

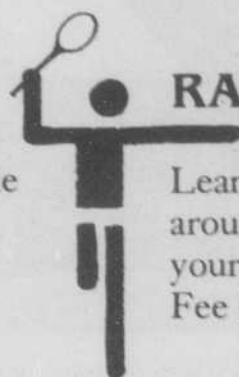
Enjoy a Part Of The Good Life

Enroll in a PE or Dance Class
And Get Credit For It.



SOCCER

Did the World Cup Soccer Finals kindle your interest in the most popular international sport? Develop or refine your skills in Soccer I, II, or III
Fee \$20



RACQUETBALL

Learn to play the hottest court sport around and earn credits for perfecting your serve and kill shots.
Fee \$20



BASKETBALL

Shoot some hoops for fun and credit. Sharpen your basketball skills in Basketball I, II, III
Fee \$20



SWIMMING

Develop the basics of the backstroke, crawl, and breast stroke in the Learn To Swim Class or tone up your muscles in the Swim Conditioning Class
Fee \$20



WEIGHT TRAINING

Improve your strength, endurance, flexibility, and muscle tone in Weight Training I or II
Fee \$20



VOLLEYBALL

Practice the basics of the bump, set, serve and spike in Volleyball I, or master competitive strategies in Volleyball II, and III.
Fee \$20



DANCE

Step up to the barre and learn to pronounce and perform the plié, releve, tendu, and port de bras in Ballet I, II, or III.

Dance the soft shoe, waltz clog, and shim sham in Tap I or more difficult steps in Tap II, and III. Or experience Modern, Jazz, or Folk dancing
Fee \$20

GOLF

Register for Golf I to learn putting, chipping, pitching, and full swing in the country club atmosphere of Laurelwood Golf Course.



Or sharpen your skills in the Golf Improvement class.
Fee \$30.00

Includes instruction, equipment, practice rounds, balls, and four 9-hole rounds.



BICYCLE TOURING

Learn bicycle mechanics, road safety and tour planning in Bicycle Touring I
Fee \$20

or embark on a full-fledged camping trip by bike in Bicycle Touring II
Fee \$36

★ Get Into SHAPE ★

* a non-credit instructional program open to students and the community. Spend a weekend backpacking, rafting, or kayaking with a small group of people out in the wilderness. Go hiking and learn the finer points of wilderness photography. Explore new forms of martial arts through Tai 'Chi Chuan

and Aikido or lunge into the ancient art of sabre or theatrical fencing.

SHAPE fees vary depending on the length of instruction. For more information stop by the PE department for the SPE course guide and the SHAPE bulletin.