

Line Dancing, Martial Culture and Indian Artifacts Featured in CE Activities

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Southwestern Oklahoma State University is offering three Continuing Education activities this fall on the Weatherford campus.

The CE activities include Country Line Dancing; Filipino Martial Culture; and Prehistoric Indian Artifacts of Oklahoma.

To enroll in one of the activities, a registration form and liability release form is located on the Continuing Education website (<http://www.swosu.edu/administration/osp/ce/forms.asp>). The forms, along with payment, can be turned in to the Office of Sponsored Programs (Administration Building 201).

For questions, contact Shannon Hawkins at 580.774.7012 or by email at shannon.hawkins@swosu.edu.

The activities are:

Country Line Dancing

Instructor: Tina Barnes

August 22 – December 12

Mondays and Thursdays

5:15 – 6:15 p.m.

Wellness Center Aerobics Room (Room 143)

Fee: \$75

This is a low impact class for people of all levels of fitness and is geared toward those not already involved in an exercise program. This class is designed to increase participants' fitness levels, coordination and range of motion. Workout attire is not required to attend.

Filipino Martial Culture

Instructor: Daniel Farris

August 24 – November 30

Saturdays

10 – 11 a.m.

Wellness Center Large Aerobics Room (Room 144)

Fee: \$200

This activity 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.

Prehistoric Indian Artifacts of Oklahoma

Instructor: Lee Gregory

September 24 – October 22

Tuesdays

7 – 8 p.m.

Old Science Building, Room 100

Fee: \$60

This course is designed for those interested in Oklahoma's pre-history. Course participants will gain an awareness of and appreciation for the richness of the country's prehistoric heritage. Participants will also learn to recognize common types of tools and weapons and be able to describe their uses.