

# Country Line Dancing and History of Rock N Roll Offered as CE Activities

01.12.2010

Southwestern Oklahoma State University has two continuing education activities planned for Spring 2010 on the Weatherford campus.

They include: Country Line Dancing and The History of Rock N Roll Music.

SWOSU CE activity registration and participant fee information are available by phone, 580.774.7012, or in person at the SWOSU Office of Sponsored Programs, Room 201, Administration Building, on the SWOSU campus.

Registration for CE activities is on a first-come, first-serve basis. Registration is required.

Additional information and current activity schedule regarding CE activities at SWOSU may be found at the SWOSU CE website located at <http://www.swosu.edu/administration/osp/ce/index.asp>.

Activity summaries include:

- **Country Line Dancing**

January 15 through April 30, 2010

5:15 to 6:15 pm. - Monday and Friday evenings

SWOSU Wellness Center, Room 143

Country Line Dancing is designed for anyone who is interested in increasing their fitness level and their coordination and range of motion. It is an extremely low impact activity for people of all levels of fitness. Come as you are; workout attire is not required.

Tina Barnes is the energetic instructor for Country Line Dancing. Please join Tina for an hour of fun and fitness.

- **The History of Rock N Roll Music**

March 6, 2010 (one day only)

9 a.m. to 5 p.m. - Saturday

Stafford Building, Room 104

The History of Rock N Roll Music is designed for anyone interested in Rock N Roll Music and would like to learn more about it. Participants should walk away with a new respect and knowledge of the roots of Rock n Roll as each will be exposed to the different types of music that make up Rock N Roll. Larry Claxton is the instructor for The History of Rock N Roll.