A</td>
<td>$5/$10</td>
<td>$10/$15</td>
</tr>
<tr>
<td>CA</td>
<td>One Person Tent - MSR Hubba, Sierra Design Lightening XT</td>
<td>$10/$15</td>
<td>$20/$25</td>
<td>$30/$35</td>
</tr>
<tr>
<td>CA</td>
<td>Three Person Tent - MARMOT</td>
<td>$10/$15</td>
<td>$20/$25</td>
<td>$30/$35</td>
</tr>
<tr>
<td>CA</td>
<td>Four Person Tent - Eureka</td>
<td>$10/$15</td>
<td>$20/$25</td>
<td>$30/$35</td>
</tr>
<tr>
<td>CA</td>
<td>Eight Person Dome Tent - Eureka</td>
<td>$10/$15</td>
<td>$30/$35</td>
<td>$65/$70</td>
</tr>
<tr>
<td>CA</td>
<td>Tarp</td>
<td>$5/$8</td>
<td>$10/$12</td>
<td>$15/$20</td>
</tr>
<tr>
<td>CA</td>
<td>0 - 10 Degree Sleeping Bag</td>
<td>$10/$15</td>
<td>$20/$25</td>
<td>$30/$35</td>
</tr>
<tr>
<td>CA</td>
<td>15 - 25 Degree Sleeping Bag</td>
<td>$10/$15</td>
<td>$15/$20</td>
<td>$25/$30</td>
</tr>
<tr>
<td>CA</td>
<td>Sleeping Pad</td>
<td>$5/$10</td>
<td>$10/$15</td>
<td>$20/$25</td>
</tr>
<tr>
<td>CA</td>
<td>External Frame Backpack</td>
<td>$10/$15</td>
<td>$15/$20</td>
<td>$25/$30</td>
</tr>
<tr>
<td>CA</td>
<td>Internal Frame Backpack</td>
<td>$15/$20</td>
<td>$20/$25</td>
<td>$30/$40</td>
</tr>
<tr>
<td>CA</td>
<td>Backpacking Stove</td>
<td>$5/$10</td>
<td>$10/$15</td>
<td>$20/$25</td>
</tr>
<tr>
<td>CA</td>
<td>Two-Burner Stove</td>
<td>$10/$15</td>
<td>$15/$20</td>
<td>$25/$30</td>
</tr>
<tr>
<td>CA</td>
<td>Coleman Lantern</td>
<td>$5/$10</td>
<td>$10/$15</td>
<td>$20/$25</td>
</tr>
<tr>
<td>CA</td>
<td>Extra Fuel Cartridge</td>
<td>$6/$8 per cartridge</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CA</td>
<td>Backcountry Water Filter</td>
<td>$5/$10</td>
<td>$10/$15</td>
<td>$20/$25</td>
</tr>
<tr>
<td>CA</td>
<td>Bear Canister</td>
<td>N/A</td>
<td>$5/$10</td>
<td>$10/$15</td>
</tr>
<tr>
<td>HBAC/CA</td>
<td>Ice Chest/Cooler</td>
<td>$5/$10</td>
<td>$10/$15</td>
<td>$20/$25</td>
</tr>
<tr>
<td>HBAC/CA</td>
<td>Drink Cooler</td>
<td>$5/$8</td>
<td>$10/$12</td>
<td>$15/$20</td>
</tr>
</tbody>
</table>
Academic
American Fisheries Society
Animal Behavior
Anthropology
Art History Association
Biology Graduate Student Association
Botany
Business and Economics
Cartography
Cellular Molecular Biology
Child Development Association
Communication
Computer Science
Conservation Unlimited
CoulRaGeoUs! (Race/Gender/Sexuality Studies)
E.R.E.S.A. (Environ. Resources Student Association)
F.E.R.N. (Forest Ecology Research Network)
Forensic Science
Forestry
Free Radicals (Chemistry)
Geographic Society
Geology
Geospatial
History
Journalism
Kinesiology
Math
Music
Oceanography Society
Philosophy
Physics & Astronomy
Politics
Pre-Med Association
Pre-Veterinary
Psychology
Range and Soils
School Psychology
Service Learning
Social Work Student Association
Society of American Foresters
Society of Hispanic Professional Engineers
Society of Illustrators
Society of Women Engineers
Student California Teachers Association
Student Sociological & Criminology Association
Wildlife Graduate Student Society

Honors Societies
Pi Chi
Xi Sigma Pi

Environmental
California Waterfowl Association
Climate Crisis
Environment & Community
E.P.I.C. (Environmental Protection Info Center)
Natural Resources
PowerSave Campus
Redwood Chapter of Interpreters
Renewable Energy Student Union
SAFE (Student Association for Fire Ecology)
Student Sustainability Coalition
Water Resources Club

Associated Student Groups
Associated Students
C.C.A.T. (Campus Center for Appropriate Technology)
Eric Rofes Center
Film Festival
Graduate Pledge Alliance
Marching Lumberjacks
Multicultural Center
Student Access Gallery
Women's Resource Center
Y.E.S. (Youth Educational Services)

Cultural
Africana Meet'n Greet
Armenian Student Association
Ballet Folklorico de Humboldt
Black Student Union
Chicaucah Tlauh Cuahuitl
Chinese Language & Culture
Chinese Student Scholars Association
Cultures Without Borders
Global Connections
Indigenous Peoples’ Student Alliance
I.T.E.P.P. (Indian Tribal & Educational Personnel Program)
Legacy, The
M.E.Ch.A. (Movimiento Estudiantil Chicano de Aztlán)
Queer Student Union
S.A.C.N.A.S. (Advancement of Chicanos & Native Americans in Science)

Greek Life
Chi Phi
Delta Phi Epsilon
Gamma Alpha Omega
Greek Council
Kappa Sigma
Lambda Theta Alpha
Lambda Theta Phi

Religious
Campus Crusade for Christ (CRU)
Chabad at HSU
Newman Center
Religious Studies Club
Solid Rock
Ulkirk Humboldt

Sports Clubs
Archery
Baseball
Cheer
Climbing
Crew, Men's
Cycling
Disc Golf
Fencing
Lacrosse, Men's
Lacrosse, Women's
Rugby, Men's
Rugby, Women's
Volleyball, Men's
Ultimate, Men's
Ultimate, Women's

Recreation
Acro Yoga
Beach Volleyball
Circus, Humboldt
Juggling
Quidditch
Water Polo
Wrestling

Special Interest
American Sign Language
Anime & Manga Club
Association of Student Sculptors
Badminton
Bicycle Learning Center
Brothers United
Browncoats
Capoeira
Chess
C.L.D.C. (Civil Liberty Defense Center)
Clay Club
Club Cubano
Colleges Against Cancer
College Democrats
College Republicans
Democracy Matters at Humboldt State
Demolition
Double Dare Ya
Ella Prospects
El Lenador
Engineers without Borders
Entrepreneurs
F.R.E.E. (Finding Resources & Empowerment via Education)
Fantasy Gamers Guild
Food Collective
Forever Humboldt Students
Healing Circle, The
Healing Vibrations
Hermanas Unidas de Humboldt State
Interdisciplinary Dance
Jewelry and Small Metals
KRFH Radio
Laughter Revolution, Humboldt's
Lindy Hop
Logging Sports Conclave
Myology
Neurogenesis Running
Oh SNAP!
Printmaking
Residence Hall Association
Roosevelt Institute
Serenity Sisters
Snowjacks
Spanish T&T Club
Student Climbing Coalition
Student Veteren's Association
Super Smash Crew
Tango
TRG Alumni Association
U.S.I.T.T. (US Institute of Theater Tech)
Unscripted Sutras Improv Club
Whovians, Humboldt
Women's Caucus for Art

For more info, check out our website:
www.humboldt.edu/clubs
-----------------------------------------------------------
LIKE us on Facebook!
www.facebook.com/HSUClubsOffice
Spring 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

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

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

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 once. 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#: __/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/__/ iterable.
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 is 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.

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) ____________________________

EMERGENCY CONTACT ____________________________________________ 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.
Have You Thought of a Career in Massage Therapy?

Our 650-hour Therapeutic Massage Certification Program Offers Comprehensive Training, Easy Payments, and Evening Classes

Evening classes begin March 2015

- Classes 5:30-9 p.m., three or four days a week
- One-month trial course to see if you like it
- New lower monthly payments
- Small class sizes with compassionate instructors
- Includes comprehensive science and business training
- Graduate ready to work with our integrated clinical internship
- Work-trade internships available

School Information Night January 7 at 5:30 p.m.

- Free and open to the public
- Meet the Director
- Learn about all of our programs
- See the school facilities
- Lots of Q & A time

707.822.5223 . www.arcatamassage.com
145 G Street, Suite E, Arcata, CA

California Bureau for Private Postsecondary Education Approved School. National Certification Board for Therapeutic Massage and Bodywork Assigned School. American Massage Therapy Association School Member. Department of Veteran’s Affairs Approved School.

---

Why use the HSU C-Card?

- Convenience
- No usage fees
- Easy to sign-up
- No need to carry cash
- 5% discount at all dining locations
- Campus printers, copiers and selected vending machines accept the C-Card
- Campus laundry machines
- Budget campus expenses
- Deposits are fast and easy
- Account and deposit information available at the UC Business Office or on the web at: http://c-card.humboldt.edu

Get more information at 707-826-4160 HUMBOLDT STATE UNIVERSITY
AQUATIC RENTAL PROGRAM

Canoes, Kayaks, Stand Up Paddle Boards, Private Trips, and More!

Humboldt Bay Aquatic Center
921 Waterfront Drive, Eureka

707-443-4222
www.humboldt.edu/hbac