

Fall 2009 Physical Education Classes

Instruction begins on Thursday, September 24, 2009. Schedule is subject to change. List updated 8/05/2009.

Students can pre-enroll through the student portal or attend the first class meeting.

You must attend the first class meeting or may lose your spot. If you cannot pre-enroll attend the first class meeting.

Aquatics: Swimming & S.C.U.B.A.

PHYE-5A	Swim 1 (non-swim)	TTH	01:00P-02:00P	Kimball,J.H.	50 Mtr Pool	\$10.00
PHYE-5A-02	Swimming Level I	MW	10:00A-11:00A	Kimball,J.H.	50 Mtr Pool	\$10.00
PHYE-5B-01	Swimming Level II	MW	09:00A-10:00A	Kimball,J.H.	50 Mtr Pool	\$10.00
PHYE-5C-01	Aquat:Swim Levl III	MW	10:00A-11:00A	McCallum,J.R.	50 Mtr Pool	\$10.00
PHYE-5E-01	Lifeguard Training	TTh	09:30A-12:00P	Musch,K.I.	50 Mtr Pool	\$90.00
PHYE-5G-01	Swim Conditioning	MW	09:00A-10:00A	McCallum,J.R.	50 Mtr Pool	\$10.00
PHYE-5R-01	Basic Scuba Diving	T	07:00P-09:30P	Shin,C.J.	Cowell Clrm 131	\$150.00
		W	09:30A-12:00P		50 Mtr Pool	
			To Be Arranged		Ocean	
PHYE-5R-02	Basic Scuba Diving	T	07:00P-09:30P	Shin,C.J.	Cowell Clrm 131	\$150.00
		Th	04:30P-07:00P		50 Mtr Pool	
			To Be Arranged		Ocean	

Basic SCUBA: First meeting at pool lab or lecture, whichever is first. Be prepared for a swimming test.

BEACH DIVE: Meet at pool

PHYE-5S-01	Advan Scuba Diving	F	05:00P-08:00P	Shin,C.J.	OPERS Conference 211E	\$125.00
PHYE-5T-01	Scuba Rescue Diving	T	04:00P-06:00P	Shin,C.J.	OPERS Conference 211E	\$165.00
PHYE-5U-01	Scuba Divemaster	W	04:00P-06:00P	Shin,C.J.	OPERS Conference 211E	\$275.00

Boating: Sailing Rowing & Kayaking

First class meets in front of the East Field House (rain meet in the lobby).

You must provide your own transportation to the Santa Cruz Yacht Harbor after the first class.

PHYE-9B-01	BegDinghySailing	M	09:30A-12:00P	Kingon,R.L.	Harbor	\$55.00
PHYE-9B-02	BegDinghySailing	T	09:30A-12:00P	Kingon,R.L.	Harbor	\$55.00
PHYE-9B-03	BegDinghySailing	W	09:30A-12:00P	Kingon,R.L.	Harbor	\$55.00
PHYE-9B-04	BegDinghySailing	Th	09:30A-12:00P	Kingon,R.L.	Harbor	\$55.00
PHYE-9B-05	BegDinghySailing	F	09:30A-12:00P	Kilburn,G.B.	Harbor	\$55.00
PHYE-9B-06	BegDinghySailing	F	12:30P-03:00P	Kilburn,G.B.	Harbor	\$55.00
PHYE-9C-01	IntermedDinghySail	T	12:30P-03:00P	Kingon,R.L.	Harbor	\$55.00
PHYE-9C-02	IntermedDinghySail	W	12:30P-03:00P	Kilburn,G.B.	Harbor	\$55.00
PHYE-9E-01	Competitive Sailing	WF	03:00P-04:30P	Kingon,R.L.	Harbor	\$50.00
PHYE-9H-01	Basic Rowing	MW	09:45A-11:30A	Kilburn,G.B.	Harbor	\$50.00
PHYE-9J-02	Int / Adv Rowing	TTh	07:45A-09:30A	Kilburn,G.B.	Harbor	\$50.00
PHYE-9H-03	Basic Rowing	TTh	09:30A-11:15A	Kilburn,G.B.	Harbor	\$50.00
PHYE-9H-04	Basic Rowing	TTh	11:15A-01:00P	Kilburn,G.B.	Harbor	\$50.00
PHYE-9J-01	Intermed Rowing	MW	08:00A-09:45A	Kilburn,G.B.	Harbor	\$50.00
PHYE-9K-01	Ocean Kayaking	TTh	09:00A-11:00A	Johnston,D.L.	Harbor	\$50.00
PHYE-9K-02	Ocean Kayaking	TTh	11:00A-01:00P	Johnston,D.L.	Harbor	\$50.00
PHYE-9S-01	Inter Keel Sailing	Th	12:30P-03:00P	Kingon,R.L.	Harbor	\$60.00

Court & Field Sports: Basketball, Racquetball, Tennis, Volleyball, & Soccer

PHYE-15B-01	Beg/Int Basketball	MW	01:00P-02:00P	Johnson,G.D.	West Gym	\$10.00
PHYE-15B-02	Basketball Conditioning	TTh	10:00A-11:00P	Hammonds,T.M.	West Gym	\$10.00
PHYE-15H-01	Racquetball	Th	06:00P-08:00P	George,C.C.	E Racquet Ct	\$10.00
PHYE-15N-01	Beginning Tennis	MW	09:00A-10:00A	Staff	E Tennis Ct	\$10.00
PHYE-15N-02	Intermediate Tennis	MW	10:00A-11:00A	Staff	E Tennis Ct	\$10.00
PHYE-15N-03	Advanced Tennis	MW	11:00A-12:00P	Staff	E Tennis Ct	\$10.00
PHYE-15N-04	Comp Tennis-Women		**To Be Arranged**	Ness,E.G.		\$10.00
PHYE-15T-01	Beg/Int Volleyball	TTh	11:00A-12:00P	Teitelbaum,S.B.	West Gym	\$10.00
PHYE-15T-02	Int / Adv Volleyball	TTh	12:00P-01:30P	Teitelbaum,S.B.	West Gym	\$10.00
PHYE-28K-01	Beg/Int Soccer	TTh	10:00A-11:45A	Runear,M.J.	East Remote Field	\$10.00

NO REFUNDS ON PE CLASSES WITHOUT THE PERMISSION OF THE INSTRUCTOR

Dance

PHYE-20A-01	Ballet I	TTh	10:15A-11:45A	Bergland, V.M.	Dance Studio	\$22.00
PHYE-20A-02	Continuing Ballet I	MW	09:00A-10:30A	Norris, L.K.	Dance Studio	\$22.00
PHYE-20A-03	Ballet II	MW	10:30A-12:00P	Norris, L.K.	Dance Studio	\$22.00
PHYE-20A-04	Ballet III	TTh	01:15P-02:45P	Norris, L.K.	Dance Studio	\$22.00
PHYE-20B-01	Folk Dance	TTh	12:00P-01:00P	Cochlin, R.V.	Dance Studio	\$15.00
PHYE-20C-01	Jazz Dance I	MW	05:15P-06:45P	Buck, R.F.	Dance Studio	\$15.00
PHYE-20D-01	Modern Dance I	MW	03:30P-05:00P	Buck, R.F.	Dance Studio	\$22.00
PHYE-20D-02	Modern Dance II/III	MW	02:00P-03:30P	Cochlin, R.V.	Dance Studio	\$22.00
PHYE-20F-01	Indiv Study Dance	**To Be Arranged**		Cochlin, R.V.		

Fitness Activities: Physical Conditioning, Pilates, Tai Chi & Strength Training

PHYE-30G-01	Fitness Conditioning	TTh	09:00A-10:00A	Radovan, A.D.	OPERS Multi Purpose	\$10.00
PHYE-30G-02	Total Body Condition	MW	04:45P-06:00P	Hallock, L.M.	OPERS Multi Purpose	\$10.00
PHYE-30G-03	Pilates	TTh	10:15A-11:30A	Cochlin, R.V.	PE Activity Rm	\$10.00
PHYE-30G-04	Pilates	MW	10:30A-11:30A	Mc Ilwaine, P.S.	OPERS Multi Purpose	\$10.00
PHYE-30G-05	Athletic Conditioning	TTh	10:30A-11:45A	Radovan, A.D.	OPERS Multi Purpose	\$10.00
PHYE-30H-01	Tai Chi Chuan	TTh	03:10P-04:40P	Blackburn, C.A.	East Gym	\$10.00
PHYE-30H-02	Tai Chi Chuan	MW	03:10P-04:40P	Blackburn, C.A.	OPERS Multi Purpose	\$10.00
PHYE-30J-01	Begin Strength Train-Wmn	MW	09:00A-10:30A	Mori, C.A.	Fitness/Wellness	\$10.00
PHYE-30J-02	Cardio Strength Training	TTh	01:00P-02:30P	Mori, C.A.	Fitness/Wellness	\$10.00
PHYE-30J-03	Cardio Strength Training	MW	01:00P-02:30P	Andrews, R.	Fitness/Wellness	\$10.00
PHYE-30J-04	Begin Strength Training	TTh	09:00A-10:30A	Lewis, D.R.	Fitness/Wellness	\$10.00
PHYE-30J-05	Cont/Beg Strength Train	TTh	10:30A-12:00P	Hallock, L.M.	Fitness/Wellness	\$10.00
PHYE-30J-06	Begin Strength Training	MW	10:30A-12:00P	Mori, C.A.	Fitness/Wellness	\$10.00

Yoga

PHYE-30L-01	Beginning Yoga	WF	10:00A-11:30A	Cochlin, R.V.	PE Activity Room	\$10.00
PHYE-30L-02	Beginning Yoga	MW	11:30A-01:00P	Kimball, J.H.	Martial Arts	\$10.00
PHYE-30L-03	Beginning Yoga	TTh	10:15A-11:45A	Kimball, J.H.	Martial Arts	\$10.00
PHYE-30L-04	Cont Beginning Yoga	MW	01:00P-02:30P	Kimball, J.H.	Martial Arts	\$10.00
PHYE-30L-05	Cont Beginning Yoga	TTh	08:30A-10:00A	Kimball, J.H.	Martial Arts	\$10.00

Martial Arts: Aikido, Tae Kwon Do & Fencing

PHYE-25A-01	Fencing:Epee Begin	TTh	10:00A-11:00A	Blackburn, C.A.	East Gym	\$15.00
PHYE-25B-01	Fencing:Foil Begin	MW	02:00P-03:00P	Blackburn, C.A.	East Gym	\$15.00
PHYE-25C-01	Fencing:Sabre Beg	TTh	02:00P-03:00P	Blackburn, C.A.	East Gym	\$15.00
PHYE-43A-01	Int/Adv Aikido	MW	08:30A-10:00A	Shibata, Y.	Martial Arts	\$10.00
PHYE-43A-02	Int/Adv Aikido	TTh	01:00P-02:30P	Shibata, Y.	Martial Arts	\$10.00
PHYE-43A-03	Beginning Aikido	MW	10:00A-11:30A	Shibata, Y.	Martial Arts	\$10.00
PHYE-43A-04	Beginning Aikido	TTh	02:45P-04:15P	Shibata, Y.	Martial Arts	\$10.00
PHYE-43G-01	Begin Tae Kwon Do	MW	10:00A-11:00A	Song, S.	West Gym	\$10.00
PHYE-43G-02	Int/Adv Tae Kwon Do	MW	11:00A-12:00P	Song, S.	West Gym	\$10.00

How to enroll in a Physical Education class:

Instruction begins on Thursday, September 24, 2009. Schedule is subject to change.

Students

Students can pre-enroll through the student portal, or attend the first class meeting. If you are pre-enrolled, you must attend the first class meeting or you may lose your spot. If you were unable to pre-enroll attend the first class meeting anyway. Schedule is subject to change. Additional fees for a class are billed to your student account.

Non-students

Non-students may enroll by attending the first class and obtain permission from the instructor, then purchase a wellness card and pay additional course fees. Additional course fees are paid to the OPERS administrative office. Most classes have a deadline for payment of fees.

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