

2013 FALL 9/1-12/7
ATHLETIC & RECREATION COURSE DESCRIPTIONS

AR 001 DODGEBALL - Players try to hit other players with balls and avoid being hit. Good times!

AR 020 INTRO TO ROCK CLIMBING – Learn how to climb on the rock wall! We'll teach you all the basics, from belaying to knot tying, and get you started on rock climbing. If you already have experience you are welcome to join us.

AR 100 AQUA ENERGIZER- No swimming is required; this vigorous class is open to all ability levels.

AR 110 AQUA SCULPT -Focusing on strength training, this class uses the water's resistance to build and tone all of the body's muscle groups. The class uses both the shallow and deep water. Each class ends with gentle stretching.

AR 111 AQUA BLAST-This class focuses on aerobic endurance and uses both the shallow and deep ends of the pools.

AR 120 RED CROSS LIFEGUARD TRAINING - This is the standard Red Cross course for pool lifeguard certification. Successful candidates are eligible for employment as pool lifeguards. (\$100 fee)

AR 121 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. (\$50 fee)

AR 122 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.

AR 130 GENTLE YOGA-This class is designed to give the beginner a good foundation by focusing on the basics of breathing, flexibility, and relaxation.

AR 131 SLOW VINIYASA YOGA FLOW-Vinyasa yoga is moving with breath. The class will be breath oriented yoga with a slow flow to increase strength and flexibility. Beginner to intermediate level.

AR 132A YOGA FLOW-LEVEL I-This level one class will focus on correct alignment, your breath, expansion in all directions and setting a foundation for a steady, comfortable flow and sustaining asanas.

AR 132B YOGA FLOW-BASICS-This Basics class is the foundation of freeing hips and spine using bolsters, belts, blankets and blocks to ensure comfort and alignment. You are either on your back or against the wall for added support and some spinal wave like cat flows.

AR 132C YOGA FLOW-ACTIVE-This is a yoga flow class geared toward beginners and intermediates, which focuses on the spinal wave movement sequences of Kali Ray Tri Yoga with the addition of the peaceful flow and conscious thought of Iyengar.

AR 133 INTRODUCTORY IYENGAR YOGA - A beginner to intermediate level class focusing on the gentle flow and conscious thought of Iyengar yoga. Basic movements and postures will be stressed.

AR 134 INTERMEDIATE KALI RAY YOGA – Experience your internal core strength with TriYoga kundalini inspired flow of postures, synchronized with rhythmic breathing and mental focus.

AR 135 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.

AR 136 TAI CHI/QUI GONG – Experience how the unconscious expresses itself through the body, learn how to fully relax and move effortlessly through self-massage, breathing and meditation.

AR 137 MOVING GRACE - Rock your hips, stomp your feet, dance with an attitude and move gracefully to the up beat of world and new age music. Moves are simple and fun as you dance freestyle. Some abdominal exercises and yoga stretches will be included.

AR 138 YOGA/ON THE BALL- A beginner/intermediate level class combining traditional yoga poses with work on the stability ball to increase range of motion, stretching and core strengthening.

AR 140 CARDIO FUSION – This one-hour class will combine light aerobics, strength training and stretching. A great, balanced total body workout. Perfect for all levels.

AR 141 ZUMBA - An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

AR 160 TENNIS/RACQUETBALL – Learn the fundamentals of these two fun games. Not only are we hitting a little ball, we're hitting it hard. An excellent way to relieve stress!

AR 161 ULTIMATE FRISBEE – Join community members in this fast paced game. Throwing drills, instruction, and coaching will be provided. Beginners welcome! Inside the gym or outside, depending on the weather.

AR 163 SQUASH CLINIC - Learn the game of squash through an hour of drills and coached play. This is a great opportunity to meet other players while increasing your skill level.

AR 165 BOFFING - A fast paced, physical sport in which participants compete against each other with foam, medieval-style weapons in a safe and controlled environment.

AR 167VOLLEYBALL - This activity offers the opportunity for the beginner to learn the basic skills and techniques, and the experienced player to improve their skills. Each class will include at least a half-hour of playing games.

AR 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.