

COURSE OFFERINGS

FALL 2007

COMMUNITY AND SOCIETY

Exploring Peace and Nonviolence: The Third Option 0-1 Credit
Anna Ernst and Thomas Lock EXCO-105

Kill or be killed. Submit to oppression or violently rebel. Society tells us that there are only two choices. This class will explore different aspects of a third option - peace through nonviolent action - through short selected readings and class discussions. Each class will address one topic and most of the topics will be selected by the class. Community members are welcome.

Organizing OberCon 2008 0-1 Credit
David Carlson EXCO-112

Are you interested in seeing what it takes to organize a conference or convention? Do you want to build practical experience marketing an event to vendors and guests? Do you want to develop these skills working with a particularly absent-minded, unusual and demanding audience? We will do all this and more as we plan OberCon 2008, the annual convention of the Oberlin Gaming and Role-playing Establishment (OGRE).

Principles of Community Service 0-2 Credits
Dan Gillespie and Phoenix (Stephanie) Forbes EXCO-120

This course will prepare members of the Oberlin College community to be community service leaders. The course will both introduce its students to the Oberlin and the Lorain County area as well as prepare them to coordinate service opportunities for their peers. The course is a prerequisite to leading an intramural service team.

Re-Evaluation Counseling 0-1 Credit
Shelly Friedmann EXCO-122

In this class you will learn the fundamentals of Re-Evaluation Counseling. In Re-Evaluation Counseling, two or more people take turns listening well to each other, working to recover the ability to think brilliantly about their lives. Throughout the course, you will develop the ability to be a strong ally to others and you will learn how to use support to move your life forward.

Grassroots Organizing 0-2 Credits
OPIRG Coordinator EXCO-125

The goal of this course is to train students to become active and effective grassroots organizers through campaign work with OhioPIRG and class trainings. The course structure is three-fold: theory, training, and practice. The theory will explore philosophies through readings and discussions, which will be complemented by trainings of grassroots activism skills. Finally, students will apply this to hands-on practice as they develop and implement a critical component of a campaign, such as coalition-building, media, grassroots, or research.

Mama Gena's School of Womanly Arts **0-1 Credit**
Meghan Brooks **EXCO-127**

The aim of this course is to revive the lost arts of "identifying your desires, having fun no matter where you are, knowing sensual pleasure, befriending your inner bitch, flirting (in a way that makes your day, not just his), and more- because making pleasure your priority can actually help you reach your goals." We will be using Mama Gena's School of Womanly Arts as a guide for this course. This course will help women apply these arts to find more pleasure and satisfaction in romantic relationships, professional relationships and even friendships. We will have weekly homework assignments that will reinforce these ideas, such as creating a desire list, creating your own "Womantra," and taking steps to confront your fears. We will also have class activities such as movie nights and fieldtrips to put some of our skills into practice.

Anti-Racist Organizing and White Privilege **0-2 Credits**
Katrina Forman **EXCO-130**

Many of us have seen and been part of predominantly white activist organizations on campus that are struggling to analyze the different ways power functions, figure out what it means to do anti-racist/multi-issue organizing, and/or change our work to reflect anti-racist priorities. This course is intended to fill some of those needs. This course aims to build participants' analysis skills and pass on histories of organizing and coalition-building on campus. We hope participants can support each other in thinking critically about activism, and hold each other accountable to making their work more just and productive. Meetings will be based on readings and discussions. This course is designed for white-privileged folks, but is open to anyone.

The SEXco **0-2 Credits**
Abbe Schriber, Thomas Shannon and Johnanna Valente **EXCO-165**

This course offers information about sexuality and sexual health issues, including sexual practices, contraception, safer sex, anatomy, common sexual health problems, STIs, pornography/erotica, birth, adoption, abortion, sex work/prostitution, gender issues, and sexual orientation. Class meets once a week for 2 hours, and an optional counseling skills session is offered for an additional 1 hour a week. Students successful in both sessions may apply to be SIC counselors, but you need not want to be a counselor to take the class.

Issues in Women's Health **0-2 Credits**
Krista Lewicki and Katherine Klingensmith **EXCO-185**

How do different groups of women and individuals interact with the health care system, their bodies, and popular health culture? What can we do about it? Through readings, discussion, and informal research projects, we will address the day-to-day health concerns of ourselves and different women, and how these connect to larger theoretical and political issues. Themes connecting the whole semester include the ways class, race and sexuality change women's health experiences and options, and the importance of informed choice in every area of health.

Utilizing Oberlin's Resources: the Student Union **0-1 Credit**
Matt O'Connell **EXCO-???**

This course hopes to better acquaint students with Wilder (the Student Union building) and the wide range of amenities it offers. Weekly lessons will cover the history of the building as well as the various departments/clubs of the college based within its walls.

Animal Rights 101: Beyond Dinner Table Discussions 0-1 Credit
Ian Santino and Matthew Friberg EXCO-???

We will explore whether the systematic use of animals in our society is acceptable, whether it needs to be reformed, or whether it needs to be eliminated. We will examine a variety of questions: Is it justifiable to eat and experiment on non-human animals? What is speciesism and is it defensible? How does the human use of nonhuman animals relate to systems of oppression like racism and sexism? All perspectives welcome.

History 101: History of the American Indian Movement 0-1 Credit
Robert Roche EXCO-???

This course, taught by the Director of the Cleveland American Indian Movement, will introduce students to the history and present activities of the American Indian Movement and facilitate opportunities to get involved. No previous knowledge of American Indian History is required.

Peer Health Education 0-1 Credit
Elana Feldman and Katherine Proctor EXCO-???

This course will train Oberlin students to be effective and knowledgeable peer health educators, through discussion, lectures, and videos on the application of various education techniques to health issues that commonly appear on college campuses. At the end of the course, students will have the opportunity to take a test that certifies them to be peer educators under the organization Bacchus and Gamma.

The Ethical Obie 0-1 Credit
Jay Nolan EXCO-???

If a neighbor is growing marijuana on your lawn, what should you do? Can you bring your own treats to a movie theater? Should you be the one to tell your best friend that they are being cheated on by their significant other? We will explore the ethical answers to these and other problems that we face daily.

LANGUAGE, CULTURE AND RELIGION

Discovering Catholicism 0-2 Credits
Debbie Dacone EXCO-206

This class seeks to present a contemporary understanding of Roman Catholicism focusing on what it means to be a Catholic in terms of life, faith, and practice. It utilized *The Catechism* as well as authors of contemporary theology. The class is designed for non-Catholics and Catholics who want a better understanding of Catholicism's relevance to everyday life.

Intermediate Italian 0-2 Credits
Mira Barakat EXCO-211

This course is designed for students who wish to continue Italian beyond the first year, especially for those considering studying abroad in Italy. We will focus on advanced grammar and idioms, vocabulary building, and conversation. The course will meet for one hour, twice a week, and there will be some homework, quizzes, and writing assignments. It will be a great time learning one of the best languages ever! *Prerequisites: Italian 102, the equivalent, or instructor's consent.*

Storytelling **0-1 Credit**
EXCO-226
Elizabeth Hibbard and Ariel Indenbaum
This is an opportunity for students to refine and improve their storytelling abilities. Through weekly assignments and comments from the group, we will identify areas for improvement and effective techniques. We will explore wide variety of styles and genres, from personal experience, to creation myths, to jokes.

The Essence of Sufism and the Power of Mysticism **0-1 Credit**
EXCO-234
Mary Rhodes and C. Lee Fellure
This course will provide a basic introduction to Sufism and other Mystical Spiritual traditions. Students will learn of the unique characteristics of these traditions and their relationships to major world religions. You will also meet many Sufi leaders as well as leaders of other Mystical groups, and you will have opportunities to participate in a variety of spiritual practices such as meditation, chanting, and movement activities.
In addition, you will be provided means of confidential assessment of your current level of spiritual consciousness and given techniques to facilitate spiritual growth.
The course is open to all, regardless of spiritual beliefs, religious affiliations, or lack thereof. Its main focus is on personal growth.

Shamanism: An Experiential Exploration **0-1 Credit**
EXCO-246
Kathy Abromeit
Meets Monday nights 7:30-9:30 pm. This course will explore Shamanism and its use of ancient techniques to achieve and maintain well-being and healing for ourselves and our community. In addition to shamanic journeying, we will explore art, ritual, and mindfulness meditations as gateways in understanding the profound connection with Self, Nature, and Spirit. By the end of this class, we will have a better understanding of how this awareness helps to develop and enhance our own individual Earth walk. Students interested in the healing arts, anthropology, religion and/or spirituality will find this course valuable. Please bring a drum or rattle to class. No street drugs or alcohol for the twenty-four hours preceding class. Course fee \$25.

Sacred Dance: Pathway to Well-Being **0-1 Credit**
EXCO-???
Jessie Ferriols
This course will provide students knowledge and experience of the mind-body dynamics that facilitate health and well-being. In this experiential process, the students will reflect on, sing, and dance sacred phrases from major spiritual traditions, i.e. Jewish, Christian, Islamic, Zoroastrian, Native American, Buddhist, Hindu, etc. This course will engage the student in cultural awareness, art, and self-expression that will enhance personal and educational development.

<h2>COMPUTERS, MATH AND SCIENCE</h2>

Scientific Illustration **0-1 Credit**
EXCO-321
Ariel Kahrl and Erin Child
This course is designed for students who want to gain skills in biological illustration. Emphasis will be placed on accurately depicting botanical, fossil, and animal subjects in order to enhance understanding of these organisms and their processes. Field trips will give students the opportunity to draw from zoo and museum specimens. No previous art or biology experience is required, but a strong interest in biology is highly recommended.

MEDIA AND LITERATURE

The Simpsons: A Cultural and Philosophical Perspective **0-1 Credit**
John Russell **EXCO-401**

The Simpsons is a television show that has been around almost as long as most current Oberlin students have, and it has been a potent cultural force throughout that time, particularly in the 1990's. This class will be discussion based in which we will watch a few episodes during each meeting as well as discuss some aspects of the show, generally in terms of its cultural impact and/or its philosophical significance. There will be readings assigned for each class. No prior knowledge required.

Calvin and Hobbes ExCo **0-1 Credit**
Matthew Rumizen **EXCO-404**

Modern cartoonists consider Calvin and Hobbes to be the incredibly influential and any fan will attest to its quality and relatability. But what makes it such a great strip? This class will explore the question, looking to the singular personality of its author, Bill Watterson, and to its wealth of themes and ideas. Fan and non-fans equally welcome.

SlashCo: The Horror Movie ExCo **0-1 Credit**
Jessica Hicks and Joseph Tabol **EXCO-405**

The modern horror film *Scream* has taught us the rules of horror films: never have sex, never use drugs and never say, "I'll be right back," but how did these so-called rules come about? This class will explore the advent of the horror genre, its growth into cult status, and its currently popularity through weekly screenings, discussions, and journals. Special attention will be paid to the creation and popularity of the slasher sub-genre. Warning: not for the weak of heart or the squeamish.

The Life and Art of Charles Chaplin **0-1 Credit**
Jonathan Hunter **EXCO-407**

Students will watch and have in depth discussions on the films of Charles Chaplin. Discussions will include Chaplin's life as well as film critique. The class will span from the entirety of Chaplin's life, and will relate his life to the influence he had on the film industry, politics, and the history of comedy. Course requirements will include writing responses every week.

Penetrate the Veil: Examining the Films of David Lynch **0-1 Credit**
Daniel Grosser **EXCO-426**

This course aims to introduce and subject to analysis the films of David Lynch. Screenings will be separate from discussions, so the class will meet twice a week. Films will include Eraserhead, The Elephant Man, Blue Velvet, Wild At Heart, Lost Highway, The Straight Story, Mulholland Drive, INLAND EMPIRE, some short films, and the pilot and first season of Twin Peaks. There are no prerequisites, but students will be expected to participate actively and thoughtfully in the discussions and to produce several pages of written material on chosen films by the end of the course.

The Gospel from Outer Space: The Kurt Vonnegut ExCo **0-2 Credits**
Francesca Krihely and Jessica Cummings **EXCO-427**

This course examines two novels by Kurt Vonnegut - Player Piano and God Bless You Mr. Rosewater - as well as his short novella God Bless You, Dr. Kevorkian, selected short stories from Welcome to the Monkey House, critical essays, and some films. Whether you're a KV novice or connoisseur, all you need to come with is an open mind and sense of humor. Course

expectations include reading responses, attendance, class participation, and a final project. You will need to purchase (or borrow) the three books we're reading.

Stranded at the Drive In:

A Deeper Look at Schlock Cinema of the 50's and 60's

0-1 Credit

Matthew Miller

EXCO-430

In this class we will take a look at monster movies, sci-fi films, juvenile delinquent exploitation features, and films noir that infested drive-in theaters across America more than 40 years ago. How were these films culturally, historically, politically, and cinematically important in their day and how have these roles changed with time. We will explore these questions as well as laugh and enjoy some insane old movies.

Radio Documentary Production

0-2 Credits

Ian Page

EXCO-435

Each student will record and edit 2 short audio documentaries and air them on WOBC.

You are Entering the Twilight Zone

0-1 Credit

Jasmin Mote and Aisha Hadlock

EXCO-439

"There is a fifth dimension beyond that which is known to man." Here we will watch episodes from the first and second seasons of this critically acclaimed science fiction series. We will discuss the show from a variety of perspectives, from its aesthetic qualities to its influences on film and television today. The next stop, The Twilight Zone!

Writing Long Fiction

0-1 Credit

Elizabeth Fabis

EXCO-440

Ever heard of National Novel Writing Month? We will explore the craft of novel writing from planning to implementation to revision by making progress on our own novels.

DANCE AND THEATER

Argentine Tango I

0-1 Credit

Asishana Osho and Tim Pogros

EXCO-503

This class will teach how to dance the Argentine Tango in the Close Embrace style of the Milonguero. Students will learn the art of "lead and follow", dancing chest to chest. Emphasis will be on sharing the same axis, navigation, floor craft, non-verbal communication, moving with elegance, and musicality. All students will receive a CD of Tango music. No experience or partner required. Must have leather or hard-soled shoes.

Argentine Tango II

0-1 Credit

Alexandra Eurich and Tim Pogros

EXCO-???

This course is a continuation of close-embrace style Argentine Tango, as presented in Argentine Tango 1. This intermediate level class will have emphasis on refining tango skills and creating elegance and style, with the addition of some new choreography and adornments. More time will be spent on the dance floor, as opposed to in instruction. Prerequisites: completion of Argentine Tango 1 or adequate demonstration of skill to instructor.

- Beginning Modern American Swing** **0-1 Credit**
Mark Muthersbaugh and Sarah Cassella **EXCO-505**
 This course will teach students the basic steps of East Coast swing (6-count) and Lindy Hop (8-count), including some Charleston and jazz dance. The focus will be on refining fundamentals, having fun, and learning to put swing dance into its historical and social context.
- Rapper Sword Dancing** **0-1 Credit**
Michael Friedman and Hannah Lindner-Finlay **EXCO-507**
 Rapper sword dancing is a fast-paced, athletic, and fun traditional English dance, originally performed by coalminers. It consists of 5 dancers each with a sword, doing a series of figures and some basic footwork to fiddle music.
- Indian Classical Dance** **0-1 Credit**
Anya Desai **EXCO-512**
 This course attempts to take a holistic approach to learning about Bharatanatyam (Indian Classical Dance). Basic steps and mudras will be supplemented with the history of Bharatanatyam, lecture-demonstrations of various pieces, and videos of dance performance. We will also explore costuming and make-up. Students will complete a midterm project and a final presentation or performance. This course is mainly designed for students with no or little background in Bharatanatyam, but advanced students are more than welcome. They could contribute a lot to the class, and might even learn some new things.
- Israeli Dance Exco** **0-1 Credit**
Shoshana Silverman and Stuart Meyer **EXCO-514**
 Introduction to footwork and rhythms of Israeli dance styles, including Yemenite, Greek, Arabic, modern Israeli, and classic pioneer Israeli dance.
- Tap Dance** **0-1 Credit**
Catherine Chenoweth and Haley Gittleman **EXCO-524**
 This course will explore basic tap dance for beginners. No experience is required or expected. There will not be a fee for this course, but you will have to acquire tap shoes if you enroll (this will be facilitated by the instructor). We will meet twice a week for more than an hour, and put on a brief performance at the end of the term.
- ViBE Intermediate Jazz Dance ExCo** **0-1 Credit**
Dana Kelley **EXCO-530**
 This class concentrates on intermediate jazz techniques like isolations, kicks, turns and other stylized movement. Student must have had previous dance experience, preferably in ballet, jazz, or modern, though experience in other forms will be considered. *This is not a beginning course, but one for building skill.*
- The Art of the Sphere** **0-1 Credit**
Catherine Chenoweth, Philip Parsons, and Nicholas Lowery **EXCO-???**
 Contact juggling or sphere play is a beautiful art form of manipulation. Balls remain in almost constant contact with the body and create the illusion of defying gravity. Come increase your manual dexterity and impress your friends. Course fee of \$3 covers basic supplies.

MUSIC

Music of the Beatles 0-1 Credit
Elizabeth McElwee and Andrew del Junco EXCO-603

This course focuses on the entire discography of the best-known foursome in the history of Rock and Roll music. Beginning in 1962 with the release of the Fab Four's debut LP, we will proceed chronologically until their breakup eight years later. We will also cover other important topics related to the Beatles' music such as biographies, influences, films and society of the 1960's. No pre-requisite or class fees necessary.

Love is Understanding: The Truth About the Monkees 0-1 Credit
Stephanie Bolmer EXCO-608

Hey! Hey! Who are they, really? If you think that the Monkees were just a cheap, fabricated version of the Beatles who couldn't really play their own instruments, this course wants to change your mind. We will listen to their music, watch their show and their film, study background material about them, and explore the fandom which exploded in their prime and continues, largely online, to this day. As we delve into Monkeemanía, we will discuss the dichotomy between the legacy they wished to leave and their cultural significance as it is perceived today.

Classical Music of North India 0-2 Credits
Hasu Patel and Zachary Wardle EXCO-615

The course is offered by a professional musician to give students an introduction to the theory and practice of the classical instruments of Hindustani music: Sitar, Tabla, and Vocal. Students will learn about Raga Sangeet and the context surrounding this sacred music. The course will be taught in traditional style with certain rules regarding the instruments, practice, fellow students, and Guru. Instruments are available for use through the teacher and the Conservatory. Course fee: \$130 per student.

Vocal Folk Tradition 0-2 Credits
Ben Malament EXCO-627

Participants will learn about the traditions of and songs from the American Shapenote Tradition and the polyphonic tradition of the Caucasus Republic of Georgia. The class will feature two "singing parties" (in the style of Shapenote "singing lunches" and Georgian "supras," respectively), and will culminate in a final concert. No prior knowledge of folk singing is expected or necessary.

Oberlin College Marching Band 0-1 Credit
Rachel Stewart and Nicholas Holsing EXCO-645

During the fall semester, the Oberlin College Marching Band teaches a halftime field-show to be performed at home college-football games. The show's theme is the music of Frank Zappa. Additionally, we continue to play as a pep band for fall sports. We offer opportunities for music composition and arrangement, as well as drill design. We perform with brass, woodwinds, percussions and color-guard. All levels of experience are welcome.

Oberlin Cello Choir 0-1 Credit
Mark Shuping EXCO-655

This course is designed for people who would like to play in an ensemble consisting of all cello players. It will afford cellists the opportunity to play in a specific ensemble that will serve as a compliment to the (usual) chamber ensembles and orchestras. We will play music ranging from

Julius Kengel and David Popper to arrangements of various composers, such as Mozart, to music with a little more flair, such as a tango. Rehearsals will last two hours and will emphasize group collaboration and participation. Seating will be rotational, so that each player will have the opportunity to play in at least two different sections.

Music Mentors 0-1 Credit
Melanie Emig and Jordan Goldstein EXCO-660

We will be working in the Oberlin public schools, teaching group lessons, leading sections, and performing for elementary, middle and high school students. We will also serve as mentors, taking the kids to music events (rehearsals, concerts) at Oberlin. You don't need to be in the Con or have any teaching experience! You also don't necessarily need to play a traditional band or orchestra instrument.

Steel Drum 0-1 Credit
Jody-Ann Allen and Jeffrey Vaudrin-McLean EXCO-???

Learn how to play steel drums! A portion of class time will also be spent learning auxiliary percussion instruments. The class culminates in a required performance in the Cat in the Cream. For those interested, this performance is the only way to audition for Oberlin Steel.

The History of the Recorded Classical Singer 0-1 Credit
Colin Levin EXCO-???

This class will introduce interested students to the great recorded classical singers of the 20th century. Each week we will listen to and watch clips from various singers, from 4-10 each week. We will also look at several operas, both in and outside of class.

ARTS, CRAFTS AND DO IT YOURSELF

Experimental Typography 0-2 Credits
Ezra Spier and Christopher Gollmar EXCO-715

This course will focus on both theoretical and practical sides of the relatively new and often overlooked field of experimental typography and type art. Half of the classes will be workshops or tutorials on contemporary typographic techniques, and half will be discussions on a variety of topics and issues within the world of typography.

The Ultimate Dorm Room 0-1 Credit
Corey Squire EXCO-723

This course will cover everything you need to know to turn your room into "The Ultimate Dorm Room". Topics include Basic Design, Feng Shui, Lighting, Plants, and Decorations. Students will keep a Design Portfolio and create an Ultimate Dorm Room as a final project.

Introduction to 16mm Film Production 0-2 Credits
Benjamin Baker-Smith and Marya Brennan EXCO-726

We will teach you how to make 16mm films. There is a \$45.00 course fee.

Ladies' Basic Bikes 0-1 Credit
Roni Ginach and Jolie Signorile EXCO-733

This course will give the group of women involved the tools, both in terms of language and skills, to feel comfortable with, on and around bicycles and in the international bicycle community. We will do this by teaching them the practical skills that they need to know to be

able to fix and maintain bicycles and also through periodic group discussion about women in the world of bicycles.

Bikes and Kids 0-1 Credit
Rufus Nicoll and Harden Wisebram EXCO-739

Come learn bike repair, then use that knowledge to teach local youth. This combines mentoring, hands on learning, and bike repair in the greatest course that could ever be created.

Henna Body Art 0-1 Credit
Joannah Fine and Lauren Henson EXCO-???

In this class, you will learn the basics of henna body art application as well as its cultural significance and holistic aspects. Students will learn the most basic components of mehndi henna decoration and will explore the use of traditional henna in other parts of the world. A course fee of \$20 will pay for henna cones and eucalyptus oil.

Fabulous Fibers! 0-1 Credit
Cindy Morris-Firak EXCO-???

Exploring techniques using wonderful fiber! This will include, but is not limited to, wet wool felting, needle felting, hand weaving, and hand dying techniques. Course fee of about \$35, depending on personal needs.

PHYSICAL ACTIVITIES AND GAMES

Aikido 0-1 Credit
Danielle De Lanoy and Brady Higa EXCO-805

The Aikido ExCo is an introduction to the basic principles of Aikido, a modern Japanese martial art. Aikido teaches peaceful conflict resolution by blending with and leading an attack, rather than fighting against an opponent. As the martial effectiveness of this art is not dependent on strength or size, it can be practiced by everyone.

Women's Ultimate Frisbee® 0-1 Credit
Katherine Buckingham and Kathryn Shephard EXCO-825

Learn how to play ultimate. No experience necessary.

Beginning Fencing 0-1 Credit
Rachel Green, Carly Truman and Daniel Herr EXCO-810

Come learn the beautiful and sexy art of fencing! We will be teaching beginning foil, so no experience is required. Next time you need to defend your honor, you'll be ready. There is a \$5 course fee for equipment maintenance.

Vinyasa Yoga: First Semester 0-1 Credit
Michael Leete EXCO-836

This course will focus on learning the basics of yoga postures with the aid of props. We will begin work on meditation and pranayama breathing techniques. Depending on how the class progresses, we will slowly start introducing the vinyasa style of yoga. This is a continuation of techniques from fall semester.

Super Smash Brothers Melee: Theory and Practicum 0-1 Credit
Peter Zhang EXCO-845

This course will teach students basic, intermediate, and advanced combat techniques in the video game Super Smash Brothers Melee for the Nintendo Gamecube. This course will also provide in depth lectures and discussions involving many controversial issues concerning video games in our society today such as censorship, stereotyped characters, addiction, and gaming as an evolving art form. Gamecubes, televisions, and controllers will be provided by the instructors. Gamers and non-gamers are welcome and encouraged to take this course. There will be a \$3 course fee to cover controller wear and tear.

Fundamentals of Rock Climbing 0-1 Credit
Katherine Ewald and Rufus Nicoll EXCO-850

This class is designed to train the next generation of climbing wall supervisors. The emphasis will be on how to teach proper climbing safety. In addition, we will cover everything from basic technique to bouldering, lead climbing, route setting, and how to 'crank down hard!' There will be an outdoor climbing expedition to practice our new skills.

Beginning Tumbling 0-1 Credit
Alex Daves and Erica Rubinstein EXCO-851

Do you look better upside-down? Learn fundamental gymnastics and tumbling skills in a class designed for beginners. This class will include acrobatics and partner balancing. Come improve your strength, flexibility, and body awareness.

Water Polo 0-1 Credit
Micol Issa, Ian Hilburger and Leah Hatfield EXCO-865

Water polo is one of the fastest growing sports in the nation. It's a lot of fun and a great workout. We will learn all the basics of water polo, focusing on treading, ball skills, and some swim conditioning. All levels are welcome. We practice with the Water Polo Club and will be drawing from their collective knowledge and resources.

Buns of Steel 0-1 Credit
Sara Green EXCO-???

Put on your tightest and brightest spandex for some intensive abdominal action. Fulfill your deepest fantasies by "sweating to the oldies" with Richard Simmons. Work at your own pace to get in shape or stay in shape while studying the art of the workout video. From "Get Up & Dance with Paula Abdul" to "Bellydancing with Veena & Neena", we do it all. As Olivia Newton-John once suggested: "Let's get physical."

Skydiving: Classroom Instruction 0-1 Credit
Michael Chen and Reid Schoffelen EXCO-???

Have you ever wanted to jump out of a plane? Skydiving is more than just falling: with the right body motions, you can fly your body horizontally through the air at 60 miles per hour – no airplane needed. And that's only the beginning. This course, co-taught by one of the national directors of the United States Parachute Association, will teach you about parachutes, aerodynamics, and the other basics of skydiving.

ExCo Needs YOU!

Want to join the ExCo Committee?

Want to teach your very own ExCo?

Let us know...

Email exco@oberlin.edu

Check out www.oberlin.edu/exco