

Recreation

Special Interest

NEW! A Guide to Health And Wellness Series

Join Dr. Matt Leonard, D.C., team chiropractor for the River City Rascals, in this series of classes designed to promote a healthy lifestyle. Dr. Leonard is a board-licensed Certified Strength and Conditioning Specialist with emphasis in exercise physiology, biomechanics of motion, nutrition, and wellness principles. Choose individual classes or register for the whole series and save!

Course #	Fee	Loc	Time	Day	Date
REC 320-40	\$96	SCC	See individual dates and times below.		

NEW! Nutritional Foundation

Go beyond the basics of nutrition. Learn how your body metabolizes different nutrients and what you should be putting in your body to allow it to function optimally.

Course #	Fee	Loc	Time	Day	Date
REC 321-40	\$15	SCC	7-9p	T	6/17

NEW! Developing a Balanced Diet

Learn to apply sound nutritional principles to develop a sensible and nourishing diet based upon your age, race, gender, and body type. Special emphasis will be placed on natural weight loss.

Course #	Fee	Loc	Time	Day	Date
REC 322-40	\$15	SCC	7-9p	T	6/24

NEW! Exercise

How much, when and why? Learn the positive and (sometimes) negative effects exercise has on the body.

Course #	Fee	Loc	Time	Day	Date
REC 323-40	\$15	SCC	7-9p	T	7/1

NEW! Aging

Learn what happens to the body during the aging process and what can be done to age as healthy as possible.

Course #	Fee	Loc	Time	Day	Date
REC 324-40	\$15	SCC	7-9p	T	7/8

NEW! Emotional and Mental Health

Learn how your thoughts, feelings, and emotions can affect your physical health in both positive and negative ways.

Course #	Fee	Loc	Time	Day	Date
REC 325-40	\$15	SCC	7-9p	T	7/15

NEW! "The Secret"

This video seminar shares the secret to unlimited joy, health, money, relationships, love, and everything you ever wanted. A discussion will follow with thoughts on the ideas presented in the film.

Course #	Fee	Loc	Time	Day	Date
REC 326-40	\$15	SCC	7-9p	T	7/22

NEW! Common Physical Ailments

Learn how to deal with chronic illness/pain and how to prevent common aches, pains, and illnesses.

Course #	Fee	Loc	Time	Day	Date
REC 327-40	\$15	SCC	7-9p	T	7/29

NEW! Exercise and Nutritional Plan

Apply principles of diet and physical activity to a plan personalized for you. This highly useful lesson will allow you to put your plan into action immediately.

Course #	Fee	Loc	Time	Day	Date
REC 328-40	\$15	SCC	7-9p	T	8/5

NEW! New Research in Health and Science

Discuss the latest trends in the health and wellness industry. Topics will include, but will not be limited to, fad dieting, prescription medications, exercise techniques, and alternative medicine options.

Course #	Fee	Loc	Time	Day	Date
REC 329-40	\$15	SCC	7-9p	T	8/12

NEW! Proper Footwear

Learn how to choose proper footwear and the impact it may have on your ankles, knees, hips, back, etc.

Course #	Fee	Loc	Time	Day	Date
REC 330-40	\$15	SCC	7-9p	T	8/19



Recreation

Certification Classes

Hunter Education

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.)**

Course #	Fee	Loc	Time	Day	Date
SAF 103-40	\$5	SCC	9a-4p	S/SU	7/12-13
SAF 103-41	\$5	SCC	9a-4p	S/SU	8/2-3

Scuba Diving, Ages 10 and Up

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.

Course #	Fee	Loc	Time	Day	Date
REC 905-40	\$240	GAD	6:30-10:30p	F	5/30-6/27

Golf

Beginning Golf

Learn the fundamentals of this lifetime sport. Classes are taught at Cave Spring Golf Center by Dan Buffington and Sam Gilliland. Tuition includes range balls and a short, personal follow-up class. **No class 7/5.**

Course #	Fee	Loc	Time	Day	Date
REC 550-40	\$80	CSG	6-7p	R	6/19-7/10
REC 550-41	\$80	CSG	11a-Noon	S	6/21-7/19
REC 550-50	\$80	CSG	6-7p	R	7/24-8/14
REC 550-51	\$80	CSG	11a-Noon	S	7/26-8/16

HOOK up with SCC,



and **CATCH** a new hobby.

Sign up for a fishing class today!

NEW! Bass Fishing 101 Series

Join professional angler, Win Stevens, in this series of classes designed to prepare the angler for tournament fishing. Choose individual classes or save money registering for the whole series. Supply list will be mailed.

Course #	Fee	Loc	Time	Day	Date
REC 411-40S	\$72	SCC	See individual dates and times below.		

NEW! Equipment, Casting, And Reeling Basics

Introduces anglers to basic fishing equipment and safety, teaches proper form to successfully complete a one-stroke cast, and demonstrates proper technique for reeling in a fish. Supply list will be mailed.

Course #	Fee	Loc	Time	Day	Date
REC 412-40S	\$19	SCC	6-9p	T	6/3

NEW! Fishing Line and Knots

Learn to properly tie fishing knots and identify different fishing line and their uses. Supply list will be mailed.

Course #	Fee	Loc	Time	Day	Date
REC 413-40S	\$19	SCC	6-9p	T	6/10

NEW! Fishing With Bass Lures

Introduces anglers to lure fishing techniques. Supply list will be mailed.

Course #	Fee	Loc	Time	Day	Date
REC 414-40S	\$19	SCC	6-9p	T	6/17

NEW! Tournament Bass Fishing

Introduces anglers to tournament bass fishing and how important it is to have the proper mind set and preparation to fish tournaments. Supply list will be mailed.

Course #	Fee	Loc	Time	Day	Date
REC 415-40S	\$19	SCC	6-9p	T	6/24

NEW! Bass Fishing With Topographic Maps

Introduces anglers to topographic fishing maps and how to pick out key fishing spots. Supply list will be mailed.

Course #	Fee	Loc	Time	Day	Date
REC 416-40S	\$19	SCC	6-9p	T	7/1

READY TO REGISTER? SEE PAGE 39.

SCC IS TOBACCO-FREE INSIDE & OUT.

See www.stchas.edu/tobaccofree for details.