





# RecSports Class Calendar

## Try some new moves in the new year

### All Dance Classes

Registration begins Jan. 23, 8:00 am  
RSRC Lower Level  
Information/Demonstration session for all dance classes: Jan. 22, 7:00 pm, RSRC Activity room 2

#### BALLET

Activity room 2 RSRC  
Fee: \$40  
(class begins 1/28 ends 5/2)  
Wed: 7:00–8 pm  
Sun: 1:00–2 pm

#### Intermediate/Advanced Ballet

Fee: \$40  
(class begins 1/28 ends 5/2)  
Wed: 8:00–9pm,  
Sun: 2:00–3 pm

#### Pointe

Fee: \$15  
(class begins 1/28 ends 5/2)  
Wed 9:00–9:30 pm,  
Sun 3:00–3:30 pm

#### JAZZ DANCE

Activity room 2 Fee: \$40

#### Beginner

(class begins 1/30 ends 5/1)  
Tue & Thur 6:45–8 pm

#### Advanced

(class begins 1/30 ends 5/1)  
Tue & Thur 8:00–9:15 pm

#### LATIN DANCE

##### Individual

Activity Room 1  
Fee \$30  
(classes begin 1/30 ends 5/1)  
Tue & Thur 8:00–9:00 pm

##### Partner Latin Dance

Activity Room 2  
Fee: \$20  
(class begins 1/29 ends 3/5)  
Mon 8:00–8:50 pm

#### IRISH STEP

Activity Room 1  
Fee \$15  
Wed 7:45–8:45 pm  
(class begins 1/31 ends 3/7)

#### TAHITIAN

Activity Room 1  
Fee \$15  
(class begins 1/30 ends 3/6)  
Tue 6:45–7:45 pm

### Additional Instructional Classes

Registration begins Jan. 24, 8:00 am  
RSRC Registration Desk

#### Martial Arts

Rockne Room 109  
Fee \$40  
(begins 1/30 ends 5/1)  
Tue & Thur 5:45–7 pm

#### Aikido

Rockne Room 109  
(begins 1/30 ends 5/1) Fee \$25  
Tue & Fri 8:30–9:20 am

#### TENNIS

Eck Tennis Pavilion

#### Beginner

Fee: \$45  
(class begins 1/31 ends 3/5)  
Mon 7:00–8 pm (1st week is Wed.)

#### Intermediate

Fee: \$45  
(class begins 1/31 ends 3/5)  
Mon 8:00–9 pm (1st week is Wed.)

#### GOLF LESSONS

Rolfs All-Season golf facility  
Fee \$70

#### Tuesdays

Noon–1 pm (class begins 1/30 ends 3/6)

#### Wednesdays

Noon–1 pm (class begins 1/31 ends 3/7)

#### Thursdays

Noon–1 pm (class begins 2/1 ends 3/8)

#### Fencing

Joyce Center Fencing Gym  
Fee \$100  
Tue & Thur 7:30–8:45 pm  
(class begins 1/25 ends 5/1)

#### Bridge

RSRC Classroom 202  
Fee \$10  
Sun 7:00–8:30 pm  
(class begins 1/28 ends 5/6)

### Children's Instructional Classes

Registration begins Jan. 29, 8:00 am  
RSRC Registration Desk

#### Yoga Kids

RSRC Activity Rm. 1  
Fee \$20 per child  
(begins 2/10 ends 4/14)

#### Saturdays

9:45–10:30 am, ages 4–6

#### Saturdays

10:45–11:30 am, ages 7–10

#### Irish Step Dance

RSRC Activity Room 2  
Fee - \$20 per child  
(begins 2/10 ends 4/14)  
Sat 11:00–11:50 am, ages 4–12

### Instructional Classes at the Pool

#### SCUBA

Rockne Room 110 & The Rockne Pool  
Fee Minimum: \$205  
SCUBA class final Apr. 28-29.

#### Class Dates:

All Sundays with one Saturday, Jan. 28, Feb. 4, 10, 11, 18 & 25, March 4. (4:00-7:30PM)

#### Open Water Check-Out Dives

scheduled for April 28 & 29. (4:00-7:30pm)

#### Information session

1/22, at 1:00 pm room 110 Rockne Memorial

#### Registration takes place at first class

#### Lifeguard Re-Certification

Rockne 110 & Rockne Pool  
Fee: \$50 (begins 3/28 ends 4/18)  
Wed 7:00–10 pm  
Registration begins 8:00 am March 6, RSRC Registration Desk

#### SWIM LESSONS

##### (all classes 30 min.)

Registration for Swim Lessons are ongoing at the RSRC Registration Desk

#### Children's

##### Saturdays

5:35 pm, Fee \$35, Levels 3 - 6  
Jan. 20, 27, Feb. 3, 10, 17, 24 & March 3

##### Saturdays

6:10 pm, Fee \$35 Levels 1–6  
Jan. 20, 27, Feb. 3, 10, 17, 24 & March 3

##### Sundays

11:30 am, Fee \$35, Levels 1–6  
Jan. 21, 28, Feb. 4, 11, 18, 25 & March 4

##### Sundays

12:15 pm, Fee \$35, Levels 1–6  
Jan. 21, 28, Feb. 4, 11, 18, 25 & March 4

#### Parent/Tot

##### Saturday

5:35 pm, Fee \$35  
Jan. 20, 27, Feb. 3, 10, 17, 24 & March 3

##### Sundays

1:30 pm, Fee \$35  
Jan. 21, 28, Feb. 4, 11, 18, 25 & March 4

#### Adult

##### Saturday

5:00 pm, Fee \$42, Levels 1–6  
Jan. 20, 27, Feb. 3, 10, 17, 24 & March 3

##### Sundays

1:30 pm Fee \$42 Levels 1–6  
Jan. 21, 28, Feb. 4, 11, 18, 25 & March 4

### Fitness Classes

All Fitness Classes begin the week of Jan. 22.

#### RSRC Activity Room 1

Body Sculpt n' Strength	M 4:45
Cardio Box	MW 5:30
Cardio Sculpt	Fri 5:20
Lo n' Lean	MTh 12:15
Yoga (1/23-3/6)	Tu 12:10
Pilates (1/23-3/6)	Tu 12:10
Pilates (1/25-3/8)	Th 4:15
Cardio Sculpt	TTh 5:30
Body Sculpt n' Strength	Su 12:15
Aerobic Strength Intrvl	Su 4:15
All Abs	Su 5:30

#### RSRC Activity Room 2

Aerobic Strength Intrvl	M 7:30am
Crديو Scip (ends 5/18)	MWF 12:15
Flex n' Tone	MW 5:30
Flex n' Tone (ends 5/17)	TTh 4:30
Body Sculpt n' Strength	TTh 4:30
Power Step n' Pump	TTh 5:30
Aerobic Strength Intrvl	Th 8:45am

#### ROCKNE 205

Spiritual Fitness	MW 6:45am
Yoga (1/22-3/5)	M 5:45
Yoga (1/23-3/6)	Tu 5:30
Yoga (1/24-3/7)	W 5:30
Yoga (1/25-3/8)	Th 4:15
Pilates (1/25-3/8)	Th 5:30
Yoga Pilates Fusion (1/27-3/3)	Sa 11:00

#### ROCKNE 109

Tai Chi (1/22-4/2)	M 4:30
Tai Chi II (1/22-4/2)	M 6:30

#### ROCKNE POOL

Aquacise (ends 5/16)	MW 5:30
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Fitness class fees range from \$12 to \$55. Fee information can be found online.

### HOW AND WHEN TO REGISTER...

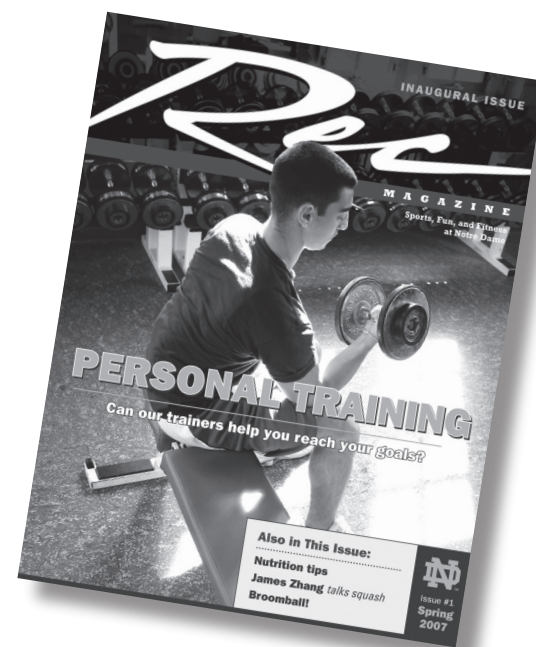
Registration for many spring 2007 RecSports classes begins Thursday, Jan. 18 with sign-up for Fitness and Mind/Body classes. Registration is from 7:30 a.m. to midnight in the Rolfs Sports Recreation Center. A separate registration line will be available for faculty and staff.

Spouses also are welcome to enroll in classes. Payment is by cash or check only, and must be made at the time of registration. An individual may register up to three people. Other class registration periods are:

- ⊙ Adult dance class, 8 a.m. Tuesday, Jan. 23.
- ⊙ Other instructional classes (bridge, fencing, golf and martial arts), 8 a.m. Wednesday, Jan. 24.
- ⊙ Scuba diving, 4 p.m. Sunday, Jan. 28.
- ⊙ Children's instructional classes, 8 a.m., Jan. 29. (Swim class registration began earlier this month.)

RecSports reserves the right to cancel classes with fewer than 14 registrants. A second session of some classes will begin the week of March 23.

Up-to-date class information and information on spring intramural opportunities can be found at [recsports.nd.edu](http://recsports.nd.edu).



Watch for the inaugural issue of RecSports' new magazine, *Rec*, which covers issues from nutrition to using personal trainers. You can find it at RecSports and food services facilities.

