Cuyahoga Community College
Eastern Campus
Non-Credit Recreation Classes
Spring 2015

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

For additional course information call the Recreation Office:
216-987-2248
4250 Richmond Road
Highland Hills, OH 44122
East Student Services, ESS1521
E-mail: Eric.Blue@Tri-C.edu
www.tri-c.edu/recreation

No Classes will be held from March 9th to March 15th for Spring Break - the college is closed for holidays.
Golf Anyone? (7 Weeks)  
CRN# 42330, Fee: $90,  Wednesdays, 6:00-7:30pm, 3/25-5/6, 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.  
Space is limited, so register today!

Golf Advanced (7 Weeks)  
CRN# 42331, Fee: $90,  Wednesdays, 7:30-9pm, 3/25-5/6, 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.  
Space is limited, so register today!

Advanced Tennis  
CRN# 41112, Fee: $100,  Mondays, 6:30-8:30pm, 1/26-4/20, 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.  
Space is limited, so register today!

Advanced Tennis (9 Weeks)  
CRN# 42333, Fee: $75,  Wednesdays, 6:30 to 8:30pm, 2/25–4/29  
ESS 1500 Gym  
CRN# 42334, Fee: $75,  Saturdays, 12 to 2pm,  2/28—5/2,  
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.  
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Tai Chi *Now offering two sections*  ZRCE 1116

CRN# 42312, Fee: $100,  Mon. & Wed., 10-10:50am, 1/21-4/20, ESS 2520
CRN# 42311, Fee: $100,  Mon. & Wed., 12-12:50pm, 1/21-4/20, ESS 2520
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.

Qigong  ZRCE 1030

CRN# 42310, Fee: $100,  Mon. & Wed., 11-11:50pm, 1/21-4/20, ESS 2520
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.

Pilates  ZRCE 1115

CRN#42307, Fee: $100, Mon. & Wed., 5:20-6:20pm, 1/21-4/20, 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.

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Intro to Weight & Cardio Training       ZRCE 1103

CRN# 42319, Fee: $100, Tuesdays & Thurs, 12:30-1:25 pm, 1/20-4/16, 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 1114

CRN# 42308, Fee: $100, Tues. & Thur., 5:15-6:15pm, 1/20-4/16, ESS 2524

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.

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Archery

CRN# 42309, Fee: $100, Tues. & Thurs. 11-12pm, 1/20-4/16, ESS 1500
Have you been reading “Hunger Games” or “Game of Thrones” or do you just want to learn archery? Then we’ve got the class for you. No prior experience necessary. We supply all equipment and will go over safety procedures.

Chicago Style Steppin Dance

CRN#42313, Fee: $85, Monday, 6:30-8:30pm, 1/26-4/20, ESS 1501
CRN# 42314, Fee: $85, Tuesday, 6:30-8:30pm, 1/20-4/14, ESS 1501
CRN# 42315, Fee: $85, Wednesday, 6:30-8:30pm, 1/21-4/15, ESS 1501
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.

Sizzling Salsa

CRN# 42316, Fee: $85, Thursdays, 6:30-8:30pm, 1/22-4/16, Room: ESS 1501
Salsa is a vibrant, energetic rhythmical dance. This class starts with the basics, including footwork, partnering, and stretching. The first half of the class includes warm-up, which is based on stretching, isolations, and footwork; the second half includes partnering and dancing. Proper attire is non-restrictive clothing or yoga clothes and non-gripping sneakers or dance shoes. Bring a water bottle and a sassy attitude.

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<thead>
<tr>
<th><strong>Aqua Aerobics</strong></th>
<th>ZRCE 1110</th>
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<tr>
<td>CRN# 42322, Fee: $140, Mon. &amp; Wed., 5-5:50pm, 1/21-4/20, ESS 1520 Pool</td>
<td>CRN# 42324, Fee: $140, Tues. &amp; Thur., 9-9:50am, 1/20-4/16, ESS 1520 Pool</td>
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<td>Aqua Aerobics will help shape and tone your body as well as keep your heart rate up without punishing your joints and bones. Although this course will use both deep and shallow water, you do not need to know how to swim.</td>
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<tr>
<th><strong>Water Walking/Aqua Zen</strong></th>
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<tr>
<td>CRN# 42323, Fee: $140, Mon. &amp; Wed., 6-6:50pm, 1/21-4/20, ESS 1520 Pool</td>
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<td>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 walking class that will conclude with Ai Chi, a water-based total body strengthening and relaxation progression that bridges Tai-chi and Qi Gong.</td>
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<th><strong>High Impact Aqua Aerobics</strong></th>
<th>ZRCE 1107</th>
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<tr>
<td>CRN# 42328, Fee: $195, Mon, Wed &amp; Fri., 10:30-11:20 am, 1/21-4/20, ESS 1520 Pool</td>
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<td>You do not need to know how to swim to take this class. Aqua Boot Camp is a high intensity workout that combines cardiovascular, strength, abdominal, and aerobic training. This class emphasizes agility, strength and speed to create a highly intense athletic workout in the pool and on the deck.</td>
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Adult Learn To Swim

ZRCE 1109

CRN# 42318, Fee: $140, Tues. & Thurs., 6-6:50 pm, 1/20-4/16, 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.

Low Impact Aqua Aerobics

ZRCE 1087

CRN# 42317, Fee: $140, Tues. & Thurs., 5-5:50 pm, 1/20-4/16, 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. You do not need to know how to swim to take this course.

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Aqua Bootcamp  
ZRCE 1087

CRN# 42321, Fee: $140, T & Th, 7-7:50pm, 1/20-4/16, ESS 1520 Pool
You do not need to know how to swim to take this class. Aqua Boot Camp is a high intensity workout that combines cardiovascular, strength, abdominal, and aerobic training. This class emphasizes agility, strength and speed to create a highly intense athletic workout in the pool and on the deck.

Rhythm & Stroke  
ZRCE 1129

CRN# 42320, Fee: $140, M & W, 7-7:50pm, 1/21-4/20, Room: ESS 1520 Pool
Come get a taste of what you've been missing. Let Andre' put the rhythm back in your stroke. Rhythm and Stroke is a multidimensional water workout combining rhythmic body and swimming movements with aerobics intensity. Work the water, move with purpose, Rhythm and Stroke is for you. Learn proper breathing technique and effective swimming drills. Must know basic swimming fundamentals.

Adult Learn to Swim  
ZRCE 1064

CRN# 42326, Fee: $70, Saturdays, 10:35-11:30am 1/24-4/18, 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.

Aquasize  
ZRCE 1113

CRN# 42327, Fee: $70, Saturday, 11:35-12:30pm, 1/24-4/18, ESS 1520 Pool
Aquasize will help shape and tone your body as well as keep your heart rate up without punishing your joints and bones. Although this course will use both deep and shallow water, you do not need to know how to swim.

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Mommy & Me

CRN# 42325, Fee: $40, Saturday, 10-10:30am, 1/24-4/18,
Room: ESS 1520 Pool
Dads are welcome too, or even both parents...we just liked the name!
For children 6 months to 5 years old. Parents are required to be in the
water with their children (one adult per child). This class will allow
your child to become familiar with water, expend energy, and bond
with parents. This is not learn to swim, it is a time to have fun
learning with your child in the water through songs, motion and
exercise. Example of class: 5 minutes entering pool and independent
warm up, 20 minutes instructor lead activity, 5 minute independent
cool down.

Aqua Flexercise

CRN# 42329, Fee: $40, Days: You pick! Time: Any 8 classes!
All classes are in ESS 1520 Pool
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 course record. When
attending class you must arrive on time and present your course record and
MyTri-C ID to the lifeguard on duty or instructor.

You'll be able to drop into any of the classes listed below up to 8 times.

Aqua Aerobics : Mondays & Wednesdays 5-5:50pm
Aqua Aerobics : Tuesdays & Thursdays 9-9:50am
Water Walking Aqua Zen: Mondays & Wednesdays 6-6:50pm
High Impact Aqua Aerobics : M, W, & F 12-12:50pm
Aqua Bootcamp : Tuesdays & Thursdays 7-7:50pm
Aquasize: Saturdays 11:35-12:30pm
Low Impact Aqua Aerobics: T & Th 5:50pm

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

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Community members may purchase Guest Cards to gain entry to the Recreation Facilities. A fee of $5 will be deducted per visit for use of the pool and fitness center. If you plan on taking advantage of both facilities, make sure you tell the Fitness Center attendant or Lifeguard on duty prior to leaving the facility where you paid.

What is the Guest Card?
The Guest Card allows community members not enrolled in classes and, who do not have a student, faculty or staff My Tri-C ID card, to add funds to their Guest Card to gain entrance to the Recreation Department’s Pool or Fitness Center.

How do I get a card?
Cards may be obtained from either the Enrollment Office or the Cash Loading Station conveniently located near the campus ATM station on the first floor of the Student Services Building around the corner from Public Safety.

Will the Guest Card cost me anything?
There is a one-time $1 fee for the Guest Card. This card is reusable so do not discard them once your funds run out; simply reload your card with more money. If you are not currently enrolled at Tri-C, but have a MyTri-C Card from previous enrollment, you can load funds onto that card without purchasing the Guest Card. Other cash loading cards such as the Massage Therapy card will also work as a guest card. If you are not a currently enrolled student, $5 will be deducted from your card for each visit.

How do I add money to my Guest Card?
Funds can be loaded onto the card by one of three ways:
1. At the Cash Loading Station – follow the instruction posted above the machine for loading cash. Do not load it under “Dining Dollars”
2. At the Online Card Office,
   (link to this site can be found at www.tri-c.edu/recreation).
3. At the campus Enrollment Center (hours)?

What if I lose my Guest Card?
When funds are loaded onto your Guest Card, it is like losing a gift card. We cannot refund money for a lost card. If you do happen to lose your card, you are able to log on to the Online Card Office to suspend your card (you will need to know the guest card number or have an account already set up for the card). Cards found on campus will be turned in to the Enrollment Center, if you know your Guest Card number you can check with them to see if it was turned in.
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 Eastern Campus Recreation Department at (216) 987-2248 or Continuing Education Department 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.

Parking Policy!

Starting Fall 2012, the College will implement a new Campus Security and Maintenance Fee for all students registered for classes.

This fee will replace the current student hangtag system.
Below is the tiered fee structure based on credit hours charged:
1-3 credit hours (no fee)
4-11 credit hours ($40.00)
12+ credit hours ($60.00)

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.

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