

**2017 SPRING 1/29-5/6**  
**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 FIT-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. (\$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 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 HATHA YOGA This is a gentle, basic class with no flow between poses including slow-paced stretching with some simple breathing exercises and seated meditation. Beginner's poses and relaxation techniques will be taught.

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 136 BEGINNER TAI CHI – 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 20/20/20 FOR THE MIND - Based on traditional yoga, this 1-hour class will focus on 20 minutes of Gentle Basic Yoga poses, 20 minutes of breathing (Pranayama), & 20 MINS of Irest-Yoga Nidra – a guided meditation.

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 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 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 SQUASH/TENNIS – 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!

RAP 162 INDOOR SOCCER – Pick-up Indoor Soccer in the gym.

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 167 VOLLEYBALL – Join fellow students and community members in a fun game of pickup volleyball. All levels welcome.

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.