

Youth Swimming

All classes are certified through the American Red Cross. This is a comprehensive course that places a child according to the child's ability and strives to advance the child as far as possible. Basic water safety will be taught. **Classes are for ages 4 - 12. Class sizes are limited to 15.**

Dates: June 1 - 11
Days: Monday - Thursday
Times: 2 - 2:30 p.m., 2:45 - 3:15 p.m.,
3:30 - 4 p.m., 4:15 - 4:45 p.m.

Dates: June 15 - 25
Days: Monday - Thursday
Times: 2 - 2:30 p.m., 2:45 - 3:15 p.m.,
3:30 - 4 p.m., 4:15 - 4:45 p.m.,

Location: SAU Pool
Instructor: Pam Mayo
Fee: \$60



Teen Swimming

All classes are certified through the American Red Cross. This is a comprehensive course that places a student according to their ability and strives to advance them as far as possible. Basic water safety will be taught. **Classes are for ages 13 - 17. Class sizes are limited to 15.**

Dates: June 15 - 25
Days: Monday - Thursday
Time: 5 - 5:30 p.m.

Location: SAU Pool
Instructor: Pam Mayo
Fee: \$60

Adult Swimming

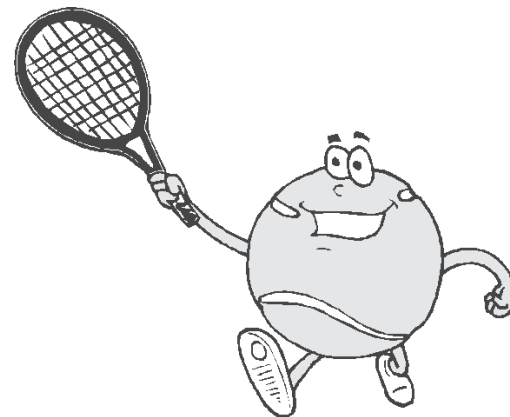
All classes are certified through the American Red Cross. This is a comprehensive course striving to advance as far as possible. Basic water safety will be taught. **Minimum age 18.**

Dates: June 1 - 11
Days: Monday - Thursday
Time: 4:45 - 5:30 p.m.
Location: SAU Pool
Instructor: Pam Mayo
Fee: \$60

Tennis Clinic

Students will learn grips, strokes, the mental game, hand-eye coordination skills, footwork, and strategies. Bring a tennis racket, tennis shoes, and a water bottle. **Ages 5 - 10.**

Dates: June 8 - 12
Days: Monday - Friday
Time: 9 - 10 a.m.
Location: SAU Tennis Courts
Instructor: Shelley Malone
Fee: \$35



Aquacize

This class includes a wide variety of water exercises that provide for cardiovascular conditioning, toning, and strengthening of muscles. Floatation devices will be provided for deep water exercises.

Dates: June 2 - July 30
Days: Tuesday and Thursday
Time: 6 - 7 p.m.
Location: SAU Pool
Instructor: Sandi Alston
Fee: \$40



Senior Wellness

The Senior Wellness Program consists of exercises utilizing chair, land, and water applicants. The Arthritis Foundation approves all land and water exercises.

Dates: June 1 - July 30
Days: Monday, Wednesday, and Thursday
Water Exercise: 9 - 9:45 a.m.
Location: SAU Pool
Land Exercise: 8 - 8:45 a.m.
Location: SAU Auxiliary Gym
Instructor: Kandice Smith
Fee: \$40 for 1 course
\$60 for 2 courses

Southern Arkansas University



Continuing Education 2009 Summer Program



How to Register

1. Send name, address, and payment to:
Southern Arkansas University
P.O. Box 9240
Magnolia, AR 71754-9240
2. Walk-in Registration:
Come by our office in the
Business Building, Room 111.
3. By telephone:
Call (870) 235-4005
4. Register on-line at www.saumag.edu
5. Payment may be made by cash, check, money order, Visa, Mastercard, Discover, or American Express.

The Office of Continuing Education is open 7 a.m. - noon and 12:30 - 5:30 p.m. Monday - Thursday. Remember, you have **not** reserved a place until the fee has been paid.

Refund Policy

A full refund will be given to students only if our office has cancelled a class due to lack of enrollment or any other necessary reasons or if students cancel before the first class meeting. An 80 percent refund will be given only to those students who cancel after the first class and before the second class. No refunds after the second class.

Parking

All vehicles parked on campus must have a validated parking permit. Parking permits can be purchased for \$10 at the Business Office in Overstreet Hall.

University Closings

When regular classes do not meet because of inclement weather, continuing education classes will not meet.

Customized Training for Business and Industry

If you have a training need, give us a call. We work one-on-one and will tailor workforce training courses to meet your company's specific needs. To see how we can help you get more from your employees, call during weekday business hours, (870) 235-4005.

Want to teach a non-credit course?

Send your course proposal to SAU
Attn: Continuing Education
P.O. Box 9240
Magnolia, AR 71754-9240

Fundamentals of Golf

This is a beginner level course. Students will learn the rules of the game, basic golf instructions, starting from the beginner stage, driving the ball, short game, putting, and chipping skills. **Ages 5 - 12.**

Dates: June 15 - 18 **or** June 22 - 25
Days: Monday - Thursday
Time: 8 - 10 a.m.
Location: Magnolia Country Club
Instructor: Leonard Biddle
Fee: \$50



Advanced Golf

This is an advanced level course. Instruction will be given in the following areas: golf course management, how to play your way around a golf course, such as what clubs to use on the different holes. Also, chipping and putting skills, short shots of 100 yards and less, and driving skills will be taught. Each day students will play at least nine holes of golf. **Ages 13 and up.**

Dates: June 29 - July 2
Days: Monday - Thursday
Time: 8 a.m. - noon
Location: Magnolia Country Club
Instructor: Leonard Biddle
Fee: \$70

Mom - Tot Gymnastics

This class is designed to teach how to safely supervise and instruct your child on basic motor skills and beginning tumbling. These skills are applicable to any future physical endeavors to include tumbling, swimming, sports, etc. These foundational skills will insure your child physical success by improving coordination, agility and physical awareness.

Dates: July 6 - 9
Days: Monday - Thursday
Time: 5 - 6 p.m.
Location: SAU Auxiliary Gym
Instructor: Tommye Croft
Fee: \$30

Gymnastics for Beginners

Learn basic motor skills which lead to basic tumbling to include various cartwheels and a backbend. This is a beginner class for students who have never taken tumbling. **Ages 4 - 7.**

Dates: June 15 - 18
Time: 9:30 - 10:30 a.m.
Dates: July 6 - 9
Time: 3 - 4 p.m.
Days: Monday - Thursday
Location: SAU Auxiliary Gym
Instructor: Tommye Croft
Fee: \$30

Gymnastics for Intermediates

Students who are familiar with tumbling and can do perfect cartwheels and are working on backbends. This is a for a child who has taken gymnastics for at least one year. **Ages 8 -13.**

Dates: June 15 - 18
Time: 10:30 - 11:30 a.m.
Dates: July 6 - 9
Time: 4 - 5 p.m.
Days: Monday - Thursday
Location: SAU Auxiliary Gym
Instructor: Tommye Croft
Fee: \$30

Summer Art Workshop

Youth will be creating hands-on art with drawing, painting, and paper mache themed around insects. All materials will be supplied. **Class size is limited to 15 in each group (Grades 1-3 and 4-6).**

Dates: June 8 - 11
Days: Monday - Thursday
Time: 1 - 3 p.m.
Location: Brinson 107
Instructors: Patricia Leslie and Liz Bullock
Fee: \$45

Children's Art Workshop

Children will be involved in a hands-on two-hour art experience involving painting, drawing, and 3-D art using various media. All materials are supplied. The workshop will end with an art show in the Brinson Art Gallery. **Class size is limited to 15 in each group (Grades K-3 and 4-6).**

Dates: July 20 - 23
Days: Monday - Thursday
Time: 9:30 - 11:30 a.m.
Location: Brinson 107 and 222
Instructor: Laurie Hicks
Fee: \$45

Summer Art Workshop

Youth will be creating hands-on art with drawing, painting, and paper mache themed around panthers. All materials will be supplied. **Class size is limited to 15 in each group (Grades 1-3 and 4-6).**

Dates: July 13 - 16
Days: Monday - Thursday
Time: 10 a.m. - 12 p.m.
Location: Brinson 107
Instructors: Patricia Leslie and Liz Bullock
Fee: \$45