



**New York
Chiropractic College**

DEPARTMENT

OF

RECREATIONAL SERVICES

ATHLETIC CENTER

PROGRAM BROCHURE

SEPTEMBER – DECEMBER 2009

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 Wednesday, September 9, 2009. **Deadline to register: September 4, 2009.** CLASS SIZE LIMITED TO 25. NO CLASSES SEPTEMBER 11, 2009 OR NOVEMBER 27, 2009. INSTRUCTOR: DENISE SARRA

FEE:	MONDAY/WEDNESDAY	11:15 AM - 12 NOON	SEPTEMBER 9 – NOVEMBER 30, 2009
	NYCC STUDENT		\$ 24.00
	MEMBER		\$ 40.00
	NON-MEMBER		\$ 66.00
	MON/WED/FRI	11:15 AM - 12 NOON	SEPTEMBER 9 – DECEMBER 4, 2009
	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 Wednesday, September 9, 2009. **Deadline to register: September 4, 2009.** CLASS SIZE LIMITED TO 30. NO CLASSES SEPTEMBER 11, 2009 OR NOVEMBER 27, 2009. INSTRUCTOR: DENISE SARRA (IT IS HIGHLY RECOMMENDED THAT YOU PURCHASE YOUR OWN FLOTATION BELT.)

FEE:	MONDAY/WEDNESDAY	*9:00 AM – 9:45 AM	SEPTEMBER 9 – NOVEMBER 30, 2009
	NYCC STUDENT	*PLEASE NOT TIME CHANGE	\$ 24.00
	MEMBER		\$ 40.00
	NON-MEMBER		\$ 66.00
	MON/WED/FRI	*9:00 AM – 9:45 AM	SEPTEMBER 9 – DECEMBER 4, 2009
	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 September 8, 2009. Physician referral & application for participation required. **Deadline to register: September 4, 2009.** CLASS SIZE LIMITED TO 25. NO CLASSES NOVEMBER 26, 2009. INSTRUCTOR: HAZEL WESTFALL

FEE:	SILVER SNEAKERS MEMBERS	FREE	SEPTEMBER 8 – DECEMBER 1, 2009
	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 September 14, 2009. Tuesday/Thursday classes begin September 10, 2009. **Deadline to register: September 4, 2009.** CLASS SIZE LIMITED. NO CLASSES NOVEMBER 26, 2009.

MONDAY/WEDNESDAY INSTRUCTOR: KAITLYN PELLERINE.
TUESDAY/THURSDAY INSTRUCTOR: GRETCHEN MCDONALD.

FEE:	NYCC STUDENT	\$ 24.00	MONDAY/WEDNESDAY: SEPTEMBER 14 – DECEMBER 2, 2009
	MEMBER	\$ 40.00	TUESDAY/THURSDAY: SEPTEMBER 10 – DECEMBER 3, 2009
	NON-MEMBER	\$ 66.00	

EVENING WATER WALKING: Classes will be on Tuesday & Thursday from 6:00 pm – 6:45 pm beginning September 10, 2009. **Deadline to register: September 4, 2009.** CLASS SIZE IS LIMITED. NO CLASSES NOVEMBER 26, 2009. INSTRUCTOR: LINDA OCHS AND MAUREEN JUSKOW. (IT IS HIGHLY RECOMMENDED THAT YOU PURCHASE YOUR OWN FLOTATION BELT.)

FEE:	NYCC STUDENT	\$ 24.00	SEPTEMBER 10 – DECEMBER 3, 2009
	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 September 21, 2009. **Deadline to register: September 18, 2009.** CLASS SIZE LIMITED. INSTRUCTOR: SUZANNE LESSLIE.

FEE:	CHILD OF NYCC STUDENT	\$ 18.00	SEPTEMBER 21 – NOVEMBER 23, 2009
	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 September 19, 2009. Adult accompaniment in the water is required. **Deadline to register: September 15, 2009. NO CLASSES OCTOBER 3, 2009.**

FEE:	CHILD OF NYCC STUDENT	\$ 15.00	SEPTEMBER 19 – NOVEMBER 14, 2009
	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 September 19, 2009. **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: September 15, 2009. NO CLASSES OCTOBER 3, 2009.

FEE:	CHILD OF NYCC STUDENT	\$ 15.00	SEPTEMBER 19 – NOVEMBER 14, 2009
	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 September 9, 2009. **NO CLASSES SEPTEMBER 11, 2009 OR NOVEMBER 27, 2009. Deadline to register: September 4, 2009.**
INSTRUCTORS: CATHY FOSTER AND JOY OLSCHESKE

FEE:	NYCC STUDENT	\$ 18.00	SEPTEMBER 9 – DECEMBER 4, 2009
	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 September 10, 2009. Class size is limited. **Silver Sneakers® Fitness Program members have first priority to register for classes until August 31, 2009. Deadline to register for all others: September 4, 2009. NO CLASSES NOVEMBER 26, 2009.**
INSTRUCTOR: HAZEL WESTFALL

FEES:	SILVER SNEAKERS® MEMBERS	FREE	SEPTEMBER 10 – DECEMBER 17, 2009
	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 September 10, 2009. Class size is limited. **Silver Sneakers® Fitness Program members have first priority to register for classes until August 31, 2009. Deadline to register for all others: September 4, 2009. NO CLASSES NOVEMBER 26, 2009.**
INSTRUCTOR: AARON CALLAHAN

FEES:	SILVER SNEAKERS® MEMBERS	FREE	SEPTEMBER 10 – DECEMBER 17, 2009
	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 September 21, 2009. **Deadline to register: September 18, 2009.**
NO CLASSES NOVEMBER 25, 2009. CLASS SIZE LIMITED TO FIRST 25 REGISTRANTS!

INSTRUCTOR: JULIE SIEBEN

FEE:	NYCC STUDENT	\$ 20.00	SEPTEMBER 21 – NOVEMBER 30, 2009
	MEMBER	\$ 34.00	
	NON-MEMBER	\$ 55.00	

BRITNESS FITNESS: Classes will be offered on Tuesdays and Thursdays from 5:30 pm to 6:30 pm. This class teaches you the essential fundamentals that you've been missing. Wednesday's class will be technique; Thursday's class is a total body workout. Classes begin September 22, 2009. **Deadline to register: September 18, 2009.** **CLASS SIZE LIMITED TO FIRST 25 REGISTRANTS!**

INSTRUCTOR: BRITTANY BULLARD

FEE:	NYCC STUDENT	\$ 20.00	SEPTEMBER 22 – DECEMBER 1, 2009
	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 September 9, 2009. Class size is limited. **Silver Sneakers® Fitness Program members have first priority to register for classes until August 31, 2009. Deadline to register for all others: September 4, 2009.** **INSTRUCTOR: DENISE SARRA**

FEE:	SILVER SNEAKERS® MEMBERS	FREE	SEPTEMBER 9 – NOVEMBER 30, 2009
	NYCC STUDENT	\$22.50	
	MEMBER	\$50.00	
	NON-MEMBER	\$80.00	

10 WEEK SESSIONS

YOGAFLOW: Classes will begin on Monday, September 21, 2009 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: September 18, 2009.** **CLASS SIZE LIMITED.**

INSTRUCTOR: JULIE SIEBEN

FEE:	NYCC STUDENT	\$ 20.00	SEPTEMBER 21 – NOVEMBER 23, 2009
	MEMBER	\$ 55.00	
	NON-MEMBER	\$ 80.00	

POWER YOGA: Classes will begin on Wednesday, September 23, 2009 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: September 18, 2009.** **NO CLASSES NOVEMBER 25, 2009. CLASS SIZE LIMITED TO FIRST 25 REGISTRANTS!**

INSTRUCTOR: JULIE SIEBEN

FEE:	NYCC STUDENT	\$ 20.00	SEPTEMBER 23 – DECEMBER 2, 2009
	MEMBER	\$ 55.00	
	NON-MEMBER	\$ 80.00	

8 WEEK SESSIONS

ADULT TENNIS LESSONS: Classes will begin on Wednesday, September 23, 2009 from 6:00 pm – 7:30 pm. This class is for beginner to intermediate level players. **Deadline to register: September 18, 2009. CLASS SIZE IS LIMITED.**

INSTRUCTOR: MICHAEL PORTONOVA

FEE:	NYCC STUDENT	\$ 100.00	SEPTEMBER 23 – NOVEMBER 11, 2009
	MEMBER	\$ 150.00	
	NON-MEMBER	\$ 180.00	

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 September 22, 2009. **Deadline to register: September 18, 2009. CLASS SIZE LIMITED.**

INSTRUCTOR: WESLEY SCHWARTZ

FEE:	NYCC STUDENT	\$ 20.00	SEPTEMBER 22 – NOVEMBER 10, 2009
	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 September 22, 2009. **Deadline to register: September 18, 2009. CLASS SIZE LIMITED.**

INSTRUCTOR: MATTHEW KREINHEDER

FEE:	NYCC STUDENT	\$ 20.00	SEPTEMBER 22 – NOVEMBER 10, 2009
	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 September 24, 2009. **Deadline to register: September 18, 2009. CLASS SIZE LIMITED.**

INSTRUCTOR: MATTHEW KREINHEDER

FEE:	NYCC STUDENT	\$ 20.00	SEPTEMBER 24 – NOVEMBER 12, 2009
	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/CommunityHealth_Athletic_Center.htm
for information regarding membership, fees, hours of operation, etc.

**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 VOLUNTEER

MEDICAL INSURANCE CARRIER _____

NAME OF INSURED _____

EMERGENCY CONTACT _____

TELEPHONE _____

PARENT/GUARDIAN INFORMATION: PARENT/GUARDIAN NAME _____

(Mandatory for anyone under the age of 18)

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 _____