

RECREATION, SPORTS & FITNESS

Beginning Bridge

Are you interested in learning one of the greatest card games of all times? Or have you played a little bit, but just fumbled around not knowing what to do? If so, register right away. Come by yourself or sign up with a friend, either way, you will have a great time.

Course Number: LLLX-1392 Tuition: \$59
 Sec Start End Day Time Room Inst
 CEUA July 13 July 27 T,Th 6:30-8:30 pm CEC,301 Kepler



One Step Beyond Beginning Bridge

Prerequisite: Beginning Bridge or equivalent experience

Do you know the fundamentals of bridge? Are you looking for a class to help you further your bridge knowledge? If so, then this could be the class for you.

Throughout this six session series, we will review scoring, opening bid, and responding bids. The major focus of the class will cover the play of the hand, counting winners, counting losers, finessing, weak two bids, take out doubles, preemptive bids and opening leads.

Course Number: LLLX-0296 Tuition: \$59
 Sec Start End Day Time Room Inst
 CEUA Aug 17 Sept 2 T,Th 6:30-8:30 pm CEC,301 Kepler

Bicycling Class: Biking on the Lincoln Area Trails



Join this six-week class to kick start your summer biking enjoyment. Whether you are beginning or further developing your 2010 personal biking goals, you will gain insights and practical strategies on how to prepare physically, mentally, emotionally and socially for your bike rides in and around the Lincoln bike trails.

Each participant will receive training guidelines, safety instructions/guidelines, instructions on how to prepare for rides of 3 to 30 miles, motivation support and information on various biking groups and events. Each participant would need to provide for his/her own use on the first ride:

- A good quality bike appropriately fitted and that can effectively handle long miles and various terrains
- Appropriate riding apparel for safety and comfort and diverse conditions
- Necessary repair tools and spare parts (tires, inner tubes, air pump, repair materials, etc.)
- Drinking water

Course Number: LLLX-0778 Tuition: \$59
 Sec Start End Day Time Room Inst
 CEUA July 17 Aug 14 S 9-11 am CEC,405 R. Zetocha

Beginner Kayaking

Learn the fundamentals of safe and fun kayaking! Topics include safety, kayak types and selection, transportation, storage and gear, paddling techniques and where to kayak in and around Lincoln.

All gear for use in class is provided. (You may bring your own kayak.) Dress in clothes you can get wet, or swimsuit. Bring towel and dry clothes. Class is held at Holmes Lake north shore.

Course Number: LLLX-0184 Tuition: \$35
 Sec Start End Day Time Room Inst
 OCSA June 16 June 16 W 6-8 pm See Desc Jané
 OCSB June 30 June 30 W 6-8 pm See Desc Jané
 OCUA July 7 July 7 W 6-8 pm See Desc Jané
 OCUB July 14 July 14 W 6-8 pm See Desc Jané
 OCUC July 21 July 21 W 6-8 pm See Desc Jané
 OCUD July 28 July 28 W 6-8 pm See Desc Jané
 OCUE Aug 4 Aug 4 W 6-8 pm See Desc Jané
 OCUF Aug 11 Aug 11 W 6-8 pm See Desc Jané



Football Facts for Women

Are you tired of warming the bench? Would you like to learn more about the game of football? Join **GEORGE DARLINGTON**, former defensive backfield coach for the Nebraska Cornhuskers, as you learn the fundamentals of football. Gain insight into high school, college and professional programs from the expert. Be ready when your favorite team hits the field this year, you'll be able to cheer them on with new appreciation and knowledge. Don't miss this FUN and information-packed class. Space is limited so register NOW!

The class series will end with a "graduation" dinner on Wednesday, October 20.

Course Number: LLLX-0185 Tuition: \$89
 Sec Start End Day Time Room Inst
 CEUA Sept 2 Oct 14 Th 7-9 pm CEC,Aud Darlington

Introduction to Pilates

You will see and feel a difference with the Stott Pilates program. This intelligent method of exercise can lead to increased strength and flexibility as you move with mind/body/breath awareness. Instructors are certified in Stott Pilates.

Wear comfortable clothing and bring a thick towel to class. Class size is limited. NOTE: No class Sept. 6.

Course Number: LLLX-1523 Tuition: \$45
 Sec Start End Day Time Room Inst
 OCUA July 19 Sept 13 M 7:30-8:30 pm 1700 S 24 Ogden

Continuing Pilates I

The focus in this continuing class is on adding new exercises and refining existing material. Participants will be gently challenged in strength, endurance and coordination. Instructors are certified in Stott Pilates.

Wear comfortable clothing and bring a thick towel to class. Class size is limited.

Course Number: LLLX-1709 Tuition: \$49
 Sec Start End Day Time Room Inst
 OCUA July 20 Sept 7 T 6:15-7:15 pm 1700 S 24 Ogden



Fundamentals of Yoga

An introduction of basic postures and concepts of this body-mind awareness discipline. You will improve flexibility and begin to manage physical and mental stress.

Wear loose clothing and bring a large, thick towel to class and yoga mat if you have one. NOTE: Sec. OCUA: No class Sept. 6.

Course Number: LLLX-1701 Tuition: \$49
 Sec Start End Day Time Room Inst
 OCUA July 19 Sept 13 M 6:15-7:15 pm 1700 S 24 Ogden
 OCUB July 20 Sept 7 T 7:30-8:30 pm 1700 S 24 Ogden

Yoga I

Prerequisite: Fundamentals of Yoga (LLLX-1701)

New postures and a version of the sun salutation will be taught.

Bring a towel and small pillow to class. Wear non-restrictive clothing.

Course Number: LLLX-1755 Tuition: \$49
 Sec Start End Day Time Room Inst
 OCUA July 22 Sept 9 Th 6:15-7:15 pm 1700 S 24 Ogden

Yoga II

Prerequisite: Yoga I (LLLX-1755)

A continuation of Yoga I with further exploration of asanas practice.

Bring a towel and small pillow to class. Wear non-restrictive clothing.

Course Number: LLLX-1744 Tuition: \$69
 Sec Start End Day Time Room Inst
 OCUA July 22 Sept 9 Th 7:30-9 pm 1700 S 24 Ogden

Beginning T'ai Chi

This Chinese discipline enhances an individual's mental, physical and spiritual health. The practice could increase flexibility, coordination and strength while reducing tension and anxiety. Beginning T'ai Chi is the first 16 movements of the Yang School version of T'ai Chi Ch'u'an.

Wear comfortable clothing and flat shoes.

Course Number: LLLX-1712 Tuition: \$49
 Sec Start End Day Time Room Inst
 LNUA July 19 Aug 30 M 6:30-8 pm SCC,D-5 Marsh

Qigong (Also Known As Chi Kung)

Traditional oriental form of exercise for promoting health. This class introduces the discipline of working ("gong" in Chinese) with vital energy ("qi" or "chi" in Chinese). We will learn and practice 18 simple movements, as well as energizing relaxation methods. Style is gentle, healing, relaxing, and energizing. It is simple to learn and perform.

Course Number: LLLX-1720		Tuition: \$49				
Sec	Start	End	Day	Time	Room	Inst
LNVA	Aug 3	Sept 21	T	6:30-8 pm	SCC,U-11	Marsh

GOLF

Enjoy the warm weather and learn to play golf or take a few strokes off your existing game. The beginning classes cover the basic fundamentals of golf. The intermediate classes are for individuals with some golf experience who wish to enhance existing skills. Please put a first choice and alternate choice on your registration form, as classes fill quickly. If you have golf clubs, please bring them.



Otherwise, the instructor has clubs. Left-handed clubs also available. A minimum of seven students required per class.

Beginning Golf

Course Number: LLLX-1702		Tuition: \$60				
Sec	Start	End	Day	Time	Room	Inst
OCUA	July 20	Aug 17	T	5:30-6:20 pm	Mahoney	Fletcher
OCUB	July 20	Aug 17	T	6:30-7:20 pm	Mahoney	Fletcher
OCUC	July 20	Aug 17	T	7:30-8:20 pm	Mahoney	Fletcher
OCUD	July 21	Aug 18	W	5:30-6:20 pm	Mahoney	Fletcher
OCUE	July 21	Aug 18	W	6:30-7:20 pm	Mahoney	Fletcher

Intermediate Golf

Prerequisite: Beginning Golf (LLLX-1702) or has played 25 times.

Course Number: LLLX-1703		Tuition: \$60				
Sec	Start	End	Day	Time	Room	Inst
OCUA	July 22	Aug 19	Th	5:30-6:20 pm	Mahoney	Fletcher
OCUB	July 22	Aug 19	Th	6:30-7:20 pm	Mahoney	Fletcher

Advanced Golf

Specialized instruction for individuals with handicap of 15 or less.

Course Number: LLLX-1753		Tuition: \$60				
Sec	Start	End	Day	Time	Room	Inst
OCUA	July 22	Aug 19	Th	5:30-6:20 pm	Mahoney	Fletcher



TENNIS

The summer tennis schedule for 2010 gives you the opportunity to choose the class that meets your level of play. Classes will be held RAIN or SHINE. Dress in tennis attire and bring a racket. The tennis balls are provided.

Beginning Tennis

The beginner tennis course is the perfect starter course for new or lapsed novice tennis players. Learn the basics of the tennis swing including forehand and backhands, grips, proper racquet technique and serving. These classes are a great way to meet new people, get a fun workout and learn the sport of a lifetime right here in Lincoln.

Course Number: LLLX-0387		Tuition: \$49				
Sec	Start	End	Day	Time	Room	Inst
OCUA	July 13	July 29	T,Th	6-7:30 pm	5701 S 30	James
OCUB	Aug 3	Aug 19	T,Th	6-7:30 pm	5701 S 30	James

Intermediate Tennis

Prerequisite: Beginning Tennis (LLLX-1745 or LLLX-1705)

The Intermediate Tennis class is designed for tennis players who are looking to harness their tennis game into a well rounded form. Each class will incorporate drills with play with the instructor and your fellow students. This is a great way to get an invigorating workout and improve your tennis game.

Course Number: LLLX-0388		Tuition: \$49				
Sec	Start	End	Day	Time	Room	Inst
OCUA	July 13	July 29	T,Th	7:30-9 pm	5701 S 30	James
OCUB	Aug 3	Aug 19	T,Th	7:30-9 pm	5701 S 30	James

Register Today

This will take you to WebAdvisor to register.
Click the Continuing Education bar to get started.