

# Fall 2010 Recreation Schedule

**REGISTRATION BEGINS ON LINE Center for Health and Well-Being  
SEPTEMBER 1, 2010 at 8:00 AM Facilities, Aquatics, & Recreation**

## Water Classes

Lepley Natatorium in Zink Hall - Classes run from Sept. 13th through Dec. 10th - No class Nov. 22<sup>nd</sup> - Nov. 26th

Mondays	H2o Cardio	\$18	8:30pm to 9:30pm	Tarah
Mondays	LT Fat Burner's Club	\$18	12pm to 1pm	Tami
Mondays	Hydrocise	\$18	5:30pm to 6:30pm	Tami
Tuesdays	AquaZumba	\$18	2pm to 3pm	Dawnette
Tuesdays	AquaZumba	\$18	6pm to 7pm	Dawnette
Wednesdays	LT Fat Burner's Club	\$18	12pm to 1pm	Tami
Wednesdays	Hydro X	\$18	8:30pm to 9:30pm	Tami
Thursdays	Aquacise	\$18	5:30pm to 6:30pm	Carol
Thursdays	H2o Cardio	\$18	8:30pm to 9:30pm	Tarah

**TRY IT YOU'LL LIKE IT!  
CLASSES FREE FOR THE  
FIRST WEEK!  
SEPTEMBER 7 -  
SEPTEMBER 11, 2010**



## Dance Instruction

G18 in Maple East - Classes run from Sept 13<sup>th</sup> through Dec. 10<sup>th</sup> - No class Nov. 22<sup>nd</sup> - Nov. 26th

Tuesdays	Beginner Tap	\$15	7pm to 7:45pm	Alyssa
Tuesdays	Beginner Ballet	\$15	7:45pm to 8:30pm	Alyssa
Wednesdays	Intermediate Tap	\$15	7pm to 7:45pm	Alyssa
Wednesdays	Intermediate Ballet	\$15	7:45pm to 8:30pm	Alyssa

## Sport Instruction

IUP South Campus field

Tuesday Sept. 14 <sup>th</sup>	Golf Clinic 1	\$50	5pm to 7pm	Scott
Tuesday Sept 21 <sup>st</sup>	Golf Clinic 2	\$50	5pm to 7pm	Scott
Tuesday Sept. 28 <sup>th</sup>	Golf Clinic 3	\$50	5pm to 7pm	Scott
Tuesday Oct. 5 <sup>th</sup>	Golf Clinic 4	\$50	5pm to 7pm	Scott
Tuesdays	Hawk Package (includes all 4 clinics)	\$175	5pm to 7pm	Scott



## Mind and Body

G18 in Maple East - Classes run from Sept 13<sup>th</sup> through Dec. 10<sup>th</sup> - No class Nov. 22<sup>nd</sup> - Nov. 26th

Mondays	Cardio Kickbox	\$15	3:30pm to 4:15pm	Jenna
Mondays	Brazil Butt / Bosu	\$18	5pm to 6pm	Dawnette
Tuesdays	Burn it off Abs	\$12	2pm to 2:30pm	Jenna
Tuesdays	PiYo	\$18	5pm to 6pm	Fina
Tuesdays	Step Aerobics	\$18	6pm to 7pm	Elizabeth
Wednesdays	Cardio Kickbox	\$15	3:30pm to 4:15pm	Jenna
Wednesdays	Brazil Butt / Bosu	\$18	5pm to 6pm	Dawnette
Thursdays	Zumba	\$18	5pm to 6pm	Dawnette
Thursdays	Step Aerobics	\$18	7pm to 8pm	Elizabeth

## Swim Lessons

Lepley Natatorium in Zink Hall - Classes Run from Sept 12<sup>th</sup> - Nov. 21st - No Class on October 31st

Sundays	Parent/Tot	\$50	4pm to 4:30pm	Tammi
Sundays	White Swimmers	\$50	4:30pm to 5:15pm	Tammi
Sundays	Gray Swimmers	\$50	5:15pm to 6pm	Tammi
Sundays	Crimson Swimmers	\$50	6pm to 6:45pm	Tammi
Sundays	Lifesaving Skills Class	\$50	6:45pm to 7:30pm	Tammi



## Private Swim, Golf, and Tennis Lessons

Classes are by appointment, you will meet with your instructor to discuss times and dates

Any Days	Private Swim Lesson	\$25	Arranged	Tami/ Dylan/ Michael
Any Days	5 Private Swim Lessons (Crimson package)	\$100	Arranged	Tami/ Dylan/ Michael
Any days	Private Golf lesson	\$50	Arranged	Scott
Any Days	5 Private Golf Lessons (Crimson package)	\$225	Arranged	Scott
Any Days	Private Tennis Lesson	\$40	Arranged	
	5 Private Tennis Lessons (Crimson Package)	\$175	Arranged	