



# President's Communiqué

FROM THE DESK OF THUY THI NGUYEN

## Swing By

Hard to believe that in two weeks, Fall Quarter starts! Hope everyone enjoyed a great summer (or squeezing in a few more days of summer from now until the start of the quarter).

I miss seeing students on campus, and surely looking forward to welcoming you back at College Opening Day (September 20).

In the meantime, would love to invite you for a charity softball game between Instruction and Student Support next week. We have been making progress these past few years to break down the silos and create better collaboration between various units on campus. This softball game simply is to demonstrate that an occasional friendly competition is always fun, especially if the winner gets to choose the Foothill program to receive the donations.

### ***Charity Softball Game: Instruction vs. Student Support***

Wednesday, September 11

12 pm – 1 pm

Field by Parking Lot 1

\$10 pizza lunch (with proceeds going to the winning team's charity)

All are invited.

Donations welcomed!

Swing by – pun intended – for a little fun and sun. I will be a referee, but I don't play/watch baseball so this will be very interesting. May need audience help here.

Maybe I should take a class? By the way, are you wanting to achieve a healthy work/life balance? A New (Academic) Year's Resolution - so to speak?



## Get in shape or learn a new a sport!

Foothill College offers a wide selection of classes. Kinesiology classes introduce you to the basic physiological, psychological, sociological and mechanical principles of human movement.

- A broad selection of PE activity classes for all students
- Degrees and a certificate related to this field of study, including sports medicine and personal training
- Classes run from **September 23 to December 13**
- \$31 per 1-unit class

**REGISTER NOW AT**

**[foothill.edu/kinesiology](http://foothill.edu/kinesiology)**

### CLASSES OFFERED

- Swimming\*
- Aquatic Exercise
- Beginning Golf, Swing Development & Swing Analysis
- Boot Camp and High-Intensity Training
- Pilates & Yoga
- Spin Class
- Tennis\*
- Table Tennis\*
- Archery\*
- Running, Walking & Trail Hiking
- Circuit Training & Weight Lifting

\* BEGINNING, INTERMEDIATE & ADVANCED LEVELS



Foothill offers different activity courses for all types of interests. The physical education classes we offer range from hip-hop to tennis to yoga/pilates to archery and more. Wondering where to freshen up after exercising? The locker room has a dedicated faculty/staff section for you to store your clothes and take a

shower.

Maybe you need to get those creative juices flowing? Try a ceramics class or a t-shirt design & garment printing class. All classes are open to Foothill employees at a great deal, \$31/unit!"

Of Service,



Thuy

*Thuy Thi Nguyen*

President

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