The Student Center presents:
The WINTER 2019 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, January 17th through Monday, February 4th 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

ADULT ADVANCED BEGINNER SWIMMING

Tuesday Evenings

This class open to anyone interested in improving their beginning swimming skills and/or feel more comfortable in and around water. The purpose of the Advanced Beginner course is to increase the comfort level & “watermanship” of the individual. Emphasis will be placed on building stamina, basic co-ordination, and skill refinement.

Course Requirements for Entry: To take this course, participants should be able to float comfortably on their back and front independently. Each student should also feel comfortable putting their face in the water, and be able to kick across the pool using a kickboard.

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>Pool</th>
<th>6:00-6:45 p.m.</th>
<th>8 sessions</th>
<th>$80</th>
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<tbody>
<tr>
<td></td>
<td>Starting 2/5 thru 3/26</td>
<td>Min: 5  Max: 16</td>
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</table>
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 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 2019.

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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<tbody>
<tr>
<td>Starting 2/4 thru 4/10</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 President’s Day 2/18.**
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

A typical martial arts class involves physical contact. This class will help students learn basic moves, not advanced self-defense techniques or sparring. Partner drills will be limited to light-touch. Goals of the class include learning body posture, chambering, breathing and relaxation, and execution of the moves with ease. By the completion of the course, the students shall have good knowledge of basic defensive and offensive techniques. Wear loose clothing, no special attire required.

<table>
<thead>
<tr>
<th>TUES &amp; THURS</th>
<th>Gym Stage</th>
<th>6:45-7:30 p.m.</th>
<th>8 sessions</th>
<th>$125</th>
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<tr>
<td>Starting 2/5</td>
<td>Min: 4</td>
<td>Max: 20</td>
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<td>thru 2/28</td>
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Day-of-class drop-ins are welcome for $20 fee. Must be a Student Center Member, or pay extra $5 guest fee.

Early Bird offer: Save $35. Sign-up by 1/31 and pay only $90.
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>WEDNESDAY.</th>
<th>Squash Court</th>
<th>5:30-6:30 p.m.</th>
<th>8 sessions</th>
<th>$60</th>
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|            | Starting 2/6 thru 3/27 | Min: 5  Max: 20 |             |}

Day-of class drop-ins are welcome for a $10 fee. Must be a Student Center Member.
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.

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<tr>
<th>THURSDAY</th>
<th>Squash Court</th>
<th>5:30-6:30 p.m.</th>
<th>8 sessions</th>
<th>$50</th>
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<tr>
<td>Starting 2/7 thru 4/11</td>
<td>Min: 4 Max: 14</td>
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**NOTE: There will be no Class on either 3/14 or 3/21 due to the instructor’s schedule.**

Day-of-class drop-ins are welcome for $10 fee. Must be a Student Center Member, or pay extra $5 guest fee.
**Power Flow Yoga with Kaylyn**

Kaylyn Alexander is a Vinyasa yoga instructor, meditation guide, and former gymnast specializing in stress-relief, mindful movement, and proper alignment. Her classes incorporate asana (posture) practice, pranayama breathing, and guided meditation—and encourage a balance of strength, flexibility, effort, and ease. Kaylyn completed a Kundalini mentorship in 2013 under the teachings of Yogi Bhajan and a Vinyasa training with Yoga to the People in 2015. She also recently became a Reiki Master, incorporating hands-on healing techniques into her practice. She believes yoga is for every body and is passionate about making it accessible to all.

Outside of yoga classes, Kaylyn can be found cuddled up with a good book, or somewhere outdoors soakin' up the sun.

**Questions? Contact:**
Kaylynalexanderyoga@gmail.com

**For All Levels.** Lift yourself up and relieve stress with an invigorating 60-minute yoga session. The class begins with gentle stretching and mindful breathing leading into an uplifting power vinyasa flow, and ends with a regenerative meditation and savasana. An exploration of linking breath, movement, and authentic intention together. Modifications, hands-on and off adjustments will be offered. Beginners and practitioners seeking to deepen their practice are welcome.

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

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<tr>
<th>FRIDAY</th>
<th>Squash Court</th>
<th>8:00-9:00 a.m.</th>
<th>8 sessions</th>
<th>$50</th>
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<td>Starting 2/8 thru 3/29</td>
<td>Min: 3 Max: 14</td>
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Day-of-class drop-ins are welcome for $10 fee. Must be a Student Center Member, or pay extra $5 guest fee.
In celebration of the 50th Anniversary of the SUNY Downstate Medical Center

Student Center:
Anyone who signs up for any Winter 2019 Mini-Course will be given a $10 discount on any Fall 2019 Mini-Course.

The Fine Print: $10 discount not transferable. Discount will not combine with other discounts and cannot be used for drop-in fees. Mention discount when enrolling in Fall class, and we will confirm your participation in Winter class. Fall classes will start enrollment on August 15, 2019.
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<th></th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
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<tbody>
<tr>
<td>Morning</td>
<td></td>
<td></td>
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<td>Yoga 8:00—9:00</td>
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<tr>
<td>Lunch</td>
<td>Fit Lifestylz 12:00-12:45 pm</td>
<td>Fit Lifestylz 12:00-12:45 pm</td>
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<td>Afternoon</td>
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<tr>
<td>Evening</td>
<td>Adult Adv. Beg. Swim 6:00-6:45 pm</td>
<td>Zumba 5:30-6:30 pm</td>
<td>Vinyasa Yoga 5:30-6:30 pm</td>
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<tr>
<td></td>
<td>Karate 6:45-7:30 pm</td>
<td>Karate 6:45-7:30 pm</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.

**Winter Student Center Closures:**

**President’s Day weekend:**

Center closed 2/16-17,
Reopens at 3 p.m. on Monday 2/18.

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