

# Campus Recreation Fitness and Instructional 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 dance.

Oct. 27-Nov. 17 Tuesday 7:30-9:00p  
Cost: (M): \$12.00/single \$20.00/couple  
(NM): \$18.00/single \$30.00/couple  
(M/NM): \$25.00/couple

**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.

Cost: (M): \$10.00 (NM): \$15.00/session

**Adult**  
I. Oct. 21 Wednesday 5:30-9:30p

Cost: (M): \$15.00 (NM): \$22.50  
**Community (Adult, Child & Infant)**  
II. Nov. 15 Sunday 12:30-6:30p

**Beginning Golf Lessons**

Lessons are for beginning and novice golfers. The class fees include club rental, driving range and green fees. Minimum age to register is 14 years. Meet in front of the pool windows on the first night.

Cost: (M): \$27.00 (NM): \$40.50

Sept. 21-Oct. 7 Mon./Wed. 5:30-7:00p

**Adult Swim Lessons**

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

Cost: (M): \$20.00 (NM): \$30.00

I. Sept. 21-Oct. 21 Mon./Wed. 6:15-7:00p

II. Oct. 26-Nov. 25 Mon./Wed. 6:15-7:00p

**Children's Swim Lessons**

**Pre-beginners:** for ages 3 years-4 years. Children are in the water with the parent.

**Beginners:** For ages 5 years and over with previous water experience

Cost: (M): \$20.00 (NM): \$30.00

Sept. 22-Oct. 22 Tues./Thurs. 6:15-7:00p

**Weight Training**

Learn the basics about weight training. Proper warm-up and cool-down techniques will be emphasized. Meet in the OCR conference room (55C Rec). Minimum age to register is 16 years.

Cost: (MEMBERS ONLY): \$5.00

I. Sept. 19 Saturday 9:00-11:00a

**Women's Weight Training Clinic**  
II. Oct. 3 Saturday 9:00-11:00a

**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 years.

Cost: (M): \$15.00 (NM): \$22.50

I. Oct. 11, 18 Sunday 7:00-9:00p

II. Nov. 8, 15 Sunday 7:00-9:00p

**First Aid**

This is Red Cross Standard First Aid which includes adult C.P.R. Upon completions of all skills and a written test certification will be awarded.

Cost: (M): \$15.00 (NM): \$22.50

I. Oct. 7, 14 Wednesday 5:30-9:00p

II. Nov. 4, 11 Wednesday 5:30-9:30p

## Fall Fitness Classes



**Circuit Aerobics**

A workout designed to use a variety of exercise options including both land and step in a circuit format

MWF 7:00-8:00a Fitness/Aerobics  
MWF 10:30-11:30a Fitness/Aerobics

**Extended Aerobics**

A land workout to include a minimum of 40 minutes of aerobics as well as a minimum of 15 minutes of toning. Low and high impact options will be demonstrated. Individuals are encouraged to work at their own pace.

MWF 6:15-7:30p Cook (session I)  
MLH South (session II)  
TR 5:30-6:45p ECAB Rm 31 (max: 25)  
TR 6:30-7:45p Fitness/Aerobics

**Step Aerobics**

A low impact workout using the Reebok Step in combination with land movements. A progression of movements are taught based upon the individual fitness level.

MWF 12:10-12:50p Fitness/Aerobics  
MWF 6:30-7:30p ECAB Rm 31 (max: 15)  
TR 8:30-9:30a Fitness/Aerobics  
TR 12:10-12:50p ECAB Rm 31 (max: 15)  
TR 4:30-5:30p Fitness/Aerobics  
TR 7:00-8:00p ECAB Rm 31 (max: 15)

**Extended Step Aerobics**

A workout designed using the Reebok Step in combination with the land movements to include a minimum of 40 minutes of aerobics and a minimum of 15 minutes of toning.

MWF 4:30-5:45p Fitness/Aerobics  
MWF 7:00-8:15p Fitness/Aerobics  
TR 3:00-4:15p Fitness/Aerobics

**Step Water Aerobics**

A workout designed for shallow water using 6" platforms to enhance the intensity and variety in the workout. Need not be a swimmer to participate.

MWF 11:30a-12:15p MLH Pool(max: 20)  
MWF 3:30-4:15p MLH Pool(max: 20)  
TR 5:15-6:00p MLH Pool(max: 20)

**Circuit Water Aerobics**

A workout designed with a variety of exercise options using both steps and pool bottom in a circuit format.

MWF 4:30-5:15p MLH Pool(max: 20)  
TR 3:30-4:15p MLH Pool(max: 20)

Fees for the previous listings (circuit, extended, step, extended step, step water, circuitwater) are: Per 6 week session:

	(M)	(NM)
2 days/week	\$16.50	\$24.75
3 days/week	\$22.25	\$33.25
4 days/week	\$26.50	\$39.75
5 days/week	\$31.50	\$47.25
6 days/week	\$35.75	\$53.50

**Low Impact Aerobics**

A land aerobic workout designed to lessen the stress on the joints through low-impact instruction.

MWF 12:10-12:50p Cook  
MWF 5:30-6:15p ECAB Rm 31 (max: 25)  
TR 8:00-9:00p Fitness/Aerobics

**Progressive Aerobics**

A land aerobic workout designed to begin at a low level of intensity and progress according to the individuals own pace using both low and high impact options.

MWF 8:15-9:15a Fitness/Aerobics  
MWF 12:10-12:50p ECAB Rm 31 (max: 25)  
MWF 2:45-3:45p Fitness/Aerobics  
TR 2:00-3:00p Fitness/Aerobics  
TR 5:15-6:15p MLH South  
TRSu 8:00-9:00p Abel Ballroom (max: 25)

**Firmer Body - Toning**

A workout designed to compliment an aerobic workout. Repetitions of exercises using hand held weights and dyna bands will focus on muscle groups that may not receive regular fitness concentration.

MWF 4:30-5:15p ECAB Rm 31 (max: 25)  
TR 12:10-12:50p Fitness/Aerobics

**Abs - Toning**

A workout designed to strengthen the abdominals and improve lower back strength as well.

MWF 6:10-6:40p Fitness/Aerobics  
TR 1:15-1:45p Fitness/Aerobics

**Water Aerobics**

A workout designed for shallow water activities. Need not be a swimmer to participate. Exercises in the water will strengthen major muscle groups in combination with an aerobic workout.

MWF 9:30-10:15a MLH Pool (max: 25)  
MW 5:15-6:00p MLH Pool (max: 25)  
TR 12:10-12:50p MLH Pool (max: 25)  
TR 4:30-5:15p MLH Pool (max: 25)

Fee for previous class listings (low impact, firmer body, abs, water aerobics) are: Per 6 week session:

	(M)	(NM)
2 days/week	\$13.50	\$20.25
3 days/week	\$18.75	\$28.00
4 days/week	\$23.25	\$34.75
5 days/week	\$27.00	\$40.50
6 days/week	\$30.00	\$45.00

**Tai Chi Chuan**

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

Cost: (M): \$20.00 (NM): \$30.00

Sept. 1-Sept. 22 Tues./Thurs./Sun. 5:15-7:15p

**Yoga**

This class offers gentle stretching and relaxation. The focus is to help the body and mind slow down and relax, thereby increasing energy and well-being.

Cost: (M): \$20.00 (NM): \$30.00

Oct. 13-Nov. 19 Tues./Thurs. 5:15-6:00p

(M) Member/(NM) Non-member Status: Members are those persons who: (1) have paid student fees for the current session or (2) have paid facility usage fees (staff, faculty, spouses and families). All others are considered non-members. All person are required to sho current UNL identifiatuion.

**MAKE CHECKS PAYABLE TO: UNIVERSITY OF NEBRASKA**

Name: \_\_\_\_\_ S.S.# \_\_\_\_\_

Campus Address: \_\_\_\_\_ Campus ZIP: \_\_\_\_\_

Campus Phone: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Class: \_\_\_\_\_ Days: \_\_\_\_\_ Time: \_\_\_\_\_

Session: I \_\_\_ II \_\_\_ Member: \_\_\_\_\_ Non-member: \_\_\_\_\_

Status: Student \_\_\_ Faculty/Staff \_\_\_ Family \_\_\_ Other \_\_\_ Fee: \_\_\_\_\_

RECEIPT # \_\_\_\_\_ DATE RECEIVED: \_\_\_\_\_ F (7500) IS (7550)

Return to: UNL Office of Campus Recreation  
55 Campus Recreation Center  
Lincoln, NE 68588-0232

**Class Cancellation and refund Policy:**  
Notice of cancellation must be received prior to the first scheduled class in order to receive a refund. Reunds will be less ten percent as a cancellation fee. After the first class meeting your fee is non-refundable unless there is a bonafide medical emergency (will require verification from a physician) such as an injury or illness that will keep you from attending. If you have questions please ask.

I have read and agree to the conditions stated above.

Signature \_\_\_\_\_ Date \_\_\_\_\_