We are always looking to expand our Mini-course Program!

If you or someone you know is interested in teaching a mini-course for our Fall 2013 program contact Marilyn Petralia for more information at:

Marilyn.Petralia@downstate.edu

Or

718-270-2484

Student Center presents the Mini-Course Program SPRING 2013

Also available for download at: http://sls.downstate.edu/student_center/
STUDENT CENTER HOURS
MONDAY-FRIDAY- 7AM-10PM
SATURDAY-10AM - 6PM
SUNDAY-3PM-10PM

POOL HOURS
MONDAY-FRIDAY- 7AM-9AM, 11AM-2PM & 5PM-9PM
SATURDAY-11AM - 2PM & 2:30PM - 5:00PM
SUNDAY- 4PM-6PM & 7PM-9PM
CLOSED FOR STATE HOLIDAYS
QUESTIONS CALL 718-270-2487

POOL HOURS
MONDAY-FRIDAY- 7AM-9AM, 11AM-2PM & 5PM-9PM
SATURDAY-11AM - 2PM & 2:30PM - 5:00PM
SUNDAY- 4PM-6PM & 7PM-9PM
CLOSED FOR STATE HOLIDAYS
QUESTIONS CALL 718-270-2487

STUDENT CENTER HOURS
MONDAY-FRIDAY- 7AM-10PM
SATURDAY-10AM - 6PM
SUNDAY-3PM-10PM

POOL HOURS
MONDAY-FRIDAY- 7AM-9AM, 11AM-2PM & 5PM-9PM
SATURDAY-11AM - 2PM & 2:30PM - 5:00PM
SUNDAY- 4PM-6PM & 7PM-9PM
CLOSED FOR STATE HOLIDAYS
QUESTIONS CALL 718-270-2487

20. ACLS: FULL AND RECERTIFICATION COURSES
This course is designed for health-care professionals and is taught by experienced physicians and paramedics. The principles and practice of cardiopulmonary resuscitation will first be reviewed. Then, the student will learn advanced techniques such as bag-valve-mask ventilation, invasive airway maneuvers, and operation of a manual defibrillator/external pacemaker. The course will also cover the various cardiac dysrhythmias—their etiologies, recognition, and medical treatment. Finally, the course will discuss such critical situations such as acute coronary syndromes and stroke along with their diagnosis and treatment.

<table>
<thead>
<tr>
<th>February</th>
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<tbody>
<tr>
<td>2/7/13</td>
<td>Tuesday</td>
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</tr>
<tr>
<td>2/28/13</td>
<td>Tuesday</td>
<td>9:00am - 2:00pm</td>
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<thead>
<tr>
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<tbody>
<tr>
<td>3/13/12</td>
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<td>9:30am - 3:30pm</td>
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<tr>
<td>3/29/13</td>
<td>Thursday</td>
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<td>4/5/13</td>
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</tr>
<tr>
<td>4/10/13</td>
<td>Tuesday</td>
<td>9:00am - 2:00pm</td>
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<table>
<thead>
<tr>
<th>February</th>
<th></th>
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<tbody>
<tr>
<td>2/23/13</td>
<td>Thursday</td>
<td>9:00am - 4:00pm</td>
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<table>
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<tr>
<th>March</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>3/5/13 &amp; 3/6/13</td>
<td>Monday &amp; Tuesday</td>
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</tr>
<tr>
<td>3/27/13</td>
<td>Tuesday</td>
<td>9:00am - 4:00pm</td>
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</table>

<table>
<thead>
<tr>
<th>April</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>4/2/13 &amp; 4/3/13</td>
<td>Monday &amp; Tuesday</td>
<td>9:00am - 4:00pm</td>
</tr>
<tr>
<td>4/24/13</td>
<td>Tuesday</td>
<td>9:00am - 4:00pm</td>
</tr>
</tbody>
</table>
18. PALS: FULL AND RECERTIFICATION COURSES

This course is designed for health-care professionals who participate in the care of pediatric patients and is taught by experienced physicians and paramedics. The principles and practice of cardiopulmonary resuscitation (CPR) on the pediatric patient will first be reviewed. Then, the student will learn advanced techniques such as bag-valve-mask ventilation, invasive airway maneuvers, operation of a manual defibrillator/external pacemaker, and placement of an intraosseous needle. The course will also cover the various pediatric cardiac dysrhythmias—their etiologies, recognition, and medical treatment. Finally, the course will discuss such critical situations such as acute asthma and shock along with their diagnosis and treatment. For more info call: 1-718-245-4797

<table>
<thead>
<tr>
<th>February</th>
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<th></th>
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</thead>
<tbody>
<tr>
<td>2/9/13 &amp; 2/10/13</td>
<td>Thursday &amp; Friday</td>
<td>9:00am - 4:00pm</td>
<td>Full Course (2 Days)</td>
</tr>
<tr>
<td>2/29/13</td>
<td>Wednesday</td>
<td>9:00am - 4:00pm</td>
<td>Recertification</td>
</tr>
</tbody>
</table>

March

**NO FULL COURSE OFFERED IN MARCH**

| 3/20/13        | Tuesday   | 9:00am - 4:00pm | Recertification |

April

| 4/16/13 & 4/17/13 | Monday & Tuesday | 9:00am - 4:00pm | Full Course (2 Days) |

**NO RECERTIFICATION CLASS OFFERED IN APRIL**

19. BLS: FULL AND RECERTIFICATION COURSES

This course is designed for both layperson and health-care professional alike. Our experienced instructors will first train the student to be able to perform effective cardiopulmonary resuscitation (CPR) including airway positioning, rescue breathing and chest compressions on patients of all ages. Second, the student will learn how to operate an automated external defibrillator (AED). These skills are the two most important aspects of attempting to save a life after sudden cardiac arrest. For more information please call: 1-718-245-4797
The Student Center Governing Board is pleased to present its semi-annual Mini Course Program to members of the SUNY Downstate community. Faculty, students, and staff are invited to enroll in one or more of these non-credit courses. Whether it is to further improve an existing skill or explore a new field of interest, we think you will find the offerings exciting and worthwhile as many others have in the past.

**REGISTRATION:**
Takes place Monday, January 14th, 2013 through Friday, January 28th, 2013 at the Student Center Main Desk. All payments must be made in full at time of registration. NO SLOTS will be reserved without payment.

**WHO’S ELIGIBLE TO ENROLL IN A MINI-COURSE?**
In order to register for a Mini-Course, parent or spouse and/or child must have an active membership at the Student Center.

**WHO IS ELIGIBLE TO BECOME A STUDENT CENTER MEMBER?**
• Downstate Students/Alumni including children and/or spouse.
• Downstate Employees including children and/or spouse.

Please bring your current SUNY Downstate ID card, along with your Student Center membership card when you register. Payments may be made in cash or by check payable to SAF. Note: Retain the receipt of payment. The receipt is required for admission to the first session of each class.

**REGISTER EARLY TO AVOID BEING SHUT OUT OF YOUR CHOICE.**

**REFUND POLICY:** Refunds will be given only if a class does not meet its minimum enrollment requirements. NO OTHER REFUNDS WILL BE PERMITTED. Refunds will be issued for up to 3 months after the cancellation of a class. No refunds will be issued due to academic conflict or personal scheduling issues. Please choose courses carefully.

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**16. CORE AND MORE**
Enjoy a complete abdominal workout featuring exercises for the entire midsection! This class focuses on abdominal, oblique, gluts, mid & lower back strengthening and toning exercises using functional training, stability and posture challenges to engage the entire body each session.

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>LOCATION</th>
<th>MEETING DATES</th>
<th>ENROLLMENT</th>
<th>FEE</th>
<th>START DATE</th>
<th>CLASS WILL NOT MEET</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>7:00pm - 8:00pm</td>
<td>1/2 Gym</td>
<td>2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/15, 3/22</td>
<td>Min: 10 Max: 40</td>
<td>$ 50</td>
<td>2/1</td>
<td>3/29</td>
</tr>
</tbody>
</table>

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**17. NYSP Point & Insurance Reduction Program**
New lower pricing! Refresh your driving knowledge, and learn preventative measures for collision avoidance. The six-hour course is approved by Department of Motor Vehicles. CT, NJ, PA license holders are now eligible to attend. Save an average of 10% on insurance discount, over 3 years, on collision and liability for the principal driver/s). Reduce up to 4 points off your license. For further information please call the Front Desk at 718-270-2487. This program is great for drivers of any age! Must attend BOTH sessions to receive certification.

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>LOCATION</th>
<th>MEETING DATES</th>
<th>ENROLLMENT</th>
<th>FEE</th>
<th>START DATE</th>
<th>CLASS WILL NOT MEET</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>10:00am - 11:00am</td>
<td>1/2 Gym</td>
<td>2/2, 2/9, 2/23, 3/2, 3/9, 3/16, 3/23, 4/6</td>
<td>Min: 10 Max: 40</td>
<td>$ 50</td>
<td>2/2</td>
<td>2/16, 3/30</td>
</tr>
</tbody>
</table>
**Fitness, Cardio & Weight Training Program**

**Onyedikachukwu Momah - Instructor**

Ony Momah is a Downstate Physician Assistant student & a former professional athlete who has been a Certified Personal Trainer for over a decade. Ony has years of experience training all ages and fitness levels and is looking forward to helping everyone meet their fitness goals. (Omomah32@gmail.com)

**Bobby Herrman - Instructor**

Bobby Herrman is a Downstate Physician Assistant student who has been training people of all ages and fitness levels for years. Bobby is anticipating an exciting, healthy and fun weight loss & tone up season with you. (Bobby.Herrman1@gmail.com)

14. **FUNCTIONAL CARDIO STRENGTH**

Take charge of your day with this balanced workout combining cardio and strength exercises. This exciting workout combines a moderate to high intensity 35 minute cardio workout with 15 minutes of functional strength and 10 minute cool down. Enjoy energy building cardio training and muscle strengthening all in one fun class! Appropriate for all fitness levels.

<table>
<thead>
<tr>
<th>DAY: Sunday</th>
<th>TIME: 5:00pm - 6:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 8</td>
<td>LOCATION: 1/2 Gym</td>
</tr>
<tr>
<td>MEETING DATES: 2/3, 2/10, 2/24, 3/3, 3/10, 3/17, 3/24, 3/31</td>
<td></td>
</tr>
<tr>
<td>ENROLLMENT: Min: 10 Max: 40</td>
<td>FEE: $50</td>
</tr>
<tr>
<td>START DATE: 2/3</td>
<td>CLASS WILL NOT MEET: 2/17, 3/24, 3/31</td>
</tr>
</tbody>
</table>

15. **END OF THE WEEK TOTAL BODY BLAST**

Finish off your day with a great workout. End the Week Total Body Blast is a high-intensity, full-body conditioning and interval training program that involves fun total body exercises that maximizes effort and challenges you to get lean, toned, or get stronger while using minimal equipment. Join today & take every workout to the next level! Appropriate for all fitness levels.
AQUATICS PROGRAM

SWIMMING with Anthony C.

Anthony Christopher is a Downstate Alumnus teaching swimming to Student Center members for the past 30 years. Anthony has years of experiences in stroke technique and development, wishing everyone a great swim season for the Fall (aaochristopher@yahoo.com).

1. BEGINNER CHILD MONDAYS (minimum age req. 5 y.o.)
Learning essential techniques in both freestyle and backstroke, the beginner class is a great way to introduce your sons and daughters to the beautiful art of swimming. Basic survival strokes and water treading will be touched upon as well.

<table>
<thead>
<tr>
<th>DAY: Monday</th>
<th>TIME: 7:00pm—8:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 8</td>
<td>LOCATION: Pool</td>
</tr>
<tr>
<td>MEETING DATES: 2/4, 2/11, 2/25, 3/4, 3/11, 3/18, 4/1, 4/8</td>
<td></td>
</tr>
<tr>
<td>ENROLLMENT: Min: 4 Max: 15</td>
<td>FEE: $65</td>
</tr>
<tr>
<td>START DATE: Monday 2/4</td>
<td>CLASS WILL NOT MEET: 2/18 or 3/25</td>
</tr>
</tbody>
</table>

2. BEGINNER ADULT TUESDAYS (ANTHONY)
Adults wishing to learn proper freestyle and backstroke techniques to complement their dry land exercise routine, can join this fun yet instructional class. Basic treading techniques will be taught along with breathing methods to relax the novice swimmer.

<table>
<thead>
<tr>
<th>DAY: Tuesday</th>
<th>TIME: 7:00pm—8:00pm</th>
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<tbody>
<tr>
<td># of Sessions: 8</td>
<td>LOCATION: Pool</td>
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<tr>
<td>MEETING DATES: 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26</td>
<td></td>
</tr>
<tr>
<td>ENROLLMENT: Min: 4 Max: 15</td>
<td>START DATE: Tuesday 2/5</td>
</tr>
<tr>
<td>FEE: $65</td>
<td>CLASS WILL NOT MEET: 3/26</td>
</tr>
</tbody>
</table>

3. INTERMEDIATE CHILD/ADULT WEDNESDAYS (ANTHONY)
Pre-requisite: Swimmers are comfortable with basic freestyle and backstroke. Advanced stroke improvement in these two disciplines will be offered as well as introduction of the Breaststroke. Please contact instructor prior to registration for any questions regarding swimming pre-req. (aaochristopher@yahoo.com)

12. YOGA
Hard day at work? Stressed out with exams and school? Come RELAX and REJUVENATE! Yoga will offer deep level relaxation through meditation and stretching. Sign-up for one of the most popular classes offered through the Mini-Course program and let Margherita train your stress away. Contact instructor at: (margherita.rotondi@downstate.edu)

<table>
<thead>
<tr>
<th>CLASS 1</th>
</tr>
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<tbody>
<tr>
<td>DAY: Wednesday</td>
</tr>
<tr>
<td># of Sessions: 8</td>
</tr>
<tr>
<td>MEETING DATES: 2/6, 2/20, 2/27, 3/6, 3/13, 3/20, 4/3, 4/10</td>
</tr>
<tr>
<td>FEE: $55</td>
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<td>Start Date: Wednesday 2/6</td>
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<table>
<thead>
<tr>
<th>CLASS 2</th>
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<tbody>
<tr>
<td>DAY: Wednesday</td>
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<tr>
<td># of Sessions: 8</td>
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<tr>
<td>MEETING DATES: 2/6, 2/20, 2/27, 3/6, 3/13, 3/20, 4/3, 4/10</td>
</tr>
<tr>
<td>ENROLLMENT: Min: 10 Max: 13</td>
</tr>
<tr>
<td>Start Date: Wednesday 2/6</td>
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</table>

13. KICKBOXING with Kristen F.
Kickboxing is a great way to burn calories, have fun and learn some great self-defense techniques! In this class, we will do combine exciting music with all different types of moves ranging from punches to kicks to squats and more for an exciting work out that flies by. Never tried Kickboxing before? Don't worry, this class can be modified for ANY ability level so you can work at a pace that you feel comfortable with in order to see the results you desire. Contact Kristen with any questions at: kfonte34@yahoo.com

<table>
<thead>
<tr>
<th>DAY: Thursday</th>
<th>TIME: 5:30pm - 6:15pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 10</td>
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<tr>
<td>MEETING DATES: 2/7, 2/14, 2/21, 2/28, 3/7, 3/14, 3/21, 4/4, 4/11, 4/18</td>
<td></td>
</tr>
<tr>
<td>ENROLLMENT: Min: 10 Max: 40</td>
<td>FEE: $ 50</td>
</tr>
<tr>
<td>START DATE: 2/7</td>
<td>CLASS WILL NOT MEET: 3/24</td>
</tr>
</tbody>
</table>
10. **QUITE BODIES**
A mix of cardio, strength, and endurance cross training, featuring a fiery abdominal workout with the use of resistance equipment. Great for burning calories, sculpting, and toning. Quinn invites everyone looking to make a change and become more active. For more information please contact (Quinn at: Quinnharr@aol.com)

<table>
<thead>
<tr>
<th>DAY: Monday and Wednesday</th>
<th>TIME: 5:15 - 6:15pm</th>
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<tbody>
<tr>
<td># of Sessions: 10</td>
<td>LOCATION: Basketball Court</td>
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<tr>
<td>MEETING DATES: 2/6, 2/11, 2/20, 2/25, 2/27, 3/4, 3/6, 3/11, 3/13, 3/18</td>
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<td>ENROLLMENT: Min 10 Max: 40</td>
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<tr>
<td>START DATE: Mon. 2/6</td>
<td>CLASS WILL NOT MEET: 2/13 &amp; 2/18</td>
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**ZUMBA® with Kristen F.**

Kristen Fonte is a new student at SUNY Downstate in her first year in the Occupational Therapy Program. She graduated from the University of Delaware in 2011 and has been teaching Zumba for over 3 years. Kristen is certified in group fitness and personal training through IFTA.

<table>
<thead>
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<td>ENROLLMENT: Min: 10 Max: 40</td>
<td>FEE: $50</td>
</tr>
<tr>
<td>START DATE: Tuesday 2/12</td>
<td>CLASS WILL NOT MEET: 3/26</td>
</tr>
</tbody>
</table>

11. **ZUMBA**
Looking for a great workout but hate going to the gym? Try out ZUMBA (R) and dance away the calories away each week...you can burn up to 1000 calories in just one class! ZUMBA (R) is a dance-fitness class based on international rhythms and moves. Beginners are welcome and encouraged to join! Contact Kristen with any questions at: kfonte34@yahoo.com

<table>
<thead>
<tr>
<th>DAY: Friday</th>
<th>TIME: 7:00pm—8:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 8</td>
<td>LOCATION: Pool</td>
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<td>MEETING DATES: 2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/15, 3/22</td>
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<tr>
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<td>FEE: $65</td>
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<tr>
<td>START DATE: Friday 2/1</td>
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**YOGA with Margherita R-E.**
Margherita Rotondi-Eisenberg is an employee of the Department of Pediatrics at Downstate and a certified Yoga Instructor. She has been conducting Yoga sessions at the Student Center for the past 9 years.

<table>
<thead>
<tr>
<th>DAY: Wednesday</th>
<th>TIME: 7:00pm—8:00pm</th>
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<tbody>
<tr>
<td># of Sessions: 8</td>
<td>LOCATION: Pool</td>
</tr>
<tr>
<td>MEETING DATES: 2/6, 2/20, 2/27, 3/6, 3/13, 3/20, 4/3, 4/10</td>
<td></td>
</tr>
<tr>
<td>ENROLLMENT: Min: 4 Max: 15</td>
<td>FEE: $65</td>
</tr>
<tr>
<td>START DATE: Wednesday 2/6</td>
<td>CLASS WILL NOT MEET: 2/13 &amp; 2/27</td>
</tr>
</tbody>
</table>

**SWIMMING with Sebastian S.**
Sebastian Stanescu is a Medical Informatics Graduate student and a Student Activities Assistant here at Downstate with over 8 years of competitive swimming background. ARC WSI certified, Sebastian has been teaching the Downstate community how to swim for the past 6 years. Come join and have fun!

4. **BEGINNER CHILD FRIDAYS** (minimum age req. 5 y.o.) (SEBASTIAN)
Student Center members are encouraged to enroll their children in this EXTREMELY valuable and popular class. Children are taught the fundamentals of breathing, floating (both front and back), freestyle, backstroke, as well as basic water treading. (Contact: Sebastian.stanescu@downstate.edu)

<table>
<thead>
<tr>
<th>DAY: Friday</th>
<th>TIME: 7:00pm—8:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 8</td>
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<tr>
<td>MEETING DATES: 2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/15, 3/22</td>
<td></td>
</tr>
<tr>
<td>ENROLLMENT: Min: 4 Max: 15</td>
<td>FEE: $65</td>
</tr>
<tr>
<td>START DATE: Friday 2/1</td>
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</tbody>
</table>

5. **BEGINNER ADULT SUNDAYS** (SEBASTIAN)
It’s never too late to learn to swim! This course puts more emphasis on overcoming the fear of water and group learning. Basic freestyle and backstroke is taught then practiced with thorough repetition. Proper breathing will be the main goal and foundation of your swimming experience. (Contact: Sebastian.stanescu@downstate.edu)

<table>
<thead>
<tr>
<th>DAY: Sunday</th>
<th>TIME: 5:00pm-6:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 8</td>
<td>LOCATION: Pool</td>
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<tr>
<td>MEETING DATES: 2/3, 2/10, 2/24, 3/3, 3/10, 3/17, 4/7, 4/14</td>
<td></td>
</tr>
<tr>
<td>ENROLLMENT: Min: 4 Max: 15</td>
<td>FEE: $65</td>
</tr>
<tr>
<td>START DATE: Sunday 2/3</td>
<td>CLASS WILL NOT MEET: 2/17 3/24, 3/31</td>
</tr>
</tbody>
</table>
### 6. INTERMEDIATE CHILD/ADULT SUNDAYS (SEBASTIAN)

**Pre-requisite:** Beginner Child/Adult Swim class (or show competency in both freestyle and basic backstroke). During this course we build on Freestyle, Backstroke and we will introduce Breaststroke for the first time. More emphasis is placed on repetition and swimming drills to develop the intermediate swimmer on his/her endurance in the water.  

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th># of Sessions</th>
<th>LOCATION</th>
<th>MEETING DATES</th>
<th>ENROLLMENT: Min</th>
<th>FEE</th>
<th>START DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>4:00pm-5:00pm</td>
<td>8</td>
<td>Pool</td>
<td>2/3, 2/10, 2/24, 3/3, 3/10, 3/17, 4/7, 4/14</td>
<td>4 Max: 15</td>
<td>$65</td>
<td>Sunday 2/3</td>
</tr>
</tbody>
</table>

(Contact: Sebastian.stanescu@downstate.edu)

### AQUATICS with Rick L.

Rick Lui has been teaching classes at the Student Center for the past 2 years. Currently working in Medical Billing here at Downstate, Rick is ARC WSI Certified and has been conducting water fitness classes in Queens seasonally for the past 3 years.

### 7. BEGINNER CHILD/ADULT THURSDAYS (minimum age req. 5 y.o.)

**Rick** invites both beginner children and adults to participate in these fun and educational classes that will train the student in basic freestyle and backstroke technique. We also encourage parents and their children to participate together! If you have any questions please contact the instructor at (Rick.lui@downstate.edu)

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th># of Sessions</th>
<th>LOCATION</th>
<th>MEETING DATES</th>
<th>ENROLLMENT: Min</th>
<th>FEE</th>
<th>START DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>5:30pm—6:30pm</td>
<td>8</td>
<td>Pool</td>
<td>2/7, 2/14, 2/21, 2/28, 3/7, 3/14, 3/21, 4/4</td>
<td>4 Max: 15</td>
<td>$65</td>
<td>Thursday 2/7</td>
</tr>
</tbody>
</table>

### 8. WATER AEROBICS

Fun and energetic! Rick invites Student Center members to partake in this exciting course geared towards stress relief after a long day. For more information please contact Rick at: (Rick.lui@downstate.edu). **NOW 1 FULL HOUR LONG!!!**

### 9. IMPROV CLASSES

For actors and non-actors alike. In this 6-week class, Susan will lead the group through fun yet challenging skill-building exercises and scenes. Through theater games, movement exercises, story development skills, and character creation you will learn techniques that will help you to unblock your creativity and gain more confidence and comfort on and off stage. A safe, supportive and nurturing atmosphere is created in which each student can be spontaneous, uninhibited and more comfortable with verbal, emotional and physical expression -- all while having lots of fun and laughs!

**Susan** has been teaching adults and children since 1990 and currently offers classes and private coaching through her company, Improv Etc. She is a faculty member of the Lucy Moses School, teaches at The Manhattan Repertory Theatre. She has also taught corporate training workshops at NBC Universal, Oracle Software, The NY Bar Association, et al. For the last 3 years, Susan has directed and performed with the improv. troupe, Mishmash!, which performs two monthly shows at The Creek and the Cave in Long Island City, as well as at other NYC venues.

### 09. IMPROV CLASSES

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**Susan Kaessinger**

Susan has been teaching adults and children since 1990 and currently offers classes and private coaching through her company, Improv Etc. She is a faculty member of the Lucy Moses School, teaches at The Manhattan Repertory Theatre. She has also taught corporate training workshops at NBC Universal, Oracle Software, The NY Bar Association, et al. For the last 3 years, Susan has directed and performed with the improv. troupe, Mishmash!, which performs two monthly shows at The Creek and the Cave in Long Island City, as well as at other NYC venues.

### QUTE BODIES AEROBICS with Quinn H.

Quinn Harris has been collaborating with the Student Center for the past 9 years. Certified by the National Academy of Health and Fitness in Personal Training, Cardiovascular Training, and as a Medical exer-therapist, Quinn has one of the biggest followings here at Downstate.

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6. **INTERMEDIATE CHILD/ADULT SUNDAYS (SEBASTIAN)**

**Pre-requisite:** Beginner Child/Adult Swim class (or show competency in both freestyle and basic backstroke). During this course we build on Freestyle, Back-stroke and we will introduce Breaststroke for the first time. More emphasis is placed on repetition and swimming drills to develop the intermediate swimmer on his/her endurance in the water. (Contact: Sebastian.stanescu@downstate.edu)

<table>
<thead>
<tr>
<th>DAY: Sunday</th>
<th>TIME: 4:00pm-5:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 8</td>
<td>LOCATION: Pool</td>
</tr>
<tr>
<td>MEETING DATES: 2/3, 2/10, 2/24, 3/3, 3/10, 3/17, 4/7, 4/14</td>
<td></td>
</tr>
<tr>
<td>ENROLLMENT: Min: 4 Max: 15</td>
<td>FEE: $65</td>
</tr>
<tr>
<td>START DATE: Sunday 2/3</td>
<td>CLASS WILL NOT MEET: 2/17, 3/24 &amp; 3/31</td>
</tr>
</tbody>
</table>

**AQUATICS with Rick L.**

Rick Lui has been teaching classes at the Student Center for the past 2 years. Currently working in Medical Billing here at Downstate, Rick is ARC WSI Certified and has been conducting water fitness classes in Queens seasonally for the past 3 years.

7. **BEGINNER CHILD/ADULT THURSDAYS (minimum age req. 5 y.o.)**

Rick invites both beginner children and adults to participate in these fun and educational classes that will train the student in basic freestyle and backstroke technique. We also encourage parents and their children to participate together! If you have any questions please contact the instructor at (Rick.lui@downstate.edu)

<table>
<thead>
<tr>
<th>DAY: Thursday</th>
<th>TIME: 5:30pm—6:30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 8</td>
<td>LOCATION: Pool</td>
</tr>
<tr>
<td>MEETING DATES: 2/7, 2/14, 2/21, 2/28, 3/7, 3/14, 3/21, 4/4</td>
<td></td>
</tr>
<tr>
<td>ENROLLMENT: Min: 4 Max: 15</td>
<td>FEE: $65</td>
</tr>
<tr>
<td>START DATE: Thursday 2/7</td>
<td>CLASS WILL NOT MEET: 3/28</td>
</tr>
</tbody>
</table>

8. **WATER AEROBICS**

Fun and energetic! Rick invites Student Center members to partake in this exciting course geared towards stress relief after a long day. For more information please contact Rick at: (Rick.lui@downstate.edu). **NOW 1 FULL HOUR LONG!!!**

9. **WATER AEROBICS with Quinn H.**

Quinn Harris has been collaborating with the Student Center for the past 9 years. Certified by the National Academy of Health and Fitness in Personal Training, Cardiovascular Training, and as a Medical exer-therapist, Quinn has one of the biggest followings here at Downstate.

**Day: Tuesday and Thursday**

<table>
<thead>
<tr>
<th>TIME: 7:00pm-8:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 5</td>
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<tr>
<td>LOCATION: Pool</td>
</tr>
<tr>
<td>MEETING DATES: 2/7, 2/14, 2/21, 2/28, 3/7</td>
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<tr>
<td>ENROLLMENT: Min: 10 Max: 15</td>
</tr>
<tr>
<td>FEE: $50</td>
</tr>
<tr>
<td>START DATE: Thursday 2/7</td>
</tr>
</tbody>
</table>

**NEW!**

**Improv with Susan Kaessinger**

Susan has been teaching adults and children since 1990 and currently offers classes and private coaching through her company, Improv Etc. She is a faculty member of the Lucy Moses School, teaches at The Manhattan Repertory Theatre. She has also taught corporate training workshops at NBC Universal, Oracle Software, The NY Bar Association, et al. For the last 3 years, Susan has directed and performed with the improv. troupe, Mishmash!, which performs two monthly shows at The Creek and the Cave in Long Island City, as well as at other NYC venues.

**09. IMPROV CLASSES**

For actors and non-actors alike. In this 6-week class, Susan will lead the group through fun yet challenging skill-building exercises and scenes. Through theater games, movement exercises, story development skills, and character creation you will learn techniques that will help you to unblock your creativity and gain more confidence and comfort on and off stage. A safe, supportive and nurturing atmosphere is created in which each student can be spontaneous, uninhibited and more comfortable with verbal, emotional and physical expression -- all while having lots of fun and laughs!

<table>
<thead>
<tr>
<th>DAY: Tuesdays</th>
<th>TIME: 5:30pm - 7:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 6</td>
<td>LOCATION: Card Room</td>
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<tr>
<td>MEETING DATES: 2/12, 2/19, 2/26, 3/5, 3/12, 3/19</td>
<td></td>
</tr>
<tr>
<td>ENROLLMENT: 8 persons</td>
<td>FEE: $95</td>
</tr>
<tr>
<td>START DATE: 2/12</td>
<td></td>
</tr>
</tbody>
</table>

**“QUTE BODIES” AEROBICS with Quinn H.**

Quinn Harris has been collaborating with the Student Center for the past 9 years. Certified by the National Academy of Health and Fitness in Personal Training, Cardiovascular Training, and as a Medical exer-therapist, Quinn has one of the biggest followings here at Downstate.
10. QUTE BODIES
A mix of cardio, strength, and endurance cross training, featuring a fiery abdominal workout with the use of resistance equipment. Great for burning calories, sculpting, and toning. Quinn invites everyone looking to make a change and become more active. For more information please contact (Quinn at: Quinnharr@aol.com)

<table>
<thead>
<tr>
<th>DAY: Monday and Wednesday</th>
<th>TIME: 5:15 - 6:15pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 10</td>
<td>LOCATION: Basketball Court</td>
</tr>
<tr>
<td>MEETING DATES: 2/6, 2/11, 2/20, 2/25, 2/27, 3/4, 3/6, 3/11, 3/13, 3/18</td>
<td></td>
</tr>
<tr>
<td>ENROLLMENT: Min 10 Max: 40</td>
<td>FEE: $60</td>
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<tr>
<td>START DATE: Mon. 2/6</td>
<td>CLASS WILL NOT MEET: 2/13 &amp; 2/18</td>
</tr>
</tbody>
</table>

ZUMBA ® with Kristen F.
Kristen Fonte is a new student at SUNY Downstate in her first year in the Occupational Therapy Program. She graduated from the University of Delaware in 2011 and has been teaching Zumba for over 3 years. Kristen is certified in group fitness and personal training through IFTA.

11. ZUMBA
Looking for a great workout but hate going to the gym? Try out ZUMBA (R) and dance away the calories away each week...you can burn up to 1000 calories in just one class! ZUMBA (R) is a dance-fitness class based on international rhythms and moves. Beginners are welcome and encouraged to join! Contact Kristen with any questions at: kfonte34@yahoo.com

<table>
<thead>
<tr>
<th>DAY: Tuesday</th>
<th>TIME: 5:15pm - 6:15pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 10</td>
<td>LOCATION: 1/2 Gym</td>
</tr>
<tr>
<td>MEETING DATES: 2/12, 2/19, 2/26, 3/5, 3/12, 3/19, 4/2, 4/9, 4/16, 4/23</td>
<td></td>
</tr>
<tr>
<td>ENROLLMENT: Min: 10 Max: 40</td>
<td>FEE: $50</td>
</tr>
<tr>
<td>START DATE: Tuesday 2/12</td>
<td>CLASS WILL NOT MEET: 3/26</td>
</tr>
</tbody>
</table>

YOGA with Margherita R-E.
Margherita Rotondi-Eisenberg is an employee of the Department of Pediatrics at Downstate and a certified Yoga Instructor. She has been conducting Yoga sessions at the Student Center for the past 9 years.

<table>
<thead>
<tr>
<th>DAY: Wednesday</th>
<th>TIME: 7:00pm—8:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 8</td>
<td>LOCATION: Pool</td>
</tr>
<tr>
<td>MEETING DATES: 2/6, 2/20, 2/27, 3/6, 3/13, 3/20, 4/3, 4/10</td>
<td></td>
</tr>
<tr>
<td>ENROLLMENT: Min: 4 Max: 15</td>
<td>FEE: $65</td>
</tr>
<tr>
<td>START DATE: Wednesday 2/6</td>
<td>CLASS WILL NOT MEET: 2/13 &amp; 3/27</td>
</tr>
</tbody>
</table>

SWIMMING with Sebastian S.
Sebastian Stanescu is a Medical Informatics Graduate student and a Student Activities Assistant here at Downstate with over 8 years of competitive swimming background. ARC WSI certified, Sebastian has been teaching the Downstate community how to swim for the past 6 years. Come join and have fun!

4. BEGINNER CHILD FRIDAYS (minimum age req. 5 y.o.) (SEBASTIAN)
Student Center members are encouraged to enroll their children in this EXTREMELY valuable and popular class. Children are taught the fundamentals of breathing, floating (both front and back), freestyle, backstroke, as well as basic water treading. (Contact: Sebastian.stanescu@downstate.edu)

<table>
<thead>
<tr>
<th>DAY: Friday</th>
<th>TIME: 7:00pm-8:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 8</td>
<td>LOCATION: Pool</td>
</tr>
<tr>
<td>MEETING DATES: 2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/15, 3/22</td>
<td></td>
</tr>
<tr>
<td>ENROLLMENT: Min: 4 Max: 15</td>
<td>FEE: $65</td>
</tr>
<tr>
<td>START DATE: Friday 2/1</td>
<td></td>
</tr>
</tbody>
</table>

5. BEGINNER ADULT SUNDAYS (SEBASTIAN)
It’s never too late to learn to swim! This course puts more emphasis on overcoming the fear of water and group learning. Basic freestyle and backstroke is taught then practiced with thorough repetition. Proper breathing will be the main goal and foundation of your swimming experience. (Contact: Sebastian.stanescu@downstate.edu)

<table>
<thead>
<tr>
<th>DAY: Sunday</th>
<th>TIME: 5:00pm-6:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 8</td>
<td>LOCATION: Pool</td>
</tr>
<tr>
<td>MEETING DATES: 2/3, 2/10, 2/24, 3/3, 3/10, 3/17, 4/7, 4/14</td>
<td></td>
</tr>
<tr>
<td>ENROLLMENT: Min: 4 Max: 15</td>
<td>FEE: $65</td>
</tr>
<tr>
<td>START DATE: Sunday 2/3</td>
<td>CLASS WILL NOT MEET: 2/17 3/24, 3/31</td>
</tr>
</tbody>
</table>
AQUATICS PROGRAM

SWIMMING with Anthony C.

Anthony Christopher is a Downstate Alumnus teaching swimming to Student Center members for the past 30 years. Anthony has years of experiences in stroke technique and development, wishing everyone a great swim season for the Fall (aaochristopher@yahoo.com).

1. BEGINNER CHILD MONDAYS (minimum age req. 5 y.o.)
Learning essential techniques in both freestyle and backstroke, the beginner class is a great way to introduce your sons and daughters to the beautiful art of swimming. Basic survival strokes and water treading will be touched upon as well.

<table>
<thead>
<tr>
<th>DAY: Monday</th>
<th>TIME: 7:00pm—8:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 8</td>
<td>LOCATION: Pool</td>
</tr>
<tr>
<td>MEETING DATES: 2/4, 2/11, 2/25, 3/4, 3/11, 3/18, 4/1, 4/8</td>
<td></td>
</tr>
<tr>
<td>ENROLLMENT: Min: 4 Max: 15</td>
<td>FEE: $65</td>
</tr>
<tr>
<td>START DATE: Monday 2/4</td>
<td>CLASS WILL NOT MEET: 2/18 or 3/25</td>
</tr>
</tbody>
</table>

2. BEGINNER ADULT TUESDAYS (ANTHONY)
Adults wishing to learn proper freestyle and backstroke techniques to complement their dry land exercise routine, can join this fun yet instructional class. Basic treading techniques will be taught along with breathing methods to relax the novice swimmer.

<table>
<thead>
<tr>
<th>DAY: Tuesday</th>
<th>TIME: 7:00pm—8:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 8</td>
<td>LOCATION: Pool</td>
</tr>
<tr>
<td>MEETING DATES: 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26</td>
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</tr>
<tr>
<td>ENROLLMENT: Min: 4 Max: 15</td>
<td>START DATE: Tuesday 2/5</td>
</tr>
<tr>
<td>FEE: $65</td>
<td>CLASS WILL NOT MEET: 3/26</td>
</tr>
</tbody>
</table>

3. INTERMEDIATE CHILD/ADULT WEDNESDAYS (ANTHONY)
Pre-requisite: Swimmers are comfortable with basic freestyle and backstroke. Advanced stroke improvement in these two disciplines will be offered as well as introduction of the Breaststroke. Please contact instructor prior to registration for any questions regarding swimming pre-req. (aaochristopher@yahoo.com)

12. YOGA
Hard day at work? Stressed out with exams and school? Come RELAX and REJUVENATE! Yoga will offer deep level relaxation through meditation and stretching. Sign-up for one of the most popular classes offered through the Mini-Course program and let Margherita train your stress away. Contact instructor at: (margherita.rotondi@downstate.edu)

<table>
<thead>
<tr>
<th>DAY: Wednesday</th>
<th>TIME: 4:00-5:15pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 8</td>
<td>LOCATION: Reading Rm</td>
</tr>
<tr>
<td>MEETING DATES: 2/6, 2/20, 2/27, 3/6, 3/13, 3/20, 4/3, 4/10</td>
<td></td>
</tr>
<tr>
<td>FEE: $65</td>
<td>ENROLLMENT: Min: 10 Max: 13</td>
</tr>
<tr>
<td>Start Date: Wednesday 2/6</td>
<td>CLASS WILL NOT MEET: 2/13 &amp; 3/27</td>
</tr>
</tbody>
</table>

13. KICKBOXING with Kristen F.
Kickboxing is a great way to burn calories, have fun and learn some great self-defense techniques! In this class, we will do combine exciting music with all different types of moves ranging from punches to kicks to squats and more for an exciting work out that flies by. Never tried Kickboxing before? Don't worry, this class can be modified for ANY ability level so you can work at a pace that you feel comfortable with in order to see the results you desire. Contact Kristen with any questions at:kfonte34@yahoo.com

<table>
<thead>
<tr>
<th>DAY: Thursday</th>
<th>TIME: 5:30pm - 6:15pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 10</td>
<td>LOCATION: 1/2 Gym</td>
</tr>
<tr>
<td>MEETING DATES: 2/7, 2/14, 2/21, 2/28, 3/7, 3/14, 3/21, 4/4, 4/11, 4/18</td>
<td></td>
</tr>
<tr>
<td>ENROLLMENT: Min: 10 Max: 40</td>
<td>FEE: $50</td>
</tr>
<tr>
<td>START DATE: 2/7</td>
<td>CLASS WILL NOT MEET: 3/24</td>
</tr>
</tbody>
</table>
Fitness, Cardio & Weight Training Program

Onyedikachukwu Momah - Instructor

Ony Momah is a Downstate Physician Assistant student & a former professional athlete who has been a Certified Personal Trainer for over a decade. Ony has years of experience training all ages and fitness levels and is looking forward to helping everyone meet their fitness goals. (Omomah32@gmail.com)

Bobby Herrman - Instructor

Bobby Herrman is a Downstate Physician Assistant student who has been training people of all ages and fitness levels for years. Bobby is anticipating an exciting, healthy and fun weight loss & tone up season with you. (Bobby.Herrmann1@gmail.com)

14. FUNCTIONAL CARDIO STRENGTH
Take charge of your day with this balanced workout combining cardio and strength exercises. This exciting workout combines a moderate to high intensity 35 minute cardio workout with 15 minutes of functional strength and 10 minute cool down. Enjoy energy building cardio training and muscle strengthening all in one fun class! Appropriate for all fitness levels.

<table>
<thead>
<tr>
<th>DAY: Sunday</th>
<th>TIME: 5:00pm - 6:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Sessions: 8</td>
<td>LOCATION: 1/2 Gym</td>
</tr>
<tr>
<td>MEETING DATES: 2/3, 2/10, 2/24, 3/3, 3/10, 3/17, 3/24, 3/31</td>
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</tr>
<tr>
<td>ENROLLMENT: Min: 10 Max: 40</td>
<td>FEE: $ 50</td>
</tr>
<tr>
<td>START DATE: 2/3</td>
<td>CLASS WILL NOT MEET: 2/17, 3/24, 3/31</td>
</tr>
</tbody>
</table>

15. END OF THE WEEK TOTAL BODY BLAST
Finish off your day with a great workout. End the Week Total Body Blast is a high-intensity, full-body conditioning and interval training program that involves fun total body exercises that maximizes effort and challenges you to get lean, toned, or get stronger while using minimal equipment. Join today & take every workout to the next level! Appropriate for all fitness levels.
The Student Center Governing Board is pleased to present its semi-annual Mini Course Program to members of the SUNY Downstate community. Faculty, students and staff are invited to enroll in one or more of these non-credit courses. Whether it is to further improve an existing skill or explore a new field of interest, we think you will find the offerings exciting and worthwhile as many others have in the past.

REGISTRATION:
Takes place Monday, January 14th, 2013 through Friday, January 28th, 2013 at the Student Center Main Desk. All payments must be made in full at time of registration. NO SLOTS will be reserved without payment.

WHO’S ELIGIBLE TO ENROLL IN A MINI-COURSE?
In order to register for a Mini-Course, parent or spouse and/or child must have an active membership at the Student Center.

WHO IS ELIGIBLE TO BECOME A STUDENT CENTER MEMBER?
• Downstate Students/Alumni including children and/or spouse.
• Downstate Employees including children and/or spouse.

Please bring your current SUNY Downstate ID card, along with your Student Center membership card when you register. Payments may be made in cash or by check payable to SAF. Note: Retain the receipt of payment. The receipt is required for admission to the first session of each class.

REGISTER EARLY TO AVOID BEING SHUT OUT OF YOUR CHOICE.

REFUND POLICY: Refunds will be given only if a class does not meet its minimum enrollment requirements. NO OTHER REFUNDS WILL BE PERMITTED. Refunds will be issued for up to 3 months after the cancellation of a class. No refunds will be issued due to academic conflict or personal scheduling issues. Please choose courses carefully.

16. CORE AND MORE
Enjoy a complete abdominal workout featuring exercises for the entire midsection! This class focuses on abdominal, oblique, gluts, mid & lower back strengthening and toning exercises using functional training, stability and posture challenges to engage the entire body each session.

17. NYSP Point & Insurance Reduction Program
New lower pricing! Refresh your driving knowledge, and learn preventative measures for collision avoidance. The six-hour course is approved by Department of Motor Vehicles. CT, NJ, PA license holders are now eligible to attend. Save an average of 10% on insurance discount, over 3 years, on collision and liability for the principal driver/s). Reduce up to 4 points off your license. For further information please call the Front Desk at 718-270-2487. This program is great for drivers of any age! Must attend BOTH sessions to receive certification.
18. **PALS: FULL AND RECERTIFICATION COURSES**

This course is designed for health-care professionals who participate in the care of pediatric patients and is taught by experienced physicians and paramedics. The principles and practice of cardiopulmonary resuscitation (CPR) on the pediatric patient will first be reviewed. Then, the student will learn advanced techniques such as bag-valve-mask ventilation, invasive airway maneuvers, operation of a manual defibrillator/external pacemaker, and placement of an intraosseous needle. The course will also cover the various pediatric cardiac dysrhythmias—their etiologies, recognition, and medical treatment. Finally, the course will discuss such critical situations such as acute asthma and shock along with their diagnosis and treatment. For more info call: **1-718-245-4797**

<table>
<thead>
<tr>
<th>February</th>
<th>March</th>
<th>April</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/9/13 &amp; 2/10/13</td>
<td>3/20/13</td>
<td>4/16/13 &amp; 4/17/13</td>
</tr>
<tr>
<td><strong>Thursday &amp; Friday</strong></td>
<td><strong>Tuesday</strong></td>
<td><strong>Monday &amp; Tuesday</strong></td>
</tr>
<tr>
<td>9:00am - 4:00pm</td>
<td>9:00am - 4:00pm</td>
<td>9:00am - 4:00pm</td>
</tr>
<tr>
<td><strong>Full Course (2 Days)</strong></td>
<td><strong>Recertification</strong></td>
<td><strong>Full Course (2 Days)</strong></td>
</tr>
<tr>
<td><strong>Recertification</strong></td>
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</table>
STUDENT CENTER HOURS

MONDAY-FRIDAY- 7AM-10PM
SATURDAY-10AM - 6PM
SUNDAY-3PM-10PM

POOL HOURS

MONDAY-FRIDAY- 7AM-9AM, 11AM-2PM & 5PM-9PM
SATURDAY-11AM - 2PM & 2:30PM - 5:00PM
SUNDAY- 4PM-6PM & 7PM-9PM
CLOSED FOR STATE HOLIDAYS

QUESTIONS CALL
718-270-2487

STUDENT CENTER HOURS

MONDAY-FRIDAY- 7AM-10PM
SATURDAY-10AM - 6PM
SUNDAY-3PM-10PM

POOL HOURS

MONDAY-FRIDAY- 7AM-9AM, 11AM-2PM & 5PM-9PM
SATURDAY-11AM - 2PM & 2:30PM - 5:00PM
SUNDAY- 4PM-6PM & 7PM-9PM
CLOSED FOR STATE HOLIDAYS

QUESTIONS CALL
718-270-2487

20. ACLS: FULL AND RECERTIFICATION COURSES

This course is designed for health-care professionals and is taught by experienced physicians and paramedics. The principles and practice of cardiopulmonary resuscitation will first be reviewed. Then, the student will learn advanced techniques such as bag-valve-mask ventilation, invasive airway maneuvers, and operation of a manual defibrillator/external pacemaker. The course will also cover the various cardiac dysrhythmias- their etiologies, recognition, and medical treatment. Finally, the course will discuss such critical situations such as acute coronary syndromes and stroke along with their diagnosis and treatment.

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<th>Date</th>
<th>Day</th>
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<tr>
<td>2/7/13</td>
<td>Tuesday</td>
<td>9:30am - 3:30pm</td>
<td>Full Course</td>
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<td>2/28/13</td>
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<td>Recertification</td>
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<td>3/13/12</td>
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NO FULL COURSE CLASS OFFERED IN FEBRUARY

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<td>Monday &amp; Tuesday</td>
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<td>4/2/13 &amp; 4/3/13</td>
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We are always looking to expand our Mini-course Program!

If you or someone you know is interested in teaching a mini-course for our Fall 2013 program contact Marilyn Petralia for more information at: Marilyn.Petralia@downstate.edu

Or

718-270-2484

Student Center presents the Mini-Course Program SPRING 2013

Also available for download at: http://sls.downstate.edu/student_center/

Sponsored By The Student Center Governing Board