Cazenovia College

FITNESS & AQUATIC
COMMUNITY PROGRAMS

SPRING 2010

Registration Information

The following fitness and aquatic programs are open to the community. Unless otherwise indicated, registration is currently in progress.

Registration runs Monday-Friday, 9 a.m.-4 p.m. You may register by phone or in person. To register by phone please use the following procedure:

1. Call the office listed with each program to confirm an opening in the class of choice. Your name will be added to the roster.
2. After you have phoned in, complete the registration and waiver form and mail it with payment (check made payable to Cazenovia College) to: Fitness & Wellness Office, Cazenovia College, Cazenovia, NY 13035. Forms are available at the Fitness Center or by downloading from the college website.
3. Payments must be received within five days after registration to reserve your spot in the class. Your cancelled check is your receipt. All payments must be received prior to the first class.
4. Refunds are issued only if a class is cancelled due to under-enrollment. Credit for classes missed because of injury or extended illness will be considered only when a written request/explanation has been submitted within three consecutively missed classes.

Please Do Not Mail Payment Before Verifying Class Availability

Lap & Open Swim

Please call the pool HOTLINE 655-7324 each week to hear the recording of the hours for lap and open swim. Lifeguards are college and high school students; when availability of lifeguards is confirmed a schedule will be posted outside the locker rooms. Lap swim is held at various times during the week and open recreational swim on the weekends.

Fees: Lap Swim: $2.50 per swim, or $25 for a books of 11 tickets. (2 books: $50. 3 books: $65.)
Open Swim: $2.50 per person or $7 per family (immediate family members only, please). All fees must be paid in the Fitness Center.

KIDS NIGHT OUT

Cazenovia College Athletics Department supervises a swim and gym for children in grades 2-6 on many Friday evenings during the semester. For the complete details of dates and fees call 655-7327 or visit the Web site: www.cazenovia.edu/athletics.
**Youth Learn To Swim**

To register call 655-7311

Ages: 6 to 12 years

AFTER SCHOOL PROGRAM  March 16- April 29.  No class April 20, 22.  (12 classes) Fee: $72/child, $68/each additional child

Tuesday & Thursday,

Level 1: 3-3:25  Level 3: 4:05-4:30  Level 5: 5:05-5:30

Level 2: 3:30-3:55  Level 4: 4:35-5

SATURDAY PROGRAM  March 20-May 1.  No class April 3.  (6 classes)

Saturday,

Level 3: 10-10:25  Level 2: 11:05-11:30

Level 4/5: 10:30-10:55  Level 1 & Pre K/K: 11:35-12

Swim levels are similar to the American Red Cross Levels, but cards will not be issued. Not all swim levels will be offered during each time slot and some levels will be combined. Please call for complete details. Parents are not permitted in pool area during instruction segment of class. If a class is cancelled due to inclement weather it will not be rescheduled.

**Infant & Pre-school Aquatic Program**

To register call 655-7311

Ages: 9 months to 6 years  Fee: $36

Saturday, March 20-May 1.  No class April 3.  (6 classes)

Infant & Parent  Toddler & Parent  Preschool & Kindergarten

Ages: 9-24 months - 10-10:25 a.m.  Ages: 2-4 years - 10:30-10:55 a.m.  Ages: 4-6 years - 11:05-11:30 a.m.

Children in the infant and toddler sections require a parent to be in the water with each child. The program includes songs and movements to help children feel comfortable in the water. Children in the Preschool-K program require a parent on deck ready to enter the water if needed. Children age 4 are only permitted into the ages 4-6 class after successful completion of the Toddler & Parent Aquatic Program for ages 2-4. In the Preschool-K class a child will practice skills necessary for beginning to learn swimming strokes including fundamental arm, leg and locomotor skills in the water.

**Competitive Swimming Clinic**

To register call 655-7311

Ages: 10 and up  Fee: $100 for 8 sessions

Monday & Wednesday, March 15-April 7, 4-5 p.m.

Instructed by Cazenovia College Wildcats Swimming Team members. Designed for children ages 10 and up who have experience swimming competitively or are interested in being part of a competitive swimming team. This is not a learn-to-swim program. All participants must have completed all American Red Cross Swim Levels. The class encompasses all aspects of competitive swimming, including stroke development in all four competitive swimming strokes, starts, turns and dry land training.

**Water Fitness**

To register call 655-7311

Ages: adult

**Water Aerobics:** Monday, Wednesday, & Friday, 9:30-10:30 a.m.  Low impact cardiovascular and toning exercises in the water using buoyancy waist belts and styrofoam dumbbells. Session I: Feb 1-Mar 3 (5 weeks) No class Feb 5.  $25 for 1 day per week, $45 for 2 days/wk, $56 for 3 days/wk  Session II: Mar 15-Apr 30 (7 weeks).  $35 for 1 day/wk, $63 for 2 days/wk, $84 for 3 days/wk.

**Hydro Fit:** Tuesday & Thursday, 5:45-6:45 p.m.  High intensity deep water workout with buoyancy cuffs belted to ankles. Session I: Feb 2-Mar 4 (5 weeks) $33 for 1 day per week, $60 for 2 days/wk  Session II: Mar 16-Apr 29 (7 weeks) $46 for 1 day/wk, $84 for 2 days/wk.

**American Red Cross Lifeguard Training**

To register call 655-7311

Ages: 15 and up  Fee: $200

Monday-Friday, April 19-23, 9 a.m.-4:30 p.m.  Must attend all days. Please bring your lunch.

Pre-requisite swim test consists of a 500-yard continuous swim using front crawl and breast stroke. Also perform a long shallow dive, swim approximately 20 yards, surface dive, retrieve a 10-lb brick and return to start. Fee includes book and CPR mask.
Spinning  NEW!
Ages: adult        Fee: $40  limited to 6 people
Saturday, 9:15-10 a.m.  February 6-March 6
Or Thursday, 5-5:45 p.m.  February 4-March 4  (5 classes)

Aerobic indoor cycling program that takes place on a specially designed stationery bike. With motivating music an instructor talks you through a visualization of an outdoor cycling workout; up hills, faster/harder, pedal standing up, etc. Although you follow the general instructions of the spinning teacher, you are in control of your own pace.

Beginning Mat Pilates
Ages: adult        Fee: $36
Tuesday, February 2-March 9.  8:30-9:20 a.m. or 5-5:50 p.m. (6 classes)

Exercise program to increase flexibility, build strength and core stability. Concentration, control and precision that focuses on breathing, balance and posture, alignment of spine, and the powerhouse.

Aerobic Fitness Classes
Ages: adult        Fee: $33 for 1 day per week, $60 for 2 days/wk, $85 for 3 days/wk, or pay per class fee is $7.
Session I: February 1-March 19. No classes the week of March 8-12 (6 weeks)  
Session II: March 22-April 30

Sessions include warm-up and cool down, abdominal segment with weights or floor exercises. Bring water and a towel.

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<thead>
<tr>
<th>Morning Cardio Sculpt</th>
<th>Cardio Sculpt</th>
<th>Step &amp; Tone</th>
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<tr>
<td>Wed &amp; Fri, 8:30-9:30 a.m.</td>
<td>Mon only, 6-7 p.m.</td>
<td>Tue &amp; Thu, 6-7 p.m.</td>
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Zumba
Ages: adult        Fee: $42
Session I: Tuesday, February 2-March 16, 7-8 p.m. or Wednesday, February 3-March 17, 2:30-3:30 p.m.  (7 classes)
Session II: Thursday, March 18-April 29, 5-5:55 p.m.  (7 classes)

It’s fitness, it’s dance, it’s a party. A fusion of Latin and International rhythm and dance steps. Easy to follow moves make this a fun cardio dance workout.

Kickboxing
Ages: adult        Fee: $44
Monday, 4-5 p.m.
February 1-March 29. No class March 8 (8 weeks)

Intense cardio workout using martial arts and boxing techniques (punches, kicks, speed bag, jump rope). Also includes abdominal exercise portion.

Hatha Yoga
Ages: adult beginner/intermediate        Fee: $84
Wednesdays, 6-7:30 p.m.
February 3-April 28  (no class March 10) 12 classes

Instructor Sandra Petroff will challenge the body and mind through strengthening, stretching and good posture with emphasis on conscious breathing during this Hatha Yoga class. Please bring your own yoga mat.
CAZENOVIA COLLEGE FITNESS CENTER

Morning Workout for the Public
January-May: $165
February-May: $132
$8/day pass
$30 for 5 day passes
Ages: over 18, proof of age required

General Public Workout Hours are limited to the following:
Monday-Friday 6:30 am-Noon
*Saturday 10 am-4 pm
*Sunday 12-4 pm

*Sat/Sun hours (subject to change) are in effect only when Cazenovia College academic classes are in session.

For community swimming hours call the Cazenovia College Pool Hotline, 655-7324.