



Golden Tigers

COWLEY COLLEGE

WE'VE MOVED!

Hi folks! I wanted to let everyone know that I've moved offices. My new office is located in Galle-Johnson, suite 206 (GJ 206). This is the main building on campus with the tiger statue in front. My desk is right by the door, so you can't miss me.

A FEW THINGS

- I am on a 10-month contract, so I will be out of the office this summer. My last day on campus will be June 8th. I will return on August 8th.
- Because I am on a 10-month contract, we will not be going on any trips this summer. We will resume our trips this fall.
- Classes must have a minimum of 6 students to be held. If there is a class that you're excited about taking, make sure to recruit your friends.
- If you need to drop a class, please let your instructor know.
- There will be no classes July 4th.

CLASS CANCELATIONS

If Cowley College cancels classes, the Golden Tigers will not hold their classes. Cowley College will post announcements on the college website and on area radio stations. If the campus is closed for break, no classes will be held that day. If you have any question, call (620) 441-5286.

Summer Enrollment Tuesday, May 22nd

Enrollment for the summer will be held on Tuesday, May 22nd from 1p.m. - 3p.m. in the Wright Room inside the Brown Center. You may enroll by phone or mail after May 22nd. We will have light refreshments. I'm looking forward to seeing all of you for an afternoon of food, fun, and friends.

Fees for classes and trips are paid at enrollment. There is a \$5.00 registration fee and \$3.00 per class fee. Some classes have additional costs or supplies needed. All fees are due at enrollment unless prior arrangements are made with the coordinator.

Here are some guidelines for enrollment:

- Complete the enrollment form. Be sure to include your Cowley ID number, date of birth, and an emergency contact.
- Put your label or write your name on all class and trip sign-up sheets. One label per person.
- Please avoid saving seats for folks who aren't there.
- Fill out the "Consent & Release Form".

REFUND POLICY

CLASSES: Refunds are not given if you are unable to attend a class. However, you may transfer to another class if space is available.

TRIPS: A trip voucher is available for cancellation if notice is given at least 10 days in advance. Vouchers are available for cancellation 9 days or less in advance due to illness, a death, or in case of family emergency at the director's discretion.

**June 2018
Term I**

Aqua Fun (Term I)

Debbi Davidson, Instructor

1 p.m. to 2 p.m.

Monday, Wednesday, Friday, June 4th – Jun 29th

Family Aquatics Center, ACHS

Participants will be led by trained personnel through a series of specially designed exercises that can help increase joint flexibility and improve mobility. There is a \$3.00 pool fee for this class.

Aerobics (Term I)

Rikki Hettenbach, Instructor

10:15 a.m. to 11 a.m.

Monday & Wednesday, June 4th – June 27th

Ben Cleveland Wellness Center

This energetic and upbeat class is sure to get your body moving. It's fun and relatively easy with a mix of '50s to today's music hits that combine dancing, cardio, and light weights for a great total body workout.

Exercise (Term I)

Gage Musson, Instructor

10:30 a.m. to 11:30 a.m.

Tuesday & Thursday, June 5th – 28th

Ben Cleveland Wellness Center

Guided exercises to improve joint mobility and stability, muscular endurance and strength, balance and coordination. The use of light weights and elastic resistance will be implemented.

Wood Signs (Term I)

Peg Williams, Instructor

1 p.m. to 3 p.m.

Thursday, June 7th & June 21st

Kerr Technology Building, Room 112

Participants will create wooden, rustic signs on weathered wood. They will paint, stencil and customize their own creations. Patterns, paint and wood will be provided. There will be a \$10 supply fee for this class.

**July 2018
Term II**

Aqua Fun (Term II)

Debbi Davidson, Instructor

1 p.m. to 2 p.m.

Monday, Wednesday, Friday, July 2nd – July 30th

Family Aquatics Center, ACHS

Participants will be led by trained personnel through a series of specially designed exercises that can help increase joint flexibility and improve mobility. There is a \$3.00 pool fee for this class. No class July 4th.

Aerobics (Term II)

Rikki Hettenbach, Instructor

10:15 a.m. to 11 a.m.

Monday & Wednesday, July 16th – July 30th

Ben Cleveland Wellness Center

This energetic and upbeat class is sure to get your body moving. It's fun and relatively easy with a mix of '50s to today's music hits that combine dancing, cardio, and light weights for a great total body workout.

Exercise (Term II)

Gage Musson, Instructor

10:30 a.m. to 11:30 a.m.

Tuesday & Thursday, July 5th – July 31st

Ben Cleveland Wellness Center

Guided exercises to improve joint mobility and stability, muscular endurance and strength, balance and coordination. The use of light weights and elastic resistance will be implemented.

Wood Signs (Term II)

Peg Williams, Instructor

1 p.m. to 3 p.m.

Thursday, July 5th & July 19th

Kerr Technology Building, Room 112

Participants will create wooden, rustic signs on weathered wood. They will paint, stencil and customize their own creations. Patterns, paint and wood will be provided. There will be a \$10 supply fee for this class.

Office Hours: Mon. – Fri. 8a.m. – 4:30p.m.

Out of office June 9th – August 7th

Enrollment: Tuesday, May 22nd, 1p.m. – 3p.m. in the Brown Center

Questions? Call 441-5286 or email: adriana.somerville@cowley.edu