

Sports, Leisure & Exercise

Weekend Golf: Ladies Only Beginner & Intermediate Frank Freel, PGA

Sessions 1-5 will cover the basic skills of hitting irons, woods, chipping and putting. Course etiquette and the rules of golf will be discussed. The sixth session will be a 9-hole round of golf (allow 2 1/2 hours). In case of inclement weather, a classroom is available in the Gulf Pines clubhouse.

Included in the course fee is an "awards and sandwich" picnic following the final class session.

LOCATION: Gulf Pines Golf Course

09SSP121AG, 4/11/2009 - 5/16/2009
6 Sessions, Sa from 10:30 AM to 11:45 AM
0.7 CEU, \$95

Evening and Weekend Golf Frank Freel, PGA

Sessions 1-5 will cover the basic skills of hitting irons, woods, chipping and putting. Course etiquette and the rules of golf will be discussed. The sixth session will be a 9-hole round of golf (allow 2 1/2 hours).

NOTE: In case of inclement weather, a classroom is available in the Gulf Pines clubhouse.

LOCATION: Gulf Pines Golf Course

09SSP102AG, 4/11/2009 - 5/16/2009
6 Sessions, Sa from 9:00 AM to 10:15 AM
0.7 CEU, \$89



**Join Frank Freel for a
relaxing course on the
finer points of
the game of golf!**

Belly Dancing: Beginning Jane McWilliams

Belly Dancing is a basic in Middle Eastern dancing. Isolations from the shoulders and arms to feet, it comprises a total body workout. In the beginning class the camel walk, Egyptian walk, 3-point turn, 5 Arabic steps, and 5 types of hip shimmies will be taught. You will learn basic steps progressing to a whole choreographed dance. As Jane says about Belly Dancing, "It is a creative outlet; a way to have fun and a form of expression. It's something all of your own."

NOTE: Wear comfortable clothes to dance & exercise in.

09SDA561AG, 4/11/2009 - 5/30/2009
8 Sessions, Sa from 10:00 - 11:15 AM
1.0 CEU, \$67

Belly Dancing: Intermediate Jane McWilliams

Continue your abdominal work out in belly dancing with this intermediate course. You will start out reviewing and perfecting techniques learned in the basic class then build on those with new and more complex movements. The technique of layering moves, building combinations and use of finger cymbals will be introduced. New Middle Eastern rhythms including the Cheftitelli and 9/8 will also be introduced. After successfully completing the intermediate class, you will have the opportunity to audition for the junior Zuri Middle Eastern Dance Troupe.

PREREQUISITE: Belly Dancing:
Beginning

09SDA563AG, 4/11/2009 - 5/30/2009
8 Sessions, Sa from 11:30 AM to 12:45 PM
1.0 CEU, \$67



REGISTER ON-LINE

www.southalabama.edu/specialcourses
or via FAX (251)431-6408
24-hours a day, 7 days a week!

Sports, Leisure & Exercise

Yoga: A Total Fitness and Stress Management Program

Gary D Kubina, M.Ed.

Breathe in..breathe out, stretch & relax. You will learn how to stretch the body gently, increase flexibility, and use breathing techniques to improve health and calm the mind. Guided relaxation exercises will show participants ways to reduce stress and tension, improve balance and strengthen core muscles, especially the back.

NOTE: Bring exercise mat to class.

09SDA450AG, 4/7/2009 - 6/9/2009
8 Sessions, Tu from 7:00 PM to 8:30 PM
1.2 CEU, \$94

No class April 21, 2009.

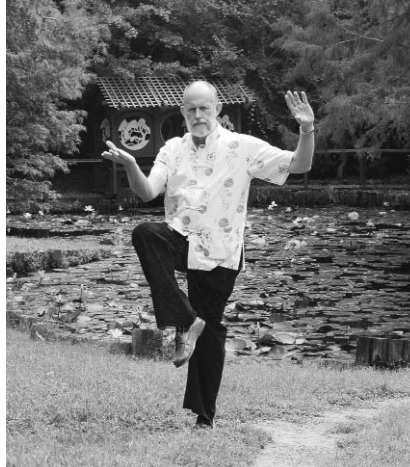
Interim Shotokan Karate Session

Charles Jared Yeend, Nidan 2nd Degree Black Belt

Designed for intermediate and advanced karate students who wish to continue their karate training between semesters. A short-term session.

LOCATION: HPELS 2025

09SKA450AG, 5/5/2009 - 5/21/2009
6 Sessions, Tu and Th from 6:00 - 7:30 PM
\$35



**Who couldn't use
a way to relax?
Join Leigh Taylor for
Tai Chi -
the "new yoga"
as you learn to relax
and unwind!**

Intermediate Tai Chi

Leigh R Taylor

For those who wish to continue honing their Tai Chi skills or train in the more advanced 42 movement combined form used for competition. You may also learn a weapon form using a cane or learn a Sun style form.

09SDA441AG, 4/6/2009 - 5/6/2009
10 Sessions, M and W from 6:00 - 7:00 PM
3.0 CEU, \$89

Beginner Tai Chi

Leigh R Taylor

A moving meditation that stresses relaxation, slow continuous movements, mental focus and martial arts techniques to improve balance, flexibility, coordination, mental focus and general good health. Twenty-four (24) movements are taught individually and put together into a continuous, flowing form. This gentle exercise can be learned by persons of all ages and practiced for a lifetime. You will learn through verbal directions, demonstrations and by following the instructor in practicing the movements. An 18 movement Qi Gong is taught as a warm up exercise. Participate in the healing power of T'ai Chi...aerobic alternative, heart helper, balance booster, bone protector, and pain reliever.

09SDA440AG, 4/6/2009 - 5/6/2009
10 Sessions, M and W from 7:00 -8:00 PM
3.0 CEU, \$89



REGISTER ON-LINE

www.usacontinuinged.com

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