



Community Health Education Complex - Fall 2010 Class Listing
8-18-10

.5cr = \$87 1cr = \$129 1.5cr = \$171
2cr = \$213 3cr = \$297 4cr = \$381
60+ YRS OLD = \$45/ PER CLASS/SEMESTER

LAST DAY TO ENROLL FOR FALL: AUGUST 24, 2010

Course #	Section	Times	Days	Instructor	Credit Hours	Start-End Dates
PED 100	81	Fitness Center	M-S	BECHTEL	2.0	8/19-1/17/2011
PED 100	80	Fitness Center	M-S	BECHTEL	1.0	8/19-12/13/2010
PED 200	80	Fitness Center	M-S	BECHTEL	1.0	10/13 – 1/17/2011
PED 172	81	Pool	M-S	GEORGANTAS	2.0	8/19-1/17/2011
PED 172	80	Pool	M-S	GEORGANTAS	1.0	8/19-12/13/2010
PED 215	80	Pool	M-S	GEORGANTAS	1.0	10/13 – 1/17/2011
PED 160	80	Fitness Center/Pool	M-S	GEORGANTAS	4.0	8/19-1/17/2011
PED 160	81	Fitness Center/Pool	M-S	GEORGANTAS	2.0	8/19-12/11/2010



= Warm Water Class (92 degree pool)

LINE THROUGH ENTIRE LISTING INDICATES FULL ENROLLMENT-CLASS CLOSED

Adaptive Aquatics

Course #	Section	Times	Days	Instructor	Credit Hours	Start-End Dates
APE 102	81	9-10:00	M-W-F	ROSSI	2.0	8/20/10 – 12/20/10
APE 102	80	1:00-2:00	M W F	KOLAR	2.0	8/20/10 – 12/20/10

Ai Chi IV

APE 115	81	10-11:00	M W F	ROSSI	2.0	8/20 – 12/20/10
APE 115	80	9-10:00	T TH	ROSSI	1.5	8/19 – 12/30/10

Arthritis Aquatics

Course #	Section	Times	Days	Instructor	Credit Hours	Start-End Dates
APE116	80	10-11:00	T TH	ROSSI	1.5	8/19 – 12/30/10
APE116	81	1-2:00	T TH	KLUETER	1.5	8/19 – 12/30/10
APE116	82	2-3:00	T TH	KLUETER	1.5	8/19 – 12/30/10
APE116	83	2 – 3:00	M W F	KOLAR	2.0	8/20 – 12/20/10
APE116	84	3 – 4:00	M W F	KRONES	2.0	8/20 – 12/20/10
APE116	85	4-5:35	M-F	KLUETER	2.0	8/20 – 12/17/10

Aqua Yoga

PED 230	01	5 – 5:50	T TH	KLUETER	1.0	8/19 – 12/9/10
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HTH 115 Foundations of Health & Physical Fitness/PED 107 Lifetime Strength Fitness/PED 106 Lifetime Cardio Fitness

HTH 115	80	12:00 12:00 5:00 – 6:00	T-CLASS TH-CLASS T TH-LAB	GEORGANTAS Additional labs TBD	3.0	Begins in J102 8/26/10 @ * Noon
PED 107	80	4 – 5:00	T TH	GEORGANTAS	1.0	Begins in J102 8/26/10 @ * Noon
PED 106	80	4:00-4:50	T TH	KLUETER Additional labs TBD	1.0	Begins in J102 8/26/10 @ * Noon

*FIRST CLASS MEETS 8/26/10 AT NOON IN J102 OR CONTACT INSTRUCTOR AT EXTENSION 8502 OR 8504

Lifeguard Certification Course - Call ext. 8504 for information

Includes pre-course swim, water skills, CPR-AED, first aid, and written test performance

PED 250	01	TBA	TBA	GEORGANTAS	1.0	Pre-course swim meets 11/9/10 at 6:30 p.m. on pool deck
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Swimming – Adult: Beginning, Intermediate, Advanced T=Transfer ☐=Non-Transfer

Course #	Section	Times	Days	Instructor	Credit Hours & Desc.	Start-End Dates
6REC 101	22	4:40 – 5:30	TH	STOCK	.5 B-A	8/19 – 12/9/10
6REC 101	23	5:40-6:20	T	STOCK	.5 B-A	8/24– 12/7/10
6REC 101	35	4:40 – 5:30 5:40-6:20	TH T	STOCK	1.0 B-A	8/19 – 12/9/10
6REC 101	24	11-11:50	S	STOCK	.5 B-A	8/21 – 12/4/10
6REC 101	41	ALL 3 ABOVE	ALL 3	STOCK	1.5 B-A	8/19 – 12/9/10
PED 176	80	10 – 11:00	M W F	KOLAR	1.5 A	8/20 – 11/19/10
PED 176	08	10 – 11:00	M W F	KOLAR	2.0 A	8/20 – 12/20/10

ADULT & YOUTH SWIMMING NOTE: COMBINATION DAYS-TIMES MAY BE ACCOMODATED ACCORDING TO DEMAND, BUT INSTRUCTOR COMBINATIONS ARE NOT POSSIBLE

Youth Swimming (7-11yrs unless otherwise indicated or approved) Beginning, Beginning II (B2), Intermediate, Advanced

6REC 101	25	3:40 – 4:30	T	STOCK	.5 B (7-11 yrs.)	8/24– 12/7/10
6REC 101	26	3:40 – 4:30	TH	STOCK	.5 B (7-11 yrs.)	8/19 – 12/9/10
6REC 101	27	3:40 – 4:30	T TH	STOCK	1.0 B (7-11 yrs.)	8/19 – 12/9/10
6REC 101	28	3:40 – 4:30	T	GIOVANNI	.5 I (7 – 11 yrs.)	8/24 – 12/7/10
6REC 101	29	4:40 – 5:30	T	GIOVANNI	.5 A (7-13 yrs.)	8/24 – 12/7/10
6REC 101	30	4:40 – 5:30	T	STOCK	.5 B (5-9 yrs.)	8/24 – 12/7/10
6REC 101	31	5:40 – 6:30	T	GIOVANNI	.5 B2 (7-11 yrs.)	8/24 – 12/7/10
6REC 101	32	5:40 – 6:30	TH	STOCK	.5 A (7-13 yrs.)	8/19 – 12/9/10
6REC101	07*	1 – 1:50	F	STOCK	.5 I2-A (7-13 yrs.)	8/20 – 12/3/10
6REC101	08*	1 – 1:50	F	GIOVANNI	.5 I (7 – 11 yrs.)	8/20 – 12/3/10
6REC101	01*	2 – 2:50	F	STOCK	.5 B (7-11 yrs.)	8/20 – 12/3/10
6REC101	10*	2 – 2:50	F	GIOVANNI	.5 B (7 – 11 yrs.)	8/20 – 12/310
6REC101	09*	3 – 3:50	F	STOCK	.5 A / CY (7+ yrs.)	8/20 – 12/3/10
6REC101	See Chris	3 - 3:50	F	PENDING	.5 CY (7-14 yrs.)	8/20 – 12/3/10
6REC 101	02	4:30-5:20	F	STOCK	.5 B (5-9yrs.)	8/20 – 12/3/10
6REC 101	11	10-10:50	S	FORD	.5 B (5-7yrs.)	8/21 – 12/4/10
6REC 101	12	11-11:50	S	FORD	.5 B (7-11yrs.)	8/21 – 12/4/10
6REC 101	34	12-12:50	S	STOCK	.5 A (7-13yrs.)	8/21 – 12/4/10
6REC 101	37#	2:50-3:40	M	CHAFFIN	.5 CY (11-17 yrs.)	8/23 – 12/13/10
6REC101	38#	2:50-3:40	W	CHAFFIN	.5 CY (11-17 yrs.)	8/25 – 12/8/10
6REC101	18#	2:50-3:40	MW	CHAFFIN	1.0 CY (11-17yrs.)	8/23 – 12/13/10
6REC 101	39#	3:50-4:40	M	CHAFFIN	.5 CY (7-14 yrs.)	8/23 – 12/13/10
6REC101	40#	3:50-4:40	W	CHAFFIN	.5 CY (7-14 yrs.)	8/25 – 12/8/10
6REC101	19#	3:50-4:40	MW	CHAFFIN	1.0 CY (7-14 yrs.)	8/23 – 12/13/10

Restricted – enrollment according to skill criteria and space in class

CY = Competitive Youth

*Restricted – Home School Classes only – All levels and student placements tentative until after first (orientation) lesson 8/20

**Free Swim for swim lesson kids and parents
Friday, December 10, 2-5pm (lap pool only)
Saturday, December 11, 10-12pm (both pools)**



Swimming – Children: Parent & Tot (6mo to 6yrs of age)

*Transitional Skills

Course #	Section	Times	Days	Instructor	Credit Hours & Desc.	Start-End Dates
6REC101	03	10 – 10:50	S	STOCK	.5 (6 mo- 4 yrs)	8/21 – 12/4/10
6REC101	05	12 – 12:50	S	FORD	.5 (4 – 6 yrs.)*	8/21 – 12/4/10

**Free Swim for swim lesson kids and parents
Saturday, December 11, 10-12pm (both pools)**

Aqua Toning & Aerobic Activity S=Shallow D=Deep

Course #	Section	Times	Days	Instructor	Credit Hours & Desc.	Start-End Dates
PED180	80	9:15—10:30	T TH	KRONES	1.5	8/19—12/9/10
PED 180	81	1 – 2:15	T TH	KRONES	1.5	8/19 – 12/9/10
PED 180	82	9—10	M-W-F	KOLAR	2.0	8/20—12/20/10
6REC101	14	4:40 – 5:30	M W	KRONES	1.0 - D	8/23 – 12/13/10
6REC101	15	5:30 – 6:20	M W	KRONES	1.0 – S	8/23 – 12/13/10
6REC101	20	4:40 – 5:30 5:30 – 6:20	M W	KRONES	2.0 – D	8/23 – 12/13/10

Aerobic Center Courses

Stretching for Seniors

6CHE 231	80	9 – 9:50	T TH	RAGAN	1.5	8/19 – 1/17/11
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Yoga

Course #	Section	Times	Days	Instructor	Credit Hours & Desc.	Start-End Dates
6CHE233	01	5:00-5:50	T TH	WEST	1.0	8/19 – 12/16//10
6CHE233	02	12-1:00	M W	OWENS	1.0	8/23 – 12/16/10
6CHE233	03	9-10:00	M W	OWENS	1.0	8/23 – 12/16/10
6CHE233	04	6:00-6:50	M W	OWENS	1.0	8/23 – 12/16/10

Step Aerobics

6CHE232	01	5 – 5:50	M W	MERRETT	1.0	8/23 – 12/16/10
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