

## News: Special Interest Group

### Emeritus College Seniors' Sports Program

#### Harry Hubball Convenor & Coach

Professor Emeritus: EDCP Curriculum & Pedagogy



Above: Seniors' International Football Coaching

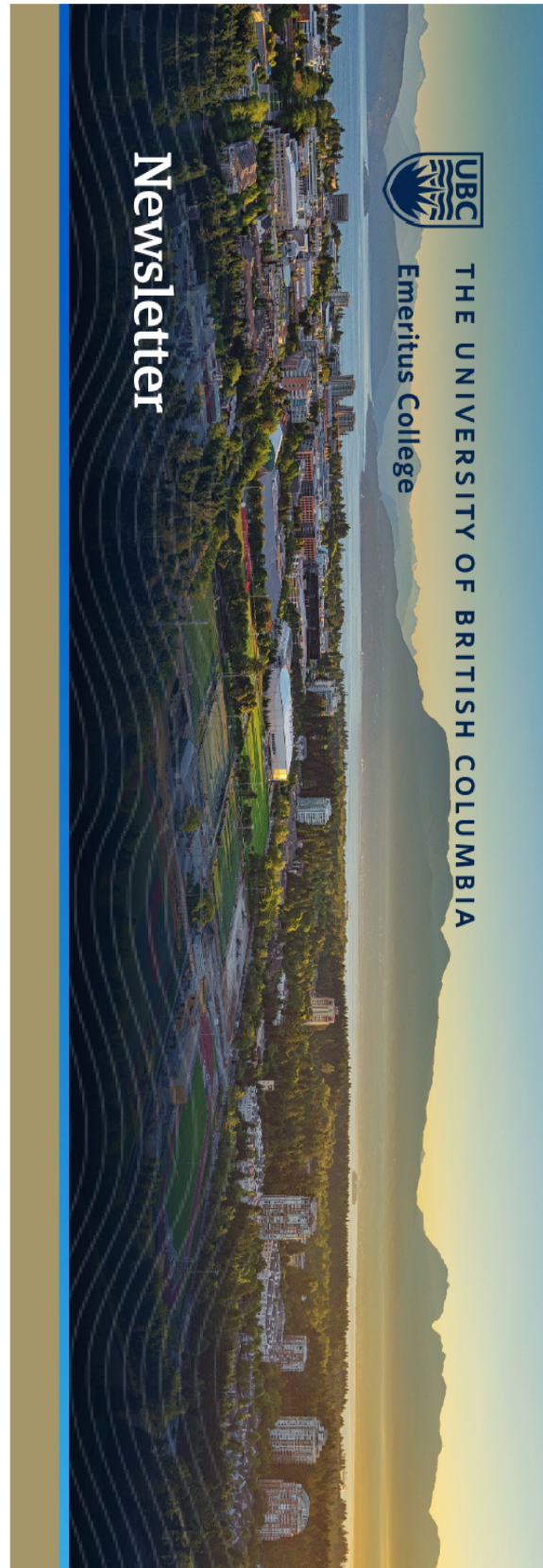
### Special Interest Group

We are delighted to announce the *UBC Emeritus College Seniors' Sports Program (March – October)* which focuses on competitive team games and racquet sports.

Only Intermediate-level players (National Rating Player Level) can sign-up to participate. All spots are currently filled including *Walking Soccer, 4-a-side Football, Tennis, Squash, Pickleball, Cricket 6s & Table-Tennis*. Any remaining spots will be offered to 'wait-list' participants. Contact **Harry Hubball** [harry.hubball@ubc.ca](mailto:harry.hubball@ubc.ca) to register your interest. For example, Intermediate-level players of each competitive team games and racquet sports can be viewed at the [Sports Picture Gallery](#).

The ethos of the fun and challenging *UBC Emeritus College Seniors' Sports Program* aligns with UBC's Wellbeing Strategic Framework and its six priority areas —*Physical Activity, Mental Health and Resilience, Built and Natural Environments, Collaborative Leadership, Food and Nutrition and Social Connection*. Caution: Safety, aging and seniors' sport – “Don't play sport to get fit, get fit to play sport”.

See **Tentative Schedule (Below)** for **March-October:** *UBC Emeritus College Seniors' Sports Program*



**UBC EMERITUS COLLEGE SENIORS' SPORTS PROGRAM (MARCH – OCTOBER)**  
**TENTATIVE SCHEDULE INCLUDING: Walking Soccer, 4-a-side Football, Tennis,  
 Squash, Pickleball, Cricket 6s & Table-Tennis**

- UBC Emeritus College Seniors' Sports Program returns with a weekly schedule running from March to October, offering a variety of competitive team games & racquet sports.
- **Only Intermediate-Level Players** (National Rating Player Level) **can sign-up to participate.** All spots are currently filled. Any remaining spots will be offered to 'wait-list' participants. Contact Harry Hubball [harry.hubball@ubc.ca](mailto:harry.hubball@ubc.ca) to register your interest.

**MARCH to APRIL Schedule: Intermediate-Level for Group Sessions (Wednesday)**

Wednesday 19/3-30/4    12:30-13:30pm    Walking Soccer    UBC Osborne Gym

**MAY Schedule: Intermediate-Level for Group Sessions (Monday & Thursday)**

Monday May 5 <sup>th</sup>	12:00-1:00pm	Tennis	UBC Tennis Centre
Thursday May 8 <sup>th</sup>	11:00-1:00pm	Pickleball	UBC Osborne Gym
Monday May 12 <sup>th</sup>	12:00-1:00pm	Table Tennis	UBC SRC Studio
Thursday May 22 <sup>nd</sup>	11:30-12:30pm	4-a-side Football	UBC Osborne Gym
Monday May 26 <sup>th</sup>	12:00-1:00pm	Tennis	UBC Tennis Centre
Thursday May 29 <sup>th</sup>	11:00-1:00pm	Pickleball	UBC Osborne Gym

**JUNE Schedule: Intermediate-Level for Group Sessions (Monday & Thursday)**

Monday June 2 <sup>nd</sup>	12:00-1:00pm	Table Tennis	UBC SRC Studio
Thursday June 5 <sup>th</sup>	11:00-1:00pm	Pickleball	UBC Osborne Gym
Monday June 9 <sup>th</sup>	12:00-1:00pm	Tennis	UBC Tennis Centre
Thursday June 12 <sup>th</sup>	11:30-12:30pm	4-a-side Football	UBC Osborne Gym
Monday June 16 <sup>th</sup>	12:00-1:00pm	Table Tennis	UBC SRC Studio
Thursday June 19 <sup>th</sup>	11:00-1:00pm	Pickleball	UBC Osborne Gym
Thursday June 26 <sup>th</sup>	11:30-12:30pm	4-a-side Football	UBC Osborne Gym
Monday June 30 <sup>th</sup>	12:00-1:00pm	Tennis	UBC Tennis Centre

**JULY Schedule: Intermediate-Level for Group Sessions (Monday, Wed & Friday)**

Friday July 4 <sup>th</sup>	12:00-1:00pm	4-a-side Football	UBC Turf Field
Monday July 7 <sup>th</sup>	4:00-5:00pm	Tennis	UBC Tennis Centre
Friday July 11 <sup>th</sup>	4:00-6:00pm	Pickleball	UBC Osborne Gym

Monday July 14 <sup>th</sup>	12:00-1:00pm	Table Tennis	UBC SRC Studio
Wednesday July 16 <sup>th</sup>	11:15-12pm	Squash	Delbrook L' Centre
Friday July 18 <sup>th</sup>	4:00-6:00pm	Pickleball	UBC Osborne
Monday July 21 <sup>st</sup>	12:00-1:00pm	Cricket 6s	UBC Turf Field
Friday July 25 <sup>th</sup>	12:00-1:00pm	4-a-side Football	UBC Turf Field
Monday July 28 <sup>th</sup>	4:00-5:00pm	Tennis	UBC Tennis Centre

***AUGUST Schedule: Intermediate-Level for Group Sessions (Mon, Wed & Friday)***

Friday August 1 <sup>st</sup>	4:00-6:00pm	Pickleball	UBC Osborne Gym
Monday August 4 <sup>th</sup>	4:00-5:00pm	Tennis	UBC Tennis Centre
Friday August 8 <sup>th</sup>	12:00-1:00pm	4-a-side Football	UBC Turf Field
Monday August 11 <sup>th</sup>	12:00-1:00pm	Table Tennis	UBC SRC Studio
Wednesday August 13 <sup>th</sup>	11:15-12pm	Squash	Delbrook L' Centre
Friday August 15 <sup>th</sup>	4:00-6:00pm	Pickleball	UBC Osborne Gym
Monday August 18 <sup>th</sup>	12:00-1:00pm	Cricket 6s	UBC Turf Field
Monday August 25 <sup>th</sup>	4:00-5:00pm	Tennis	UBC Tennis Centre
Friday August 29 <sup>th</sup>	12:00-1:00pm	4-a-side Football	UBC Turf Field

***SEPTEMBER Schedule: Intermediate-Level for Group Sessions (Mon & Thursday)***

Thursday September 4 <sup>th</sup>	12:00-2:00pm	Pickleball	UBC Osborne Gym
Monday September 8 <sup>th</sup>	12:00-1:00pm	Tennis	UBC Tennis Centre
Thursday September 11 <sup>th</sup>	12:30-1:30pm	4-a-side Football	UBC Turf Field
Monday September 15 <sup>th</sup>	12:00-1:00pm	Table Tennis	UBC SRC Studio
Thursday September 18 <sup>th</sup>	12:00-2:00pm	Pickleball	UBC Osborne Gym
Monday September 22 <sup>nd</sup>	12:00-1:00pm	Squash	Delbrook L' Centre
Thursday September 25 <sup>th</sup>	12:30-1:30pm	4-a-side Football	UBC Turf Field
Monday September 29 <sup>th</sup>	12:00-1:00pm	Tennis	UBC Tennis Centre

***OCTOBER Schedule: Intermediate-Level for Group Sessions (Monday & Thursday)***

***\*SAFETY-FIRST & MODIFIED SENIORS' SPORTS***

*If you are taking part in the activities of the Emeritus College Sports Program, please recognize that you do so voluntarily for recreational purposes. It is your responsibility to ensure that you are in good health and are comfortable with the modified sport you are taking part in. You must wear any recommended safety equipment (e.g., shin guards, appropriate footwear, etc) as required and participate in a safe manner by obeying rules and regulations. Furthermore, to prevent injury, ensure that you conduct personal warm-up and cool-down strategies, prior to, and following participation in seniors' sport. Safety, aging and seniors' sport – "Don't play sport to get fit, get fit to play sport".*