

***Want to learn the SBC trails and
hike with confidence?***

Then register for

PHED 129: Hiking the SBC Trails

2nd quarter course, 0.5 credits

Class Meetings: Fridays 2:30-5:30 PM

Dates: Oct. 7, 14, 21, 28, Nov. 4, 11, and 18

This course will take place on Sweet Briar property with the goal of teaching you about the trail system and SBC's natural environment while getting some healthy weekly exercise.

Contact the instructor **Dr. Rebecca Ambers**

for more information:

rambers@sb.edu or 381-6483