

FITNESS & DANCE

LATIN DANCE MOVES

This course is offered for those wishing to gain the necessary skills for Latin dance. Emphasis will be placed on developing fundamental techniques needed for Latin dancing. Hip, body and arm movements as well as feet positions, footwork and more will be covered in each of the dances. This course is suitable for first time dancers as well as those with previous experience. It is designed to build confidence and enhance social enjoyment on the dance floor. Join us for an exciting experience as we learn to dance Latin style! Enrollment with a partner is recommended; however, singles are welcome. **Participants should wear comfortable clothes and leather bottom shoes.** Sneakers or rubber bottom shoes ARE NOT recommended.

Candidate Dances: Bachata, Cha Cha, Rumba, and Merengue

Instructor: Richard Fiore

CE9 688 C1 ON-CAMPUS COURSE Meets: Saturday, 9:00am-10:30am.

Starts June 3 for 8 sessions.

Fee: \$200 pp

SOCIAL / BALLROOM DANCING

This course will offer an opportunity to gain experience in social/ballroom dancing. It is an excellent choice for those looking to develop fundamental skills, as well as building on previous experience. The Instructor will break down and demonstrate all dance figures and combine them to form amalgamated routines. This class is suitable for first time dancers as well as those with previous experience. Enrollment with a partner is recommended; however, singles are welcome. **Participants should wear comfortable clothes and leather bottom shoes.** Sneakers or rubber bottom shoes ARE NOT recommended.

Candidate Dances: Rhythm: Bolero and Swing. Smooth: Foxtrot, Waltz, and Tango.

Instructor: Richard Fiore

CE9 383 C1 ON-CAMPUS COURSE Meets: Saturday, 10:30am-12:00pm for 8 sessions.

Starts June 3 for 8 sessions.

Fee: \$200 pp

TAI CHI FOR HEALTH

Tai Chi is an ancient Chinese art often described as "Meditation in Motion". This activity takes you through a set of slow, gentle movements with proven physical and psychological benefits. We will be studying the Chen Style of Tai Chi, which is the oldest school of the art. Our goal will be to strengthen our body, increase circulation and oxygen flow, as well as improve flexibility, balance and overall physical and psychological health. **Please wear loose workout attire.**

Instructor: Man Cheng

CE9 392 C1 ON-CAMPUS COURSE Meets: Thursday, 7:00pm-8:30pm.

Starts June 1 for 8 sessions.

Fee: \$200



SUMMER FULL BODY FITNESS FOR WOMEN

Get ready and healthy for the summer season! This class will consist on a combination of various fitness activities. Weekly classes will incorporate aerobics, cardio, plyometrics, resistance training, strength and conditioning activities. Participants will experience a fun and exciting way

to get the full body workout they desire. **Please bring a towel, water, and comfortable workout attire.**

Instructor: Diane Calimopulos

CE9 796 C1 ON-CAMPUS COURSE Meets: Tuesday, 6:30pm-7:30pm.

Starts June 6 for 4 sessions.

Fee: \$100

BEGINNER KUNDALINI YOGA

You will gain new perspective, capacities and habits that can support your expanded awareness. The beauty of Kundalini yoga is that if you just physically sit there, fix the automatic rhythm of your breath, and add a creative naad (mantras), your mind becomes focused and balanced. In one kriya (a sequential combination of asanas), you can immediately achieve a complete physical and spiritual balance. It works so effectively and quickly because of this completeness, balance and energy. You will attain serenity and relaxation through this ancient art of yoga. Move at your own pace. **Please bring a mat, wear loose clothing and do not eat for two (2) hours before class.**

Instructor: Christine Pfeifer

CE8 100 C1 ON-CAMPUS COURSE Meets: Saturday, 10:45am-12:15pm.

Starts June 3 for 8 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

CE9 789 C1 ON-CAMPUS COURSE Meets: Sunday, 9:00am-10:00am.

Starts June 4 for 5 sessions.

CE9 789 C2 ON-CAMPUS COURSE Meets: Sunday, 10:00am-11:00am.

Starts June 4 for 5 sessions.

CE9 789 C3 ON-CAMPUS COURSE Meets: Sunday, 11:00am-12:00pm.

Starts June 4 for 5 sessions.

CE9 789 C4 ON-CAMPUS COURSE Meets: Tuesday, 6:00pm-7:00pm.

Starts June 6 for 5 sessions.

CE9 789 C5 ON-CAMPUS COURSE Meets: Tuesday, 7:00pm-8:00pm.

Starts June 6 for 5 sessions.

CE9 789 C6 ON-CAMPUS COURSE Meets: Thursday, 6:00pm-7:00pm.

Starts June 8 for 5 sessions.

CE9 789 C7 ON-CAMPUS COURSE Meets: Thursday, 7:00pm-8:00pm.

Starts June 8 for 5 sessions.

CE9 789 C8 ON-CAMPUS COURSE Meets: Monday, 6:00pm-7:00pm.

Starts July 17 for 5 sessions.

CE9 789 C9 ON-CAMPUS COURSE Meets: Monday, 7:00pm-8:00pm.

Starts July 17 for 5 sessions.

CE9 789 C10 ON-CAMPUS COURSE Meets: Wednesday, 6:00pm-7:00pm.

Starts July 19 for 5 sessions.

CE9 789 C11 ON-CAMPUS COURSE Meets: Wednesday, 7:00pm-8:00pm.

Starts July 19 for 5 sessions.

CE9 789 C12 ON-CAMPUS COURSE Meets: Sunday, 9:00am-10:00am.

Starts July 23 for 5 sessions.

CE9 789 C13 ON-CAMPUS COURSE Meets: Sunday, 10:00am-11:00am.

Starts July 23 for 5 sessions.

CE9 789 C14 ON-CAMPUS COURSE Meets: Sunday, 11:00am-12:00pm.

Starts July 23 for 5 sessions.

Fee: \$200

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 21, 7:00pm-10:00pm.

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: Those wishing an American Heart Association First Aid or CPR card must pay material fee of \$30 payable that day of class. No material fee for those NOT pursuing card.

Instructor: Bob Pollack

CE9 307 C1 ON-CAMPUS COURSE Meets: Saturday, June 10, 9:30am-1:00pm.

CE9 307 C2 ON-CAMPUS COURSE Meets: Saturday, June 17, 9:30am-1:00pm.

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: Those wishing an American Heart Association First Aid or CPR card, must pay material fee \$30 payable that day of class. No material fee for those NOT pursuing card.

Instructor: Bob Pollack

CE9 441 C1 ON-CAMPUS COURSE Meets: Saturday, July 15, 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: Those wishing an American Heart Association First Aid or CPR card, must pay material fee of \$30 payable that day of class. No fee for those NOT pursuing card.

Instructor: Bob Pollack

CE9 531 C1 ON-CAMPUS COURSE Meets: Saturday, July 22, 9:30am-1:30pm.

Fee: \$80



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WWW.NCC.EDU/CONTINUINGEDUCATION

