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 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. ($25 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.

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 VINYASA YOGA FLOW- A breath-oriented flowing sequence of Yoga poses. Enjoy the many benefits of flow Yoga, including increased strength and flexibility. Leave feeling relaxed and refreshed. Beginner to Intermediate level.

AR 133 HATHA YOGA - This is a more traditional Yoga class that involves holding poses for a span of several breaths. This practice helps to develop greater awareness and focus, strength, stamina, and flexibility. All levels welcome.

AR 139 PILATES/YOGA COMBO - This is a beginner/intermediate level class combining the continuous flow of stretching and yoga with core strengthening and toning Pilates exercises.

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 150 INTRO TO WEIGHT TRAINING - This class will focus on the basics of weight training including free weights, machines, and proper gym etiquette. An emphasis will be placed on performing the big three lifts -- squat, bench press, and deadlift -- safely and efficiently. Participants will gain the knowledge to be comfortable and confident in any weight room and will have the opportunity to design their own training programs tailored to their long term goals.

AR 151 FUNCTIONAL PATTERN TRAINING - This class is for those with an interest in exercise science. Explore exercise as a practice of improving one’s ability to perform basic movement patterns with increasing skill and complexity of variation and sequence. Learn how to develop a foundation of efficient movement and stabilization. Building upon this foundation, we will introduce greater complexity to the 7 basic movement patterns, developing increased functionality of the body moving within a 3-dimensional space.

AR 160 TENNIS/SQUASH – 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 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 166 INTRAMURAL BASKETBALL – This activity offers the beginner to learn new skills and for the experienced player to improve their skills. Each class will include either a half-court or full-court game. A good warm-up for the competitive basketball season!

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.

AR 167 VOLLEYBALL - 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 400-402 SOCCER, SWIM, & BASKETBALL TEAMS – All of our teams practice at least 3 times per week for 1 & ½ to 2 hours and compete against other small colleges and private high schools in the Berkshire region. Experience is the respective discipline is helpful, but not required. All students are encouraged to join our teams. GO LLAMAS!!!