Cuyahoga Community College
Western Campus
Non-Credit Recreation Classes

Fall 2015

Registration: 216-987-3075
Recreation Office: 216-987-5456
Campus Fit Line: 216-987-5457
E-mail: rita.shearer@tri-c.edu
www.tri-c.edu/recreation

The registration deadline for all classes is one week prior to the beginning of the class. See class listing for start dates.
**Walking In Sunshine** (Adults, 16 years & older)

#30887 Fee: $90, Wednesdays, 11am-12pm, WRC F100S, 9/2-11/25, (12 wks.)
Please join us for an invigorating hour of walking, stretching and core work! Instruction will focus on correct stretches to perform before and after walking, practice core strengthening, suggestions on proper foot attire and much more! This class will partner with the Recreation Department to achieve the 50 Mile Walk challenge. Equipment needed: Good walking shoes and a SMILE!
Instructor: Amanda Kost

**Everyday Strength & Stretching**
(Adults, 16 years & older)

#30886 Fee: $90, Mondays, 11am-12pm, WRC F100S, 8/31-11/23, (12 wks.)
Please join us for a fun hour of building upper and lower body strength through the use of weights, bands, core balls and our own body! Instruction will focus on proper form, strengthening our core and proper stretching techniques. Class is designed for all ages and all levels. Equipment needed: Proper gym attire.
Instructor: Amanda Kost

**New! Low Impact Barre Workout**
(Adults, 16 years & older)

#30907 Fee: $90, Thursdays, 9-10am, WLA B115, 9/3-11/19, (12 weeks)
Come and join in on this fun Barre class, featuring the movements of Yoga, Pilates and Ballet! Barre is a Low Impact, high energy workout utilizing ballet barres, light weights and mats. Class includes warm ups, strengthening, core work and cool down!
Instructor: Samantha Kost

**New! High Energy Water Workout**
(Adults, 16 years & older)

#30906 Fee: $90, Thursdays, 10-11am, WRC Pool, 9/3-11/19, (12 wks.)
This physically challenging, intense water workout will include water exercises and lap swimming, using both ends of the pool. Equipment will be used to enhance the workouts, including but not limited to kick boards, hand paddles and pool buoys. Must be able to swim the length of the pool!
Instructor: Lynn Bauerschmidt
New! Cardio/Strength Water Fitness (Adults, 16 years & older)

#30904 Fee: $165, Mondays & Wednesdays, 7-8pm, WRC Pool, 8/31-11/25, (12 wks.)
Get a full-body strength and cardio workout! This class will use a variety of equipment including noodles, dumbbells and body weights to increase cardiovascular and muscular endurance. This class will utilize both ends of the pool so you must be comfortable in deep water. This is a fun, energetic and challenging class that can be adjusted for all fitness levels! Instructor: Angela Trela

New! Interval Training Water Workout (Adults, 16 years & older)

#30905 Fee: $90, Tuesdays, 10-11am, WRC Pool, 9/1-11/17, (12 wks.)
This is an intermediate level, combination workout, class designed to repeat bouts of exercise into three segments. High intensity movements followed by a lap swim across the pool lane, then a slower pace recovery phase, done intermittently in the pool. The participant is constantly moving and working the cardio-respiratory system. Both ends of the pool will be utilized. Participants need to be able to swim a pool lap efficiently to register for this class. This class is designed for those who wish to take their water exercises to the next level. Water buoys, kickboards, noodles and other resistance equipment will be used on occasion. Instructor: Rose Steinke

Spinning Class (Adults, 16 years & older)

#30893 Fee: $90, Tuesdays, 6-7pm, (Fit Center), 9/1-11/17, (12 wks.)
#30894 Fee: $90, Wednesdays, 5-6pm, (Fit Center), 9/2-11/25, (12 wks.)
Spinning, which is riding indoor stationery bikes in an organized setting, is finally here! This class will begin with a gentle warm up and gradually include simulation of going up and down hills, time intervals, resistance and cool down. Participants can make this class as easy or as difficult as they desire by adjusting the resistance knobs. A variety of music is played for the appropriate type of workout. Class size limited to only 14 students. Instructor: Lisa Barno

Gentle Restorative Yoga (Adults, 16 years & older)

#30900 Fee: $90, Mondays, 12-1pm, WHSC A140, 8/31-11/23, (12 wks.)
Journey through a gentle, restorative yoga class featuring stretches, gentle Yoga postures, restorative breathing techniques, yoga nidra (relaxation) and much more. Modifications for chair postures will be included. Yoga mat required. Instructor: Amanda Kost
**New! Lifetime Fitness** (Adults, 16 years & older)
One Fee to use the Pool, Gym & Fitness Center during Open Hours!

#30957 Fee: $100, Days & Times (Varied), 8/24 to 12/11, Fall Semester (16 wks.)
This course will provide the participants a safe environment using the Fitness Center, Pool and Gym during their respective Open Hours. Orientations will be required in the Fitness Center and the Pool. Assessments will be available upon request with the Coordinator of each facility. Open Hours are scheduled by the Coordinator of each facility. Participants will need to log in using their Tri-C ID.

**Beginning Tai Chi** (Adults, 16 years & older)

#30892 Fee: $90, Saturdays, 8-9am, WRC F100N, 9/5-11/21, (12 wks.)
This 12 week class is for the person who has never taken Tai Chi and would like to learn the basics and the short form of Tai Chi. Instructor: Steve Zimcosky

**Tai Chi** (Adults, 16 years & older)

#30902 Fee: $90 Tuesdays, 2-3pm, WHSC A140, 9/1-11/17, (12 wks.)
Tai Chi is an ancient Chinese martial art approximately 1,000 years old. It will be taught as an exercise that promotes whole body health. It consists of a series of slow, graceful movements that combine into what is known as the “form”. Tai Chi is practiced daily by millions of people all over the world. People of all ages can benefit from daily practice. Instructor: Steve Zimcosky

**Qigong** (Adults, 16 years & older)

#30899 Fee: $90, Wednesdays, 12:30-1:30pm, WHSC A140, 9/2-11/25, (12 wks.)
Qigong (Chi Kung) consists of self healing techniques that were developed in China thousands of years ago. These healing practices combine the use of breathing, sound, movement and mind which, when practiced daily, may prevent illness, strengthen organs and help one regain vitality after an illness. Instructor: Steve Zimcosky

**Exerswim** (Adults, 16 years & older)

#30888 Fee: $90, Saturdays, 9-10am, WRC Pool, 9/5-11/21, (12 wks.)
This course is designed to promote health, physical fitness and recreational activities in the aquatic medium. Activities to suit both swimmers and non-swimmers. Emphasis on water exercises. Instructor: Rose Steinke
**Water Fitness (Adults, 16 years & older)**

#30898 Fee: $165  Mon. & Wed., 6-7pm,  WRC Pool,  8/31 to 11/25, (12 wks.)
Water Fitness is for both swimmers and non-swimmers. Water walking and aqua jogging plus shallow and deep water exercises will be taught. This total water fitness class will provide cardiovascular exercises, muscle toning and strengthening. Swim belts, gloves & ankle weights will be provided. Additional water equipment such as barbells, kickboards, hand paddles, noodles, etc. will also be used. Instructor: Lynn Bauerschmidt

**Aqua Zumba (Adults, 16 years & older)**

#30889 Fee: $90  Tuesdays,  9-10am,  WRC Pool,  9/1 to 11/17, (12 wks.)
Aqua Zumba is a great way of enjoying Latin dance aerobics without the impact on joints and the back. It is a fun-filled exercise class performed in the shallow end of the pool, integrating Latin dance steps and aerobic exercise to Latin music! If you’ve ever taken a Zumba class and felt is was too challenging, this class is perfect for you! Let’s dance to fitness! Instructor: Rose Steinke

**Aqua Jogging (Adults, 16 years & older)**

#30903 Fee: $90,  Tuesdays,  7:30-8:30pm,  WRC Pool,  9/1 to 11/17, (12 wks.)
Total body workout program plus shallow to deep water jogging with belts. Great exercise program for those who have joint problems. You do not need to know how to swim to participate in this class. Instructors: Lynn Bauerschmidt

**Deep Water Exercise (Adults, 16 years & older)**

#30890 Fee: $90,  Fridays,  6-7pm,  WRC Pool,  9/4 to 11/20, (12 wks.)
#30891 Fee: $90,  Saturdays, 10-11am, WRC Pool,  9/5 to 11/21. (12 wks.)
This course is designed to provide cardiovascular exercises, muscle toning, strengthening, and flexibility in deep water. This is a great exercise program. If not comfortable in deep water, swim belts will be provided. Instructors: Angela Trela (Friday night) and Rose Steinke (Saturday morning)
Private Lessons

Personal Training (Adults, 16 years & older)
*Note: Days and times to be scheduled by student and instructor*

#30920 Fee: $112, 6 (1/2 hr.) classes, 8/31 to 10/9, (6 wks.)  Deadline to register: 8/24
#30921 Fee: $218, 6 (1 hr.) classes, 8/31 to 10/9, (6 wks.)  Deadline to register: 8/24

#30922 Fee: $112, 6 (1/2 hr.) classes, 10/19 to 11/25, (6 wks.)  Deadline to register: 10/12
#30923 Fee: $218, 6 (1 hr.) classes, 10/19 to 11/25, (6 wks.)  Deadline to register: 10/12

Start your exercise program with some one on one Personal Training geared toward your likes and special needs. Meet with the instructor to set up your individual goals. Get yourself on the right track to better health & fitness. After registering for either the six (1/2 hour lessons) or the six (1 hour lessons), please call the Recreation Department at 216-987-5456 to make an appointment for your private lessons or to ask questions regarding these lessons.  *Please Note: All personal training sessions are to be completed between 8/31 & 10/9 and 10/19 & 11/25.*

Instructors: Rose Steinke, Frank McMasters, Amanda Kost, Mike Hall and Samantha Kost

Qigong Health & Wellnes Coaching (Adults, 16 years & older)
*Note: Days and times to be scheduled by student and instructor*

#30908 Fee: $112, 6 (1/2 hr.) classes, 8/31 to 10/9, (6 wks.)  Deadline to register: 8/24
#30909 Fee: $218, 6 (1 hr.) classes, 8/31 to 10/9, (6 wks.)  Deadline to register: 8/24

#30910 Fee: $112, 6 (1/2 hr.) classes, 10/19 to 11/25, (6 wks.)  Deadline to register: 10/12
#30911 Fee: $218, 6 (1 hr.) classes, 10/19 to 11/25, (6 wks.)  Deadline to register: 10/12

* After registering, please call the Recreation Department at 216-987-5456 to set up a day and time for your private Qigong Coaching lessons.  *Please Note: All coaching sessions are to be completed between 8/31 & 10/9 and 10/19 & 11/25.* These private sessions, with Steve Zimcosky, will include Qigong meditation techniques for Health and Wellness, Stress Relief and Chinese Dietary Principles. Steve holds a Masters Degree in Education, Certified Level II Qigong Instructor with the National Qigong Association and is a licensed Massage Therapist through the State Medical Board of Ohio.
Private Lessons (continued)

Private Swim Lessons (Adults and Children)
*Note: Days and times to be scheduled by student and instructor*

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<tr>
<th>Lesson ID</th>
<th>Fee</th>
<th>Class Details</th>
<th>Start Date</th>
<th>End Date</th>
<th>Weeks</th>
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<tr>
<td>#30919</td>
<td>$218</td>
<td>6 (1 hr.) classes</td>
<td>10/19</td>
<td>11/25</td>
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Our Private Swim Lessons are for those people who prefer to learn how to swim at their own pace and on a one to one basis with our Red Cross Certified Instructors. After registering for either the six (1/2 hour lessons) or the six (1 hour lessons), please call the Recreation Department at 216-987-5456 to make an appointment for your private lessons or to ask questions regarding these lessons. *Please Note: All private swim lessons are to be completed between 8/31 & 10/9 and 10/19 & 11/25.* Instructors: Lynn Bauerschmidt, Cristina Romanello, Angie Trela, Kara Moczulski and Jessica Djukic

Adapted Aquatics (For children with special needs)
*Note: Days and times to be scheduled by student and instructor*

Private lessons for children with special needs, such as autism and/or various disabilities.

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<td>10/12</td>
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Warm water provides a venue for relaxation, therapy, socialization and a foundation for learning to swim for children with special needs. Our method of teaching is student-centered, not instructor based. Instructors will create methods to enhance learning through the use of routine (patterned learning) and visual aids. *After registering please call the Recreation Department at 216-987-5456 to make an appointment for your private lessons and to request a REQUIRED Information Packet. All private Adapted Aquatics lessons are to be completed between 8/31 & 10/9 and 10/19 & 11/25.* Instructor: Lynn Bauerschmidt
Learn to Swim Program

This program will follow the guidelines stated by the American Red Cross. Safe water skills are incorporated into each session. All classes are taught by certified American Red Cross Instructors.

Parent/Child Aquatics (Ages 6 months to 3 years)

#30896 Fee: $66 Tuesdays, 6-6:30pm WRC Pool 9/1 to 11/17 (12 wks.)
Basic water safety skills for both parents and children, as well as learning how to effectively acclimate your child to the water, will be taught. Safety topics will be discussed and demonstrated. Parents must participate! Only register your child. 30 minute class. Maximum of 15 students. Instructor: Lynn Bauerschmidt

Introduction to Water Skills & Fundamental (Minimum age is 4 years old)

#30897 Fee: $68 Tuesdays, 6:30-7:15pm, WRC Pool 9/1 to 11/17, (12 wks.)
This class will help students feel comfortable in the water, learning breath control, buoyancy and treading water with support. In addition, students will learn to be able to swim underwater and swim unsupported on front, back and side. Exit skill assessment. 45 minute class. Maximum of 10 students. Instructor: Lynn Bauerschmidt

Stroke Development & Improvement

#30895 Fee: $68 Thursdays, 6-6:45pm, WRC Pool, 9/3 to 11/19, (12 weeks)
This class is designed to prepare the student for improving buoyancy, breath control, changing direction and position, swimming the front crawl and elementary backstroke plus learning water safety skills. Exit skills assessment. Instructor: Jessica Djukic

Continued Stroke Improvement & Refinement

#30901 Fee: $68 Thursdays, 7-7:45pm, WRC Pool, 9/3 to 11/19, (12 weeks)
The purpose of this class is to perfect and master swimming skills: front crawl, elementary back, side and breast stroke. In addition, to improve on survival floating, treading water, deep water entries and open turns. Exit Skills Assessment. Instructor: Jessica Djukic
Cuyahoga Community College
Cancellation & Refund Policy

**Cancellations:** You will be contacted by the Recreation Department if a class has been cancelled. Please make certain that, when registering, you include your current phone number or email address.

**Refunds:** Please contact the Continuing Education Department at (216) 987-3075 if you wish to withdraw from a class. You will receive a 100% refund, minus the 2.4% non-refundable service charge, if the college cancels a course or you withdraw one or more weeks before the class starts. An 80% refund, minus the 2.4% non-refundable service charge, applies if you withdraw after the first class and before the second class. No refund applies after the second class session.