

*New instructors certified*

# Rhythmic aerobic dance clinic to be held at Mabel Lee Hall

By Judi Nygren

Stretching, weight lifting and dancing will be part of a two-day rhythmic aerobics certification clinic at UNL.

The May clinic is one of four held each year and is sponsored by Rhythmic Aerobics, Inc., the nation's second largest aerobics company.

Kris Thaller, rhythmic aerobics area coordinator for Nebraska, said participants leave the 12-hour clinic certified to teach aerobic theory, principle and at least 17 dance routines.

The program stresses theory and principle, Thaller said, so that instructors can explain aerobics' benefits to students.

To participate in the clinic, Thaller said, people must be physically fit with under 22 percent body fat, non-smokers, certified in CPR, more than 18 years old and able to run one and a half miles in the recommended time for their age brackets. The company also prefers participants who have some experience in aerobics or dance, she said.

After completing the clinic, Thaller said, instructors must sign an agreement to teach only rhythmic aerobics dance routines because of insurance reasons. They also must agree to attend at least two clinics annually which will supply instructors with routines for a year, she said.

The first clinic costs \$90, and every clinic after that costs \$70, she said. The expenses cover the clinics, the materials and cassettes instructors

receive every two weeks and insurance, she said.

Instructors work for companies and city programs and usually are self-employed, Thaller said. After paying their expenses, Thaller said, the average instructor earns between \$10 and \$20 an hour.

"The program is set up so instructors can be self-employed," she said. "They have to become businesswomen."

Few men participate in the program because "it's a pretty fancy program and men are intimidated by this," she said.

Class members go through five to ten minutes of stretching, a choreographed dance routine, a weight routine and a 15-minute cool down, Thaller said.

The program is progressive, she said. The instructors are trained to start at the class's level and gradually work up to higher levels.

"In many programs the instructor works out at her level, and only 25 percent of the class may be able to work out at her level. That means 75 percent of the class is dogging it," Thaller said. "We tell our instructors, 'You gauge your workout to your class and stay one level above them so they have something to work towards.'"

The clinic will be held May 4 from 5 p.m. to 9 p.m., and May 5 from 8 a.m. to 5 p.m. in Mabel Lee Hall. For more information call Kris Thaller at 423-7171 between 10 a.m. and 2 p.m.

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## Farm tour educates city kids

City kids got a taste of country life on the Nebraska Agricultural Youth Council's urban youth farm tour last week.

Sixty Lincoln junior high school students visited farms and met with Robert Raun, Nebraska director of agriculture.

Jana Beckman, NAYC vice-president of public relations, said the program should reduce misunderstandings between agricultural producers and consumers.

"The tour showed the students where the food and clothing they purchase actually comes from," Beckman said. She said she hopes the program helps people realize how important agriculture is in Nebraska.

The group visited grain, dairy cattle, beef cattle, sheep and swine farms.

Monte Willis, a ninth grader at Lincoln's Lefler Junior High, said the tour gave him a greater appreciation for the hard work and time it takes to make food and clothing.

"I never really thought about agriculture before today," Willis said. "I learned a lot and it was a lot of fun."

Beckman, a UNL sophomore agricultural honors major, said many consumers look at a food product's price and think farmers must be rich. But they do not realize that farmers get a small percentage of that price.

"For example, if someone purchases a loaf of bread for \$1 the farmer receives about three cents of that price," she said.

Theresa Konecky, an NAYC member, said, "It's really rewarding to see the change of attitude of the kids as the day progresses."

At the start of the day, Konecky said, the kids ask questions about where the video games are. But on the bus ride home, she said, they ask some "pretty in-depth questions" about agriculture.


"That's what it's all about," Konecky said. "That's what makes it all worthwhile."

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### Shorts

Mayor Roland Luedtke has proclaimed this week as "Child Abuse Prevention Week" in Lincoln. The week is sponsored by the Citizen's Coalition for Prevention of Child Abuse and Neglect.

The incidence of reported abuse and neglect — particularly sexual abuse and incest — has increased dramatically over last year's reports. For more information, call 473-2235.

The Greek Week Talent Show will be held Thursday at 7 p.m. at the Nebraska Union. Tickets are \$2.

### Correction

The Residence Hall Association is considering a motion to allow cable television in the residence halls next fall. Monday's "Inside Today" incorrectly stated cable would be in the halls.

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