

DESCRIPTION: Enjoy the sensation of being lifted gently into the air and momentarily flying. Such is the feeling experienced when bouncing on the trampoline. If you've had little or no previous experience bouncing on a rebound bed, this class is oriented towards you. Techniques of basic movements such as seat, knee, front and back drops, as well as combinations of these are taught. For those who like the sensation of turning upside down, the technique for beginning somersaulting movements is presented.

PE-G 136 GYMNASTICS I (1)

AVERAGE CLASS SIZE: 22

SPECIAL FEES: \$20.00

DESCRIPTION: Improved flexibility strength, coordination, alertness, creativity, and self-confidence are just a few of the benefits that gymnastics can offer. Besides these, there is the pure joy and exhilaration of learning a new skill! Join with us in a coed environment to learn the basic skills in tumbling, women's apparatus and/or men's apparatus. Your mind and body will appreciate this challenge.

PE-G 138 JUGGLING (1)

AVERAGE CLASS SIZE: 22

SPECIAL FEES: \$20.00

DESCRIPTION: Easy to learn, fun, and entertaining. Soon you'll be juggling balls and rings, passing clubs... maybe even on a unicycle. Instruction is tailored to meet individual needs, as each person has their own way of learning.

PE-G 235 TRAMPOLINE II (1)

AVERAGE CLASS SIZE: 10

PREREQUISITES: TRAMPOLINE I or equivalent

SPECIAL FEES: \$20.00

DESCRIPTION: For the trampolinist with sound mechanics in the basic skills, this class offers an opportunity to explore areas of more challenging and exciting skills including advanced combinations and somersaulting maneuvers. With extensive use of the overhead belt, we provide a safe means of experiencing the exhilaration and satisfaction that comes from performing somersaulting moves. Polish your present skills and enlarge your repertoire by joining us in Trampoline II.

PE-G 236 GYMNASTIC IMPROVEMENT (II) (1)

AVERAGE CLASS SIZE: 22

PREREQUISITES: GYMNASTICS I or equivalent

SPECIAL FEES: \$20.00

DESCRIPTION: Look no further for bars to swing your body around! Enjoy the spirit of gymnastics that has touched so many others. For those with competence in basic gymnastic skills, Gymnastics II provides a stimulating and challenging environment to refine and perfect your present moves while emphasizing proper progressions and techniques. Competent spotting offers opportunities to learn new skills and combinations.

Human Action Studies

PE-H 144 SPORT PHOTO I (2)

AVERAGE CLASS SIZE: 20

PREREQUISITES: None, but supply 35mm camera

SPECIAL FEES: \$30.00

DESCRIPTION: Discover the exciting photographic possibilities of stop action, peak action, sequential shooting, panning, and expression/portrait. Through appreciation of, and application to, sport skills and movement patterns, you will learn the fundamentals and basic procedures of black and white photography.

Individual and Dual Sports

PE-I 147 BILLIARDS I (1)

AVERAGE CLASS SIZE: 30

SPECIAL FEES: \$30.00

DESCRIPTION: Practice applied physics as it relates to the necessary skills of good Billiards (Pool). Terminology, care and selection of equipment, techniques of proper hand positions, and stance techniques combine with playing to

complete the total learning experience. Class designed for the beginning and low experience player.

PE-I 148 BOWLING I (1)

AVERAGE CLASS SIZE: 32

SPECIAL FEES: \$42.50

DESCRIPTION: Don't be a pinhead. Learn to bowl! Beginning bowling is for the individual who has had little or no instruction, but desires to learn techniques to develop skill and style. Create an opportunity to join the league bowling ranks by learning to team bowl through this experience.

PE-I 149 TABLE TENNIS I (1)

AVERAGE CLASS SIZE: 24

SPECIAL FEES: \$20.00

DESCRIPTION: Get out of the minor leagues, forget "ping pong" and learn the game of Table Tennis. Believe it or not, this sport can be a vigorous game requiring adept footwork, stroking ability, and strategy. But first you must learn and refine the basic drives, volleys, strokes, and serves. This class is an excellent opportunity to learn this year-round recreational and exciting game.

PE-I 151 BADMINTON I (1)

AVERAGE CLASS SIZE: 22

SPECIAL FEES: \$20.00

DESCRIPTION: Take advantage of the opportunity to learn the world's second fastest sport-badminton. Introduction to the rules, scoring, and court etiquette. Covers power and deception strokes as well as service returns. In Badminton I you will acquire sufficient skill and knowledge to enjoy playing both the singles and doubles game.

PE-I 153 RACQUETBALL I (1)

AVERAGE CLASS SIZE: 22

SPECIAL FEES: \$20.00

DESCRIPTION: If you have no previous racquetball experience, or you desire to gain instruction in basic racquetball skills, Racquetball I is designed for you. With racquet in hand, you will experience the fun, exhilaration and success that has made racquetball America's #1 growing participation sport. Learn correct techniques for performing forehand, backhand, and ceiling shots, as well as basic serves, offensive and defensive shots. Shape up your life by joining the court crowd!

PE-I 155 TENNIS I (1)

AVERAGE CLASS SIZE: 24

SPECIAL FEES: \$20.00

DESCRIPTION: Grab a racquet! Introduce yourself to the "Sport of Kings." Now is the time to learn the essential skills of this lifetime leisure sport. This program designed for beginners will emphasize proper grip of the racquet for execution of forehand, backhand, and service, as well as presenting the rules of the game.

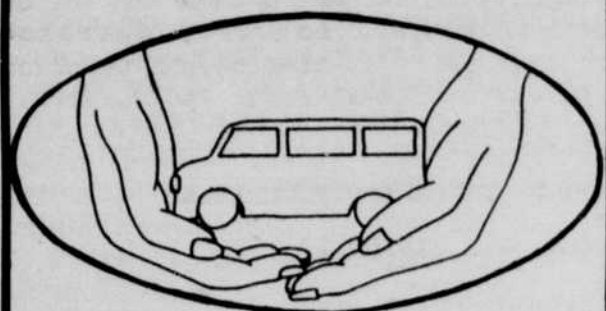
PE-I 248 BOWLING II (1)

AVERAGE CLASS SIZE: 32

PREREQUISITES: BOWLING I or equivalent

SPECIAL FEES: \$42.50

PROJECT SAFERIDE



PROJECT SAFERIDE:

IT'S FREE

No ridership fees.

IT'S SAFE

A rape prevention project for women sponsored by the ASUO

IT'S CONVENIENT

Saferide Vans will shuttle constantly between major campus location, including the EMU, the Dorms, the Library, Sororities, and Amazon Family Housing.

IT'S RELIABLE

Saferide service will be provided seven nights a week, operating from dusk to midnight.