

# OUTDOOR EDUCATION

## ROCK CLIMBING

Dates: September 22 – December 4, unless otherwise noted  
Location: Climbing Center/AOERC –or– Bouldering Center/ACSR  
Fee: Students: \$100, Faculty/Staff: \$120, Fellow/Visiting Scholar/Post-Doc: \$100, Stanford Community: \$120.

See [recreation.stanford.edu](http://recreation.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>

Any current Stanford student can obtain OUTDOOR activity credit for a Rock Climbing Experience. All students must first enroll in course through the above Stanford Recreation Registration url. Permission codes for OUTDOOR 330 will be distributed by instructor in-person at the first session.

Rock Climbing 1 (Beginning)  
Mon 8AM – 8:50AM • Climbing Center/AOERC • Phil Sandlin  
Tue 9AM – 9:50AM • Climbing Center/AOERC • Tessa DeBoer  
Tue 12PM – 12:50PM • Climbing Center/AOERC • Tessa DeBoer  
Tue 3:15PM – 4:05PM • Climbing Center/AOERC • Pat Rodriggs  
Thurs 11AM – 11:50AM • Climbing Center/AOERC • Phil Sandlin

Rock Climbing 2 (Intermediate)  
Mon 5:15PM – 6:05PM • Bouldering Center/ACSR • Phil Sandlin  
Wed 10AM – 10:50AM • Bouldering Center/ACSR • Phil Sandlin  
Thurs 8AM – 8:50AM • Bouldering Center/ACSR • Phil Sandlin

Rock Climbing 3 (Lead Climbing)  
TTh 9AM – 10:30AM • Climbing Center/AOERC • Phil Sandlin

Bouldering For Fitness  
Mon 6:15PM – 7:05PM • Bouldering Center/ACSR • Phil Sandlin

Strength & Conditioning  
TTh 7:30AM – 8:50AM • Climbing Center/AOERC • Phil Sandlin

Route Setting  
Tues 10/2 (7PM – 9PM), 10/28 (7PM-9PM) & Sat/Sun  
11/1-11/2 9AM-5PM • Climbing Center/AOERC • Phil Sandlin

Professional Climbing Instructor Association:  
Climbing Wall Instructor  
FSSun 10/10 (6PM-10PM), 10/11 (9AM-6PM), &  
10/12 (9AM-6PM) • Climbing Center & classroom/AOERC  
• Phil Sandlin & Peter Wright

## OUTDOOR EDUCATION

Course descriptions and schedule listed in-depth at [Explorecourses.stanford.edu](http://Explorecourses.stanford.edu). Register through Axess.

OUTDOOR 300 Survey of Adventure Experiences • 3 Unit • (\$50)  
Tuesdays • 3:00PM – 4:20PM • Room 103B/AOERC • Chris Pelchat

OUTDOOR 330 Climbing Wall Experiences • 1 Unit • (\$50)  
Register for Climbing class through [outdoored.stanford.edu](http://outdoored.stanford.edu)  
• Phil Sandlin

OUTDOOR 400 Fundamentals of Leadership • 3 Unit • (\$50)  
Wednesdays • 3:00PM-5:20PM • Room 103B/AOERC • Chris Pelchat

OUTDOOR 401 Outdoor Living • 1 Unit • (\$25)  
Wednesdays • 7PM – 9PM • Room 103B/AOERC • Peter Wright

OUTDOOR 405 Outdoor Living & Leadership • 1 Unit • (\$25)  
Mondays • 7PM – 9PM Class begins 2nd week of term  
• Room 103B/AOERC • Antja Thompson

OUTDOOR 406A Outdoor Leadership Practicum-Backpacking  
1 Unit • (\$50)  
Thanksgiving Holiday Nov. 22-26 (full days in the field), mandatory pre-trip meeting TBA, mandatory packout meeting Nov. 21. Additional fee collected at pre-trip meeting.

OUTDOOR 406C Outdoor Leadership Practicum-Rock Climbing  
1 Unit • (\$50)  
Thanksgiving Holiday Nov. 22-26 (full days in the field), mandatory pre-trip meeting TBA, mandatory packout meeting Nov. 21. Additional fee collected at pre-trip meeting.

OUTDOOR 415 Adventure Experience Management • 1 Unit • (\$50)  
Thursdays • 3:00PM – 4:20PM • Room 103B/AOERC • Peter Wright

OUTDOOR 416 Outdoor Educator Apprenticeship • 1 Unit • (\$100)  
Contact instructor for timing • Chris Pelchat

OUTDOOR 495 Outdoor Education: Assistant Instructor  
1 Unit • (no fee)  
Contact instructor for timing • Antja Thompson

# OUTDOOR EDUCATION

## WILDERNESS MEDICINE

Stanford Student registration for the following SURG classes should be done through Axess (check section dates, meeting times, course fees, location listed). Non-student enrollment (Stanford community/staff/public) information for Wilderness Medicine courses can be found at [wildernessmed.stanford.edu](http://wildernessmed.stanford.edu). Spaces are limited for non-students so enroll early!

SURG 110 Basic Cardiac Life Support for Undergraduates (CPR Adult, Child, Infant) • 1 Unit • (Stanford student: \$40; non-student: \$50)  
Section 1: 10/23/14 6PM – 9:30PM plus for-credit practicum, location: 103B/AOERC  
Section 2: 11/12/14 6PM – 9:30PM plus for-credit practicum, location: 103B/AOERC

SURG 224 Wilderness First Aid • 2 Units • (Stanford student: \$100; non-student: \$195)  
Section 1: 10/18/14-10/19/14 9AM – 7PM Sat; 9AM – 9PM Sun, location: Outdoor Center, AOERC

SURG 226 Wilderness First Responder (Standard) • 4 Units (Stanford student: \$250; non-student: \$625/\$675). Course materials included.

Section 1: 8/17/14-8/21/14 8AM – 6PM Wed-Sun. Plus one night session for practical scenario. Attendance 100% required. This is a Distance Learning Project course with required lectures and testing online prior to practical in-person session in Sept. Location: Outdoor Center, AOERC

Section 2: 11/22/14-11/26/14 Meets over Thanksgiving Holiday. 8AM – 6PM Sat. thru Wed., plus potential night sessions for practical scenario. Attendance 100% required. This is a Distance Learning Project course with required lectures and testing online prior to practical in-person session in Nov. Location: Outdoor Center, AOERC

# RECREATION CLASSES

## TRX

September 29 – December 5

Level I  
M/W • 11:00AM – 11:45AM • ACSR • Derek  
Level II  
M/W • 7:00AM – 7:45AM • ACSR • Derek  
T/Th • 11:00AM – 11:45AM • AOERC • Tamar  
M/W/F • 12:00PM – 12:45PM • ACSR • Derek  
T/Th • 5:15PM – 6:00PM • AOERC • Derek

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

## JUNGLE GYM

September 29 – December 5

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

T/Th • 12:00PM – 12:45PM • AOERC • Ryan

## ASHTANGA YOGA

September 29 – December 5

Cost: \$50 Students / \$60 Faculty & Staff / \$70 Stanford Community / \$30 BeWell

Mon - Fri • 11:00AM – 1:00PM • Ford Center Racquetball Courts • Russell Case

## GOLF

September 29 – December 5

Beginning:  
Mon/Wed • 6:30PM – 7:30PM • Kurt Uchiyama  
Tue/Thu • 5:15PM – 6:15PM • Kurt Uchiyama  
Friday • 12:15PM – 1:45PM • Phil Marrone  
Friday • 12:30PM – 2:00PM • Jim Miller

Advanced Beginning:  
Friday • 3:30PM – 5:00PM • Phil Marrone

Intermediate:  
Mon/Wed • 5:15PM – 6:15PM • Kurt Uchiyama  
Tue/Thu • 6:30PM – 7:30PM • Kurt Uchiyama  
Tuesday • 7:30PM – 9:00PM • Kurt Uchiyama  
Wed • 7:30PM – 9:00PM • Kurt Uchiyama  
Thursday • 7:30PM – 9:00PM • 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

September 29 – December 5

Monday • 5:30PM – 6:15PM • AOERC • Karin  
Tuesday • 5:30PM – 6:15PM • AOERC • Candice  
Thursday • 5:30PM – 6:15PM • AOERC • Candice  
Friday • 5:15PM – 6:00PM • AOERC • Danielle

Cost for Quarter Pass:  
\$50 Students / \$60 Faculty & Staff / \$70 Stanford Community / \$30 BeWell / \$5 1-class pass (if space is available)

## PLATFORM & LIFTING ETIQUETTE SAFETY CLASS

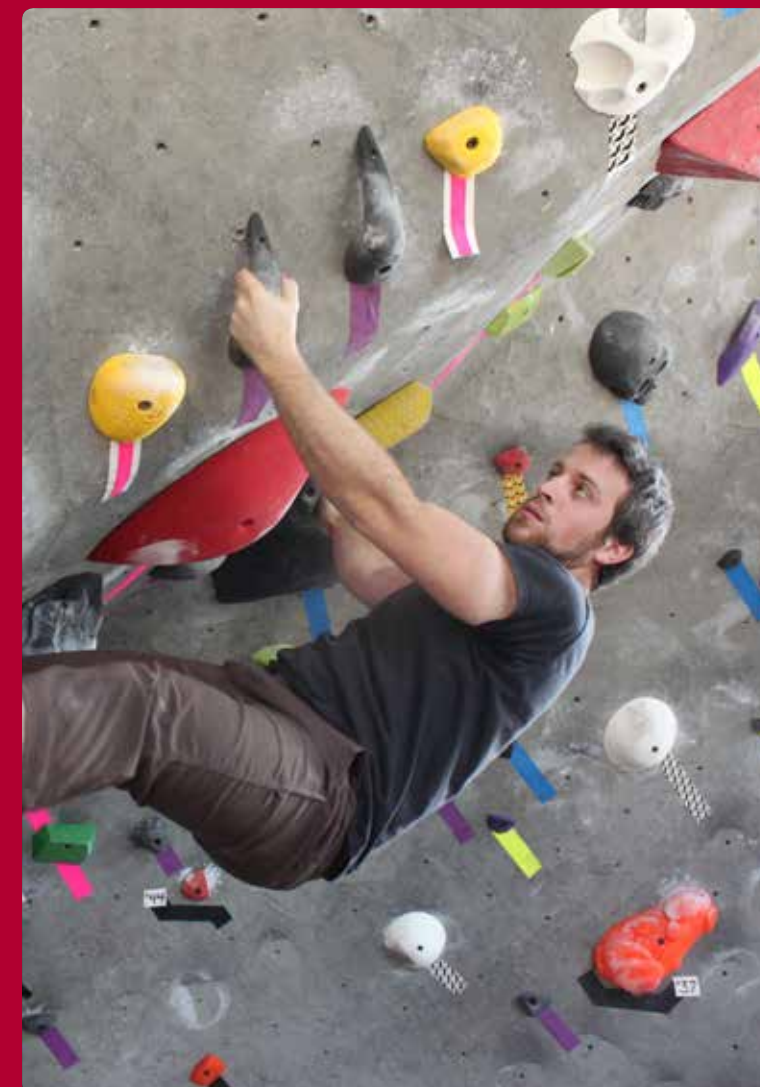
\$30 annual pass that allows you to use the platform for Olympic lifting. Pass must be renewed annually. No prorating for the cost of the pass throughout the year

Location: ACSR Fitness Center

Tue 9/23 • 12:00PM • Zach  
Thu 10/2 • 3:00PM • Zach  
Tue 10/7 • 12:00PM • Zach  
Thu 10/16 • 3:00PM • Zach  
Tue 10/21 • 12:00PM • Zach



STANFORD RECREATION FALL QUARTER 2014 TWO THOUSAND FOURTEEN RECREATION.STANFORD.EDU





# PE CLASSES

Our Physical Education and WellnessEd classes follow the academic calendars (September 22 – December 5, 2014). Classes are 50 minutes long, unless otherwise specified. Students sign up for classes on AXESS. For classes with limited enrollment, students must attend the first class meeting or contact the instructor to guarantee their space in class.

## AQUATICS CLASSES

Due to high student demand, we encourage faculty and staff to register for Recreational Swimming classes.

### PE 128 Swimming: Beginning I \$20

MW 10:00a-10:50a • Avery Recreation Pool • Stacie Lonaker  
T/Th 10:00a-10:50a • Avery Recreation Pool • Stacie Lonaker

### PE 129 Swimming: Beginning II \$20

MW 11:00a-11:50a • Avery Recreation Pool • Stacie Lonaker  
T/Th 11:00a-11:50a • Avery Recreation Pool • Stacie Lonaker  
T/Th 1:00p-1:50p • Avery Recreation Pool • Stacie Lonaker

### PE 131 Swimming: Intermediate \$20

MW 1:00p-1:50p • Avery Recreation Pool • Stacie Lonaker  
MW 2:00p-2:50p • Avery Recreation Pool • Stacie Lonaker  
T/Th 2:00p-2:50p • Avery Recreation Pool • Stacie Lonaker

### PE 132 Swimming: Advanced \$20

MW 3:00p-3:50p • Avery Recreation Pool • Stacie Lonaker  
T/Th 3:00p-3:50p • Avery Recreation Pool • Stacie Lonaker

### PE 133 Swim Conditioning \$20

T/Th 11:00a-11:50a • Avery Aquatic Center • Sarah Lowe

### PE 134 Synchronized Swimming, Beginning \$20

T/Th 10:00a-10:50a • Avery Aquatic Center • Megan Azebu

### PE 136 Swimming: Stroke Refinement \$20

MW 10:00a-10:50a • Avery Aquatic Center • John Tanner

### PE 170 Water Polo: Intermediate/Advanced \$20

MW 11:00a-11:50a • Avery Aquatic Center • Susan Ortwein

## DANCE CLASSES

### PE 16 Bellydance Fusion \$20

T/Th 6:00p-6:50p • AOERC Studio • Lacey Kitch

### PE 17 Cardio Dance \$20

MW 11:00a-11:50a • AOERC Studio • Monica Mark

### PE 63 Hip Hop \$20

MW 10:00a-10:50a • AOERC Studio • Monica Mark  
MW 6:00p-6:50p • AOERC Studio • Mary O'Connell

### PE 109 Social Dance: Beginning \$20

T/Th 7:10p-8:00p • Ford Center San Diego Courts • K. Greer & S. Schreider

## DANCE CLASSES CON.

### PE 186 Zumba \$20

TTh 3:15p-4:05p • AOERC Studio • Alejandra Picollo & M. Marks

## FITNESS CLASSES

### PE 2 Abs and Glutes \$20

MW 11:00a-11:50a • Erickson Courts • Nanci Conniff

### PE 23 Core Training \$20

MW 9:00a-9:50a • ACSR Studio • Nanci Conniff  
MW 4:00p-4:50p • AOERC Upstairs Studio • Monica Marks  
T/Th 1:15p-2:05p • ACSR Studio • Nanci Conniff

### PE 27 Cross Training Fitness \$20

MW 9:00a-9:50a • Cobb Track • Track & Field Staff

### PE 30 Cycling: Indoor \$20

MW 12:00-12:50p • Ford Cycle Room • Craig Amerkhanian  
T/Th 3:30p-4:20p • ACSR Fitness Center • Tia Lillie

### PE 32 Fitness Training \$20

MW 2:15-3:05p • ACSR Studio • Linda Manuel

### PE 76 Kickboxing \$20

T/Th 5:15p-6:05p • ACSR Erickson Courts • Michele Mandell

### PE 89 Rowing Ergometer \$20

T/Th 12:00p-12:50p • Ford Center • Rebecca Carlton

### PE 140 Taiji Quan (Tai Chi) \$20

T/Th 10:00a-10:50a • Burnham Pavilion • Mei Zhang

### PE 151 Total Body Workout \$20

T/Th 9:00a-9:50a • ACSR Erickson Court • Bernardo Tapia  
T/Th 4:15p-5:05p • Erickson Courts • Michele Mandell

### PE 174 Weight Training: Beginning \$20

T/Th 10:00a-10:50a • ACSR Fitness Center • Frankie Brennan

### PE 175 Functional Training \$20

MW 7:00p-7:50p • AOERC Upstairs Studio • Mary O'Connell

### PE 176 Weight Training for Women \$20

T/Th 10:00a-10:50a • AOERC Fitness Center • Tamar Petrosian

## GOLF CLASSES

Due to high student demand, we encourage faculty and staff to register for Recreational Golf classes.

### PE 51 Golf: Beginning \$90

MW 9:00a-9:50a • Driving Range • Jim Miller  
MW 10:00a-10:50a • Driving Range • Phil Marrone  
MW 1:15p-2:05p • Driving Range • Andrew Ho  
MW 3:15p-4:05p • Driving Range • Kurt Uchiyama  
T/Th 10:00a-10:50a • Driving Range • Phil Marrone  
T/Th 11:00a-11:50a • Driving Range • Jim Miller  
T/Th 12:00p-12:50p • Driving Range • Phil Marrone

# PE CLASSES

## GOLF CLASSES CON.

### PE 52 Golf: Advanced Beginning \$90

MW 9:00a-9:50a • Driving Range • Phil Marrone  
MW--10:00a-10:50a • Driving Range • Jim Miller  
MW--11:00a-11:50a • Driving Range • Phil Marrone  
T/Th--11:00a-11:50a • Driving Range • Phil Marrone  
T/Th--1:15p-2:05p • Driving Range • Andrew Ho

### PE 53 Golf: Intermediate \$90

MW 8:00a-8:50a • Driving Range • Phil Marrone  
MW 11:00a-11:50a • Driving Range • Jim Miller  
T/Th 9:00a-9:50a • Driving Range • Jim Miller  
T/Th 10:00a-10:50a • Driving Range • Jim Miller  
T/Th 3:15p-4:05p • Driving Range • Kurt Uchiyama

### PE 54 Golf: Advanced \$90

MW 2:15p-3:05p • Driving Range • Andrew Ho  
T/Th 1:15p-2:05p • Driving Range • Phil Marrone

## RACQUET SPORTS CLASSES

### PE 8 Badminton: Beginning \$20

MW 11:00a-11:50a • AOERC Basketball Court • Matt Thornton

### PE 9 Badminton: Intermediate \$20

T/Th 11:00a-11:50a • AOERC Basketball Court • Matt Thornton

### PE 123 Squash: Beginning/Intermediate \$25

MW 10:00a-10:50a • ACSR Squash Courts • Mark Talbott

### PE 138 Table Tennis: Intermediate/Advanced \$25

T/Th 11:00a-11:50a • Ford Center San Diego Courts • Shashin Shodhan

### PE 139 Table Tennis: Beginning \$25

T/Th 10:00a-10:50a • Ford Center San Diego Courts • Shashin Shodhan

### PE 144 Tennis: Beginning \$25

MW 10:00a-10:50a • Taube Stadium • Brandon Coupe  
MW 2:15p-3:05p • West Campus Tennis Courts • Matt Thornton  
T/Th 12:00p-12:50p • Taube South Courts • Thom Sarsfield  
T/Th 2:00p-2:50p • West Campus Courts • Matt Thornton

### PE 145 Tennis: Low Intermediate \$25

MW 3:15p-4:05p • West Campus Courts • Matt Thornton  
T/Th 10:00a-10:50a • Taube South • Thom Sarsfield  
T/Th 1:00p-1:50p • West Campus Courts • Matt Thornton

### PE 146 Tennis: Intermediate \$25

MW 1:15p-2:05p • West Campus Courts • Matt Thornton  
T/Th 3:00p-3:50p • West Campus Tennis Courts • Matt Thornton

### PE 147 Tennis: Advanced \$25

MW 4:15p-5:05p • West Campus Courts • Matt Thornton  
T/Th 11:00p-11:50p • Taube South • Thom Sarsfield

## SPECIAL INTEREST CLASSES

### PE 39 Fencing: Beginning \$65

MW 1:15p-2:05p • ACSR Fencing Room • Valariey Naulo & Lisa Milgram

### PE 58 Gymnastics: Beginning \$20

MW 11:00a-11:50a • Ford Center Gymnastics Center • Chris Swircek

### PE 59 Gymnastics: Intermediate \$20

T/Th 12:00-12:50p • Ford Center Gymnastics Center • S. Green & K. Ziehn

### PE 66 Horsemanship: Advanced

### PE 68 Horsemanship: Student Assistant

### PE 70 Horsemanship

For more information about Horsemanship classes, please visit [set.stanford.edu/barn](http://set.stanford.edu/barn).

### PE 87 Learn to Row for Men \$20

M/W/F 3:15p-5:50p • Morrison Boathouse • Jacob Cornelius

### PE 88 Learn to Row for Women \$20

M/T/Th/F 6:00a-8:30a • Morrison Boathouse • R. Carlton and M. Cheek

### PE 98 Sailing: Beginning \$115

T 10:00a-1:00p • Morrison Boathouse • Todd Vas Dias  
Th 10:00a-1:00p • Morrison Boathouse • Clinton Hayes

### PE 99 Sailing: Advanced Beginning \$115

M 12:00p-3:00p • Morrison Boathouse • Todd Vas Dias  
W 12:00p-3:00p • Morrison Boathouse • Todd Vas Dias

### PE 100 Sailing: Intermediate \$115

F 12:00p-3:00p • Morrison Boathouse • Todd Vas Dias

### PE 102 Coaching Corps

For more information visit [www.coachingcorps.org](http://www.coachingcorps.org) or contact [stanfordcoachingcorps@gmail.com](mailto:stanfordcoachingcorps@gmail.com)

## TEAM SPORTS CLASSES

### PE 14 Basketball Skills \$20

T/Th 10:00a-10:50a • AOERC Basketball Courts • Matt Thornton

### PE 162 Volleyball \$20

T 8:00p-9:50p • Maples Practice Gym • Andy Price

### PE 164 Volleyball: Intermediate Sand \$20

MW 1:15p-2:05p • Sand Volleyball Courts • Don Shaw  
T/Th 12:00p-12:50p • Sand Volleyball Courts • Ken Shibuya

### PE 165 Volleyball: Advanced Sand \$20

MW 2:15p-3:05p • Sand Volleyball Courts • Don Shaw  
T/Th 1:15p-2:05p • Sand Volleyball Courts • Ken Shibuya

# PE CLASSES

## YOGA AND PILATES CLASSES

### PE 90 Pilates Mat \$20

T/Th 3:15p-4:05p • ACSR Studio • Nanci Conniff

### PE 180 Yoga: For Stress-Less Living \$20

MW 2:15p-3:05p • Burnham Pavilion • Ann Merlo  
(You will need to bring your own yoga mat)

### PE 181 Yoga: Beginning \$20

T/Th 11:00a-11:50a • Burnham Pavilion • Haliel Selig  
(You will need to bring your own yoga mat)

### PE 182 Yoga: Asana Practice \$20

MW 8:00a-8:50a • ACSR Studio • Nanci Conniff  
MW 3:15p-4:05p • ACSR Studio • Ann Merlo  
T/Th 4:15p-5:05p • ACSR Studio • Nanci Conniff

### PE 183 Yoga: Advanced Asana \$20

T/Th 10:00a-10:50a • ACSR Studio • Haliel Selig


### PE 184 Yoga/Pilates Fusion \$20

MW 10:00a-10:50a • ACSR Studio • Nanci Conniff  
T/Th 2:15p-3:05p • ACSR Studio • Nanci Conniff

### PE 185 Yoga: Intermediate \$20

T/Th 9:00a-9:50a • ACSR Studio • Haliel Selig

## BEWELL CLASS DISCOUNT

PE classes with the  are eligible for the \$30 BeWell rate. To qualify, 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](http://bewell.stanford.edu). As a BeWell eligible employee, please note you are eligible for 2 classes per quarter at the BeWell \$30 rate.

# INTRAMURAL SPORTS

Intramural Sports program provides students, faculty, staff, alumni, and other university affiliates the opportunity to participate in a variety of competitive and recreational sport activities. Intramural Sports offers more than 27 different activities (Coed) in traditional sports such as basketball, softball, soccer, volleyball, and flag football, as well as nontraditional activities such as ultimate frisbee, innertube

water polo, floor hockey and dodgeball. Intramural Sports also presents tournaments and leagues for individuals and two-person teams in such activities as badminton, racquetball, and table tennis. All leagues and sports are on first come basis. Limited space is available and we encourage you to register during the first day of registration.

## REGISTRATION: SEPTEMBER 26TH 8AM- SEPTEMBER 30TH 8AM

- Team Bouldering
- 7v7 Flag Football
- FIFA Tournament
- 5v5 Flag Rugby
- 5v5 Indoor Soccer
- 6v6 Innertube Water Polo
- 7v7 Ultimate frisbee
- 4v4 Sand Volleyball
- Madden Tournament