

Outdoor Recreation

FLY FISHING BASICS

This class is designed for folks who are new to, or have little experience, with the sport. Although offering complete coverage, we will stress practical, hands-on aspects, such as a full session of fly casting, reading the water, tackle and overview of regional fisheries.

Course 10667 \$75 For 3 Sessions
 SPA-PE Feb 16 - Mar 9 Sa 9:00AM-12:00PM
 CE South Building
 James Black

THE RUNNER'S MIND: PART III — LION RUNNING: JOY & REFRESH

Learn the foundational principles of running and meditation from physical to mental preparedness. In the Lion phase, we focus on being mindful — with panoramic awareness, dealing with pain, refreshing mind and body, and finding happiness. Sakyong Mipham, author of *Running with the Mind of Meditation*, shares this: "Meditate with delight and run with joy." You'll get an intimate look at your own mind — its strengths and weaknesses.

Course 10650 \$145 For 6 Sessions
 SPA-HF Feb 2-Mar 9 Sa 11:30AM-12:30PM
 Institute of Community Wellness and Athletics
 Jessica Stallings Smith MS, CSCS, USAW

THE RUNNER'S MIND: PART IV - GARUDA & DRAGON RUNNING: MIND LIKE SKY & INTENTION

Learn the foundational principles of running and meditation from physical to mental preparedness. In the Garuda & Dragon phase, we focus on being mindful — going beyond fear with hope, hitting the trails and hills with the Dragon's Breath and the power of intention. You get an intimate look at your own mind — its strengths and weaknesses.

Course 10650 \$145 For 6 Sessions
 SPB-HF Mar 23-Apr 27 Sa 11:30AM-12:30PM
 Institute of Community Wellness and Athletics
 Jessica Stallings Smith MS, CSCS, USAW

**MORE CLASSES CONTINUED
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MOUNTAIN BIKING SKILLS

Build confidence on the mountain bike! Students will practice and progress on obstacles and skill courses. Students will also learn basic items to carry with them on a trail ride and basic bike set-up. Learn the fundamental mountain bike skills needed to become a better rider, including: essential bike positions to ride various trail conditions, bike/body separation skills, braking/speed control, slow and fast speed steering/cornering skills, how to maneuver up and down obstacles and proper gear selection for the trail conditions.

Course 10683 \$105 For 1 Session
 SPA-PE Mar 24 Su 10:00AM-4:00PM
 To Be Announced
 Eugene Paul Walton

BICYCLE REPAIR: PARK TOOL BASIC MECHANIC

This Bicycle Mechanics Course is designed to teach basic skills for the novice and advanced cyclists that want to learn some basic bicycle care. This is a great class to help you become more self-sufficient with your bike. Students will learn to properly clean the bike, clean and lube the chain, learn to make minor adjustments and to change, repair and make tires thorn resistant.

Course 10654 \$55 For 2 Sessions
 SPA-PE Jan 23-Jan 30 W 5:00PM-9:00PM
 SPB-PE Feb 6-Feb 27 W 5:00PM-9:00PM
 CE North Building
 Eugene Paul Walton

BICYCLE REPAIR: BICYCLE CERTIFIED MECHANIC

This Bicycle Mechanics Course is designed to teach advanced skills for the novice and advanced cyclists that want to learn advanced bicycle care. This is a great class to help you become more self-sufficient with your bike and do advanced bike repair and diagnostics. Students will learn to adjust gears and brakes, headset, clean and lube, replace cables and housing, bleed brakes and true wheels. This is an advanced class. Students should have some basic knowledge of bicycle cleaning, tire changing and how the bike works to participate in this class.

Course 10652 \$89 For 3 Sessions
 SPA-PE Mar 6-Mar 20 W 5:00PM-9:00PM
 CE North Building
 Eugene Paul Walton

TENNIS: BEGINNING

Learn to execute the forehand, backhand, serve, volley, overhead and lob. Sound techniques of these shots will be emphasized. Time will be devoted to players having a great understanding of tennis rules and method of scoring. Match play will also be instituted to develop these skills in a real setting. Students need to bring two cans of pressurized new balls. Players need to bring their own racquets and comfortable tennis shoes.

Course 10688	\$105	For 8 Sessions
SPA-HF Jan 27-Mar 17	Su	8:00AM-10:00AM
UNM - Tennis Courts		
Nick Romero		

TENNIS: INTERMEDIATE

Go beyond the basic stroke development. We will review ground strokes and then proceed to develop shots such as the lob, volley, overhead, serves and return of serves. It is important to learn and practice these strokes, so the course will also include match play.

Course 10689	\$115	For 8 Sessions
SPA-HF Apr 6-May 25	Sa	10:00AM-12:00PM
UNM - Tennis Courts		
Robert Ziock		

GOLF I

Golf is a sport you can play for a lifetime. Start learning now so you can join in the fun for years to come. As a beginning golfer, you'll learn the theory, mechanics and fundamentals of golf. The course also covers rules, etiquette, and the use of irons and woods. Bring your own clubs or we'll provide equipment for you.

NOTE: Tuition includes ball fee and use of golf clubs. Enrollment is limited.

Course 10668	\$160	For 6 Sessions
SPB-PE Apr 4-May 9	Th	4:30PM-6:30PM
Golf Center at Balloon Fiesta Park		
Bob May		
SPC-PE Apr 6-May 11	Sa	1:00PM-3:00PM
Golf Center at Balloon Fiesta Park		
Bob May		
SPA-PE Mar 23-Apr 27	Sa	1:00PM-3:00PM
Santa Ana Golf Club		
Jason Montoya		

GOLF II

Improve your game. This course is for those who already have a grasp of the basic fundamentals of golf, have completed Level I or have equivalent experience. Equipment will be furnished if needed. Tuition includes ball fee and use of golf clubs, but personal golf clubs would be preferred.

Course 10669	\$130	For 6 Sessions
SPA-PE Mar 23-Apr 27	Sa	11:00AM-1:00PM
Santa Ana Golf Club		
Jason Montoya		

GOLF FIT

Is your body holding back its ability to perform at its highest level on the golf course? Would you like to gain 20 yards off the tee? Are you unable to finish your round of golf striking the ball as well as you started? If you answered yes to any of these questions, this is the class for you. The five-week class will include a Titleist Performance Institute full body assessment, an exercise strategy based on those results and drills to increase your club head speed to hit the ball longer.

Course 10670	\$160	For 5 Sessions
SPA-PE Apr 23-May 21	T	5:30PM-7:00PM
Golf Center at Balloon Fiesta Park		
Bob May		

KAYAKING: AN INTRODUCTION

In this two-part clinic, you will learn the basic skills needed to paddle any type of kayak on flat or moving water. This includes sit-on-tops, recreational, touring, whitewater and inflatable kayaks. Kayaking can be fun and easy if you learn the right techniques. We'll discuss concepts that keep our body in a safe and ergonomic position to harness the most power, with minimal effort. We'll learn the basic strokes needed to move forward — basics of "body, boat and blade." At the end of the class, students will be prepared for easy outings to Cochiti Lake or the Rio Grande. The price includes all kayaks, gear and pool rental fees.

Course 10663	\$240	For 1 Session
SPA-PE Mar 10	Su	9:00AM-7:00PM
Sandia Lakes		
Kelly Gossett		

HOW TO REGISTER: Online: ce.unm.edu Email: ceregistration@unm.edu
Phone: 505.277.0077 x1 In Person: M-F, 8am-4pm at 1634 University Blvd. NE