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

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

STUDENT CENTER
394 LENOX ROAD
BROOKLYN, NEW YORK 11203
718-270-2487

Sponsored by the Student Center Governing Board
REGISTRATION:
Register Thursday, September 13th through Monday, October 1st 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?
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 and 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 ONLY be given if a class is cancelled because it does not meet its minimum enrollment NO OTHER REFUNDS WILL BE PERMITTED.
Please choose courses carefully.
No refunds will be issued due to academic conflict or personal scheduling issues.
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 who are members of the Student Center 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.

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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 BEGINNER SWIMMING
Tuesday 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 course is for women only. Please note: a male lifeguard may be used.

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>Pool</th>
<th>5:30-6:15 p.m.</th>
<th>8 sessions</th>
<th>$80</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Starting 10/2 thru 11/28**</td>
<td>Min: 5 Max: 8</td>
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ADULT BEGINNER SWIMMING
Tuesday Evenings
This class is for anyone 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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<thead>
<tr>
<th>TUESDAY</th>
<th>Pool</th>
<th>6:15-7:00 p.m.</th>
<th>8 sessions</th>
<th>$80</th>
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<tbody>
<tr>
<td></td>
<td></td>
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**NOTE: There will be no class on 10/23**
Swimming with Anthony C.

Anthony Christopher is a Downstate Alumnus and has been teaching swimming to Student Center members for the past 36 years. Anthony has years of experience in stroke technique and development, and wishes everyone a great Autumn swim season.

Questions? Contact: aaochristopher@yahoo.com

ADULT BEGINNER

Either Wednesday Evenings 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.

<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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<tbody>
<tr>
<td></td>
<td></td>
<td>Starting 10/3 thru 11/28**</td>
<td>Min: 5 Max: 15</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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<td>Starting 10/4 thru 11/29**</td>
<td>Min: 5 Max: 15</td>
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ADULT ADVANCED BEGINNER

Wednesday 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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<thead>
<tr>
<th>WEDNESDAY</th>
<th>Pool</th>
<th>6:15-7:00 p.m.</th>
<th>8 sessions</th>
<th>$80 *</th>
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<tr>
<td></td>
<td></td>
<td>Starting 10/3 thru 11/28**</td>
<td>Min: 5 Max: 15</td>
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*DISCOUNT! Sign up for one of Anthony’s classes, and a friend can join for half price!

**NOTE: There will be no class on Thanksgiving Eve 11/21 or Day 11/22
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.

Questions? 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 Lifestylz 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; WED</th>
<th>Squash Court</th>
<th>12:00-12:45 p.m.</th>
<th>19 sessions</th>
<th>$60</th>
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<tr>
<td>Starting 10/1 thru 12/12</td>
<td>Min: 5 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 Columbus Day 10/8.
Full Body Workout with Michelle

Michelle Melendez is a Licensed Clinical Social Worker, Community Chaplain, and Certified Health Coach through the American Council on Exercise. Michelle is also currently studying to be board certified as a bariatric counselor to perform pre-operative evaluations and counsel those who suffer from the full spectrum of obesities and concomitant disorders. Utilizing a mind, body, spirit approach that is person-centered and culturally sensitive, she has helped others achieve various goals that include establishing a healthier diet, weight loss, exercise, and stress management.

Questions? Contact: michelle.melendez@downstate.edu

All levels of fitness are welcome. In this weekly 45 minute class, participants will engage in full body exercises to build strength and muscle. Resistance bands or lightweights can also be incorporated. This class is a great opportunity to relieve stress, get fit, increase your energy, and be part of a supportive group. Kick off your weekends with a great workout!

Supplies: Participants have the option of bringing their own resistance bands, and/or light weights. The Student Center has exercise mats, but it is recommended that individuals bring their own yoga mats.

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<tr>
<th>FRIDAY</th>
<th>Squash Court</th>
<th>12:30-1:15 p.m.</th>
<th>6 sessions</th>
<th>$48</th>
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<tr>
<td></td>
<td>Starting 10/5 thru 11/9</td>
<td>Min: 6  Max: 10</td>
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TribalMamma with Annalee

Annalee finished her undergraduate degree and became a Medical Laboratory Scientist in 2011, and started on the journey to become a midwife in 2013. The concept for TribalMamma was created after she completed birth doula training. Being a lover of dance, fitness, and a student midwife allowed her to bring these passions together to create a program for all warrior women. Currently in her 2nd year in the Masters in Midwifery program, she has a deep passion for the community which is demonstrated through her work with SuperMamma Birth Services. She is passionate about public speaking on women’s health topics, education for mammas and partners, contributing to research for improvement of fetal and maternal health... ...and summoning the inner warrior in all of us!

Questions? Contact: Annalee.reid@downstate.edu

The program is a combination of exercise, dance, mindful movement, practice of labor positions, childbirth prep discussions and empowerment! I used my knowledge about pregnancy, birth, labor and womanhood to create this unique fitness experience for pregnant women. The class is based on sounds and movements from tribal communities around the world. It incorporates positions & movements that we as birth workers encourage during labor. The idea is that with repetition and practice, these movements, positions and affirmations will help prepare all participants for the big day!

Please note: while plastic gym mats are available, it is recommended that students bring their own yoga mats and towels.

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>Squash Court</th>
<th>4:30-5:30 p.m.</th>
<th>8 sessions</th>
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<td>Starting 10/2 thru 11/20</td>
<td>Min: 4 Max: 10</td>
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Day-of-class drop-ins are welcome for $12 fee. Must be a Student Center Member, or pay extra $5 guest fee.
Zumba with Susan

Susan Campos has been a Zumba instructor since February 2017. Her hobbies include listening to music, going to the gym, and trying out cooking new dishes. She enjoys seeing participants enjoy their workout and feel amazing afterward. She has trained with several instructors, and participated in Zumba Pink, a Breast Cancer fundraiser. Joining her class is an act of self-care and love, and Susan is more than happy to share the Zumba experience with you.

Questions? Contact: susan.campos@downstate.edu

Zumba is a great way to get aerobic exercise and have fun while moving your feet to the rhythm of worldly dances from Latin America and other countries. There is no pre-requisite to join, just follow the steps, and focus on moving to the music. You won’t even know an hour has passed.

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>Gym Stage</th>
<th>6:30-7:30 p.m.</th>
<th>8 sessions</th>
<th>$60</th>
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<td></td>
<td>Starting 10/4 thru 11/29**</td>
<td>Min: 5   Max: 20</td>
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Day-of class drop-ins are welcome for a $10 fee. Must be a Student Center Member.

**NOTE: There will be no class on Thanksgiving Day 11/22**
Visualization with Artur: a mini-meditation course to improve memory and retention

Artur Isakov is a PA student at Downstate and holds a BA in American History and an Associate Degree in Massage Therapy. While still in high school, Mr. Isakov was introduced to hatha yoga, a 5,000-year-old practice based on poses and breathing exercises designed to strengthen the physical body and psychological well-being. In college, he was the president of the Urban Yoga Club leading weekly classes on yoga & meditation. He is a second-degree black belt in Shotokan, and for seven years was a Program Director at Int’l Karate and Fitness Center in Forest Hills. His meditation practice helps him stay focused on what he’s learning and manage the daily stress of being a student.

Questions? Contact: artur.isakov@downstate.edu

This course introduces participants to breathing, visualization and meditation techniques that are known to focus the mind, and improve memory over time. The purpose of the course is help participants relax the mind and focus on visualizing colors, shapes and numbers in specific order designed to improve memory and retention. The course will also engage participants in breathing, meditation, and basic yoga poses.

Please note: while plastic gym mats are available, it is recommended that students bring their own yoga mats and blocks or a towel to be used as a pillow.

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<thead>
<tr>
<th>TUESDAY</th>
<th>Squash Court</th>
<th>5:30-6:00 p.m.</th>
<th>8 sessions</th>
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<td>Starting 10/2 thru 11/20</td>
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Day-of-class drop-ins are welcome for $5 fee. Must be a Student Center Member, or pay extra $5 guest fee.
Vinyasa-Yoga with Kelsey

Kelsey Sklar is an MD/MPH student at Downstate (MS1)! During college, I found that yoga was the best way to reconnect with my body, de-stress and actually enjoy working out. Now I live in Brooklyn and teach yoga around New York City in my spare time (in addition to listening to podcasts and trivia nights). You've probably seen me scootering around campus with a broken foot, but I'm making a comeback in a few weeks. Celebrate with me by taking my class!

Questions? Contact: kelsey.sklar@downstate.edu

For All Levels. I teach power vinyasa yoga, connecting breath to movement in a fun and challenging one-hour session. My sequences vary week to week, but the class structure is roughly the same. We will warm-up, study poses and then move through the poses one breath per movement. The class is open-level, so beginners and experts are all welcome! Like any yoga class, you will leave class feeling more relaxed with the added benefit of an hour of physical activity.

Please note: while plastic gym mats are available, it is recommended that students bring their own yoga mats and towels.

THURSDAY | Squash Court | 5:30-6:30 p.m. | 7 sessions | $40
Starting 10/4 thru 11/15 | Min: 4 | Max: 20

Day-of-class drop-ins are welcome for $10 fee. Must be a Student Center Member, or pay extra $5 guest fee
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<th></th>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>Morning</td>
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<td><strong>Adult Beg. Swim</strong></td>
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<td><strong>7:15-8:00 am</strong></td>
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<tr>
<td>Lunch</td>
<td><strong>Fit Lifestylz</strong></td>
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<td><strong>Fit Lifestylz</strong></td>
<td><strong>Full Body Workout</strong></td>
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<td>12:00-12:45 pm</td>
<td><strong>12:30-1:15 pm</strong></td>
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<td>Afternoon</td>
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<td><strong>TribalMamma</strong></td>
<td><strong>Adult</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
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<td>5:30-6:15 pm</td>
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<tr>
<td>Evening</td>
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<td><strong>Women-only Beg. Swim</strong></td>
<td><strong>Adult Beginner Swim</strong></td>
<td><strong>Visualization</strong></td>
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<td>5:30-6:15 pm</td>
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<td><strong>Adult Visualization</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Zumba</strong></td>
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<td><strong>Adult Beg. Swim</strong></td>
<td><strong>Adult Adv. Beg. Swim</strong></td>
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**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 (Call to confirm)**

**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.

**Fall Student Center Closures:**

**Columbus Day weekend:**
Center closed 10/6-7,
Reopens at 3 p.m. on Monday 10/8.

**Thanksgiving weekend:**
Center closes at 3 p.m. on Wednesday 11/21
Center closed 11/22-25; reopens Monday 11/26 at 7 a.m.

**QUESTIONS? CALL 718-270-2487**