



## **SWIM INSTRUCTION PROGRAM**

**REGISTRATION FOR GSU STUDENTS WILL BEGIN**

**AUGUST 17<sup>TH</sup>**

**OPEN REGISTRATION WILL BEGIN**

**AUGUST 31<sup>ST</sup>**

**(PAYMENT IS DUE AT THE TIME OF REGISTRATION)**

**\*\*\*CLASSES WILL START ON SEPTEMBER 5<sup>TH</sup>\*\*\***

**THANK YOU,  
ATHLETICS & RECREATION**



## FALL 2015 FITNESS PROGRAMS

### **The Total Water Exercise Class**

Days: Monday, Wednesday & Friday

Time: 10:00 AM – 11:00 AM

Dates: September 7 – November 27, 2015

Fee: \$25.00

Description: Tired of the same old boring routine? Then this is the exercise class for you! Everything from stretching, toning, resistance, cardiovascular, and flexibility are incorporated in this water based program.

### **Chi Waves**

Days: Wednesday

Time: 11:15 AM – 12:00 PM

Dates: September 9 – November 25, 2015

Fee: \$15.00

Description: Chi Waves utilizes water buoyancy to assist balance. Deep breathing and stretching will be incorporated as well as Tai Chi, Yoga and various dance style moves. Float on in.

### **Zumba**

Days: Tuesday & Thursday

Time: 5:30 PM – 6:30 PM

Dates: September 8 – November 26, 2015

Fee: GSU Student - \$10 Rec & Fit Member - \$40 Non-Member - \$100

Description: Are you ready to dance away those unwanted pounds? Zumba involves dance and aerobic elements and is at the leading edge of the fitness industry. Getting fit has never been this fun!

### **Personal Fitness Training**

Days, times and dates must be scheduled through the Recreation and Fitness Center sales office.

Fee: \$100 - 5 hours of instruction.

Description: Personal Training offers one on one instruction with a certified personal trainer. Our trainers will customize a fitness program specifically for your individualized goals and guide and motivate you to success.

### **Nutrition and Personal Training**

Days, times and dates must be scheduled through the Recreation and Fitness Center sales office.

Fee: \$100 - 5 hours of instruction.

Description: Personal Training offers one on one instruction with a certified personal trainer. In addition, the trainer will help you understand how fitness, proper nutrition with expert guidance can help you reach your goals.

**Register Now! All class sizes are limited.**

**Stop by to register in the Athletic and Recreation Center Sales office (A1106) or call (708) 534-4556 for more information.**

All courses are restricted to GSU students and Athletic & Recreation Center members unless otherwise noted. Current GSU students receive a \$5.00 discount per fee based course unless otherwise noted.



## **FALL 2015 SWIM INSTRUCTION PROGRAMS**

September 5 – November 21, 2015

The goal of these classes is to provide a path of learning upon which students will be able to develop their aquatic potential and enjoyment to the highest degree while absorbing the principles of swimming technique and water safety. Safety and rescue skill education is included in each level's criteria.

### **Child-Beginner 1**

Day: Saturday

Time: 9:45 AM - 10:30 AM

Fee: GSU Student - \$20 Rec & Fit Member - \$25 Non-Member - \$60. Course includes 12 sessions.

Description: The beginner child course is intended to teach basic swimming and safety skills for children under the age of sixteen who have little or no swimming ability.

### **Child-Beginner 2**

Day: Saturday

Time: 11:00 AM - 11:40 AM

Fee: GSU Student - \$20 Rec & Fit Member - \$25 Non-Member - \$60. Course includes 12 sessions.

Description: The beginner child course is intended to teach basic swimming and safety skills for children under the age of sixteen who have little or no swimming ability.

### **Child-Beginner 3**

Day: Saturday

Time: 11:40 AM - 12:20 PM

Fee: GSU Student - \$20 Rec & Fit Member - \$25 Non-Member - \$60. Course includes 12 sessions.

Description: The interim child swim course teaches water competency and stroke refinement to students who possess basic swimming skills.

### **Child-Advanced**

Day: Saturday

Time: 12:20 PM - 1:00 PM

Fee: GSU Student - \$20 Rec & Fit Member - \$25 Non-Member - \$60. Course includes 12 sessions.

Description: The advanced child swim program develops solid swimming mechanics as well as introduces Jr. lifeguarding skills to students who possess competent swimming abilities.

### **Adult level 1**

Day: Saturday

Time: 9:00 AM - 9:45 AM

Fee: GSU Student - \$20 Rec & Fit Member - \$25. Course includes 12 sessions.

Description: Adult level 1 is a beginner adult swim program. This course teaches basic swimming skills to adults with little or no swimming ability.

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