OPERS
Office of Physical Education Recreation and Sports

Attend an athletics event
Cheer on the soccer team
Toss a frisbee
Compete with friends in intramurals
Scuba under the ocean
Meet new friends
Discover your leadership potential
Sail out of the harbor
Start your own sports club
Explore upper campus
Rock climb THE WALL
Backpack Big Sur
Surf Santa Cruz
Practice yoga
Dance, dance, dance
Focus on a martial art
Rock Climb the Wall
Swim laps
Toss a frisbee
Dive into the pool
Sail out of the harbor
UC SANTA CRUZ
MEMBERSHIPS

If you are currently a student, then you are already a member!

Staff and community memberships are also available for purchase online, or in person at the OPERS Wellness Center.

PROGRAM OFFICES

All program offices can be found on the 2nd Floor of the OPERS Admin building.
RECREATION

Make the most of your college experience.

OUR MISSION
is to provide the UCSC community
with an opportunity to gain
skills, have fun, be challenged,
and make personal connections
through outdoor, recreational and
hands-on learning experiences.

WE OFFER
a wide range of courses that
provide opportunities for
beginners as well as more
experienced participants.

AND WE ENCOURAGE
those with all backgrounds, levels
of experience and abilities to
participate.

WEBSITE
RECREATION.UCSC.EDU
PHONE
(831) 459-2806
TO REGISTER
APM.ACTIVECOMMUNITIES.COM/OPERS
UCSC Recreation has something for everyone.

We are here to help you with our trained student leaders, equipment, logistical planning, and transportation.
SPORTS CLUBS

There are approximately 50 different sports clubs on campus. Visit the website below to see the full list.

Competitive Sports Clubs

compete against other universities in sanctioned leagues, tournaments and matches.

Non-Competitive Sports Clubs

either have two or less competitions per year or their focus is entirely at the recreational level.

WEBSITE
OPERS.UCSC.EDU/SPORTS-CLUBS

PHONE
(831) 459-4220

UC SANTA CRUZ
The UCSC IM Sports Program offers a wide variety of sports throughout the year.

- Ultimate Frisbee
- Futsal (Indoor Soccer)
- Outdoor Soccer
- Innertube Water Polo
- 3v3 Basketball
- 5v5 Basketball
- Indoor Volleyball
- Doubles Tennis
- Dodgeball
- Flag Football
- Softball
- Wallyball
- 4v4 Sand Volleyball
- Cardiac Pacer Run
- Battleship
- Weightlifting

**Intramurals All-Access Pass**

Students who wish to participate in intramural sports pay a small individual quarterly participant fee. This allows them to participate in as many different UCSC Intramural sports and tournaments as they wish for the quarter.

**WEBSITE**  
opers.ucsc.edu/intramurals

**PHONE**  
(831) 459-4220
PHYSICAL EDUCATION

Enjoy a healthy lifestyle.

Physical education offers students an opportunity to learn and improve skills in a variety of areas while gaining knowledge about the relationship between fitness and wellness.

Students may enroll in Physical Education (PHYE) courses using the student portal at my.ucsc.edu.

WEBSITE
opers.ucsc.edu/academics

PHONE
(831) 459-5076

TO REGISTER
my.ucsc.edu
ATHLETICS

UC Santa Cruz is proud to be the only NCAA Division III athletic program in the UC System.

Sports
- Basketball
- Cross Country
- Soccer
- Swimming & Diving
- Tennis
- Volleyball

Women’s Sports
- Golf
- Track

WEBSITE
GOSLUGS.COM

PHONE
(831) 459-4962
THE MISSION OF UCSC FITLIFE

is to encourage and support a healthy and thriving campus community. We strive to help you attain optimal well-being through fitness outreach, programming,

GROUP EXERCISE CLASSES

UCSC FitLife’s drop-in group exercise program provides opportunities for students, employees, retirees, and community members to take part in instructor-led group workouts without having to pre-register or commit to

PERSONAL FITNESS AND ASSESSMENTS

Our friendly staff and certified trainers and clinicians offer wide variety of personal fitness trainings and assessments.

FITLIFE ACCESS PASS

Unlimited admission monthly passes and day passes can be purchased online or at the OPERS Wellness Center.

WEBSITE

FITLIFE.UCSC.EDU

PHONE

(831) 459-3051

Fitlife GX Employee Pass is free for all UCSC staff and faculty.

THE CRUZFIT TEAM FITNESS CHALLENGE

CruzFit is an annual campus-wide fitness incentive program. All teams who complete the challenge receive the popular and collectible CruzFit
Summer session sailing and rowing classes are open to everyone. Upon completion of sailing or rowing classes, individuals are allowed access to boat use through the UCSC Boating Club.

**PE COURSES**
Registration for boating PE courses is at my.ucsc.edu.

**SUMMER COMMUNITY BOATING**

Summer session sailing and rowing classes are open to everyone. Upon completion of sailing or rowing classes, individuals are allowed access to boat use through the UCSC Boating Club.

**BOATING CLUB**
The UCSC Boating Club provides access to equipment that makes it possible to enjoy our beautiful Monterey Bay. Members may use any number of sailing vessels under the weekend supervision of the boating center dockmaster.

**JUNIOR SAILING**
All Junior Dinghy Sailing classes are coed, hands-on courses for kids.

**WEBSITE**
boating.ucsc.edu

**PHONE**
(831) 425-1164

**TO REGISTER**
apm.activecommunities.com/opers
Sammy Slug Summer Camp is offered by the Office of Physical Education, Recreation & Sports (OPERS) for boys and girls entering 1st through 6th grades. There are half-day and full-day options, and pre-camp and post-camp care is available.

The camp activities will include a variety of sports such as basketball, tennis, frisbee, climbing wall, soccer, hiking, swimming, and other arts, crafts and outings.

With a staff ratio of 10:1, the camp will be focused on creating a safe environment. The program is designed and implemented by experienced recreation professionals and staffed by UCSC students.

TO REGISTER
APM.ACTIVECOMMUNITIES.COM/OPERS

PHONE
(831) 459-4017

WEBSITE
OPERS.UCSC.EDU/SAMMYCAMP
Bay Tree Bookstore

Computers & Electronics Gifts & Insignia
UCSC & OTHER APPAREL Books & Magazines
References & Study guides DORM SUPPLIES
Drinks Office & School Supplies HEALTH & HYGIENE SNACKS

YOUR ON-CAMPUS RESOURCE FOR YOUR ON-CAMPUS LIFE

Monday-Friday 8:30 am - 5:30 pm
Saturday 10:00 am - 4:00 pm
831.459.4544
slugstore.ucsc.edu
facebook.com/baytreebookstore
Phone
(831) 459-5076

Website
opers.ucsc.edu

Mailing Address
UC Santa Cruz
OPERS
1156 High St
Santa Cruz, CA
95064

facebook.com
/ucsc.opers