

Fall 2009 EDRC classes

SUBJECT	COURSE #	COURSE TITLE	SECTION	UNITS	MEETING DAYS	START TIME	END TIME	BUILDING/ROOM	INSTRUCTOR	MAX LIMIT	FEES
EDRC	100	SCUBA diving beginning (*23D, 23E)	01	0.5	T	6pm	9pm	SC Pool	Ocean Enterprises	15	\$165
EDRC	101	Swim Conditioning	01	0.5	TR	10:30am	11:30am	SC Pool	Trunzo, Geneva	20	\$50
EDRC	105	Water Fitness	02	0.5	TR	11:30am	12:30am	SC Pool	Trunzo, Geneva	20	\$50
EDRC	106	Swim Training	01	0.5	MW	6pm	7:30pm	SC Pool	STAFF	20	\$50
EDRC	106	Swim Training	02	0.5	TR	6pm	7:30pm	SC Pool	Trunzo, Geneva	20	\$50
EDRC	107	Mixed Martial Arts	01	0.5	TR	4pm	5pm	SC 109	Gracie, Clark	15	\$50
EDRC	111	Self Defense for Women	01	0.5	M	5pm	6pm	SC 109	Fioribello, Arturo	15	\$50
EDRC	111	Self Defense for Women	02	0.5	W	5pm	6pm	SC 109	Fioribello, Arturo	15	\$50
EDRC	113	Tai Chi	01	0.5	TR	6pm	7pm	SC 108G	McChristian, Matthew	11	\$50
EDRC	118	Brazilin Jiu Jitsu	01	0.5	TR	5pm	6pm	SC 109	Gracie, Clark	15	\$50
EDRC	120	Ballett Beginning	01	0.5	TR	5pm	6pm	SHH 101	Green, Marilyn	16	\$50
EDRC	121	Ballroom dance Multi Level	01	0.5	M	4:30pm	6pm	SHH 101	Green, Marilyn	16	\$50
EDRC	126	Stretch for Strength and Relaxation	01	0.5	TR	6pm	7pm	SHH 101	Green, Marilyn	20	\$50
EDRC	126	So You Think You Can Dance USD?	02	0.5	MW	6pm	7pm	SHH 101	Green, Marilyn	16	\$50
EDRC	128	Swing Dance	01	0.5	MW	7pm	8pm	SC 107A	STAFF	20	\$50
EDRC	128	Latin Ballroom	03	0.5	MW	8pm	9pm	SC 107A	STAFF	20	\$50
EDRC	129	Belly Dancing	02	0.5	TR	9pm	10pm	SC 107A	Tylka, Wendy	20	\$50
EDRC	132	Fitness Hip Hop	01	0.5	TR	6pm	7pm	SC 107A	Savant, Bridget	20	\$50
EDRC	133	Fitness Kick Boxing Women	01	0.5	TR	8pm	9pm	SC 107A	Estrella, Tamica	20	\$50
EDRC	133	Fitness Kick Boxing Women	02	0.5	MW	6pm	7pm	SC 107A	LaMarca, Kristen	20	\$50
EDRC	134	Fitness Abs & Toning Training	03	0.5	TR	5pm	6pm	CFC 108	Pittroff, Cynthia	20	\$50
EDRC	134	Fitness Abs & Toning Training	04	0.5	MW	8pm	9pm	SC 109	Fioribello, Arturo	20	\$50
EDRC	134	Fitness: Butts & Guts Toning	05	0.5	TR	8pm	9pm	SC 109	Cooper, Tiffany	20	\$50
EDRC	136	Fitness Pilates	01	0.5	MW	1:25pm	2:20pm	SC 109	Walker, Nanette	20	\$50
EDRC	136	Fitness Pilates Level 2 (*23H)	02	0.5	MW	9pm	10pm	SC 109	STAFF	20	\$50
EDRC	136	Fitness Pilates	03	0.5	TR	2:30pm	3:30pm	SC 109	Walker, Nanette	20	\$50
EDRC	136	Fitness Pilates	04	0.5	TR	9pm	10pm	SC 109	MacVey, Rene	20	\$50
EDRC	137	Running for Fun and Fitness	01	0.5	MW	4pm	5pm	SC 108G	STAFF	20	\$50
EDRC	137	Boot Camp USD	02	0.5	MW	7pm	8pm	SC 109	Fioribello, Arturo	20	\$50
EDRC	140	Cycling Fitness (23I)	02	0.5	T	4pm	5:30pm	CFC	Zackowski, Greg	11	\$50
EDRC	143	Fitness Spinning	01	0.5	MW	6pm	7pm	SC 109	STAFF	11	\$50
EDRC	148	Wellness and Personal Fitness (*23L)	01	0.5	T	2:30pm	3:30pm	SC 108G	McChristian, Matthew	12	\$50
EDRC	149	Group Fitness Instructor cert. prep course	02	0.5	T	4pm	5:30pm	SC 108G	McChristian, Matthew	12	\$50
EDRC	150	Horsmanship English (*23A)	01	0.5	TBA	TBA	TBA	OFF-HFF	STAFF	15	\$200
EDRC	153	Massage Level 1 *(1st 6 weeks)	01	0.5	M	7pm	9:30pm	SC 108G	STAFF	12	\$50
EDRC	153	Massage Level 1 *(1st 6 weeks)	02	0.5	W	7pm	9:30pm	SC 108G	STAFF	12	\$50
EDRC	154	Yoga Gentel Flow	01	0.5	TR	6pm	7pm	SC 109	Baca, Marguerite	20	\$50
EDRC	154	Yoga Power Flow	02	0.5	TR	7pm	8pm	SC 109	Baca, Marguerite	20	\$50
EDRC	154	Yoga Fusion	03	0.5	MW	5pm	6pm	CFC 108	Albers, Shelley	20	\$50
EDRC	154	Yoga Sculpt	04	0.5	TR	1pm	2pm	SC 109	Albers, Shelley	20	\$50
EDRC	154	Yoga Gentel Flow	05	0.5	M W	9:15pm 9pm	10pm 10pm	SC 107A	MacVey, Rene	20	\$50
EDRC	169	Flowboarding Beginning (*23A)	01	0.5	T	3pm	4pm	OFF-WaveHouse	STAFF	20	\$200
EDRC	169	Flowboarding Advanced (*23A)	02	0.5	R	3pm	4pm	OFF-WaveHouse	STAFF	20	\$200
EDRC	170	Sailing Basic to Advanced (*23B)	01	0.5	TBA	TBA	TBA	OFF-MBAC	Straw, Kevin	40	\$149 Fee paid at MBAC in person
EDRC	171	Surfing (*23B)	01	0.5	TBA	TBA	TBA	OFF-MBAC	Straw, Kevin	50	\$149 Fee paid at MBAC in person

EDRC	173	Wakeboarding (*23B)	01	0.5	TBA	TBA	TBA	OFF-MBAC	Straw, Kevin	50	\$279	Fee paid at MBAC in person
EDRC	174	Rowing (*23B)	02	0.5	TBA	TBA	TBA	OFF-MBAC	Straw, Kevin	50	\$139	Fee paid at MBAC in person
EDRC	175	Windsurfing (*23B)	01	0.5	TBA	TBA	TBA	OFF-MBAC	Straw, Kevin	40	\$149	Fee paid at MBAC in person
EDRC	182	Golf Basics- Level 1 Co Ed (*23A)	01	0.5	M	4pm	5pm	OFF_RVWLK	STAFF	12	\$50	
EDRC	182	Golf Skills Development for Women (*23	02	0.5	T	12:30pm	2pm	OFF_RVWLK	STAFF	12	\$50	
EDRC	182	Golf Skills Development- Level 2 Co Ed (03	0.5	W	4pm	5:30pm	OFF_RVWLK	STAFF	12	\$50	
EDRC	182	Golf for Business and Play (*23A, 23K)	05	0.5	R	12:30pm	2:30pm	OFF_RVWLK	STAFF	12	\$50	
EDRC	183	Tennis Beginning	01	0.5	TR	11am	11:55am	ESTC	STAFF	20	\$50	
EDRC	183	Tennis Intrmediate	02	0.5	TR	12pm	12:55pm	ESTC	STAFF	20	\$50	
EDRC	183	Tennis Beginning	03	0.5	MW	4pm	5pm	ESTC	STAFF	20	\$50	
EDRC	183	Tennis Intermediate	04	0.5	MW	5pm	6pm	ESTC	STAFF	20	\$50	
EDRC	183	Tennis Advanced	05	0.5	MW	6pm	7pm	ESTC	STAFF	20	\$50	
EDRC	190	Club Men's Rugby (*23F)	01	0.5	TR	5pm	7pm	SC Manchester	Simmer, Jodie	55	\$215	
EDRC	190	Club Men's Soccer (*23F)	02	0.5	MW	7pm	9pm	SC Valley	Simmer, Jodie	30	\$215	
EDRC	190	Club Women's Soccer (*23F)	03	0.5	MF	5pm	7pm	SC Manchester	Simmer, Jodie	30	\$215	
EDRC	191	Club Men's Lacrosse (*23F)	01	0.5	MWF	5pm	7pm	SC Valley	Simmer, Jodie	45	\$600	
EDRC	191	Club Women's Lacrosse (*23F)	02	0.5	TR	5pm	7pm	SC Valley	Simmer, Jodie	45	\$375	
EDRC	192	Club Men's Volleyball (*23F)	01	0.5	MW	5pm	7pm	SC 107	Simmer, Jodie	21	\$40	
EDRC	192	Club Women's Volleyball (*23F)	02	0.5	MW	5pm	7pm	SC 107	Simmer, Jodie	21	\$200	
EDRC	193	Club Water Ski (*23F)	01	0.5	TBA	TBA	TBA	TBA	Simmer, Jodie	20	\$115	
EDRC	193	Club Ultimate Frisbee (*23F)	02	0.5	TBA	TBA	TBA	TBA	Simmer, Jodie	35	\$45	
EDRC	194	Club Surf (*23F)	01	0.5	TBA	TBA	TBA	TBA	Simmer, Jodie	20	\$65	
EDRC	195	Clum Men's Water Polo (*23F)	01	0.5	TR	4pm	5:30pm	SC Pool	Simmer, Jodie	20	\$65	
EDRC	195	Clum Women's Water Polo (*23F)	02	0.5	MW	4pm	5:30pm	SC Pool	Simmer, Jodie	20	\$65	
EDRC	196	Club Equestiran (*23F)	01	0.5	TBA	TBA	TBA	TBA	Simmer, Jodie	20	\$115	
EDRC	196	Club Roller Hockey (*23F)	02	0.5	TBA	TBA	TBA	TBA	Simmer, Jodie	20	\$300	
EDRC	197	Club Men's Baseball (*23F)	03	0.5	TBA	TBA	TBA	TBA	Simmer, Jodie	40	\$165	

Special Notes

- 23A See recreation WEB PAGE www.sandiego.edu/campusrecreation/classes/ for directions and first class meeting. No transportation provided.
- 23B For Mission Bay Aquatic classes call (488-1036) to select class time. Class fees paid at MBAC. No transportation provided.
- 23D All students enrolled in SCUBA classes must provide their own mask, fins, snorkle, boots, gloves, & hood: rentals available.
- 23E Required books/certification additional \$80.00. Pool sessions at the Sports Center. Four ocean dives scheduled for weekends.
- 23F Team has tryouts
- 23G Pre-requisite multi-level tango class or similar skills
- 23H Pre-requisite Pilates level 1 class or similar skills
- 23I A personal road or hybrid bike is required for this class. USD does not provide bikes for class use.
- 23J Pre-requisite of Golf Basics (182-01) or equivalent skills
- 23K Pre-requisite of Golf Basics (182-01) AND Golf Skills Development Level 2 (182-03) or equivalent skills
- 23L Extra book fees may be required