

# Recreation & Fitness

## Water Exercise: Beginning & Experienced 28 hrs ..... \$120

This class provides an opportunity for muscle toning and water resistance exercise. Work is done in both the shallow and deep ends of the pool. **Supplies:** "Floaties" are required and available in the LC Bookstore. Must be 20 years old or older.

**•7918-CENC-RFE4090-001**  
M/W Jan. 22 - May 2 6:45 - 7:45 p.m.  
No class March 12 & 14  
Location: Bay Area REhabilitation  
7 Swalm Center at Decker Dr.  
Instructor: Renae Haskins

## Basic Keelboat Sailing 16 hrs ..... \$150

If you are interested in learning to sail or improving your sailing skills then this is the class for you. Come and learn from a Coast Guard License Captain! Sailors of all experience levels will have an opportunity to become more competent and confident in their abilities to sail. If you choose to venture beyond the basics, we'll expand your horizons by teaching you what all you need to know to have a safe experience in the water. You will also be able to identify parts and function of a sailboat; apply the Navigation Rules, learn the actions to be taken when sailing in the vicinity of commercial shipping, learn man-overboard information, and much more. You will experience classroom learning and hands-on sailing. **Requirements:** You will be required to sign a release form before sailing. **Textbook:** Sailing Fundamentals (available at Lee College Bookstore). **Instructor:** Steven Weir

**•8037-CENC-PLL5015-001**  
T/Th/ (classroom) Feb. 13 - 20 6:30 - 8:30 p.m.  
Sat./Sun. (sailing) Feb. 17 & 18  
10:00 a.m. - 3:00 p.m.  
Location: ATC, 228

**•8038-CENC-PLL5015-002**  
T/Th/ (classroom) April 10 - 17 6:30 - 8:30 p.m.  
Sat./Sun. (sailing) April 14 & 15  
10:00 a.m. - 3:00 p.m.  
Location: ATC, 228

**•8039-CENC-PLL5015-003**  
Mon./Fri. (classroom) April 30 - May 7  
6:30 - 8:30 p.m.  
Sat./Sun. (sailing) May 5 & 6  
10:00 a.m. - 3:00 p.m.  
Location: ATC, 229

## Safe Boating Course - Galveston Bay Power Squadron 18 hrs ..... Free

A safe boating course is being offered in February, 2007 by the Galveston Bay Power Squadron starting Saturday, February 3, 2007 at the Eddie Gray Wetlands Center.

Increase your awareness of boating safety and become familiar with the rules and regulations that must be followed while operating a boat or watercraft. Topics to be covered include Seamanship, Boat Terms and Types, Boat Handling, Knots &

Hitches, Anchoring, Required Equipment, Aids to Navigation, Navigation Rules, Piloting, and Emergency Procedures. Piloting refers to instruction in plotting courses and finding your location in near shore locations. The course meets the Mandatory Boater Education requirements of the Texas Parks and Wildlife Department as well as qualifying boat owners for a discount on their marine insurance with many underwriters. **Supplies:** A \$35 textbook fee to be paid to GBPS at the first class includes a comprehensive instruction manual. No charge for family members sharing the manual. An additional optional of \$10 fee payable to Texas Parks and Wildlife for those desiring state certification. Not mandatory at this time for adults, but required for those under 18 operating a power boat over 10 horsepower or a sailboat over 14 feet in length.

**•7924-CENC-RFE4052-001**  
Sat. Feb. 3 - 24 8:30 a.m. - 1:00 p.m.  
Location: Eddie Gray Wetlands Center  
Galveston Bay Power Squadron

## ▼ NEW! DANCE

**Scott Ladell** has been dancing since 1991. He's competed in Novice Pro-am with instructor Carmen Goodman in 2002. He's won first in Houston's Texas Classic, New Orleans Mardi Gras, Nashville's Music City Country Dance Challenge and many more. He's also won 4th place in the Open Novice World Champion in 2003. Scott has completed in Intermediate Pro-am with Carmen and won 2nd place in Texas Classic and 1st place at the Dallas Dance Festival. Scott has been teaching since 2003 and competing in pro-am as a profession since 2005.

**Allison Crunk** has also competed in following 2005 Pro-am competitions and won 1st place in the Lonstar Invitational, Arkansas Country, Waltz Across Texas, Dallas Dance Festival, and ACDA Nationals. She's also competed in the 2006 Pro-am Los Angeles Premier Dance Competition and won 2nd place. Allison has also won 1st place in the New York Competition.

## ▼ NEW! Introduction to Country Western Dance 2 hrs ..... \$30

Students will learn the basics of Two-Step and Polka. The workshop is an introduction to basic character, posture, frame, how to hold rhythm, timing, and footwork. No partner is necessary. Students will switch to establish lead and how to follow techniques.

**•8047-CENC-RFE4015-001**  
Sat. Jan. 27 1:00 - 3:00 p.m.  
Location: Gymnasium  
Instructors: Scott Ladell & Allison Crunk

**•8048-CENC-RFE4015-002**  
Sat. March 31 4:00 - 6:00 p.m.  
Location: Gymnasium  
Instructors: Scott Ladell & Allison Crunk

▼ **NEW!**

**Introduction to Swing & Jitterbug Dance**  
**2 hrs ..... \$30**

Students will learn the basics of Swing. The workshop is an introduction to basic character, posture, frame, how to hold rhythm, timing, and footwork. No partner is necessary. Students will switch to establish lead and how to follow techniques.

•8049-CENC-RFE4014-001

Sat. Feb. 3 1:00 - 3:00 p.m.

Location: Gymnasium

Instructors: Scott Ladell & Allison Crunk

•8050-CENC-RFE4015-002

Sat. April 14 1:00 - 3:00 p.m.

Location: Gymnasium

Instructors: Scott Ladell & Allison Crunk

▼ **NEW!**

**Introduction to Ballroom Dance**  
**2 hrs ..... \$30**

Students will learn the basics of Waltz, Tango, and Cha-Cha. The workshop is an introduction to basic character, posture, frame, how to hold rhythm, timing, and footwork. No partner is necessary. Students will switch to establish lead and how to follow techniques.

•8013-CENC-RFE4020-001

Sat. March 3 1:00 - 3:00 p.m.

Location: Gymnasium

Instructors: Scott Ladell & Allison Crunk

•8014-CENC-RFE4015-002

Sat. May 5 1:00 - 3:00 p.m.

Location: Gymnasium

Instructors: Scott Ladell & Allison Crunk

▼ **NEW!**

**Prom Preparation (Dance)**  
**4 hrs ..... \$35**

Students will learn the basics of Two-Step, Waltz, and Swing. The workshop is an introduction to basic character, posture, frame, how to hold rhythm, timing, and footwork. No partner is necessary. Students will switch to establish lead and how to follow techniques.

•8015-CENC-RFE4023-001

Sat. March 23 & 31 1:00 - 3:00 p.m.

Location: Gymnasium

Instructors: Scott Ladell & Allison Crunk

▼ **NEW!**

**African Praise (Level 1-3)**  
**5 hrs ..... \$39**

Students will be introduced to the traditional movements and rhythms of African Dance. Students will be instructed on the history and richness of African dance as it relates to the Diaspora and other indigenous people groups. Students will be made aware of how the African Diaspora resulted in the spreading of African culture, religion, and dances throughout areas such as Haiti, Brazil, Cuba, and Jamaica. Students will learn to recognize traditional, rhythmic patterns and basic, fundamental steps associ-

ated with African Dance. They will be challenged in their physically and stamina through the strength and grace of African technique.

•8097-CENC-RFE4025-001

Sat. Feb. 24 9:00 a.m. - 2:00 p.m.

Location: Bayer Conference Center

Instructor: Lovella Mogere

▼ **NEW!**

**Hip-Hip Praise**  
**5 hrs ..... \$39**

Students will be introduced to the traditional movements, sounds, and rhythms of contemporary dance style. Special focus will be on that of the music and dance style native to the hip-hop culture. Students will have a brief history of hip-hop music and how it influence has affected the fashion, attitudes, and dance styles of many nations. Students will be challenged to use the rhythms and movement combinations as praise to God as means of street ministry, evangelism, and warfare.

•8098-CENC-RFE4026-001

Sat. March 3 9:00 a.m. - 2:00 p.m.

Location: Bayer Conference Center

Instructor: Lovella Mogere

