

INSTRUCTIONAL CLASSES

FREE TRIAL WEEK!

All instructional classes will be free the week of September 18 to September 24, 2017. These classes will be free to all PU students, faculty, staff and Dillon Gym Members.

STARTING MONDAY, SEPTEMBER 25, 2017:

Registration will be required for all instructional classes.

INSTRUCTIONAL PROGRAMS:

There are no instructional classes during break periods. Please check registration for dates of all classes.

Registration: Online registration is available beginning on Friday, September 1, 2017 at campusrec.princeton.edu

Refund policy: *You can drop a class for any reason during the first week of classes. No refund requests will be accepted after Sunday, October 1, 2017.*

SPECIAL INTEREST

Starting 9/25, Instructional Classes require registration.

Figure Skating—\$55

WED—8:45am—9:45am starts 9/27 8 weeks

This class is designed for those who would like to learn basic ice skating moves or improve on ones that they already know. Everyone can move at their own pace, learning as much or as little as they are comfortable with. It is helpful to have previous skating experience, but not necessary. Participants must provide their own skates. No membership is required. Held at Baker Rink. Taught by Club Figure Skating.

Golf Instruction Made Simple, Session 1-\$55

FRI-5:00pm-6:00pm starts 9/29 4 weeks

Golf is a challenging game you can play and enjoy with friends, family and for business purposes for a lifetime. This class focuses on building a strong foundation for all based on fundamentals. You'll learn to create a powerful and repeatable golf swing, consistent ball striking, short game and putting skills, how to capitalize on the power of golf to maximize your business success, rules, etiquette and more.

RACQUET SPORTS

Starting 9/25, Instructional Classes require registration.

Squash Fundamentals(Squash I)—\$70

M/W—9:00am—9:50am starts 9/25 8 weeks

Learn the fundamentals of Princeton's favorite court game. This introductory course covers forehand and backhand drills, service and service returns, volleys and basic strategies of the game. Protective eyewear is provided; other equipment is available at an additional cost.

Intermediate Squash(Squash II)—\$50

F—9:00am—9:50am starts 9/29 8 weeks

This class is designed for the intermediate player who wants to improve their strokes, techniques and strategies. Protective eyewear is provided; other equipment is available at an additional cost.

Beginner/Adv. Beginner Tennis(Tennis I)—\$70

M/W- 10:00am-10:50am starts 9/25 8 weeks

This course is intended for the novice player or a player who has had a few lessons. Instruction covers the fundamentals of stroke production, movement and tactics using games and drills along with match play emphasizing doubles. Also covered are keeping score, common terminology and rules of the game. Equipment is provided. No membership is required.

Intermediate/Advanced Tennis(Tennis II)—\$70

T/TH-9:00am-9:50am starts 9/25 8 weeks

This course is intended to refine and focus the skills learned in the Beginning Tennis classes. Drills are used to develop consistency, depth and pace. Equipment is provided. No membership is required.

Intermediate/Advanced Tennis(Tennis II)—\$70

M/W—9:00am—9:50am starts 9/26 8 weeks

This course is intended to refine and focus the skills learned in the Beginning Tennis classes. Drills are used to develop consistency, depth and pace. Equipment is provided. No membership is required.

MARTIAL ARTS

Starting 9/25, Instructional Classes require registration.

Brazilian Jiu Jitsu—\$55

SAT—1:30pm-3:00pm

starts 9/30

8 weeks

In the past twenty years, Brazilian Jiu-Jitsu (BJJ) has gained prominence and changed the way people think about the martial arts. It is a grappling system, which, unlike Tae-Kwon Do or Karate, does not heavily emphasize striking techniques such as punches and kicks. Instead, it focuses primarily on ground attacks, in which superior positioning and joint locks are utilized against an opponent. This class will introduce the wide range of techniques in BJJ and place the system in the various contexts of self-defense, sport, and martial arts in general.

Krav Maga I—\$55

SUN—1:00pm-2:30pm

starts 10/1

8 weeks

An introductory level class. Krav Maga I instructs students on the foundation of Krav Maga self defense and hand-to-hand combat techniques. Have fun and get fit while you learn various stances and combative movements used for self defense. An exciting and fast paced class designed to prepare both the body and mind against violent attacks, utilizing stress drills designed to mimic real life situations.

Krav Maga II—\$55

SUN—2:30pm-4:00pm

starts 10/1

8 weeks

Open to those with prior experience in Krav Maga, this intermediate class involves training under increased levels of intensity and higher risk situations. Students apply the basic principles learned in Krav Maga I and more advanced skills and techniques, to more intense simulated street attacks. Students also learn how to use their body as a weapon while adapting to more stressful confrontations.

Mixed Martial Arts Drills—\$55

SAT—3:00pm—4:00pm

starts 9/30

8 weeks

This non-contact MMA (Mixed Martial Arts) class will teach techniques used in Jiu Jitsu, Judo, Muay Thai and boxing. The hour will consist of a warm-up, exercises, drills and lesson. No sparring. Using bags for kicks, hand drills, hand eye coordination and striking techniques. Gloves and wraps will be needed.

Tai Chi—\$55

W—7:30pm—8:45pm

starts 9/27

8 weeks

Sifu Wonchull Park and Mackenzie Hawkins teach this Tai Chi class as a way to achieve deeper comfort and higher performance in all activities, through traditional and scientific understandings. Tai Chi is a Chinese martial art and health exercise based on Taoist philosophy that emphasizes deep relaxation of mind and body. The form practice helps one to achieve this by developing greater awareness of 'here and now'. Through self-defense applications, students can experience how deep relaxation leads to optimal action, and can apply this idea to other physical disciplines and to enhance everyday life. Because it does not rely on brute force, Tai Chi is a rare example of an art of self-defense that can be used effectively against physically much stronger opponents.

DANCE

Starting 9/25, Instructional Classes require registration.

Belly Dance Basics—\$45

FRI—1:45pm-3:00pm

starts 9/29

8 weeks

Celebrate the timeless, universal, feminine dance. This class explores the basic traditional movements of Middle Eastern Dance including arm, hand and hip movements. This class is designed for the beginner but all levels are welcome. We focus on the foundational elements of Middle Eastern dance such as body awareness, the anatomy of hip work and other isolations, an intro to rhythm structure, an intro to improvisation and building a dance (movement) vocabulary. Please bring a scarf for your hips.

Belly Dance II—\$45

FRI—3:00pm-4:15pm

starts 9/29

8 weeks

This class is designed for the student who would like to continue the exploration and excitement of Middle Eastern Dance. This class may be taken in conjunction with the Belly Dance Basics class. This class includes building on the foundational elements of Middle Eastern dance, putting the dance (movement) vocabulary into combinations and developing your Middle Eastern rhythm vocabulary. Some experience is recommended.

FITNESS & WELLNESS CLASSES

Starting 9/25, Instructional Classes require registration.

NEW!-THE MELT METHOD®—\$55

WED— 7:30am-8:30am

starts 9/27

6 weeks

Using easy and gentle specialized techniques, a soft body roller, and small soft balls, MELT helps you identify stuck stress in your body and teaches you how to get rid of it. Learn how to increase your balance, stability, agility and joint mobility. Increase your athletic performance as well as create a general ease of everyday movement. All levels welcome for this total body workout.