

# Summer CE Activities Planned in Country Dancing and Filipino Martial Arts

05.10.2013

Southwestern Oklahoma State University in Weatherford is offering two Continuing Education activities this summer.

The CE activities include Country Line Dancing on Mondays/Thursdays starting June 6 and ending July 29 and Filipino Martial Culture on Saturdays starting June 8 and ending July 27.

To enroll in either course, the registration information and liability release form can be found at [www.swosu.edu/administration/osp/ce/forms.asp](http://www.swosu.edu/administration/osp/ce/forms.asp) or visit SWOSU Office of Sponsored Programs in the Administration Building, Room 201. Individuals can also call 580.774.7012 or email [shannon.hawkins@swosu.edu](mailto:shannon.hawkins@swosu.edu).

Activities, along with instructors, are:

Country Line Dancing (Tina Barnes)

- June 6-July 29, Mondays and Thursdays, 5:15-6:15 p.m., SWOSU Wellness Center Room 143, Fee: \$60

This activity is a low impact exercise class for all levels of fitness increase and geared toward those not already involved in an exercise program. The activity is designed to increase participants' fitness levels, coordination and range of motion. No workout attire is required.

Filipino Martial Culture (Dr. Daniel Farris)

- June 8-July 27, Saturdays, 10-11 a.m., SWOSU Wellness Center Room 144, Fee: \$150

This course is designed to teach various arnis defense techniques against different types of attacks. Participants will be able to demonstrate and apply combinations of attacks and defense and will be able to avoid dangerous scenarios. They will also learn about Filipino martial art philosophy and history.