Cuyahoga Community College
Eastern Campus
Non-Credit Recreation Classes
Fall 2016

No classes will be held Sept 5, Nov 11, and Nov 24-27 – the college is closed for holidays.

To Register for class call:
(216) 987-3075

For additional course information contact the Recreation Office: (216) 987-2248
4250 Richmond Road
Highland Hills, OH 44122
East Student Services, ESS1521
www.tri-c.edu/recreation

Ann-Marie Strike, Community Recreation Coordinator
e-mail: AnnMarie.Strike@Tri-C.edu
**Registration Open Now**

### Golf Anyone? (7 Weeks)
**ZRCE 1000**

- CRN#41009, $90, Wed, 6-7:30 p.m., 9/7-10/19, ESS 2510
- Balls at the driving range are an added expense to be covered by the Student-$6 to $8 per class for a small or large bucket of balls.

The first couple of classes will be held at the Eastern Campus. The remainder of the classes will be held outdoors rain or shine, at the instructor's discretion. Class will include instruction on the fundamentals of the swing and the physical skills involved in the game. Rules and etiquette will also be addressed.

### Golf Advanced (7 Weeks)
**ZRCE 1033**

- CRN#41010, $90, Wed, 7:30-9 p.m., 9/7-10/19, ESS 2510
- Balls at the driving range are an added expense to be covered by the Student-$6 to $8 per class for a small or large bucket of balls.

The first couple of classes will be held at the Eastern Campus. The remainder of the classes will be held outdoors rain or shine, at the instructor's discretion. This class will emphasize a high level of proficiency in skill performance. Instruction will be on individual basis directed toward improvement of the golf swing.

### Advanced Tennis
**ZRCE 1104**

- CRN#41012, $120, Mon, 6:30-8:30 p.m., 9/12-12/5, ESS 1500 Gym
- Advanced Tennis is perfect for players with a knowledge of the forehand, backhand, volley, overhead and serves. Basic strategies and tactics will be taught. Classes will include 2 hours of live ball drills and point play.

### Advanced Tennis (9 Weeks)
**ZRCE 1119**

- CRN#41011, $90, Wed, 6:30-8:30 p.m., 9/14-12/7, ESS 1500 Gym
- CRN#41013, $90, Sat, 12-2 p.m., 9/10-11/19, ESS 1500 Gym
- Advanced Tennis is perfect for players with a knowledge of the forehand, backhand, volley, overhead and serves. Basic strategies and tactics will be taught. Classes will include 2 hours of live ball drills and point play.

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### Aqua Flexercise
**ZRCE 1124**

- CRN#41015, $40 (8 classes)
- CRN#41016, $40 (8 classes)

Having trouble picking just one class? No need to worry, just sign up for Aqua Flexercise! Once you register for the course stop into the Recreation office (ESS 1521) or see a lifeguard to get your Flexercise punch card. When attending class you must arrive on time and present your punch card and My Tri-C ID to the lifeguard on duty or instructor.

**All classes are in ESS 1520 Pool, 9/6-12/3**

- High Impact Aqua Aerobics: Mon, Wed, Fri, 12:30-1:20 p.m.
- Aqua Aerobics: Tues/Thurs, 10:10-10:50 a.m.
- Aqua Aerobics: Mon/Wed, 5-5:50 p.m.
- Low Impact Aqua Aerobics: Tues/Thurs, 5-5:50 p.m.
- Aqua Bootcamp: Tues/Thurs, 7-7:50 p.m.
- Water Walking/Aqua Zen: Sat, 9-9:50 p.m.
- Aquasize: Sat, 11:10 a.m.-12 p.m.

See class descriptions for more details and dates. We cannot be responsible for lost course record cards.

### 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 Enrollment Center at (216) 987-3075 if you wish to withdraw from a class. You will receive a 100% refund if the college cancels a course or you withdraw one or more weeks before the class starts. An 80% refund applies if you withdraw after the first class and before the second class. No refund applies after the second class session.

### Program 60 Admission

Through Program 60, residents of Ohio aged 60 and older may register for regularly scheduled credit and non-credit classes on a non-credit, tuition-free, space-available basis.
Aqua Aerobics
CRN#41029, $120, Mon/Wed, 5-5:50 p.m., 9/7-11/28, ESS 1520 Pool
Aqua Aerobics will help shape and tone your body as well as keep your heart rate up without punishing your joints and bones. This is a shallow water course that may include the Vortex. You do not need to know how to swim to take this class.

Low Impact Aqua Aerobics
CRN#41026, $120, Tues/Thurs, 5-5:50 p.m., 9/6-11/29, ESS 1520 Pool
Low Impact Aqua Aerobics will help shape and tone your body as well as keep your heart rate up without punishing your joints and bones. You do not need to know how to swim to take this class.

High Impact Aqua Aerobics
CRN#41032, $145, Mon, Wed, Fri, 12:30-1:20 p.m., 9/7-12/2, ESS 1520 Pool
High Impact aerobics is a high intensity workout that combines cardiovascular, strength, abdominal, and aerobic training. This is a shallow water course, that may include the Vortex. You do not need to know how to swim to take this class.

Aqua Bootcamp
CRN#41028, $120, Tues/Thurs, 7-7:50 p.m., 9/6-11/29, ESS 1520 Pool
Aqua Bootcamp emphasizes agility, strength and speed to create a highly intense cardiovascular and aerobic workout in a combination of shallow and deep water, as well as the pool deck. You do not need to know how to swim to take this class.

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Qigong
CRN#41003, $120, Mon/Wed, 11-11:50 a.m., 9/7-11/28, ESS 2520 Pool
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.

Tai Chi
CRN#41005, $120, Mon/Wed, 10-10:50 a.m., 9/7-11/28, ESS 2520 Pool
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”. People of all ages can benefit from daily practice.

Chicago Style Steppin Dance
CRN#41006, $120, Mon, 6:30-8:30 p.m., 9/12-11/28, ESS 1501 Pool
CRN#41007, $120, Tues, 6:30-8:30 p.m., 9/6-11/22, ESS 1501 Pool
CRN#41008, $120, Wed, 6:30-8:30 p.m., 9/7-11/23, ESS 1501 Pool
This eloquent dance will help you put a sway in your body, glide in your stride and a pep in your step, learning basic and advance fundamental steps with or without a partner such as basic and advance foot work, spins, structure, lane etiquette, new and old school choreographed coupled and trio dance moves with an added bonus of several Chicago Style ballroom walks.

Intro to Weight & Cardio Training
CRN#41014, $120, Tues/Thurs, 1:30-2:25 p.m., 9/6-11/29, ESS 2524
Become familiar with Tri-C East’s weight room and equipment. This class will provide an introduction to techniques, principles and benefits of a personal conditioning program including: cardiovascular fitness and muscle endurance training. This class will help those who would like to start an exercise program using both cardio equipment and weight training machines. Participants will learn how to set goals and develop a workout/cardio program.
### Musclerobics

**ZRCE 1011**

CRN#41002, $120, Tues/Thurs, 5:15-6:15 p.m., 9/6-11/29, ESS 1501

Musclerobics is a full-body cardio conditioning workout that involves building strength, a range of movement, flexibility and muscle endurance in our new state of the art fitness center. The program includes interval and circuit training. The equipment used includes power bands, flex-tubes, free-weights, workout machines and each individual's own body weight. The workout runs 30 to 45 minutes, consisting of warm-up, workout, cool-down and stretches.

### Pilates

**ZRCE 1012**

CRN#41001, $120, Mon/Wed, 5:15-6:15 p.m., 9/7-11/28, ESS 1501

Based on the work of Joseph H. Pilates, this class develops the core abdominal and trunk muscles. The benefits include strengthening the body's core support, developing long, lean muscles and improving flexibility. When a body secures balance, there is less strain on muscles when an individual is moving through normal daily activities. In this way, Pilates practice can prevent injuries from occurring. This class is appropriate for individuals at all levels of fitness.

### Water Walking/Aqua Zen

**ZRCE 1123**

CRN#41030, $75, Sat, 9-9:50 a.m., 9/10-12/3, ESS 1520 Pool

We're mixing it up in the pool. Join us for this brand new class that will combine exercise and relaxation! Enjoy an exhilarating water-based total body strengthening and relaxation water walking class. This class will primarily use shallow water and at instructor's discretion, deep water. You do not need to know how to swim to take this class.

### Aquasize

**ZRCE 1113**

CRN#41034, $75, Sat, 11:10 a.m.-12 p.m., 9/10-12/3, ESS 1520 Pool

Aquasize will help shape, tone, and strengthen your body as well as keep your heart rate up without punishing your joints and bones. This is a shallow water course.

### Adult Learn to Swim- Beginner

**ZRCE 1128**

CRN#41033, $75, Sat, 10-10:55 a.m., 9/10-12/3, ESS 1520 Pool

Adult Learn to Swim is designed for people with little or no water experience. Class will help to provide an understanding of the basic skills required for swimming such as floating, kicking and breathing. The goal of this course is to get non-swimmers over their water fears, and swim at least half a lap using a proficient freestyle and or backstroke by the end of the course.

### Adult Learn To Swim- Beginner

**ZRCE 1128**

CRN#41025, $120, Tues/Thurs, 6-6:50 p.m., 9/6-11/29, ESS 1520 Pool

Adult Learn To Swim is designed for people with little or no water experience. Class will help to provide an understanding of the basic skills required for swimming such as floating, kicking and breathing. The goal of this course is to get non-swimmers over their water fears, and swim at least half a lap using a proficient freestyle and or backstroke by the end of the course.

### Adult Learn To Swim– Intermediate

**ZRCE 1097**

CRN#41024, $120, Mon/Wed, 6-6:50 p.m., 9/7-11/28, ESS 1520 Pool

Adult Learn To Swim is designed for people with basic knowledge of swimming and comfort in the water. Class will help to provide a deeper understanding of the basic skills required for swimming.

### Rhythm & Stroke

**ZRCE 1129**

CRN#41027, $120, Tues/Thurs, 11-11:50 a.m., 9/6-11/29, ESS 1520 Pool

Come get a taste of what you've been missing. Let Andre' put the rhythm back in your stroke. Rhythm & Stroke is a multidimensional water workout combining rhythmic body and swimming movements with aerobics intensity. Work the water, move with purpose, Rhythm & Stroke is for you. Learn proper breathing technique and effective swimming drills. Must know basic swimming fundamentals.