

AQUATICS

Beginning Swimming—\$60
(Session 4 Begins 11/10)

Session 2—T/TH—12:30pm—1:15pm
Session 4—T/TH—11:30am—12:15pm

Learn the basic skills of front and back crawl and floating. Learn to feel comfortable in deep water. Must be comfortable in chest-deep water.

Advanced Beginner Swimming—\$60
(Session 2 Begins 11/10)

Session 2—T/TH—12:30pm—1:15pm

Learn the breaststroke, sidestroke, elementary backstroke, treading water and turning. Also improve your endurance and technique in the front and back crawls. Students must be comfortable in at least 6 feet of water.

Intermediate Swimming—\$60

Session 1—T/TH—11:30am—12:15pm

Refine your strokes and learn the long shallow dive, underwater swimming, the butterfly stroke and turns. Students must demonstrate the front and back crawl strokes, elementary backstroke and breaststroke.

Open Water Scuba Diving—\$495

M/W—6:00pm—9:00pm

Begin the adventure of a lifetime! Escape to an underwater world of shapes and creatures. Discover a place to renew your energy and excite your senses. Scuba diving frees you to explore the underwater world, historic shipwrecks and pristine reefs. Fun and excitement every time you jump in the water.

DANCE

Ballroom Dance—\$55

SUN—1:00pm—2:00pm

SHALL WE DANCE? Of course! Our techniques make learning to dance fun and easy for everyone to learn. Unlike the move, there is no emphasis on competition. We want you to feel confident to get up on the dance floor at any social gathering. This course is geared toward those with little or no dancing experience and will include the basic steps in Fox Trot, Waltz, Tango, Jitterbug and Latin Dancing.

Beginning/Intermediate Salsa with Liza & Gonzalo—\$65 W—6:00pm—7:00pm

A course for beginners through intermediates in NY style (“on 2”) salsa/mambo. The class will cover a range of materials appropriate for complete beginners, intermediates and those who already know how to dance other styles of salsa. Partners are not required. Jazz or ballet shoes are recommended but not required.

Belly Dance I—\$65

F—2:15pm—3:30pm

SAT—12:45pm—2:00pm

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. 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. Be prepared to move. No experience is necessary.

Belly Dance II—\$65

F—3:45pm—5:00pm

This class is designed for the student who would like to continue the exploration and excitement of Middle Eastern Dance. You must have completed at least 8 full weeks of the Intro class and have a good grasp on the 3 basic hip directions to register for this class. This class includes building on the foundational elements of Middle Eastern dance, putting the dance (movement) vocabulary into combinations, developing your Middle Eastern rhythm vocabulary, learning choreography that helps to develop and polish your technique, incorporating props and instruments, for example, veils and zils (finger cymbals), plus much, much more.

Hip Hop with Brian Soames—\$65

T/TH—6:30pm—7:30pm

Studio-style hip-hop class centering on original choreography. Total beginners as well as dancers of all backgrounds and levels are welcome.

Latin Dance—\$55

SUN—2:00pm—3:00pm

This class is an introduction to Latin dancing. Rhythms will include Cha Cha, Salsa, Rhumba and Merengue.

Social Dance—\$55

W—7:00pm—8:00pm

Learn the basic movements of social dancing from the beginner to more advanced level.

Swing Dance—\$55

W—8:00—9:00pm

Whether it is called Lindy, Boogie Woogie or Swing, the Jitterbug is still a classic American dance. Jitterbug is done to the music of Big Band, Rock 'n' Roll, and Country. Learn the timing, basic movements, turns and more. Learn steps from the beginner level to the advanced level. As this course continues through the weeks, we will teach additional moves like the Whip and Flips, Table Top and more.

RACQUET SPORTS

Squash Fundamentals—\$65

M/W—9:00am—9:50am

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—\$55

F—11:00am—11:50am

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.

Beginning Tennis—\$65

M/W—10:00am—10:50am

T/TH—9:00am—9:50am

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—\$65

M/W— 9:00am—9:50am

T/TH—10:00am—10:50am

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.

SPECIAL INTEREST

Golf

This course is for all ability levels and is taught by a golf professional. All aspects of the game are covered including the irons, woods, and putting. Clubs will be provided. Classes start the week of October 5. No membership is required.

Figure Skating

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.

MARTIAL ARTS

Aikido—\$40

TH—8:30pm—10:00pm

Join the practice of effective self defense in a positive, supportive atmosphere. Students learn to develop their own natural abilities to look out for themselves, including concentration, coordination, increased strength and confidence.

Beginning Shotokan Karate—\$100

T/TH—7:30pm—8:30pm

SUN—5:00pm—6:00pm

This is a Japanese karate style. Training emphasizes basics and kata and is conducted in a highly disciplined manner.

Boxing Conditioning with Princeton Academy of Martial Arts—\$60 *W—7:00pm—8:00pm*

This course combines the kick boxing of three arts - Jeet Kune Do (American Kick boxing), Thai Boxing and Boxe Francaise Savate in a full-body workout like none you've ever done! This course emphasizes the proper use of kicks and punches, and the conditioning of the entire body. Suitable for all fitness levels.

Capoeira-Mixed Level—\$55

M—6:00pm—7:30pm

W—6:30pm—7:00pm

This course provides an introduction into the basic movements and techniques of Capoeira in the style of Capoeira Regional. Capoeira is an Afro-Brazilian art form that combines martial arts, acrobatics and dance. Zumbi will teach stretching, basic movements, kicks and defenses as well as an introduction into the music and songs of Capoeira. Classes are taught in a fun, relaxed atmosphere and will give you a great cardio workout. No experience in Capoeira or martial arts is required.

Intermediate Shotokan Karate—\$100

T/TH—7:30pm—9:30pm

SUN—5:00pm—7:00pm

This is a Japanese karate style. For those who want to continue training beyond the beginning level. This class emphasizes basics and kata and is conducted in a highly disciplined manner.

Kung Fu—\$90

T—8:30pm—10:00pm

SAT—3:00pm—4:30pm

Sifu Vaganek instructs this Chinese martial arts class offering limitless possibilities in the world of optimum health. The style is Sil Lum which translates to “Young Forest”. This course will encompass all aspects of external Kung Fu: hand technique, kicking, Chin Na, Shuai Jiao, Kata and Kumite. There are additional charges for uniforms and testing.

Tai Chi—\$60—W
\$50—F

W—8:00pm—9:30pm

F—12:00pm—1:15pm

Tai Chi is a traditional martial arts and health exercise based on Taoist philosophy that emphasizes deep relaxation of mind and body. The form practice helps one 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 by both men and women.

Qigong/Martial Qigong—\$60

TH—12:00pm—1:15pm

Through deep relaxation of mind and body, one can achieve peak performance. This will enable one to perform Chunjin (one-inch punch), Golden bell (protection from punches), Qinna (joint lock and escape), etc. These are among the most important abilities in real self-defense situations, and can supplement any martial discipline. Students not interested in martial arts will use alternate movements to understand peak performance through deep relaxation, thus achieving higher performance and comfort in all activities.