

Physical Education

AEROBICS FITNESS (LOW IMPACT) (6ACE 239).

This low impact fitness class is designed for the person who has or has not taken an aerobics class. This class will review various movements used in an aerobic class and then will be put into a pattern and varied over the 10 week session.

Sessions: 10, Tuition: \$46.00, Fee: \$10.00

Section No. 2: Marion Youth Center, 211 East Blvd., Meets Thursday beginning January 26, 6:30P-8:30P, Instructor: Eva Black

AEROBICS *FLEXING AND TONING FOR WOMEN (6ACE 239).

This flexing and toning for women exercise class includes activities for the improvement of flexibility and strength. Increased cardiovascular conditioning is not a primary goal. Participants should bring the following equipment to each class: exercise mat and a set of hand weights.

Sessions: 20, Tuition: \$46.00, Fee: \$10.00

Section No. 1: Murphysboro, Elm Street Baptist Church, Gym, Meets Monday/Wednesday beginning January 23, 4:30P-5:30P, Instructors: Martha Peebles, Dorcy Prosser

BASKETBALL MEN (BEG.) (PS 018). A class to develop physical fitness and provide recreation and pleasure. Students must pre-register or register and pay at the first day of session to be admitted.

Sessions: 10, Fee: \$36.00

Section No. 1: Murphysboro, Carruthers School, Candy Lane, Meets Tuesday beginning January 3 (**Early Start**), 7:00P-9:00P, Instructor: Joe Jones

Section No. 2: Marion, Washington School, East Main St., Gym, Meets Wednesday beginning January 25, 6:00P-8:00P, Instructor: Wayne Anderson

Section No. 3: Murphysboro, Carruthers School, Candy Lane, Meets Tuesday beginning March 13 (**Late Start**), 7:00P-9:00P, Instructor: Joe Jones

BASKETBALL MEN (ADV.) (PS 017). A class to develop physical fitness and provide recreation and pleasure. Students must pre-register or register and pay at the first day of session to be admitted.

Fee: \$36.00

Section No. 1: Murphysboro, Carruthers School, Candy Lane, Meets Thursday beginning January 5 (**Early Start**), 7:00P-9:00P, Instructor: Joe Jones
Sessions: 10

Section No. 2: DuQuoin Middle School, Multi Purpose Room, Meets Wednesday beginning January 25, 7:00P-9:00P, Instructor: John Kranawetter
Sessions: 11

Section No. 3: Murphysboro, Carruthers School, Candy Lane, Meets Thursday beginning March 22 (**Late Start**), 7:00P-9:00P, Instructor: Joe Jones
Sessions: 10

GOLF (BEG.) (PS 059). Fundamentals of grip, stance, ball positioning, backswing, downswing, chipping, putting, scoring, rules and equipment. Sessions: 6, Fee: \$40.00, COM: \$15.00 payable to golf course first day of class

Section No. 1: Tamaroa, Red Hawk Country Club, 6204 State Rte 154, Meets Tuesday beginning April 3 (**Late Start**), 5:20P-7:00P, Instructor: Dan Breslin

HORSEBACK RIDING FOR BEGINNERS (PS 225).

This course offers an introduction to basic horsemanship skills including grooming, saddling, safety, trail riding, arena riding, and barn chores. Age and weight restrictions apply. Weight limit 200 lbs. Ages 12 and up. For more information call 618-529-4110

Sessions: 6, Fee: \$40.00, COM: \$100.00 payable to Giant City Stables

Section No. 1: Makanda, Giant City Stable, 7226 Giant City Road, Meets Monday beginning February 27 (**Late Start**), 9:30A-12:00P, Instructor: Ramona Twelman

HORSEBACK RIDING TIPS FOR BUYING AND SELECTION THE RIGHT HORSE FOR YOU (PS 770).

This two hour lecture will answer questions you have about purchasing a horse to fit your needs.

Sessions: 1, Fee: \$15.00



Section No. 1: Makanda, Giant City Stable, 7226 Giant City Road, Meets Saturday beginning February 25 (**Late Start**), 12:00P-2:00P, Instructor: Ramona Twelman

HORSEBACK RIDING FOR BEGINNERS (PS 769).

Introduction to the basics of grooming, saddling, safety, tack, anatomy and a riding lesson in the arena. Sessions: 1, Fee: \$15.00, COM: \$30.00 payable to Giant City Stables

Section No. 1: Makanda, Giant City Stable, 7226 Giant City Road, Meets Friday beginning March 2 (**Late Start**), 9:00A-12:00P, Instructor: Ramona Twelman



HORSEBACK RIDING: WHAT YOU NEED TO KNOW ABOUT CARING FOR YOUR HORSE

(PS 771). This two hour lecture will answer questions you have about caring for your own horse either at home or while at a boarding stable.

Sessions: 1, Fee: \$15.00



Section No. 1: Makanda, Giant City Stable, 7226 Giant City Road, Meets Saturday beginning March 3 **(Late Start)**, 12:00P-2:00P, Instructor: Ramona Twelman

HORSEBACK RIDING FOR BEGINNERS (PS 769).

Groom and saddle your own horse, learn about saddle fit and equipment and participate in a riding lesson in the arena.

Sessions: 1, Fee: \$15.00, COM: \$30.00 payable to giant City Stables

Section No. 2: Makanda, Giant City Stable, 7226 Giant City Road, Meets Friday beginning March 9 **(Late Start)**, 9:00A-12:00P, Instructor: Ramona Twelman

HORSEBACK RIDING FOR BEGINNERS (PS 769).

Groom and saddle your own horse and go for a trail ride.

Sessions: 1, Fee: \$15.00, COM: \$30.00 payable to Giant City Stables

Section No. 3: Makanda, Giant City Stable, 7226 Giant City Road, Meets Friday beginning March 23 **(Late Start)**, 9:00A-12:00P, Instructor: Ramona Twelman

HORSEBACK RIDING FOR BEGINNERS (PS 769).

Groom and saddle your own horse, learn about reading your horses emotions and participate in a riding lesson in the arena.

Sessions: 1, Fee: \$15.00, COM: \$30.00 payable to Giant City Stables

Section No. 4: Makanda, Giant City Stable, 7226 Giant City Road, Meets Friday beginning March 30 **(Late Start)**, 9:00A-12:00P, Instructor: Ramona Twelman

NINJUTSU (PS 777). Learn the 1500 year old martial art of the Ninja. Fifth degree black belt in Bujinkan Ninjutsu will begin your training in this almost mystical martial art while explaining its effectiveness against other martial arts. All skill levels will gain. All body types welcome!

Sessions: 8, Fee: \$80.00



Section No. 1: John A. Logan College, Multi-Purpose Room, Meets Tuesday beginning January 24, 6:00P-7:30P, Instructor: Barry Cupp

PEOPLE WITH ARTHRITIS CAN EXERCISE *ARTHRITIS FOUNDATION EXERCISE PROGRAM

(6ACE 268). A group recreational activity program designed specifically for people with arthritis. It includes games, range of motion, activities, muscle strengthening and/or endurance exercise, body mechanics, and relaxation techniques.

Section No. 1: Carbondale, Prairie Living at Chautauqua, Activity room, Meets Monday/Wednesday beginning January 23, 9:30A-11:00A, Instructor: Jean Szidik
Sessions: 20, Tuition: \$92.00

Section No. 2: Carbondale, Liberty Village, 2950 W. Westridge, Activity Room, Meets Monday/Wednesday beginning January 23, 1:30P-2:30P, Instructor: Trish Earl
Sessions: 20, Tuition: \$92.00

Section No. 3: West Frankfort Aquatics Center Pool, Meets Tuesday/Thursday beginning January 24, 10:00A-11:00A, Instructor: Jean Szidik
Sessions: 20, Tuition: \$92.00, COM: \$60.00 payable to West Frankfort Aquatics Center

Section No. 4: Marion Senior Citizens Center, 507 West Main Street, Meets Friday beginning January 27, 10:00A-11:15A, Instructor: Jean Szidik
Sessions: 18, Tuition: \$92.00

QIGONG (PS 772). Qigong

(energy skills) is a form of energy exercise using advanced breathing techniques, meditation and movement to harness Qi (energy). You will learn movements that will strengthen lungs and chest, hips, legs and reproductive center and help improve overall general health.

Sessions: 12, Fee: \$36.00



Section No. 1: John A. Logan College, Room H132, Meets Thursday beginning January 26, 6:00P-7:35P, Instructor: Anita Short

SPECIAL POPULATION AQUATICS *INTENSE

AQUA AEROBICS (6REC 103). The course will allow the student to participate in fitness producing and recreational activity in an aquatic center. Great class for cardiovascular, muscle toning and flexibility. This low aerobic workout in chest deep water is perfect and challenging for any fitness level.

Sessions: 20, Tuition: \$92.00, COM: \$60.00 payable to West Frankfort Aquatic Center

Section No. WF: West Frankfort Aquatic Center Pool, Meets Tuesday/Thursday beginning January 24, 9:00A-10:00A, Instructor: Jean Szidik

TAE KWON DO (BEG) (AGES 12 – ADULT)

(PS 174). Learn techniques of Tae Kwon-Do and self defense through emphasis on basic kicks, blocks, and punching techniques. For beginners, white and yellow belts.

Sessions: 10, Fee: \$30.00

Section No. 1: Du Quoin, Longshore's Tae Kwon Do, 28 West Main Street , Meets Monday/Thursday beginning January 23, 7:00P-8:00P, Instructor: Master Lawrence "Corky" Longshore

TAI CHI RELAXATION (PS 424). This 2000-year-old Chinese exercise is said to reduce stress, increase flexibility, balance longevity and endurance, reduce weight, and improve mind and body coordination, lower blood pressure and more.

Sessions: 10, Fee: \$50.00

Section No. 1: John A. Logan College, Room J120, Meets Wednesday beginning January 25, 1:00P-2:00P, Instructor: Marty Davis

Section No. 2: John A. Logan College, Room J120, Meets Wednesday beginning January 25, 6:00P-7:00P, Instructor: Marty Davis

TENNIS (ADULT BEG. I) (PS 482). This course is designed to learn the basics of tennis including forehand, backhand, the serve, rules and courtesy. scoring and other fundamentals while socializing with fellow tennis players.

Sessions: 8, Fee: \$35.00, COM: \$10.00 payable to instructor

Section No. 1: John A. Logan College, Tennis Courts, Meets Tuesday beginning March 20 (**Late Start**), 6:00P-8:00P, Instructor: Tim Hancock

VOLLEYBALL (COED) (BEG.) (PS 111). Tone leg and arm muscles through volleyball fundamentals.

Sessions: 10, Fee: \$36.00

Section No. 1: Crab Orchard High School, Gym, Meets Tuesday beginning January 24, 6:30P-8:30P, Instructor: Rindy Nehrkorn