

PERSONAL FITNESS		LEISURE & LIFETIME ACTIVITIES		SPORT, DANCE AND SOCIETY	
Present	2009-2010 110-119	Present	2009-2010 120-159	Present	2009-2010 160-189
Jogging Walking Cycling Aerobic Dance Aerobic Cross Training Weight Training Lap Swimming In-Line Skating Elementary Health Ed. Activities (2)	101 Jogging & Road Racing 102 Nordic Walking 103 Road Cycling 104 Core Strength and Balance Training(new) 105 Aerobic Dance 106 Cardio Cross Training 107 Strength & Conditioning 108 Aquatic Fitness 110 Water Aerobics (new) 112 Special Topics in Personal Fitness (new) 222 Elementary Health Ed. Activities (2)	Badminton I Golf I Tennis I Racquetball Volleyball I Bowling Outdoor Activities Cooperative World Games Swimming I Slow-Pitch Softball Rock Climbing I Canoeing I Frisbee Fly Fishing Tap Dance I Jazz Dance I Modern Dance I Sacred Dance I Ballet Dance I Creative Dance Rhythm in Dance Social Dance	120 Scuba (old 198) 124 Swim I (old 140) 125 Swim II (old 170) 126 Cross Country Skiing (old 178) 127 Downhill Skiing (old 177) 128 Ice Skating (old 176) 129 Karate (old 171) 130 Self Defense (old 172) 132 Golf I 133 Golf II (old 182) 137 Bowling 138 Wilderness Pursuits 141 Rock Climbing I 142 Rock Climbing II (new) 143 Canoeing 144 Frisbee 145 Fly Fishing 150 Special Topics in LLA (new) 151 Tap Dance I 152 Jazz Dance I 153 Modern Dance I 154 Sacred Dance I 155 Ballet Dance I 156 Creative Dance 157 Rhythm in Dance 158 Social Dance 159 Square & Folk Dance (old 166)	Tap Dance II Jazz Dance II Modern Dance II Sacred Dance II Ballet Dance II Period Styles of Dance Visual Design in Dance Square & Folk Dance Swim II Karate Self Defense Basketball Volleyball II Ice Skating Downhill Skiing Cross Country Skiing Rock Climbing II Canoeing II Badminton II Golf II Tennis II Soccer Gymnastics Elementary Physical Educ. Activities(2)	161 Tap Dance II 162 Jazz Dance II 163 Modern Dance II 165 Ballet Dance II 167 Period Styles of Dance 168 Visual Design in Dance 170 Special Topics in SDS(new) 171 Racquetball(old 134) 172 Water Polo (new) 173 Basketball 174 Volleyball I(old 135) 175 Volleyball II 176 Cooperative World Games (old 139) 177 Slow Pitch Softball(old 141) 180 Badminton I(old 131) 181 Badminton II 182 Tennis I (old 133) 183 Tennis II 185 Soccer  221 Elementary Physical Educ. Activities(2)