



University of Nebraska-Lincoln Office of Campus Recreation

City Campus 55 Campus Rec. Center 0232 472-3467

East Campus 32 East Campus Activities Bldg. 0831 472-2479



1991 Spring Instructional and Fitness Classes

INSTRUCTIONAL CLASSES

BALLROOM & COUNTRY DANCE

Learn the Waltz, Swing, Slow Dance, Polka, Country Two Step, Cotton Eye Joe and Latin Dances. This will prepare you for any ballroom, nightclub, or country western situation.

Minimum: 20

COST: (M) MEMBER: \$12/single \$20/couple (NM) Non-member: \$18/single \$30/couple III. Feb. 19-Mar. 12 Tuesday 7:30-9:00 PM

All sessions held M & N Well Deck

C.P.R.

Would you know what to do if you encountered someone unconscious and not breathing? Learn one person adult C.P.R. and obstructed airway techniques. Class includes certification.

Minimum: 6 Maximum: 14 COST: (M) \$10.00 (NM) \$15.00 III. Feb. 17 (Course A) Sunday 1:00-4:30 PM

The session below will be Course A (as above) from 8:00-12:00 and Course B (infant and baby) from 1:00-5:00. Those who already have Course A may attend the afternoon session for further certification. Those who need the full course may attend both sessions. Those who only need Course A may attend the morning session only.

IV. April 27 (Course A&B) Saturday 8:00-5:00 PM Both sessions Cost: (M) \$15.00 (NM) \$22.50

All sessions held at OCR Conference Room

BEGINNING GOLF LESSONS

Lessons are for beginning and novice golfers. The class fee include club rental, driving range and green fees. Minimum age to register is 14.

Minimum: 6 Maximum: 12 COST: (M) \$27.00 (NM) \$40.50 IV. April 9-25 Tuesday/Thursday 5:30-7:30 PM

First session held at Cook Pavilion

BEGINNING TENNIS LESSONS

Lessons will be geared for the beginning tennis player. Equipment will be provided by the Office of Campus Recreation for those who do not have their own. Minimum age to register is 14 years.

Minimum: 6 Maximum: 10 COST: (M) \$22.00 (NM) \$33.00 IV. April 2-May 2 Tuesday/Thursday 4:45-6:00 PM

All sessions held Harper/Schramm/Smith Courts

ADULT SWIM LESSONS

This class is for the beginning swimmer. Instructors are Red Cross W.S.I. trained.

Minimum: 6 Maximum: 10 COST: (M) \$20.00 (NM) \$30.00 IV. April 1-May 1 Monday/Wednesday 6:15-7:00 PM

All sessions held in Abel/Sandoz Pool

CHILDREN'S SWIM LESSONS

Pre-beginners: For ages 3 years-4 years. Children are in the water with the parents.

Beginners - Swimmers: For ages 5 years and over with previous water experience.

Minimum: 6 Maximum: 15 COST: (M) \$20.00 (NM) \$30.00 IV. April 2-May 2 Tuesday/Thursday 6:15-7:00 PM

All sessions held in the Abel/Sandoz Pool

WEIGHT TRAINING CLINIC

Learn the basics about weight training. Proper warm-up and cool-down techniques will be emphasized. Meet in the OCR conference room. Minimum age to register is 16 years.

Minimum: 3 Maximum: 8 COST: (MEMBERS ONLY) \$3.00 III. Feb. 9 Saturday 9:30-11:30 AM IV. Mar. 13 Wednesday 8:00-10:00 PM April 6 Saturday 9:30-11:30 AM

All sessions begin in the CRC Conference Room

RACQUETBALL LESSONS

This class will cover indoor racquetball techniques. All necessary equipment will be provided by the Office of Campus Recreation. Minimum age to register is 14.

Minimum: 6 Maximum: 12 COST: (M) \$15.00 (NM) \$22.50 III. Feb. 10-Feb. 17 Sunday 7:00-9:00 PM IV. Feb. 24-Mar. 3 Sunday 7:00-9:00 PM

All sessions held at Coliseum Courts

SQUASH CLINIC

A one-hour clinic for those with a desire to learn the up-and-coming racquet sport at UNL. Equipment will be provided. Minimum age to register is 14 years.

Maximum: 6 COST: (MEMBERS ONLY): \$3.00 III. Feb. 21 Thursday 7:30-8:30 PM

Session held in Coliseum Squash Court

FIRST AID

This is Red Cross Standard First Aid which includes Adult C.P.R. Upon completion of all skills and a written test the participant will receive the American Red Cross certification.

Minimum: 10 Maximum: 20 COST: (M) \$15.00 (NM) \$22.50 III. Feb. 23 Saturday 8:00-12:00 AM & 1:00-5:00 PM

All sessions held in OCR Conference Room

BASIC LIFE GUARD TRAINING

This class is for those wishing to become pool lifeguards. It will NOT qualify you for open water lifeguarding. Attendance at all classes is mandatory. There are pre-requisites for this class. Please call for specific information.

Minimum: 8 Maximum: 20 COST: (M) \$35.00 (NM) \$52.50 III. Feb. 10-Mar. 14 Sunday/Thursday 7:00-9:00 PM

First sessions held in Mabel Lee Pool.

TAI CHI CHUAN

An ancient Chinese exercise system to enhance the individual's mental, physical & spiritual well-being.

Minimum: 6 Maximum: 12 COST: (M) \$20.00 (NM) \$30.00 III. Jan. 31-Feb. 21 Thursday/Sunday 5:30-7:00 PM

All sessions held on the 2nd-floor Sapp Rec. Facility.

WOMEN'S SELF DEFENSE

Following the completion of this class, participants will be able to combine the basics learned to counter a controlled, aggressive, initial attack upon them. Purpose of the class is one of defense, not aggression.

Minimum: 6 Maximum: 18 COST: (M) \$20.00 (NM) \$30.00 III. Jan. 27-Mar. 10 Sunday 7:00-9:00 PM

All sessions held on the 2nd floor Sapp Rec. Facility.

RELAXATION CLINIC

Inconjunction with the Counseling Center, this class will offer a variety of methods for relaxation and stress management.

Minimum: 7 Maximum: 20 COST: (M) \$3.00 (NM) \$5.00 III. Feb. 19 Tuesday 6:00-7:30 PM IV. April 9 Tuesday 6:00-7:30 PM

All sessions held at OCR Conference Room

SPORTS NUTRITION CLINIC

Learn the importance of proper nutrition habits to enhance your total well-being. Receive basic nutrition information.

Minimum: 7 Maximum: 20 COST: (M) \$3.00 (NM) \$5.00

Sessions held in the OCR Conference Room

SCUBA DIVING

This is the first of two courses needed to become certified. All registrations should be done at BIG MAC SCUBA. Call Karen at 488-7774 for questions or additional information.

Minimum: 3 Maximum: 10 COST: (M) \$175.00 (NM) \$185.00 IV. April 1-9 Monday/Tuesday 6:30-10:00 PM

First session held at BIG MAC.

FITNESS CLASSES

SESSION III Jan. 28-Mar. 20

SESSION IV Mar. 18-May 5 (excluding Spring Break week)

LOW IMPACT AEROBICS

An organized aerobic workout without the stress and strain on joints. Activities done to music with a minimum of 20 minutes of aerobic work.

MINIMUM: 15 MAXIMUM: 25

M,W,F 12:10-12:50 Cook Pavilion M,W 5:30-6:15 pm Rm. 31 E.C. Activities Building T,Th 8:30-9:15 am Gym. Ct. 4, Sapp Rec. Facility T,Th 4:30-5:20 p.m. Rm. 301, Mabel Lee Hall T,Th,Sun. 7:30-8:30 pm Abel Ballroom

PROGRESSIVE AEROBICS

Begin a low level of intensity and progress according to individual's own pace. Activities are done to music with a minimum of 20 minutes of aerobic work.

MINIMUM: 15 MAXIMUM: 25

M,W,F 8:30-9:15 am Gym, Ct. 4, Sapp Rec. Facility M,W,F 12:10-12:50 pm Rm. 31, E.C. Activities Building M,W,F 2:45-3:45 pm 2nd Floor, Sapp Fac. Facility M,W,F 4:15-5:15 pm Rm. 301, Mabel Lee Hall M,W 6:00-7:00 pm Abel Ballroom T,Th 2:00-3:00 pm Rm. 31, E.C. Activities Building T,Th 5:30-6:15 pm Rm. 301, Mabel Lee Hall

WATER AEROBICS

Activities done to music in the water. Need not be a swimmer to participate. Activities done in shallow water with a minimum of 20 minutes of aerobic work.

MINIMUM: 10 MAXIMUM: 25

M,W 5:15-6:00 pm Abel/Sandoz Pool T,Th 5:15-6:00 pm Abel/Sandoz Pool T,Th 12:10-12:50 Abel/Sandoz pool

FIRMER BODY

To improve muscle strength and tone through repetitions of exercises. Focusing on muscle groups that may not get regular use in day-to-day activities. Exercises are not done to music.

MINIMUM: 15 MAXIMUM: 25

M,W,F 4:00-4:45 pm 2nd Floor, Sapp Rec. Facility M,W 4:45-5:30 pm Rm. 31, E.C. Activities Building T,Th 12:10-12:50 2nd Floor, Sapp Rec. Facility

EXTENDED AEROBICS

Activities to music with a minimum of 40 minutes of aerobic work. This workout includes a warm-up, aerobics, toning and a cool-down. Low and High Impact will be demonstrated. Work at your own pace.

MINIMUM: 15 MAXIMUM: 25

M,W,F 5:15-6:30 pm 2nd Floor, Sapp Rec. Facility T,Th 3:00-4:15 pm Rm. 31, E.C. Activities Building T,Th 5:30-6:45 pm Rm. 31, E.C. Activities Building T,Th 7:00-8:15 pm 2nd Floor, Sapp Rec. Facility

Cost for the Low Impact, Progressive, Water Aerobics, and Firmer Body classes are: 2 days per week: \$12.00 (M) \$18.00 (NM) 6 days per week: \$31.00 (M) \$46.50 (NM) 3 days per week: \$17.00 (M) \$25.50 (NM) 7 days per week: \$34.85 (M) \$52.25 (NM) 4 days per week: \$21.50 (M) \$32.25 (NM) 8 days per week: \$39.85 (M) \$59.75 (NM) 5 days per week: \$25.50 (M) \$38.25 (NM)

Cost for the Extended Aerobics classes are:

2 days per week: \$15.00 (M) \$22.50 (NM) 3 days per week: \$20.50 (M) \$30.75 (NM) 4 days per week: \$25.25 (M) \$37.75 (NM) 5 days per week: \$30.00 (M) \$45.00 (NM)

UNL IS A NON-DISCRIMINATORY INSTITUTION

REGISTRATION FOR INSTRUCTIONAL CLASSES

Make checks payable to the University of Nebraska-Lincoln (UNL)

Name: SS#:

(Campus) Address: (Campus) Zip:

(Campus) Phone: Birth Date:

Please enter address and phone where you may be reached during the day

CLASS: DAYS: TIME:

STATUS: Student Faculty/Staff Family Other Fee:

SESSION: III IV MEMBER: NON-MEMBER:

RECEIPT #: DATE RECEIVED (7550)

RETURN TO: UNL OFFICE OF CAMPUS RECREATION 55 CAMPUS RECREATION CENTER, LINCOLN, NE 68588-0232 (472-3467)

REGISTRATION FOR FITNESS CLASSES

Member/Non-Member Status

Members are those persons who (1) have paid student fees for the current session or (2) have paid the facility usage fees (staff, faculty, spouses and families). All others are considered non-members. All persons are required to show current UNL identification.

MAKE CHECKS PAYABLE TO: UNIVERSITY OF NEBRASKA (UNL)

NAME: S.S.#:

(Campus) Address: (Campus) Zip:

(Campus) Phone #: Birth Date: mo. day yr.

CLASS(a): DAYS: TIME:

Session: III IV Member: Non-Member

STATUS: Student Faculty/Staff Family Other

FEE: (amt. enclosed)

Receipt # Date Received (7500)

Return to: UNL Office of Campus Recreation #55 Campus Recreation Office Lincoln, Nebraska 68588-0232 472-3467