

FITNESS / CPR / FIRST AID

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 A1 ON-CAMPUS COURSE Meets: Saturday, 10:30am-12:00pm for 8 sessions.
Starts September 28
Fee: \$200

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 A1 ON-CAMPUS COURSE Meets: Saturday, 9:30am-10:30am for 8 sessions.
Starts September 28
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 A1 ON-CAMPUS COURSE Meets: Thursday, 7:00pm-8:30pm for 8 sessions.
Starts October 10
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 A1 ON-CAMPUS COURSE Meets: Wednesday, 7:00pm-9:00pm for 6 sessions.
Starts October 9
Fee: \$200



CRICKET FOR BEGINNERS

A course designed for those with no or very little Cricket knowledge. This class is designed to acquaint the beginner so they can enjoy the different formats of cricket either by watching it on TV or playing it with family or friends. Topics will include the following: rules and different formats for cricket, rules of how to bowl and different bowling techniques, how to bat using different batting techniques, fielding techniques, meaning of the hand signaling from the umpire, how to keep track of the score, how to interact and communicate in the field with other teammates and the umpire. Please wear comfortable shoes and clothing.

Instructor: Zia Durrani
CE9 823 A1 ON-CAMPUS COURSE Meets: Friday, 6:00pm-8:00pm for 5 sessions.
Starts September 6
Fee: \$250

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 / Gigi Clarkson

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|------------|--------|-------------------------|-------------------|--------|
| CE9 789 A1 | Sunday | 9/8, 15, 22, 29, 10/6 | 09:00 AM-10:00 AM | \$ 200 |
| CE9 789 A2 | Sunday | 9/8, 15, 22, 29, 10/6 | 11:00 AM-12:00 PM | \$ 200 |
| CE9 789 A3 | Sunday | 9/8, 15, 22, 29, 10/6 | 1:00 PM-2:00 PM | \$ 200 |
| CE9 789 A4 | Sunday | 10/20, 27, 11/3, 17, 24 | 09:00 AM-10:00 AM | \$ 200 |
| CE9 789 A5 | Sunday | 10/20, 27, 11/3, 17, 24 | 11:00 AM-12:00 PM | \$ 200 |
| CE9 789 A6 | Sunday | 10/20, 27, 11/3, 17, 24 | 1:00 PM-2:00 PM | \$ 200 |
| CE9 789 A7 | Friday | 11/15, 22, 12/6, 13, 20 | 6:00 PM-7:00 PM | \$ 200 |
| CE9 789 A8 | Friday | 11/15, 22, 12/6, 13, 20 | 8:00 PM-9:00 PM | \$ 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 / Gigi Clarkson

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|------------|--------|-------------------------|-------------------|--------|
| CE9 805 A1 | Sunday | 9/8, 15, 22, 29, 10/6 | 10:00 AM-11:00 AM | \$ 200 |
| CE9 805 A2 | Sunday | 9/8, 15, 22, 29, 10/6 | 12:00 PM-1:00 PM | \$ 200 |
| CE9 805 A3 | Sunday | 10/20, 27, 11/3, 17, 24 | 10:00 AM-11:00 AM | \$ 200 |
| CE9 805 A4 | Sunday | 10/20, 27, 11/3, 17, 24 | 12:00 PM-1:00 PM | \$ 200 |
| CE9 805 A5 | Friday | 11/15, 22, 12/6, 13, 20 | 7:00 PM-8:00 PM | \$ 200 |
| CE9 805 A6 | Friday | 11/15, 22, 12/6, 13, 20 | 9:00 PM-10:00 PM | \$ 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 A1 Saturday | 9/28, 10/5, 19, 26, 11/2, 9 | 09:00 AM-10:00 AM | \$ 200
CE9 801 A2 Saturday | 9/28, 10/5, 19, 26, 11/2, 9 | 10:00 AM-11:00 AM | \$ 200
CE9 801 A3 Saturday | 9/28, 10/5, 19, 26, 11/2, 9 | 11:00 AM-12:00 PM | \$ 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 A1 Saturday | 9/28, 10/5, 19, 26, 11/2, 9 | 09:00 AM-10:00 AM | \$ 200
CE9 802 A2 Saturday | 9/28, 10/5, 19, 26, 11/2, 9 | 10:00 AM-11:00 AM | \$ 200
CE9 802 A3 Saturday | 9/28, 10/5, 19, 26, 11/2, 9 | 11:00 AM-12:00 PM | \$ 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 A1 Saturday | 9/28, 10/5, 19, 26, 11/2, 9 | 12:00 PM-1:00 PM | \$ 200
CE9 803 A2 Saturday | 9/28, 10/5, 19, 26, 11/2, 9 | 12:00 PM-1:00 PM | \$ 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 A1 Saturday | 9/28, 10/5, 19, 26, 11/2, 9 | 09:00 AM-10:00 AM | \$ 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 A1 Saturday | 9/28, 10/5, 19, 26, 11/2, 9 | 10:00 AM-11:00 AM | \$ 200
CE9 814 A2 Saturday | 9/28, 10/5, 19, 26, 11/2, 9 | 11:00 AM-12:00 PM | \$ 200
CE9 814 A3 Saturday | 9/28, 10/5, 19, 26, 11/2, 9 | 12:00 PM-1:00 PM | \$ 200

FIRST AID

AMERICAN RED CROSS PET FIRST AID: DOGS

This course covers first aid procedures such as treatment of burns, fractures, heat stroke, bandaging, and cleaning wounds on your pet dog. CPR and rescue breathing techniques, as well as relief of choking are taught and practiced on mannequins. Animal first aid kits as well as emergency travel kits will be shown and discussed.

Do not bring dogs to class.
ONE-DAY WORKSHOP.
Material Fee: \$5 payable that day of class.

Instructor: Bob Pollack
CE9 377 A1 ON-CAMPUS COURSE Meets: Saturday, October 19, 9:30am-1:00pm.
Fee: \$80

*HEARTSAVER CPR/AED - ADULT, CHILD, INFANTS

This American Heart Association course is aimed at non-professionals (e.g., personal trainers, coaches, camp counselors) who require a credential certifying their skills in adult, child, and infant CPR, relief of obstructed airway, and use of an Automated External Defibrillator (AED). A demonstration of appropriate skills is required for successful course completion.

ONE-DAY WORKSHOP.
Material Fee: Those wishing an American Heart Association First Aid or CPR card must pay material fee of \$30 payable that day of class. No material fee for those NOT pursuing card.

Instructor: Bob Pollack
CE9 307 A1 ON-CAMPUS COURSE Meets: Saturday, October 5, 9:30am-1:00pm.
CE9 307 A2 ON-CAMPUS COURSE Meets: Saturday, November 2, 9:30am-1:00pm.
Fee: \$100

FAMILY AND FRIENDS ADULTS, CHILD AND INFANT CPR COURSE

This American Heart Association course teaches adult, child and infant CPR to participants. Obstructed airway procedures are also covered. It is aimed at the general public who do not require certification.

ONE-DAY WORKSHOP.
Instructor: Bob Pollack
CE9 309 A1 ON-CAMPUS COURSE Meets: Tuesday, October 15, 7:00pm-10:00pm.
Fee: \$80

HEART ASSOCIATION FIRST AID

This American Heart Association First Aid class covers topics on how to recognize an emergency and when and how to take action. Topics covered will include control of serious bleeding, burn management, and treatment of heat and cold emergencies. Use of an emergency epinephrine injector is included, as well as control of shock.

ONE-DAY WORKSHOP.
Material Fee: Those wishing an American Heart Association First Aid or CPR card, must pay material fee \$30 payable that day of class. No material fee for those NOT pursuing card.

Instructor: Bob Pollack
CE9 441 A1 ON-CAMPUS COURSE Meets: Saturday, November 16, 9:30am-1:30pm.
Fee: \$80

*PEDIATRIC FIRST AID

This Heart Association course teaches child-care providers such as nursery and day care professionals, parents and grandparents how to respond and manage illness and injuries until emergency medical professionals arrive. The course includes: finding the problem, stopping bleeding, bandaging, epinephrine injection, heat and cold emergencies, and poisoning.

ONE-DAY WORKSHOP.
Material Fee: Those wishing an American Heart Association First Aid or CPR card, must pay material fee of \$30 payable that day of class. No fee for those NOT pursuing card.

Instructor: Bob Pollack
CE9 531 A1 ON-CAMPUS COURSE Meets: Saturday, October 26, 9:30am-1:30pm.
Fee: \$80



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WWW.NCC.EDU/CONTINUINGEDUCATION

