

Sports, Leisure & Exercise

Golf "Fore" Beginners

Shane Allen, PGA

Learn the basic skills of hitting irons, woods, chipping and putting. Course will also cover proper etiquette on the course and the basic rules of golf. Group lessons will be held on the driving range and practice greens.

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

LOCATION: Gulf Pines Golf Course

NOTE: This course qualifies for discounts and coupons.

09USP103AG, 5/26/2009 - 7/16/2009

16 Sessions, Tu and Th from 4:10 PM to 5:05 PM

0.7 CEU, \$89

Weekend Golf: Ladies Only Beginner & Intermediate

Emmett 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.

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

LOCATION: Gulf Pines Golf Course

09USP121AG, 6/20/2009 - 8/1/2009

6 Sessions, Sa from 10:30 AM to 11:45 AM

0.7 CEU, \$95

NOTE: No class July 4, 2009

Evening and Weekend Golf

Emmett Frank Freel, PGA and
Shane Allen, 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

09USP102AG, 6/20/2009 - 8/1/2009: Freel

6 Sessions, Sa from 9:00 AM to 10:15 AM

09USP102BG, 6/17/2009 - 7/22/2009:

Allen

6 Sessions, W from 6:30 PM to 7:45 PM

0.7 CEU, \$89



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



**FORE!
Let Shane Allen help you better
your golf swing with the
Evening and Weekend Golf
class.**

Sports, Leisure & Exercise

Disc Golf Staff

Disc golf is a lot like traditional "ball" golf, except players use specially made plastic flying discs instead of balls and clubs, and throw them for 'par' at an above-ground target instead of a hole in the ground. There are different types of discs used for different purposes, much like ball golfers use different clubs. The object of the game is to throw a golf disc into the target, typically a "Pole Hole" basket (a steel basket over which chains hang), in the fewest number of throws. The player begins by 'driving' from a designated tee area and continues toward the target, throwing each consecutive shot from the spot where the previous throw has landed. Finally, a successful 'putt' sends the disc into the target. The most satisfying sound a disc golfer can hear is the 'ching!' of a disc crashing the chains before dropping into the basket. Come learn the fundamentals of disc golf, rules, etiquette, and identify strategies, techniques, and personal skills needed in disc golf. You should be ready to play 18 holes at the completion of the course and see an improvement in distance, accuracy and scores. Wear appropriate apparel for walking and throwing disc outdoors. Basic throwing discs will be available.

NOTE: This course qualifies for discounts and coupons.

LOCATION: HPELS 1140

09USP129AG, 5/26/2009 - 7/16/2009
16 Sessions, Tu and Th from 10:20 AM to 11:15 AM
\$89

Beginner's Bowling Staff

Learn the basics of bowling at Camellia Bowling Lanes. You will learn beginning bowling terminology and etiquette, as well as the four-step approach, ball control and pin bowling.

LOCATION: All classes held at Camellia Bowling Lanes

NOTE: This course qualifies for discounts and coupons.

09USP250AG, 5/26/2009 - 7/16/2009
16 Sessions, Tu and Th from 1:50 PM to 2:45 PM
1.8 CEU, \$59

Jogging Staff

Understand the basics of running/jogging, including warm-up and cool-down, the fundamentals of form, and how long and how often to run. Topics also include proper clothing and shoes, alternate techniques of conditioning, and the connection between jogging and weight control.

LOCATION: HPELS 1140

NOTE: This course qualifies for discounts and coupons.

09USP650AG, 5/27/2009 - 7/20/2009
16 Sessions, M and W from 8:00 AM to 8:55 AM
\$59

Weight Training Staff

A progressive conditioning course using isotonic contraction for the development of strength and muscular endurance. You will learn proper warm up and stretching techniques, the benefits of resistance training, proper lifting techniques and the benefits associated with weight training. Weight training has been shown to better define and sculpt muscles resulting in a more toned appearance.

NOTE: This course qualifies for discounts and coupons.

09USP310AG, 5/27/2009 - 7/20/2009
16 Sessions, M and W from 8:00 AM to 8:55 AM

09USP310BG, 5/27/2009 - 7/20/2009
16 Sessions, M and W from 9:10 AM to 10:05 AM

09USP310CG, 5/26/2009 - 7/16/2009
16 Sessions, Tu and Th from 8:00 AM to 8:55 AM

09USP310DG, 5/26/2009 - 7/16/2009
16 Sessions, Tu and Th from 9:10 AM to 10:05 AM
\$89



Get in shape this summer with our qualified staff at USA. Learn the proper way to warm up and use weights.

REGISTER ON-LINE

www.usacontinuinged.com

or via FAX (251)431-6408

24-hours a day, 7 days a week!

Sports, Leisure & Exercise

Beginning Swimming

Alexandra S Barter, M.Ed., ARC
Certified Instructor

Instruction and practice in beginning swimming and water safety. You will have the opportunity to become more confident in and around water and have an opportunity to participate in an outstanding form of exercise.

LOCATION: USA Pool

NOTE: This course qualifies for discounts and coupons.

09USP800AG, 5/26/2009 - 7/16/2009

16 Sessions, Tu and Th from 11:30 AM to 12:25 PM

\$89



Intermediate Swimming

Alexandra S Barter, M.Ed., ARC
Certified Instructor

Continue improving your swimming skills and water safety skills with this course. Through water-based exercises you will increase your stamina for distance swimming. Competitive and long-distance strokes will also be covered in this class. Females are to wear a one-piece swim suit, males are to wear swimming short suit (no blue jean shorts or pants).

LOCATION: USA Campus Pool

NOTE: This course qualifies for discounts and coupons.

09USP805AG, 5/26/2009 - 7/16/2009

16 Sessions, Tu and Th from 12:40 PM to 1:35 PM

\$89



Join our certified American Red Cross instructor, Alexandra Barter, for the best training and tips on how to be safe in, on, and around the water! Nearly 2 million people learn to swim each year with American Red Cross programs.

American Red Cross First Aid: Responding to Emergencies

Alexandra S Barter, M.Ed., ARC
Certified Instructor

This course is designed to help the citizen responder react in respiratory and circulatory emergencies and provide care in life threatening situations of cardiac arrest, shock, and bleeding. Course covers first aid for musculoskeletal injuries and sudden illnesses and more. This course is a complete first aid program with certification offered in Adult CPR and First Aid.

TEXTBOOK: First Aid: Responding to Emergencies

NOTE: Final Certification Exam Date (check with instructor).

LOCATION: HPELS room 2036

09UHL500AG, 5/26/2009 - 7/16/2009

16 Sessions, Tu and Th from 10:20 AM to 11:15 AM

09UHL500BG, 5/26/2009 - 7/16/2009

16 Sessions, Tu and Th from 11:30 AM to 12:25 PM

1.5 CEU, \$79

Anyone **18 years or older** can attend Special Courses. Individuals under 18 may enroll in our Exam Reviews, Speed reading, and Camp/Youth Programs.

Sports, Leisure & Exercise

Table Tennis

Yan J Ge

This fast-paced class is for the serious ping-pong player. Yan Jun is a national table tennis champion from the city of Beijing in the People's Republic of China. Fundamentals of the sport will be covered and playing techniques will be stressed for both singles and doubles play.

LOCATION: Student Recreation Center

NOTE: This course qualifies for discounts and coupons.

09USP450AG, 5/26/2009 - 7/16/2009

16 Sessions, Tu and Th from 9:10 AM to 10:05 AM

09USP450BG, 5/26/2009 - 7/16/2009

16 Sessions, Tu and Th from 10:20 AM to 11:15 AM

\$59

Beginner's Tennis

Staff

Learn the fundamentals of an active and popular sport. Forehand and backhand ground strokes, volley, approach shots, and the serve will be covered. Additionally, you will learn the rules of the game, strategy, and singles and double play. This course is progressive as new skills and techniques are introduced each week.

SUPPLIES: Please bring a racquet to each class.

LOCATION: USA varsity tennis courts adjacent to Student Recreation Center/HPELS Building

NOTE: This course qualifies for discounts and coupons.

09USP470AG, 5/27/2009 - 7/20/2009

16 Sessions, M and W from 8:00 AM to 8:55 AM

09USP470BG, 5/27/2009 - 7/20/2009

16 Sessions, M and W from 9:10 AM to 10:05 AM

09USP470CG, 5/26/2009 - 7/16/2009

16 Sessions, Tu and Th from 9:10 AM to 10:05 AM

1.3 CEU, \$59

Muscle Toning and Conditioning

Renee Cooper, AFAA Certified

This is a physical activity class which includes various methods of physical conditioning. Through active participation, you will develop knowledge and skills sufficiently adequate to toning all muscle groups of the body using weights, resistance tubes and other equipment, as provided, as well as to increase cardio conditioning. Agility, coordination and balance, strength, flexibility, posture and good positioning will also be gained. Bring exercise mat to each class.

LOCATION: HPELS 2030

NOTE: This course qualifies for discounts and coupons.

09USP320AG, 5/27/2009 - 7/20/2009

16 Sessions, M and W from 9:10 AM to 10:05 AM

09USP320BG, 5/26/2009 - 7/16/2009

16 Sessions, Tu and Th from 6:00 PM to 6:50 PM

09USP320CG, 5/26/2009 - 7/16/2009

16 Sessions, Tu and Th from 7:00 PM to 7:50 PM

3.8 CEU, \$89



Better your tennis swing with the qualified staff at USA.

Racquetball

Staff

Racquetball is an exciting year-round sport ... fast-paced and mentally stimulating. Beginners are invited to learn correct techniques, skills and strategies. You may compete in singles and doubles play as the course progresses. Enroll with a friend for a wonderful time and a healthy workout.

LOCATION: USA Student Recreation Center

NOTE: This course qualifies for discounts, coupons and value pricing.

09USP400AG, 5/27/2009 - 7/20/2009

16 Sessions, M and W from 9:10 AM to 10:05 AM

09USP400BG, 5/27/2009 - 7/20/2009

16 Sessions, M and W from 10:10 AM to 11:00 AM

09USP400CG, 5/26/2009 - 7/16/2009

16 Sessions, Tu and Th from 9:10 AM to 10:05 AM

\$79

Volleyball

Staff

This course will familiarize you with the basic elements of volleyball including scoring, defending and attacking. Topics to be covered include: rotation, digs, passing, sets, spikes, dinks, basic team strategy and defensive skills.

LOCATION: Student Recreation Center

NOTE: This course qualifies for discounts and coupons.

09USP580AG, 5/26/2009 - 7/16/2009

16 Sessions, Tu and Th from 9:10 AM to 10:05 AM

1.5 CEU, \$89

Sports, Leisure & Exercise

Movement, Rhythms and Developmental Activities

Aleesha S Palombo

This course begins with movement awareness and basic movement skills, and progresses to rhythmic activities such as the traditional dance steps in folk and square dancing. Developmental games and relays are also explained and practiced. Basic manipulative skills of controlling and propelling moveable objects are practiced with jump ropes.

LOCATION: HPELS 2030

NOTE: This course qualifies for discounts and coupons.

09UDA301AG, 5/26/2009 - 7/20/2009
40 Sessions, M, Tu, W, Th and F from 10:20 AM to 11:15 AM

09UDA301BG, 5/27/2009 - 7/20/2009
24 Sessions, M, W and F from 12:40 PM to 2:10 PM

3.5 CEU, \$79

STEP Aerobics

Staff

This course provides a fun, exciting and challenging low impact aerobic workout with minimal stress to the joints. You will begin by learning the fundamentals of STEP Aerobics and progress to more complex routines. All fitness levels can enjoy this class by adjusting the bench height. Wear exercise clothes and tennis shoes, and bring a bottle of water. Feel free to use the locker rooms in the USA Gymnasium.

LOCATION: HPELS 2030

NOTE: This course qualifies for discounts and coupons.

09UDA390AG, 5/27/2009 - 7/20/2009
16 Sessions, M and W from 3:00 PM to 3:55 PM
\$79

Musical Aerobics

Aleesha S Palombo

Dance/exercise your way to improved coordination, muscle strength, and cardiovascular endurance. Set to music, you will learn floor patterns for upper body exercise and floor stretches concentrating on each body part. Wear exercise clothes and tennis shoes. Feel free to use the women's locker room in USA's gymnasium.

LOCATION: HPELS room 2030

NOTE: This course qualifies for discounts and coupons.

09UDA400AG, 5/27/2009 - 7/20/2009
16 Sessions, M and W from 11:30 AM to 12:25 PM

09UDA400BG, 5/26/2009 - 7/16/2009
16 Sessions, Tu and Th from 12:40 PM to 1:35 PM
\$89

Yoga: A Total Fitness and Stress Management Program

Gary D Kubina, M.Ed.
Staff

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.

LOCATION: HPELS room 2030

NOTE: Bring exercise mat to class.

09UDA450AG, (Gary Kubina)
6/16/2009 - 8/11/2009
8 Sessions, Tu from 7:00 PM to 8:30 PM
NOTE: No class July 14, 2009.

09UDA450BG, (Staff)
5/26/2009 - 7/16/2009
16 Sessions, Tu and Th from 3:00 PM to 3:50 PM

1.2 CEU, \$94



Enjoy the health benefits as you learn to relax, stretch and breath with Gary's yoga class. Many of his students swear by his class!

Sports, Leisure & Exercise

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.

09UDA561AG, 6/20/2009 - 8/15/2009
8 Sessions, Sa from 10:00 AM to 11:15 AM
1.0 CEU, \$67

NOTE: No class July 4, 2009

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

09UDA563AG, 6/20/2009 - 8/15/2009
8 Sessions, Sa from 11:30 AM to 12:45 PM
1.0 CEU, \$67

NOTE: No class July 4, 2009



Learn the moves of belly dancing with instructor Jane McWilliams in her beginning class or advance your way into intermediate.

Ballroom Dance

Aleesha S Palombo

Take a trip down memory lane and enjoy the smooth sounds of the Big Band era! Learn many popular dances including the Swing, the Waltz, the Fox Trot, the Cha Cha and the Cotton-Eyed Joe. In addition to learning steps, you will be introduced to other essentials such as rhythm, timing, variations of dances and dance etiquette. Wear comfortable clothes.


LOCATION: HPELS room 2030

NOTE: This course qualifies for discounts and coupons.

09UDA500AG, 5/26/2009 - 7/16/2009
16 Sessions, Tu and Th from 11:30 AM to 12:25 PM
1.8 CEU, \$89

HELP YOUR CLASS MAKE!

Special Courses makes decisions to cancel a course based on enrollment one working day prior to the class start date. Please enroll early to ensure your class makes!



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Sports, Leisure & Exercise

Soo Bahk Do: Beginning

Steven A Diaz, Ph.D., 6th degree
Master Instructor

Soo Bahk Do is a traditional Korean martial art with a history that spans 2000 years. It is a distinctly unique martial art that focuses on developing mind, body and spirit to develop a functional capability in its practitioners through the practice of the combat oriented exercises. This training conditions the mind and body for the realities of unarmed self defense and provides for a high degree of personal awareness. As an art form, it focuses on form, theory and aesthetics. As a system of self defense, Soo Bahk Do has great practical applications. Through systematic instruction, Soo Bahk Do teaches step-by-step methods of utilizing your body's energies in self defense. The training conditions the whole person- mind, body and spirit; to effectively generate, organize and disperse your body's energy in a powerful, focused way. This course is designed to you with the basic skills to perform traditional Soo Bahk Do techniques. The course will focus on beginner conditioning and flexibility exercises, and the step by step instruction of basic hand and foot movements. Beginner self defense and hand-to-hand practice with partners will also be introduced.

NOTE: Uniform is required.

LOCATION: HPELS room 2025

NOTE: This course qualifies for discounts and coupons.

09UKA740AG, 5/30/2009 - 7/18/2009
8 Sessions, Sa from 9:00 AM to 10:50 AM
\$89



REGISTER ON-LINE

www.southalabama.edu/specialcourses
or via FAX (251)431-6408

Soo Bahk Do: Intermediate

Steven A Diaz, Ph.D., 6th degree
Master Instructor

This intermediate course of Soo Bahk Do is designed for students who have completed the beginner course of this traditional Korean martial art. Focusing on the development of mind, body and spirit, intermediate training involves a completion of basic movements and an introduction to pre-sequenced and non-sequenced sparring techniques.

NOTE: Uniform is required.

PREREQUISITE: Soo Bahk Do: Beginner

LOCATION: HPELS room 2025

NOTE: This course qualifies for discounts and coupons.

09UKA741AG, 5/30/2009 - 7/18/2009
8 Sessions, Sa from 11:00 AM to 12:50 PM
\$89



Get hooked on Tai Chi with Leigh Taylor! Discover the smooth, rhythmic movements of this form of martial arts that can be learned by all ages and practiced for a lifetime of peace and tranquility.

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/forms 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 and eight pieces of silk brocade are 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.

09UDA440AG, 6/8/2009 - 8/05/2009
18 Sessions, M and W from 8:30 -9:30 PM
3.0 CEU, \$89

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.

09UDA441AG, 6/8/2009 - 8/5/2009
18 Sessions, M and W from 7:30 -8:30 PM
3.0 CEU, \$89

Help relax and release tension for others as you learn the ways of reducing stress with a massage. Check out page 15 for full details

Sports, Leisure & Exercise

Martial Arts: Aikido

Phillip M Norrell, Sandan, Ed.D.

Interested in learning self-defense techniques? Concerned that you may be too small, too old or have physical limitations that would prevent you from using martial arts? Then Aikido--a gentle, but effective Japanese martial art--is a must for you! Aikido emphasizes the use of natural movement, avoidance, off-balances and redirection of an attacker's force to overcome aggression. Aikido allows you to come to a peaceful resolution while causing the least amount of harm to the attacker. This is a distinct advantage over martial arts that emphasize ways to injure your attacker. Saving the best news for last--people of almost any age or size, including some physical limitations, can still use Aikido effectively against the largest and strongest of aggressors.

LOCATION: HPELS room 1125

NOTE: This course qualifies for discounts and coupons.

TEXTBOOK: Aikido: Principles of Kata and Randori

09UKA745AG, 5/26/2009 - 7/16/2009
16 Sessions, Tu and Th from 5:30 PM to 6:45 PM
\$89



Learn self defense techniques with Martial Arts instructor Phillip Norrell. He will teach you the basics of the effective Japanese martial arts of Aikido. With this 16-session course, he will have you knowing how to protect yourself with the least amount of harm to your attacker.

Karate I

Phylis A Logsdon, 3rd Degree blackbelt (Sandan), M.S.

This beginning course is based on traditional teaching methods that gradually build balance, conditioning, flexibility, and concentration. Techniques include blocking, punching, striking, and kicking. This course focuses on kihon (basics), kata (form), and sanbon kumite (three step sparring). The first kata, Heian Shodan, is taught.

NOTE: The course is designed especially for men and women over 14.

LOCATION: HPELS 2025

NOTE: This course qualifies for discounts and coupons.

09UKA100AG, 5/27/2009 - 7/20/2009
16 Sessions, M and W from 10:20 AM to 11:15 AM

09UKA100BG, 5/26/2009 - 7/16/2009
16 Sessions, Tu and Th from 5:00 PM to 5:50 PM

\$69

Interim Shotokan Karate Session

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

09UKA450AG, 7/23/2009 - 8/13/2009
7 Sessions, Tuesdays 6:00 - 7:00 pm,
Thursdays 6:00 - 8:00 pm
\$35

Karate II

James T Williams, 2nd Degree Blackbelt (Nidan)
Phylis A Logsdon, 3rd Degree blackbelt (Sandan), M.S.

This is a continuation of the beginning course that expands the concepts of this traditional martial art. Training in the katas (forms) through the Heians and advanced kata takes the student into the higher levels. Additional techniques and applications expand the concepts of this art. Black belt training is also incorporated in this class.

PREREQUISITE: Karate I


LOCATION: HPELS room 2025

NOTE: This course qualifies for discounts and coupons.

09UKA200AG, (Phylis A Logsdon)
5/27/2009 - 7/20/2009
16 Sessions, M and W from 11:30 AM to 12:25 PM

09UKA200BG, (James T Williams)
5/26/2009 - 7/16/2009
16 Sessions, Tu and Th from 6:00 PM to 6:50 PM

\$69



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