

Campus Recreation *Fall 2016* Activity Classes

Cooking

					Mbr / Non-Mbr
Cook Out	T	5:15-6:30p	9/6	OA Kitchen	\$5/\$5
Lunch in a Crunch	T	5:15-6:30p	9/20	OA Kitchen	\$5/\$5
Taste of Asia	T	5:15-6:30p	10/4	OA Kitchen	\$5/\$5
Spooky Specialties	T	5:15-6:30p	10/18	OA Kitchen	\$5/\$5
Mystery Class	T	5:15-6:30p	11/1	OA Kitchen	\$5/\$5
Pass the Turkey	T	5:15-6:30p	11/15	OA Kitchen	\$5/\$5
Food Gifts!	T	5:15-6:30p	11/29	OA Kitchen	\$5/\$5

Dance

Argentine Tango Fundamentals I	M	6:45-8:15	9/12-11/14	Room A	\$75/\$85
Argentine Tango Fundamentals II	W	6:45-8:15	9/14-11/16	Room A	\$75/\$85
Bachata and Salsa Latin Dance	Th	8:30-10:00	9/8-11/17	Room A	\$70/\$80
Bharathnatyam (Classical Indian Dance)	F/Su	7:00-8:00	9/9-11/13	Larson	\$50/\$60
East Coast Swing Session 1	T	5:15-6:30	9/6-10/11	Room A	\$45/\$65
East Coast Swing Session 2	T	5:15-6:30	10/25-11/29	Room A	\$45/\$55

Fine Arts

Acoustic Guitar Beginner	T	5:30-6:30	9/6-11/8	PACR	\$50/\$60
Acoustic Guitar Advanced	Th	5:30-6:30	9/8-11/10	PACR	\$50/\$60
Oil Painting Session 1	M/W	5:15-6:45	9/7-10/3	OA	\$55/\$65
Oil Painting Session 2	M/W	5:15-6:45	10/10-11/2	OA	\$55/\$65
Oil Painting Session 3	M/W	5:15-6:45	11/14-12/7	OA	\$55/\$65
Sculpture Session 1	M/W	7:00-9:00	9/7-10/3	OA	\$65/\$75
Sculpture Session 2	M/W	7:00-9:00	10/10-11/2	OA	\$65/\$75
Sculpture Session 3	M/W	7:00-9:00	11/14-12/7	OA	\$65/\$75

Martial Arts

Aikido Beginner	M/W	6:15-7:45	9/12-12/7	Gittings	\$95/\$105
Aikido Advanced	T	6:15-7:45	9/13-11/29	Gittings	\$75/\$85
Brazilian Jiu Jitsu	T/Th	4:30-6:00	9/6-11/10	Gittings	\$75/\$85
Capoeira Beginner Session 1	Th	6:15-7:45	9/8-10/13	Gittings	\$45/\$55
Capoeira Beginner Session 2	Th	6:15-7:45	10/20-12/1	Gittings	\$45/\$55
Combat Coordination and Movement	M/W	6:30-8:00	9/7-12/7	BDWR	\$95/\$105
Damo Sword	Th	5:00-6:30	9/8-12/1	Room A	\$60/\$70
Haidong Gumdo (Sword Training) Session 1	T/Th	6:45-8:15	9/6-10/13	Room A	\$55/\$65
Haidong Gumdo (Sword Training) Session 2	T/Th	6:45-8:15	10/18-12/1	Room A	\$55/\$65
Krav Maga Advanced	T/Th	6:15-7:45	9/6-11/29	BDWR	\$95/\$105
Krav Maga Beginner	M/W	8:15-9:45	9/7-11/28	BDWR	\$95/\$105
Military Combat Arts: Restraints	W	5:15-6:30	9/14-11/9	Sqsh Ct	\$55/\$65
Military Combat Arts: Survival	W	6:45-7:45	9/14-11/9	Sqsh Ct	\$50/\$60
Tai Chi Quan	M	5:30-6:30	9/12-11/14	Room A	\$50/\$60

Wellness Workshops

Knife Skills w/ Garden Kitchen Session 1	T	5:30-7:30	9/13	OA Kitchen	\$35/\$45
Knife Skills w/ Garden Kitchen Session 2	T	5:30-7:30	10/11	OA Kitchen	\$35/\$45
Tea Tasting Session 1	T	6:00-6:45	9/27	OA Kitchen	Free
Tea Tasting Session 2	T	6:00-6:45	11/8	OA Kitchen	Free

More Info: rec.arizona.edu/activity-classes



Descriptions *Fall 2016* Activity Classes

Cooking

Cooking on Campus classes are open to all students, inexperienced or amateur chef, and teach the basics of cooking.

Cook Out

On the menu this week: BBQ Shrimp Skewers, Pasta Salad, Grilled Peaches

Lunch in a Crunch

On the menu this week: Turkey Wraps, Oatmeal Superfood Bars, Yogurt Parfait

Taste of Asia

On the menu this week: Sushi, Ramen Pad Thai, Boba Tea

Spooky Specialties

On the menu this week: Jack O'Lantern Stuffed Peppers, Candy Apples, Pumpkin Cookie Dough

Mystery Class

On the menu this week: Guest instructor, Executive Chef Michael Omo from SUMC

Pass the Turkey

On the menu this week: Turkey, Cauliflower Mashed Potatoes, Inside-Out Apple Pie

Food Gifts!

On the menu this week: Chai Tea, Dry Rub, Decorated Gingerbread Cookies

Dance

Argentine Tango Fundamentals I & II

Known for its elegance, passion, seductive movement, and beautiful music, Tango is an improvisational dance; a colorful conversation bringing personal style and embellishments. Learn the basics of the style. Fundamentals II is for those with tango experience, continuing the movement concepts and techniques covered in Fundamentals I. No partner necessary.

Bachata and Salsa Latin Dance

This exciting Latin dance course will provide the foundational steps and basic partner turn patterns for the Latin dances of Salsa, Merengue, Bachata and Kizomba. Spice up your life, learn a new skill and make new friends with Latin dancing! Come in and learn from the world-travelled SalsaSoulseros dance team. No prior dance experience or partner is necessary so sign up soon!

Bharathanatyam (Classical Indian Dance)

Popular South Indian classical dance known for its grace and sculptural poses—an embodiment of three major aspects: rhythmic and repetitive footsteps (Nritta), dramatic story telling with subtle facial expressions (Natya) and the combination of both (Nritya)—a beautiful confluence of distinctive hand gestures, eye, eyebrow, neck movements and facial expressions.

East Coast Swing

Come in and learn one of America's most popular social dances, straight out of the 20th century! See why this fun and addicting dance is still kicking around the nation and why you should be doing it! This is an introductory level class for beginners and those wishing to have a good time and no partner is necessary!

Fine Arts

Acoustic Guitar Beginner/Advanced

Beginner class is designed for individuals who are just starting out with the guitar. Learn notes, chords and all the basics. Advanced class is designed for individuals who are looking to brush up on their guitar skills and gain instruction on complex rhythms, chords and tempos. Bring your own guitar.

Oil Painting

Create one-of-a-kind prints (monotype) by painting with oil sticks on a piece of glass. You will complete three works of art to take home! This type of art lends itself very well to an impressionistic art style. Intended for those who love art, and would like to create art in a non-judgmental, relaxing environment. Wear an apron or painting clothes.

Sculpture

Let your imagination run wild by creating sculpture pieces with paper mache and a variety of other materials. All skill levels are welcome for this class; no experience necessary! Create multiple projects in a free flowing and non-judgmental environment. Wear appropriate clothing or an apron.

Martial Arts

Aikido Beginner/Advanced

Uses the Japanese principles of circular motion and non-resistance against an opponent's force (for anyone, using the least amount of physical force). Etiquette and discipline are observed. Sweatpants/sweatshirts are acceptable for beginners. Advanced class is for those with Aikido experience.

Brazilian Jiu Jitsu

A grappling-based art that focuses on applying proper technique, leverage, and timing in order to subdue an opponent—a smaller person can defend against a larger attacker, bringing the fight to the floor, and applying a submission hold.

Capoeira Beginner

Afro-Brazilian art incorporating dance-like moves, acrobatics, and percussion rhythms. Build physical fitness and coordination, infuse rhythms and songs of Capoeira and Brazil, strengthen interactive communication and teamwork, and increase multicultural awareness.

Combat Coordination and Movement

Developed from training common of fighting systems, CCM utilizes many traditional movements and exercises to engage the whole body in building flexibility, agility, speed, explosive power, and mind-body coordination. A stand-alone class for non-fighters, or a complement to fighting, strength, cardio, and power training programs.

Damo Sword

Improve your martial arts skills with sword techniques including thrusting, cutting, lunging, twisting, and hiding the sword. Covers forms and movements of different martial arts styles, and develops a deep understanding of martial arts theory and its relationship to health and fitness. Opportunity to participate in local performances. Wear comfortable loose-fitting clothing.

Haidong Gumdo (Sword Training)

Dynamic sword art from South Korea. Gain a basic understanding of the sword as an extension of their body, as well as an ancient weapon, facilitating an engaging and stimulating exercise regimen that pushes your limits. Wooden swords used during practice; may be purchased for \$20.

Krav Maga: Beginner/Advanced

Challenge yourself in conditioning for fighting fitness, and learn techniques and applications of basic combatives for real life self-defense. NO prior experience necessary for Beginner. Advanced is the second iteration with intensity increasing through combination of speed, power, and technique. Mouthguards required.

Military Combat Arts: Restraints

Considering a career in law enforcement or looking for a unique challenge? Learn "Restraint and Control" maneuvers along with combatives from Israeli Krav Maga, reversals from the U.S. military and evasive drills from Russian Systema. "Awareness, avoidance and deterrent" tactics practiced provide options for preventing potential violent confrontations. "Restraint and Control" techniques cover escape and reversals from the most common street fighting. Very physically active and mentally challenging. Street clothes and shoes are required.

Military Combat Arts: Survival

Feel more confident in your ability to defend yourself. Learn simple and effective tactics to help identify and avoid potential capture, abduction or assault attempts. Covers "Escape and Evasion" tactics including awareness and avoidance methods from the U.S. military, body guard protective techniques from Russian Systema and ambush survival plans from Israeli Krav Maga. Street clothes and shoes are required.

Tai Chi Quan

This centuries-old Chinese practice combines martial arts and mind-body wellness. Smooth, flowing motions throughout space allow you to master your ability to peacefully and effortlessly move & redirect energy.

Wellness Workshops

Knife Skills with The Garden Kitchen

Chop like the pros on TV. Knife skills are the first step in making cooking easier, more efficient and fun! Join The Garden Kitchen for how to slice, chop, and julienne a variety of vegetables. Learn cutting techniques and food/knife safety, and even get your knives from home sharpened!

Tea Tasting

Sampling and introduction to six tea varieties, presented by The Scented Leaf. With each tea service, discover about origins, processing, and health benefits. Learn to brew the best tasting teas, the best water to use, how long to steep, and the optimal water temperature. Receive a FREE drink voucher compliments of The Scented Leaf!

Full class descriptions at rec.arizona.edu/activity-classes