BEGINNING GOLF LESSONS

This class is perfect for anyone thinking about taking up the game, but wants to get started off on the right foot, or for people that have been playing golf for a while, but have never really had any formal instruction. Local PGA Certified Golf Professional, and personal swing coach to many of your favorite Griffin Varsity Golfers, Mike Nickas, will help to develop your game from the green all the way back to the tee. You’ll learn the five major shots including putting, chipping, pitching, irons and tee shots; as well as learn about the rules and history of the game, club design, etiquette and how to develop good practice habits. Sign up for this course and you will be well on your way to enjoying the game of a lifetime! Don’t have your own clubs? Equipment will be provided to you at no extra charge!

- Cost: $130
- Dates: Session 1, Tuesday, May 22nd - June 26th - First class will meet on campus in the Special Events Room (HWAC 206)
- Dates: Session 2, Tuesday, July 10th - August 21st - No class on July 24th - First class will meet on campus, room TBD
- Time: 6:00 - 7:30 PM
- Place: Rose Park and Jordan River Golf Courses (1386 N. Redwood Rd.)

For more information or to register online visit our website.

SUMMER LOCKER RENTALS

Summer locker rentals begin June 4th. Just $10 gets you any size locker to use between June 4-August 19!

Sign up at the Reception Desk.

Spring Locker Rental Contract ends on Wednesday, May 30th. Please have your items removed from your locker by that date.

BEGINNING SCUBA

Beginning Scuba Diving is designed to introduce students to the joy and excitement of scuba diving. Through home study, class sessions and pool sessions, you will learn the essential information to scuba dive safely in a swimming pool. After the initial classes at Dive Utah, you can choose to complete Open Water training at the Homestead Crater in Midway and complete your PADI Open Water Diver certification. This prestigious certification is internationally recognized and will allow you a lifetime of scuba enjoyment. Fees include classroom and pool instruction, texts, scuba gear rental, open water instruction, and Homestead Crater entry fees.

- Cost: $399
- Dates: June 11th - July 16th
- Time: June 11th, 6:30 - 7:30 on Campus, June 18th - July 16th from 6:30 - 10 pm at Dive Utah (4679 S. 2225 E. Holladay, UT 84117)

For more information or to register online visit our website.
CPR/AED AWARENESS
In support of National CPR/AED Awareness week we will be holding an Adult CPR/AED class AT COST!
Tuesday, June 5, 5:30-9pm. Sign up at the Reception Desk.
Class is just $20.

TAP BASICS
This class is geared toward new to intermediate tappers who have an interest in learning more about tap dancing. During the session, we will move through the basics of tap dance including history, technique and style. This class will explore tap as a form of expression utilizing a variety of rhythms and music with attention to technique. Students must provide their own shoes, which can be found at several stores around the valley and online.

- Cost: $64
- Dates: Wednesdays, May 2nd - June 27th (no class on June 6th)
- Time: 12:00 - 1:00 PM
- Place: Payne Gym Studio

For more information or to register online visit our website.

YOGA BASICS
This is perfect for any one who would like to begin a yoga practice or move deeper into their existing yoga practice. We will focus on the 8 limbs of yoga—including postures, breathing, meditation, chanting, etc. The teacher, Jacqueline Morasco, has been teaching yoga in SL for over ten years and has a special interest in making the practice as individualized as can be. She likes to take a gentle approach while strengthening and stretching the body, mind and breathe.

- Cost: $70 for Session 1 and $60 for Session 2
- Session 1: Saturdays, May 5 - June 23, 2012 (no class May 12th)
- Session 2: Saturdays, July 7 - August 25, 2012 (no class July 28 and August 4)
- 9:30 - 11:00 AM
- Location: Westminster College, Eccles Health Wellness, and Athletic Center Studio
- Min. # of students: 8, Max # of students: 20
- Drop-ins will be welcome after the minimum has been met: Drop In Rate: $12.00 per class

For more information or to register online visit our website.

JACKIE SORENSEN FITNESS CLASSES
Workout with Jacki Sorensen's Fitness class. We combine stretching, flexibility, corework, weight training and aerobic exercise into each class. Jacki's classes use upbeat and motivating music. Participate at your own level. Enjoy a safe, effective approach to fitness.
Jackie Sorensen Step Aerobics: Class format: Each class begins with a light cardiovascular routine. Without stopping you move on to a vertifirm exercises which gives you a complete workout that strengthens and firms your upper and lower body. Use of hand weights are optional during this segment of class. You continue with corework, abdominal exercises and pushups. Next is the cardiovascular segment of class to shape up your heart and give you more energy. Finish class with a cooldown to lower your heart rate and leave you feeling great about all you've accomplished in one hour.

Jackie Sorensen Dance Aerobics: Jacki Sorensen's aerobic dancing combines stretching, corework, weight training, and aerobic exercise into each class. All routines are carefully choreographed and fit the mood of the music. Come have fun while you slim.

- Cost: **Summer Special**: $160 per session for 3 classes per week
- Cost: One Class per week $85 per session
- Dates: Step Aerobics, Saturdays, 8:15 - 9:15 AM, May 5th - August 18th
- Dates: Dance Aerobics, Tuesdays & Thursdays, 5:15 - 6:15 pm, May 1st - August 21st (no class on 7/4)
- Place: Payne Gym Studio
- Minimum # of Students: 6
- Drop-ins will be welcome after the minimum has been met. Drop In Rate: $7.00 per class

For more information or to register online visit our website.