SUMMER 2014
INSTRUCTIONAL CLASSES

LIFEGUARD CERTIFICATION
Interested in a great summer or year round job? Become a lifeguard! Through this certification class you will learn the skills needed to work as a professional lifeguard. Participants must be at least 15 years of age or older, be able to swim 300 yards and be able to retrieve a 10lb brick from the deep end of a pool and swim it back to the shallow end.

Session Dates:
*all class times are 10:00 am - 6:00 pm
May 3-4 & 17-18 (must come to all days)

Cost:
Emory Student/WPEC Member - $250
Non-WPEC Member - $300

TAE KWON DO
A Traditional Korean Martial art emphasizing strong high kicks and fast hand strikes. Taught in the Traditional Style, Tae Kwon Do enhances flexibility, balance, speed, concentration and self-confidence. Classes will take place in the 2nd floor studio in the WPEC.

Session Dates:
May 19th - August 10th, 2014
Mondays & Wednesdays 6:30 - 8:00 pm

Cost:
$30.00/ Person
*Emory Students and WPEC Members ONLY*

SELF - DEFENSE
Learn the skills necessary to keep yourself strong, safe, and away from potentially dangerous situations! This course will cover basic punches, kicks and blocks while learning how to use their hands, elbows and feet to escape an attacker. No prior martial arts experience necessary. Classes will take place in the 2nd floor studio of the WPEC.

*Only 24 spots available*

Session Dates:
May 21st - June 20th, 2014
Wednesdays & Fridays 5:00 - 6:00 pm

Cost:
Emory Student/WPEC Member - $20.00
Non-WPEC Member - $30.00

SCUBA CERTIFICATION
Learn how to scuba dive! Instruction includes details about gear and equipment, water entries, surface dives, use of mask, fins, and snorkel, the science of scuba diving, and in-the-pool training with tanks. This class is the initial instructional phase to acquire your PADI diving certification. Open water certification dives are not included in this course, but are required for certification. Participants must be at least 15 years of age, able to continuously swim 200 yards and float or tread water for at least 10 minutes.

*Only 12 spots available*

Session Dates:
May 15th - June 10th, 2014
Tuesdays & Thursdays 5:30 - 8:00 pm

Cost:
Emory Student/WPEC Member - $400
Non-WPEC Member - $450

Questions? Email eburtrr@emory.edu

Register for any of these classes by visiting the membership office on the 2nd floor of the Woodruff PE Center.

** CLASSES VALID ONLY AT THE WPEC**