XAH204 ADULT CPR RECERTIFICATION **Tuition $63.00**

Adult CPR is a review course for students who are already certified and wish to maintain certification. Successful completion of the course will result in Red Cross recertification, valid for two years. (1 meeting)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
99687	Sayville	Tuesday	11/17	7:00pm-10:00pm	122

XAH203 INFANT AND CHILD CPR RECERTIFICATION **Tuition $63.00**

Infant and Child CPR is a review course for students who are already certified and wish to maintain certification. Successful completion of the course will result in Red Cross re-certification, valid for two years. (1 meeting)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
99688	Sayville	Tuesday	11/24	7:00pm-10:00pm	122

EXERCISE AND SPORTS

XFT104 TAI CHI FOR EVERYONE* **Tuition $135.00**

Learn a form of exercise that will help increase your energy level, reduce stress, and improve balance, and coordination while maintaining your strength and flexibility. This form of exercise consists of gentle postures combined with slow continuous movements. (5 meetings)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
99689	Ammerman	Saturday	10/3-10/31	9:00am-11:00am	Brookhaven Gym, TBA

XFT124 YOGA* **Tuition $95.00**

Boost your concentration, flexibility and strength through Vinyasa Yoga by linking breath and movement. This active approach to yoga provides a mind/body workout that relaxes and invigorates at the same time. These sessions are suitable for all levels. Wear comfortable clothing! The instructor is an experienced yoga practitioner. This course is not designed for individuals who have pre-existing medical conditions that can be made worse by exercise. All participants should consult with their physicians prior to undertaking any program of exercise. Prior to the beginning of these classes, all course participants must read and sign an Assumption of Risk Release form. (10 meetings)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
99690	Ammerman	Thursday	10/1-12/10	12:00pm-12:50pm	Brookhaven Gym, 2
99691	Ammerman	Thursday	10/1-12/10	5:00pm-5:50pm	Brookhaven Gym, 2

XFT121 GOLF FOR BEGINNERS* **Tuition $199.00**

Experience the challenge and pleasures of golf while acquiring the fundamentals. Learn alignment, stance, posture, body rotation, weight transfer and balance, and the proper techniques for putting, chipping and pitching. The course will cover the rules and etiquette of golf and prepare you to enjoy the terrific golf courses Long Island has to offer. The class will meet at Heartland Golf Park in the Brentwood-Deer Park area. There will be a charge of $15.00 per session for range balls. (5 meetings)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
99692	Ammerman	Thursday	9/3-10/1	6:00pm-7:30pm	Off Campus

FINANCE COURSES

STOCKS, BONDS AND MUTUAL FUNDS

XFN115 STOCK, BOND AND MUTUAL FUND INVESTING **Tuition $54.00**

Provides you with 1) an understanding of common stocks, bonds and mutual funds 2) an introduction to several methods of researching and evaluating investments including, but not limited to, the Internet and 3) an understanding of the benefits of financial planning, asset allocation and portfolio building. This course is for the novice investor as well as for those who wish to become better acquainted with the financial marketplace. (3 meetings)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
99693	Ammerman	Wednesday	10/7-10/14	7:00pm-9:00pm	Riverhead Bldg., 223

*Course Carries Student Accident Insurance Fee of $9.50