

# Recreation and Fitness

WINTER/SPRING 2020

DANCE | FISHING | MARTIAL ARTS | RECREATION AND FITNESS | YOGA



# Start the new year off right by developing a healthier and happier lifestyle!

AACC offers a variety of recreation and fitness classes to help you achieve your goals. Practice yoga or tai chi, explore a variety of dance styles or aim to better your balance and posture.

To browse all of our recreation and fitness options, visit [www.aacc.edu](http://www.aacc.edu).

## Dance

### East Coast Swing Dance

Develop dance skills to the fast beat of the East Coast swing. Improve and enhance your dance repertoire with this six-count, basic step, rhythm dance. Demonstrate lead and follow techniques.

*Note: Wear comfortable clothing and thin-sole, leather-bottom shoes. No sandals or flip-flops. Bring a bag lunch, drink and protein snack.*

Cost: \$52† includes \$7 fee.

DNC-329-101	Feb. 1	Arnold-Main	Washington
1 session	Sa	10:30 am-2 pm	CALT 103
DNC-329-201	April 4	Arnold-Main	Washington
1 session	Sa	10:30 am-2:15 pm	CALT 103

### Basic Dances for Wedding Receptions

Dance with confidence at weddings and other formal events. Learn the foxtrot and cha-cha. Instructor welcomes entire wedding parties as well as individuals and fathers of the bride.

*Note: Wear comfortable clothing and thin-sole, leather-bottom shoes. No sandals or flip-flops.*

Cost: \$90† includes \$7 fee.

DNC-318-101	Feb. 6-March 12	Arnold-Main	Gallagher
6 sessions	Th	6-7 pm	CALT 103
DNC-318-201	April 6-May 11	Arnold-Main	Gallagher
6 sessions	M	7-8 pm	CALT 103

### Basic Social Dance

Learn to dance to different social rhythms including the foxtrot, tango, salsa and swing.

*Note: Wear comfortable clothing and thin-sole, leather-bottom shoes. No sandals or flip-flops.*

Cost: \$90† includes \$7 fee.

DNC-305-101	Feb. 6-March 12	Arnold-Main	Gallagher
6 sessions	Th	7-8 pm	CALT 103
DNC-305-201	April 2-May 7	Arnold-Main	Gallagher
6 sessions	Th	6-7 pm	CALT 103

### Social Dance

Learn and practice the smooth movements of the foxtrot, tango and waltz.

*Note: Bring a bag lunch, drink and protein snack.*

*Wear comfortable clothing and thin-sole, leather-bottom shoes. No sandals or flip-flops.*

Cost: \$69† includes \$7 fee.

DNC-315-101	Feb. 15	Arnold-Main	Washington
1 session	Sa	10:30 am-3:30 pm	CALT 103
DNC-315-201	April 18	Arnold-Main	Washington
1 session	Sa	10:30 am-3:45 pm	CALT 103

### Introduction to Shag and West Coast Swing

Develop fundamentals and practice popular dance moves of shag and the West Coast swing.

Demonstrate dance variations, turns and patterns with a partner. Practice techniques and styling to increase confidence.

*Note: Wear comfortable clothing and appropriate thin-sole, leather-bottom shoes. No sandals or flip-flops.*

Cost: \$85† includes \$7 fee.

DNC-331-201	April 1-May 6	Arnold-Main	Needham
6 sessions	W	6-7 pm	CALT 103

### Nightclub Two-Step

Develop the foundational two-step footwork of this popular, slower tempo dance perfect for nightclubs, weddings and parties. Practice basic steps and moves, inside and outside turns, and leading and following. Apply patterns and styling.

*Note: Wear comfortable clothing and flat-soled, nonslip shoes. No flip-flops or sandals.*

Cost: \$90† includes \$7 fee.

DCE-307-201	April 1-May 6	Arnold-Main	Needham
6 sessions	W	7-8 pm	CALT 103

## Social Dance 2

Solidify and improve upon the techniques and dance steps from Basic Social Dance.

Prerequisite: DNC-305 Basic Social Dance or previous dance experience.

Cost: \$90† includes \$7 fee.

DNC-308-201	April 2-May 7	Arnold-Main	Gallagher
6 sessions	Th	7-8 pm	CALT 103

## American Social Foxtrot

Develop fundamentals of the smooth, distinct, slower style of the American social foxtrot.

Demonstrate positions, figures and technique.

Practice slow and faster pace steps with a partner following the rhythm of the music.

*Note: Wear comfortable clothing and thin-sole, leather-bottom shoes.*

Cost: \$90† includes \$7 fee.

DCE-301-201	April 6-May 11	Arnold-Main	Gallagher
6 sessions	M	6-7 pm	CALT 103

## Hip-Hop

Learn the funky style of street dancing to popular music. Master a variety of steps.

*Note: Wear loose, comfortable clothing.*

Cost: \$82† includes \$7 fee.

DNC-310-201	April 6-May 18	Arnold-Main	Davis
7 sessions	M	7:15-8:15 pm	CALT 101

## Embod Barre

Combine ballet barre core exercises with ballet and modern dance moves for body shaping results.

Increase flexibility, strengthen your core and improve posture.

Cost: \$82† includes \$7 fee.

DNC-311-201	April 7-May 19	Arnold-Main	Hudson
7 sessions	Tu	6:30-7:30 pm	CALT 105

## Latin Club Dancing: Salsa and Bachata

Develop basic dance steps, moves and techniques of two popular Latin dances. Practice leading and following. Apply Latin styling and technique while dancing to Latin-style music.

*Note: Wear comfortable clothing and flat-soled, nonslip shoes. No flip-flops or sandals.*

Cost: \$127† includes \$7 fee.

DCE-311-201	April 17-May 15	Arnold-Main	Davis
5 sessions	F	6-8 pm	CALT 103

## Fishing

### Kayak Fishing

Examine key elements to safely and successfully fish from a kayak. Identify styles of fishing kayaks, safety equipment and local launch sites. Discuss kayak fishing strategies and techniques including lure selection, casting, trolling and fly-fishing.

*Note: Class held indoors using a kayak and equipment for demonstration.*

Cost: \$59† includes \$11 fee.

AHC-504-201	April 4	Arnold-Main	Bange
1 session	Sa	9 am-1:15 pm	

### New! Chesapeake Bay Light Tackle Fishing

Gain the knowledge and skills necessary to fish in the Chesapeake Bay using light tackle. Discuss various types of live bait, lures and tackle, proper use, and maintenance. Identify various species of fish in the bay and its tributaries. Learn spinning, casting and fly tackle.

*Note: Class will meet indoors for a portion of instruction and outdoors to practice casting skills. Bring a rod and reel, bag lunch and drink. All skill levels welcome.*

Cost: \$113† includes \$22 fee.

AHC-513-201	May 9	Arnold-Main	Doyle
1 session	Sa	9 am-4:30 pm	



## Martial Arts

### Morning Tai Chi

Hone movements that focus on relaxation, stress reduction, balance and coordination.

Cost: \$82† includes \$7 fee.

HLH-344-102	March 2-April 15	Arnold-Main	Martial
12 sessions	MW	9-10:15 am	CALT 105
HLH-344-201	April 27-June 8	Arnold-Main	Martial
12 sessions	MW	9-10:15 am	CALT 105

### Comprehensive Tai Chi

Continue studying tai chi with focus on refinement of the 74-movement LaoJia YiLu form, 83-movement XinJia ErLu form and two-person practice. Designed for students who can perform the 18 Essence Form. Prerequisite: Permission of instructor.

Cost: \$82† includes \$7 fee.

AHC-393-102	March 2-April 15	Arnold-Main	Martial
12 sessions	MW	10:30-11:45 am	CALT 105
AHC-393-201	April 27-June 8	Arnold-Main	Martial
12 sessions	MW	10:30-11:45 am	CALT 105

### Aikido

Practice a defensive martial art suitable for all ages that uses body movement, coordination and distancing instead of strength.

*Note: Club is affiliated with Aikido America International/Shin Aikido Rengo.*

Cost: \$178† includes \$7 fee.

ATC-377-102	Feb. 24-April 8	Arnold-Main	Mack
12 sessions	MW	7-8:30 pm	
ATC-377-201	April 6-May 13	Arnold-Main	Mack
12 sessions	MW	7-8:30 pm	

## Recreation and Fitness

### Weight Training for Women

Tone muscles, reduce the risk of osteoporosis and gain strength for everyday activities through this introductory hand-weight training class. Learn how to set up a home-workout program.

*Note: Bring a set of 3- or 5-pound weights and a yoga mat.*

Cost: \$89† includes \$7 fee.

WIN-394-201	April 1-May 7	Arnold-Main	Horton
6 sessions	W	6-7 pm	CALT 101

### Golf for Beginners

Learn the basics of the sport and course etiquette. Focus on proper setup, putting, irons, woods and trouble shots.

*Note: Bring an iron and putter to second class. Bucket of balls included. First session meets on campus. Subsequent sessions meet at SPGC.*

Cost: \$99† includes \$37 fee.

AHL-397-201	April 7-28	Arnold-Main	Leizear
4 sessions	Tu	9:30-11 am	

### New! Hula Hoop Fitness

Learn fundamentals of hooping using waist, hands and arms. Practice hoop moves and develop a full cardio workout including strength training. Tone muscles, burn calories, improve coordination and reduce stress. Combine hooping tricks and techniques to create a fun, hoop dance flow.

*Note: A specialized, weighted hula hoop is provided for instruction.*

Cost: \$85† includes \$7 fee.

FIT-513-201	April 7-May 12	Arnold-Main	Horton
6 sessions	Tu	6-7 pm	

### Rape Aggression Defense System

Discover realistic self-defense tactics and techniques for women. Learn strategies of awareness, prevention, risk reduction and avoidance. Progress to basic hands-on self-defense.

Cost: \$10† includes \$7 fee.

WMI-317-201	April 8-29	Arnold-Main	Kerpelman
4 sessions	W	6-8:30 pm	GYM 109

## Yoga

### Morning Yoga

Experience the softer side of yoga. Focus on relaxation and stretching.

*Note: Bring a yoga mat.*

**Cost: \$96† includes \$7 fee.**

HLH-345-103 14 sessions	March 2-April 22 MW	Arnold-Main 9-10 am	Dardick CALT 101
HLH-345-104 14 sessions	March 2-April 22 MW	Arnold-Main 10:15-11:15 am	Dardick

### Yoga Tone

Safely stretch and tone your body while you release the tension and stress of daily life. Combines yoga and proper breathing techniques.

*Note: Bring a yoga mat.*

**Cost: \$85† includes \$10 fee.**

ATC-380-201 6 sessions	April 6-May 11 M	Arnold-Main 6-7 pm	Moreno CALT 105
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### Gentle Yoga

Experience the softer side of yoga, with an emphasis on relaxation and stretching. Great for beginners.

*Note: Bring a yoga mat.*

**Cost: \$85† includes \$10 fee.**

ATC-381-201 6 sessions	April 1-May 6 W	Arnold-Main 6-7 pm	Moreno
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# HOW TO REGISTER

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## REGISTER IN PERSON

Continuing Education and  
Workforce Development  
Center for Applied Learning  
and Technology Room 115, Arnold

8 a.m.-6 p.m. Monday-Thursday

8 a.m.-4:30 p.m. Friday

8 a.m.-1 p.m. Saturday

**410-777-2325**

Records and Registration  
Arnold, **410-777-2325**

AACC at Arundel Mills

**410-777-2010**

Glen Burnie Town Center

**410-777-2945**

Fort Meade Army Education Center

**410-777-1470**

## PAYMENT

ATM card, credit card, check or money  
order. Cash is only accepted at the  
cashier's office in Student Services Center  
Room 120, Arnold.

## REGISTER BY MAIL

Continuing Education and  
Workforce Development  
CALT 115

101 College Parkway  
Arnold, MD 21012-1895

Credit card, check or money order  
(payable to AACC)

## REGISTER BY FAX USING A CREDIT CARD

**410-777-4325**

## Why do courses sometimes cancel?

All classes require a minimum enrollment  
(usually within a week of the course's  
start date) in order for that course to run.  
That's why it's so important to register  
early. If you have signed up for a class and  
we cancel it, we will contact you.

## LOCATION AND CODES

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### ARNOLD-MAIN

101 College Parkway • Arnold, MD 21012

† Course is not tuition free for seniors.

**STUDENT INFORMATION**

 AACC ID NUMBER or \_\_\_\_\_  
 LAST FOUR DIGITS OF SSN \_\_\_\_\_

STUDENT'S LEGAL LAST NAME \_\_\_\_\_ STUDENT'S LEGAL FIRST NAME \_\_\_\_\_ MIDDLE INITIAL \_\_\_\_\_ OTHER LAST NAMES USED (IF ANY) \_\_\_\_\_

HOME STREET ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

 CELL  
 BUSN  
 HOME

 CELL  
 BUSN  
 HOME

COUNTY \_\_\_\_\_ PRIMARY PHONE NUMBER \_\_\_\_\_ SECONDARY PHONE NUMBER \_\_\_\_\_ BIRTH DATE (MM/DD/YYYY) \_\_\_\_\_

 F  M \_\_\_\_\_ IF APPLICABLE: \_\_\_\_\_ CURRENT SCHOOL GRADE \_\_\_\_\_ REAL ESTATE LICENSE # \_\_\_\_\_

**CITIZENSHIP (SELECT ONE) REQUIRED**

- 
- I am a United States citizen.
- 
- 
- I have a permanent alien resident\*.
- 
- 
- I have a visa\*, visa type \_\_\_\_\_
- 
- 
- Country of foreign citizenship \_\_\_\_\_
- 
- \*Original documentation must be submitted
- 
- in person before any registrations can be processed.

**RESIDENCY (SELECT ONE) REQUIRED**

- 
- I have maintained my legal domicile...
- 
- 
- In Anne Arundel County for at least 3 months.
- 
- 
- In Maryland for at least 3 months.
- 
- 
- not in the state of Maryland.

**ETHNICITY/RACE (SELECT ALL THAT APPLY)**

- Hispanic or Latino:
- 
- YES
- 
- NO
- 
- 
- American Indian or Alaska Native
- 
- 
- Asian
- 
- 
- Black or African-American
- 
- 
- Native Hawaiian or other Pacific Islander
- 
- 
- White

**CERTIFICATE AND COURSE INFORMATION**
 FALL  WINTER  SPRING  SUMMER \_\_\_\_\_ YEAR \_\_\_\_\_

 NONCREDIT CERTIFICATE CODE (Visit [www.aacc.edu/cewdcertificates](http://www.aacc.edu/cewdcertificates)) \_\_\_\_\_

TERM OF THIS REGISTRATION/DROP \_\_\_\_\_ YEAR \_\_\_\_\_

ACTION	SECTION ID	TITLE OF COURSE	START DATE	DAYS OF WK	TIMES	LOCATION	COST
<input checked="" type="checkbox"/> REGISTER <input type="checkbox"/> DROP	ABC-123-456	ABCs of Business Analytics	Sept. 28	MWF	10am - 12:30 pm	CCPT	\$\$\$
<input type="checkbox"/> REGISTER <input type="checkbox"/> DROP							
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 Out-of-county residents add \$10 per class;  
 Out-of-state residents add \$25 per class.

**QUESTIONS?**

 Call 410-777-2325 or visit [www.aacc.edu/noncredit](http://www.aacc.edu/noncredit)
**TOTAL COST**
**PAYMENT INFORMATION**

 (PAYMENT IS DUE AT THE TIME OF REGISTRATION)  
 (NO REFUNDS ARE GIVEN AFTER A CLASS HAS STARTED)

- 
- SEE ENCLOSED CHECK/MONEY ORDER PAYABLE TO
- AACC**
- or
- 
- 
- CHARGE MY:
- 
- AMERICAN EXPRESS
- 
- DISCOVER
- 
- MASTERCARD
- 
- VISA

ACCOUNT NUMBER \_\_\_\_\_

EXP. (MM/YY) \_\_\_\_\_

CARDHOLDER SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

**REQUIRED STUDENT SIGNATURE**

I certify that the information I have given on this form is accurate and complete. By proceeding with this registration I agree to abide by the Academic Integrity Policy and all other college policies as cited in the college catalog.

STUDENT SIGNATURE and PARENT/GUARDIAN SIGNATURE (IF STUDENT UNDER 16 YEARS) \_\_\_\_\_

DATE \_\_\_\_\_

 It is understood and agreed by your signature that you are hereby responsible and obligated to pay for the above courses.  
 Modification Date: 2018.05.21

The security of all members of the campus community is of vital concern to Anne Arundel Community College. Information concerning campus security and crime statistics is available in the Student Handbook. For copies write: Anne Arundel Community College, Department of Public Safety, 101 College Parkway, Arnold MD 21012-1895.

**Notice of Nondiscrimination:** AACC is an equal opportunity, affirmative action, Title IX, ADA Title 504 compliant institution. Call Disability Support Services, 410-777-2306 or Maryland Relay 711, 72 hours in advance to request most accommodations. Requests for sign language interpreters, alternative format books or assistive technology require 30 days' notice. For information on AACC's compliance and complaints concerning sexual assault, sexual misconduct, discrimination or harassment, contact the federal compliance officer at 410-777-1239 or [complianceofficer@aacc.edu](mailto:complianceofficer@aacc.edu), the Title IX coordinator at 410-777-2256, or Maryland Relay 711.

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101 COLLEGE PKWY  
ARNOLD MD 21012-1895



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