

## 2007 FALL RAP COURSE GUIDE

### Abbreviations

AR = Aerobics Room

GYM = Gymnasium

KAC = Kilpatrick Athletic Ctr

PL = Pool

RW = Rock Wall

TR = Track

RB = Racquetball Court

TN = Tennis Court

WR = Weight Room

Course	Day	Time	Location	Notes
RAP 100A Aqua Energizer	Mon	5:30-6:30 p	PL	Begins 8/27
RAP 100B Aqua Energizer	Tue	9:30-10:30 a	PL	Begins 8/28
RAP 100C Aqua Energizer	Wed	5:30-6:30 p	PL	Begins 8/29
RAP 100D Aqua Energizer	Thu	9:30-10:30 a	PL	Begins 8/30
RAP 101A Aqua Living Fitness	Mon	9:30-10:30 a	PL	Begins 8/27
RAP101B Aqua Living Fitness	Wed	9:30-10:30 a	PL	Begins 8/29
RAP 101C Aqua Living Fitness	Fri	9:30-10:30 a	PL	Begins 8/31
RAP 102 Basketball	Fri	4:00-5:00	GYM	Begins 8/31
RAP 106A On the Ball	Mon	11:30-12:30	AR	Begins 8/27
RAP 106B On the Ball	Wed	11:00-12:00	AR	Begins 8/29
RAP 118 Fit and Well	Wed	4:00-5:00 p	WR	Begins 8/29
RAP 112 Red Cross LG Training	Tue	6:00-8:30 p	PL	\$50 fee, Begins 9/18
RAP 114 Living Fitness	Sat	9:00-10:30 a	GYM	Begins 9/1
RAP 117 20/20/20	Mon	8:00-9:00 a	AR	Begins 8/27
RAP 300A Master's Swim Club	Tue	6:00-7:00 p	PL	Begins 9/4
RAP 300B Master's Swim Club	Thu	6:00-7:00 p	PL	Begins 9/6
RAP 300C Master's Swim Club	Sat	9:00-10:00 a	PL	Begins 9/8
RAP 120A Pilates	Tue	5:00-6:00 p	AR	Begins 8/28
RAP 120B Pilates II	Thu	5:00-6:00 p	AR	Begins 8/30
RAP122 SwimAmerica Instructor (Practicals)	Wed Sat	6:00-8:00 p 10:30 a-12:00	PL PL	\$25 fee, Begins 9/19, Ends 10/14 Begins 10/20, Ends 11/17
RAP 124 Scuba	Thu	5:30-8:30 p	PL	\$220 fee, Begins 9/27
RAP126A Swim Lessons	Tue	7:00-7:30 p	PL	arrange with Bill Meier
RAP126B Swim Lessons	Tue	7:30-8:00 p	PL	Begins 9/4
RAP 128 Squash Clinic	Fri	4:00-6:00	RB	Begins 9/7
RAP 132 Racquetball/Tennis	Thu	4:30-5:30 p	RB	Begins 8/30
RAP134A Weight Training	Tue	6:00-7:00 p	WR	Women Only, Begins 8/28
RAP134B Weight Training	Thu	5:00-6:00 p	WR	Co-ed, Begins 8/30
<b>YOGA</b>				
RAP 200A Ashtanga Yoga	Mon	9:00-10:30 a	AR	Begins 8/27
RAP 200B Ashtanga Yoga	Wed	9:00-10:30 a	AR	Begins 8/29
RAP 136A Gentle Yoga	Mon	10:30-11:30 a	AR	Begins 8/27
RAP 136B Gentle Yoga	Tue	11:00-12:00	AR	Begins 8/28
RAP 136C Gentle Yoga	Thu	11:00-12:00	AR	Begins 8/30
RAP 136D Gentle Yoga	Fri	11:00-12:00	AR	Begins 8/31
RAP 138 Hatha Yoga	Tue	6:00-7:15 p	AR	Begins 8/28
RAP 140 Integral Yoga	Sun	9:00-10:30 a	AR	Begins 9/2

RAP 142 Kali Ray Yoga	Sun	4:00-5:30 p	AR	Begins 9/2
RAP 144 Kripalu Yoga	Thu	6:00-7:15 p	AR	Begins 8/30
RAP 150 Volleyball	Fri	5:00-6:00	GYM	Begins 8/31

## COURSE DESCRIPTIONS

RAP 100 AQUA ENERGIZER- A fitness class in the water! No swimming is required; this vigorous class is open to all ability levels.

RAP 101 AQUA LIVING FITNESS – Using inspirational music as a guide, this class will take you on a unique exercise journey.

RAP 102 BASKETBALL – An introduction to the game of basketball. Learn the rules of the game and how to dribble, pass, and shoot. All skill levels are welcome! Open play is available for those more skilled.

RAP 118 FIT AND WELL - Core concepts essential in becoming and staying healthy and fit. Topics will include incorporating the major components of fitness into one's life, Nutrition and how it affects your life, dealing with stress effectively as well as many others. Physical activity will comprise some but not all of this class.

RAP106 ON THE BALL – Use of the stability ball to strengthen and tone the entire body, with an emphasis on the core muscles. Increase balance and stability for daily activities. Progress from beginner to advanced.

RAP 112 RED CROSS LIFEGUARD TRAINING - Upon completion of this course, each participant will have working skills in rescue techniques in and around the pool area, first aid, and CPR. Students must make every class to be eligible for certification. (\$50 fee)

RAP 114 LIVING FITNESS – This program uses music, rhythmic movement and small equipment to improve and maintain physical fitness by encouraging with guidance, the harmony of mind-heart-body and spirit.

RAP 117 20/20/20 – This one-hour class will combine 20 minutes of light aerobics, 20 minutes of strength training and 20 minutes of stretching. A great, balanced total body workout. Perfect for all levels.

RAP 300 MASTER’S SWIM CLUB- Open to any SRC student who has proficiency in at least two of the competitive strokes. This is an open club with swimmer’s aged 16 through 80+. A great way to meet a diverse group of people.

RAP 120 PILATES-This mat and ball class will help you lengthen and strengthen your muscles to increase your fitness, improve posture, release tension, and improve balance. Pilates II is an intermediate class for people with Pilates experience and are ready for more of a challenge.

RAP 124 SCUBA- This entry-level class is designed to provide participants with the basic knowledge and skills necessary to become a safe recreational diver. The class includes lectures in the areas of diving physics, physiology, health and safety, watermanship, and general oceanography. There will be an opportunity after the course is finished to take part in a trip to be certified for open-water diving. (\$220 fee)

RAP 128 SQUASH CLINIC-Learn the game of squash through an hour of drills followed by an hour of coached play. This is a great opportunity to meet other players while increasing your skill level.

RAP 126 SWIM LESSONS- If you’ve never had the time to learn to swim, are fearful of water, know how to “dog paddle” but want more, or are a fairly accomplished swimmer that would like to improve your butterfly – do we have lessons for you. Let your fellow student’s help you learn the skills that you want. Arrangements must be made with Bill Meier at 528-7776.

RAP 122 SWIMAMERICA INSTRUCTOR’S TRAINING- Through classroom work and practical applications in the pool, you will learn how to teach non-swimmers from 3 years old and up how to swim. Successful completion of this course will entitle you to work in the school-age lesson program. If you love kids and considering a future of working with young people, this is a perfect opportunity. (\$25 fee)

RAP 132 RACQUETBALL/TENNIS – Learn the fundamentals of both of these great games. Not only are we hitting a little ball, we're hitting it hard. An excellent way to relieve stress!

RAP 134 WEIGHT TRAINING-An introductory course that will teach the basic concepts of weight training, proper lifting techniques and program design.

RAP 150 VOLLEYBALL – We'll teach you how to pass, set, and hit while learning all the rules and fundamentals of this fun game. All skill levels are welcome.

YOGA:

RAP 200 ASHTANGA YOGA-This form of yoga will give you the flexibility and relaxation of traditional yoga, while incorporating a more aerobic type of workout.

RAP 136 GENTLE YOGA-This class is designed to give the beginner a good foundation by focusing on the basics of breathing, flexibility, and relaxation.

RAP138 HATHA YOGA-An introduction to Hatha yoga, including the postures and breathing style, which focus on a posture and then rest style.

RAP 140 INTEGRAL YOGA- This traditional approach to yoga combines postures, deep relaxation, breathing, chanting and meditation.

RAP 142 KALI RAY YOGA – This yoga style includes flowing posture sequences combined with focused, controlled breathing. This helps the body to achieve a more grounded, natural state.

RAP144 KRIPALU YOGA-Learn the postures and breathing style of Kripalu Yoga. This is an intermediate class. Individuals new to yoga should consult with the instructor prior to class.