Non-Credit Community Fitness Classes
ROSE.EDU/AQUATICS-WELLNESS | 405-733-7351
Enrollment Begins May 9th.
OPEN SWIM & WELLNESS MEMBERSHIPS

OPEN SWIM MEMBERSHIP
This membership allows students the use of the Rose State College Aquatics Center pool. Some students will swim as part of an exercise regimen and others for fun and relaxation. Several swim times are scheduled throughout the week to accommodate schedules.

June 1 – July 31
Adult       #5377  $23
Senior      #5378  $15
Military    #5379  $15
Youth       #5380  $10

Open Swim Hours
Mon - Thurs  7:00 am - 8:00 am, 12:00 pm - 1:00 pm
            4:30 pm - 5:30 pm

PERSONAL TRAINING
Sessions will be scheduled during Wellness Center hours of operation. An assessment will take place for the first session, followed by four workout sessions with the personal trainer. If you have already had a personal assessment with your personal trainer, then you will be able to participate in five workout sessions with the personal trainer. Each session is one hour each. Personal trainers available: Katherine Keller, Liz Brown, Robert Summers, and Catherine Chiemelu.

#5381/5385  $195/$165S

IMPORTANT DATES
Please note that closing dates are subject to change. If this occurs, check the Rose State College campus will be open Mon - Thurs 7:00 am - 6:00 pm during the summer.

Monday, May 30:  Closed for Memorial Day
Monday, July 4:  Closed for Independence Day
Monday, August 1:  Fall Enrollment Begins

PARKING, STUDENT ID, AQUATIC LOCKER RENTAL, AQUATIC CENTER DAY PASS, & WELLNESS DAY PASS
Parking Decal    $5  #5364
Student ID      $2  #5365
Aquatic Locker Rental  $10  #5366
Aquatic Center Day Pass  $5  #5367-5371
Wellness Center Day Pass  $5  #5372-5376

Note: Classes marked with an * are shared academic/non-credit classes.
WELLNESS CENTER MEMBERSHIP
This membership includes cardio machines, free weights, and a multi-purpose gym floor. This membership also includes Open Swim. Must be 18 or older to purchase this membership.

June 1 – August 15
Adults   #5386  $23  
Senior   #5387  $15

Wellness Center Hours
Mon-Thurs  7:00 am – 6:00 pm

Facility Includes:
The **STRENGTH TRAINING** area is equipped with a full line of state-of-the-art Life Fitness Signature Series training equipment and Hammer Strength free weight training equipment.

The **CARDIOVASCULAR TRAINING** area is equipped with state-of-the-art Life Fitness treadmills, cross trainer elliptical’s, recumbent bikes, and upright bikes.

The **OPEN ACTIVITY AREA** is used for multipurpose recreational activities and open-exercise classes, as well as credit and non-credit classes.

The **AQUATIC CENTER** has an indoor heated pool with whirlpool, sauna, locker, and dressing rooms. Remodeled in 2014.

The **WELLNESS ASSESSMENT LAB** offers risk factors, body fat, flexibility, blood pressure, muscular strength, and cardiovascular endurance screenings.

AQUATIC FITNESS

AQUA DANCE
Try our Aqua Dance class that is easier on your feet and joints. Feel the resistance in the water as you shake and move to the music.

Mon & Wed  June 6 – July 25
A. Kelley  6:40 pm – 7:30 pm
POOL  #5388  $49/$42S

Tues & Thurs  June 7 – July 26
A. Kelley  10:00 am – 10:50 am
POOL  #5389  $49/$42S

AQUATIC FITNESS
Students will participate in water exercise in both shallow and deep water. The latest in buoyancy and resistance equipment will be utilized. Exercising in the water is less stressful on the joints and one of the best ways to get in shape quickly.

Mon & Wed  June 6 – July 25
P. Walker  8:00 am – 8:50 am
POOL  #5390  $49/$42S

Mon & Wed  June 6 – July 25
P. Walker  9:00 am – 9:50 am
POOL  #5391  $49/$42S

Mon & Wed  June 6 – July 25
C. Kelly  1:00 pm – 1:50 pm
POOL  #5392  $49/$42S

Mon & Wed  June 6 – July 25
C. Kelly  2:00 pm – 2:50 pm
POOL  #5393  $49/$42S

Mon & Wed  June 6 – July 25
A. Kelley  5:40 pm – 6:30 pm
POOL  #5394  $49/$42S

Tues & Thurs  June 7 – July 26
A. Kelley  9:00 am – 9:50 am
POOL  #5395  $49/$42S

Tues & Thurs  June 7 – July 26
P. Walker  2:00 pm – 2:50 pm
POOL  #5396  $49/$42S

Tues & Thurs  June 7 – July 26
N. Kelly  5:40 pm – 6:30 pm
POOL  #5397  $49/$42S

Tues & Thurs  June 7 – July 26
A. Kelley  6:40 pm – 7:30 pm
POOL  #5398  $49/$42S
DEEP WATER FITNESS
This is a non-impact workout done completely suspended in deep water. Participants focus on core strength development and muscle conditioning. Water belts and other flotation devices will be provided.

Tues & Thurs  June 7 – July 26
Staff  11:00 am – 11:50 am
POOL  #5398  $49/$42S

H2O STRENGTH & STRETCH
This class is designed to maintain and improve balance, strength, and endurance. A full body, high intensity workout with motivating music followed by stretching with soothing music. This class incorporates a warm-up, extended aerobic workout, toning and cool down.

Tues & Thurs  June 7 – July 26
A. Kelly  8:00 am – 8:50 am
POOL  #5448  $49/$42S

H2O STRENGTH TRAINING
Aquatic Strength Training uses the resistance of the water to work the body. Actual weight lifting moves are done in the pool during this workout. Resistance equipment will be used, and the format will include a warm-up, muscle conditioning of all major muscle groups, and a final stretch.

Mon & Wed  June 6 – July 25
Staff  11:00 am – 11:50 am
POOL  #5399  $49/$42S

LOW INTENSITY WATER AEROBICS
This course is a therapeutic water exercise program. It is applicable for persons with a variety of physical challenges. Class size is reduced for more individual attention.

Mon & Wed  June 6 – July 25
C. Kelly  10:00 am – 10:50 am
POOL  #5400  $49/$42S

Tues & Thurs  June 7 – July 26
C. Kelly  1:00 pm – 1:50 pm
POOL  #5401  $49/$42S
LAND FITNESS

CHAIR AEROBICS
This class features low-impact exercise designed for those who want or need to improve their cardiovascular system, muscle strength, flexibility, and endurance. This class is perfect for people who cannot stand on their feet for long periods of time.

Mon & Wed  June 6 – July 25
C. Kelly  11:00 am – 11:50 am
FA 108  #5402  $49/$42S

HIP HOP DANCE FITNESS
Join the dance party, during your work day. This class is an intense calorie-burning cardio class that will focus on Hip Hop, Latin, and many other International dance moves. We’ll be sure to include routines that coincide with Today’s Biggest Hits to get your adrenaline pumping for a great workout!

Mon & Wed  June 6 – July 25
E. Fisher  12:00 pm – 12:50 pm
HPE 112  #5403  $49/$42S

PILATES
This mind-body exercise focuses on strengthening the core postural muscles through breathing and a series of floor exercises; balancing exercises and resistive equipment will also be added.

Tues & Thurs  June 7 – July 26
K. Keller  5:40 pm – 6:30 pm
HPE 102  #5449  $49/$42S

PILATES/YOGA/STRENGTH
Students will build muscle while burning fat, starting with strength training to improve and tone the muscles. Then, slowly moving into Pilates and finishing with Yoga, which elongates the body to improve balance and coordination.

Tues & Thurs  June 7 – July 26
C. Kelly  9:00 am – 10:00 am
FA 108  #5404  $49/$42S

STRENGTH TRAINING
This class will include a warm-up, strength training using dumbbells, and a cool-down session, which will include flexibility exercises. Proper forms for both strength training and for flexibility will be stressed. Perfect for the beginner to advanced individual who wants to build bone density as well as muscle strength and endurance.

Mon & Wed  June 6 – July 25
C. Kelly  9:00 am – 9:50 am
HPE 112  #5405  $49/$42S

STRETCH & RELAX
Reduce stiffness, stress, and anxiety by stretching in comfortable positions for the student. Most stretching will not require the floor, but a chair instead. Various stretches will allow the student to focus on their breathing and relaxation.

Thursday  June 9 – July 21
C. Kelly  10:15 am – 11:05 am
FA 108  #5406  $39/$25S

T’AI CHI FOR BETTER BALANCE
When practiced on a regular basis, T’ai Chi can improve one’s balance, thereby reducing the risk of falling. Based on the traditional 24 Short-Form Yang Style, this 8-form community program coordinates breath with movement, involves both weight- and non-weight-bearing stances, progresses from easy to more difficult and promotes overall well-being.

Mon & Wed  June 6 – July 25
P. Walker  10:00 am – 10:50 am
HPE 112  #5407  $49/$42S

WEIGHTS & CARDIO
Students will learn how to improve their muscular endurance and strength, and the proper lifting technique of each machine. Learn more about different weight lifting programs, number of sets, repetitions, and the amount of weight to lift.

Mon & Wed  June 6 – July 25
R. Summers  5:20 pm – 7:00 pm
HPE 114*  #5408  $59/$50S

RSC | AQUATIC & WELLNESS CENTER SCHEDULE | 8
YOGA

Yoga is the practice of physical postures, integrated with breathing techniques to release tension and promote strength and flexibility of body, mind, and emotions. This simple practice is accessible to everyone in any physical condition.

Mon & Wed | June 6 – July 25
C. Jahansouz | 5:20 pm – 7:00 pm
HPE 102* | #5409 $59/$50S

Tues & Thurs | June 7 – July 26
K. Keller | 1:00 pm – 1:50 pm
HPE 102 | #5468 $49/$42

Tues & Thurs | June 7 – July 26
D. McCauley | 5:40 pm – 7:20 pm
FA 108* | #5410 $59/$50S

YOGA CRUNCH ABS

This is a fat burning yoga class that fuses strength training and core abdominal work with traditional yoga practices.

Mon & Wed | June 6 – July 25
K. Keller | 10:00 am – 11:40 am
HPE 102* | #5411 $59/$50S

ZUMBA® FITNESS & TONING

Can’t get enough of Zumba®? Then take Zumba® Fitness & Toning which will consist of a variety of calorie-burning Latin, Hip Hop, Belly Dance, and many other International dance moves. Weights, stretching, and other various strength and muscle-toning exercises will take place during this class, to maximize your workout. So let’s shed those pounds and sculpt our bodies together!

Mon & Wed | June 6 – July 25
O. Steinmetz | 5:20 pm – 7:00 pm
HPE 112* | #5412 $59/$50S

ZUMBA® TRIPLE THREAT


Tues & Thurs | June 7 – July 26
P. Walker | 10:00 am – 11:40 am
HPE 112* | #5413 $59/$50S
LEARN TO SWIM

CHOOSING THE CORRECT LEVEL
Please carefully review the class levels below. If you are unsure about the placement, enroll your child in the lower level. Children who have had more than a three-month break from swimming should repeat the previous level as a refresher course. Children registered for an inappropriate class level are not guaranteed a transfer because the correct level may be full. Children will be tested on the first day of class.

PARENT/TOT (9 mos. – 3 yrs.)
Class emphasis is on fun and safety as well as establishing comfort in the water. Children develop water entry, bubble blowing, rudimentary arm and leg action, back floating, underwater exploration and more.

PRE-SCHOOL (3 yrs. – 5 yrs.)
Children should be willing to participate in a group setting without parent/guardian. Fun and safety are emphasized while children are learning swimming skills. Time will be spent working on water orientation and exploration, floating, kicking, arm and hand movements, opening eyes and exhaling under water, and floating comfortably. Front and back crawl skills will be introduced.

INTRODUCTORY (5 yrs. +)
This class promotes independent swimming skills in a structured class setting. Class is designed to give the student success with fundamental skills while focusing on proper techniques for front and back crawl. Students will be introduced to other skills such as turning over while swimming and entry into deeper water.

BEGINNER (5 yrs. +)
Concentration is on building confidence and the refinement of the front crawl and back crawl using rotary breathing. Students will be introduced to butterfly and elementary back stroke kick, deep water entry, and safety skills.

INTERMEDIATE (5 yrs. +)
Children must be able to swim 15 yards front and back crawl. Concentration is placed on the coordination, refinement and endurance of previously learned strokes. Students will be introduced to breaststroke, elementary backstroke, and sidestroke.

ADVANCED/INTRO. TO SWIM TEAM (5 yrs. +)
Primary objective is the refinement of all strokes so students swim with ease, efficiency, power, and smoothness over greater distances. Students in this class must be able to swim at least one continuous length of the pool in front crawl and back stroke and be prepared to swim several lengths of the pool each class meeting.

TUESDAY/THURSDAY PROGRAM

SESSION 1 $35
June 7 – June 30

Swim Levels       6:40 pm – 7:20 pm  7:30 pm – 8:10 pm
Parent Tot       5414
Pre-School       5415
Introductory     5416
Beginner         5417
Intermediate     5418
Advanced/Intro to Swim  5419

SESSION 2 $35
July 12 – August 4

Swim Levels       6:40 pm – 7:20 pm  7:30 pm – 8:10 pm
Parent Tot       5420
Pre-School       5421
Introductory     5422
Beginner         5423
Intermediate     5424
Advanced/Intro to Swim  5425
RAIDER SWIM TEAM
Children will participate in a structured workout. They will refine their strokes and learn flip turns, starts, and finishes. Team members will participate in swim meets with other area swim clubs. Children must be able to swim 25 meters of the following Strokes: Front Crawl, Back Stroke, and Breast Stroke. Practice times vary depending on age and skill level. All swimmers will be evaluated and placed into first or second practice. Ages 6-18.

First practice – Tuesday/Thursday 6:30pm – 7:30pm
Second practice – Tuesday/Wednesday/Thursday 7:30pm – 8:30pm

*Must have coach’s approval to sign up for Swim Meet Only.

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<tr>
<th>Dates</th>
<th>Swim Team</th>
<th>Swim Meets Only</th>
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<tr>
<td>JUNE</td>
<td>5438 - $20</td>
<td>5440 - $15</td>
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<tr>
<td>JULY</td>
<td>5439 - $20</td>
<td>5441 - $15</td>
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WHAT TO BRING:
Towel
Swimsuit
You!

DO NOT BRING:
Lifejacket
Goggles with nose piece

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ENROLLMENT BEGINS ON MAY 9TH