



DOWNSTATE
HEALTH SCIENCES UNIVERSITY

The Student Center presents:

Mini-Course Program

Spring 2025



**STUDENT CENTER
394 LENOX ROAD
BROOKLYN, NEW YORK 11203
718-270-2487**

Sponsored by the Student Center Governing Board

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REGISTRATION: (the fine print!)

Register through Monday, March 24 (or first class per instructor.)
at the Student Center Main Desk.

All payments must be made in full at time of registration.

NO SLOTS will be reserved without payment.

WHO'S ELIGIBLE TO ENROLL IN A MINI-COURSE?

Each participant must have an active membership at the Student Center.

Please bring your current SUNY Downstate ID card and your
Student Center membership card when you register.

Payments may be made in cash, check (payable to SAF), Mastercard, Visa or ApplePay

Note: Retain your receipt which is required for the first session of each class.

CLASSES/TIME SLOTS MAY FILL!

REGISTER EARLY TO AVOID BEING CLOSED OUT OF THE CLASS OF YOUR CHOICE.

REFUND POLICY: Refunds will **ONLY** be given
if a class is cancelled because it does not meet
its minimum enrollment.

NO OTHER REFUNDS WILL BE PERMITTED.

Please choose courses carefully.

No refunds will be issued due to academic conflict
or personal scheduling issues.

TUESDAY

Self Defense with Carlos

Course description: This course will emphasize concepts and techniques that are applicable to a variety of self defense scenarios. Whether you are in an elevator or open space, students will understand the foundations of body mechanics and strategies on how to escape and submit a larger opponent. No special equipment needed.

Objectives: as a result of this course, you will be able to:

- Understand concepts of body mechanics behind the technique.
- Recognize which positions are advantageous and disadvantages.
- Understand what mindset to have and when to apply techniques
- Be confident in your ability to keep yourself safe.

I am Carlos, born and raised in Brooklyn, and recently certified as a Blue Belt Instructor of Brazilian Jiu-Jitsu. I have been practicing martial arts since 2019. Currently enrolled in COM. I wish to one day open my own martial arts school and teach self defense so that I can provide people with the confidence and sense of knowing that they have the capability to help themselves.

Questions? Contact:
carlos.juca@Downstate.edu

See next page for syllabus



Tuesday	5:00-6:15	8 weeks: 3/25–5/13
\$160	Squash Court	Min: 2/Max: 8

Week	Agenda/Topic
1	Working from the bottom
2	Full mount control/ Americana armlock
3	Technique review/ Positional understanding
4	Punch block series/Sweeps
5	Take down concepts
6	Side control/ Arm lock
7	Drills/ putting it together
8	Drills/ putting it together



TUESDAY

Commercial Choreography with Olivia

Through these classes, we'll learn intermediate-level choreographies at a pace that suits the dancers, with a focus on musicality, textures, and dynamics. The class will follow a typical NYC open-studio format—learning choreography and, for those comfortable, performing it for each other in groups to cheer on our classmates. The style will be commercial or “street styles” choreography.

Olivia He is a first-year medical student who has trained in various styles since the age of four. She competed with commercial/street styles choreography across the East Coast and has had the privilege of learning from mentors who dance for some of your favorite R&B/hip-hop artists. Above all, Olivia dances to express herself and let loose, and hopes to create a class environment where you can do the same!

Questions? Contact:

Olivia.he@downstate.edu



Tuesdays

6:00 - 7:00

6 classes 3/25-4/29

\$20

Gym Stage

Min: 8/Max: 16

THURSDAY

April Knitting with Sophia

Learn how to knit a scarf and a hat!

Are you sick of fast fashion? Would you love to make your mom hand-made gifts again? Join me for a fun-filled knitting class! Over four weeks you will learn the basics of knitting and how to handcraft a beautiful scarf and hat for festive late-Spring accessorizing. Students of all levels are welcome.

All materials are included in cost of course!



Sophia Zweig is a fourth-year medical student and artist has been knitting for 16 years and teaching knitting here for three! She's made everything from scarves and hats to sweaters (for both humans and cats). She loves being able to make her own clothes and take a break from school stress while creating something beautiful and is excited to help you do the same.

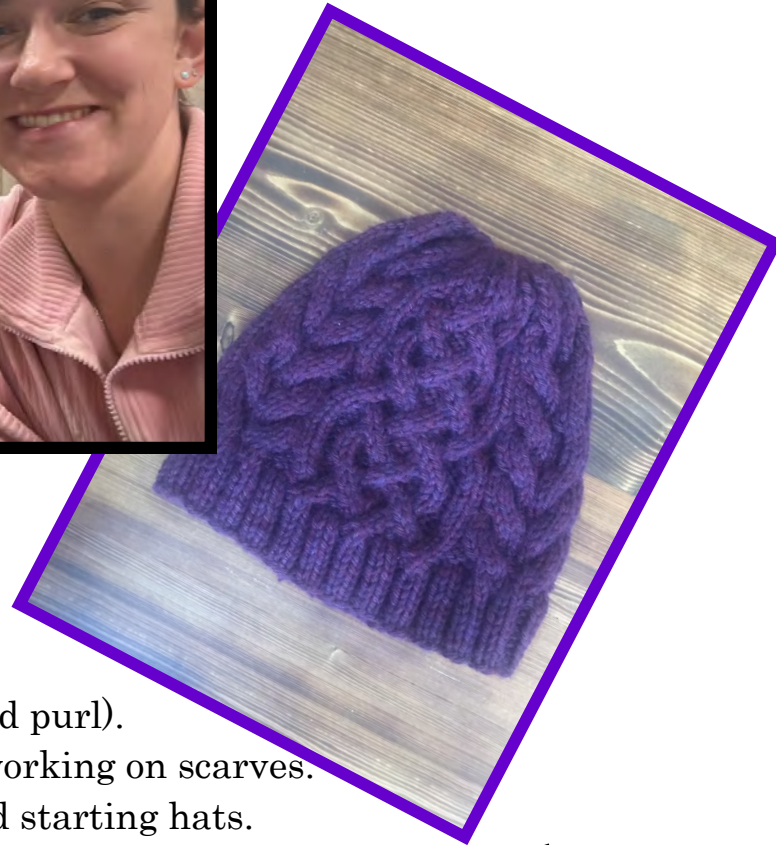
Note: If cost is prohibitive, please email me.

Questions? Contact:

Sophia.zweig@downstate.edu

Thursdays	5:30 - 7:00	5 classes 4/10-5/8
\$30	Card Room	Min: 4/Max: 10

See next page for samples
and course outline.



Syllabus

Week 1: Introduction to the basics.

Learning the foundational stitches (knit and purl).

Week 2: Practicing the stitches and start working on scarves.

Week 3: Introduction to hat techniques and starting hats.

Weeks 4 and 5: Continue working on hats.



FRIDAY

NexLevel Tennis with Ayman and Ryan

As the name implies, take your tennis game to the ‘NexLevel’ and join us to have fun playing a classy sport, decompressing from work or study duties, and being in your best physical shape! If it is your first time picking up a racquet, then in 8 weeks it’ll be as if you’ve played for years!

If you’re an amateur or intermediate player, get ready for your level to skyrocket! And if you call yourself an advanced player, then be ready for some intense training! This course is an 8-week training academy designed to improve your tennis game in all aspects: technique, tactics, physicality, and mentality!



In 8 weeks, we will cover:

- **Technique** ranging from forehand, backhand, volley, slice, serve, and return!
- **Tactics** including learning to be highly consistent and tactically aggressive through pattern plays and high IQ!
- **Physicality** by maximizing footwork, agility, fitness, and court coverage!
- **Mentality** by transforming your confidence, maximizing your court focus, and making you into a resilient player!

See next page for details and bios

Friday	2:00-5:00 see above	8 weeks: 3/21–5/9
\$320	Tennis Court	Min: 2/Max: 6

We are offering three levels:

- Tennis 101 (Fridays 2-3 pm) For beginner players or those new to tennis!
- Tennis 102 (Fridays 3-4 pm) For the amateur to intermediate player! (Below 4.0 USTA)
- Tennis 103 (Friday 4-5 pm) For the experienced and advanced player! (4.0 USTA +)

Supplies and Requirements:

- Bring your own racquet. If you don't have one, let us know.
- Wear proper athletic attire.
- Balls and training equipment will be provided.



Aymen: I am a student in the Accelerated Nursing program, and I love tennis! I am the founder of NexLevelTennis, an online and in-person tennis coaching academy focusing on all aspects of the game and specializing in the domain of mentality and confidence. Having amassed over 30,000 followers on social media platforms, I have been able to inspire thousands and personally coach hundreds.

As a player, I have recently graduated from Brooklyn College helping the Bulldogs reach the conference final in over 15 years starting as #2 singles and #2 doubles, whilst receiving awards including the 1st Team Conference All-Star and CUNY-wide Student-Athlete award. I have also coached with CityParks Foundation. My goal is to bring my tennis expertise with my college doubles partner, Coach Ryan, to Downstate and transform your tennis game.

Ryan: I am in the Bridges to Medicine program at Downstate and also love tennis! I was born into a tennis family and followed in my grandfather's footsteps in 2020, playing at Brooklyn College at top flight singles and doubles. Coach Aymen and I played first and second doubles and helped lead the Bulldogs to the first conference finals in nearly two decades. During my tenure at Brooklyn College I received the Ed Madden Memorial Award as well as the CUNY-wide student athlete award (along with Coach Aymen).

I have coached extensively with the Brooklyn Tennis Academy for all levels from Beginner Children and Adults, to Advanced Juniors. My goal is to use my tennis experience and background along with Coach Aymen and take your game to the next level! It brings me immense joy and fulfillment to see my students improve their tennis.

Questions? Contact:

Ayman.kuc@downstate.edu or Ryan.Badre.Hume@downstate.edu