Physical Education Classes

Classes run January 6th - March 14th, 2014. Priority in PE classes is given to registered students, but can be taken by faculty, staff & Stanford Community on a space available basis. Show up on the first day and speak with the instructor. PE classes with the ☑ are eligible for the $30 BeWell rate. Please read the BeWell eligibility rules under the Recreation class section.

Aquatics

ATHLETIC 129 Swimming: Beginning ($20) ☑
TTh--11:00a-11:50a--Avery Recreation Pool--Zora Neuhold-Huber

ATHLETIC 131 Swimming: Intermediate ($20) ☑
MW--1:15p-2:05p--Avery Recreation Pool--Zora Neuhold-Huber
MW--2:15p-3:05p--Avery Recreation Pool--Zora Neuhold-Huber
TTh--12:00a-12:50a--Avery Recreation Pool--Zora Neuhold-Huber

ATHLETIC 132 Swimming: Advanced ($20) ☑
MW--3:15p-4:05p--Avery Recreation Pool--Zora Neuhold-Huber
TTh--10:00a-10:50a--Avery Recreation Pool--Zora Neuhold-Huber

ATHLETIC 133 Swim Conditioning ($20) ☑
MW--11:00a-11:50a--Avery Aquatic Center--Amy Bokker

Fitness

ATHLETIC 2 Abs and Glutes ($20) ☑
MW--11:00a-11:50a--Erickson Courts--Nanci Conniff

ATHLETIC 16 Bellydance Fusion ($20) ☑
MW--3:15p-4:05p--Erickson Courts--Lacey Kitch

ATHLETIC 23 Core Training ($20) ☑
MW--3:15p-4:05p--ACSR Studio--Bobbie McWherter
TTh--1:15p-2:05p--ACSR Studio--Nanci Conniff

ATHLETIC 27 Cross Training Fitness ($20) ☑
MW--10:00a-10:50a--Cobb Track--Track & Field Staff

ATHLETIC 30 Cycling: Indoor ($20) ☑
MW--4:15p-5:05p--ACSR Fitness Studio--Bobbie McWherter

ATHLETIC 59 Gymnastics: Intermediate ($20) ☑
MW--11:00a-11:50a--Ford Center Gymnastics Center--Tabitha Yim

ATHLETIC 63 Hip Hop ($20) ☑
MW--10:00a-10:50a--Erickson Courts--Monica Mark

ATHLETIC 76 Kickboxing ($20) ☑
TTh--5:15p-6:05p--Erickson Courts--Michele Mandell

ATHLETIC 90 Pilates Mat ($20) ☑
TTh--3:15p-4:05p--ACSR Studio--Nanci Conniff

ATHLETIC 140 Taiji Quan (Tai Chi) ($20) ☑
TTh--10:00a-10:50a--Burnham Pavilion--Mei Zhang

ATHLETIC 151 Total Body Workout ($20) ☑
MW--9:00a-9:50a--ACSR Studio--Nanci Conniff
TTh--4:15p-5:05p--Erickson Courts--Michele Mandell

ATHLETIC 182 Yoga: Asana Practice ($20) ☑
MW--8:00a-8:50a--ACSR Studio--Nanci Conniff
MW--2:15p-3:05p--ACSR Studio--Amy Carlow
MW--4:15p-5:05p--ACSR Studio--Ann Merlo
TTh--9:00a-9:50a--ACSR Studio--Haliel Selig
TTh--4:15p-5:05p--ACSR Studio--Nanci Conniff

ATHLETIC 183 Yoga: Advanced Asana ($20) ☑
TTh--10:00a-10:50a--ACSR Studio--Haliel Selig

ATHLETIC 184 Yoga/Pilates Fusion ($20) ☑
MW--10:00a-10:50a--ACSR Studio--Nanci Conniff
TTh--2:15p-3:05p--ACSR Studio--Nanci Conniff

ATHLETIC 186 Zumba ($20) ☑
TTh--3:15p-4:05p--Erickson Courts--Alejandra Picollo

Fitness Con.

ATHLETIC 2 Abs and Glutes ($20) ☑
MW--11:00a-11:50a--Erickson Courts--Nanci Conniff

ATHLETIC 16 Bellydance Fusion ($20) ☑
MW--3:15p-4:05p--Erickson Courts--Lacey Kitch

ATHLETIC 23 Core Training ($20) ☑
MW--3:15p-4:05p--ACSR Studio--Bobbie McWherter
TTh--1:15p-2:05p--ACSR Studio--Nanci Conniff

ATHLETIC 27 Cross Training Fitness ($20) ☑
MW--10:00a-10:50a--Cobb Track--Track & Field Staff

ATHLETIC 30 Cycling: Indoor ($20) ☑
MW--4:15p-5:05p--ACSR Fitness Studio--Bobbie McWherter
P.E. CLASSES

Golf

ATHLETIC 51 Golf: Beginning ($90)
MW--9:00a-9:50a--Driving Range--Walker & Dobashi
MW--10:00a-10:50a--Driving Range--Jim Miller
MW--1:15p-2:05p--Driving Range--Phil Marrone
MW--3:15p-4:05p--Driving Range--Kurt Uchiyama
TTh--10:00a-10:50a--Driving Range--Jim Miller
TTh--11:00a-11:50a--Driving Range--Phil Marrone
TTh--2:15p-3:05p--Driving Range--Casey Hall

ATHLETIC 52 Golf: Advanced Beginning ($90)
MW--9:00a-9:50a--Driving Range--Jim Miller
MW--11:00a-11:50a--Driving Range--Jim Miller

ATHLETIC 53 Golf: Intermediate ($90)
MW--10:00a-10:50a--Driving Range--Walker & Dobashi
MW--2:15p-3:05p--Driving Range--Andrew Ho
TTh--9:00a-9:50a--Driving Range--C. Ray & P. Rowe
TTh--10:00a-10:50a--Driving Range--C. Ray & P. Rowe
TTh--1:15p-2:05p--Driving Range--Phil Marrone

ATHLETIC 51 Golf: Beginning ($90)
MW--9:00a-9:50a--Driving Range--Walker & Dobashi
MW--10:00a-10:50a--Driving Range--Jim Miller
MW--1:15p-2:05p--Driving Range--Phil Marrone
MW--3:15p-4:05p--Driving Range--Kurt Uchiyama
TTh--10:00a-10:50a--Driving Range--Jim Miller
TTh--11:00a-11:50a--Driving Range--Phil Marrone
TTh--2:15p-3:05p--Driving Range--Casey Hall

Racquet Sports

ATHLETIC 123 Squash: Beginning/Intermediate ($25)
MW--10:00a-10:50a--ACSR Squash Courts--M. Talbott

ATHLETIC 138 Table Tennis: Int./Adv. ($25)
TTh--9:00a-9:50a--Ford Center San Diego Courts--Shashin Shodhan

ATHLETIC 139 Table Tennis: Beginning ($25)
TTh--10:00a-10:50a--Ford Center San Diego Courts--Shashin Shodhan

ATHLETIC 144 Tennis: Beginning ($25)
MW--2:15p-3:05p--West Campus Courts--M. Thornton
TTh--12:00p-12:50p--West Campus Courts--M. Thornton

ATHLETIC 145 Tennis: Low Intermediate ($25)
MW--12:00p-12:50p--West Campus Courts--M. Thornton
MW--1:15p-2:05p--West Campus Courts--M. Thornton
TTh--2:15p-3:05p--Taube Stadium Courts--M. Thornton

ATHLETIC 146 Tennis: Intermediate ($25)
MW--3:15p-4:05p--West Campus Courts--M. Thornton
TTh--1:15p-2:05p--West Campus Courts--M. Thornton

ATHLETIC 147 Tennis: Advanced ($25)
TTh--3:15p-4:05p--West Campus Courts--M. Thornton

Special Interest

ATHLETIC 39 Fencing: Beginning $65
MW--1:15p-2:05p--ACSR Fencing Room--Valariey Naualo & Lisa Milgram

ATHLETIC 65 Horsemanship: Beginning Riding
ATHLETIC 68 Horsemanship: Student Assistant
ATHLETIC 70 Horsemanship

For more information about Horsemanship classes, please go to set.stanford.edu/barn.

ATHLETIC 109 Social Dance: Beginning $20
TTh--7:10p-8:00p--Ford Center Courts--Ken Greer

Team Sports

ATHLETIC 43 Futsal ($20)
MW--9:00a-9:15a--Ford Center San Diego Courts--Steve Danielson & Pat Cota

ATHLETIC 45 Field Hockey: Indoor ($20)
MW--1:15p-2:05p--Ford Center San Diego Courts--Steve Danielson & Pat Cota

ATHLETIC 113 Soccer: Indoor Beg./Int. ($20)
TTh--9:00a-9:50a--Erickson Courts--Jay Cooney & Nicole Van Dyke

ATHLETIC 114 Soccer: Indoor Int./Adv. ($20)
TTh--10:00a-10:50a--Erickson Courts--Graczyk & Smith

ATHLETIC 115 Soccer: Advanced Men ($20)
MW--3:30p-5:00p--Johnson Turf Field--Graczyk & Smith

ATHLETIC 116 Soccer: Advanced Women ($20)
TTh--3:30p-5:00p--Johnson Turf Field--Jay Cooney & Nicole Van Dyke

ATHLETIC 162 Volleyball ($20)
T--7:00p-8:50p--Maples Practice Gym--Andy Price

Wellness

ATHLETIC 18 Strengthening the Heart through Compassion ($20)
W--3:30p-5:20p--200-013--Monica Hanson

ATHLETIC 187 Analysis of Human Movement ($20)
T--6:20p-9:00p--380-380F--Clyde Wilson

ATHLETIC 202 Wellness: Mind, Body, Spirit ($20)
T--4:15p-6:05p--Encina C464--Aneel Chima

ATHLETIC 205 Meditation ($20)
Th--6:30p-8:20p--300-303--Fred Luskin
**P.E. CLASSES**

**Rock Climbing**

**ATHLETIC 330 Rock Climbing Experience**
*Dates: January 6-March 14, unless otherwise noted*
*Location: Climbing Center/AOERC –or- Bouldering Center/ACSR*
*Fee: $100 course enrollment in Rec class plus additional $50 if electing to take for-credit (ATHLETIC 330: Rock Climbing Experiences).*

Any current Stanford student can obtain athletics activity credit. All students must first enroll in course through the Stanford Recreation Registration, which can be found at [http://outdoored.stanford.edu/center/climbing/courses](http://outdoored.stanford.edu/center/climbing/courses). Permission codes for ATHLETIC 330 will be distributed by instructor in-person at the first session.

Rock Climbing section schedule listed on page 5 in the Rec portion of this insert.

- **Rock Climbing 1 (Beginning)** • 1 Unit
  Climbing Center/AOERC • Kevin Hopper

- **Rock Climbing 2 (Intermediate)** • 1 Unit
  Bouldering Center/ACSR • Kevin Hopper

- **Rock Climbing 3 (Lead Climbing)** • 1 Unit
  Climbing Center/AOERC • Phil Sandlin, Kevin

- **Route Setting** • 1 Unit
  Bouldering Center/ACSR • Phil Sandlin, Kevin Hopper

- **Strength & Conditioning** • 1 Unit
  Stanford Climbing Wall/AOERC • P. Sandlin, K. Hopper

- **Bouldering For Fitness** • 1 Unit
  Boulder Center/ACSR • Kevin Hopper

- **Professional Climbing Wall Instructor Association: Climbing Wall Instructor** • 2 Unit
  Stanford Climbing Wall/AOERC • P. Sandlin, K. Hopper

**Outdoor Education and Wilderness Medicine**

Dates, course fees, course location listed in Axess for all current Stanford students. All registration for the following Outdoor Education and Wilderness Medicine classes is done through Axess. More information can be found at [leadspot.stanford.edu](http://leadspot.stanford.edu) or [wildernessmed.stanford.edu](http://wildernessmed.stanford.edu)

- **ATHLETIC 405 Outdoor Leadership** • 1 Unit • ($25)
  Class begins 2nd week of term
  Tuesdays • 7:00p-9:00p • Room 103A/AOERC • Antja Thompson

- **ATHLETIC 406 Outdoor Leadership Practicum** • 1 Unit • ($150)
  Spring Break March 22-26 or March 26-30 (full days in the field), Pre-trip meeting TBA 4-6pm; Packout meeting 3/21 4pm

- **ATHLETIC 415 Adventure Experience Management** • 1 Unit • ($25)
  Section 1: First 5 weeks of term only Tuesdays • 4:00p-6:00p • Room 103A/AOERC • Peter Wright
  Section 2: Last 5 weeks of term only Thursdays • 4:00p-6:00p • Room 103A/AOERC • Peter Wright

- **ATHLETIC 416 Outdoor Educator Apprenticeship** • 1 Unit • ($50)
  Spring Break March 22-26 or March 26-30 + planning and logistics meetings • Antja Thompson

- **SURG 110 Basic Cardiac Life Support for Undergraduates (CPR Adult, Child, Infant)** • 1 Unit • ($40)
  Section 1: 2/18/14 6-9:30pm plus practicum 3/22/14, location: AOERC
  Section 2: 3/21/14 6-9:30pm plus practicum 3/22/14, location: AOERC

- **SURG 224 Wilderness First Responder (Standard)** • 4 Units • ($250)
  3/22/14-3/30/14 Meets over Spring Break. 8am-6pm Sat. thru Sun. Plus potential night sessions for practical scenario. Location: AOERC
Recreation Classes are non-credit classes provided by the PE, Rec & Wellness Program. Descriptions and registration can be found at CardinalRec.stanford.edu. Online registration will begin September 3. Rec Classes with a “+” can be taken for the BeWell rate of $30. Stanford students, Faculty/Staff and Stanford Community are eligible to participate in Recreation Classes. Stanford Community members are Dependents, Spouses, Retirees, Partners of a Student, Faculty or Staff, or Hospital Employees & Alumni who have purchased an Athletic Access Card.

### Boxing

**Dates:** January 13th - March 21st  
**Cost:** $90 Students / $100 Faculty & Staff / $100 Stanford Community / $30 BeWell

**MONDAY**  
5:00pm – 5:45pm – Level I – ACSR  
6:00pm – 6:45pm – Level II – ACSR  
7:00pm – 7:45pm – Level II – ACSR  

**TUESDAY**  
2:00pm – 2:45pm – Level I – AOERC  

**WEDNESDAY**  
5:00pm – 5:45pm – Level I – ACSR  
6:00pm – 6:45pm – Level II – ACSR  
7:00pm – 7:45pm – Level II – ACSR  

**THURSDAY**  
2:00pm – 2:45pm – Level I – AOERC  

**FRIDAY**  
5:00pm – 5:45pm – Level I – ACSR  
6:00pm – 6:45pm – Level II – ACSR  
7:00pm – 7:45pm – Level II – ACSR

*Each day/time slot is a separate class, meeting once per week throughout the quarter*

### Golf

**Dates:** January 13th- March 21st  
**Beginning:**  
Monday/Wednesday • 5:15pm-6:15pm • Kurt Uchiyama  
Tuesday/Thursday • 6:30pm-7:30pm • Kurt Uchiyama  
Friday • 5:15pm-6:45pm • Jim Miller

**Advanced Beginning:**  
Friday • 3:30pm-5:00pm • Phil Marrone

**Intermediate:**  
Monday/Wednesday • 6:30pm-7:30pm • Kurt Uchiyama  
Tuesday/Thursday • 5:15pm-6:15pm • Kurt Uchiyama

**Cost for Quarter Pass:**  
Students: $185 2x/week, $140 1x/week  
Faculty/Staff: $235 2x/week, $180 1x/week  
Stanford Community: $285 2x/week, $220 1x/week

### Indoor Cycling

**Dates:** January 13th- March 21st  
**ACSR Fitness Center**  
Tuesday: 7:00am-7:45am – Jennifer  
Thursday: 7:00am-7:45am – Jennifer

**AOERC Fitness Center**  
Monday: 5:15pm – 6:00pm – Karin  
Tuesday: 5:30pm – 6:15pm – Candice  
Wednesday: 5:15pm –6:00pm - Stephanie  
Thursday: 5:30pm – 6:15pm - Rosa  
Friday 5:15pm – 6:00pm - Candice

**Cost:** $50 Students / $60 Faculty & Staff / $70 Stanford Community / $30 BeWell / $5 1-class pass (if available)

### Fit to Run

**Dates:** January 13th- March 21st  
**Day/Time:** Tuesdays and Thursdays 7:15 - 8:15am  
**Location:** Cobb Track  
**Cost:** $50 Students / $60 Faculty & Staff / $70 Stanford Community / $30 BeWell / $5 1-class pass (if available)

### Jungle Gym - NEW

The adult fitness playground class! Using the Life Fitness Synrgy 360, the ultimate multi-station lets you have it all! Interval training mixing monkeybars, TRX, heavybag, plyobox and so much more, will help increase strength, power, coordination, and agility, all with a fun cardio kick!  
**Dates:** January 13th- March 21st  
**Days/Times:**  
Tue/Thu 8:00am – 8:45am • AOERC Fitness Center  
Tue/Thu 12:00pm – 12:45pm • AOERC Fitness Center  
Tue/Thu 6:15 – 7:00pm • AOERC Fitness Center  
*Each day/time slot is a separate class, meeting once per week throughout the quarter*

**Cost:** $90 Students / $100 Faculty & Staff / $100 Stanford Community / $30 BeWell

### Ashtanga Yoga

**Dates:** January 13th- March 21st  
**Day/Time:** Mon - Fri: 11am - 1pm  
**Location:** Arrillaga Racquetball Courts  
Please visit cardinalrec.stanford.edu for location updates

**Cost:** $50 Students / $60 Faculty & Staff / $70 Stanford Community / $30 BeWell
## RECREATION CLASSES

### TRX

<table>
<thead>
<tr>
<th>Dates: January 13th - March 21st</th>
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<tbody>
<tr>
<td><strong>Level I</strong></td>
</tr>
<tr>
<td>M/W/F • 11:00am – 11:45am • ACSR</td>
</tr>
<tr>
<td><strong>Level II</strong></td>
</tr>
<tr>
<td>M/W 7:00am – 7:45am • ACSR</td>
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<tr>
<td>M/W/F 12:00pm-12:45pm • ACSR</td>
</tr>
<tr>
<td>T/Th 7:00am-7:45am • AOERC</td>
</tr>
<tr>
<td>T/Th 5:15-6:00pm • AOERC</td>
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</tbody>
</table>

**SPORTRX**

| M/W 8:00am-8:45am • ACSR |

**COMBATRX**

| T/Th 1:00pm-1:45pm • AOERC |

*Each day/time slot is a separate class, meeting once per week throughout the quarter

**Cost:** $90 Students / $100 Faculty & Staff / $100 Stanford Community / $30 BeWell

### Rock Climbing

<table>
<thead>
<tr>
<th>Dates: January 6-March 14, unless otherwise noted</th>
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<tbody>
<tr>
<td><strong>Location:</strong> Climbing Center/AOERC –or- Bouldering Center/ACSR</td>
</tr>
<tr>
<td><strong>Cost:</strong> $100 Students / $120 Faculty/Staff / $100 Fellow - Visiting Scholar-Post-Doc / $120 Stanford Community</td>
</tr>
</tbody>
</table>

See cardinalrec.stanford.edu for review of affiliate access, additional fees for facility membership. Classes are only open to those who have appropriate access to the facility. Course registration: http://outdoored.stanford.edu/center/climbing/courses

**Rock Climbing 1 (Beginning)**

| Mon 10-10:50am • AOERC • Kevin Hopper |
| Tue 12-12:50pm • AOERC • Kevin Hopper |
| Tue 2:15-3:05pm • AOERC • Kevin Hopper |
| Wed 9-9:50am • AOERC • Kevin Hopper |
| Wed 11-11:50am • AOERC • Kevin Hopper |
| Wed 12-12:50pm • AOERC • Kevin Hopper |
| Wed 5:15-6:05ppm • AOERC • Kevin Hopper |
| Thurs 11-11:50a • AOERC • Kevin Hopper |

**Rock Climbing 2 (Intermediate)**

| Mon 5:15-6:05pm • Bouldering Center/ACSR • K. Hopper |
| Tues 3:15-4:05pm • Bouldering Center/ACSR • K. Hopper |
| Wed 2:15-3:05pm • Bouldering Center/ACSR • K. Hopper |
| Thurs 12-12:50pm • Bouldering Center/ACSR • K. Hopper |

**Rock Climbing 3 (Lead Climbing)**

| TTh 9:30-11:00am • AOERC • Phil Sandlin, Kevin Hopper |

**Route Setting**

| Mon 1:15-3:05pm • Bouldering Center/ACSR • Phil Sandlin, Kevin Hopper |

**Strength & Conditioning**

| MW 2:30-4:00pm • AOERC • Phil Sandlin, Kevin Hopper |
| TTh 8-9:30am • AOERC • Phil Sandlin, Kevin Hopper |

**Bouldering For Fitness**

| Mon 8-8:50am • Bouldering Center/ACSR • Kevin Hopper |
| Mon 6:15-7:05pm • Bouldering Center/ACSR • K. Hopper |

**Professional Climbing Wall Instructor Association:**

**Climbing Wall Instructor**

Course runs Sept 24- Nov 21

| TTh 5:15-7pm • Climbing Center/AOERC • Kevin Hopper |

### Boot Camp

<table>
<thead>
<tr>
<th>Dates: January 13th- March 21st</th>
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<tbody>
<tr>
<td><strong>Day/Time:</strong> Mon and Wed 4:15 - 5:00pm</td>
</tr>
<tr>
<td><strong>Location:</strong> ACSR</td>
</tr>
<tr>
<td><strong>Cost:</strong> $50 Students / $60 Faculty &amp; Staff / $70 Stanford Community / $30 BeWell / $5 1-class pass (if available)</td>
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</tbody>
</table>

### RIP Training - NEW

Utilizes a lever bar and resistance cord to provide a unique mix of rotation, core stability, control, power, strength, mobility, metabolic conditioning, balance and coordination challenges. For all levels.

<table>
<thead>
<tr>
<th>Dates: January 13th- March 21st</th>
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<tbody>
<tr>
<td><strong>Location:</strong> ACSR Fitness Center</td>
</tr>
<tr>
<td><strong>Days/Times:</strong> M/W/F 1:00-1:45pm</td>
</tr>
<tr>
<td><strong>Cost:</strong> $90 Students / $100 Faculty &amp; Staff / $100 Stanford Community / $30 BeWell</td>
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### Aqua Bootcamp

A unique combination of swim conditioning, aqua aerobics, and strength training. A low-impact water workout that increases your strength and cardiovascular endurance, in and out of the water!

<table>
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<tr>
<th>Dates: January 13th- March 21st</th>
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<tbody>
<tr>
<td><strong>Days/Time:</strong> Tuesday &amp; Thursday 9:00a – 9:45a</td>
</tr>
<tr>
<td><strong>Location:</strong> Avery Recreational Pool (AOERC)</td>
</tr>
<tr>
<td><strong>Cost:</strong> $80 Students / $100 Faculty &amp; Staff / $120 Stanford Community</td>
</tr>
</tbody>
</table>

CardinalRec.stanford.edu
Intramural Sports
- 5v5 Basketball
- 6v6 Indoor Volleyball
- Table Tennis
- Billiards
- Broomball

Please note registration is on first-come, first-served basis and spots fill up quickly. Registration will take place Dec 9th at 8am - Dec 13th at Midnight.

Visit IMSports.stanford.edu for more info and to register.

Club Sports
It’s not too late to join one of Stanford’s club sports teams! We offer 31 different teams that compete in intercollegiate competitions at the highest level. Check out clubsports.stanford.edu for more information and contact info. Here you will also find weekly results and a schedule of upcoming events. Come out and support our teams and see how we’re ‘Leading the Stanford Experience’!

BeWell Eligibility
To be eligible for the BeWell $30 rate, benefits-eligible employees must complete the Stanford Health and Lifestyle Assessment (SHALA) in 2014. If you have specific questions about the BeWell program or want to participate please go to bewell.stanford.edu. As a BeWell eligible employee, please note you are eligible for 2 classes per quarter at the BeWell $30 rate.

Outdoor Leadership • ($25)
Class begins 2nd week of term
Tuesdays • 7:00p-9:00p • Room 103A/AOERC • Antja Thompson

Outdoor Leadership Practicum • ($150)
Spring Break March 22-26 or March 26-30 (full days in the field), Pre-trip meeting TBA 4-6pm; Packout meeting 3/21 4pm

Adventure Experience Management ($25)
Class begins 2nd week of term
Section 1: First 5 weeks of term only Tuesdays • 4:00p-6:00p • Room 103A/AOERC • Peter Wright
Section 2: Last 5 weeks of term only Thursdays • 4:00p-6:00p • Room 103A/AOERC • Peter Wright

Outdoor Educator Apprenticeship • ($50)
Spring Break March 22-26 or March 26-30 + planning and logistics meetings • Antja Thompson

Basic Cardiac Life Support (CPR Adult, Child, Infant) • (Student: $40 please register through Axess SURG 110; Faculty/Staff/Visiting Scholar/Post-Doc/Fellow/Stanford Affiliate: $50)
Section 1: 2/18/14 6-9:30pm, location: AOERC
Section 2: 3/21/14 6-9:30pm, location: AOERC

Wilderness First Aid (Student: $100 please register through Axess SURG 224; Faculty/Staff/Visiting Scholar/Post-Doc/Fellow/Stanford Affiliate: $195)
Section 1: 1/18/14-1/19/14 9am-7pm Sat; 9am-9pm Sun, location: AOERC
Section 2: 2/8/14-2/9/14 9am-7pm Sat; 9am-9pm Sun, location: AOERC
Section 3: 3/1/14-3/2/14 9am-7pm Sat; 9am-9pm Sun, location: AOERC
Section 4: 3/22/14-3/23/14 9am-7pm Sat; 9am-9pm Sun, location: AOERC

Wilderness First Responder • 4 Units • (Student: $250 please register through Axess SURG 226; Faculty/Staff/Visiting Scholar/Post-Doc/Fellow/Stanford Affiliate: $625 early registration; $675 late registration)
3/22/14-3/30/14 Meets over Spring Break. 8am-6pm Sat. thru Sun. Plus potential night sessions for practical scenario.
Location: AOERC