

### FITNESS & DANCE

#### BALLET MOVEMENT FOR EVERYONE

Proper classical ballet barre concepts and techniques will be the foundation of the class format. Beginners or someone with other dance experience will learn the fundamentals of ballet and will be able to participate in creating expressive dance. Exercise attire and ballet slippers required. This course is a great way to stretch and improve posture and breathing.

**Instructor:** Loren Warshaw

**CE8 033 B1 ON-CAMPUS COURSE** Meets: Saturday, 10:30am-12:00pm for 8 sessions.

**Starts March 2**

**Fee: \$200**

#### 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 B1 ON-CAMPUS COURSE** Meets: Saturday, 9:00am-10:30am for 8 sessions.

**Starts March 2**

**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 B1 ON-CAMPUS COURSE** Meets: Saturday, 10:30am-12:00pm for 8 sessions.

**Starts March 2**

**Fee: \$200 pp**

#### 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 the 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 B1 ON-CAMPUS COURSE** Meets: Saturday, 9:30am-10:30am for 8 sessions.

**Starts March 2**

**Fee: \$200**

#### 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 B1 ON-CAMPUS COURSE** Meets: Saturday, 10:45am-12:15pm for 8 sessions.

**Starts March 2**

**Fee: \$200**

#### 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 B1 ON-CAMPUS COURSE** Meets: Thursday, 7:00pm-8:30pm for 8 sessions.

**Starts March 7**

**Fee: \$200**

#### HULA HOOPING FOR HEALTH

The Hula Hoop is back and hula hooping is healthy and fun. Hula hooping improves cardiovascular health, muscle tone and overall flexibility. This workout incorporates dance moves and different exercise techniques using the hula hoop on every part of the body. **Students will learn how to safely use the hoop for important warm-up exercise routines before each workout.**

**Students should wear loose comfortable clothing (without belts) wear sneakers and bring water to rehydrate.** Eat one to two hours before you take part in the class. Also purchase a non-weighted hoop from a toy store. After the first class the instructor will make suggestions on how to purchase weighted hula hoops.

**Instructor:** Staff

**CE9 445 B1 ON-CAMPUS COURSE** Meets:

**Saturday, 9:00am-10:30am.**

**Starts March 2 for 8 sessions.**

**Fee: \$200**

#### 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 B1 ON-CAMPUS COURSE** Meets: Wednesday, 7:00pm-9:00pm for 6 sessions.

**Starts March 20**

**Fee: \$200**

#### BASIC SWIMMING I

This course is designed for non-swimming adults, adults with minimal swimming skills and those who are afraid of the water. This course is taught in a four-foot deep pool with uniform depth and no deep end.

**Instructors:** Staff

**CE9 801 B1 ON-CAMPUS COURSE** Meets: Saturday, 9:00am-10:00am for 6 sessions.

**Starts March 2**

**CE9 801 B2 ON-CAMPUS COURSE** Meets: Saturday, 10:00am-11:00am for 6 sessions.

**Starts March 2**

**CE9 801 B3 ON-CAMPUS COURSE** Meets: Saturday, 11:00am-12:00pm for 6 sessions.

**Starts March 2**

**Fee: \$200**

#### BASIC SWIMMING II

This course is a continuation of Basic Swimming (CE9 801). Non-swimming adults, adults with minimal swimming skills and those who are afraid of the water will continue to build on the skills they learned in Basic Swimming. This course is taught in a four-foot deep pool with uniform depth and no deep end.

**Instructors:** Staff

**CE9 802 B1 ON-CAMPUS COURSE** Meets: Saturday, 9:00am-10:00am for 6 sessions.

**Starts March 2**

**CE9 802 B2 ON-CAMPUS COURSE** Meets: Saturday, 10:00am-11:00am for 6 sessions.

**Starts March 2**

**CE9 802 B3 ON-CAMPUS COURSE** Meets: Saturday, 11:00am-12:00pm for 6 sessions.

**Starts March 2**

**Fee: \$200**

#### INTERMEDIATE SWIMMING

This is a more advanced level of instruction with emphasis on form, endurance and the development of additional strokes. Students should be able to swim two laps of the pool (50 yards).

**Instructors:** Staff

**CE9 803 B1 ON-CAMPUS COURSE** Meets: Saturday, 12:00pm-1:00pm for 6 sessions.

**Starts March 2**

**CE9 803 B2 ON-CAMPUS COURSE** Meets: Saturday, 12:00pm-1:00pm for 6 sessions.

**Starts March 2**

**Fee: \$200**



#### SWIMMERCISE

Increase your cardiovascular endurance, improve your flexibility and range of motion. This program is excellent for those individuals recovering from an injury, physical limitations or those new to water exercise. All the benefits of water resistance combined with a full body workout. **No swimming skills are needed since the course is taught in a four-foot deep pool.**

**Instructors:** Staff

**CE9 813 B1 ON-CAMPUS COURSE** Meets: Saturday, 9:00am-10:00am for 6 sessions.

**Starts March 2**

**Fee: \$200**



#### AQUA JOGGING

The ideal deep-water impact-free workout for all levels. This class focuses on jogging as well as full body conditioning while allowing exercisers to keep their head and shoulders out of the water. **A floatation belt is provided with optional hand fins for added resistance if desired.**

**Instructors:** Staff

**CE9 814 B1 ON-CAMPUS COURSE** Meets: Saturday, 10:00am-11:00am for 6 sessions.

**Starts March 2**

**CE9 814 B2 ON-CAMPUS COURSE** Meets: Saturday, 11:00am-12:00pm for 6 sessions.

**Starts March 2**

**CE9 814 B3 ON-CAMPUS COURSE** Meets: Saturday, 12:00pm-1:00pm 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

**CE9 789 B1 ON-CAMPUS COURSE** Meets: Friday, 6:00pm-7:00pm.

**Starts January 5 for 5 sessions.**

**CE9 789 B2 ON-CAMPUS COURSE** Meets: Friday, 8:00pm-9:00pm.

**Starts January 5 for 5 sessions**

**CE9 789 B3 ON-CAMPUS COURSE** Meets: Sunday, 9:00am-10:00am.

**Starts February 25 for 5 sessions.**

**CE9 789 B4 ON-CAMPUS COURSE** Meets: Sunday, 11:00am-12:00pm

**Starts February 25 for 5 sessions.**

**CE9 789 B5 ON-CAMPUS COURSE** Meets: Sunday, 9:00am-10:00am.

**Starts April 21 for 5 sessions.**

**CE9 789 B6 ON-CAMPUS COURSE** Meets: Sunday, 11:00am-12:00pm

**Starts April 21 for 5 sessions.**

**Fee: \$200**



#### ADVANCED 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

**CE9 805 B1 ON-CAMPUS COURSE** Meets: Friday, 7:00pm-8:00pm.

**Starts January 5 for 5 sessions**

**CE9 805 B2 ON-CAMPUS COURSE** Meets: Sunday, 10:00am-11:00am.

**Starts February 25 for 5 sessions.**

**CE9 805 B3 ON-CAMPUS COURSE** Meets: Sunday, 12:00pm-1:00pm.

**Starts February 25 for 5 sessions.**

**CE9 805 B4 ON-CAMPUS COURSE** Meets: Sunday, 10:00am-11:00am.

**Starts April 21 for 5 sessions.**

**CE9 805 B5 ON-CAMPUS COURSE** Meets: Sunday, 12:00pm-1:00pm.

**Starts April 21 for 5 sessions.**

**Fee: \$200**



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