



**New York
Chiropractic College**

DEPARTMENT

OF

RECREATIONAL SERVICES

ATHLETIC CENTER

PROGRAM BROCHURE

JANUARY – APRIL 2010

AQUATIC PROGRAMS

12 WEEK SESSIONS

DAYTIME AQUACISE: Morning classes will be held on Monday and Wednesday with an optional session on Friday. Classes will begin Monday, January 4, 2010. **Deadline to register: January 1, 2010.** CLASS SIZE LIMITED TO 25. NO CLASSES JANUARY 18, FEBRUARY 15 OR MARCH 19, 2010. INSTRUCTOR: DENISE SARRA

FEE:	MONDAY/WEDNESDAY	11:15 AM - 12 NOON	JANUARY 4 – MARCH 31, 2010
	NYCC STUDENT		\$ 24.00
	MEMBER		\$ 40.00
	NON-MEMBER		\$ 66.00
	MON/WED/FRI	11:15 AM - 12 NOON	JANUARY 4 – APRIL 2, 2010
	NYCC STUDENT		\$ 36.00
	MEMBER		\$ 60.00
	NON-MEMBER		\$ 75.00

DAYTIME WATER WALKING: Classes will be on Monday & Wednesday from 9:00 – 9:45 am with an optional Friday morning class beginning Monday, January 4, 2010. **Deadline to register: January 1, 2010.** CLASS SIZE LIMITED TO 30. NO CLASSES JANUARY 18, FEBRUARY 15 OR MARCH 19, 2010. INSTRUCTOR: DENISE SARRA (IT IS HIGHLY RECOMMENDED THAT YOU PURCHASE YOUR OWN FLOTATION BELT.)

FEE:	MONDAY/WEDNESDAY	*9:00 AM – 9:45 AM	JANUARY 4 – MARCH 31, 2010
	NYCC STUDENT	*PLEASE NOT TIME CHANGE	\$ 24.00
	MEMBER		\$ 40.00
	NON-MEMBER		\$ 66.00
	MON/WED/FRI	*9:00 AM – 9:45 AM	JANUARY 4 – APRIL 2, 2010
	NYCC STUDENT	*PLEASE NOT TIME CHANGE	\$ 36.00
	MEMBER		\$ 60.00
	NON-MEMBER		\$ 75.00

RUSTY HINGES SILVER SNEAKERS® SPLASH CLASS: Classes are held on Tuesday and Thursday mornings from 9:30 am to 10:15 am. Classes begin Tuesday, January 5, 2010. Physician referral & application for participation required. **Deadline to register: January 1, 2010.** CLASS SIZE LIMITED TO 25. INSTRUCTOR: HAZEL WESTFALL

FEE:	SILVER SNEAKERS MEMBERS	FREE	JANUARY 5 – MARCH 25, 2010
	NYCC STUDENT	\$ 24.00	
	MEMBER	\$ 40.00	
	NON-MEMBER	\$ 66.00	

EVENING AQUACISE: Classes will be held on Monday and Wednesday from 6:45 pm – 7:30 pm OR Tuesday and Thursday from 6:45 pm – 7:30 pm. Monday/Wednesday classes begin Wednesday, January 20, 2010. Tuesday/Thursday classes begin Tuesday, January 19, 2010. **Deadline to register: January 15, 2010.** CLASS SIZE LIMITED TO FIRST 30 REGISTRANTS. NO CLASSES FEBRUARY 15, 2010. **MONDAY/WEDNESDAY INSTRUCTOR: MATTHEW VILBURN.** **TUESDAY/THURSDAY INSTRUCTOR: GRETCHEN MCDONALD.**

FEE:	NYCC STUDENT	\$ 24.00	MONDAY/WEDNESDAY: JANUARY 20 – APRIL 14, 2010
	MEMBER	\$ 40.00	TUESDAY/THURSDAY: JANUARY 19 – APRIL 8, 2010
	NON-MEMBER	\$ 66.00	

EVENING WATER WALKING: Classes will be on Tuesday & Thursday from 6:00 pm – 6:45 pm beginning Thursday, January 7, 2010. **Deadline to register: January 1, 2010.** CLASS SIZE IS LIMITED. INSTRUCTOR: LINDA OCHS AND MAUREEN JUSKOW. (IT IS HIGHLY RECOMMENDED THAT YOU PURCHASE YOUR OWN FLOTATION BELT.)

FEE:	NYCC STUDENT	\$ 24.00	JANUARY 7 – MARCH 30, 2010
	MEMBER	\$ 40.00	
	NON-MEMBER	\$ 66.00	

10 WEEK SESSIONS

MONDAY MORNING RED CROSS PRE-SCHOOL AQUATICS classes will be offered for children ages 6 months to 36 months from 10:15 - 10:45 am and for 3 - 5 year olds from 10:45 - 11:15 am. Infants 6 - 36 months require adult accompaniment. Classes begin January 25, 2010. **Deadline to register: January 22, 2010.** NO CLASSES FEBRUARY 15, 2010. CLASS SIZE LIMITED. INSTRUCTOR: SUZANNE LESSLIE.

FEE:	CHILD OF NYCC STUDENT	\$ 18.00	JANUARY 25 – APRIL 5, 2010
	CHILD OF MEMBER	\$ 32.00	
	CHILD OF NON-MEMBER	\$ 55.00	

8 WEEK SESSIONS

SATURDAY MORNING RED CROSS INFANT AQUATICS will be offered for children ages 6 months – 36 months from 9:15 – 9:45 am beginning January 23, 2010. Adult accompaniment in the water is required. **Deadline to register: January 20, 2010.**

FEE:	CHILD OF NYCC STUDENT	\$ 15.00	JANUARY 23 – MARCH 13, 2010
	CHILD OF MEMBER	\$ 29.00	
	CHILD OF NON-MEMBER	\$ 45.00	

SATURDAY MORNING RED CROSS PROGRESSIVE AQUATICS for children with specific skills taught. Classes are divided into levels ranging from 1 to 6 and will be held on Saturday mornings beginning January 23, 2010. **Levels 5 and 6 will meet from 9:15 am – 10:00 am; levels 1 and 3 will meet from 10:00 am – 10:30 am and levels 2 and 4 will meet from 10:45 am – 11:15 am.**
Deadline to register: January 20, 2010.

FEE:	CHILD OF NYCC STUDENT	\$ 15.00	JANUARY 23 – MARCH 13, 2010
	CHILD OF MEMBER	\$ 29.00	
	CHILD OF NON-MEMBER	\$ 45.00	

FOR MORE INFORMATION ON ANY OF THE AQUATICS PROGRAMS BEING OFFERED BY NEW YORK CHIROPRACTIC COLLEGE DEPARTMENT OF RECREATIONAL SERVICES, CONTACT THE DEPARTMENT OF RECREATIONAL SERVICES OFFICE AT 568-3254 OR 568-3255.

FITNESS PROGRAMS

12 WEEK SESSION

30-MINUTE WORKOUT: Try this great lunch hour workout. A great way to fit exercise into your busy schedule. This class is designed to give you a maximum workout in the shortest amount of time. Classes are held on Monday, Wednesday and Friday from 12:10 pm to 12:40 pm. Classes begin January 4, 2010. **NO CLASSES JANUARY 18, FEBRUARY 15 OR MARCH 19, 2010. Deadline to register: January 1, 2010.**
INSTRUCTORS: CATHY FOSTER AND JOY OLSCHESKE

FEE:	NYCC STUDENT	\$ 18.00	JANUARY 4 – APRIL 2, 2010
	MEMBER	\$ 45.00	
	NON-MEMBER	\$ 70.00	

14 WEEK SESSIONS

SILVER SNEAKERS® FITNESS CLASSES- LEVEL I will be held on Monday and Thursday from 8:30 am to 9:15 am beginning January 4, 2010. Class size is limited. **Silver Sneakers® Fitness Program members have first priority to register for classes until December 30, 2009. Deadline to register for all others: January 1, 2010.** **NO CLASSES JANUARY 18 OR FEBRUARY 15, 2010.**
INSTRUCTOR: HAZEL WESTFALL

FEES:	SILVER SNEAKERS® MEMBERS	FREE	JANUARY 4 – APRIL 15, 2010
	NYCC STUDENT	\$ 21.00	
	MEMBER	\$ 45.00	
	NON-MEMBER	\$ 75.00	

SILVER SNEAKERS® FITNESS CLASSES- LEVEL II will be held on Monday and Thursday from 11:00 am to 11:45 am beginning January 4, 2010. Class size is limited. **Silver Sneakers® Fitness Program members have first priority to register for classes until December 30, 2009. Deadline to register for all others: January 1, 2010.** **NO CLASSES JANUARY 18 OR FEBRUARY 15, 2010.**
INSTRUCTOR: AARON CALLAHAN

FEES:	SILVER SNEAKERS® MEMBERS	FREE	JANUARY 4 – APRIL 15, 2010
	NYCC STUDENT	\$ 21.00	
	MEMBER	\$ 45.00	
	NON-MEMBER	\$ 75.00	

10 WEEK SESSIONS

TOTAL BODY MIX: This class combines cardio with a variety of conditioning and strength training activities for overall fitness. Classes will be offered on Monday and Wednesdays from 6:30 pm – 7:30 pm beginning Wednesday, January 20, 2010. **Deadline to register: January 15, 2010.** **NO CLASSES FEBRUARY 15, MARCH 3 OR MARCH 10, 2010. CLASS SIZE LIMITED TO FIRST 25 REGISTRANTS!**
INSTRUCTOR: JULIE SIEBEN

FEE:	NYCC STUDENT	\$ 20.00	JANUARY 20 – APRIL 7, 2010
	MEMBER	\$ 34.00	
	NON-MEMBER	\$ 55.00	

INSTRUCTIONAL PROGRAMS

12 WEEK SESSIONS

SILVER SNEAKERS® YOGA STRETCH CLASSES will be held on Monday and Wednesday from 10:00 am to 10:45 am beginning January 4, 2010. Class size is limited. **Silver Sneakers® Fitness Program members have first priority to register for classes until December 30, 2009. Deadline to register for all others: January 1, 2010.** **NO CLASSES JANUARY 18 OR FEBRUARY 15, 2010.**
INSTRUCTOR: DENISE SARRA

FEE:	SILVER SNEAKERS® MEMBERS	FREE	JANUARY 4 – MARCH 31, 2010
	NYCC STUDENT	\$22.50	
	MEMBER	\$50.00	
	NON-MEMBER	\$80.00	

10 WEEK SESSIONS

YOGA FLOW: Classes will begin on Monday, January 25, 2010 for ten weeks from 5:30 pm to 6:30 pm. This class is designed to improve flexibility, enhance balance and build strength. **Deadline to register: January 15, 2010.** **NO CLASSES FEBRUARY 15, 2010. CLASS SIZE LIMITED TO FIRST 25 REGISTRANTS!**
INSTRUCTOR: JULIE SIEBEN

FEE:	NYCC STUDENT	\$ 20.00	JANUARY 25 – APRIL 5, 2010
	MEMBER	\$ 55.00	
	NON-MEMBER	\$ 80.00	

POWER YOGA: Classes will begin on Wednesday, January 20, 2010 for ten weeks from 7:30 pm to 8:30 pm. This class is a moderate to vigorous class that offers a challenging workout for building strength, flexibility endurance and body awareness. Some yoga experience beneficial but not necessary. **Deadline to register: January 15, 2010.** **NO CLASSES MARCH 3 OR MARCH 10, 2010. CLASS SIZE LIMITED TO FIRST 25 REGISTRANTS!**
INSTRUCTOR: JULIE SIEBEN

FEE:	NYCC STUDENT	\$ 20.00	JANUARY 20 – APRIL 7, 2010
	MEMBER	\$ 55.00	
	NON-MEMBER	\$ 80.00	

PiYo: Classes will begin on Monday, January 25, 2010 for 10 weeks from 7:30 pm to 8:30 pm. Lose weight and completely transform your body with this class that blends pilates, yoga, sports moves, dance stretch and athletics to help you burn calories and build muscle. PiYo also increases strength, balance and agility. **Deadline to register: January 15, 2010.** **NO CLASSES FEBRUARY 15, 2010. CLASS SIZE LIMITED TO FIRST 25 REGISTRANTS!**
INSTRUCTOR: JULIE SIEBEN

FEE:	NYCC STUDENT	\$ 20.00	JANUARY 25 – APRIL 5, 2010
	MEMBER	\$ 55.00	
	NON-MEMBER	\$ 80.00	

10 WEEK SESSIONS

KOSHO RYU KEMPO SELF DEFENSE CLASSES: This class covers the whole scope of training including basics, kicks, katas (forms) history, self defense and concepts. Classes will be held on Tuesdays from 7:30 pm to 8:30 pm beginning January 19, 2010.

Deadline to register: January 15, 2010. CLASS SIZE LIMITED TO FIRST 25 REGISTRANTS!

INSTRUCTOR: WESLEY SCHWARTZ

FEE:	NYCC STUDENT	\$ 20.00	JANUARY 19 – MARCH 23, 2010
	MEMBER	\$ 55.00	
	NON-MEMBER	\$ 80.00	

TAIJI CLASSES (SESSION I): This class will improve balance, strength and body awareness. Classes will be held on Tuesday evenings from 6:30 pm to 7:30 pm beginning January 19, 2010. **Deadline to register: January 15, 2010. CLASS SIZE LIMITED TO FIRST 25 REGISTRANTS!**

INSTRUCTOR: MATTHEW KREINHEDER

FEE:	NYCC STUDENT	\$ 20.00	JANUARY 19 – MARCH 23, 2010
	MEMBER	\$ 55.00	
	NON-MEMBER	\$ 80.00	

TAIJI CLASSES (SESSION II): For those participants who have already completed Session I. This class will be a continuation of the previous session and work to improve balance, strength and body awareness. Classes will be held on Thursday evenings from 6:30 pm to 7:30 pm beginning January 21, 2010. **Deadline to register: January 15, 2010. CLASS SIZE LIMITED TO FIRST 25 REGISTRANTS!**

INSTRUCTOR: MATTHEW KREINHEDER

FEE:	NYCC STUDENT	\$ 20.00	JANUARY 21 – MARCH 25, 2010
	MEMBER	\$ 55.00	
	NON-MEMBER	\$ 80.00	

PLEASE NOTE: A MINIMUM OF 10 PARTICIPANTS PER CLASS MUST BE REGISTERED BY THE DEADLINE DATE. CLASSES WILL BE CANCELLED WITHOUT THE MINIMUM NUMBER OF PARTICIPANTS REGISTERED BY THE REGISTRATION DEADLINE DATE. ANY REGISTRATION RECEIVED AFTER THE DEADLINE DATE WILL BE ASSESSED A \$5.00 LATE REGISTRATION FEE.

FOR MORE INFORMATION ON ANY OF THE FITNESS AND OR INSTRUCTIONAL PROGRAMS OFFERED BY NEW YORK CHIROPRACTIC COLLEGE DEPARTMENT OF RECREATIONAL SERVICES, CONTACT THE RECREATIONAL SERVICES OFFICE AT 568-3254, 568-3255 OR 568-3256.

PROGRAM PAYMENT INFORMATION

**PLEASE MAKE ALL CHECKS PAYABLE TO NEW YORK CHIROPRACTIC COLLEGE.
PLEASE MAIL PAYMENT WITH REGISTRATION FORM TO:**

**NEW YORK CHIROPRACTIC COLLEGE
DEPARTMENT OF RECREATIONAL SERVICES
P.O. BOX 800
SENECA FALLS, NEW YORK 13148**

Visit us on the web:

www.nycc.edu

for information regarding membership, fees, hours of operation, etc.

Look for us under COMMUNITY & RESOURCES

**NEW YORK CHIROPRACTIC COLLEGE
DEPARTMENT OF RECREATIONAL SERVICES
2360 STATE ROUTE 89, SENECA FALLS, NY 13148
PROGRAM REGISTRATION FORM**

NAME: _____

PROGRAM: _____

NYCC CAMPUS ADDRESS: **MAILBOX #** _____

DAY AND TIME OF PROGRAM: _____

ADDRESS: _____

TELEPHONE: DAY _____ EVENING _____

AGE: (Required for anyone under 18 yrs. of age) _____

MEMBERSHIP STATUS: (Circle one)

NYCC STUDENT

NYCC STUDENT SPOUSE

NYCC STUDENT DEPENDENT

SILVER SNEAKERS MEMBER

YOUTH MEMBER

YOUTH NON-MEMBER

ADULT MEMBER

ADULT NON-MEMBER

MEDICAL INSURANCE CARRIER _____

NAME OF INSURED _____

EMERGENCY CONTACT _____

TELEPHONE _____

PARENT/GUARDIAN INFORMATION:
(Mandatory for anyone under the age of 18)

PARENT/GUARDIAN NAME _____

ADDRESS _____

TELEPHONE _____

The named applicant to participate in the above mentioned program is registering with the understanding that certain activities require a minimum level of fitness and health (physical, mental and emotional) and each person has a different capacity for participating in these activities.

The above named participant warrants being physically fit to participate and understands the choice to participate brings with it the assumption of those risks and results which are part of their participation.

They furthermore waive and release the New York Chiropractic College and their staff from any and all liability for injuries which may occur while participating in the above program and will hold the New York Chiropractic College and its staff harmless for any and all medical expenses incurred.

NON-MEMBER ATHLETIC CENTER UTILIZATION PRIVILEGES

The NYCC Department of Recreational Services is pleased to continue to provide the opportunity for the above named individual to participate in the instructional program listed above.

In doing so, there are a few Athletic Center facility rules which need to be adhered to:

1. The participant will be required to present their valid program pass to the front reception desk upon entering the facility for each scheduled class. Passes will be distributed at your first class.
2. The named program participant is eligible to participate in only the program they have registered for on the given dates, times and location of the program.
3. Athletic Center privileges will not be extended to any other person other than the registered participant.
4. Children are not permitted into classes that they are not registered for.

Use of the Athletic Center is a privilege. Acceptable conduct must be observed at all times. Anyone violating policies, misusing equipment or engaging in inappropriate behavior, including verbal and physical abuse of employees and patrons is subject to immediate removal and loss of privileges. No refunds will be granted.

I have read and understand the above Athletic Center facility rules concerning my participation in the above named program.

SIGNATURE _____

DATE _____