BEGINNER YOGA (CE9 358 B1)
A sequence of beginner’s level postures with detailed instruction on proper alignment, breathing and modifications for varying abilities. Each class will include gentle hip openers, backbends, forward bends, twists, balance poses throughout relaxation. The focus of the class will include a deep awareness and respect for individual ability. No yoga experience is necessary. After practicing Hatha Yoga you will feel energized and refreshed and will gain a sense of inner peace and harmony. Please bring a yoga mat and do not consume a meal for at least two (2) hours before class.
Instructor: Lorraine Trezza
C59 358 B1 Meets: Saturday, 9:00am-10:00am for 8 sessions.
Starts March 7
Fee: $150

BEGINNER PILATES (CE9 500 B1)
This is a mat based and core strengthening class that incorporates flexibility and toning for all levels. This exercise method aims to create a balance in the body. It is designed to cater to the individual needs of each person. Pilates offers a trimmer waist, flatter belly, better posture based on a balanced muscle tone and less fatigue, while decreasing back pain and injury. You will love it! Bring a towel, water and a mat.
C59 500 B1 Meets: Saturday, 10:15am-11:15am for 8 sessions.
Starts March 7
Fee: $150

BEGINNER KUNDALINI YOGA (CE8 100 B1)
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 read (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 is very effective 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: Elaina Marku
CE8 100 B1 Meets: Saturday, 11:30am-1:00pm for 8 sessions.
Starts March 7
Fee: $175

TAI CHI CHUAN (TAIQUAN) (CE8 566 B1)
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 perhaps the most ancient and powerful style of Tai Chi. It is designed for people with arthritis, back and joint problems, those people with an arthritic condition or back problems who need the extra buoyancy water allows. No swimming skills are needed, since the course is taught as a four-foot deep pool with uniform depth and no deep end. You will surely find the exercises challenging and fun. The exercises can be modified target cardio, strength and stability and include the use of hand buoys and noodles.
Instructor: Pete Landini
CE8 566 B1 Meets: Monday, 6:30pm-8:30pm for 6 sessions.
Starts March 7
Fee: $150

TAI CHI FOR HEALTH (CE9 392 B1)
Tai Chi is an ancient Chinese art often described as “Mediation 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 perhaps 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: Mitch Rubin
CE9 392 B1 Meets: Thursday, 7:00pm-9:00pm for 8 sessions.
Starts March 12
Fee: $185

FULL BODY FITNESS FOR WOMEN (CE9 663 B1)
This class will include 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 yoga mat, towel, water, and comfortable workout attire.
Instructor: Diane Calimopulos
CE9 663 B1 Meets: Tuesday, 6:30pm-7:30pm for 8 sessions.
Starts March 3
Fee: $150

BASIC SWIMMING (CED 843 B1, B2, B3, B4)
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
CED 843 B1 Meets: Saturday, 9:00am-10:00am for 5 sessions.
Starts March 7
CED 843 B2 Meets: Saturday, 10:00am-11:00am for 5 sessions.
Starts March 7
CED 843 B3 Meets: Saturday, 9:00am-10:00am for 5 sessions.
Starts March 7
CED 843 B4 Meets: Saturday, 10:00am-11:00am for 5 sessions.
Starts March 7
Fee: $100

BASIC SWIMMING II (CE9 679 B1, B2)
This course is a continuation of Basic Swimming. 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 679 B1 Meets: Saturday, 11:00am-12:00pm for 5 sessions.
Starts March 7
CE9 679 B2 Meets: Saturday, 11:00am-12:00pm for 5 sessions.
Starts April 25
Fee: $100

INTERMEDIATE SWIMMING (CED 888 B1, B2)
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).
Instructor: Staff
CED 888 B1 Meets: Saturday, 12:00pm-1:00pm for 5 sessions.
CED 888 B2 Meets: Saturday, 12:00pm-1:00pm for 5 sessions.
Starts April 25
Fee: $100

SWIMMERcIZE (CED 873 B1, B2)
Increase your cardiovascular endurance, tone up muscles and improve your flexibility. This program is excellent for those individuals who love the water as well as for those people with an arthritic condition or back problems who need the extra buoyancy water allows. No swimming skills are needed, since the course is taught in a four-foot deep pool. Each class will have 45 minutes of group and 15 minutes of individual workouts.
Instructor: Staff
CED 873 B1 Meets: Saturday, 12:00pm-1:00pm for 5 sessions.
CED 873 B2 Meets: Saturday, 12:00pm-1:00pm for 5 sessions.
Starts April 25
Fee: $100

AQUA JOGGING (CE8 080 B1, B2, B3, B4, B5, B6)
The ideal impact-free workout for those with arthritis, back and joint problems, those recovering from injuries or surgery, as well as able-bodied individuals who have a minimum of swimming or floating ability and are comfortable in deep water. These exercises improve strength in all major muscle groups, as well as cardiovascular conditioning while allowing exercisers to keep their head and shoulders out of the water. A flotation belt is provided with optional hand fins for added resistance if desired.
Instructor: Lynette Fishkin
CE8 080 B1 Meets: Saturday, 9:00am-10:00am for 5 sessions.
CED 800 B2 Meets: Saturday, 10:00am-11:00am for 5 sessions.
CED 800 B3 Meets: Saturday, 11:00am-12:00pm for 5 sessions.
CED 800 B4 Meets: Saturday, 9:00am-10:00am for 5 sessions.
CED 800 B5 Meets: Saturday, 10:00am-11:00am for 5 sessions.
CED 800 B6 Meets: Saturday, 11:00am-12:00pm for 5 sessions.
Starts April 25
Fee: $100

AQUA DEEP CHALLENGE (CE9 611 B1, B2)
This deep water class offers a collection of challenging deep water exercises that target cardio, strength and stability and include the use of hand buoys and noodles. You will surely find the exercises challenging and fun. The exercises can be modified to get the most out of any individual participant. Participants must bring a foam pool noodle to class.
Instructor: Lynette Fishkin
CE9 611 B1 Meets: Saturday, 12:00pm-1:00pm for 5 sessions.
CED 888 B2 Meets: Saturday, 12:00pm-1:00pm for 5 sessions.
Starts April 25
Fee: $100

ZUMBA GOLD (CE9 498 W1)
Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. It’s a dense, low-impact class that feels friendly, and most of all, fun. Please wear comfortable clothing and bring water.
Instructor: Caryn Cooper
CE9 498 W1 Meets: Saturday, 9:00am-10:00am for 8 sessions.
Starts January 4
Fee: $150
REGISTRATION FORM

Please answer all questions on this form and send it together with your check, money order, or credit card information to:

OFFICE OF WORKFORCE DEVELOPMENT & LIFELONG LEARNING
Nassau Community College
One Education Drive
Garden City, New York 11530-6793

Make check payable to: Nassau Community College
OR fax the form with credit card information to:
516.828.3507

Last Name ________________________
Complete First Name ________________________
Address ________________________
City ________________________ Zip ____________
Home Phone: ( ) ________________________
Cell Phone: ( ) ________________________
Work Phone: ( ) ________________________
*Birthdate: mm/dd/yyyy __ __/_ __/ __/ __ __/ __ __/ __ __ __ Have you ever taken any courses at NCC? ☐ Yes ☐ No
*equired* e-mail: ________________________ NCC ID #: ________________________

COURSE SELECTION

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Total Amount: $ __________

Non-Credit Refund Policy: Tuition is refundable when a course is canceled by the College. Tuition is refundable to the student whose written request for withdrawal has been received by the Office of Workforce Development & Continuing Education prior to the beginning of the class. A 50% refund of tuition may be made to the student who has applied in writing to the Office of Workforce Development & Continuing Education prior to the second session of the class. NO REFUNDS WILL BE MADE AFTER THE SECOND CLASS MEETING OF ANY CLASS. Please be advised that if a refund is due it will take approximately 2-3 weeks to be processed.

CREDIT CARD PAYMENT INSTRUCTIONS:

I authorize the use of my credit card account for full payment of the amount of my course registration as indicated on this non-credit registration application.

Students with overdue tuition and fees may be referred to a collection agency and will incur additional liabilities of up to 33% to cover all associated collection cost processes.

Step 1: Print Cardholder’s name
(as it appears on the credit card)________________________

Step 2: Provide Cardholder’s signature: __________________________

Step 3: Please read: I certify that there is sufficient credit amount on the card listed below to cover the fee charges shown on the accompanying Registration Form. Otherwise, I understand the lack of approval by my credit card company will result in cancellation of this registration for non-payment.

Step 4: Card Information:
PLEASE Check ONE: ☐ VISA ☐ Mastercard ☐ Discover ☐ American Express
Card Number: __________________________ Date of Expiration: __ __/ __ __/ __ __ __