

Title	Capacity	Day	Time	Location	Notes	Fee
Archery	14	MTWR	10:00 AM	Rockwell Cage North	Students must attend first 4 classes.	\$15.00
Archery	14	MTWR	11:00 AM	Rockwell Cage North	Students must attend first 4 classes.	\$15.00
Archery	14	MTWR	1:00 PM	Rockwell Cage North	Students must attend first 4 classes.	\$15.00
Archery	14	MTWR	2:00 PM	Rockwell Cage North	Students must attend first 4 classes.	\$15.00
Badminton	16	MTWR	11:00 AM	Rockwell Cage South	None	\$5.00
Broomball	20	MTWR	10:00 AM	Johnson Ice Rink	Athletic shoes/sneakers	\$10.00
Cross Country Skiing	14	TWR	4:30- 8:30 PM	Off Campus	Students must attend all four to earn 2 points. Confirm by Tues, Dec. 20, First class: meet in Z Center lobby at 4:15p to complete paper work. Meets Jan 24, 25, and 26. Equipment, instruction and transportation included in course fee.	\$110.00
Dance, Ballroom	25	MW	7:00 PM	Du Pont T Club Lounge	None	None
Dance Fusion	25	TR	7:00PM	Du Pont T Club Lounge	None	None
Dance, Israeli Folk	25	TR	2:00 PM	Wang Fitness 168	None	None
Dance, Middle Eastern	25	MW	2:00PM	Du Pont T Club Lounge	Wear leotard, tights, or loose-fitting clothes	None
Dance, Hip Hop	25	MW	11:00 AM	Du Pont T Club Lounge	None	None
Dance, Salsa	25	MW	6:00 PM	Du Pont T Club Lounge	None	None
Dance, Swing	25	TR	11:00 AM	Du Pont T Club Lounge	None	None
Dance, Tango	25	TR	1:30 PM	Zesiger MAC Court	None	None
Dance, Tango	25	TR	3:00 PM	Zesiger MAC Court	None	None
Fencing, Sabre	16	MTWR	2:00 PM	Du Pont Fencing Room	Students must attend first 4 classes	None
Fitness/Nutrition	18	MW	11:00 AM	Du Pont Multi-Purpose Room	None	None
Fitness/Nutrition	18	TR	12:00 PM	Du Pont Multi-Purpose Room	None	None
Fitness/Nutrition	18	TR	8:00 PM	Du Pont Multi-Purpose Room	None	None
Group Exercise - Bootcamp for Athletes (with Heart Rate Monitors)	20	MW	1:00 PM	Du Pont T Club Lounge	Ability to jog 1 mile, perform 20 consecutive sit ups and complete 10 full consecutive push ups.	\$10.00
Group Exercise - Boot Camp for Athletes	25	MW	2:00 PM	Johnson Indoor Track	Timed mile: 9 minute mile or less Push ups in 1 minute: 25 or more Body-Weight squats in 1 minute: 30 or more Full sit ups in 1 minute: 30 or more	None
Group Exercise - Cycling 1	13	TR	12:00 PM	Wang Fitness, Spin Dome Area	Workout clothes	None
Group Exercise - Kickbox 1	25	MW	5:00 PM	Du Pont T Club Lounge	Workout clothes	None
Group Exercise - Pilates 1	25	TR	5:00 PM	Du Pont T Club Lounge	Workout clothes	None
Group Exercise - Pilates/Yoga (PiYo)	25	TR	9:00 AM	Du Pont T Club Lounge	Workout clothes	None
Group Exercise - Step 1	25	TR	6:00 PM	Du Pont T Club Lounge	Workout clothes	None
Group Exercise - Yoga 1	25	MW	6:00 PM	Du Pont T Club Lounge	Workout clothes	None
Group Exercise - Yoga 2	25	TR	12:00 PM	Du Pont T Club Lounge	Workout clothes	None
Group Exercise - Zumba	25	MW	9:00 AM	Du Pont T Club Lounge	Workout clothes	None
Gymnastics	20	MW	2:00PM	DuPont Court 3 (Gymnastics Area)	Workout clothes. No jewelry.	None
Hip Hop	25	MW	11:00 AM	Du Pont T Club Lounge	None	None
Ice Hockey, Beginner	30	MW	1-3 PM	Johnson Ice Rink	Beginner skate or equivalent, fee is for skate rental	\$15.00
Pistol, Beginner	14	MTWR	1:00 PM	Du Pont Pistol Range	Students must attend first 4 classes.	\$45.00
Pistol, Beginner	14	MTWR	2:00 PM	Du Pont Pistol Range	Students must attend first 4 classes.	\$45.00
Rifle	12	MTWR	11:00 AM	Du Pont Pistol Range	Students must attend first 4 classes.	\$45.00
SCUBA Diving	18	TR	7-10 PM	Alumni Pool 25 yard	Must pass SCUBA pre-test on first day of class (200 yard swim and tread water for 10 minutes); must be 18 years of age. The fee for this course is \$350. Note there is a \$175 non-refundable deposit upon registering for this course. Meets Jan 10, 12, 17, 19, 24, 26, 28.	\$350.00
Skate, Beginner	20	MTWR	11:00 AM	Johnson Ice Rink	Fee is for skate rental	\$15.00
Skate, Intermediate	20	MTWR	11:00 AM	Johnson Ice Rink	Beginner skate or equivalent. Fee is for skate rental	\$15.00
Skate, Figure Skating	24	TR	1:00 PM	Johnson Ice Rink	Students must know how to skate backwards and forwards. Fee is for skate rental	\$15.00
Downhill Ski	75	TR	5:30-11 PM	Off Campus	Meets Jan 10, 12, 17, 19, 24, 26. Add \$100 for equipment rental. Mandatory fitting Dec 14.	\$200.00
Snowboarding	75	TR	5:30-11 PM	Off Campus	Meets Jan 10, 12, 17, 19, 24, 26. Add \$100 for equipment rental. Mandatory fitting Dec 14.	\$200.00
Soccer - Indoor	15	TR	6:00 PM	Zesiger MAC Court	Court shoes recommended.	None
Sport Taekwondo	50	MW	7:30 PM	Du Pont Court 1	None	None
Squash, Beginner	12	MTWR	11:00 AM	Zesiger Squash Courts	Students must have non-marking court shoes: white or gum soled shoes.	\$5.00
Squash, Beginner	12	MTWR	1:00 PM	Zesiger Squash Courts	Students must have non-marking court shoes: white or gum soled shoes.	\$5.00
Squash, Beginner	12	MTWR	2:00 PM	Zesiger Squash Courts	Students must have non-marking court shoes: white or gum soled shoes.	\$5.00
Stress Management/Yoga	18	MW	7:00 PM	Du Pont Multi-Purpose Room	None	None
Swimming, Beginner	14	MTWR	1:00 PM	Zesiger Teaching Pool	Suit needed, goggles recommended.	None
Swimming, Beginner	14	MTWR	2:00 PM	Zesiger Teaching Pool	Suit needed, goggles recommended.	None
Swimming, Beginner Single Gender Male	14	TR	10:00 AM	Alumni Pool 25 yard	Suit needed, goggles recommended.	None
Tennis, Beginner	16	MTWR	2:00 PM	Johnson Infield	Must wear court shoes.	\$5.00
Tennis, Beginner	16	MTWR	1:00 PM	Johnson Infield	Must wear court shoes.	\$5.00
Tennis, Beginner	16	MTWR	11:00 AM	Johnson Infield	Must wear court shoes.	\$5.00
Top Ropes Climbing	19	R	1-5 PM	Off Campus	Availability Thursdays 1pm-5pm, January 12, 19, 26. Must confirm by Mon, Dec. 19, 2011. \$110 fee includes instruction, equipment, and transportation. Note: there is a \$55 non-refundable fee for this course.	\$110.00
Volleyball, Intermediate	24	MTWR	2:00 PM	Rockwell Cage South	This course is for students that have had previous playing experience.	None
Weight Training	18	MTWR	2:00 PM	Du Pont Varsity Weight Room	Students must attend first 4 classes and bring handout printed from Stellar to class.	None
Weight Training	18	MTWR	1:00 PM	Du Pont Varsity Weight Room	Students must attend first 4 classes and bring handout printed from Stellar to class.	None
Weight Training	18	MTWR	11:00 AM	Du Pont Varsity Weight Room	Students must attend first 4 classes and bring handout printed from Stellar to class.	None