

Physically Active Living Skills (PALS) Course Offerings

PALS Courses are divided into three categories:

Personal Fitness Activities (PALS 102-124)

Fitness Walking	Tai Chi	Pilates
Yoga	Group Fitness	Aquatic Fitness
Indoor Cycling	Jogging	Personal Fitness Assessment
Fitness Swimming	Beginning Strength Training	Triathlon Training
Fitness Kickboxing	Intermediate Strength Training	Step Aerobics

Lifetime Sports (PALS 125-149)

Beginning Golf	Intermediate Golf	Beginning Tennis
Intermediate Tennis	Indoor Racquet Sports	Lacrosse
Beginning	Intermediate Bowling	Flag Football
Volleyball	Softball	Fencing
Basketball	Rugby	Soccer

Lifetime Physical Activity Skills (PALS 150-180)

Ropes Course	Sailboarding	Canoeing and Kayaking
Horseback Riding	Orienteering	Rock Climbing
Cycling	Snow Skiing	In-Line Skating
Wilderness Camping	Backpacking	Social Dance
Self-Defense	Modern Dance	Ballet/Jazz
Beginning/Intermediate Karate	Beginning Swimming	Snorkeling and Kayaking
Women's Self-Defense	Advanced Scuba	