

FITNESS / CPR



HATHA YOGA

Hatha Yoga is a collection of mind body practices that teaches us how to breathe calmly and evenly as we move through a gentle flow. Focus is on being mindful. Paying attention to specific alignment cues, we deepen our awareness noticing

tendencies and thought patterns that affect us on and off the mat. Please bring a yoga mat to class. Blocks, straps, and blankets optional.

Instructor: Erica Leibowitz

CE9 752 C1 ON-CAMPUS COURSE Meets: Saturday, 9:30am-10:30am.

Starts June 1 for 8 sessions.

Fee: \$200 NEW

REIKI CIRCLE AND LIGHT LANGUAGE CERTIFICATION

In this course, you will have the opportunity to understand the origins of Reiki and receive its healing benefits. You will also experience other healing modalities such as Qigong, experiential meditations and Light Language. During this course, you will be attuned to Light Language, allowing yourselves to implement its healing codes on yourself, others, or in your professional practice. This course includes a certificate of completion for Light Language Fundamentals.

Instructor: Michele London

CE9 807 C1 ON-CAMPUS COURSE Meets: Wednesday, 7:00pm-9:00pm.

Starts July 24 for 6 sessions.

Fee: \$200

PICKLEBALL 101

Learn to play the newest and hottest court sport around! Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball. It is a game that is appropriate for players of all ages and skill levels. Sessions will be comprised of group lessons, rules, and actual game play. Rules for pickleball are simple, making it a great introductory sport. Please wear sneakers, and comfortable clothing. Students can bring their own paddle or one can be provided.

Instructor: Don Phillips / Gigi Clarkson

CE9 789 C1 ON-CAMPUS COURSE Meets: Friday, 8:15pm-9:15pm.

Starts June 7 for 5 sessions.

CE9 789 C2 ON-CAMPUS COURSE Meets: Sunday, 9:00am-10:00am.

Starts June 16 for 5 sessions.

CE9 789 C3 ON-CAMPUS COURSE Meets: Sunday, 10:00am-11:00am.

Starts June 16 for 5 sessions.

CE9 789 C4 ON-CAMPUS COURSE Meets: Sunday, 11:00am-12:00pm.

Starts June 16 for 5 sessions.

CE9 789 C5 ON-CAMPUS COURSE Meets: Monday, 6:15pm-7:15pm.

Starts June 17 for 5 sessions.

Fee: \$200

ADVANCED BEGINNER PICKLEBALL

This course will enhance skills in regard to dinking, serving speed and placement, ground strokes and forehand and backhand power. Students will be taught how to use the punch volley, long dink and lob as an offensive, while developing better court placement and an overall strategy for a winning game! **Please wear sneakers, and comfortable clothing. Students can bring their own paddle or one can be provided.**

Instructor: Don Phillips / Gigi Clarkson

CE9 805 C1 ON-CAMPUS COURSE Meets: Sunday, 12:00pm-1:00pm.

Starts June 2 for 5 sessions.

CE9 805 C2 ON-CAMPUS COURSE Meets: Sunday, 1:00pm-2:00pm.

Starts June 2 for 5 sessions.

CE9 805 C3 ON-CAMPUS COURSE Meets: Friday, 6:15pm-7:15pm.

Starts June 7 for 5 sessions.

CE9 805 C4 ON-CAMPUS COURSE Meets: Friday, 7:15pm-8:15pm.

Starts June 7 for 5 sessions.

CE9 805 C5 ON-CAMPUS COURSE Meets: Monday, 7:15pm-8:15pm.

Starts June 17 for 5 sessions.

CE9 805 C6 ON-CAMPUS COURSE Meets: Monday, 8:15pm-9:15pm.

Starts June 17 for 5 sessions.

Fee: \$200

AMERICAN RED CROSS PET FIRST AID: DOGS

This course covers first aid procedures such as treatment of burns, fractures, heat stroke, bandaging, and cleaning wounds on your pet dog. CPR and rescue breathing techniques, as well as relief of choking are taught and practiced on mannequins. Animal first aid kits as well as emergency travel kits will be shown and discussed. Do not bring dogs to class.

ONE-DAY WORKSHOP.

Material Fee: \$5 payable that day of class.

Instructor: Bob Pollack

CE9 377 C1 ON-CAMPUS COURSE Meets: Saturday, June 29, 9:30am-1:00pm.

Fee: \$80

*HEARTSAVER CPR/AED - ADULT, CHILD, INFANTS

This American Heart Association course is aimed at nonprofessionals (e.g., personal trainers, coaches, camp counselors) who require a credential certifying their skills in adult, child, and infant CPR, relief of obstructed airway, and use of an Automated External Defibrillator (AED). A demonstration of appropriate skills is required for successful course completion.

ONE-DAY WORKSHOP.

Material Fee: An OPTIONAL \$30 fee must be paid for those wishing an American Heart Association certification certificate. This fee includes the Heart Association Workbook for the course. Those wishing the workbook without the certificate may purchase the book for \$10.00.

Instructor: Bob Pollack

CE9 307 C1 ON-CAMPUS COURSE Meets: Saturday, June 1, 9:30am-1:00pm.

CE9 307 C2 ON-CAMPUS COURSE Meets: Saturday, June 15, 9:30am-1:00pm.

Fee: \$80

FAMILY AND FRIENDS ADULTS, CHILD AND INFANT CPR COURSE

This American Heart Association course teaches adult, child and infant CPR to participants. Obstructed airway procedures are also covered. It is aimed at the general public who do not require certification.

ONE-DAY WORKSHOP.

Instructor: Bob Pollack

CE9 309 C1 ON-CAMPUS COURSE Meets: Wednesday, June 19, 7:00pm-10:00pm.

Fee: \$80

HEART ASSOCIATION FIRST AID

This American Heart Association First Aid class covers topics on how to recognize an emergency and when and how to take action. Topics covered will include control of serious bleeding, burn management, and treatment of heat and cold emergencies. Use of an emergency epinephrine injector is included, as well as control of shock.

ONE-DAY WORKSHOP.

Material Fee: An OPTIONAL \$30 fee must be paid for those wishing an American Heart Association certification certificate. This fee includes the Heart Association Workbook for the course. Those wishing the workbook without the certificate may purchase the book for \$10.00.

Instructor: Bob Pollack

CE9 441 C1 ON-CAMPUS COURSE Meets: Saturday, July 13, 9:30am-1:30pm.

Fee: \$80

*PEDIATRIC FIRST AID

This Heart Association course teaches child-care providers such as nursery and day care professionals, parents and grandparents how to respond and manage illness and injuries until emergency medical professionals arrive. The course includes: finding the problem, stopping bleeding, bandaging, epinephrine injection, heat and cold emergencies, and poisoning.

ONE-DAY WORKSHOP.

Material Fee: An OPTIONAL \$30 fee must be paid for those wishing an American Heart Association certification certificate. This fee includes the Heart Association Workbook for the course. Those wishing the workbook without the certificate may purchase the book for \$10.00.

Instructor: Bob Pollack

CE9 531 C1 ON-CAMPUS COURSE Meets: Saturday, August 3, 9:30am-1:30pm.

Fee: \$80



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WWW.NCC.EDU/CONTINUINGEDUCATION

