



Recreation and Fitness

Certification Classes

America's Boating Course SAF 114-40F

Taught by USCG Auxiliary members, the course teaches boating safety practices (required for all persons born after January 1, 1984) including basic boating skills, trailoring, and PWC skills. Must be at least 14 years old to be certified. \$30 supply fee payable with tuition includes the book "About Boating Safely." Test will be given at the last class.

Monday, March 8, 7-10p,
AND Saturday, March 13, 8a-5p, Fee: \$10

Hunter Education SAF 103

Learn safe hunting practices and outdoor ethics (mandatory for anyone born after January 1967). Must be at least 11 years old to be certified; ages 15 or younger are required to bring parent/guardian and proof of age. Participants should bring a #2 pencil, black ink pen, and highlighter pen. Registration closes seven days prior to start date.

Section 40: Sat. & Sun., Jan. 16-17, 9a-4p
Section 41: Sat. & Sun., Feb. 6-7, 9a-4p
Section 43: Sat. & Sun., March 20-21, 9a-4p

Fee: \$5

Private Pilot Ground School REC 901-40

Covers topics that all private and sport pilot applicants need to know for the FAA knowledge test required to obtain either license. List of required books and supplies will be mailed.

Thursdays, March 4-May 20, 6:30-9:30p, Fee: \$250

Scuba Diving (Ages 10 & Up) REC 905-40

Five sessions of classroom and pool work will prepare you for certification as an Open Water Diver by the Professional Association of Diving Instructors (PADI). Equipment/supplies included with tuition except mask, snorkel, fins and boots. Tuition includes \$100 coupon towards the purchase of these items at The Great American Diving Company. Does not include fee required for the two-day open water dives. Class meets at The Great American Diving Company.

Tues., March 23, 6:30-9p AND
Tues., March 30-April 20, 6:30-10:30p, Fee: \$240

Beginning Kayaking REC 069

Learn the basic kayak skills needed to handle all types of kayaks. Focus on strokes, balance, bracing, safety, boat control, rolls, and types of boats. Course is taught by ACA certified kayak instructors. Kayak rentals available for \$20 payable first night to instructor. Class is held at YMCA of O'Fallon. No class 2/7, 2/21, or 4/25.

Section 40: Sundays, Jan. 24-March 14, 4:15-7p
Section 50: Sundays, April 11-May 23, 4:15-7p

Fee: \$129

Fly Fishing for Fun REC 554-40

Fly fishing is a great way to relax, have fun, and enjoy the great outdoors with family and friends. Learn what rods, reels, and line to use and how to assemble them; what to purchase; and what flies or streamers to use. Then, go outside for an actual fly casting experience. Equipment rental fee of \$15 payable at class.

Wed., April 7, 6-9p, Fee: \$39

Recreational Trips

Adult Backpacking Trip REC 070-40S

Winter backpacking is a wonderful experience. No need to worry about poison ivy and insects and the warmth of a campfire has never been so enjoyable. We will backpack in 5 miles to a remote campsite along the Wilderness Trail. Students will learn Leave No Trace and Wilderness First Aid techniques. All backpacking gear and meals provided. Supply list will be mailed.

Sat. & Sun., Jan. 23-24, Fee: \$89

Rock Climbing Trip REC 071-40S

Learn to climb outdoors in a safe environment in this basic to intermediate rock climbing class in Southern Illinois taught by an AMGA certified rock climbing instructor. Southern Illinois is the Midwestern rock climbing mecca where you can learn climbing techniques, rope management, communication, belaying, and climbing knots. All meals, camping gear, and climbing gear will be provided. Supply list will be mailed.

Sat. & Sun., May 22-23, Fee: \$189

SCC IS TOBACCO-FREE INSIDE & OUT – A SAFE ENVIRONMENT FOR KIDS!

See www.stchas.edu/tobaccofree for details.

Golf

Beginning Golf – Individual Lessons REC 449

Learn the fundamentals of this lifetime sport at Cave Spring Golf Center with Dan Buffington. Tuition includes range balls. Book anytime from 1/1-5/31. Special arrangements can be made for two people to take one-hour lesson together.

By Appointment, Jan. 1-May 31, Fee: \$80

Muscle Conditioning

Boot Camp REC 313

Targets the total body by toning and strengthening the major muscles of the upper and lower body while challenging the cardiovascular system through fast-paced cardiovascular exercises.

Section 40: Tues. & Thur., Jan. 19-March 11, 1-1:50p

Section 50: Tues. & Thur., March 23-May 11, 1-1:50p

Fee: \$79

Cardio Core Strength REC 057

A blend of cardio, yoga, pilates, and strength training using a stability ball. This class is done using the Swiss ball.

Section 40: Mon. & Wed., Jan. 20-March 10, Noon-12:50p

Section 50: Mon. & Wed., March 22-May 12 Noon-12:50p

Fee: \$79

Fitness Conditioning I REC 200-40

Introduction to a physical fitness program using resistance training and aerobic conditioning. Sixteen sessions includes three one-hour appointments with the trainer and the remaining 13 are independent training.

Jan. 1-May 31, By Appointment, Fee: \$130

Fitness Conditioning II REC 201-40

Continue your fitness skills developed in Fitness Conditioning I. Personal trainer will assess your program progress once during the eight weeks to keep you on track.

Jan. 1-May 31, By Appointment, Fee: \$79

Fit With a Ball REC 044

Use one of the most effective tools to strengthen your core muscles and shape your entire body – the fitness ball. Great basic exercises to work your body from head to toe, hitting every major muscle group. Hand weights and ball provided.

Section 40: Wednesdays, Jan. 20-March 10, 7-8p

Section 50: Wednesdays, March 24-May 12, 7-8p

Fee: \$56

Muscle Conditioning REC 304

Stationary muscle strengthening moves to define and sculpt muscles. Uses body ball, body bars, mat work, hand weights, and resistance bands.

Section 40: Mon. & Wed., Jan. 20-March 10, 3-3:50p

Section 50: Mon. & Wed., March 22-May 12, 3-3:50p

Fee: \$79

Step and Muscle Conditioning REC 305

Using the “step” platform, challenge the cardiovascular system and then turn to bands and weights to tone the muscles.

Section 40: Mon. & Wed., Jan. 20-March 10, 4:30-5:20p

Section 50: Mon. & Wed., March 22-May 12, 4:30-5:20p

Fee: \$79

Stretch and Strengthen REC 312

Class is based on yoga, Pilates, and dance for conditioning the total body. Emphasis is on core training and proper breathing. Incorporates the use of balls, mats, body bars, and hand weights.

Section 40: Mon. & Wed., Jan. 20-March 10, 9-9:50a

Section 50: Mon. & Wed., March 22-May 12, 10-10:50a

Fee: \$79

Physical Fitness REC 601

Class incorporates a combination of physical activities to produce an overall fitness improvement in the student.

Section 40: Mon. & Wed., Jan. 20-March 10, 10-10:50a

Section 50: Mon. & Wed., March 22-May 12, 9-9:50a

Fee: \$79

Walking Fitness REC 050

Learn how to use an ordinary mode of exercise to increase your fitness level and implement weight loss. Required walking handbook available at the campus bookstore.

Section 50: Mon. & Wed., March 22-May 12, Noon-12:50p

Section 51: Tues. & Thur., March 23-May 11, 7:30-8:20a

Fee: \$79



Warm Water Exercises

REC 055

An ideal environment for relieving arthritis pain and general stiffness. Immersion in warm water raises body temperature, causes blood vessels to dilate, and increases circulation – a gentle way to exercise joints and muscles. The free movement also acts as a resistance for building muscle. Classes are taught at Oak Tree Village and Park Place. No class 4/3.

Oak Tree Village Retirement Center:

Section 40: Mon. & Wed., Jan. 20-March 15, 8-9a
 Section 41: Mon. & Wed., Jan. 20-March 15, 5-6p
 Section 50: Mon. & Wed., March 29-May 19, 8-9a
 Section 51: Mon. & Wed., March 29-May 19, 5-6p
 Fee: \$79

Section 43: Saturdays, Jan. 23-March 13, 10:45-11:45a,
 Section 44: Saturdays, Jan. 23-March 13, Noon-1p
 Section 53: Saturdays, March 20-May 15, 10:45-11:45a
 Section 54: Saturdays, March 20-May 15, Noon-1p
 Fee: \$43

Park Place Senior Living at Winghaven:

Section 42: Mon. & Wed., Jan. 20-March 15, 7-8p
 Section 52: Mon. & Wed., March 29-May 19, 7-8p
 Fee: \$79

Self-Defense**Beginning Cardio Kickboxing** REC 802

The latest for muscle conditioning and cardiovascular endurance. Timed interval drill training using martial arts and boxing moves.

Section 40: Mon. & Wed., Jan. 20-March 10, 6-6:60p
 Section 41: Mon. & Wed., Jan. 20-March 10, 7-7:50p
 Section 42: Mon. & Wed., Jan. 20-March 10, 8-8:50p
 Section 43: Tues. & Thur., Jan. 19-March 11, Noon-12:50p
 Section 50: Mon. & Wed., March 22-May 12, 6-6:50p
 Section 51: Mon. & Wed., March 22-May 12, 7-7:50p
 Section 52: Mon. & Wed., March 22-May 12, 8-8:50p

Fee: \$79

Intermediate**Cardio Kickboxing** REC 804-50

A continuation of Beginning Cardio Kickboxing. Prerequisite: Beginning Cardio Kickboxing.

Tues. & Thur., March 23-May 11, 11:30a-12:20p, Fee: \$79

Practical Self Defense

REC 315

Based on the principles of Tae Kwon Do, teaches skills for protection, and overall fitness, and helps achieve a better self-image. A highly developed system of self defense for women and men, incorporating the use of punching/kicking bags.

Section 40: Tues. & Thur., Jan 19-March 11, 5:15-6:15p
 Section 50: Tues. & Thur., March 23-May 13, 5:15-6:15p

Fee: \$79

Self Defense I

REC 039

Class teaches unarmed response to dangerous situations using the fundamentals of defense. Equal time is given to mental preparedness and emotional coping with acts of violence.

Section 40: Tues. & Thur., Jan. 19-March 11, 1-1:50p
 Section 50: Tues. & Thur., March 23-May 11, 1-1:50p

Fee: \$79

Qi Gong**And Energy Healing Techniques** REC 319

The first portion is taught as a traditional Tai Chi Qi Gong class. The second portion is a combination of traditional Tai Chi Qi Gong and other energy/spiritual healing techniques. Increases balance, flexibility, mobility, and coordination, and can help you develop a greater degree of calmness, relaxation, and centering in your life. No class 4/4.

Section 40: Sundays, Jan. 24-March 14, 6:15-7:15p
 Section 50: Sundays, March 21-May 16, 6:15-7:15p

Fee: \$59

Tai Chi I – An Introductory Class REC 309

Contains Tai Chi Form, Tai Chi Silk Reeling exercises, and a some Qi Gong. Increases balance, flexibility, mobility, and coordination. Materials are introduced slowly so the students can master the movements with ease. No class 4/4.

Section 40: Sundays, Jan. 24-March 14, 4:30-6p
 Section 50: Sundays, March 21-May 16, 4:30-6p

Fee: \$84

Zen Meditative Movement

REC 332

Uses the five Zen Meditative tools: physical, emotional, visual, verbal, and behavior pattern to help you achieve success in becoming more relaxed. Improve your memory; be more productive, competitive, and successful; focus your thoughts; get rid of mental clutter; and sleep better. This offshoot of Tai Chi focuses on mental clarity. No class 4/4.

Section 40: Sundays, Jan. 24-March 14, 2-3p
 Section 50: Sundays, March 21-May 16, 2-3p

Fee: \$59

Aerobics**Dance Aerobics**

REC 525

Combines dance and aerobic steps set to contemporary music. Whether you're a beginner or an old pro, this effective workout is for you.

Section 40: Mon. & Wed., Jan. 20-March 10, 11-11:50a
 Section 41: Tues. & Thur., Jan. 19-March 11, 5:30-6:20p
 Section 50: Mon. & Wed., March 22-May 12, 11-11:50a
 Section 51: Tues. & Thur., March 23-May 11, 5:30-6:20p

Fee: \$79

Fitness With Flair

REC 038

Low-impact aerobic dance moves, including muscle toning and conditioning, choreographed to contemporary music. Class consists of warm-up, peak, and cool down routines.

Section 40: Tues. & Thur., Jan. 19-March 11, 6:30-7:30p

Section 50: Tues. & Thur., March 23-May 11, 6:30-7:30p

Fee: \$79

Step Aerobics

REC 803

Incorporates step training as well as toning with weights and bands.

Section 40: Mon. & Wed., Jan. 20-March 10, Noon-12:50p

Section 50: Mon. & Wed., March 22-May 12, Noon-12:50p

Fee: \$79

Zumba

REC 060

The latest craze in exercise, learn fun Latin dance steps to create an exhilarating aerobic workout. Based on interval training – a very effective way of working out your whole body while having fun! No class 4/2.

Section 40: Mondays, Jan. 25-March 15, 7-8p

Section 41: Fridays, Jan. 22-March 12, 12:30-1:30p

Section 50: Mondays, March 22-May 10, 7-8p

Section 51: Fridays, March 19-May 14, 12:30-1:30p

Fee: \$56

Section 42: Mon. & Wed., Jan. 20-March 10, 10-10:50a

Section 52: Mon. & Wed., March 22-May 12, 10-10:50a

Fee: \$79

Sticky exercise mats (available in the SCC Bookstore) are required in all Pilates and Yoga classes.

Pilates Classes**Basic Pilates – Contrology**

REC 825

While considering individual levels, skills for coordination of body strength and mental awareness are taught to develop the inner balance needed by all in this classical mat class.

Section 40: Mon. & Wed., Jan. 20-March 10, 1-1:50p

Section 41: Tues. & Thur., Jan. 19-March 11, Noon-12:50p

Section 42: Tues. & Thur., Jan. 19-March 11, 5:45-6:45p

Section 50: Mon. & Wed., March 22-May 12, 1-1:50p

Section 51: Tues. & Thur., March 23-May 11, Noon-12:50p

Section 52: Tues. & Thur., March 23-May 11, 5:45-6:45p

Fee: \$79

Pilates Mat Class

REC 826

Effective for all ages and levels of fitness, Pilates method works muscle groups with coordinated effort through their range of motion. Exercises are done in a low weight bearing position, so there is little or no impact on the joints.

Section 40: Wednesdays, Jan. 20-March 10, 5:45-6:45p

Section 50: Wednesdays, March 24-May 12, 5:45-6:45p

Fee: \$42

Yoga Classes**Beginning Yoga**

REC 022

Hatha Yoga is the practice of meditation, stretching, and breathing. Postures allow you to gain flexibility, tone muscles, and enjoy the flow of breath within your body. Create a more fluid body, more open mind, and release tension from your muscles. No class 2/23.

Section 40: Tuesdays, Jan. 19-March 16, 6:30-7:45p

Section 41: Wednesdays, Jan. 20-March 30, 9:30-10:45a

Section 42: Thursdays, Jan. 21-March 11, 6:30-7:45p

Section 50: Tuesdays, March 23-May 11, 6:30-7:45p

Section 51: Wednesdays, March 24-May 12, 9:30-10:45a

Section 52: Thursdays, March 18-May 6, 6:30-7:45p

Fee: \$69

Beyond Beginning Yoga

REC 025

Yoga for the student who does not wish to move to the intermediate level but wants to extend beyond yoga basics. Prerequisite: one yoga session or instructor permission.

Section 40: Thursdays, Jan. 21-March 11, 6:30-7:45p

Section 50: Thursdays, March 18-May 6, 6:30-7:45p

Fee: \$69

Gentle Yoga

REC 023

Learn the basics and understand how breathing and postures are linked together when used in action. Teaches proper alignment and lengthens the spine. This gentle approach eases you into fitness and flexibility. No class 4/3 or 5/15.

Section 40: Saturdays, Jan. 23-March 13, 8:30-9:45a

Section 50: Saturdays, March 20-May 22, 8:30-9:45a

Fee: \$69

Intermediate Yoga

REC 027

Deepen your Yoga practice with more challenging postures and more fluidity between postures. Previous Yoga experience recommended. No class 2/23.

Section 40: Tuesdays, Jan. 19-March 16, 8-9:15p

Section 50: Tuesdays, March 23-May 11, 8-9:15p

Fee: \$69

Yoga for Life

REC 053

Transform awareness and quiet down mind and body to experience inner peace, joy, and well-being. This energizing class covers all aspects of yoga practice: vinyasa flow, heart opening postures, developing stillness by meditation, breathing, and relaxation. Gain vitality and release stagnancy energy. Prerequisite: One Beginning Yoga session or instructor approval. No class 4/3 or 5/15.

Section 40: Saturdays, Jan. 23-March 13, 10-11:15a

Section 50: Saturdays, March 20-May 22, 10-11:15a

Fee: \$69

Yoga for a Stronger Back

REC 045

Learn basic fundamentals of strengthening your core muscles with the emphasis on muscle and joint flexibility. No class 4/3 or 5/15.

Section 40: Saturdays, Jan. 23-March 13, 8:30-9:45a

Section 50: Saturdays, March 20-May 22, 8:30-9:45a

Fee: \$69

Dance**Tap Dance I**

REC 301

Beginning dance course which covers the basic steps of tap technique. Students learn coordination, rhythmic variations, and performance skills through a series of tap combinations. Tap shoes are required.

Section 40: Mon. & Wed., Jan. 20-March 10, Noon-12:50p

Section 50: Mon. & Wed., March 22-May 12, Noon-12:50p

Fee: \$79

Modern Dance I

REC 308-40

Modern dance brings out the inner you! Emphasis is on basic components of time, force, and movement through the space. Come dance with innovation and expression.

Tues. & Thur., Jan. 19-March 11, 2-2:50p, Fee: \$79

Jazz Dance I

REC 306-50

Using the basic elements of jazz dance, students will participate in movement experiences designed to increase range of motion, strength, endurance, agility, coordination, stability, line, and special awareness. The dance elements of time, force, space, dynamics, expression, and more will be incorporated. Jazz shoes are required.

Tues. & Thur., March 23-May 11, Noon-12:50p, Fee: \$79

Middle Eastern Dance**Belly Dance – Level 1**

REC 021-40

An introduction to the history and technique of Middle Eastern dance. Learn the fundamental movements of belly dance as practiced today in the United States. Wear comfortable clothes; shoes are optional. Bring a scarf to tie around your hips. No class 3/6 or 4/3.

Saturdays, Feb. 6-May 8, 12:30-1:30p, Fee: \$77

Belly Dance – Level 2

REC 037-40

Builds on the basic techniques, with focus on more complex dance combinations, as well as on musical interpretation. Dance props, including zills and veils, will be introduced. Prerequisite: Belly Dance: Level 1 or instructor permission. No class 3/6 or 4/3.

Saturdays, Feb. 6-May 8, 1:45-2:45p, Fee: \$77

Belly Dance – Level 3

REC 041-40

Provides in-depth instruction with emphasis on the importance of musical interpretation and showmanship in creating a Middle Eastern dance performance. Admission by instructor permission only. No class 3/6 or 4/3.

Saturdays, Feb. 6-May 8, 3:30-4:30p, Fee: \$77

Belly Dance Spring Recital Preparation – Level 2

REC 066-40

Designed for students who are enrolled in the regular Level 2 class during the spring session and who plan on performing in the spring recital. Focus is on learning and refining choreography. Participants will receive guidance on performing skills and costuming. Required for those who wish to perform in the spring recital. No class 4/3.

Saturdays, March 27-May 8, 2:45-3:15p, Fee: \$19

Belly Dance Spring Recital Preparation – Level 3

REC 067-40

Designed for students who are enrolled in the regular level 3 class during the spring session and who plan on performing in the spring recital. Focus is on learning and refining choreography. Participants will receive guidance on performing skills and costuming. Required for those who wish to perform in the spring recital. No class 4/3.

Saturdays, March 27-May 8, 4:30-5:30p, Fee: \$19

Hawaiian Dance**Hula for Your Health**

REC 040

For beginners, learn basic hula steps combined with contemporary Hawaiian music. Increase muscle tone in legs, arms, and buttocks – a terrific workout for your body and spirit. No class 1/27, 3/27, or 4/3.

Section 40: Wednesdays, Jan. 20-March 17, 8:10-9:10p

Section 50: Wednesdays, March 24-May 12, 8:10-9:10p

Section 51: Saturdays, March 6-May 8, 9-10a

Fee: \$49

Ohana Hula – Mommy and Me Hula

CFT 015

Mom and preschool child learn basic hula and Tahitian steps creating a bonding experience. Learn movements to energetic Hawaiian and Tahitian music. We will also make one craft. Parent/guardian must attend with child. No class 2/19 or 4/2.

Section 40: Fridays, Jan. 22-March 19, 10:45-11:45a

Section 50: Fridays, March 26-May 21, 10:45-11:45a

Fee: \$49

Social Dance Classes

Ages 14-Adult

A lifetime investment in fun and wellness, dance is a great way to get exercise without working out! Our award-winning instructors Stan Mayer and Linda Landwehr are former professional champion dancers with 25 years experience in competition and instruction. Students are instructed to enroll with a partner. For more information, visit the Web site at www.stchas.edu/dance. No classes 5/30-31.

Ballroom I (Foxtrot, Waltz, Rumba, East Coast Swing) DAN 107

Section 40: Sundays, Jan. 17-March 7, 12:55-1:55p
 Section 41: Mondays, Jan. 25-March 15, 6:55-7:55p
 Section 42: Wednesdays, Jan. 20-March 10, 6:55-7:55p
 Section 50: Sundays, April 11-June 6, 12:55-1:55p
 Section 51: Mondays, April 12-June 7, 6:55-7:55p
 Section 52: Wednesdays, April 14-June 2, 6:55-7:55p

Fee: \$44

Ballroom II (Foxtrot, Waltz, Tango, Rumba, East Coast Swing) DAN 109

Section 40: Sundays, Jan. 17-March 7, 11:50a-12:50p
 Section 41: Mondays, Jan. 25-March 15, 9:05-10:05p
 Section 42: Wednesdays, Jan. 20-March 10, 8-9p
 Section 50: Sundays, April 11-June 6, 11:50a-12:50p
 Section 51: Mondays, April 12-June 7, 9:05-10:05p
 Section 52: Wednesdays, April 14-June 2, 8-9p

Fee: \$44

Ballroom III – Tango I DAN 141-50

Mondays, April 12-June 7, 5:50-6:50p, Fee: \$44

Ballroom III – Cha Cha I DAN 147-50

Tuesdays, April 13-June 1, 9:05-10:05p, Fee: \$44

Ballroom III – Foxtrot II DAN 148-40

Mondays, Jan. 25-March 15, 5:50-6:50p, Fee: \$44

Ballroom III-Rumba/Bolero I DAN 163-40

Wednesdays, Jan. 20-March 10, 9:05-10:05p, Fee: \$44

Ballroom III-Rumba/Bolero II DAN 166-50

Wednesdays, April 14-June 2, 9:05-10:05p, Fee: \$44

Imperial Swing Basic I DAN 105

Section 40: Sundays, Jan. 17-March 7, 2-3p
 Section 41: Tuesdays, Jan. 19-March 9, 6:55-7:55p
 Section 42: Thursdays, Jan. 21-March 11, 6:55-7:55p
 Section 50: Sundays, April 11-June 6, 2-3p
 Section 51: Tuesdays, April 13-June 1, 6:55-7:55p
 Section 52: Thursdays, April 15-June 3, 6:55-7:55p

Fee: \$44

Imperial Swing Basic II DAN 106

Section 40: Sundays, Jan. 17-March 7, 3:05p-4:05p
 Section 41: Tuesdays, Jan. 19-March 9, 8-9p
 Section 42: Thursdays, Jan. 21-March 11, 8-9p
 Section 50: Sundays, April 11-June 6, 3:05-4:05p
 Section 51: Tuesdays, April 13-June 1, 8-9p
 Section 52: Thursdays, April 15-June 3, 8-9p

Fee: \$44

Imperial Swing Basic III (Lindy) DAN 104

Section 40: Thursdays, Jan. 21-March 11, 9:05-10:05p
 Section 50: Thursdays, April 15-June 3, 9:05-10:05p

Fee: \$44

Jitterbug Swing I DAN 159

Section 40: Sundays, Jan. 17-March 7, 5:15-6:15p
 Section 50: Sundays, April 11-June 6, 5:15-6:15p

Fee: \$44

Hustle II DAN 161-40

Tuesdays, Jan. 19-March 9, 9:05-10:05p, Fee: \$44

West Coast Swing I and II DAN 162

Section 40: Wednesdays, Jan. 20-March 10, 5:50-6:50p
 Section 50: Wednesdays, April 14-June 2, 5:50-6:50p

Fee: \$44

Country and Western – Two Step DAN 164-50

Sundays, April 11-June 6, 4:10-5:10p, Fee: \$44

Salsa/Mambo I DAN 160-40

Mondays, Jan. 25-March 15, 8-9p, Fee: \$44

Salsa/Mambo II DAN 165-50

Mondays, April 12-June 7, 8-9p, Fee: \$44

Merengue I DAN 119-40

Sundays, Jan. 17-March 7, 4:10-5:10p, Fee: \$44



Social Dance Instructors
 Stan Mayer and Linda Landwehr