

## Summer 2021 Community Education Department Catalog

ARTS	CRN	Title	Description	Instructor	Location	Days	Time	Lab Fee
ARTS 1610-01	21652	Drawing Studio I	Drawing is the basis for all Art and Design, including Technical Drawing. This course covers in-depth various approaches to drawing and aims at the development of the achievement of manual skills in drawing from observation. You will learn how to draw from what you see and perceive things differently, learning hand/eye coordination, and how to use perspective to make objects on a two dimensional surface look three dimensional.	Judy Richardson	FACE 114	M	1730-1930	\$ 75.00
ARTS 1634-01	21506	Painting in Oils	Geared toward a relaxing approach to the introduction of the fine art of oil painting, the purpose of this course is to provide background for your future oil painting experiences and serve as an outlet to relax.	Jenny Blomquist	FACW 114	M	1215-1415	\$ 75.00
ARTS 1810-01	21648	Metal Arts and Lapidary I	Fabrication techniques in metal construction: cutting, shaping and soldering, lost wax casting. Lapidary works of cut stone may be incorporated into metal processes	Theresa Boracci	FACW 109	T	1400-1700	\$ 70.00

ARTS 1810-02	21649	Metal Arts and Lapidary I	Fabrication techniques in metal construction: cutting, shaping and soldering, lost wax casting. Lapidary works of cut stone may be incorporated into metal processes	Theresa Boracci	FACW 109	T	1830-2130	\$70.00
ARTS 1820-01	21647	Introduction to Enameling	The art of fusing glass to metal, safe handling of equipment and chemicals in beginning techniques	Theresa Boracci	FACW 109	W	1400-1700	\$ 70.00
ARTS 1840-01	21653	Sculpture I	The class will consist of demonstrations and assignments. You will create a body of work by inscribing, carving, forming, and constructing. You will use your imagination, and a variety of tools and materials. We will spend one class period visiting artist studios where contemporary art is on exhibit and you will write a brief paper.	Judy Richardson	FACE 114	T	1730-1930	\$ 75.00
ARTS 2326-01	21513	Precious Metal Clay II	The art of kiln fired fused copper, bronze and silver metals in creating wearable art. Safe handling of kilns and equipment	Theresa Boracci	FACW 109	W	1830-2130	\$ 15.00
ARTS 2810-01	21650	Metal Arts and Lapidary II	Continued development of skills and processes in lapidary and metal work	Theresa Boracci	FACW 109	M	1400-1700	\$ 35.00

ARTS 2810-02	21651	Metal Arts and Lapidary II	Continued development of skills and processes in lapidary and metal work	Theresa Boracci	FACW 109	M	1830-2130	\$ 35.00
ARTS 2821-01	21509	Enameling II	The art of fusing glass to metal using advanced techniques and methods	Theresa Boracci	FACW 109	W	1400-1700	\$ 70.00
ARTS 2890-01	21514	Armor Making	Hot and cold working of steel and leather in historical design and construction of wearable medieval protective clothing	Theresa Boracci	FACW 109	U	1000-1400	\$ 75.00
ARTS 1633-02	21731	Painting in Acrylics	Basic methods and skills in acrylic painting	Ramona Montoya	FACW 104	R	1800-2000	\$ 60.00
<b>COMMUNITY EDUCATION NON-CREDIT</b>								
<b>Course</b>	<b>CRN</b>	<b>Title</b>	<b>Description</b>	<b>Instructor</b>	<b>Location</b>	<b>Days</b>	<b>Time</b>	<b>Flat Fee</b>
CED 330C- 01D	21338	Piano	Beginning Piano and Music Fundamentals In our music fundamentals classes, students develop a deeper understanding of musical principles while exploring the joys of playing music. The result is a strong foundation for a lifetime of musical enjoyment, learning, and play.	Gaby Benalil	WEB-V	M	0905-1000	\$ 145.00

CED 152C-01	21685	Painting in Oils	In this course we explore the basic techniques behind the classic art of oil painting while preserving a sense of self-expression and exploration. Using tried and true methods to teach the basic studio concepts of value, tone and color to more advanced concepts of understanding. Find and tune-up your own personal style of painting in a fun, relaxing and creative atmosphere!	Jenny Blomquist	FACW 104	M	1215-1415	\$ 180.00
<b>PHYSICAL EDUCATION (PHED)</b>								
PHED 1410-01	21517	Yoga	Introductory practices focus on alignment, strength, breath relaxation, and restoration	Melissa Begay	GYM 1	MW	1200-1300	\$ 15.00
PHED 1410-04	21521	Beginning Yoga	Introductory practices focus on alignment, strength, breath relaxation, and restoration	Margaret Griffin-Taylor	GYM 1	TR	1200-1300	\$ 15.00
PHED 1410-05	21564	Stretch and Relaxation	Instruction emphasizes stretch and relaxation techniques	Margaret Griffin-Taylor	GYM 1	TR	1600-1655	\$ 15.00

PHED 1510-01	21519	Training: Fitness Medley	This fitness class combines 4 different styles of workouts: kettlebells, cardio kickboxing, boot camp and Total Body Tabata. This class will be broken down into each different workout to give you, the student, a taste of each style. In the summer, each workout style will be 2 weeks in length. In the fall, each workout style will be 1 month in length. The workouts will be based according to the students' fitness level and experience, beginner or intermediate.	Melissa Begay	EAST GYM	TR	1630-1730	\$ 15.00
PHED 1510-02	21654	Training: Weight Training	Weight training is a type of strength training that uses weights for resistance. Weight training provides a stress to the muscles that causes them to adapt and get stronger.	Robert (Jeremy) Adams	GYM	TR	1800-1900	\$ 15.00
PHED 1440-02	21761	Tai Chu Chuan/All Ages	This course explores the traditional Chinese exercise of Tai Chi Chuan. It provides for the development of basic skills and techniques that lead toward an integration of the mind-body-spirit trilogy. ... Overall, the physical discipline and structure of Tai Chi movements are emphasized.	Douglas Corpolongo	SAC	TR	1600-1700	\$ 15.00

## Fall 2021 Community Education Department Catalog

ARTS									
Course	CRN	Title	Description	Instructor	Location	Days	Time	Fees	
ARTS 1320-01	73521	Wheel Thrown Ceramics	Technical and aesthetic processes used in functional wheel thrown ceramics. Accommodates all skill levels.	Belle Rehder	FACE 102	M	1430-1630	\$ 60.00	
ARTS 1330-01	73191	Clay Handbuilding I	Handbuilding is an ancient pottery-making technique that involves creating forms without a pottery wheel, using the hands, fingers, and simple tools. Handbuilding techniques can also be used to alter and enhance a form thrown on a wheel.	Belle Rehder	FACE 102	M	1730-1930	\$ 60.00	
ARTS 1410-01	73999	Fundamentals of Photography	This course will introduce students to core photographic concepts including composition, exposure, shooting with intent, and post processing using a digital camera (a DSLR, Point-and-Shoot Camera, or Smartphone Camera are all acceptable). Expect to leave the class with a better grasp of your chosen photographic tool and improved photographic skills.	Martha Gino	WEB-V	M	1800-1900	\$ 35.00	

ARTS 1410- 02D	74000	Smartphone Photography	This course will introduce students to the basics of photography including composition, exposure, shooting with intent, and post processing using a smartphone camera. We will cover smartphone camera basic and advanced functions, explore various apps and accessories, and (if desired) post a portfolio on Instagram and/or Facebook.	Martha Gino	WEB-V	M	1700-1800	\$ 35.00
ARTS 1515-01	73995	Digital Photography	A basic foundation in the use of digital SLR (Single Lens Reflex) or high-end digital point-and-shoot cameras. The first half of the course covers the technical aspects of photography, the camera and its functions. The second half of the course covers composition and the more aesthetic nature of photography and allows students to find their "eye" in photography.	Anthony Perreault	FACE 114 FACE 114	R/U	1835-1935 R 1400-1700 U	\$ 35.00
ARTS 1515-02	73997	Introduction to Photoshop	A basic foundation in Photoshop, the premier image manipulation application from Adobe. AT the end of the course, the student will be able to open an image with Photoshop, make non-destructive changes to the image, and save it as a file optimized for either print or web/email output. Advanced techniques, such as combining multiple images using layer masks and layer blending modes to create a new, unique image, will be explored.	Anthony Perreault	Cramer 127	M	1800-1900	\$ 15.00

ARTS 1610-01	73953	Drawing Studio I	Drawing is the basis for all Art and Design, including Technical Drawing. This course covers in-depth various approaches to drawing and aims at the development of the achievement of manual skills in drawing from observation. You will learn how to draw from what you see and perceive things differently, learning hand/eye coordination, and how to use perspective to make objects on a two dimensional surface look three dimensional.	Judy Richardson	FACE 114	M	1730-1930	\$ 75.00
ARTS 1610-03	74291	Drawing Studio I	Drawing is the basis for all Art and Design, including Technical Drawing. This course covers in-depth various approaches to drawing and aims at the development of the achievement of manual skills in drawing from observation. You will learn how to draw from what you see and perceive things differently, learning hand/eye coordination, and how to use perspective to make objects on a two dimensional surface look three dimensional.	Judy Richardson	FACE 114	M	1200-1300	\$ 75.00
ARTS 1610-02	74211	Drawing Studio I	Drawing is the basis for all Art and Design, including Technical Drawing. This course covers in-depth various approaches to drawing and aims at the development of the achievement of manual skills in drawing from observation. You will learn how to draw from what you see and perceive things differently, learning hand/eye coordination, and how to use perspective to make objects on a two dimensional surface look three dimensional.	Judy Richardson	FACE 114	M	1430-1630	\$ 75.00
ARTS 1633-01	73174	Painting in Acrylics	Basic methods and skills in acrylic painting.	Ramona Montoya	FACW 104	R	1800-2000	\$ 60.00

ARTS 1634-01	73171	Painting in Oils	In this course we explore the basic techniques behind the classic art of oil painting while preserving a sense of self-expression and exploration. Using tried and true methods to teach the basic studio concepts of value, tone and color to more advanced concepts of understanding. Find and tune-up your own personal style of painting in a fun, relaxing and creative atmosphere!	Jenny Blomquist	FACW 104	T	1415-1615	\$ 75.00
ARTS 1634-02	73172	Painting in Oils	In this course we explore the basic techniques behind the classic art of oil painting while preserving a sense of self-expression and exploration. Using tried and true methods to teach the basic studio concepts of value, tone and color to more advanced concepts of understanding. Find and tune-up your own personal style of painting in a fun, relaxing and creative atmosphere!	Jenny Blomquist	FACW 104	T	1620-1850	\$ 75.00
ARTS 1634-03	73173	Painting in Oils	In this course we explore the basic techniques behind the classic art of oil painting while preserving a sense of self-expression and exploration. Using tried and true methods to teach the basic studio concepts of value, tone and color to more advanced concepts of understanding. Find and tune-up your own personal style of painting in a fun, relaxing and creative atmosphere!	Jenny Blomquist	FACW 104	R	0830-1045	\$ 75.00

ARTS 1634-04	74208	Painting in Oils	In this course we explore the basic techniques behind the classic art of oil painting while preserving a sense of self-expression and exploration. Using tried and true methods to teach the basic studio concepts of value, tone and color to more advanced concepts of understanding. Find and tune-up your own personal style of painting in a fun, relaxing and creative atmosphere!	Jenny Blomquist	FACW 104	M	1615-1815	\$ 75.00
ARTS 1810-01	73194	Beginning Metal Arts & Lapidary	Fabrication techniques in metal construction: cutting, shaping and soldering, lost wax casting. Lapidary works of cut stone may be incorporated into metal processes.	Theresa Boracci	FACW 109	T	1350-1650	\$ 70.00
ARTS 1810-02	73195	Beginning Metal Arts & Lapidary	Fabrication techniques in metal construction: cutting, shaping and soldering, lost wax casting. Lapidary works of cut stone may be incorporated into metal processes.	Theresa Boracci	FACW 109	T	1830-2130	\$ 70.00
ARTS 1810-03	73754	Beginning Metal Arts & Lapidary	Fabrication techniques in metal construction: cutting, shaping and soldering, lost wax casting. Lapidary works of cut stone may be incorporated into metal processes.	Theresa Boracci	FACW 109	T	0930-1220	\$ 70.00
ARTS 1820-01	73192	Introduction to Enameling	The art of fusing glass to metal, safe handling of equipment and chemicals in beginning techniques.	Theresa Boracci	FACW 109	R	1830-2130	\$ 70.00

ARTS 1840-01	73954	Sculpture I	The class will consist of demonstrations and assignments. You will create a body of work by inscribing, carving, forming, and constructing. You will use your imagination, and a variety of tools and materials. We will spend one class period visiting artist studios where contemporary art is on exhibit and you will write a brief paper.	Judy Richardson	FACE 114	T	1730-1930	\$ 70.00
ARTS 2310-02	73179	Ceramics II	Continues with more advanced techniques in hand building.	Belle Rehder	FACE 102	T	1700-1915	\$ 60.00
ARTS 2325-01	73198	Precious Metal Clay I	The art of kiln fired fused copper, bronze and silver metals in creating wearable art. Safe handling of kilns and equipment.	Theresa Boracci	FACW 109	R	1350-1650	\$ 160.00
ARTS 2326-01	73199	Precious Metal Clay II	Continued exploration of skills and techniques acquired in PMC I.	Theresa Boracci	FACW 109	R	1350-1650	\$ 15.00
ARTS 2810-01	73196	Metal Arts & Lapidary II	Continuation of Beginning metal Arts & Lapidary. Fabrication techniques in metal construction: cutting, shaping and soldering, lost wax casting. Lapidary works of cut stone may be incorporated into metal processes.	Theresa Boracci	FACW 109	M	1400-1650	\$ 35.00
ARTS 2810-02	73197	Metal Arts & Lapidary II	Continuation of Beginning metal Arts & Lapidary. Fabrication techniques in metal construction: cutting, shaping and soldering, lost wax casting. Lapidary works of cut stone may be incorporated into metal processes.	Theresa Boracci	FACW 109	M	1830-2130	\$ 35.00

ARTS 2821-01	73193	Enameling II	The art of fusing glass to metal using advanced techniques and methods.	Theresa Boracci	FACW 109	R	1830-2130	\$ 70.00
ARTS 2890-01	73200	Armor Making	Prerequisite: Beginning Metal Arts/Lapidary Hot and cold working of steel and leather in historical design and construction of wearable medieval protective clothing.	Theresa Boracci	FACW 109	U	0900-1230	\$ 70.00
ARTS 2890-02	73201	Armor Making	Prerequisite: Beginning Metal Arts/Lapidary Hot and cold working of steel and leather in historical design and construction of wearable medieval protective clothing.	Theresa Boracci	FACW 109	U	1400-1730	\$ 70.00

# Fall 2021 Community Education Department Catalog

CED Non-Credit									
Course	CRN	Title	Description	Instructor	Location	Days	Time	Fees	
CED 108C-01	74167	ZYM 101-Wine Tasting	After starting with an overview of some basic terms and principles about wine, we will take you on a world tour of the famous wine regions and vineyards. This course will cover such topics as how to properly taste wine and how to make a good selection in a restaurant or a store. It will also help you to select the best wine with certain foods. We will cover all the characteristics about wine, including its flavors, aromas, and color. Grapes are the essential ingredient of wine, and we will cover all the essential knowledge you need to know in order to understand how grapes are involved in the winemaking process. Wine is one of life's great pleasures and is meant to be enjoyed responsibly!	William Stone	Golf Course Grill	R	1900-1955	\$ 150.00	
CED 120C-01	74135	Beginning Yoga	Introductory practices focus on alignment, strength, breath relaxation, and restoration.	Margaret Griffin-Taylor	WEB-V	TR	1715-1815	\$ 100.00	

CED 120C-02	74136	Cultivating Mindful Compassion	<p>This course will help to cultivate compassionate mindfulness in our everyday lives. To develop a meditation practice in our busy lives to help build resilience and navigate both the highs and lows of life. To learn about the strong health benefits of both mindfulness and compassion.</p> <p>Apply basic mindfulness skills and how to utilize mindfulness meditation to stay present to self and others. To apply learned compassion skills as a response to everyday needs and demands in personal and professional settings. To utilize compassion practice with oneself and others for emotional regulation in the face of distress. Explain the differences between empathy and compassion. Describe how empathetic distress vs. compassion collapse leads to burnout.</p>	Maureen Wilks	WEB-V	M	1730-1900	\$ 100.00
CED 122C-02	74173	Stretch and Relaxation	Instruction emphasizes stretch and relaxation techniques.	Margaret Griffin-Taylor	WEB-V	TR	1600-1655	\$ 100.00
CED 126C-01	74175	Wheel Thrown Ceramics	Technical and aesthetic processes used in functional wheel thrown ceramics. Accommodates all skill levels.	Belle Rehder	FACE 102	M	1430-1630	\$ 180.00

CED 146C-01	74174	Archery	This course is designed to give students a basic understanding of the sport of archery. Emphasis will be on safety, equipment handling and skill.	Brian Olney	SAC	M	1930-2100	\$ 150.00
CED 150C-01	74172	Drawing Studio I	Drawing is the basis for all Art and Design, including Technical Drawing. This course covers in-depth various approaches to drawing and aims at the development of the achievement of manual skills in drawing from observation. You will learn how to draw from what you see and perceive things differently, learning hand/eye coordination, and how to use perspective to make objects on a two dimensional surface look three dimensional.	Judy Richardson	FACE 114	M	1730-1930	\$ 180.00
CED 152C-01	74171	Painting in Oils	In this course we explore the basic techniques behind the classic art of oil painting while preserving a sense of self-expression and exploration. Using tried and true methods to teach the basic studio concepts of value, tone and color to more advanced concepts of understanding. Find and tune-up your own personal style of painting in a fun, relaxing and creative atmosphere!	Jenny Blomquist	FACW 104	T	1415-1615	\$ 180.00

CED 153C-01	74138	Painting in Acrylics	Basic methods and skills in acrylic painting.	Ramona Montoya	FACW 104	R	1615-1815	\$ 180.00
CED 154C-01	74169	Beginning Belly Dancing	Instruction in the basic moving steps and rhythms of the belly dance.	Julie Johnson	Gym 1	MW	1900-1955	\$ 150.00
CED 330C-02D	73510	Piano I	This is a perfect introduction to piano and music for those who have little to no experience or need a review of the very basics. You will learn how to read music, find notes on the piano and other essentials so you can begin playing pieces.	Gaby Benalil	WEB-V	T	1200-1300	\$ 145.00
CED 342C-01D	73417	Strings I	Scales Major and Minor, Arpeggios Etudes, Methods fir the 1st position-4th Position	Gaby Benalil	WEB-V	R	1200-1300	\$ 145.00
CED 389C-01	73498	Chamber Orchestra	Chamber music is a form of classical music that is composed for a small group of instruments—traditionally a group that could fit in a palace chamber or a large room.	Eric Sewell	RH 232	TR	1215-1415	\$ 145.00

## Fall 2021 Community Education Department Catalog

Physical Education (PHED)									
Course	CRN	Title	Description	Instructor	Location	Days	Time	Fees	
PHED 1110-01	73221	Dance: Beginning Belly Dance	Instruction in the basic moving steps and rhythms of the belly dance	Julie Johnson	GYM I	MW	1900-1955	\$ 15.00	
PHED 1110-03	73675	Intermediate Belly Dancing	Instruction on the isolation and slow movements of Middle Eastern dance, including use of the veil and improvisation	Julie Johnson	GYM I	MW	2000-2055	\$ 15.00	
PHED 1140-01	73214	Zumba	The trademark name for Salsa Aerobics instruction emphasizing exercise and cardiovascular endurance with the use of Latin music.	Dana Chavez	SAC	TR	1730-1825	\$ 15.00	
PHED 1140-02D	73676	Zumba	The trademark name for Salsa Aerobics instruction emphasizing exercise and cardiovascular endurance with the use of Latin music.	Dana Chavez	WEB-V	TR	1730-1825	\$ 15.00	
PHED 1210-01	73206	Basketball	Basics and Fundamentals of a team sport	Bradley Hoffman	GYM	MW	1800-1855	\$ 15.00	
PHED 1230-01	73205	Beginning Golf	Basics and Fundamentals	Clemente Grijalva	GOLF	TR	1300-1355	\$ 225.00	
PHED 1230-02	73223	Intermediate Golf	More advanced techniques in golfing.	Clemente Grijalva	GOLF	TR	1100-1155	\$ 225.00	

PHED 1230-03	74176	Individual Sport: Spinning	This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. ... An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.	Kim Padilla	GYM	MTWR	0630-0730	\$ 15.00
PHED 1230-04	74287	Individual Sport: Spinning	This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. ... An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.	Sara Demorest	GYM	MW	1200-1300	\$ 15.00
PHED 1230-05	74289	Individual Sport: Spinning	This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. ... An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.	Sara Demorest	Gym	TR	1200-1300	\$ 15.00
PHED 1290-01	73207	Indoor Soccer	Basics and Fundamentals of a team sport	Bradley Hoffman	GYM	MW	2000-2055	\$ 15.00
PHED 1290-02	73705	Volleyball	Basics and Fundamentals of a team sport	Navid Mojtabai	GYM	TR	1700-1800	\$ 15.00

PHED 1290-03	73208	Indoor Soccer	Basics and Fundamentals of a team sport	Bradley Hoffman	GYM	MW	2100-2155	\$ 15.00
PHED 1290-05	74130	Rugby	Basics and Fundamentals of a team sport	Geatroid Dunbar	WORKC 113/FIELD	T/R	1730-1830	\$ 15.00
PHED 1410-02	73210	Beginning Yoga	Introductory practices focus on alignment, strength, breath relaxation, and restoration	Melissa Begay	GYM 1	MW	1210-1300	\$ 15.00
PHED 1410-09D	73679	Beginning Yoga	Introductory practices focus on alignment, strength, breath relaxation, and restoration	Margaret Griffin-Taylor	WEB-V	TR	1715-1815	\$ 15.00
PHED 1410-10D	73692	Intermediate Yoga	Designed for those who have a good understanding of the basic yoga postures, and have begun to explore a wider variety of poses and styles. The intermediate student understands the relationship between breath and movement.	Margaret Griffin-Taylor	WEB-V	TR	1200-1255	\$ 15.00

PHED 1410-06D	74011	Cultivating Mindful Compassion	This course will help to cultivate compassionate mindfulness in our everyday lives. To develop a meditation practice in our busy lives to help build resilience and navigate both the highs and lows of life. To learn about the strong health benefits of both mindfulness and compassion that over 50 years of medical research demonstrates. Apply basic mindfulness skills and how to utilize mindfulness meditation to stay present to self and others.	Maureen Wilks	WEB-V	M	1730-1900	\$ 15.00
PHED 1420-04D	73695	Stretch and Relaxation	Instruction emphasizes stretch and relaxation techniques	Margaret Griffin-Taylor	WEB-V	TR	1600-1655	\$ 15.00
PHED 1440-02	73219	Tai Chi Chuan/All Ages	Instruction and practice in techniques to enhance body awareness, reduces stress, improve balance and increase strength.	Douglas Corpolongo	SAC/WEB-V	T/R	1600-1700	\$ 15.00
PHED 1440-04	73697	Tai Chi Chuan/All Ages	Instruction and practice in techniques to enhance body awareness, reduces stress, improve balance and increase strength.	Douglas Corpolongo	WEB-V/SAC	T/R	1600-1700	\$ 15.00
PHED 1510-02	73203	Training: Weight Lifting	Introduction to basic principles and techniques of weight training	Robert Adams	GYM	TR	1900-1955	\$ 15.00
PHED 1510-03	73204	Training: Weight Lifting	Introduction to basic principles and techniques of weight training	Robert Adams	GYM	TR	2000-2055	\$ 15.00

PHED 1510-05A	73701	Training: Weight Lifting	Introduction to basic principles and techniques of weight training	Robert Adams	GYM	TR	1900-1955	\$ 15.00
PHED 1510-06A	73702	Training: Weight Lifting	Introduction to basic principles and techniques of weight training	Robert Adams	GYM	TR	2000-2055	\$ 15.00
PHED 1710-01	73218	Martial Arts: Taijutsu	Instruction in the basic techniques of punching, falling, rolling and kicking in Taijutsu	Alexander George	SAC	MW	1700-1755	\$ 15.00
PHED 1910-01	73224	Outdoor Experience: Archery	This course is designed to give students a basic understanding of the sport of archery. Emphasis will be on safety, equipment handling and skill.	Brian Olney	SAC	M	1930-2100	\$ 40.00
PHED 1910-05	73703	Bouldering	This outdoor based bouldering course focuses on the sport specific safety protocol, athleticism, and "Leave No Trace" ethics necessary to best enjoy this aspect of rock climbing. Between projecting limit boulder problems and touring the various bouldering sectors; students have hands on instruction in spotting, fall training, and pad management.	Scott Roberts	GYM	R	1350-1650	\$ 25.00

PHED 1910-07	73704	Women's Performance Climbing	Performance Climbing is an indoor based climbing course that focuses on technique training. Designed for those who want to increase their skill and athleticism in climbing, the fundamentals of movement approach is effective for brand new climbers and experienced. Training on the new bouldering wall and coached by a lifelong professional rock climber, students find very quick progression in climbing difficulty.	Scott Roberts	GYM	MW	1210-1300	\$ 25.00
PHED 1910-09	73229	Beginning Rock Climbing	Introduction to basic climbing technique with an emphasis on safety, safe knot and belay	Scott Roberts	GYM	M	1350-1650	\$ 60.00
PHED 1910-02	73230	Beginning Rock Climbing	Introduction to basic climbing technique with an emphasis on safety, safe knot and belay	Scott Roberts	GYM	T	1350-1650	\$ 60.00
PHED 1910-03	73231	Performance Climbing	Performance Climbing is an indoor based climbing course that focuses on technique training. Designed for those who want to increase their skill and athleticism in climbing, the fundamentals of movement approach is effective for brand new climbers and experienced. Training on the new bouldering wall and coached by a lifelong professional rock climber, students find very quick progression in climbing difficulty.	Scott Roberts	GYM	MW	1900-1955	\$ 25.00

PHED 1910-04	73232	Performance Climbing II	An indoor based climbing course for core climbers. Students move on from the fundamentals of climbing movement to focus on advanced techniques. Sport specific training is instructed as well, with 40% of overall instruction. This is the course for those who want to take their climbing game up to the next level.	Scott Roberts	GYM	TR	1900-1955	\$ 25.00
PHED 1910-06	73233	Intermediate Rock Climbing	Continuation of safety, rope set -up, belaying lead climb, rappelling and anchor set -up	Scott Roberts	GYM	W	1350-1650	\$ 50.00
PHED 1910-08	73234	Route Setting	This course is for students of all levels who want to develop their skills and knowledge of the game. Players will develop their skills as well as their game IQ's while working towards their basic coaching cert as well as officiating certificate. Students of all levels are welcome to join and be active while learning the game of rugby.	Scott Roberts	GYM	F	1000-1300	\$ 25.00

PHED 1910-010	74129	DIY Climbing Gear Art	<p>This course is to make and repair your climbing gear. Students will have a series of projects to create, such as chalkbags, climbing holds and volumes, and bouldering gear bags. Students are also encouraged to other projects. Sewing, model/mold making, and carpentry will be the primary methods used. Personal protective equipment is excluded from course projects.</p>	Scott Roberts	FACW 112	F	1400-1700	\$ 35.00
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