

FITNESS, SPORTS AND WELLNESS

GOLF: THE 1ST STEP TO GOOD GOLF BEGINS HERE

For new golfers and those with little experience. First class meets on campus, remaining classes held off campus. Cost of balls extra. **Group instruction.** Bring a 9 iron. **Registration limited to 12.**

6 Mon., June 6-July 18 (skip 7/4), 5:30-6:30 pm, Phys Ed. Bldg., \$75 (+ \$7 materials fee, payable to instructor). T Stanton. **WJ-D406**

GOLF: THE NEXT STEP TO BETTER GOLF

For those with some experience. First class meets on campus, remaining classes held off campus. Cost of balls extra. **Group instruction.** Bring a 9 iron. **Registration limited to 12.**

6 Mon., June 6-July 18 (skip 7/4), 6:30-7:30 pm, Phys Ed. Bldg., \$75 (+ \$7 materials fee, payable to instructor). T Stanton. **WJ-D407**

SCUBA DIVING BASICS

Prepare to apply for Professional Association of Diving Instructors certification. You must be at least an intermediate swimmer. Ages 10-14 must be accompanied by an adult; ages 15-17 must have written parental permission. Physician's approval may be required. NOTE: To apply for PADI Certification, additional dives required.

8 T/Th, July 5-28, 7:00-10:00 pm, PEB-Pool, \$175 (additional equipment may be required; instructor will guide you in the purchase of required equipment). D Riscinti. **WJ-D006**

SWIMMING FOR ADULTS

For beginners (those who cannot float), intermediates and advanced swimmers. Bring swimsuit & several towels.

10 Sat., June 4-Aug. 13 (skip 7/2), or 10 Sun., June 5-Aug. 14 (skip 7/3), PEB-Pool, \$110.

Beginners-Sec. A: Sat., 9:00-10:00 am. **WJ-D081** **Sec. B:** Sun., 9:00-10:00 am. **WJ-D082**

Intermediate-Sec. C: Sat., 10:00-11:00 am. **WJ-D083** **Sec. D:** Sun., 10:00-11:00 am. **WJ-D084**

Adv.-Sec. E: Sat., 11:00 am-12:00 pm. **WJ-D704** **Sec. F:** Sun., 11:00 am-12:00 pm. **WJ-D705**

WATER EXERCISE/AEROBICS

Exercises are performed in shallow water and paced to individual levels.

Sec. A: 10 Sat., June 4-Aug. 13 (skip 7/2), 8:00-9:00 am, PEB-Pool, \$110. **WJ-D118**

Sec. B: 10 Sun., June 5-Aug. 14 (skip 7/3), 8:00-9:00 am, PEB-Pool, \$110. **WJ-D119**

TENNIS FOR ADULTS (BEGINNERS ONLY)

Tennis sneakers, racquet, and fresh can of tennis balls required. Classes held rain or shine (indoors or out).

6 Sun., June 5-July 17 (skip 7/3), PEB-Courts (behind gym), \$80.

Sec. A: 9:00-10:00 am. **WJ-D012** **Sec. B:** 10:00-11:00 am. **WJ-D013**

Sec. C: 11:00 am-12:00 pm. **WJ-D014** **Sec. D:** 12:00-1:00 pm. **WJ-D015**

NEW

YOGA: THE ANTI-AGING COMBINATION – HATHA AND KUNDALINI YOGA

Combines the basics of Hatha Yoga, using posture alignment, strength and flexibility, with Kundalini Yoga, using breathing and movement to regenerate and heal the nervous system. Wear comfortable clothes; towel or mat is optional.

8 Thurs., June 2-July 21, 7:00-9:00 pm, PEB-Mat Room, \$125. M Orfino. **WJ-D021**

SELF DEFENSE FOR WOMEN

A multi-dimensional martial arts course consisting of basic striking/grappling techniques, rape defense, escapes and weapons defense. Course includes fitness regimen.

10 Tues., June 7-Aug. 9, 7:30-9:30 pm, PEB-Mat Room, \$150. J Watanabe. **WJ-D400**

CARDIO KICKBOXING

A multi-dimensional fitness course consisting of basic kickboxing instruction, calisthenics, stretching and aerobic conditioning. Students learn proper skill development and practical application.

10 Wed., June 1-Aug. 3, 7:30-9:30 pm, PEB-Mat Room, Phys. Ed. Bldg., \$150. J Watanabe. **WJ-D418**

MIND-BODY HEALING

Our minds can heal our bodies, and our spirits can heal our minds. Learn and practice some powerful ways to heal.

1 Sat., June 18, 1:00-4:30 pm, CLA-105, \$35. B Bruno, Ph.D. **WJ-D361**

STRESS RELIEF

Learn and practice in one session how to disconnect and quiet your stress responses for better stress management and, ultimately, improved physical and emotional health.

1 Sat., June 18, 9:30 am-1:00 pm, CLA-105, \$35. B Bruno, Ph.D. **WJ-D090**

REFLEXOLOGY I

Introduction to the basic principles of reflexology. Through hands-on demonstrations and practice, understand the basic reflex areas and points on the feet. Reflexology can reduce stress, relieve pain, increase energy and strengthen the immune system. Bring a towel, pillow and your lunch.

1 Sat., June 4, 10:00 am-4:00 pm, CLA-105, \$60 (+ \$5 materials fee, payable to instructor). S Govoni. **WJ-D878**

REIKI – LEVEL I

Reiki is a Japanese term meaning “Universal Life Force Energy”, a touch healing system. Learn the Usui system of applying Reiki energy and receive the first level attunement.

1 Sat., July 16, 10:00 am-4:00 pm, CLA-108, \$60 (+ \$15 handout and ceremonial fee, payable to instructor). S Govoni. **WJ-D180**

NEW

WHAT TO DO ABOUT THE OBESITY EPIDEMIC

We hear incessant bad news about how fat and unhealthy we and our children are becoming. Learn what we can do to improve the health of our loved ones and ourselves.

2 Sun., June 5 & 12, 9:30 am-1:00 pm, CLA-206, \$60. B Bruno. **WJ-D555**

WEIGHT MANAGEMENT – HELP WITH HYPNOSIS

Use self-hypnosis to change your eating habits, manage your weight, and influence your ideas about your ability to achieve the ideal weight for a happier, healthier life style.

1 Wed., June 29, 6:30-9:00 pm, TEC-121, \$25 (+ \$10 optional reinforcement tape fee, payable to instructor). J Abrahamsen. **WJ-D374**

LOOK INTO YOUR EYES – SELF HYPNOSIS FOR CHANGE

Learn to enter a hypnotic state to change habits, reduce stress, improve self-esteem, increase your potential, and promote better health.

1 Wed., June 1, 6:30-9:00 pm, AAB-305, \$25 (+ \$15 optional book and tape, payable to instructor). J Abrahamsen. **WJ-D298**

SPORTS PERFORMANCE – HELP WITH HYPNOSIS

Amateur and professional athletes know that winning is not just physical, it's mental. Hypnosis can help you focus and mentally prepare for the challenges of any sport.

1 Wed., June 15, 6:30-9:00 pm, CLA-203, \$25. J Abrahamsen. **WJ-D877**

QUIT SMOKING: HELP WITH HYPNOSIS

Behavior modification techniques, when practiced and reinforced through the use of hypnosis, help you quit smoking for good without weight gain.

1 Mon., June 6, 6:30-9:00 pm, ADM-207, \$25 (+ \$10 optional reinforcement tape fee, payable to instructor). J Abrahamsen. **WJ-D816**

WE WELCOME NEW PROGRAM IDEAS

Do you have an idea for a non-credit course or workshop? We'd like to hear from you!

Please send us your proposal/course outline along with your resume.

We're planning now for Fall 2005 and Spring 2006.

Send your proposal to:

Andrea Morville, Assistant Dean

Westchester Community College, 75 Grasslands Road, Valhalla, NY 10595

fax 914-606-6526 ■ andrea.morville@sunywcc.edu

- Energy Healing Workshops -

*Learn basic to advanced techniques of working with energy, where it comes from and how to access it, the aura, the chakra system and the issues that tend to block our natural intake of energy leaving us susceptible to disease. Hands-on-healing and distance healing will be explained. Please bring a comfortable exercise mat and a pillow. **Courses must be taken in order.** All workshops meet on Tuesday from 6:30-9:30 pm, STC-FACULTY DINING ROOM. **Each session is \$35. G Krackehl.***

ENERGY HEALING I

June 7. WJ-D643

ENERGY HEALING II

June 14. WJ-D644

ENERGY HEALING III

June 21. WJ-D645

ENERGY HEALING IV

June 28. WJ-D797
