The Student Center presents:
The WINTER 2018 Mini-Course Program

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

Sponsored by the Student Center Governing Board
STUDENT CENTER HOURS
MONDAY - FRIDAY: 7 a.m. - 10 p.m.
SATURDAY: 10 a.m. - 6 p.m.
SUNDAY: 3 p.m. - 10 p.m.

POOL HOURS
MONDAY - FRIDAY: 7 a.m. - 9 a.m.,
11 a.m. - 2 p.m., 5 p.m. - 9 p.m.
SATURDAY:
11 a.m. - 2 p.m., 2:30 p.m. - 5:00 p.m.
SUNDAY:
4 p.m. - 6 p.m., 7 p.m. - 9 p.m.

Winter Student Center Closures:
President’s Day weekend:
Center closed 2/17-18,
Reopens at 3 p.m. on Monday 2/19.

QUESTIONS?
CALL 718-270-2487
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 to improve an existing skill or explore a new field of interest, we think you will find the offerings exciting and worthwhile.
REGISTRATION:
Register Tuesday January 16th through Monday, February 5th.
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?
Downstate Students/Alumni and their families are welcome to participate in
the Mini-Course program. To register for a Mini-Course, each participant
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. Your receipt is required for
admission to the first session of each class.

CLASSES MAY FILL! REGISTER EARLY TO AVOID BEING
CLOSED OUT OF THE CLASS OF YOUR CHOICE.

REFUND POLICY: Refunds will be given only
if a class does not meet its minimum enrollment
requirements and is cancelled.
NO OTHER REFUNDS WILL BE PERMITTED.
Please choose courses carefully.
No refunds will be issued due to academic conflict
or personal scheduling issues.
Table of Contents

Student Center Mini-Course Registration Information……..4-5
Swimming with Anthony C.................................................6-7
Swimming with Michele.....................................................8
Bells and Swings with Dia.................................................9
Fit Lifestylz with Nathalie..............................................10
Muay Thai with Maggie..................................................11
Beginning Boxing with Al...............................................12
Intro to Weightlifting and Personal Training with Sharif......13
Afternoon Yoga with Sarah.............................................14
Intro to Yoga at Lunch with Edeline.................................15
Wind-Down Yoga with Abby.........................................16
Drawing, Art and Design with Jess.................................17
Swimming with Anthony C.

Anthony Christopher is a Downstate Alumnus and has been teaching swimming to Student Center members for the past 35 years. Anthony has years of experience in stroke technique and development, and wishes everyone a great Autumn swim season.

Questions? Contact:
aaochristopher@yahoo.com
or (516) 205-8156

ADULT BEGINNER
Wednesday Evenings (two different sections/times)
or Thursday Mornings

Adults wishing to learn proper freestyle and backstroke techniques to compliment 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.

At the request of our members, we are offering three different sections this Winter, two times on Wednesday evenings, and a morning class on Thursdays.

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>Pool</th>
<th>5:30-6:15 p.m.</th>
<th>8 sessions</th>
<th>$80 *</th>
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<td>Starting 2/7 thru 3/28</td>
<td>Min: 5 Max: 15</td>
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<td></td>
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<thead>
<tr>
<th>THURSDAY</th>
<th>Pool</th>
<th>7:15-8:00 a.m.</th>
<th>8 sessions</th>
<th>$80 *</th>
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<tr>
<td></td>
<td>Pool</td>
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<td></td>
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<td>Min: 5 Max: 15</td>
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</table>

*DISCOUNT!
Sign up for one of Anthony’s classes, and a friend can join the same class for half price!
ADULT ADV. BEGINNER
Tuesday Evenings

Pre-requisite: Completion of any Beginner class. The purpose of the Advanced Beginner course is to increase the comfort level & “watermanship” of the individual by adding to the skills learned in Beginner Swimming. Emphasis will be placed on building stamina, basic co-ordination & skill refinement.

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ADULT INTERMEDIATE
Tuesday Evenings

Pre-requisite: Completion of any Advanced Beginner class; swimmers should be comfortable with basic freestyle (crawl stroke) and elementary backstroke. Advanced stroke improvement in these two disciplines will be offered as well as introduction of the Breaststroke and Side Stroke. Please contact instructor prior to registration for any questions regarding swimming pre-req.

<table>
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*DISCOUNT!
Sign up for one of Anthony’s classes, and a friend can join the same class for half price!
Swimming with Michele

Michele Wilson, MPH is a certified Water Safety Instructor with over 27 years experience in aquatics at all levels. Michele enjoys working with swimmers at any level who are seeking to make progress and develop a positive relationship with water. Michele also holds current certifications in First Aid, CPR, AED, and Lifeguarding.

Questions? Contact: michele.wilson@downstate.edu

For Women-Only Adult Beginner Swimming
Thursday Evenings
This class is for any woman that is interested in learning to swim and/or wishing to feel more comfortable in and around water. It is accessible for all beginner swimmers at any level; available to you in a judgement free zone!

Pre-req: There is no prerequisite for this class. This class section is for women only. Please note: a male lifeguard may be used.

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<td>Starting 2/8 thru 3/29</td>
<td>Min: 5  Max: 8</td>
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</table>

Co-Ed Adult Beginner Swimming
Thursday Evenings
This class is for anyone is interested in learning to swim and/or wishing to feel more comfortable in and around water. It is accessible for all beginner swimmers at any level.

Pre-req: There is no prerequisite for this class. This class section is available for women and men.

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<td></td>
<td></td>
<td></td>
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</table>
Bells and Swings with Dia

Dia Raheem is a figure competitor, and has competed in bodybuilding competitions in 2013 and 2015. For over 17 years, Dia has been working with weights enabling her to transform her own body composition, and maintain a healthy lifestyle. After achieving success with her own fitness journey, Dia decided to give back and teach what she learned. Hence, Dia’s Do It Yourself Fitness was born. DDIYF is determined to help its participants to increase their self-esteem and self-efficacy by teaching core strengthening exercises. A stronger core allows DDIYF class members to perform more advanced, and more complex exercises and fitness movements. As a personal trainer and kettlebell instructor with Revolutionary Fitness in Harlem, New York, Dia has continued to spread the mission of DDIYF by teaching weekly kettlebell classes, a program called Women with Weights, and through personal training.

Questions? Contact: mahdiyya.abdur-raheem@downstate.edu

This class will focus on how to properly use kettlebells and how to incorporate them into your routine. The first two classes will involve getting familiar with how to park, hike, and swing the kettlebell. The remaining classes will teach the five core movements: Swing, Squat, Clean, Press, and the Turkish Get-up. By the end of the six sessions, we will have created a short kettlebell routine enabling you to use these skills outside of class.
Fit Lifestylz with Nathalie

Nathalie Deare has trained as a group fitness instructor with Shape Up NYC Fitness / Parks & Recreation and is certified in ZUMBA Basic.

Contact: nathalie.deare@downstate.edu

I love teaching Aerobic and Zumba classes as an inspiration to help participants enjoy a great workout to upbeat music with easy-to-follow steps. If you are looking for a challenging, super-fun class then Fit Lifestlyz with Nathalie is the workout for you. Come and ease your stress during lunch break with aerobic exercises that is suited to all fitness levels. Be committed and challenge yourself to attend all sessions for a stronger, fitter and healthier you in 2018.

This class will meet twice a week and work all muscle groups through a variety of movements with resistance bands that tone and strengthen while relieving stress. Each 45-minute session is designed to build stamina and flexibility with aerobic moves.

Get motivated to start your workout and reach your goal!

**Equipment:** Bring your own resistance bands, if you’d like.

<table>
<thead>
<tr>
<th>MON &amp; THURS</th>
<th>Squash Court</th>
<th>12:00-12:45 p.m.</th>
<th>16 sessions</th>
<th>$50</th>
</tr>
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<tr>
<td></td>
<td></td>
<td>Starting 2/5 thru 4/2</td>
<td>Min: 6</td>
<td>Max: 25</td>
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Day-of class drop-ins are welcome for $5 fee. Must be a Student Center Member.

**NOTE:** There will be no Class on President’s Day 2/19.
Muay Thai with Maggie

Maggie Tappitake is a 2nd year OT student. She was born and bred in Brooklyn. She found her passion in Muay Thai 6 years ago. She is a 2x World Kickboxing Association (WKA) Gold Medalist Champion. Maggie has competed on the amateur and semi-professional level in Delaware, Virginia, and New York as well as in Italy and Thailand. Maggie has trained under the world class trainers Rami Ibrahim of Rami Elite in Philadelpia and Aziz Nabih of Sitan in Queens.

Questions? Contact:
maggie.tappitake@downstate.edu

Kick-start your week! Literally!

For All Levels. Muay Thai, or Thai boxing is the national sport of Thailand, characterized by stand-up striking and clinching/kneeing. This class will teach the fundamentals and is appropriate for all levels and experiences. Students will learn punches, elbows, knees, and kicks. You will learn also the basic format of Muay Thai training. Hand-wraps and gloves required. Hand-wraps will be sold at the first session for $6. Loaner gloves will be provided.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>Squash Court 7:15-8:15 a.m.</th>
<th>6 sessions</th>
<th>$60*</th>
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<tr>
<td></td>
<td>Starting 2/5 thru 3/18**</td>
<td>Min: 4</td>
<td>Max: 8</td>
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*NOTE: There will be an additional one-time fee of $6, for hand-wraps; payable at the first class.

**NOTE: There will be no Class on President’s Day 2/19.

Day-of class drop-ins are welcome for $12 fee. Must be a Student Center Member.
Beginning Boxing with Al

Al is an MS2, and started practicing Krav Maga in 2008. This system of self defense is commonly used in law enforcement but is also taught to civilians. Al has also had the opportunity to train in boxing, kickboxing, and Brazilian Jiu-jitsu.

Questions? Contact: albert.hwang@downstate.edu

This Intro to Boxing class will be a zero-contact course for all skill levels - no experience required.

Each hour-long class will begin and end with 10 minutes of conditioning drills/calisthenics. The 40 minutes of class time will be used to teach and practice basic striking and defensive maneuvers.

- Week 1 - Footwork (linear movement, pivoting), Basic strikes (jab, cross, hook, uppercuts).
- Week 2 - Strike combinations, defensive maneuvers (slipping, ducking, bobbing, weaving).
- Week 3 - Striking while moving, more advanced combinations.
- Week 4 - Learning to shadowbox with all of the previously learned combinations.

No supplies are required, but students are encouraged to bring gloves and/or hand wraps if they have them.

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>Squash Court</th>
<th>5:30-6:30 p.m.</th>
<th>4 sessions</th>
<th>$40</th>
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<tbody>
<tr>
<td></td>
<td>Starting 2/15* thru 3/8</td>
<td>Min: 4  Max: 16</td>
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*Please note that class doesn't begin until 2/15.
Intro to Weightlifting & Personal Training with Sharif

Sharif Zaher is a first year PA student with years of experience in weightlifting and has trained for men's physique competitions and fashion shows. As an undergraduate, he founded and was president of the NYIT Fitness Club, a student run organization that led group and individual training sessions on- and off-campus.

Questions? Contact: sharif.zaher@downstate.edu or at 347-966-4352

Strength training is a vital way to maintain fitness and health. This course is geared towards those new to lifting weights. Each day will focus on a workout specifically for a different muscle group (back, shoulders, chest, legs, abs, or arms). Most importantly: safe, proper, and effective form and technique will be the main focus of the classes. Routines will differ week to week. Having this base of knowledge will give students the ability to weight train independently.

Friday will be the “anchor” day, and there will be an additional session during the following week which will be determined between students and instructor on Friday. One-on-one training sessions start at upwards of $100, so here is a prime opportunity to learn how to lift weights at a very reasonable price.

<table>
<thead>
<tr>
<th>FRIDAY plus 1 other weeknight</th>
<th>Weight Room</th>
<th>6:00-7:00 p.m.</th>
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<tr>
<td>2/9 with 12 sessions over 6 weeks</td>
<td>Min: 1 Max: 2</td>
<td>$360</td>
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Day-of class drop-ins, —if there is room— are welcome for $40 fee. Must be a Student Center Member. Contact Sharif for information.
Afternoon Yoga with Sarah

Sarah Parker Leventer has taught yoga, dance and drama since 2002. She completed her 200-hour Teacher Training at Om Yoga in 2011. She has a Master of Fine Arts degree in Acting from Brown University, where yoga was part of the core curriculum. The quality of focus she achieved through yoga helped Sarah succeed in her post-bacc program at NYU. She wishes to share the benefits of yoga with the Downstate Community. Sarah is from Detroit and has also lived in California, Colorado, Wyoming, and Rhode Island, She now lives in Greenpoint with her husband and daughter. She is a proud member of COM class of 2021.

Questions? Contact: sarah.leventer@downstate.edu

Open to all levels. This class will focus on mindful breathing. We will develop self-awareness and calm attention by practicing breathing in various poses. Some parts of the class will flow in a “vinyasa” style (linking each movement with a breath), other times we will explore one position for several breaths. There will be a good mix of relaxation and challenge. Each week students can expect some familiar sequences and plenty of new material.

Please note: while plastic gym mats will be provided; it is recommended that students bring their own yoga mats.

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>Squash Court</th>
<th>3:30-4:30 p.m.</th>
<th>6 sessions</th>
<th>$50</th>
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<td></td>
<td>Starting 2/6 thru 3/13</td>
<td>Min: 4 Max: 20</td>
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Day-of class drop-ins are welcome for a $10 fee. Must be a Student Center Member.
Intro to Yoga at Lunch with Edeline

Edeline has studied extensively and received her yoga certification course at the Yoga Polarity Center in Malverne, NY. Aside from establishing her yoga practice, traveling, and noticing life through the lens of her camera, she has completed a year-long teacher training in mindfulness meditation at the Interdependence Project in NYC and continues to absorbed key Buddhist teachings around concepts of mindfulness, duhkha, metta and shunyata at the Barre Center for Buddhist Studies.

Questions? Contact: edeline.mitton@downstate.edu

New to Yoga? Or interested in renewing your yoga practice? This class is for you! An introduction to Yoga - we will have weekly a yoga sequence with poses that build onto each other. Your practice will expand from an increasingly strong foundation each week. We will cover the absolute basics of yoga and meditation to give you time to grasp the benefits, techniques and modifications of yoga poses.

Please note: while plastic gym mats will be provided; it is recommended that students bring their own yoga mats and towels.

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<tr>
<th>WEDNESDAY</th>
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<th>12:00-1:00 p.m.</th>
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<td>Min: 6 Max: 20</td>
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Day-of class drop-ins are welcome for $10 fee. Must be a Student Center Member.
Wind-Down Yoga
with Abby

Abby Chernin is a new New Yorker and a Public Health student who’s passionate about healthy living. She received her YTT (Yoga teaching training) certification from the nationally acclaimed Kripalu Center For Yoga and Ayurveda.

Questions? Contact: abigail.chernin@downstate.edu

Abby has been practicing yoga for 10 years. She has experience teaching to a wide variety of students at all skill levels and even has lead a yoga retreat in Costa Rica. Abby delights in bringing creative sequencing to a mindful and strengthening flow. Suitable for beginners and advanced students alike, this yoga flow will challenge you, leaving you energized, relaxed and prepared to take on the rest of your day.

By the end of the 8 week period, you can expect to be more flexible, stronger, more balanced and relaxed.

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<tr>
<td></td>
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<td>Min: 4   Max: 20</td>
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*NOTE: Time is different from original brochure. Class is at 7:00

*Half-price sale: Sign up for the Tuesday class - get the Thursday class half off! Only $30!!! That’s $90 for 16 classes!

Day-of class drop-ins are welcome for a $10 fee. Must be a Student Center Member.
Drawing, Art, and Design with Jess

Wenzhu (Jess) He is an art instructor who has taught art for eight years and worked with students of all ages. She excels in teaching sketching, oil painting, and design, but also works in sculpture and computer graphics.

Questions? Contact: wenzhuhe03@gmail.com

Learning art is a great way to relieve the stress of school and work, allowing your mind and body to relax. This class will instruct the basic elements in a work of art, including line, shape, form, space, texture, and color. These elements must all work together to make your artwork great.

Classes will primarily feature drawing with students having a selection of material with which to express themselves.

No matter what you want to do with your life, anyone can benefit from an education of aesthetics. We typically think of art in terms of beauty and aesthetics, but art also carries meaning and affects our perception and behavior in important ways without our awareness.

So, spend some time exploring them, understanding them and learning how to use them effectively. Moreover, come have fun in my art class!

All supplies are included in the cost of the class.

<table>
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<tr>
<th>FRIDAY</th>
<th>Reading Room</th>
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<td></td>
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Samples of Jess’s art!
Save the Date
for
SUNY Downstate Night
at the
Brooklyn Cyclones
Wednesday, June 20th
7 p.m.
MCU Park on Coney Island!
Tickets will go on sale in May.
We are always looking to expand our Mini-course Program!

Athletics!  Dance!  Tennis!

CRAFTS!  Stress-Relief!

Creative Arts!  Photography!

If you or someone you know is interested in teaching a mini-course for our Winter 2018 program, contact Schuyler Hooke for more information at:

schuyler.hooke@downstate.edu
<table>
<thead>
<tr>
<th>Day</th>
<th>Morning</th>
<th>Lunchtime Yoga</th>
<th>Afternoon Yoga</th>
<th>Lunch</th>
<th>Evening</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Adult Beg Swim</td>
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<td>Adult Beg Swim</td>
<td>Wind-Down Yoga</td>
<td>Wind-Down Yoga</td>
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<td>6:00-7:00 p.m.</td>
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<td>7:00-8:00 p.m.</td>
<td>7:30-8:30 p.m.</td>
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<td>7:00-8:00 p.m.</td>
<td>7:30-8:30 p.m.</td>
<td>7:30-8:30 p.m.</td>
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<td>Adult Beg Swim</td>
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<td>Wind-Down Yoga</td>
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<td>7:00-8:00 p.m.</td>
<td>7:30-8:30 p.m.</td>
<td>7:30-8:30 p.m.</td>
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<tr>
<td>Thursday</td>
<td>Adult Beg Swim</td>
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<td>Adult Beg Swim</td>
<td>Wind-Down Yoga</td>
<td>Wind-Down Yoga</td>
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<td>5:30-6:00 p.m.</td>
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<td>7:00-8:00 p.m.</td>
<td>7:30-8:30 p.m.</td>
<td>7:30-8:30 p.m.</td>
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<tr>
<td>Friday</td>
<td>Adult Beg Swim</td>
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<td>Adult Beg Swim</td>
<td>Wind-Down Yoga</td>
<td>Wind-Down Yoga</td>
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<td></td>
<td>5:30-6:30 p.m.</td>
<td></td>
<td>7:00-8:00 p.m.</td>
<td>7:30-8:30 p.m.</td>
<td>7:30-8:30 p.m.</td>
</tr>
<tr>
<td>Saturday</td>
<td>Wind-Down Yoga</td>
<td></td>
<td>Wind-Down Yoga</td>
<td>Wind-Down Yoga</td>
<td>Wind-Down Yoga</td>
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<tr>
<td></td>
<td>7:15 - 8:00 a.m.</td>
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<td>7:00-8:00 p.m.</td>
<td>7:30-8:30 p.m.</td>
<td>7:30-8:30 p.m.</td>
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<tr>
<td>Sunday</td>
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</tbody>
</table>

**Winter 2018 Mini-Course Schedule**