

SWOSU Offering Two CE Activities in Dance and Martial Arts

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Southwestern Oklahoma State University in Weatherford is offering two Continuing Education activities this spring semester with one starting January 11 and the other on January 12.

The CE activities include Country Line Dancing and Filipino Martial Culture.

To enroll in a course, the registration information can be found at www.swosu.edu/administration/osp/ce/index.asp or visit SWOSU in the Administration Building, Room 201. Individuals can also call 580.774.7012 or email osp@swosu.edu.

Activities, along with instructors, are:

Country Line Dancing (Tina Barnes)

- January 11-May 3, Mondays and Fridays, 5:15-6:15 p.m., SWOSU Wellness Center Room 143

This activity is designed to increase fitness, coordination, range of motion and to have fun. It is an extremely low impact exercise class for all levels of fitness. No workout attire is required.

Filipino Martial Culture (Dr. Daniel Farris)

- January 12-April 27, Saturdays, 10-11 a.m., SWOSU Wellness Center

This course is designed for those interested in learning about Filipino martial art philosophy and history as well as learning defense mechanisms in basic combat scenarios. Participants will be able to demonstrate and apply combinations of attacks and defense and will be able to avoid dangerous scenarios.