The Department of Recreational Sports Age Group and Camps Program has developed The Active Aging program for OSU Faculty, Staff, Students, Alumni and General Public. This program offers recreational and sports opportunities for those people who need programs designed for an aging body. The program consists of 7 week classes each quarter in a variety of recreation and sports including tennis, swimming, weight training, eat better/move more, volleyball, basketball, and dance.

Programs are now offered in Larkins Hall, the Adventure Recreation Center, and the Jesse Owen's West Tennis Center. Programs take place in the evenings in order to encourage all those in the active aging population to participate. More information about the program can be obtained by calling the Age Group and Camps Program at (614) 688-8787 or going on line to http://ohiostaterecspor ts.org/camps_aap.asp.

Class Fees
These fees apply to all Winter Quarter Active Aging Programs. All classes are seven sessions, 45 minutes to 1 hour each session.
Ohio State faculty, staff, and students: $38.50 per seven-week session
General Public: $57.75 per seven-week session

Basketball
Beginner: An instructional basketball program for those who have never played the game or for those who have not played in years and need to be reintroduced to the fundamentals. Sessions will be structured so participants can set their own pace of physical activity while learning skills such as passing, shooting, dribbling, and basic offense and defense. Tuesdays, April 12-May 24, 2005, 5:30 p.m.-6:30 p.m. at the Adventure Recreation Center

Volleyball
Beginner: Volleyball is a great sport giving you moderate physical activity, while redeveloping coordination, balance, and flexibility. Participants will be introduced to passing, setting, hitting, serving, basic offense and defense, and fundamental rules. Classes are designed for those who want to learn the sport of volleyball and need to set their own pace for physical activity. Mondays, January 24-March 7, 2005, 6:00 p.m.-7:00 p.m. at the Adventure Recreation Center

Adult Tennis Lessons
Participants will progress through fundamental tennis skills, including ready stance/grip, preparing to hit, forehand and backhand ground strokes, punch serve, full swing serve, forehand lob, backhand lob, forehand/backhand volley, overhead smash, half volley, and drop shot. Participants must provide their own racquet.
Beginner, Tuesdays, April 12-May 24, 7:00-8:00 p.m., Jesse Owen's West Tennis Center
Intermediate, Thursdays, April 12-May 24, 7:00-8:00 p.m., Jesse Owen's West Tennis Center
Instructors Kristin Smith and Kamillya Herring.
Group Weight Training Class
Participants will learn fundamentals of strength training and conditioning with one of our personal trainers. The class includes an introduction to workout equipment at Larkins Hall. Participants will develop a workout regimen with age and conditioning goals in mind. All activities will be age and ability appropriate. This class is designed to be repeatable each quarter to encourage ongoing participation. Tuesdays, April 12-May 24, 5:30-6:30 p.m. Adventure Recreation Center. Instructor John Katsaras.

Eat Better, Move More
You Can do it! For most older people, better nutrition and increased physical activity are well within reach. Find out how simple it can be to make small changes for better health. This class will provide you with strategies to improve nutrition and physical activity, and help feel better on a daily basis. Class curriculum was designed by the National Resource Center on Nutrition, Physical Activity, and Aging at Florida National University. Thursdays, April 14-May 26, 5:30 p.m.-6:30 p.m., Room 107 Larkins Hall. Instructor John Katsaras

Social Dance
Physical activity is fun in this class designed to teach basic dance moves, keep your body moving, maintain balance and coordination, and put your moves together to your favorite music. Social Dance: Mondays, April 11-May 24, 6:30-7:30 p.m. Room 119 Larkins Hall. Instructor Steve Yao.

Adult Swim Lessons
Beginner, Intermediate, and Advanced adult level classes are available.
Beginner: Sundays, April 10-May 22, 12:15-1:00 p.m. Larkins Hall 50 Meter Pool
Beginner: Sundays, April 10-May 22, 2:15-3:00 p.m. Larkins Hall 50 Meter Pool
Intermediate: Sundays, April 10-May 22, 1:15-2:00 p.m. Larkins Hall 50 Meter Pool
Advanced: Sundays, April 10-May 22, 3:15-4:00 p.m. Larkins Hall 50 Meter Pool
(Private Swim Lessons are also available.)

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