Sample of classes listed below. Half semester Spring Classes start 3/25. Summer & Fall classes also offered. Go to uwm.edu/sptrec for a full list.

- **Yoga I**
  - **SPT&REC 112**
  - Spring Classes Run 3/25-5/9
  - Fall Classes Run 9/3-12/12
  - Mon/Wed: 8:30-9:50AM & 12:30-1:50PM
  - Tue/Thu: 2:20PM - 3:50PM

- **Energy Vinyasa Yoga**
  - SPT&REC 296-185
  - Fall Class Runs 9/3-12/12

- **Yoga for Stress Management**
  - **SPT&REC 298-163**
  - Fall Class Runs 9/3-12/12

- **Art of Being Still**
  - **SPT&REC 298**
  - Spring Class Runs 3/25-5/9
  - Fall Class Runs 9/3-10/26 & 10/28-12/12
  - Mon/Wed: 8-9:20AM & 12:30-1:50PM
  - Tue/Thu: 2:20PM - 3:50PM

- **Introduction to Relaxation and Meditation**
  - **SPT&REC 298**
  - Spring Class Runs 3/25-5/9
  - Fall Class Runs 9/3-10/26 & 10/28-12/12
  - Mon/Wed: 8-9:20AM & 12:30-1:50PM
  - Tue/Thu: 2:20PM - 3:50PM
  - Thur: 1-2:50PM

- **Wellness: The Art of Conscious Living**
  - **SPT&REC 298**
  - Spring Class Runs 3/25-5/9
  - Fall Class Runs 10/28-12/12

- **Mind Body Awareness**
  - **SPT&REC 298**
  - Spring Class Runs 3/25-5/9
  - Fall Class Runs 10/28-12/12

- **Meditation, Mindfulness and Stress Reduction**
  - **SPT&REC 298**
  - Fall Class Runs 9/3-12/12
  - Tue: 11AM - 11:50AM
  - Thur: 10:10-10:50AM & 11AM - 11:50AM

- **Mindfulness East & West**
  - **SPT&REC 298**
  - Fall Class Runs 9/3-12/12

- **Meditation in the 21st Century**
  - **SPT&REC 298**
  - Spring Class Runs 3/25-5/9
  - Fall Class Runs 10/28-12/12
  - Summer Class Runs 5/28-7/6 & 7/8-8/17

- **Mindful Meditation: Accepting Your Own Friend Request**
  - **SPT&REC 298**
  - Fall Class Runs 9/3-12/12

- **Meditation: Mindfulness and Eating**
  - **SPT&REC 298**
  - Spring Class Runs 3/25-5/9
  - Fall Class Runs 10/28-12/12

- **Mindful Movement**
  - **SPT&REC 298**
  - Summer Class Runs 6/24-8/3

- **Pilates**
  - **SPT&REC 296**
  - Spring Class Runs 3/25-5/9
  - Fall Class Runs 9/3-12/12
  - Mon/Wed: 11:30AM - 12:20PM
  - Tue/Thu: 11:30AM - 12:20PM
  - Sat: 12:30-3:20PM

- **Get Intuition**
  - **SPT&REC 298**
  - Fall Class Runs 9/3-10/26
  - Mon: 4-4:50PM
Sample of classes listed below. Half semester spring classes start 3/25. Summer & fall classes also offered. Go to uwm.edu/sptrec for a full list.

### Adventure Sports

**SPT&REC 294-179**  
Canoeing, Biking, Rock Climbing etc.  
Fall Class Runs 9/16-10/12  
First Class 9/19: 3-3:50PM then Sat: 9-4PM

### Archery

**SPT&REC 289**  
Fall Class Runs 9/3-12/12  
Tue: 2:30-3:50PM (Th) 1-2:20PM  
Wed: 2:30-3:50PM

### Archery II

**SPT&REC 289**  
Fall Class Runs 9/3-12/12  
Tue: 4-5:20PM

### Bowhunting Basics

**SPT&REC 289-171**  
Fall Class Runs 9/3-12/12  
Tue: 5:30-6:50PM

### Backpacking

**SPT&REC 294**  
Spring Class Runs 3/25-5/9  
Fall Class Runs 9/3-10/26  
Wed: 4:4-5:50PM Advanced: 5:5-5:50PM  
Summer Class Runs 6/24-7/20  
Tue: 4-5:50PM

### Hiking WI State Trails

**SPT&REC 294**  
Spring Class Runs 4/1-5/1 First Class 4/1: 3-3:50PM then Sun: 9-4PM 4/7-4/28  
Fall Class Runs 10/7-10/12 First Class 10/3: 3-3:50PM then Sun: 9-4PM 10/6-10/27

### Camp Administration & Programming

**SPT&REC 294-300**  
Fall Class Runs 9/3-9/24  
Sat/Sun: 8AM-2:50PM

### Basic Rock Climbing

**SPT&REC 294**  
Spring Classes Run 3/25-5/9  
Fall Classes Run 9/3-10/26 (Th) 10/28-12/12  
Mon/Wed: 4:5-5:00PM (Th) 6-7:30PM

### Bicycle Road Riding

**SPT&REC 294-346**  
Spring Class Run 4/1-5/9  
Sat: 12:30-3:00PM

### Off-Road Bicycling

**SPT&REC 294-348**  
Spring Class Runs 4/1-5/9  
Sun: 12:30-3:00PM

### Bicycle Maintenance

**SPT&REC 294-342**  
Spring Class Runs 2/11-3/9  
Fall Class Runs 10/21-11/16  
Sat: 11AM:2:30PM

### Canoeing

**SPT&REC 294-322**  
Spring Class Runs 3/25-5/9  
Tue: 4-4:50PM

### Canoe Camping

**SPT&REC 294**  
Spring Class Runs 3/25-5/9  
Tue: 5-5:50PM  
Summer Class Runs 7/22-8/17  
Tue: 4:5:00PM

### Orienteering

**SPT&REC 156-102**  
Spring Class Runs 4/1-5/9  
Sat: 10:3-3:50PM and Sun: 10:1-1:50PM

### Harley-Davidson Motorcycle Riding Academy

**SPT&REC 289**  
Spring Class Runs 3/25-4/6/6  
Fall Class Runs 9/3-10/26  
Thu & Mon: 5:30-8:30PM  
Sat: 9AM-5PM Sun: 9AM-4PM

### Kayaking

**SPT&REC 294-181**  
Fall Class Runs 9/3-10/5  
First Class 9/5: 3-3:50PM then Sun: 9-4PM

### Wilderness Survival

**SPT&REC 294**  
Spring Class Runs 3/25-5/9  
Fall Class Runs 9/3-10/26  
Wed: 5-5:50PM  
Summer Class Runs 6/24-7/20  
Wed: 4-5:50PM

### Winter Camping

**SPT&REC 294-114**  
Fall Class Runs 10/28-12/12  
Tue: 4-4:50PM

### More Sport & Recreation Classes Offered

- **Skin & Scuba**  
  **SPT&REC 126** (First Scuba Class)  
  Spring Classes Run 3/25-5/9  
  Tue: 6-9:20PM  
  Wed: 6-9:20PM  
  Fall Classes Run 9/3-10/26 (Th) 10/28-12/12  
  Tue: 6-9:20PM  
  Wed: 6-9:20PM  
  Summer Classes Run 5/28-6/22 (Th) 6/24-7/20  
  Mon/Wed: 6-9:20PM

- **Billiards and Pool**  
  **SPT&REC 289**  
  Spring Classes Run 3/25-5/9  
  Fall Class Runs 9/3-10/26 (Th) 10/28-12/12  
  Tue/Thu: 10:11:20AM (Th) 11:30AM-12:50PM (Th) 1:20PM  
  Sat: 2:30-3:50PM  
  Mon/Wed: 4-5:20PM

- **Outdoor Soccer I**  
  **SPT&REC 295**  
  Spring Class Runs 3/25-5/9  
  Fall Class Runs 9/3-10/12  
  Mon/Wed: 4-3:30-6:20PM

### Questions?

- uwmsportrec@uwm.edu  
- (414) 227-3123  
- chs-outreach@uwm.edu

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**OUTDOOR CLASS FOR CREDIT**

**Full or half semester classes for 1-2 credits. Usually students can add a class at no additional tuition cost (if total credits equal 12-18). Register by searching “Sport & Recreation” under subject & the class title under keyword at: PAWS.UWM.EDU**
CLASS FOR CREDIT

FULL OR HALF SEMESTER CLASSES FOR 1-2 CREDITS. USUALLY STUDENTS CAN ADD A CLASS AT NO ADDITIONAL TUITION COST (IF TOTAL CREDITS EQUAL 12-18). REGISTER BY SEARCHING “SPORT & RECREATION” UNDER SUBJECT & THE CLASS TITLE UNDER KEYWORD AT: PAWS.UWM.EDU

SAMPLE OF CLASSES LISTED BELOW. HALF SEMESTER SPRING CLASSES START 3/25. SUMMER & FALL CLASSES ALSO OFFERED. GO TO UWM.EDU/SPTREC FOR A FULL LIST.

Billiards and Pool  
SPT&REC 289
Spring Classes Run 3/25-5/9
Fall Classes Run 9/3-10/26 /& 10/28-12/12
Tue/Thur: 10-11:20AM /& 11:30AM-12:50PM /& 1-2:20PM /& 2:30-3:50PM /& 4:5-5:20PM

INTERMEDIATE BILLIARDS AND POOL  
SPT&REC 289
Fall Class Runs 9/3-10/26 /& 10/28-12/12
Tue/Thur: 10-11:20AM /& 11:30AM-12:50PM

ADVANCED BILLIARDS AND POOL  
SPT&REC 289
Spring Classes Run 3/25-5/9
Fall Classes Run 9/3-10/26 /& 10/28-12/12
Mon/Wed: 2:30-3:50PM

Bowling I  
SPT&REC 161
Spring Classes Run 3/25-5/9
Fall Classes Run 9/3-10/26 /& 10/28-12/12
Mon/Wed: 11-1:50AM /& 12-1:50PM /& 4-5:50PM /& 1:1-2:20PM /& 2-3:50PM /& 5-5:50PM
Tue/Thur: 10-10:50AM /& 11-11:50AM /& 12:12-2:20PM /& 3-4:50PM /& 1:1-2:20PM
Fri: 12-1:50PM
Summer Class Runs 5/28-6/22
Tue/Thur: 2-3:50PM

Bowling II  
SPT&REC 162
Spring Classes Run 3/25-5/9
Fall Classes Run 9/3-10/26 /& 10/28-12/12
Mon/Wed: 10-10:50AM /& 3-3:50PM /& 4-5:50PM
Tue/Thur: 2-2:50PM /& 3-3:50PM /& 4-5:50PM
Fri: 10-11:50AM
Summer Class Runs 6/24-7/20
Tue/Thur: 2:3-5:50PM

Bowling III  
SPT&REC 289-361
Spring Class Runs 3/25-5/9
Fall Class Runs 9/3-10/26 /& 10/28-12/12
Tue/Thur: 5:5-5:50PM

Table Tennis  
SPT&REC 289
Spring Classes Run 3/25-5/9
Fall Classes Run 10/28-12/12
Mon/Wed: 11:30AM-12:50PM /& 1-2:20PM
Tue/Thur: 10-11:20AM /& 11:30AM-12:50PM /& 1-2:20PM

Chess  
SPT&REC 289
Spring Class Runs 3/25-5/9
Fall Class Runs 10/28-12/12
Mon/Wed: 2-3:20PM

MORE SPORT & RECREATION CLASSES OFFERED

Badminton  
SPT&REC 295
Spring Class Runs 3/25-5/9
Fall Class Runs 10/28-12/12
Mon/Wed: 9:30-10:50AM

Bicycle Road Riding  
SPT&REC 289-346
Spring Class Runs 4/1-5/4
Sat: 12:3-5:00PM

Off-Road Bicycling  
SPT&REC 289-348
Spring Class Runs 4/1-5/9
Sun: 12:3-5:00PM

Canoeing  
SPT&REC 294-322
Spring Class Runs 3/25-5/9
Fri: 5:5-5:50PM

Canoe Camping  
SPT&REC 294
Spring Class Runs 3/25-5/9
Fri: 5:5-5:50PM
Summer Class Runs 7/22-8/17
Thu: 4-5:50PM

East Indian Vegetarian Cooking  
SPT&REC 291
Spring Class Runs 3/25-5/9
Fall Class Runs 9/3-10/26
Tue: 3:30-6:20PM

Get Intuition  
SPT&REC 298
Fall Classes Run 9/9-10/26
Mon: 4:6-4:55PM

Lakefront HIIT Workout  
SPT&REC 296
Summer Class Runs 7/8-8/17
Mon/Wed: 9-10:40AM

Meditation in the 21st Century  
SPT&REC 298
Spring Class Runs 3/25-5/9
Fall Classes Run 9/3-10/26 /& 10/28-12/12
Summer Class Runs 5/28-7/6 /& 7/8-8/17
Online

Mindfulness East & West  
SPT&REC 298
Fall Class Runs 9/3-12/12
Summer Class Runs 6/10-7/20
Online

View All Spring 2019 Mid-Semester Classes:  

View All Summer 2019 Classes:  

View All Fall 2019 Full & Half Semester Classes:  

Questions?  
uwmsport@uwm.edu  
(414) 227-3123  
chs-outreach@uwm.edu
SAMPLE OF CLASSES LISTED BELOW. HALF SEMESTER SPRING CLASSES START 3/25. SUMMER & FALL CLASSES ALSO OFFERED. GO TO UWM.EDU/SPTREC FOR A FULL LIST.

Badminton
SPTREC 295
Spring Class Runs 3/25-5/9
Fall Class Runs 10/28-12/12
Mon/Wed: 9:30-10:50AM

Basketball
SPTREC 176
Full Class Runs 9/3-12/12
Fri: 8:9:50AM 10-11:50AM

Coaching Basketball Philosophies
SPTREC 295-309
Full Class Runs 9/3-12/12
Mon/Wed: 10-10:50AM

Sport Officiating - Basketball
SPTREC 100
Full Class Runs 9/3-12/12
Fri: 10-11:50AM

Swim
SPTREC 120
Full Class Runs 9/3-12/12
Mon/Wed: 9:50AM 10-10:50AM

Golf
SPTREC 186
Spring Class Runs 3/25-5/4
Fall Class Runs 9/3-12/12
Tue/Thur: 11AM-12:50PM

Handball
SPTREC 179-301
Fall Class Runs 9/3-12/12
Tue: 2-2:50PM

Handball II
SPTREC 295-301
Fall Class Runs 9/3-12/12
Tue: 2-2:50PM

Racquetball I
SPTREC 180-307
Fall Class Runs 9/3-12/12
Tue/Thur: 9-9:50AM

Racquetball II
SPTREC 181-307
Fall Class Runs 9/3-12/12
Tue: 9-9:50AM

Running for Fun and Fitness
SPTREC 295-291
Summer Class Runs 6/10-7/20
Online

Introduction to Running
SPTREC 295-310
Spring Class Runs 3/25-5/9
Mon/Wed: 11AM-12:20PM

Outdoor Soccer I
SPTREC 295
Spring Class Runs 3/25-5/4
Fall Class Runs 9/3-10/12
Mon/Wed: 4:30-6:20PM

Outdoor Soccer II
SPTREC 295
Spring Class Runs 3/25-5/4
Fall Class Runs 9/3-10/12
Mon/Wed: 4:30-6:20PM

Indoor Soccer
SPTREC 295-311
Fall Class Runs 9/3-12/12
Fri: 9-9:50AM

Indoor Soccer II
SPTREC 295-313
Fall Class Runs 9/3-12/12
Fri: 10-10:50AM

Tennis I
SPTREC 182
Spring Class Runs 3/25-5/4
Fall Class Runs 9/3-10/12
Tue/Thur: 4:5-5:50PM 6-7:50 PM
Summer Class Runs 6/10-7/20
Mon/Wed: 5-6:50PM

Beach Volleyball
SPTREC 295-109
Summer Class Runs 7/8-8/17
Mon/Wed: 11AM-12:40PM

Volleyball
SPTREC 191
Fall Classes Run 9/3-12/12
Mon/Wed: 8-8:50AM
Tue/Thu: 10-10:50AM

Volleyball II
SPTREC 192-305
Fall Class Runs 9/3-12/12
Mon/Wed: 10-10:50AM

Final or half semester classes for 1-2 credits. Usually students can add a class at NO ADDITIONAL TUITION COST (IF TOTAL CREDITS EQUAL 12-18). Register by searching “SPORT & RECREATION” UNDER SUBJECT & THE CLASS TITLE UNDER KEYWORD AT: PAWS.UWM.EDU

FULL OR HALF SEMESTER CLASSES FOR 1-2 CREDITS. USUALLY STUDENTS CAN ADD A CLASS AT NO ADDITIONAL TUITION COST (IF TOTAL CREDITS EQUAL 12-18). REGISTER BY SEARCHING “SPORT & RECREATION” UNDER SUBJECT & THE CLASS TITLE UNDER KEYWORD AT: PAWS.UWM.EDU

MORE SPORT & RECREATION CLASSES OFFERED

Adventure Sports
SPTREC 294-179
Canoeing, Biking, Rock Climbing etc. Fall Class Runs 9/16-10/12
First Class 9/19: 3:30-5PM then Sat: 9:4PM

Bicycle Road Riding
SPTREC 209-346
Spring Class Runs 4/7-5/4
Sat: 12:3:50PM

Table Tennis
SPTREC 289
Spring Classes Run 3/25-5/9
Fall Class Runs 10/28-12/12
Mon/Wed: 11:30AM-12:50PM 12:20PM
Tue/Thu: 10-11:20AM 11:30AM-12:50PM 1-2:20PM

Tae Kwon-Do
SPTREC 172
Spring Class Runs 3/25-5/9
Fall Class Runs 9/3-10/26 10/28-12/12
Mon/Wed: 8-9:20AM

Questions?
uwmsportrec
@UWMSportRec
(414) 227-3123
chs-outreach@uwm.edu
### Cooking Healthy Foods
**SPT&REC 291**
Spring Classes Run 3/25-5/9
Fall Classes Run 9/3-10/26 (10) 10/28-12/12
Mon: 3:30-6:20PM (6) 6:30-9:20PM

### International Cuisines
**SPT&REC 291**
Spring Classes Run 3/25-5/9
Fall Classes Run 9/3-10/26 (10) 10/28-12/12
Wed: 6:30-9:20PM

### Contemporary American Cuisine
**SPT&REC 291**
Spring Class Runs 3/25-5/9
Fall Class Runs 9/3-10/26

### East Indian Vegetarian Cooking
**SPT&REC 291**
Spring Class Runs 3/25-5/9
Fall Class Runs 9/3-10/26
Tue: 6:30-9:20PM

### Japanese Cooking
**SPT&REC 291**
Spring Class Runs 9/3-10/26
Thur: 3:30-6:20PM
Fall Class Runs 10/28-12/12
Tue: 3:30-6:20PM

### Introduction to Floral Design
**SPT&REC 291**
Fall Class Runs 9/3-10/26
Tue: 6:30-8:50PM (6) Wed: 6:30-8:50PM

### Floral Design - Special Occasions
**SPT&REC 291**
Spring Class Runs 3/25-5/9
Fall Class Runs 10/28-12/12
Tue: 6:30-8:50PM (6) Wed: 6:30-8:50PM

### Mugs, Jugs and Crocks: Pottery on the Wheel
**SPT&REC 291**
Spring Class Runs 3/25-5/9
Fall Class Runs 10/28-12/12
Wed: 12:30-3:20PM
Thur: 12:30-3:20PM

### Ceramics: Surface Design
**SPT&REC 291**
Spring Class Runs 3/25-5/9
Fall Class Runs 10/28-12/12
Mon/Wed: 9:30-10:50AM

### Screen Printing
**SPT&REC 291**
Fall Class Runs 9/3-12/13
Wed: 4-5:30PM

### Digital Photo
**SPT&REC 291**
Fall Class Runs 9/3-12/13
Mon: 10-11:20AM

### Sailing
**SPT&REC 289**
(The majority of the class is scheduled according to student & instructor availability)
Spring Classes Run 3/25-5/9
Fall Class Runs 9/3-10/26
Mon/Wed: 8-8:50AM
Tue/Thur: 12-12:50PM
Summer Class Runs 5/28-6/22
Mon/Wed: 12-1:50PM
Summer Class Runs 6/10-7/20
Mon/Wed: 12-1:50PM

### Volleyball
**SPT&REC 191**
Fall Classes Run 9/3-12/12
Mon/Wed: 8-8:50AM
Tue/Thur: 10-10:30AM

### Zumba Fitness
**SPT&REC 292**
Spring Class Runs 3/25-5/9
Fall Classes Run 9/3-10/26 (10) 10/28-12/12
Mon/Wed: 3:30-4:50PM

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**View All Spring 2019 Mid-Semester Classes:**
http://bit.ly/1late spring

**View All Summer 2019 Classes:**
http://bit.ly/1pt nemus

**View All Fall 2019 Full & Half Semester Classes:**
http://bit.ly/1ptrec fall

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**Full or Half Semester Classes for 1-2 Credits. Usually Students Can Add A Class at No Additional Tuition Cost (If Total Credits Equal 12-18).**
**Register by Searching “Sport & Recreation” Under Subject & The Class Title Under Keyword At: PAWS.UWM.EDU**

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**Questions?**
uwmsportrec
@UWMSportRec
(414) 227-3123
chs-outreach@uwm.edu
SAMPLE OF CLASSES LISTED BELOW. HALF SEMESTER SPRING CLASSES START 3/25. SUMMER & FALL CLASSES ALSO OFFERED. GO TO uwm.edu/sptrec FOR A FULL LIST.

Swim
SPT&REC 120
Fall Class Runs 9/3-12/12
Mon/Wed: 9-9:50AM or 10-10:50AM
Tue/Thur: 8-8:50AM

Swim II
SPT&REC 121
Fall Class Runs 9/3-12/12
Tue/Thur: 9-9:50AM

Skin & Scuba
SPT&REC 126
(First Scuba Class)
Spring Class Runs 3/25-5/9
Tue: 6-9:20PM
Wed: 9-10PM
Fall Classes Run 9/3-10/26 or 10/28-12/12
Tue: 6-9:20PM
Wed: 6-9:20PM
Summer Classes Run 5/28-6/22 or 6/24-7/20
Mon/Wed: 6-9:20PM

Advanced Open Water Diver
SPT&REC 289-113
(Second Scuba Class)
Fall Class Runs 9/3-10/26
Thu: 6:30-8:20PM
Summer Class Runs 5/28-6/22
Mon: 6-8:30PM

Rescue Diver
SPT&REC 289-122
(Third Scuba Class)
Spring Class Runs 3/25-5/9
Thu: 6:30-8:20PM

Scuba Equipment
Maintenance Specialty
SPT&REC 289-106
(PADI Specialty Class)
Fall Class Runs 10/28-12/12
Wed: 6:30-8:20PM

Diving Enriched Air
SPT&REC 289-110
(PADI Specialty Class)
Fall Class Runs 10/28-12/12
Thur: 6:30-8:20PM

Underwater Photography
SPT&REC 289
(PADI Specialty Class)
Spring Class Runs 3/25-5/9
Fall Class Runs 9/9-10/26
Mon: 6:30-8:20PM
Summer Class Runs 5/28-6/22
Tue/Thur: 6:30-8:20PM

Dive Theory, Advanced
SPT&REC 289-101
(PADI Specialty Class)
Spring Class Runs 1/22-3/16
Thu: 6:30-8:20PM

Sailing
SPT&REC 289
(The majority of the class is scheduled according to student & instructor availability)
Summer Classes Run 7/8-8/17
Mon: 10-11:50AM or 1-2:50PM

Swim Equipment Maintenance Specialty
SPT&REC 289-106
(PADI Specialty Class)
Fall Class Runs 10/28-12/12
Wed: 6:30-8:20PM

Diving Enriched Air
SPT&REC 289-110
(PADI Specialty Class)
Fall Class Runs 10/28-12/12
Thur: 6:30-8:20PM

Underwater Photography
SPT&REC 289
(PADI Specialty Class)
Spring Class Runs 3/25-5/9
Fall Class Runs 9/9-10/26
Mon: 6:30-8:20PM
Summer Class Runs 5/28-6/22
Tue/Thur: 6:30-8:20PM

Dive Theory, Advanced
SPT&REC 289-101
(PADI Specialty Class)
Spring Class Runs 1/22-3/16
Thu: 6:30-8:20PM

Sailing
SPT&REC 289
(The majority of the class is scheduled according to student & instructor availability)
Summer Classes Run 7/8-8/17
Mon: 10-11:50AM or 1-2:50PM

MORE SPORT & RECREATION
CLASSES OFFERED

Beach Volleyball
SPT&REC 295-109
Summer Class Runs 7/8-8/17
Mon/Wed: 11AM-12:40PM

Canoeing
SPT&REC 294-322
Spring Class Runs 3/25-5/9
Tue: 4:4-5:00PM

Canoe Camping
SPT&REC 294
Spring Class Runs 3/25-5/9
Tue: 5-5:50PM
Summer Class Runs 7/22-8/17
Tue: 4-5:50PM

Cooking Healthy Foods
SPT&REC 291
Spring Classes Run 3/25-5/9
Fall Classes Run 9/9-10/26 or 10/28-12/12
Mon: 3-3:20PM or 6-6:20PM then Sun: 9-4PM

Kayaking
SPT&REC 294-181
Fall Class Runs 9/3-10/5
First Class 9/5: 3-3:50PM then Sun: 9-4PM

Lakefront HIIT Workout
SPT&REC 296
Summer Class Runs 7/8-8/17
Mon/Wed: 9-10:40AM

Mindfulness East & West
SPT&REC 298
Fall Class Runs 9/3-12/12
Summer Class Runs 6/10-7/20

Self-Defense
SPT&REC 174
Spring Class Runs 3/25-5/9
Fall Class Runs 9/3-10/20 or 10/28-12/12
Mon/Wed: 6-7:20PM
Fall Class Runs 9/3-12/12
Mon/Wed: 10-10:50AM
Wed: 2-3:20PM or Thur: 6-7:20PM

Swing & Salsa Dance
SPT&REC 292
Spring Class Runs 3/25-5/9
Fall Class Runs 10/28-12/12
Mon: 9:30-10:50AM

Winter Camping
SPT&REC 294-114
Fall Class Runs 10/28-12/12
Tue: 4-4:50PM

View All Spring 2019 Mid-Semester Classes:

View All Summer 2019 Classes:

View All Fall 2019 Full & Half Semester Classes:

Questions?
uwm.edu/sptrec
@UWMSportRec
(414) 227-3123
chs-outreach@uwm.edu
MARTIAL ARTS
CLASS FOR CREDIT

FULL OR HALF SEMESTER CLASSES FOR 1-2 CREDITS. USUALLY STUDENTS CAN ADD A CLASS AT NO ADDITIONAL TUITION COST (IF TOTAL CREDITS EQUAL 12-18). REGISTER BY SEARCHING "SPORT & RECREATION" UNDER SUBJECT & THE CLASS TITLE UNDER KEYWORD AT: PAWS.UWM.EDU

SAMPLE OF CLASSES LISTED BELOW. HALF SEMESTER SPRING CLASSES START 3/25. SUMMER & FALL CLASSES ALSO OFFERED. GO TO UWM.EDU/SPTREC FOR A FULL LIST.

Aikido
SPTREC 293
Fall Class Runs 9/3-12/12
Mon/Wed: 4:5-5:20PM

Brazilian Jiu-Jitsu
SPTREC 293
Spring Class Runs 3/25-5/9
Fall Class Runs 9/3-10/26 10/28-12/12
Tue/Thu: 5-6:20PM
Summer Class Runs 6/24-8/17
Tue/Thu: 6:30-7:50PM

Brazilian Jiu-Jitsu II
SPTREC 293
Spring Class Runs 3/25-5/9
Fall Class Runs 9/3-10/26 10/28-12/12
Tue/Thu: 6:30-7:50PM

Capoeira
SPTREC 293
Spring Class Runs 3/25-5/9
Fall Class Runs 9/3-10/26 10/28-12/12
Wed: 6-8:50PM

Capoeira-Intermediate
SPTREC 293
Spring Class Runs 3/25-5/9
Fall Class Runs 10/28-12/12
Wed: 6-8:50PM

Karate I
SPTREC 185
Fall Class Runs 9/3-12/12
Tue/Thu: 10-10:50AM

Karate II
SPTREC 186
Fall Class Runs 9/3-12/12
Tue/Thu: 10-10:50AM

Karate III
SPTREC 187
Fall Class Runs 9/3-12/12
Tue/Thu: 10-10:50AM

Mixed Martial Arts Conditioning
SPTREC 293
Spring Class Runs 3/25-5/9
Fall Class Runs 9/3-10/26 10/28-12/12
Mon/Thu: 6:30-7:50PM

Self-Defense
SPTREC 174
Spring Class Runs 3/25-5/9
Fall Class Runs 9/3-10/26 10/28-12/12
Mon/Thu: 6-7:20PM

Tae Kwon-Do
SPTREC 172
Spring Class Runs 3/25-5/9
Fall Class Runs 9/3-10/26 10/28-12/12
Mon/Thu: 8:30-9:20AM

Tae Kwon-Do II
SPTREC 173
Spring Class Runs 3/25-5/9
Fall Class Runs 9/3-10/26 10/28-12/12
Mon/Thu: 8:30-9:20AM

T’ai Chi Ch’uan II
SPTREC 298
Spring Class Runs 3/25-5/9
Fall Class Runs 10/28-12/12
Mon/Thu: 11-12:20PM

MORE SPORT & RECREATION CLASSES OFFERED

Boxing Conditioning
SPTREC 296
Fall Class Runs 9/3-12/12
Wed: 12:30-1:50PM

Cardio Kickboxing
SPTREC 296
Spring Classes Run 3/25-5/9
Fall Classes Run 9/3-10/26 10/28-12/12
Mon/Thu: 2-3:20PM 7-8:20PM 7:30-8:50PM
Tue/Thu: 7:30-8:50PM 3:30-4:50PM 7:30-8:20PM
Wed: 2-3:20PM

Japanese Cooking
SPTREC 291
Fall Classes Run 9/3-10/26 10/28-12/12
Mon/Wed: 10:10-10:50AM
Wed: 2-3:20PM

Mindfulness East & West
SPTREC 298
Fall Class Runs 9/3-12/12
Summer Class Runs 6/10-7/20
Online

Table Tennis
SPTREC 289
Spring Classes Run 3/25-5/9
Fall Classes Run 10/28-12/12
Mon/Thu: 11:30AM-12:50PM 1:2-2:20PM
Tue/Thu: 10-11:20AM 11:30AM-12:50PM 1:2-2:20PM

Get Intuition
SPTREC 298
Fall Classes Run 9/9-10/26
Mon: 4-6:45PM

Questions?
uw.edu/sptrec
@UWMSportRec
(414) 227-3123
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American Tribal Style Belly Dance
SPT&REC 292
Fall Class Runs 9/3-12/12
Tue: 4-5:50PM

Ballroom Dance
SPT&REC 130
Fall Class Runs 9/3-10/26
Tue/Thur: 12:30-1:50PM

Beginning Hoola Hoop Dance
SPT&REC 292
Spring Class Runs 3/25-5/9
Fall Class Runs 10/28-12/12
Tue/Thur: 11AM-12:20PM

Hip Hop
SPT&REC 292
Spring Class Runs 3/25-5/9
Fall Class Runs 10/28-12/12
Tue/Thur: 9:10-10:20AM

Cardio Hip Hop
SPT&REC 296
Spring Class Runs 3/25-5/9
Fall Classes Run 9/3-10/26 // 10/28-12/12
Tue/Thur: 11AM-12:20PM

Mindful Movement
SPT&REC 298
Summer Class Runs 6/24-8/3
Mon/Wed: 9-10:20AM

POUND
SPT&REC 296
Workout with Drumsticks
Fall Class Runs 9/3-12/12
Tue/Thur: 7:30-8:20PM

Salsa, Merengue & Bachata
SPT&REC 292
Spring Class Runs 3/25-5/9
Fall Class Runs 10/28-12/12
Mon/Wed: 11AM-12:20PM
Tue/Thur: 12:30-1:50PM

Swing & Salsa Dance
SPT&REC 292
Spring Class Runs 3/25-5/9
Fall ClassRuns 10/28-12/12
Mon/Wed: 9:30-10:50AM

Zumba Fitness
SPT&REC 292
Spring Class Runs 3/25-5/9
Fall Classes Run 9/3-10/26 // 10/28-12/12
Mon/Wed: 3:30-4:30PM

View All Spring 2019 Mid-Semester Classes:

View All Summer 2019 Classes:

View All Fall 2019 Full & Half Semester Classes:

MORE SPORT & RECREATION CLASSES OFFERED

Art of Being Still: Unplugging
SPT&REC 298
Spring Class Runs 3/25-5/9
Fall Classes Run 9/3-10/26 // 10/28-12/12
Tue/Thur: 8-9:20AM

Hiking WI State Trails
SPT&REC 294
Spring Class Runs 4/1-5/4 First Class 4/4:
3:30-5:00PM then Sun: 9-4PM 4/7-4/28
Fall Class Runs 10/7-10/2 First Class 10/3:
3:30-5:00PM then Sun: 9-4PM 10/6-10/27

Introduction to Floral Design
SPT&REC 291
Fall Class Runs 9/3-10/26
Tue: 6-8:50PM // Wed: 6-8:50PM

Introduction to Running
SPT&REC 295-310
Spring Class Runs 3/25-5/9
Mon/Wed: 11AM-12:20PM

Swim
SPT&REC 120
Fall Classes Run 9/3-12/12
Mon/Wed: 9-9:50AM // 10-10:50AM
Tue/Thur: 8-8:50AM

Tennis I
SPT&REC 182
Spring Class Runs 3/25-5/9
Fall Class Runs 9/3-10/12
Tue/Thur: 4:5-5:50PM // 6-7:50PM
Summer Class Runs 6/10-7/20
Mon/Wed: 5-6:50PM

T’ai Chi Ch’uan
SPT&REC 298
Spring Class Runs 3/25-5/9
Fall Class Runs 10/28-12/12
Mon/Wed: 11-12:20PM

Yoga I
SPT&REC 112
Spring Classes Run 3/25-5/9
Fall Classes Run 9/3-12/12 // 9/3-10/26 // 10/28-12/12
Mon/Wed: 8:30-9:50AM // 12:30-1:50PM // 2-3:20PM
Tue/Thur: 8-9:20AM // 9:30-10:50AM // 10-11:20AM // 1:30-4:50PM
Tue: 5:30-8:20PM // Thur: 5:30-8:20PM
Summer Class Runs 6/10-7/20
Mon/Wed: 9-10:50AM
Summer Class Runs 7/8-8/17
Tue/Thur: 12-1:50PM

Questions?
uwmsportrec@uwm.edu
(414) 227-3123
chs-outreach@uwm.edu

COLLEGE OF HEALTH SCIENCES
FULL OR HALF SEMESTER CLASSES FOR 1-2 CREDITS. USUALLY STUDENTS CAN ADD A CLASS AT NO ADDITIONAL TUITION COST (IF TOTAL CREDITS EQUAL 12-18). REGISTER BY SEARCHING "SPORT & RECREATION" UNDER SUBJECT & THE CLASS TITLE UNDER KEYWORD AT: PAWS.UWM.EDU

Sample of classes listed below. Half semester spring classes start 3/25. Summer & fall classes also offered. Go to uwm.edu/sptrec for a full list.

**Boxing Conditioning**
SPTREC 296
Fall Class Runs 9/3-12/12
Wed: 12:30-1:50PM

**Cardio Kickboxing**
SPTREC 296
Spring Classes Run 3/25-5/9
Fall Classes Run 9/3-10/26 10/28-12/12
Mon/Wed: 2:30-2:50PM 7:8:20PM 7:30-8:30PM
Tue/Thr: 7:30-8:50PM 3:30-4:50PM 7:8:20PM
Full Classes Run 9/3-12/12
Wed: 11AM-12:20PM
Fri: 12-1:20PM
Sat: 9-10:20AM

**Advanced Cardio Kickboxing**
SPTREC 296
Spring Classes Run 3/25-5/9
Fall Class Runs 10/28-12/12
Tue/Thr: 7-8:20PM

**Cardio Hip Hop**
SPTREC 296
Spring Classes Run 3/25-5/9
Fall Classes Run 9/3-10/26 10/28-12/12
Tue/Thr: 11AM-12:20PM

**Lakefront HITT Workout**
SPTREC 296
Summer Class Runs 7/8-8/17
Mon/Wed: 9-10:40AM

**Outdoor Beach Body Boot Camp**
SPTREC 296
Spring Class Runs 3/25-5/9
Fall Class Runs 9/3-10/26
Tue/Thr: 10-11:20AM
Summer Class Runs 6/10-7/20
Tue/Thr: 10-11:50AM

**Total Body Conditioning**
SPTREC 296
Fall Class Runs 9/3-12/12
Mon/Wed: 8:8:30AM
Summer Class Runs 6/24-8/10
Mon/Wed: 8-9:20AM

**Physical Conditioning**
SPTREC 110
Fall Class Runs 9/3-12/12
Mon/Wed: 8:9:50AM 9:10:50AM
Tue/Thr: 8:8:50AM 9:9:50AM
Summer Class Runs 5/28-7/6
Mon/Wed: 9-10:40AM

**Introduction to Running**
SPTREC 295-310
Spring Class Runs 3/25-5/9
Mon/Wed: 11AM-12:20PM

**Running for Fun and Fitness**
SPTREC 295-291
Fall Class Runs 9/3-10/26
Summer Class Runs 6/10-7/20
Online

**Tighten Up: Abs, Glutes and Thighs Part I**
SPTREC 296
Fall Class Runs 9/3-10/26
Tue/Thr: 9-10:20AM

**Tighten Up: Abs, Glutes and Thighs Part II**
SPTREC 296
Spring Class Runs 3/25-5/9
Fall Class Runs 10/28-12/12
Tue/Thr: 9-10:20AM

**Karate I**
SPTREC 185
Fall Class Runs 9/3-12/12
Tue/Thr: 10-10:50AM

**Pilates**
SPTREC 296
Spring Classes Run 3/25-5/9
Fall Classes Run 9/3-10/26 9/3-10/26 10/28-12/12
Mon/Wed: 11:30AM-12:50PM 1:2-2:20PM
Tue/Thr: 11:30AM-12:20PM 12:30-1:30PM 1:30-2:30PM
Sat: 12:30-3:20PM

**POUND**
SPTREC 296
Workout with Drumsticks
Fall Class Runs 9/3-12/12
Tue/Thr: 7:30-8:20PM

**Zumba Fitness**
SPTREC 292
Spring Class Runs 3/25-5/9
Fall Class Runs 9/3-10/26 10/28-12/12
Mon/Wed: 3:30-4:50PM

Questions?
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**Fitness Class for Credit**

Full or half semester classes for 1-2 credits. Usually students can add a class at no additional tuition cost (if total credits equal 12-18). Register by searching "Sport & Recreation" under subject & the class title under keyword at: PAWS.UWM.EDU

Sample of classes listed below. Half semester spring classes start 3/25. Summer & fall classes also offered. Go to uwm.edu/sptrec for a full list.