Professional & Personal Development
CLASS SCHEDULE

SPRING 2015
Spring I starts January 12
Spring II starts March 9

Daley College
Kennedy-King College
Malcolm X College
Olive-Harvey College
Truman College
Harold Washington College
Wright College

REGISTER NOW
WWW.CCC.EDU | 773-COLLEGE
PROFESSIONAL & PERSONAL DEVELOPMENT WITH City Colleges of Chicago

City Colleges of Chicago offers non-credit Professional and Personal Development courses across a number of topics to meet the lifelong learning needs of our communities. These courses are offered in the evenings and weekends and include topics in both professional skill-building as well as personal enrichment. **Register early, as classes must meet a minimum standard of enrollment in order to run.**

For more information on Professional and Personal Development courses, visit [www.ccc.edu/PPD](http://www.ccc.edu/PPD).

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**TABLE OF CONTENTS**

<table>
<thead>
<tr>
<th>Table of Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact Info &amp; Resources</td>
<td>2</td>
</tr>
<tr>
<td>Richard J. Daley College</td>
<td>3–9</td>
</tr>
<tr>
<td>Professional</td>
<td>3</td>
</tr>
<tr>
<td>Youth</td>
<td>3–7</td>
</tr>
<tr>
<td>Fitness</td>
<td>7–9</td>
</tr>
<tr>
<td>General Interest</td>
<td>9</td>
</tr>
<tr>
<td>Kennedy-King College</td>
<td>9</td>
</tr>
<tr>
<td>Professional</td>
<td>9</td>
</tr>
<tr>
<td>Seniors</td>
<td>9</td>
</tr>
<tr>
<td>Fitness and Aquatics</td>
<td>9</td>
</tr>
<tr>
<td>General Interest</td>
<td>9</td>
</tr>
<tr>
<td>Malcolm X College</td>
<td>9–11</td>
</tr>
<tr>
<td>Professional</td>
<td>9–11</td>
</tr>
<tr>
<td>Fitness</td>
<td>11</td>
</tr>
<tr>
<td>General Interest</td>
<td>11</td>
</tr>
<tr>
<td>Olive-Harvey College</td>
<td>12</td>
</tr>
<tr>
<td>Professional</td>
<td>12</td>
</tr>
<tr>
<td>Fitness and Aquatics</td>
<td>12</td>
</tr>
<tr>
<td>Harry S Truman College</td>
<td>12–14</td>
</tr>
<tr>
<td>Professional</td>
<td>12–13</td>
</tr>
<tr>
<td>Language Development</td>
<td>13–14</td>
</tr>
<tr>
<td>Seniors</td>
<td>14</td>
</tr>
<tr>
<td>General Interest</td>
<td>14</td>
</tr>
<tr>
<td>Harold Washington College</td>
<td>15</td>
</tr>
<tr>
<td>Wilbur Wright College</td>
<td>15–22</td>
</tr>
<tr>
<td>Professional</td>
<td>15</td>
</tr>
<tr>
<td>Language Development</td>
<td>15–16</td>
</tr>
<tr>
<td>Seniors</td>
<td>16</td>
</tr>
<tr>
<td>Youth</td>
<td>16–18</td>
</tr>
<tr>
<td>Fitness and Aquatics</td>
<td>18–20</td>
</tr>
<tr>
<td>General Interest</td>
<td>21–22</td>
</tr>
</tbody>
</table>
Contact Information

RICHARD J. DALEY COLLEGE  
(773) 838-7548  |  7500 S. Pulaski Road, Room 1403, Chicago, IL 60652

KENNEDY-KING COLLEGE  
(773) 451-2149 or (773) 602-5043 | 6343 S. Halsted Street, Room W110, Chicago, IL 60621

Registration is Monday, January 5, through Friday, January 16. Registration hours are Monday through Thursday, 10:00 AM to 5:00 PM.

MALCOM X COLLEGE  
(312) 850-7136  |  1900 W. Van Buren Street, Room 2217-2218, Chicago, IL 60612

Registration is accepted Monday through Thursday, 8:30 AM to 4:30 PM, Fridays, 8:30 AM to 12:30 PM.

OLIVE-HARVEY COLLEGE  
(773) 291-6292  |  10001 S. Woodlawn Avenue, Room 3114, Chicago, IL 60628

HARRY S TRUMAN COLLEGE  
(773) 907-4440  |  1145 W. Wilson Avenue, Chicago, IL 60640

HAROLD WASHINGTON COLLEGE  
(312) 553-5855  |  30 E. Lake Street, Chicago, IL 60601  |  ccc10ksb.wordpress.com  |  10KSB@ccc.edu

WILBUR WRIGHT COLLEGE  
(773) 481-8800  |  4300 N. Narragansett Avenue, Room A139, Chicago, IL 60634

Registration will be accepted every Monday through Wednesday 9:00 AM to 5:00 PM, Thursday 9:00 AM to 6:00 PM, and Fridays 9:00 AM to 1:00 PM.

Registration, Transportation, and Policy Information

New students, please call, email or visit the college to register. Adult classes are open to students age 16 and older unless otherwise specified. Online registration (my.ccc.edu) is for returning students only.

DID YOU KNOW:

A full refund of all tuition and fees will be sent to the student if the College cancels a class. Refunds are mailed to the student. Allow three to four weeks for refunds. Students are notified by phone when possible. Refunds will not be given for classes where the instructor was unavailable and the class can be made-up. A full refund of all tuition and fees will be sent to the student if the College cancels a class. Credit cards will be credited. Please allow four to six weeks for processing. A student who withdraws from one or more courses must do so in person or in writing to the Division of Continuing Education. You will be notified of class cancellations by phone and email.

Schedule Changes: Scheduling and pricing changes may occur without notice, before and during a session, effecting locations, schedules and instructors. Instructor missed classes; rainouts for outdoor activities and holidays will be made-up. Prices may change without notice.

CALENDAR

Monday, January 19th, 2015, Martin Luther King Jr. Day (no classes will meet)
Monday, February 16th, 2015, Presidents Day (no classes will meet)
Monday, March 30th—Sunday, April 5th, 2015, Spring Break (no classes will meet)

TEXTBOOKS

City Colleges of Chicago has partnered with Akademos/TextbookX to provide low-cost options for the purchase and rental of textbooks. Visit ccc.edu/textbooks for more information on CCC’s online bookstore.

NON-DISCRIMINATION

City Colleges of Chicago does not discriminate on the basis of race, national origin, ethnicity, gender, age, religion, citizenship, sexual orientation, marital status, disability or handicap, veteran status, membership or lawful participation in the activities of any organization, or the exercise of rights guaranteed by local, state, or federal law with respect to hire, terms and conditions of employment, continued employment, admissions, or participation in Board programs, services, or activities as required by Title IX of the Educational Amendments of 1972, the Americans with Disabilities Act of 1990 and the Amendments Act, Section 504 of the Rehabilitation Act of 1973, Title VI or Title VII of the Civil Rights Act of 1964, and other applicable statutes and City Colleges of Chicago policies. The EEO Office is responsible for investigating and responding to equal opportunity concerns, including sexual harassment, of CCC employees, applicants for employment, students or applicants for admission or any other person.
PROFESSIONAL & PERSONAL DEVELOPMENT

“WEALTH FITNESS FOR ADULTS” THE ABC’S OF PERSONAL FINANCE

1040. You will learn how to prepare the Form 1040 tax return by hand including Schedule A,

Course Fee: $299. Book Required

Starting Your Business Right

Course Fee: $109

Are you thinking of starting a small business or have already started your business? This course

is a must! Gain the knowledge to be a successful entrepreneur from a leader in the field of small

business. Topics will include basics of starting a business, bookkeeping for business, financial

management, and marketing and legal issues to pave your way to success. This is an introductory

course. It will not include private consulting.

67732 1161-BAT V1 6:30 PM–8:30 PM F 2304 Karcz

Runs from January 30th to March 13th.

67733 1161-BAT V2 6:30 PM–8:30 PM F 2304 Karcz

Runs from March 27th to May 15th.

Résumé and Cover Letter Workshop

Are you having trouble distilling your whole life into a one-page résumé? Are you confused about

how to write a résumé that is going to be fed into a computer rather than being read by a human being?

Don’t know how to target that cover letter for a particular position? Well, you’re here to help. You will receive a style guide to assist you to create a professional résumé and to write an effective cover letter.

67738 1001-BCA V1 2:00 PM–3:30 PM W 1403 MacCarthy

Class takes place on January 14th.

67739 1001-BCA V2 2:00 PM–3:30 PM W 1403 MacCarthy

Class takes place on January 21st.

Preparing for a Job Interview

You will learn how to prepare for a job interview and how to present your work experience and your

education in a positive, appealing manner. Learn to answer “tell me about yourself”, name our greatest strength/weakness, why do you want to work for us?

67740 1001-BCA VA1 2:00 PM–3:30 PM W 1403 MacCarthy

Class takes place on January 28th.

67741 1001-BCA VA2 2:00 PM–3:30 PM W 1403 MacCarthy

Class takes place on February 4th.

FEDERAL INCOME TAX RETURN PREPARATION

Basic Income Tax Preparation

Course Fee: $249. Book Required

When you enroll in the Basic Tax Preparation Course, our experienced instructor will teach you to

work through sample problems and learn to complete tax forms and schedules on your own.

After completing the course, you will have the skills and knowledge necessary to prepare individual

income tax returns.

The objective of this course is to train you in tax preparation of the IRS Form 1040. You will learn how to prepare the Form 1040 tax return by hand including Schedule A, Itemize Deductions; Schedule B, Interest and Dividends; Schedule C, Self-Employment; Schedule D, Capital Gains; and Schedule E, Income property.

67703 3042-BAT V1 6:30 PM–8:45 PM F 2204 Owen

Runs from January 30th to March 13th.

67705 3042-BAT V2 6:30 PM–8:45 PM F 2204 Owen

Runs from March 27th to May 15th.

“WEALTH FITNESS FOR ADULTS” THE ABC’S OF PERSONAL FINANCE

Money Matters

By the end of this course, participants will understand how to manage money by preparing a personal spending plan and identifying ways to decrease spending and increase income. Prepare a personal spending plan or budget to estimate monthly income and expenses. Identify ways to decrease spending, identify budgeting tools that will help you manage your bills.

67784 1162-PER P1 6:00 PM–8:00 PM T 1403 Obie

Class takes place on February 3rd.

67785 1162-PER P2 6:00 PM–8:00 PM T 1403 Obie

Class takes place on April 7th.

To Your Credit

By the end of this course, you will understand how to read a credit report and how to build and

repair your credit history. Differentiate between “good” and “bad” credit. Describe the implications of “good” and “bad” credit scores. Identify ways to build and repair your credit history. Recognize how to correct errors on your credit report. Recognize how to guard against identity theft.

67786 1162-PER PA1 6:00 PM–8:00 PM Th 1403 Obie

Class takes place on February 5th.

67787 1162-PER PA2 6:00 PM–8:00 PM Th 1403 Obie

Class takes place on April 9th.

WORKKEYS® TESTING COURSES

Applied Mathematics

Course Fee: $99

Applied Mathematics is the skill of applying mathematical reasoning and problem-solving techniques to workplace situations. The course begins with a practice and review of the basic concepts of mathematical operations including money, measurement and time.

67693 0220-COM P1 6:00 PM–8:00 PM Th 1403 Maribel

Runs from January 29th to March 12th.

67694 0220-COM P2 6:00 PM–8:00 PM Th 1403 Maribel

Runs from March 26th to May 14th.

Business Writing

Course Fee: $75

Business writing reviews the skills needed to write original business-oriented passages. Emphasis is placed on persuasive writing, including organizing arguments and providing supporting details. Some of the topics covered include: sentence structure, punctuation, spelling, vocabulary, proofreading, organizing information, developing ideas, and persuasive writing.

67695 1021-COM Q1 8:00 PM–9:30 PM Th 1403 Maribel

Runs from January 29th to March 12th.

67696 1021-COM Q2 8:00 PM–9:30 PM Th 1403 Maribel

Runs from March 26th to May 14th.

Reading for Information

Course Fee: $89. Registration Fee: $30

Reading for Information is the skill of reading and understanding common workplace documents. These include letters, manuals, procedures and memos.

67697 014-0865-COM Q1 7:00 PM–9:00 PM T 1403 Maribel

Runs from January 27th to March 10th.

67698 014-0865-COM Q2 7:00 PM–9:00 PM T 1403 Maribel

Runs from March 24th to May 5th.

Reading for Information, Applied Mathematics, Business Writing

Course Fee: $225

Save over $60 by taking all three courses at one time.

67700 1021-COM Q1A 6:00 PM–9:30 PM Th 1403 Maribel

Runs from January 27th to March 12th.

67701 1021-COM Q2A 6:00 PM–9:30 PM Th 1403 Maribel

Runs from March 24th to May 16th.

Youth

Parents are to follow the age appropriate guidelines listed in the description. We reserve the right to reassign your child to an age appropriate class. Appropriate behavior is expected. Parents are expected to walk their child to the classroom and to meet them there five minutes before the end of the class. Unless otherwise specified, parents with small children are asked to wait in the cafeteria until you are to pick your children up at the end of their class time. Parents who are late picking up their children, must come to the Continuing Education office to pick up the children.

CRAFTS, MUSIC, DANCE, AND SELF DEFENSE

Elements of Art and Design

Course Fee: $99. Ages 8-12. 8½” x 11” drawing paper, lead pencils, sharpeners, and crayons/markers required.

Would you like to challenge your children to explore their creativity in a fun and creative environment? Our professional artist/instructor will introduce your children to the principles and elements of color and design, while encouraging self-expression and experimentation. Children will build on this knowledge and explore. These art fundamentals are essential in developing observation, spatial skills and coordination.

67163 7026-FAM S1 9:00 AM–10:30 AM S 3204 TBA

Runs from January 31st to March 14th.

67164 7026-FAM S2 9:00 AM–10:30 AM S 3204 TBA

Runs from March 26th to May 16th.

The Art of Creation

Course Fee: $99. Ages 4-7

Kids love creating. There’s no doubt about it. And what’s not to love: markers, pencils, and pens come in every color. On the surface, art helps children create something that is enjoyable to look at, but underneath it all, so much more is going on. Art teaches preschoolers to believe in themselves, to try new things and to trust their own imaginations. Give your child the chance to create art. List of supplies will be given at the first class session.

67336 4312-FAM S1 10:45 AM–12:15 PM S 3204 TBA

Runs from January 31st to March 14th.

67337 4312-FAM S2 10:45 AM–12:15 PM S 3204 TBA

Runs from March 28th to May 16th.
Courses Offered:

**Conversational Spanish I**
Course Fee: $75. Ages 12+. Book required for first class. “Spanish is Fun” ISSN 9781567658156
This course is designed for beginners who want to be introduced to Spanish and start learning as soon as possible. Verbal skills for beginners or as a refresher. Begin speaking the language; develop a working vocabulary for travel, business and pleasure.

67570 7515-PER V1 6:00 PM–8:00 PM F 3103 Mendoza
Runs from January 26th to March 16th.

67571 7515-PER V2 6:00 PM–8:00 PM F 3103 Mendoza
Runs from March 27th to May 15th.

**American Sign Language Level I—0080-BCA**
Students will be introduced to the joy of American Sign Language (ASL). Students will learn Manual Alphabet, ASL numbers, Deaf culture, Deaf awareness, history of Deaf Americans, and the correct way to conduct themselves in the presence of Deaf and HöH people. In addition, students will engage in ASL activities that will promote diversity and effective communications.

67572 0080-BCA O1 6:00 PM–8:00 PM M 2401 Mason
Runs from January 26th to March 16th.

67574 0080-BCA O2 6:00 PM–8:00 PM M 2401 Mason
Runs from March 23rd to May 4th.

**Aikido**
Course Fee: $99
Aikido is a highly refined martial art, developed last century as a means of self-defense and spiritual training. Aikido develops coordination of mind and body. Through its philosophy and techniques, Aikido brings us into harmony with our environment, other people and ourselves. Unlike many martial arts, Aikido requires no advantage in strength or speed, and is practiced successfully by people of all ages and abilities.

67584 6055-HEW O1 6:30 PM–8:00 PM WS B700 Southern
9:00 AM–10:30 AM
Runs from January 26th to March 14th.

67585 6055-HEW O2 6:30 PM–8:00 PM WS B700 Southern
9:00 AM–10:30 AM
Runs from March 25th to May 16th.

**Piano for Children**
Course Fee: $75. Ages 7-10
It’s sure to be music to parents’ ears: After nine months of weekly training in piano, new research shows young students’ IQs rose nearly three points more than their untrained peers. Give your child the advantage with basic instruction in piano keyboard and reading music. Class size is limited, enroll early.

67587 4254-FAM V1 1:30 PM–3:30 PM S 3208 Merriwether
Runs from January 31st to March 14th.

67588 4254-FAM V2 1:30 PM–3:30 PM S 3208 Merriwether
Runs from March 28th to May 16th.

**Piano for Children**
Course Fee: $75. Ages 11-15
This unique method was designed specifically for young students who are beginning piano study in a group setting. This easy-to-teach beginners’ course includes all of the most important components necessary to develop well-rounded musicians and performers. Class size is limited, enroll early.

67338 4254-FAM S1 11:15 AM–1:15 PM S 3208 Merriwether
Runs from January 31st to March 14th.

67339 4254-FAM S2 11:15 AM–1:15 PM S 3208 Merriwether
Runs from March 28th to May 16th.

**Tae Kwon Do for Kids**
Tae Kwon Do brings self-esteem, self-knowledge, self-confidence, and self-control. It reaches toward “ki”, the development of a total being capable of meeting any challenge with calm and success. It brings one to himself/herself. It is a “way” of life. It is a mental and physical discipline and teaches avoidance of violence.

67576 4291-FAM O1 6:00 PM–7:55 PM M B700 Wade
Runs from January 26th to March 16th.

67577 4291-FAM O2 6:00 PM–7:55 PM M B700 Wade
Runs from March 30th to May 4th.

**Tae Kwon Do Advanced Children**
Course Fee: $59. Ages 7+. Twelve weeks at the beginning level required.
Martial arts classes will be held on a continuous schedule so that you will continue your training non-stop. Register for both sessions and save. Learn improved breathing, punching and kicking techniques used in this Korean style karate.

67579 6056-HEW P1 6:00 PM–8 PM Th B700 Wade
Runs from January 26th to March 12th.

67581 6056-HEW P2 6:00 PM–8 PM Th B700 Wade
Runs from March 23rd to May 14th.

**Gymnastics**
Course Fee: $69. Ages 4-6
Beginning gymnastics is a physical art. Little ones will be trained for proper placement of arms and feet. This course is designed to develop working as a team member, and helps to develop fine motor skills.

67340 4274-FAM S1 9:00 AM–10:30 AM S L105 Amato
Runs from January 31st to March 14th.

67341 4274-FAM S2 9:00 AM–10:30 AM S L105 Amato
Runs from March 28th to May 16th.

**Hip Hop Dance**
Course Fee: $59. Ages 12+
Hip hop dance classes are a great introduction to dancing and are perfect for students with little or no dance training, as well as experienced dancers. Overall, you strive to impart a love and passion for dancing and having fun, as well as allow our students to open up and convey their personalities through dance.

67352 4272-FAM V1 7:35 PM–8:35 PM F B700 Amato
Runs from January 30th to March 13th.

67353 4272-FAM V2 7:35 PM–8:35 PM F B700 Amato
Runs from March 27th to May 15th.

**Soccer First**
Course Fee: $69. Grades 1-5
At Soccer First, you’ve created the ultimate experience designed to develop a child’s soccer skills while also improving their appreciation of the rules and etiquette of this ever-growing sport. Each class, the coach will focus on a different aspect of soccer including dribbling, passing, ball control, shooting, and defending. This method of teaching enables our staff to provide a more individualized and beneficial experience for each child. After an evaluation scrimmage, players will be divided into an age and skill appropriate “teams”.

67345 4278-FAM S1 12:30 PM–2:00 PM S B700 TBA
Runs from January 31st to March 14th.

67346 4278-FAM S2 12:30 PM–2:00 PM S B700 TBA
Runs from March 27th to May 16th.

**Reading Readiness**
Course Fee: $69. Ages 4-5
Learning to read is a huge step for any preschooler. An exciting, challenging enrichment program that advances reading skills in areas such as comprehension, vocabulary and fluency through fun and engaging activities. Educational materials, games and activities will ensure that your child retains strong reading skills. Your child will also develop an expanded vocabulary and comprehension.

67347 4197-FAM S1 9:00 AM–10:30 AM S 2114 Rushing
Runs from January 31st to March 14th.

67348 4197-FAM S2 9:00 AM–10:30 AM S 2114 Rushing
Runs from March 28th to May 16th.

**Math Readiness**
Course Fee: $69. Ages 4-5
Preschoolers learn math at a very basic level. Sorting, counting, and number recognition are skills preschoolers use to build their math knowledge. Our classroom activities provide amazing opportunities to learn these skills and more.

67349 4197-FAM SE1 10:45 AM–12:15 PM S 2114 Rushing
Runs from January 31st to March 14th.

67350 4197-FAM SE2 10:45 AM–12:15 PM S 2114 Rushing
Runs from March 28th to May 16th.
Printing and Spelling
Course Fee: $69. Grades K-1
Help your child to correctly identify and print the letters of the alphabet. Your child will use manuscript writing using phonetic sound to enhance spelling and also learn sight words.
67353 4316-FAM S1 9:00 AM–10:30 AM  S 2207 TBA
Runs from January 31st to March 14th.
67354 4316-FAM S2 9:00 AM–10:30 AM  S 2207 TBA
Runs from March 28th to May 16th.

Improve Your Reading
Our first and second grade reading program is being taught using a system of reading lesson plans including interactive activities, learning games, printable worksheets, assessments, and positive reinforcement. Guided reading is a vital part of a first grade reading program.
67355 4200-FAM S1 9:00 AM–10:30 AM  S 1403 TBA
Runs from January 31st to March 14th.
67356 4200-FAM S2 9:00 AM–10:30 AM  S 1403 TBA
Runs from March 28th to May 16th.

Fun with Phonics
Course Fee: $69. Grades 1-2
Why are phonics skills important? Phonics instruction teaches children to match letters to sounds, and to blend letter sounds into words. A child with strong phonics skills reads new words with ease and confidence. Your child will use games, flashcards and worksheets to gain the essential phonetic and word attack skills for fluency in reading.
67360 4332-FAM S1 12:30 PM–2:00 PM  S 1403 TBA
Runs from January 31st to March 14th.
67361 4332-FAM S2 12:30 PM–2:00 PM  S 1403 TBA
Runs from March 28th to May 16th.

Improving Math
First and second graders need to know how to compare quantities, count to 100, compare numbers, order numbers, and count by twos, fives, and tens. They will learn ordinal numbers, fractions, adding, subtracting, rounding, money, Roman numerals, time, and patterns and sequences.
67357 4199-FAM S1 10:45 AM–12:15 PM  S 1403 TBA
Runs from January 31st to March 14th.
67359 4199-FAM S2 10:45 AM–12:15 PM  S 1403 TBA
Runs from March 28th to May 16th.

GRADES 3RD – 4TH

Improving Math
Third and fourth grades mathematics includes: place value, comparing and ordering numbers, counting by numbers other than one, relationship between addition and subtraction, rounding and estimation, multiplication facts, relationship of multiplication and division, division facts, fractions, decimals, consumer math, measurement—time, measurement—metric, geometry, Roman numerals, sequences and patterns. Does your child need help?
67362 4215-FAM S1 10:45 AM–12:15 PM  S 2205 TBA
Runs from January 31st to March 14th.
67363 4215-FAM S2 10:45 AM–12:15 PM  S 2205 TBA
Runs from March 28th to May 16th.

Improve Your Reading
Improve your child’s reading, vocabulary, and comprehension while promoting the love of literature for a lifetime. The students will read about topics that they will identify in their lives. This course will include the use of a dictionary.
67364 4201-FAM S1 9:00 AM–10:30 AM  S 2205 TBA
Runs from January 31st to March 14th.
67365 4201-FAM S2 9:00 AM–10:30 AM  S 2205 TBA
Runs from March 28th to May 16th.

Improving Writing Skills
Course Fee: $69. Grades 3-4.
The main problems which have been identified in children’s writing are a poor narrative style because of weaknesses in sentence structure—particularly complex sentences—and weak narrative structure because the work is poorly paced, uses brief endings and lacks characterization. Children will begin with creating journals to increase their writing skills.
67366 4237-FAM S2 12:30 PM–2:00 PM  S 2205 TBA
Runs from March 28th to May 16th.

Preparing for the ISAT and Standardized Testing
Give your 3rd or 4th grader the chance to prepare for the standardized testing. The student will learn methods in how to recall information that has been read, strengthen reading comprehension, review math, and be introduced to the process of elimination for answering test questions. Science materials from the Illinois ISAT Testing Center will be provided.
67367 4328-FAM S1 12:30 PM–2:00 PM  S 2205 TBA
Runs from January 31st to March 14th.

GRADES 5TH – 6TH

Improve Your Reading
Have your child develop oral reading skills, vocabulary, and pronunciation while gaining a greater appreciation for literature. The reading topics include humor, friendships, personal values and helping those in need. This course includes the use of a dictionary.
67368 4203-FAM S1 9:00 AM–10:30 AM  S 2402 TBA
Runs from January 31st to March 14th.
67369 4203-FAM S2 9:00 AM–10:30 AM  S 2402 TBA
Runs from March 28th to May 16th.

Improving Your Math
Help your 5th and 6th graders increase their math skills by reviewing the math concepts covered in school. Assessments of math weaknesses are given to assist the students with their individual needs for improvement.
67370 4217-FAM S1 10:45 AM–12:15 PM  S 2402 TBA
Runs from January 31st to March 14th.
67371 4217-FAM S2 10:45 AM–12:15 PM  S 2402 TBA
Runs from March 28th to May 16th.

Prep for the ISAT and Standardized Tests
ISAT testing for 5th and 6th grades will focus on reading, math and writing. Expectation results in a self-fulfilling prophecy; students will rise to your level of expectation, so aim high! This course can promote positive attitudes in students by preparing them and helping them to become familiar with standardized testing materials. Writing materials from the Illinois ISAT Testing Center will be provided.
67374 4329-FAM S1 12:30 PM–2:00 PM  S 2402 TBA
Runs from March 28th to May 16th.

Elements of Writing
Course Fee: $69. Grades 5-6
What is needed to create an excellent one-page essay? Your child will use the rough draft, informal essay and conclusion form to complete the final essay. In addition, your child will increase critical thinking and analytical thinking skills.
67373 4237-FAM SE2 12:30 PM–2:00 PM  S 2402 TBA
Runs from March 28th to May 16th.

GRADES 7TH – 9TH

Basic Algebra
Is your junior high or high school student asking for your help with algebra and you cannot give the help needed? You can. This course gives an introduction into the basics of Algebra and reviews algebraic expressions. Includes: equations, graphing, inequalities and polynomials.
67375 4214-FAM S1 10:45 AM–12:15 PM  S 3101 TBA
Runs from January 31st to March 14th.
67376 4214-FAM S2 10:45 AM–12:15 PM  S 3101 TBA
Runs from March 28th to May 16th.

Pre-Algebra
Review ratios, proportions, percent, and probability. Includes signed numbers, powers and roots and algebraic expression. Give your child the opportunity to gain the pre-algebra knowledge.
67377 4198-FAM S1 10:45 AM–12:15 PM  S 3103 TBA
Runs from January 31st to March 14th.
67378 4198-FAM S2 10:45 AM–12:15 PM  S 3103 TBA
Runs from March 28th to May 16th.

The main problems which have been identified in children’s writing are a poor narrative style because of weaknesses in sentence structure—particularly complex sentences—and weak narrative structure because the work is poorly paced, uses brief endings and lacks characterization. Children will begin with creating journals to increase their writing skills.
67366 4237-FAM S2 12:30 PM–2:00 PM  S 2205 TBA
Runs from March 28th to May 16th.
Improving Your Math
Where is your 7th or 8th grader having difficulties in math? Is it fractions, decimals, percents, ratios properties and order of operations, divisibility, geometric properties, geometric calculations, perimeter and circumference, area, volume positive and negative integers, expressions, equations and inequalities, statistics, scientific notation, exponents, or patterns? If you’re not sure, let us help.
67379 4219-FAM-S1 10:45 AM–12:15 PM S 3102 TBA
Runs from January 31st to March 14th.
67380 4219-FAM-S2 10:45 AM–12:15 PM S 3102 TBA
Runs from March 28th to May 16th.

Improving Your Reading
Does your junior high student often read something and then not really understand what is read? Learn the techniques to understand what is read, remember the message, and then apply the information to questions or assignments. This course is designed for students who are reading below grade level.
67381 4205-FAM-S1 9:00 AM–10:30 AM S 3101 TBA
Runs from January 31st to March 14th.
67383 4205-FAM-S2 9:00 AM–10:30 AM S 3101 TBA
Runs from March 28th to May 16th.

Standardized Testing
Course Fee: $69. Grades 7-8
CPS confirmed that the Northwest Evaluation Association’s Measures of Academic Progress (NWEA MAP) test would be required for selective-enrollment high schools. NWEA’s Measures of Academic Progress (MAP) are computerized, adaptive tests that assess each student’s current level of academic performance in Reading, Language Usage, and Mathematics. When a student takes a MAP test, the difficulty of each question is based on how well a student answers all the previous questions. The adaptive nature of the test essentially personalizes the test to each student. As a result, every student has the same opportunity to succeed and maintain a positive attitude toward testing. At the end of the test, the final score is an estimate of the student’s achievement level.
67385 4330-FAM-S1 12:30 PM–2:00 PM S 3101 TBA
Runs from January 31st to March 14th.

Elements of Writing
This course is essential for the creating, editing and formatting an excellent essay. Learn to organize information to questions or assignments. This course is designed for students who are reading below grade level.
67386 4238-FAM-S2 12:30 PM–2:00 PM S 3101 TBA
Runs from March 28th to May 16th.

PRESCOLER COURSES AT ARTURO VELASQUEZ INSTITUTE

Reading Readiness
Course Fee: $69. Ages 4-5
Learning to read is a huge step for any preschooler. An exciting, challenging enrichment program that advances reading skills in areas such as comprehension, vocabulary and fluency through fun and engaging activities. Educational materials, games and activities will ensure that your child retains strong reading skills. Your child will also develop an expanded vocabulary and comprehension.
67395 4197-WST-SAV1 9:00 AM–10:30 AM S 1304 TBA
Runs from January 31st to March 14th.
67397 4197-WST-SAV2 9:00 AM–10:30 AM S 1304 TBA
Runs from March 28th to May 16th.

Math Readiness
Course Fee: $69. Ages 4-5
Preschoolers learn math at a very basic level. Sorting, counting, and number recognition are skills preschoolers use to build their math knowledge. Our classroom activities provide amazing opportunities to learn these skills and more.
67399 4197-WST-SAVA 10:45 AM–12:15 PM S 1304 TBA
Runs from January 31st to March 14th.
67400 4197-WST-SBV2 10:45 AM–12:15 PM S 1304 TBA
Runs from March 28th to May 16th.

The Art of Creation
Course Fee: $69. Ages 4-7
Kids love creating. And what’s not to love: markers, pencils, and pens come in every color. On the surface, art helps children create something that is enjoyable to look at, but underneath it all, so much more is going on. Art teaches preschoolers to believe in themselves, to try new things and to trust their own imaginations. List of supplies will be given at the first class session.
67402 4312-WST-SAV1 12:30 PM–2:00 PM S 1304 TBA
Runs from January 31st to March 14th.
67403 4312-WST-SAV2 12:30 PM–2:00 PM S 1304 TBA
Runs from March 28th to May 16th.

GRADES KINDERGARTEN – 2ND AT ARTURO VELASQUEZ INSTITUTE

Fun with Phonics
Course Fee: $69. Grades K-1
Your child will use games, flashcards and worksheets to gain the essential phonetic and word attack skills for fluency in reading.
67404 4332-WST-SAV1 9:00 AM–10:30 AM S 1115 TBA
Runs from January 31st to March 14th.
67405 4332-WST-SAV2 9:00 AM–10:30 AM S 1115 TBA
Runs from March 28th to May 16th.

Improve Your Reading
Give your child a chance to improve reading and comprehension skills with easy stories and teacher assistance. This course is designed for students with basic reading skills.
67406 4200-WST-SAV1 10:45 AM–12:15 PM S 1115 TBA
Runs from January 31st to March 14th.
67407 4200-WST-SAV2 10:45 AM–12:15 PM S 1115 TBA
Runs from March 28th to May 16th.

Improving Your Math
First and second graders need to know how to compare quantities, count down numbers to 100, compare numbers, order numbers, place value, count by twos, fives and tens, ordinal numbers, fractions, adding, subtracting and rounding, money, Roman numerals, time, and patterns and sequences. Each term valuable instruction is ongoing.
67408 4199-WST-SAV1 12:30 PM–2:00 PM S 1115 TBA
Runs from January 31st to March 14th.
67409 4199-WST-SAV2 12:30 PM–2:00 PM S 1115 TBA
Runs from March 28th to May 16th.

GRADES 3RD – 4TH AT ARTURO VELASQUEZ INSTITUTE

Improve Your Reading
Improve your child’s reading, vocabulary, and comprehension while promoting the love of literature for a lifetime. The students will read about topics that they will identify in their lives. This course will include the use of a dictionary.
67410 4201-WST-SAV1 9:00 AM–10:30 AM S 116 TBA
Runs from January 31st to March 14th.
67411 4201-WST-SAV2 9:00 AM–10:30 AM S 116 TBA
Runs from March 28th to May 16th.

Improving Math
Third and fourth grade mathematics includes: place value, comparing and ordering numbers, counting by numbers other than one, relationship between addition and subtraction, rounding and estimation, multiplication facts, relationship of multiplication and division, division facts, fractions, decimals, consumer math, measurement—time, measurement—metric, geometry. Roman numerals, sequences and patterns.
67412 4215-WST-SAV1 10:45 AM–12:15 PM S 116 TBA
Runs from January 31st to March 14th.
67413 4215-WST-SAV2 10:45 AM–12:15 PM S 116 TBA
Runs from March 28th to May 16th.

Improving Writing Skills
Course Fee: $69. Grades 3-4
The main problems which have been identified in children’s writing are a poor narrative style because of weaknesses in sentence structure—particularly complex sentences—and weak narrative structure because the work is poorly paced, uses brief endings and lacks characterization. Children will begin with creating journals to increase their writing skills.
67487 4237-WST-SAV2 12:30 PM–2:00 PM S 116 TBA
Runs from March 28th to May 16th.

Preparing for the ISAT and Standardized Tests
Give your 3rd or 4th grader the chance to prepare for the standardized testing. The student will learn methods in how to recall information that has been read, strengthen reading comprehension, review math, and be introduced to the process of elimination for answering test questions. Science materials from the Illinois ISAT Testing Center will be provided.
67490 4328-WST-SAV1 12:30 PM–2:00 PM S 116 TBA
Runs from January 31st to March 14th.
GRADES 5TH – 6TH AT ARTURO VELASQUEZ INSTITUTE

Improve Your Reading
Did you know that 5th and 6th grade math includes comparing and ordering numbers, rounding and estimating, multiplication, division, computation, fractions, decimals, percentages, measurement of time, metric system, mass, length, volume, temperature, consumer math, perimeter, circumference, area, surface area, volume, geometric properties, expressions, statistics, and negative and positive integers? We can assist your young learner in using a dictionary.
67496 4203-WST SAV1 9:00 AM–10:30 AM S 1106 TBA
Runs from January 31st to March 14th.
67498 4203-WST SAV2 9:00 AM–10:30 AM S 1106 TBA
Runs from March 28th to May 16th.

Improving Your Math
67499 4217-WST SAV1 10:45 AM–12:15 PM S 1106 TBA
Runs from January 31st to March 14th.
67501 4217-WST SAV2 10:45 AM–12:15 PM S 1106 TBA
Runs from March 28th to May 16th.

Prepare for the ISAT and Standardized Tests
Your 5th and 6th grader wants to do well and will seek approval from key people around them. Expectation results in a self-fulfilling prophecy. Students will rise to your level of expectation, so aim high! This course can promote positive attitudes for the students by being prepared for testing and becoming familiar with standardized testing materials.
67502 4329-WST SAV1 12:30 PM–2:00 PM S 1106 TBA
Runs from January 31st to March 14th.

Elements of Writing
What is needed to create an excellent one-page essay? Your child will use the rough draft, informal essay and conclusion form to complete the final essay. In addition, your child will increase critical thinking and analytical thinking skills.
67503 4237-WST SBV2 12:30 PM–2:00 PM S 1106 TBA
Runs from March 28th to May 16th.

GRADES 7TH – 9TH AT ARTURO VELASQUEZ INSTITUTE

Improve Your Reading
Does your junior high student often read something and then not really understand what is read? Learn the techniques to understand what is read, remember the message, and then apply the information to questions or assignments. This course is designed for students who are reading below grade level.
67519 4205-WST SAV1 9:00 AM–10:30 AM S 1105 TBA
Runs from January 31st to March 14th.
67521 4205-WST SAV2 9:00 AM–10:30 AM S 1105 TBA
Runs from March 28th to May 16th.

Improving Your Math
Where is your 7th or 8th grader having difficulties in math? Is it fractions, decimals, percents, ratios properties and order of operations, divisibility, geometric properties, geometric calculations, perimeter and circumference, area, volume positive and negative integers, expressions, equations and inequalities, statistics, scientific notation, exponents, or patterns? If you’re not sure, let us help.
67522 4219-WST SAV1 10:45 AM–12:15 PM S 1105 TBA
Runs from January 31st to March 14th.
67523 4219-WST SAV2 10:45 AM–12:15 PM S 1105 TBA
Runs from March 28th to May 16th.

Standardized Tests
CPS confirmed that the Northwest Evaluation Association’s Measures of Academic Progress (NWEA MAP) test would be required for selective-enrollment high schools. NWEA’s Measures of Academic Progress (MAP) are computerized, adaptive tests that assess each student’s current level of academic performance in Reading, Language Usage, and Mathematics. When a student takes a MAP test, the difficulty of each question is based on how well a student answers all the previous questions. The adaptive nature of the test essentially personalizes the test to each student. As a result, every student has the same opportunity to succeed and maintain a positive attitude toward testing. At the end of the test, the final score is an estimate of the student’s achievement level.
67525 4330-WST SAV1 12:30 PM–2:00 PM S 1105 TBA
Runs from January 31st to March 14th.

Elements of Writing
This course is essential for the creating, editing and formatting an excellent essay. Learn to organize and present factual information with clarity. Students will learn to add power to their writing.
67507 4238-WST SAV2 10:45 AM–12:15 PM S 1105 TBA
Runs from March 28th to May 16th.

Fitness and Aquatics

Open Gym
Course Fee: $62
This course is for any currently registered student over the age of 17.
67691 6000-HEW G2 11:00 AM–1:00 PM MF Gym TBA
Runs from January 26th to May 6th.

Fitness Center
Course Fee: $62
This course is for any currently registered student over the age of 17.
67692 6001-HEW G2 11:00 AM–1:00 PM MF TBA TBA
Runs from January 26th to May 6th.

ADULT SWIMMING
Please read the course requirements carefully for your selection of swimming courses. The instructor will check swimming course requirements at the first class of the course. Be advised, there are no refunds after the first class. If course requirements are not met, the student will be advised as to the appropriate course level. Transfer to another level is based on availability.

Water Aerobics
Course Fee: $62
Get fit and feel better before the new year starts. Join us in the pool for a workout that reduces joint stress by 90% while shaping up. Swimming skills not needed. Swim caps are required for all students. Limit 20 students.
67676 6127-HEW G2 8:10 AM–9:10 AM MW Pool TBA
Runs from April 6th to May 13th.

Adults Learn to Swim
Course Fee: $62
Join the growing number of people who are discovering the health benefits of swimming. This course concentrates on water adjustment, floating, front crawl stroke, and water safety skills. Swim caps are required for all students. Limit 15 students.
67678 6129-HEW R1 7:00 PM–8:00 PM TTh Pool TBA
 Runs from April 6th to May 10th.
67679 6129-HEW R2 7:00 PM–8:00 PM TTh Pool TBA
 Runs from April 6th to May 13th.

Aqua Dynamics
Course Fee: $62
Sixty minutes of beginner-level aqua dynamics. This class covers everything from cardio to muscle conditioning and is suitable for all ages and fitness levels. Swim caps are required for all students. Limit 20 students.
67680 6108-HEW G1 9:00 AM–10:00 AM MW Pool TBA
Runs from February 10th to March 19th.
67681 6108-HEW G2 9:00 AM–10:00 AM MW Pool TBA
Runs from April 6th to May 13th.

Early Morning Lap
Course Fee: $55
Get laps in before starting the workday. Good for the heart, body, and mind. Students must be able to swim the length of the pool to participate. Swim caps are required for all students.
67687 6138-HEW E2 7:00 AM–9:00 AM MTWThF Pool Lifeguard TBA
Runs from February 9th to May 8th.
Swim-Open Pool
Course Fee: Varies
Swim laps, walk, water talk, do water exercises, or just float around and enjoy the pool. Swim caps are required for all students. Students can swim during the days and times listed below.

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Name</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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<td>$25</td>
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YOUTH SWIMMING

Please read carefully the course requirements for your selection of swimming courses. To enter into any Learn to Swim courses above Level I, the child must have a Learn to Swim card showing they successfully passed the current level. This card will be checked at time of registration. If course requirements are not met the student will be advised as to the appropriate course level. Transfer to another level is based on availability. Children MUST be accompanied by an adult/guardian during the entire class. Observers must sit in the bleachers.

We teach children as young as six months using a progressive approach, “Learning through play”, where we utilize lots of colorful toys and games to create a child-friendly atmosphere in the pool.

Learn to Swim I
Course Fee: Varies. Ages 6-15
Have fun while learning the basics of how to swim. Water adjustment, floating on front and back; and front crawl are covered. Swim caps are required for all students. Limit of 15 students.

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<tr>
<th>Course No.</th>
<th>Name</th>
<th>Start Date</th>
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Parent/Tot Level I
Course Fee: Varies. Ages 6 months to 3-years-old
This class is for children 6 months through 3 years old who are not fully secure in the water. We will teach parents how to handle children in the water, help them become comfortable in the water through songs and play, learn safety skills, kicking, blowing bubbles, begin submersions and dips, floating and seated jumps.

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Name</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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Parent/Tot Level II
Course Fee: $45. Ages 6 months to 3-years-old
This class is for children who feel very comfortable in the water or who have already taken the Level I class. The focus is on increasing the child’s confidence and independence in the water through play. They will also learn more safety skills, blowing bubbles, propelling with arms and legs, advanced dips and underwater swimming, treasure hunts, floating on the back and jumping with a return swim to the wall.

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Name</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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Learn to Swim I
Course Fee: $45. Ages 4-5
Here is the class to get your preschooler introduced to swimming. They will learn skills such as being comfortable in the water, getting their faces wet, floating on their front and back, kicking, and beginning stroke work. Swim caps are required for all students. Limit: 10 students.

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Name</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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Learn to Swim II
Course Fee: $45. Ages 4-5
For the child who has passed Learn to Swim I. Children enrolled in this class will perfect technique and practice endurance of the front crawl and be introduced to the backstroke and to the deep end of the pool. Required: Must have a Learn to Swim Level I card. Swim caps are required for all students. Limit: 10 students.

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Name</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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<td>$62</td>
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Learn to Swim III
Course Fee: $45. Ages 4-5
For the child who has passed Learn to Swim I. Children enrolled in this class will continue to learn new strokes and improve on ones already learned. They will also be introduced to the deep end, diving, and other safety skills. Required: Must have a Learn to Swim Level II card. Swim caps are required for all students. Limit of 15 students.

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Learn to Swim IV
Course Fee: $45. Ages 4-5
For the child who has passed Learn to Swim I. Children enrolled in this class will perfect technique and practice endurance of the front crawl and be introduced to the backstroke and to the deep end of the pool. Required: Must have a Learn to Swim Level I card. Swim caps are required for all students. Limit: 10 students.

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Learn to Swim V
Course Fee: $45. Ages 4-5
For the child who has passed Learn to Swim I. Children enrolled in this class will continue to learn new strokes and improve on ones already learned. They will also be introduced to the deep end, diving, and other safety skills. Required: Must have a Learn to Swim Level II card. Swim caps are required for all students. Limit of 15 students.

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<thead>
<tr>
<th>Course No.</th>
<th>Name</th>
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Learn to Swim IV
Course Fee: $62, Ages 6-15
For children who have passed Learn to Swim III. This course fine-tunes the strokes already learned. Students will learn breaststroke, various turns and continue with endurance work. Swim caps are required for all students. Required: Must have a Learn to Swim Level III card. Limit 15 students.

Learn to Swim IV
Course Fee: $59, Ages 6-15
Calling all students who have passed the Red Cross Level IV Swim or capable or swimming a competent swim stroke for at least one lap in the pool. Daley College pool staff is forming a swim team. Student will attend two practices per week. Swimmers are required to come to practice with a fun, positive attitude. Pool staff will be developing competitive meets based on scheduling.

Swim Team
Course Fee: $52, Ages 6-15
This computer sequence is a “hands on” introduction to personal computing, hardware, operating systems, general business software, and a glimpse of the Internet. Enrollment is limited. This course is taught in two (2) course sequence. Textbook is required and must be purchased separately.

Swim Team
Course Fee: $59
This is a continuation of Computer Literacy I and II. Students will learn mail merges with a glimpse of Windows. Certificate issued after completion of Computer Literacy IV. Required text purchased in class.

Swim Team
Course Fee: $52
Runs from April 11th to May 23rd.

Seniors
GRAPHIC ART
Graphic Art for Seniors
Course Fee: $50
This course explores several Adobe software/graphic art programs (Photoshop, Illustrator, InDesign and more). Students will learn how to use and access their expansive set of features. Lessons will cover the basics of creating, editing, saving and storing files.

Seniors
FOOD SERVICE SANITATION
Course Fee: $175, Book Required. “ServSafe for Managers, 6th Edition”
This class will focus on layering flavors to create a palate pleasing experience with individual small plates which give the wine drinker a chance to taste how complimentary wine and food can be. Start with the basics about wine, tasting wines, how to pair food and wine together, and how to choose that perfect bottle of wine to go with your menu.

Seniors
Wine and Food: More Awesome Together Than Apart
Course Fee: $49 per Person
Taste the Big 6: Riesling, Sauvignon Blanc, Chardonnay, Pinot Noir, Merlot, Cabernet Sauvignon with a selection of small plates which give the wine drinker a chance to taste how complimentary wine and food can be. Start with the basics about wine, tasting wines, how to pair food and wine together, and how to choose that perfect bottle of wine to go with your menu.

Seniors
General Interest
Do You Want to Buy a Home?
Are you thinking of buying a home in the future? This class is designed to help you understand the benefits of homeownership; budgeting, savings, credit, and setting short term and long term goals to achieve successful homeownership. This class will also explain the buying process; where to get a loan, types of loans, the loan process from origination to closing, finding that home, and the closing process.

Seniors
General Interest
Fitness and Aquatics
Aqua Aerobics
Course Fee: $64
Runs from February 9th to March 23rd.

Seniors
Fitness and Aquatics
Wine and Food: More Awesome Together Than Apart
Course Fee: $49 per Person
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FOOD SANITATION

Food Service Sanitation Certification
Course Fee: $175
Prepare yourself to be certified or recertified by the City of Chicago and the State of Illinois in Food Service Sanitation, including training and certifying food vendors for outdoor festivals. The instructor will emphasize food protection through sanitation training. Successful completion of the course’s qualifying exam prepares you for the city certification exam.

- 67488 FSS1 10:00 AM–3:00 PM FS Jamieson, L
  Runs from January 23rd to January 24th.
- 67493 FSS2 10:00 AM–3:00 PM FS Jamieson, L
  Runs from February 20th to February 21st.
- 67494 FSS3 10:00 AM–3:00 PM FS Jamieson, L
  Runs from March 20th to March 21st.
- 67497 FSS4 10:00 AM–3:00 PM FS Jamieson, L
  Runs from April 14th to April 18th.
- 67500 FSS5 10:00 AM–3:00 PM FS Jamieson, L
  Runs from May 22nd to May 23rd.

EMERGENCY MEDICAL SERVICES (EMS) PROGRAMS
Malcolm X College’s Emergency Medical Services (EMS) department provides educational programs in critical out-of-hospital acute medical care and transportation for patients with illnesses and injuries. Our program features Advance Certification and Continuing Education Courses in several in-demand areas including Basic Life Support, CPR, First Aid, and Advanced Cardiac Life Support.

Possible career pathways that can benefit from EMS education courses include:
- Emergency Medical Technician
- Firefighter
- Nurse
- Paramedic

Why should you choose our program?
The EMS programs at Malcolm X College are highly regarded and are part of the Region XI EMS System that includes the Chicago Fire Department, John H. Stroger Hospital of Cook County, Advocate Illinois Masonic Hospital, Northwestern Memorial Hospital and the University of Chicago Hospital. All courses are approved by the Illinois Department of Public Health and the Paramedic Program is nationally accredited by CoAEMSP. Malcolm X College is also an American Heart Association (AHA) approved training center for CPR and AHA courses. Our EMS programs are part of the City Colleges of Chicago’s College to Careers (C2C) programs which forges partnerships between City Colleges and industry leaders to better align City Colleges’ curricula with the demand in growing fields. These partnerships provide City Colleges’ students access to real-world experience via teacher-practitioners, internships and top-notch facilities that prepare students to succeed in the workforce.

Credited Courses and Professional and Personal Development Course Options
Courses in Emergency Medical Service at Malcolm X College are offered through C2C programs as credited courses and through our Professional and Personal Development programs as continuing education credits. Credited courses include EMT basic courses as well as First Responder class. Our EMS continuing education courses are approved by Region XI for continuing education credits. This flexibility allows us to meet the varying needs of our students.

EMS DEPARTMENT PROGRAMS
As an AHA training center, Malcolm X College is responsible for training, certifications and record keeping for all system programs and trainers within the system. Currently the Malcolm X College training center is one of the largest in the Chicago area and maintains records for over 2000 CPR instructors and providers. All CPR courses require additional $5 card fee.

AHA CPR for Healthcare Providers
Course Fee: $45
You will learn and be trained to pass the American Heart Association’s cardiopulmonary resuscitation (CPR) exam. Direct questions to (312) 850-7410 or (312) 850-7124.

<table>
<thead>
<tr>
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<th>Instructor</th>
<th>Days</th>
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<td>Class takes place on May 23rd.</td>
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Basic Life Support for Healthcare Providers (Parts II and III)
Course Fee: $25
This course is available for those students who have successfully completed the Basic Life Support (BLS) for Healthcare Provider (Online, Part I). Part II is Skills Practice and Part III is successful skills testing to complete the BLS course requirements for Healthcare Providers Course Completion Card. TBA – Offered as requested; minimum number of participants

Instructor Certifications
Course Fee: $150
The American Heart Association (AHA), BLS instructor course focuses on the instructional techniques and training methods used to impart knowledge and skills necessary to instruct and evaluate potential providers. Course content includes: basic life support, cognitive and practical components, including changes in course teaching strategies and program administration.

- CPR – TBA – Offered as requested; minimum number of participants

Instructor Recertification
Course Fee: $75
The American Heart Association (AHA), BLS instructor course focuses on the instructional techniques and training methods used to impart knowledge and skills necessary to instruct and evaluate potential providers. Course content includes: basic life support, cognitive and practical components, including changes in course teaching strategies and program administration.

- CPR – TBA – Offered as requested; minimum number of participants

Heartsaver CPR
Course Fee: $30
This course is designed for individuals and/or designated first responders who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. Course content includes: adult/child CPR, adult/child choking and optional infant CPR and choking, and adult child and infant CPR with a mask.

- TBA – Offered as requested; minimum number of participants

Heartsaver AED (Automated External Defibrillator)
Course Fee: $30
This course is designed for individuals and/or designated first responders who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. Course content includes: adult first aid to include first aid basics medical and injury emergencies and optional environmental emergencies.

- TBA – Offered as requested; minimum number of participants

First Aid
Course Fee: $30
This course is designed for individuals and/or designated first responders who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. Course content includes: adult/child CPR with a mask, adult/child airway obstruction (choke), adult/child AED, optional infant CPR with a mask and infant choking.

- TBA – Offered as requested; minimum number of participants

First Aid with CPR and AED
Course Fee: $75
This course is designed for individuals and/or designated first responders who have a duty to respond to a first aid or cardiac emergency because of job responsibilities or regulatory requirements. Course content includes: adult/child CPR with a mask, adult/child choking, adult/child AED and optional infant CPR with a mask and infant choking.

- TBA – Offered as requested; minimum number of participants

Pediatric First Aid
Course Fee: $75
This course is designed for those involved in child care who has a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements, such as child care workers, teachers, foster care providers, camp counselors and coaches for children’s sports. Course content includes: pediatric first aid to include first aid basics medical and injury emergencies, environmental emergencies, asthma care, adult/child CPR with a mask, adult/child choking, adult/child AED and optional infant CPR with a mask.

- TBA – Offered as requested; minimum number of participants

ADVANCED LEVEL CERTIFICATION COURSES
Each of the following standardized certification courses are accepted by Region XI for 16 hours of Continuing Education Credit. These courses are currently offered annually based on need. Priority is given to students currently enrolled in the Malcolm X College Paramedic Program. Additional courses may be offered during the year dependent on demand. Fees are waived for system approved Paramedic Internship Preceptors. Initial certification books not included in price. For additional information regarding course offerings, call the EMS Department at (312) 850-7410.

Advanced Cardiovascular Life Support (ACLS)
Course Fee: $175
This course is designed for healthcare professionals who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies. This includes personnel in emergency response, emergency medicine, intensive care and critical care units such as physicians, nurses, and paramedics. Course content includes: cardiovascular and cerebrovascular emergencies, respiratory and metabolic emergencies, post cardiac arrest, clinical pharmacology and toxicology emergencies and systemic approach to patient assessment.

- TBA – Offered as requested; minimum number of participants
Pediatric Advanced Cardiac Life Support (PALS)
Course Fee: $175
This course is designed for the healthcare professional who responds to emergencies in infants and children. This includes personnel in emergency response, emergency medicine, intensive care and critical care units such as physicians, nurses, and paramedics. Course content includes: one resuscitor child and two rescuers infant CPR, management of cardiac and respiratory emergencies, rhythm disturbances and electrical therapy, vascular access and systemic approach to pediatric assessment.

TBA – Offered as requested; minimum number of participants

Pediatric Education for Pre-hospital Provider (PEPP)
Course Fee: $175
PEPP represents a comprehensive source of pre-hospital medical information for the emergency care of infants and children. It will teach pre-hospital professionals how to better assess and manage ill or injured children. This course is the advanced level two-day course which includes both didactic and practical assessment and criteria.

TBA – Offered as requested; minimum number of participants

International Trauma Life Support (ITLS)
Course Fee: $175
ITLS courses give the student the knowledge and hands-on skills to take better care of trauma patients. ITLS stresses rapid assessment, appropriate intervention and identification of immediate life threats. ITLS courses combine classroom learning, hands-on skills stations, and assessment stations where students work in simulated trauma scenarios. Each ITLS course includes an evidence-based course manual with in-depth content written and edited by trauma care experts based on current research. ITLS courses are designed, managed and delivered by course directors, coordinators and instructors experienced in EMS, pre-hospital care and the ITLS approach.

TBA – Offered as requested; minimum number of participants

COURSES SPONSORED BY COOK COUNTY TRAUMA UNIT

Pre-hospital Life Support (PHTLS)
Pre-hospital trauma education developed in cooperation with the American College of Surgeons to promote critical thinking in addressing multi-system trauma and provide the latest evidence-based treatment practices. This course is the advanced level 2 day course which includes both didactic and practical assessment and criteria.

Advanced Trauma Life Support (ATLS)
Trauma education developed in cooperation with the American College of Surgeons to promote critical thinking in addressing multi-system trauma and provide the latest evidence-based treatment practices. This course is designed for in-hospital practitioners at the practitioner level. This is a 2 day course which includes both didactic and practical assessment and criteria

REGION XI EMS COURSES

Classes below are approved by Region XI as hour-per-hour continuing education credits. Please note these courses do not confer college credit. For additional information regarding course offerings, call the Emergency Medical Services Department at (312) 850-7410.

EMS–EGK
Course Fee: $80
This course is designed for the practitioner that is proficient in basic arrhythmia recognition and cardiac monitoring. Content includes skill of lead placement and taking a 12-lead cardogram exam as well as recognition and reading of the 12-lead identifying all criteria for STEMI assessment and management. This class is four contact hours.

TBA – Offered as requested; minimum number of participants

EMT–B Refresher Training
Course Fee: $150
This three-day course (24 contact hours) EMT Refresher Training session is designed to ensure individual competency for the practicing EMT. The course will also give the EMT the opportunity to sharpen their knowledge, skills and review the major concepts and interventions as outlined in the current Department of Transportation, Emergency Medical Technician curriculum. Course content includes: EMS foundations, airway management, respiration and artificial ventilation, patient assessment, medical assessment, trauma emergencies, special populations and EMS operations.

TBA – Offered as requested; minimum number of participants

CNA Refresher
Course Fee: $300
This program is designed for those who were a Certified Nursing Assistant in Illinois but have not worked for pay for 24 consecutive months or longer since your last competency exam, the recertification process is for you. The recertification process allows individuals to take steps to regain approved certification by following a step-by-step process provided by the Illinois Department of Public Health.

TBA – Offered as requested; minimum number of participants

ICD-10 CM Coding Conventions and Guidelines for Healthcare Professionals
Course Fee: $180
The courses are designed to help train healthcare professionals in understanding the organization and structure of ICD-10. Students are required to have knowledge of anatomy and physiology, medical terminology, ICD-CM, and CPT. Earn 3 CEUs.

67504 CGG
6:00 PM–9:00 PM W TBA Walker, S
Course takes place on February 18th.

ICD-10 CM for Beginners
Course Fee: $180
The course is designed to give healthcare professional with an introduction to ICD-10 CM. It will provide guidance on the language of coding and how to think like coders. Earn 4 CEUs.

67506 CMB
6:00 PM–10:00 PM W TBA Walker, S
Course takes place on March 18th.

ICD-10 CM Intermediate for Healthcare Professionals
Course Fee: $180
The courses are designed to help train healthcare professionals in understanding the organization and structure of ICD-10 CM. Students are required to have knowledge of anatomy and physiology, medical terminology, ICD-CM, and CPT. Earn 4 CEUs.

67507 CMI
6:00 PM–10:00 PM W TBA Walker, S
Course takes place on April 15th.

ICD-10 CM Advanced for Healthcare Professionals
Course Fee: $180
The courses provide advanced topics in the organization and structure of ICD-10 CM. Students are required to have knowledge of anatomy and physiology, medical terminology, ICD-CM, and CPT. Earn 4 CEUs.

67508 CMA
6:00 PM–10:00 PM W TBA Walker, S
Course takes place on May 6th.

Fitness

Yoga
Course Fee: $60
Fitness yoga is designed to appeal to all ages and abilities. In this course students will study the physical and philosophical foundations of Yoga, the ancient art of unifying the body and mind. Fitness yoga will use postures to increase flexibility and strength; improve balance and posture, learn breathing techniques to relax the mind and the body.

68185 YOW
5:30 PM–6:30 PM W TBA Anderson, A
Runs from February 18th to March 26th.

General Interest

DANCE

Chinese Traditional and Folk Dance–Youth
Course Fee: $90
A fusion of body training and flexibility with graceful and rhythmic movements come together in Chinese dance. International performer Di Yu will instruct you in this dance class.

67511 CDK1
5:30 PM–7:00 PM T 501 Yu, D
Runs from January 6th to February 24th.

67517 CDKT
5:30 PM–7:00 PM T 501 Yu, D
Runs from March 1st to April 21st.

67515 CDK2
5:30 PM–7:00 PM F 501 Yu, D
Runs from January 9th to February 27th.

67524 CDKF
5:30 PM–7:00 PM F 501 Yu, D
Runs from March 6th to April 24th.

Chinese Traditional and Folk Dance–Adults
Course Fee: $120
A fusion of body training and flexibility with graceful and rhythmic movements come together in Chinese dance. International performer Di Yu will instruct you in this dance class.

67512 CDA1
7:00 PM–9:00 PM T 501 Yu, D
Runs from January 6th to February 24th.

67518 CDAT
7:00 PM–9:00 PM T 501 Yu, D
Runs from March 1st to April 21st.

67519 CDAI
7:00 PM–9:00 PM F 501 Yu, D
Runs from January 9th to February 27th.

67526 CDFI
7:00 PM–9:00 PM T 501 Yu, D
Runs from March 6th to April 24th.
OLIVE-HARVEY COLLEGE

Professional

MICROSOFT OFFICE

Microsoft Office
Course Fee: $70
Learn how to perform many essential function in Word, Excel, PowerPoint Presentation and Access.
68315  PER OH 8768 JAN1  6:00 PM–8:00 PM  Th  L106  Liddel, L
Runs from January 26th to March 9th.
68317  PER OH 8768 APR2  6:00 PM–8:00 PM  Th  L106  Liddel, L
Runs from April 6th to May 11th.

UNARMED SECURITY TRAINING

Unarmed Security Training
Course Fee: $100
This class will provide the training required by the State of Illinois and provide PERC application assistance.
69235  VOC OH 8774 JAN1  9:00 AM–5:00 PM  MTW  2408  TBA
69236  VOC OH 8774 APR2  9:00 AM–1:00 PM  MTW  2408  TBA

Fitness and Aquatics


SWIMMING

Adult Swim Levels I–IV
Course Fee: $60
69673  PER OH 9041  7:00 PM–8:15 PM  M  L207  Walker, G
Runs from February 9th to March 23rd.
69673  PER OH 9041  1:00 PM–2:00 PM  S  L207  Walker, G
Runs from April 14th to May 21st.
69968  PER OH 9041  7:00 PM–8:15 PM  M  L207  Walker, G
Runs from April 13th to May 18th.
69968  PER OH 9041  1:00 PM–2:00 PM  S  L207  Walker, G
Runs from April 18th to May 22nd.

Family Swim Levels I–III
Course Fee: $60
69673  PER OH 9041  12:00 PM–12:59 PM  S  L207  Walker, G
Runs from April 14th to May 23rd.
69668  PER OH 9041  12:00 PM–12:59 PM  S  L207  Walker, G
Runs from April 14th to May 23rd.

Youth Swim Level I
Course Fee: $60
69673  PER OH 9041  9:00 AM–9:59 AM  S  L207  Walker, G
Runs from February 14th to March 21st.
69968  PER OH 9041  9:00 AM–9:59 AM  S  L207  Walker, G
Runs from April 18th to May 23rd.

Youth Swim Level II
Course Fee: $60
69673  PER OH 9041  10:00 AM–10:59 AM  S  L207  Walker, G
Runs from February 14th to March 21st.
69968  PER OH 9041  10:00 AM–10:59 AM  S  L207  Walker, G
Runs from April 18th to May 23rd.

Youth Swim Level III
Course Fee: $60
69673  PER OH 9041  11:00 AM–11:59 AM  S  L207  Walker, G
Runs from February 14th to March 21st.
69968  PER OH 9041  11:00 AM–11:59 AM  S  L207  Walker, G
Runs from April 18th to May 23rd.

HARRY S TRUMAN COLLEGE

Professional

Fundamentals of Bookkeeping
Course Fee: $199
Use a step-by-step approach to learn all the elements of the bookkeeping cycle including creating and posting journal entries, performing a trial balance, closing the general ledger, preparing basic financial statements, and calculating the cost of goods sold.
66400  VOC TR 1118 SC  9:00 AM–11:30 AM  S  L967  Crouse, G
Runs from January 17th to February 20th.
66401  VOC TR 1118 SD  9:00 AM–11:30 AM  S  L967  Crouse, G
Runs from March 21st to May 9th. No class on April 4th.

Intermediate Bookkeeping
Course Fee: $199
Add to your bookkeeping skills by learning to create special journal entries, perform trial balances, prepare subsidiary ledgers, and other related tasks. For a final project, you will prepare a financial statement complete with special journal. Successful completion of Fundamentals of Bookkeeping is required.
66402  VOC TR 1149 SD  12:00 PM–2:30 PM  S  L967  Crouse, G
Runs from March 21st to May 9th. No class on April 4th.

QuickBooks Pro 2012
Course Fee: $219
Simply the business of running your business. Learn how to organize and streamline your company’s everyday tasks with this popular accounting software. You’ll set up a company; create a chart of accounts; build customer, employee, and vendor lists; learn how to invoice, receive payments, and make deposits. You’ll enter bills, print checks, void checks, and process manual checks; prepare journal entries; enter credit card charges; set up a petty cash account; set up a loan; customize a chart of accounts; and reconcile your checking account. You’ll also customize and filter reports that track your revenue and expenses.
66403  VOC TR 1053 SD  12:00 PM–2:30 PM  S  L584  Crouse, G
Runs from March 21st to May 9th. No class on April 4th.

Basic Income Tax Preparation
Course Fee: $299
The objective of this class is to train you in tax preparation of the IRS Form 1040. You will learn how to prepare the Form 1040 tax return by hand including Schedule A, Itemize Deductions; Schedule B, Interest and Dividends; Schedule C, Self Employment; Schedule D, Capital Gains; and Schedule E, Income property.
66423  VOC TR 8100 MTC  6:30 PM–8:45 PM  MTh  L947  Owen, O
Runs from January 12th to March 5th. No class on January 19th or February 16.

Advanced Tax Preparation
Course Fee: $349
This course will enable you to prepare individual tax returns for the general public, including individual taxpayers who operate sole-proprietor businesses or own rental properties. At the completion of the course, you will be able to complete most individual non-business and small business (self-employed/Schedule C and 1120S) tax returns and research tax issues.
66424  VOC TR 8101 TRD  6:00 PM–8:00 PM  TT  L947  Mathews, M
Runs from March 17th to May 7th. No class on March 31st or April 2nd.

FOOD SERVICE SANITATION

First-Time Certification and Recertification
State and local governments require that food service establishments be under the direction of a person with a valid State of Illinois Food Service Sanitation Manager’s Certification. National Restaurant Association ServSafe Training and certification is appropriate for anyone seeking first-time certification or license renewal. Note: Both first-time and recertification students will attend the same class. Students must attend both days.

First-Time Certification Students
On successful completion of a state-approved exam, you will be eligible to apply for the State of Illinois certification ($35 fee). City of Chicago certificates are available for an additional $35 fee. A textbook must be purchased before the first class meeting (ServSafe Manager, 6th Edition, ISBN 978-0135107430). You must attend both sessions to fulfill requirements for certification. The exam will be administered at the end of the second session.

Recertification Students
This class is also for managers or supervisors in food service who need to recertify their Food Service Sanitation certificate. A $35 fee (check or money order) is payable to the Chicago Department of Public Health for renewal certification. Your license must be renewable to receive recertification. Bring your license to the first day of class. Also bring the following to class: $35 fee (check or money order), ServSafe Manager, 6th Edition, ISBN 978-0135107430, ServSafe Manager’s Mini-Book, and a notepad and pencil. Allow approximately 6 to 8 weeks to receive your certifications. Contact the Illinois Department of Public Health at (217) 785-2439 for information about certifications.
Food Service Sanitation
Course Fee: $175
66415 VOC TR 1355 MC 1:00 PM–6:00 PM M L947 Muhammad, C
Runs from February 9th to February 9th.

Food Service Sanitation
Course Fee: $175
66417 VOC TR 1355 MC2 1:00 PM–6:00 PM M L947 Muhammad, C
Runs from April 13th to April 20th.

COMPATIBLE TECHNOLOGY
PC Operating Systems
Course Fee: $399
Students will learn networking, communication protocols, Internet access and troubleshooting. In class, students will install Windows operating systems, manage Windows devices, use utilities, perform backups, manage system files, configure networks, configure Internet access, and troubleshoot operating system errors.

Introduction to PC Hardware
Course Fee: $399
The Basic ComPBits A+ Certification Prep course teaches you about the hardware common to virtually every personal computer, including microprocessors, RAM, power supplies, motherboard, BIOS, CMOS, the expansion bus, and input/output devices. You'll learn how these things work, how to configure everything, and how to troubleshoot in real-world environments. This course gives you the knowledge you'll base the rest of your ComPBits A+ certification studies for the exams that debuted in late 2006. It also helps you take that first step to becoming an excellent PC technician. Homework and attendance are required.

PC Repair and Troubleshooting
Course Fee: $399
Prerequisite: Introduction to PC Hardware or equivalent experience. Students will learn about PC hardware, software, and system maintenance requirements. Topics include a detailed look at hardware components, power supply, upgrades, maintenance, and troubleshooting. In hands-on exercises, students assign configuration settings, upgrade systems, configure SCSI devices, install printers and monitors, remove and replace components, and troubleshoot Power on Self Test errors.

Microsoft Excel
Course Fee: $129
Learn the dominant spreadsheet program used by accountants, managers, and business owners today. You will learn how to construct a spreadsheet, calculate with formulas, set up the page, print, and chart.

Microsoft PowerPoint
Course Fee: $129
Make professional-quality presentations with Microsoft PowerPoint, a program that is widely used by managers, administrative assistants, graphic designers, and motivational speakers. Topics include formatting and editing slides; using transitions, animation, templates and backgrounds; and printing handouts for your slideshow.

Microsoft Word
Course Fee: $129
Expose yourself to this powerful word processing software through an exciting hands-on experience. Learn how to create, edit, and save documents; use the spellers and thesauruses; construct tables and columns; prepare envelopes and labels; and choose fonts. Prerequisite: Completion of Computer Basics for Absolute Beginners or instructor approval required. Student should bring a USB flash drive to class.

AHA Heartsaver CPR and First Aid
Course Fee: $49
This course is designed to teach the skills of cardiopulmonary resuscitation (CPR), relief of foreign body airway obstruction (choking), first aid, and Automated External Defibrillator (AED) to lay rescuers. You will learn critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrive. On successful completion of the course, you will receive a course completion card issued through the American Heart Association. This class is appropriate for childcare providers.

AHA CPR for Healthcare Providers
Course Fee: $49
This course designed for healthcare providers teaches cardiopulmonary resuscitation (CPR), relief of foreign body airway obstruction (choking) for adults, children and infants. On successful completion of the course, you will receive a course completion card issued through the American Heart Association. You must register in advance. We cannot permit registrations the day of the class.

Beginning Korean
Course Fee: $129
Conquer your fear of computers in this beginner's class. You'll learn how to turn on and shut down the computer, develop mouse skills, understand the use of media storage, files, folders, icons, software, accessory programs, operating systems, and sizing and moving windows. You'll also create an e-mail account and learn how to use and search the Internet. A USB flash drive of any size is required.

Keyboarding
Course Fee: $25
Learn basic touch-typing skills with a focus on computer keyboarding. You will develop speed, efficiency, accuracy, and basic word-processing skills. Timed tests are required for speed and accuracy. Six sessions. Lab time included. Please bring a USB flash drive to class.

Microsoft Office
Course Fee: $249
Learn the dominant spreadsheet program used by accountants, managers, and business owners today. You will learn how to construct a spreadsheet, calculate with formulas, set up the page, print, and chart.

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Course Fee: $249
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Course Fee: $25
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Elementary Spanish
Course Fee: $139
As the official language of Spain and 19 Latin American nations, Spanish is spoken as a first language by about 330 million persons and as a second language by perhaps another 50 million. It is the native language of over 17 million people in the United States. In this course, you will learn how to write, read, understand, pronounce, and speak Spanish from a native speaker.

Grammar Express
Course Fee: $79
Take a nuts-and-bolts look at the essentials of grammar and punctuation in this fun, interactive class. Topics included are subject-verb agreement, tenses, run-on and fragmented sentences, and punctuation rules. This course can help improve your test scores and writing skills.

Seniors

Introduction to Computers for Seniors
Course Fee: $35. Payment (check or money order) must be mailed to the Department of Family and Support Services, 1615 W. Chicago Ave., 3rd Floor, Chicago, IL 60622, attn Francine Miller. Payment must be received two (2) days before the class start date.
Seniors age 55 and older can become computer savvy through this 8-week course. Learn the basics of using a personal computer, including Microsoft Word and the Internet. Learn to compose letters and e-mail, to make calendars, flyers, and much more! Must be age 55 or older and a Chicago resident. Advance registration is required. Call the Chicago Department of Senior Services at (312) 746-6523 to register. Class size is limited.

Intermediate Computers for Seniors
Course Fee: $35. Payment (check or money order) must be mailed to the Department of Family and Support Services, 1615 W. Chicago Ave., 3rd Floor, Chicago, IL 60622, attn Francine Miller. Payment must be received two (2) days before the class start date.
Continued learning in this intermediate course. Students should have completed the Introduction to Computers for Seniors course. Must be age 55 or older and a Chicago resident. Advance registration is required. Call the Chicago Department of Family and Support Services at (312) 746-6523 to register. Class size is limited.

General Interest

Watercolor Painting
Course Fee: $125
Discover the unique qualities of watercolor painting through experimental exercises. Learn to really see color, gain a working understanding of color theory, and develop your own personal style.

Stepping Techniques
Course Fee: $65
Be a Stepper! Learn this smooth, popular improvisational form of partner dancing. The dance form evolved from the early Lindy Hop and Jitterbug Eras in the 1930s and 1940s, and can be traced back to the ritualistic dances in African culture. Steppin’ has a basic “six-count” beat. Individual style and flair are key in the definition and understanding of this form of dance that’s sweeping Chicago on all sides of town! The instructor has been dancing professionally since 1992 and has been a finalist in the World’s Largest Steppers’ Contest. Students should wear comfortable clothing and the type of shoes you would wear for a night out dancing.

Run/Walk Your Way to a 5k
Course Fee: $159
Join our beginning level class designed to introduce you to the joys of running! Get in shape while running your first 5k (3.1 mi). Why? Get started now! The first class consists of a required orientation and meets at the Truman College campus. Remaining classes will be held at Foster Beach, 5200 N. Lake Shore Drive.

Beginning Photography: Digital and 35mm
Course Fee: $149. Students must bring either a working 35mm camera or a digital camera with manual exposure controls. Must be fully charged.
Learn the principles of photography with your digital or traditional 35mm camera. You can learn how to use a camera or you can refresh your knowledge of photography. You will learn about lens apertures, shutter speeds, light meter, film or ISO speeds, white balance, histograms, lenses, flash, composition, depth-of-field, digital storage cards, and much more. You will also learn to create great images using techniques like panning, painting with light, night photography, flash photography and others. The instructor, Ignacio Alvarez, has been a commercial photographer since 1985 and managed Custom Images Photography for 26 years. He has been the instructor for this and other classes since 1994. It is very important not to miss the first class!

Intermediate Photography: Digital and 35mm
Course Fee: $149
Expand your photography skills in this continuation course for students who have already taken Beginning Photography and are comfortable with their cameras. You will learn all the advanced settings on the camera as well as the principals of studio lighting that will help you create great portraits at home using inexpensive equipment or a couple of external flashes. You will learn how to create portraits with impact, shoot sports, fashion, or product photography, and much, much more. You will shoot almost every week in class so you can get familiar with professional equipment. Ignacio Alvarez has been a commercial photographer since 1985 and managed Custom Images Photography for 26 years. He has been the instructor for this and other classes since 1994.

Photoshop for Photographers
Course Fee: $199
Photoshop has replaced the darkroom for correcting photographs; corrections that used to be made with chemicals in a darkroom can now be made at your computer! You will learn how to shoot all your photos in RAW format and how to edit images with a few clicks of the mouse. You will also learn how to correct exposure, color, saturation, contrast, sharpness, clarity, layers, and much more.

Basic Darkroom Photography
Course Fee: $149. Must be familiar and have access to a working 35mm camera (not disposable) with manual exposure controls.
Take your love of photography to the next level by learning basic black and white darkroom skills and how to “see photographically.” You will learn to process film, make photograms, make contact prints and enlargements. The course also covers mounting, touch-up, contrast filters, and darkroom practices.
Harold Washington College

Goldman Sachs Practical Business Education

Goldman Sachs 10,000 Small Businesses offers a practical business education and a supportive network of peers and advisors, at no cost to participants. Accepted small business owners will learn practical skills to grow their business, including negotiations, marketing, employee management and more. Participants also receive one-on-one business advising and get expert guidance from Goldman Sachs professionals, attorneys and others. Program graduates join a nationwide network of over 3,000 small business owners and counting. Just six months after completing the program, 64% had increased revenues and 45% had created net new jobs. 80% of participants have done business with other program participants.

WILBUR WRIGHT COLLEGE

Professional

CPR Training

CPR Course for Healthcare Providers
This course is designed to teach the skills of Cardiopulmonary Resuscitation (CPR) and relief of foreign body airway obstruction (chooking) for victims of all ages. It is intended for participants who provide health care to patients. The course is a also a prerequisite for ACLS, PALS, and BLS instructor courses. The course runs for 4 hours. Upon successful completion, the participant will receive a course completion card issued through the American Heart Association.

This course is designed to teach the skills of Cardiopulmonary Resuscitation (CPR) and relief of foreign body airway obstruction (chooking) to all lay rescuers. Upon successful completion, the participant will receive a course completion card issued through the American Heart Association.

Heartsaver CPR
This course is designed to teach the skills of Cardiopulmonary Resuscitation (CPR) and relief of foreign body airway obstruction (chooking) to all lay rescuers. Upon successful completion, the participant will receive a course completion card issued through the American Heart Association.

SPANISH ORAL INTERPRETER

Spanish Oral Interpretation for the Medical Field, Part II
Course Fee: $404. Cost of textbook included in tuition.
This second section of the certified Spanish interpreter for Health Care program highlights interpretation in the healthcare industry. Oral interpretation, strategies, medical terminology (English/Spanish) and techniques are covered throughout the training. Topics include: skin, hair and nails; lympth and immune system, urinary system, reproductive system, life cycle and hospital procedures. 50 hours 14 sessions. Each session is self-contained and independent of the other. Students must start interpretation program by enrolling at the beginning of any session.

NOTARY SIGNING AGENT

Become a Notary Signing Agent
Course Fee: $150. Cost of handbook included in tuition.
Would you like to work as a Notary Signing Agents and earn $100 to $150 per assignment in this challenging economy? If this sounds like a great opportunity then being a notary signing agent is for you. You will learn how to effectively execute loan documents, how to become a notary and to seek agencies who are seeking highly qualified notary signing agents. At the end of the training the students will know how to perform a loan closing, and be efficient in understanding the loan process. This course will enable the participants to become notary signing agents within the Chicago Metropolitan and suburban areas. The goal of the training is to prepare and motivate each participant to establish a business relationship with mortgage companies, nationwide agencies, be their own boss and earn extra income. 2 sessions.

CITY COLLEGES OF CHICAGO | PROFESSIONAL & PERSONAL DEVELOPMENT
226 W. Jackson Boulevard | Chicago, Illinois 60606 | (312) 553-2500 | www.ccc.edu
Let’s Talk: Conversational English for the Non-native Speaker
Let’s Talk will help you gain the confidence you need to speak English in everyday situations. All are welcome to participate from any level of ESL. The more you practice, the greater the potential for your skills to improve. This class will boost your self-confidence, reduce your anxiety or nervousness, develop your fluency and accuracy, and, lastly, allow you to practice both your listening and speaking skills. The activities in the course will include practice in the following ways:
- Discuss current events
- Role play (job interviews, work-related situations, business transactions)
- Create stories from pictures
- Voice your opinion
- Present to small groups
- Talk about areas that are the most difficult for you.

Join our friendly and comfortable atmosphere for learning. If you have the desire to improve your speaking skills then this course is for you. Let’s Talk! 12 sessions.

67462 PER WR 0011 8:00 PM–10:00 PM M A216 Heiberger
Runs from January 26th to April 27th. No class on March 30.

SPANISH

Conversational Spanish
It’s useful to know Spanish in Chicago! Learn conversational Spanish through simple lessons, basic vocabulary, grammar explanations, videos and cultural information. Speaking Spanish is fun and pays dividends. 12 sessions.

67596 PER WR 7170 6:00 PM–8:00 PM F A216 Monahan
Runs from January 23rd to April 17th.

Beginning Polish
Course Fee: $109
Discover how easy it can be to learn common words and phrases. This course will prepare you to speak basic Polish in a wide variety of settings and situations. You will also learn cultural tips in each lesson that will make you comfortable in a foreign setting. 12 sessions.

67599 PER WR 7165 6:00 PM–8:00 PM F A250 Maczynska
Runs from January 23rd to April 17th.

KIDS WITH PARENTS

Youth

CLASSES FOR CHILDREN

Wright College offers a full program of classes for children ages one year and older. Class size for most of the toddler classes is limited to twelve students. Many of the instructors in the Family College program are current or past certified teachers, many with Masters Degrees in education. Room space is limited! Please limit attendance to one adult with a child/children. Only registered students are permitted to attend class. We are not able to accommodate visitors.

Please note: No walk-in registration is available on Saturdays; only online registration for returning students is available on Saturday.

SCIENCE AND ART FOR TOTS

Course Fee: $55. Ages 1½ to 5 years.
Have fun with your child in this class that explores the world of science and art. Many hands-on activities. 8 sessions.

67745 FAM WR 4067 11:00 AM–11:50 AM S S105 Lemke
Runs from March 7th to May 2nd. No class on April 4th.

Let’s Learn: Basic Skills
Course Fee: $55. Ages 2 to 5 years.

Colors, shapes, rhyming, patterns, alphabet, numbers and more are explored in this class through stories, activities and/or hands-on art projects. 8 sessions.

67746 FAM WR 4026 10:00 AM–10:50 AM S S105 Lemke
Runs from March 7th to May 2nd. No class on April 4th.

Exploring Letters and Numbers
Course Fee: $55. Ages 2 to 5 years.

Learn basic reading readiness skills. Enjoy hands-on activities. 8 sessions.

67747 FAM WR 4028 9:00 AM–9:50 AM M S105 Lemke
Runs from March 2nd to April 27th. No class on March 30th.

Trot Tumbling
Course Fee: $55. Ages 2 to 6 years.

Your tot will do tumbling exercises, use the mat, stairs, tunnel and more. 8 sessions.

67748 FAM WR 4003 6:00 PM–6:50 PM F E024 Lubarda
Runs from March 6th to May 1st. No class on April 3rd.

Music, Music, Music
Course Fee: $55. Ages 1 to 4 years.

An activity class that introduces musical concepts, beat, and instruments. 8 sessions.

67749 FAM WR 4005 10:00 AM–10:50 AM M S105 Lemke
Runs from March 2nd to April 27th. No class on March 30th.

Math Readiness
Course Fee: $55. Ages 2 to 5 years.

First math experience. Learn numbers, counting and grouping through hands-on activities. 8 sessions.

67750 FAM WR 4012 12:30 PM–1:20 PM T S105 Simonetti
Runs from March 3rd to April 28th. No class on March 31st.

Music Activities for Tots
Course Fee: $55. Ages 1 to 5 years.
Join us for finger plays, marching, singing, music, art and/or instrument fun. 8 sessions.

67751 FAM WR 4018 9:00 AM–9:50 AM M S105 Lemke
Runs from March 7th to May 2nd. No class on April 4th.

Mom and Me
Course Fee: $55. Ages 1 to 4 years.
Enjoy time with your child doing finger plays, crafts, and socializing. Any care-givers (including Dad) are welcome to bring their child to this class. 8 sessions.

67752 FAM WR 4001 9:00 AM–9:50 AM T S105 Simonetti
Runs from March 3rd to April 28th. No class on March 31st.

Reading Readiness
Course Fee: $55. Ages 2 to 5 years.

Letter recognition, sequencing and more taught through hands-on activities. 8 sessions.

67753 FAM WR 4010 12:30 PM–1:20 PM Th S105 Simonetti
Runs from March 6th to April 30th. No class on April 2nd.
Activities and Art for Me and You
Course Fee: $55. Ages 1 to 4 years.
A fun interactive class including finger plays, songs and art for children and parents to enjoy together. 8 sessions.
67754  FAM WR 4207  11:00 AM–11:50 AM  M  S105  Lemke
Runs from March 2nd to April 27th. No class on March 30th.

KIDS ON THEIR OWN
Around the World!
Course Fee: $55. Ages 3 to 5 years.
Learn to locate places on a map and globe. Experience the music, food, stories and/or crafts of a different country each week. Travel without leaving the room. 8 sessions.
67755  FAM WR 4079  9:00 AM–9:50 AM  Th  S105  Simonetti
Runs from March 5th to April 30th. No class on April 2nd.

Pre-Ballet
Course Fee: $55. Ages 5 to 8 years.
Learn ballet positions, arm movements, gliding and twirling in this beginning class. 8 sessions.
67757  FAM WR 4922  4:00 PM–4:50 PM  F  E024  Lubberda
Runs from March 6th to May 1st. No class on April 3rd.
67758  FAM WR 4922  11:00 AM–11:50 AM  S  E024  Lubberda
Runs from March 7th to May 2nd. No class on April 4th.

Pre-School Science for Tots
Course Fee: $55. Ages 3 to 5 years.
a hands-on experience with exploring gravity. Enjoy experiments with gravity. 8 sessions.
67759  FAM WR 4073  11:00 AM–11:50 AM  W  S105  Lemke
Runs from March 4th to April 29th. No class on April 1st.

Reading and Math Games
Course Fee: $55. Ages 3 to 5 years.
Reinforce and learn basic math and reading skills through games. 8 sessions.
67760  FAM WR 4066  10:00 AM–10:50 AM  W  S105  Lemke
Runs from March 4th to April 29th. No class on April 1st.

ABC's and 123's
Course Fee: $55. Ages 3 to 5 years.
First formal introduction to letters and numbers through stories, crafts and more. 8 sessions.
67761  FAM WR 4141  10:00 AM–10:50 AM  T  S105  Simonetti
Runs from March 3rd to April 28th. No class on March 31st.

Pre-School Experience
Course Fee: $55. Ages 3 to 5 years.
Help prepare your child for kindergarten by introducing them to reading and math readiness through stories, art, music, letters and writing. 8 sessions.
67762  FAM WR 4020  9:00 AM–9:50 AM  W  S105  Lemke
Runs from March 4th to April 29th. No class on April 1st.

Stories and More
Course Fee: $55. Ages 3 to 5 years.
Reading is fun. A story will be read each day followed by an activity. Music, art, or other activities related to the story will be enjoyed by all 8 sessions.
67763  FAM WR 4930  11:00 AM–11:50 AM  T  S105  Simonetti
Runs from March 3rd to April 29th. No class on March 31st.

Beginner Book Club
Course Fee: $55. Ages 4 to 7 years.
A great way to share books together! Enjoy reading books and discussing them, while helping your child develop a love of reading and important language and literacy skills. 8 sessions.
67764  FAM WR 4933  11:00 AM–11:50 AM  Th  S105  Simonetti
Runs from March 5th to April 30th. No class on April 2nd.

Busy People Around Town
Course Fee: $55. Ages 3 to 5 years.
Join us for stories and more. Learn about the busy people, places, and transportation modes prevalent around your town with hands-on activities. 8 sessions.
67765  FAM WR 4027  10:00 AM–10:50 AM  Th  S105  Simonetti
GRADES 1 THROUGH 9
Math Refresher
Course Fee: $55. Grades 1, 2 and 3.
Sharpen your reasoning, computation and problem solving skills. Review addition and subtraction. 8 sessions.
67766  FAM WR 4040  9:00 AM–9:50 AM  S  A250  Sima
Runs from March 7th to May 2nd. No class on April 4th.

Math Refresher
Course Fee: $55. Grades 4, 5 and 6.
Review multiplication, division, fractions, decimals, and word problems. 8 sessions.
67782  FAM WR 4036  11:00 AM–11:50 AM  S  A250  Sima
Runs from March 7th to May 2nd. No class on April 4th.

Reading
Course Fee: $55. Grades 1, 2 and 3.
Reading is fundamental. Course focuses on sequencing, vocabulary and comprehensive. Your child will learn to draw conclusions, pick out main ideas and identify context clues at grade appropriate levels. 8 sessions.
67767  FAM WR 4921  10:00 AM–10:50 AM  S  A250  Sima
Runs from March 7th to May 2nd. No class on April 4th.

Reading
Course Fee: $55. Grades 4, 5 and 6.
Reading is fundamental. Course focuses on sequencing, vocabulary and comprehensive. Your child will learn to draw conclusions, pick out main ideas and identify context clues at grade appropriate levels. 8 sessions.
67783  FAM WR 4002  12:00 PM–12:50 PM  S  A250  Sima
Runs from March 7th to May 2nd. No class on April 4th.

MUSIC
Beginning Piano I
Course Fee: $79. Ages 6 to 8 years.
Is your child the next Mozart? In this course they will learn to read musical notes while playing an electric piano. 8 sessions.
67773  FAM WR 4115  9:00 AM–9:50 AM  S  E301  Stefanits
Runs from March 7th to May 2nd. No class on April 4th.

Beginning Piano I
Course Fee: $79. Ages 9 to 13 years.
Is your child the next Mozart? In this course they will learn to read musical notes while playing an electric piano. 8 sessions.
67774  FAM WR 4003  10:00 AM–10:50 AM  S  E301  Stefanits
Runs from March 7th to May 2nd. No class on April 4th.

Beginning Piano II
Course Fee: $79. Ages 6 to 13 years.
This course is for students who have completed the Beginning Piano I class or have basic knowledge of piano. 8 sessions.
67775  FAM WR 4117  11:00 AM–11:50 AM  S  E301  Malin
Runs from March 7th to May 9th. No class on April 4th and 11th.

Beginning Guitar
Course Fee: $79. Ages 8 years and older.
This course will teach students how to read music, and play song melodies (notes) and accompaniments (chords). Bring your own guitar. 8 sessions.
67776  FAM WR 4113  10:00 AM–10:50 AM  S  E207  Malin
Runs from March 7th to May 9th. No class on April 4th.

Dance, Drama, and Create
Course Fee: $55. Ages 6 to 12 years.
This course teaches a combination of modern dance, drama, and character dance-themed music. Freedom of movement is emphasized. Some props and/or costumes will be used during this class. Wear double socks. 8 sessions. Boys and girls are welcome.
67777  FAM WR 4133  9:00 AM–9:50 AM  S  A210  Lubberda
Runs from March 7th to May 2nd. No class on April 4th.

Pop Kids/Jazz Dance
Course Fee: $55. Ages 6 to 10 years.
Fun for girls and boys in this upbeat dance class. Wear double socks and loose fitting clothes. 8 sessions.
67778  FAM WR 4127  5:00 PM–5:50 PM  F  E024  Lubberda
Runs from March 6th to May 1st. No class on April 3rd.

Self-Defense
Course Fee: $55. Ages 5 to 9 years.
Watch your child's self-confidence develop, their concentration and grades improve, while learning basic techniques of self-defense from a black-belt expert. 8 sessions.
67779  FAM WR 4154  9:00 AM–9:50 AM  S  E024  Lemke
Runs from March 7th to May 2nd. No class on April 4th.

Self-Defense
Course Fee: $55. Ages 10 years and older.
All color belts and ages (above the age requirement) welcome. Improve your skills in this class. 8 sessions.
67780  FAM WR 4155  10:00 AM–10:50 AM  S  E024  Lemke
Runs from March 7th to May 2nd. No class on April 4th.
Gymnastics  
Course Fee: $55. Ages 7 years and older.  
This course is designed to teach the basics of gymnastics on mats, beam and springboard. 8 sessions.  
67781 FAM WR 4143 10:00 AM–10:50 AM S E102/Gym Luberda  
Runs from March 7th to May 2nd. No class on April 4th.

Fit for Aquatics


Zumba  
Course Fee: $59  
Learn the latest workout that has the exercise world burning up! This hot Latin and Caribbean exercise works your core and gets your heart pumping. If you want sexy abs then join us for a routine of high energy movement while working out to beautiful rhythmic salsa, samba, reggae and merengue music. If you want to have fun and be happy while burning calories, join this class today! Please wear comfortable clothing. 7 sessions.  
67614 PER WR 6200 7:00 PM–8:00 PM Th E024 Ortiz  
Runs from January 29th to March 12th.  
67615 PER WR 6200 9:00 AM–10:00 AM S Events Gym Ortiz  
Runs from January 31st to March 14th.  
67617 PER WR 6200 7:00 PM–8:00 PM Th E024 Ortiz  
Runs from March 19th to May 7th. No class on April 2nd.  
67618 PER WR 6200 9:00 AM–10:00 AM S Events Gym Ortiz  
Runs from March 21st to May 9th. No class on April 5th.

Kick-Boxing  
Course Fee: $75  
Come relieve stress, have fun, and kick some...! Burn 500 to 1000 calories per hour. Fun atmosphere, current hip music combining cardio, kick-boxing moves and some stretching for a total body workout. Learn how to reach your target heart rate. Our instructor provides low and high impact alternatives so you can burn the most calories. Wear comfortable clothes, and bring a towel and water. 14 sessions.  
67619 PER WR 6214 7:30 PM–8:30 PM TTh E110 Wirtanen  
Runs from January 20th to March 5th.  
67620 PER WR 6214 7:30 PM–8:30 PM TTh E110 Wirtanen  
Runs from March 10th to May 5th. No class on March 31st or April 30th.

Six-Pack Attack vs. Rock Bottoms  
Course Fee: $59  
Get hooked on toning and strengthening your upper as well as your lower body. Instructor Juan Ortiz will push you to a stronger and leaner you. You have nothing to lose, but pounds and inches! 7 sessions.  
67621 PER WR 6206 6:00 PM–7:00 PM Th E024 Ortiz  
Runs from January 29th to March 12.  
67622 PER WR 6206 6:00 PM–7:00 PM Th E024 Ortiz  
Runs from March 19th to May 7th. No class on April 2nd.

Cardio Step  
Course Fee: $75  
Get your heart rate up, burn fat, and increase your stamina in this medium intensity cardio workout! High energy dance music accompanies the routines to keep you moving and motivated. Various types of strength training also included to tone your core and upper body. Students are asked to bring hand weights to class. Wright will provide the step equipment and resistance bands. 14 total body workout. Learn how to reach your target heart rate. Our instructor provides low and high impact alternatives so you can burn the most calories. Wear comfortable clothes, and bring a towel and water. 14 sessions.  
67704 PER WR 6213 6:30 PM–7:30 PM MW E024 Villafuerte  
Runs from January 26th to March 16th. No class on February 16th.  
67706 PER WR 6213 6:30 PM–7:30 PM MW E024 Villafuerte  
Runs from March 23rd to May 13th. No class on March 30th or April 1st.

Senior Morning Workout  
Course Fee: $49  
Chair exercise are used as a warm-up and progress to standing with light stretching and balance moves. Complete workout, head to toe, ending with a cool down standing in a circle. Wear comfortable clothing and shoes. 7 Sessions.  
67707 PER WR 6209 9:00 AM–9:50 AM F A210 Luberda  
Runs from March 30th to March 13th. Film discussion.  
67708 PER WR 6209 9:00 AM–9:50 AM F A210 Luberda  
Runs from March 20th to May 8th. No class on April 1st.

Senior Dancing to the Oldies  
Course Fee: $49  
Have fun dancing and exercising to the Oldies. Dance with partners and props. Easy line dance steps and soft shoe. Wear comfortable clothing and shoes. 7 sessions.  
67709 PER WR 6211 10:00 AM–10:50 AM F A210 Luberda  
Runs from January 30th to March 13th.  
67710 PER WR 6211 10:00 AM–10:50 AM F A210 Luberda  
Runs from March 20th to May 8th. No class on April 3rd.

Beginning Gentle Yoga  
Course Fee: $69  
Recommended for seniors, those who are recovering from injuries, surgery or who have been sedentary. (Pregnant women should seek out a prenatal yoga class.) You will learn breathing techniques along with gentle stretches and some basic classic yoga poses that will invigorate, strengthen, increase flexibility, and improve your posture. Learn to relax and release stress through these movements, breath awareness and some basic meditation techniques. Being able to get up and down for both floor and standing poses will be required in this class. Bring a towel and wear loose clothing. Do not eat a heavy meal 2 hours before class; light snack is okay. 7 sessions.  
67711 PER WR 6270 6:30 PM–8:00 PM T E024 Davis  
Runs from January 20th to March 3rd.  
67712 PER WR 6270 6:30 PM–8:00 PM T E024 Davis  
Runs from March 10th to April 26th. No class on March 31st.

Active Yoga  
Course Fee: $69  
Feel healthier, stronger and more relaxed as you gain a greater awareness of how your body and mind function together. This class will challenge you with poses that strengthen your entire body along with some flow yoga sequencing. Must be physically fit. Wear comfortable clothing and bring a towel. No eating 2 hours before class. 7 sessions.  
67713 PER WR 6272 8:00 PM–9:30 PM T E024 Davis  
Runs from January 20th to March 3rd.  
67714 PER WR 6272 8:00 PM–9:30 PM T E024 Davis  
Runs from March 10th to April 26th. No class on March 31st.

Hatha Yoga  
Course Fee: $69  
The Hatha Yoga classes are open to a mixed level of beginning and returning students. Some Yoga experience is preferred. Both classic poses and stretching will be a part of the class, which is designed to increase flexibility and vitality. Wear comfortable clothing and bring a towel. 7 sessions.  
67715 PER WR 6271 12:00 PM–1:30 PM S E024 Davis  
Runs from January 24th to March 7th.  
67716 PER WR 6271 8:00 PM–9:30 PM M E024 Davis  
Runs from January 26th to March 16th.  
67717 PER WR 6271 12:00 PM–1:30 PM S E024 Davis  
Runs from March 14th to May 2nd. No class on April 4th.  
67718 PER WR 6271 8:00 PM–9:30 PM M E024 Davis  
Runs from March 23rd to May 11th. No class on March 30th.

SWIMMING

ARC Parent and Child Aquatics  
Course Fee: $50. Ages 1-2 (must be 1 by February 9th)  
This program familiarizes children with the water and prepares them to learn to swim in the ARC Preschool Aquatics program. Illinois Health Department mandates that swim diapers must have fitted waterproof pants over the diaper. Every child must have an adult with them in the water for classes. 12 sessions.  
67301 FAM WR 4906 6:30 PM–7:00 PM M E001 Ewing  
Runs from February 9th to May 11th.  
67300 FAM WR 4906 10:30 AM–11:00 AM T E001 Akeres  
Runs from February 10th to May 5th.  
67301 FAM WR 4906 5:30 PM–6:00 PM T E001 Jackson  
Runs from February 10th to May 5th.  
67302 FAM WR 4906 5:30 PM–6:00 PM W E001 Ingle  
Runs from February 11th to May 6th.  
67306 FAM WR 4906 11:00 AM–11:30 AM S E001 Skrzyzniarz  
Runs from February 14th to May 9th.

ARC Parent and Child Aquatics  
Course Fee: $50. Ages 3-4 (must be 3 by February 9th)  
This program familiarizes children with the water and prepares them to learn to swim in the American Red Cross Preschool Aquatics program. Illinois Health Department mandates that swim diapers must have fitted waterproof pants over the diaper. Every child must have one adult with them in the water for classes. 12 sessions.  
67309 FAM WR 4907 6:30 PM–7:00 PM W E001 Ewing  
Runs from February 11th to May 6th.  
67311 FAM WR 4907 10:30 AM–11:00 AM Th E001 Akeres  
Runs from February 12th to May 7th.  
67312 FAM WR 4907 6:35 PM–7:05 PM F E001 Skrzyzniarz  
Runs from February 13th to May 8th.  
67313 FAM WR 4907 11:30 AM–12:00 PM S E001 Skrzyzniarz  
Runs from February 14th to May 9th.
**ARC Pre-School Aquatics**

*Course Fee: $99. Age 4 (must be by February 9th)*

This class promotes appropriate learning and development of fundamental water safety and swimming skills. It is a good step for children coming from the Parent & Child program as they transition into the Learn-To-Swim program at age 4. Parents DO NOT go into the water in this class. If your child was not in our parent/child classes and is 4 years of age, please call (773) 481-8841 to see if they would qualify. Swim cap and goggles are required at each class. 12 sessions.

- **Saturday, Feb 14 – May 9**
  - 9:00 AM – 9:50 AM: FAM WR 4810
  - 10:10 AM – 10:50 AM: FAM WR 4811

- **Tuesday, Feb 10 – May 5**
  - 1:00 PM – 1:50 PM: FAM WR 4810

- **Thursday, Feb 12 – May 7**
  - 1:00 PM – 1:50 PM: FAM WR 4811

**Introduction of Water Skills Level I**

*Course Fee: $99. Age 6 (must be by February 9th)*

This class is the first in the Red Cross Learn-To-Swim program. Children learn basic skills including supported floating on the back, underwater exhaling and breathing. And two forms of arm and leg action. Swim cap and goggles are required at each class. 12 sessions.

- **Saturday, Feb 14 – May 9**
  - 9:00 AM – 9:50 AM: FAM WR 4812

- **Sunday, Feb 15 – May 8**
  - 10:10 AM – 10:50 AM: FAM WR 4813

- **Tuesday, Feb 10 – May 5**
  - 1:00 PM – 1:50 PM: FAM WR 4812

- **Thursday, Feb 12 – May 7**
  - 1:00 PM – 1:50 PM: FAM WR 4813

**Fundamental Aquatic Skills Level II**

*Course Fee: $99. Ages 6-9 (must be by February 9th)*

This level builds on basic movement learned in Level I and helps the child to swim front and back crawl with breathing. Further developing breaststroke and the elementary backstroke, changing direction and rolling from back to front along with two additional movements that are part of personal water safety skills. To pass, a child must swim all required skills with no float belt and be comfortable doing so in the deep water. Swim cap and goggles required for each class. 12 sessions.

- **Saturday, Feb 14 – May 9**
  - 9:00 AM – 9:50 AM: FAM WR 4801

**Level 3: Stroke Development**

*Course Fee: $99. Ages 6-10 (must be by February 9th)*

Builds on skills mastered in Level 2. Work on coordination for front and back crawl, breast stroke and scissor kick and refinement of these strokes. Introduces elements of butterfly and treading water in the deep. Rules for headfirst entry are taught along with diving progression. Swim cap and goggles are required for each class. 12 sessions.

- **Saturday, Feb 14 – May 9**
  - 9:00 AM – 9:50 AM: FAM WR 4802
  - 10:10 AM – 10:50 AM: FAM WR 4803

**Level 4: Stroke Improvement**

*Course Fee: $99. Ages 7-12 (must be by February 9th)*

Must have passed Wright College ARC Level 3 or swim test. Students will improve their skills and increase their endurance by swimming front crawl and back crawl for greater distances. Continue to build on elementary backstroke, breaststroke, butterfly and sidestroke. Learn basic turns and survival swimming. Swim cap and goggles required for each class. 12 sessions.

- **Saturday, Feb 14 – May 9**
  - 9:00 AM – 9:50 AM: FAM WR 4804
  - 10:10 AM – 10:50 AM: FAM WR 4805

**Level 5: Stroke Refinement**

*Course Fee: $99*

Must pass Wright College ARC Level 4 or swim test. Students refine their performance of all strokes (front and back crawl, butterfly, breast stroke, elementary backstroke and sidestroke) to increase distance endurance. Front and back flip turns will be introduces. Swim caps and goggles are required for each class. 12 sessions.

- **Saturday, Feb 14 – May 9**
  - 9:00 AM – 9:50 AM: FAM WR 4806
  - 10:10 AM – 10:50 AM: FAM WR 4807
Level 6: Swimming and Skill Proficiency
Course Fee: $99
Must have passed Wright College Level 5 or swim test. Level 6 is the last level in the ARC Learn-to-Swim program. There are three sections to Level 6: A) Personal Water Safety, B) Fundamentals of Diving and C) Fitness Swimmer. All sections have emphasis on the strokes to increase power, efficiency and distances. We are offering sections A & B this spring. Swim caps and goggles are required for each class. 12 sessions.
Level 6A: Personal Water Safety
67921 FAM WR 6207 6:00 PM – 6:50 PM Th Goodwin
Runs from Thursday, February 12 – May 7
Level 6B: Fundamentals of Diving
67455 FAM WR 6209 4:45 PM – 5:35 PM T Ewing
Runs from Tuesday, February 10 – May 5

Introduction to Synchronized Swimming (Youth)
Course Fee: $148
For youth who can already swim front, back and breast strokes in deep water. This class will introduce basic synchronized swim skills including precision and pattern swimming, sculling and figures. Taught by a certified United States Synchronized Swimming Instructor. 12 sessions.
67457 FAM WR 6205 6:35 PM – 8:05 PM Th Goodwin
Runs from Thursday, February 12 – May 7

Weekday Early Bird Swim
Course Fee: $132
Do you like to work out early? Swim laps, walk or exercise on your own schedule five days a week. Check in with the lifeguard and then hop into the pool for a refreshing start to your day. 12 weeks.
67173 PER WR 6238 7:00 AM – 9:30 AM MF Mendez
Runs from February 9 – May 8 (No February 16, No March 30 – April 5)

Friday Evening and Saturday Early Bird Swim
Course Fee: $26
If weekday mornings won’t fit your schedule check out our Friday evening and weekend morning option. 6 sessions.
67174 PER WR 6248 8:00 PM – 9:30 PM F Skrzyniarz
Runs from February 13 – March 20
67175 PER WR 6248 7:30 AM – 9:00 AM S Skrzyniarz
Runs from February 14 – March 21
67176 PER WR 6248 8:00 PM – 9:30 PM F Skrzyniarz
Runs from March 27 – May 6 (No April 3)
67178 PER WR 6248 7:30 AM – 9:00 AM S Skrzyniarz
Runs from March 28 – May 9 (No April 4)

Aqua Cardio Water Exercise
Course Fee: $42
Are you looking for an aerobic workout that will get your heart going and your joints working? Class begins with a shallow water routine and then finishes with stretching and toning the muscles that you have just warmed up. This is a great way to wind up the day and feel relaxed before heading to bed or, in some cases, heading to work. 6 weeks.
67179 PER WR 6247 7:00 PM – 8:00 PM M Ling
Runs from February 9 – March 23 (No February 16)
67180 PER WR 6247 7:00 PM – 8:00 PM W Ewing
Runs from February 11 – March 18
67181 PER WR 6247 7:00 PM – 8:00 PM W Ewing
Runs from March 25 – May 6 (No April 1)
67182 PER WR 6247 7:00 PM – 8:00 PM M Ling
Runs from April 6 – May 11 (No March 30)

Muscle Up
Course Fee: $59
Would you like to add muscle tone to your body? This class will combine a half hour of light weight training with an hour of water aerobics. Class is open to people of all fitness levels. 6 weeks.
67183 PER WR 6253 7:00 PM – 8:30 PM T Jackson
Runs from February 10 – March 17
67184 PER WR 6253 7:00 PM – 8:30 PM T Jackson
Runs from March 24 – May 5 (No March 31)

Weekend Water Exercise
Course Fee: $42
This class is designed to get your blood flowing and energize you for a great weekend. This class is hard work for the total body. We are deep water running to work on core muscles as well as shallow upper body work. 6 weeks.
67185 PER WR 6255 9:00 AM – 10:00 AM S Skrzyniarz
Runs from February 14 – March 21
67186 PER WR 6255 9:00 AM – 10:00 AM S Skrzyniarz
Runs from March 28 – May 9 (No April 4)

Hydro-Fit Water Workout
Course Fee: $42
This water workout combines both aerobic and strength training to work the heart and muscles as well as reshaping body tone from fat to muscle. Suitable for all levels of fitness. 6 weeks.
67187 PER WR 6240 9:30 AM – 10:30 AM M Ewing
Runs from February 9 – March 23 (No February 16)
67188 PER WR 6240 9:30 AM – 10:30 AM T Akers
Runs from February 10 – March 17
67189 PER WR 6240 9:30 AM – 10:30 AM W Ewing
Runs from February 11 – March 18
67190 PER WR 6240 9:30 AM – 10:30 AM Th Akers
Runs from February 12 – March 19
67191 PER WR 6240 9:30 AM – 10:30 AM T Akers
Runs from March 24 – May 5 (No March 31)
67192 PER WR 6240 9:30 AM – 10:30 AM W Ewing
Runs from March – May 6 (No April 1)
67193 PER WR 6240 9:30 AM – 10:30 AM Th Akers
Runs from March 26 – May 7 (No April 2)
67195 PER WR 6240 9:30 AM – 10:30 AM M Ewing
Runs from April 6 – May 11

Aqua Yoga
Course Fee: $51
Experience the many benefits of yoga by taking it off the mat and into the pool. Doing yoga in the water creates flexibility to move deeper into your poses while strain off your joints. This class is appropriate for wheelchair or walker bound students, stroke and cancer survivors, pregnant women, overweight individual and seniors. Class is done in the shallow end of the pool. 6 sessions.
67196 PER WR 6202 8:05 PM – 9:05 PM R Davis
Runs from February 13 – March 20
67198 PER WR 6202 8:05 PM – 9:05 PM R Davis
Runs from March 26 – May 7 (No April 2)

Friday MORNING FIT – Do you enjoy Hydro-Fit classes Monday through Thursday? We now offer a Friday class to start your weekend right 6 sessions. $42.
67199 PER WR 6243 11:00 AM – 12:00 PM F Ewing
Runs from February 13 – March 20
67702 PER WR 6243 11:00 AM – 12:00 PM F Ewing
Runs from March 27 – May 7 (No April 3)

Face Your Fear: Beginning Adult Swim
Course Fee: $52
This class is for ages 15 and older who want to overcome their fear of water or just learn how to swim. This class will teach you to swim along with treading water and other personal safety skills. Bring swim cap and goggles. 6 sessions.
67235 PER WR 6241 8:00 PM – 9:00 PM W Ingle
Runs from February 11 – March 18
67239 PER WR 6241 10:00 AM – 11:00 AM S Skrzyniarz
Runs from February 14 – March 21
67240 PER WR 6241 8:00 PM – 9:00 PM W Skrzyniarz
Runs from March 25 – May 6 (No April 1)
67242 PER WR 6241 10:00 AM – 11:00 AM S Skrzyniarz
Runs from March 28 – May 9 (No April 4)

Intermediate Adult Swim
Course Fee: $52
This class is designed for those who have passed our beginner class and want to keep learning and refining swim strokes and water skills. To enroll students must have passed basic skills assessment and be confident and competent in deep water. Class is taught entirely in deep water. 6 sessions.
67244 PER WR 6239 8:00 PM – 9:00 PM W Ewing
Runs from February 11 – March 18
67699 PER WR 6239 8:00 PM – 9:00 PM W Ewing
Runs from March 25 – May 6 (No April 1)

Adult Synchronized Swimming
Course Fee: $59
If you have swimming skills and can swim breast stroke, come try the “sport of the arts”. Class includes instruction in precision and pattern swimming, sculling and beginning through the advanced figures. Taught by certified United States Synchronized Swimming Instructor. Bring nose plug and swim cap. 6 sessions.
67253 PER WR 6236 8:00 PM – 9:30 PM M Goodwin
Runs from February 9 – March 23 (No February 16)
67254 PER WR 6236 9:30 AM – 11:00 AM F Goodwin
Runs from February 13 – March 20
67256 PER WR 6236 9:30 AM – 11:00 AM F Goodwin
Runs from March 27 – May 8 (No April 3)
67257 PER WR 6236 8:00 PM – 9:30 PM M Goodwin
Runs from April 6 – May 11
General Interest

MUSIC

String Class
Course Fee: $145
The focus of this course is learning to play lighter classical and popular music in a group. You will prepare several pieces for performance on the violin, viola, cello and bass. Students should have their own instrument. The class will be grouped according to the level needed for students. This class is designed for the trained and the beginner. Teacher is willing to give extra help where needed. 7 sessions.
67583  PER WR 7210  11:00 AM–1:00 PM  S  E207  Hirna
Runs from January 24th to March 7th.
67586  PER WR 7210  11:00 AM–1:00 PM  S  E207  Hirna
Runs from March 14th to May 2nd. No class on April 4th.

Piano Class for Adults
Course Fee: $105
Enjoy the experience of learning basic piano techniques, light classical, popular music and theory. This is an easy, fun way for people with or without previous experience (all levels). All handouts and music are included. 7 sessions.
67589  PER WR 7215  5:45 PM–7:45 PM  M  E301  Kishka
Runs from January 20th to March 16th. No class on February 16th.
67591  PER WR 7215  6:00 PM–7:30 PM  M  E301  Kishka
 Runs from March 23rd to May 11th. No class on March 30th.

Voice Class
Course Fee: $105
Everyone wants to be a singer! Have fun learning the fundamentals of singing and vocal technique combined with the entirety of the musical experience. This class is open to singers of all levels who are eager to better their voice. You will develop a sense of confidence with the knowledge of your true voice and its capabilities. Open to all styles. 7 sessions.
67592  PER WR 7205  11:30 AM–1:00 PM  S  E202  Gersten
Runs from January 24th to March 7th.
67593  PER WR 7205  11:30 AM–1:00 PM  S  E202  Gersten
Runs from March 14th to May 2nd. No class on April 4th.

Introduction to Music Theory
Course Fee: $105
This course teaches the fundamentals of music theory and its application to the instrument (voice, piano, guitar, violin, etc). You will focus on understanding note values, key signatures, scales, intervals, chords, rhythm, meter and music terminology as well as development of aural and keyboard skills. 7 sessions.
67594  PER WR 7126  12:30 PM–2:00 PM  F  E202  Gersten
Runs from January 24th to March 7th.
67595  PER WR 7126  12:30 PM–2:00 PM  F  E202  Gersten
Runs from March 13th to May 1st. No class on April 3rd.

FLORAL DESIGN

Creative Floral Design: Level I
Course Fee: $49. Materials Fee: $15 (per week) (Total: $139)
Learn how to create beautiful fresh floral arrangements. You will be working with seasonal flowers to create floral decorations for your home, from table centerpieces to flowers for your door. Please bring a sharp knife and scissors. Student will take home a beautiful floral arrangement each week. 6 sessions.
67563  PER WR 7176  10:30 AM–12:00 PM  W  A213  Neri
Runs from January 28th to March 4th.
67564  PER WR 7176  7:30 PM–9:00 PM  T  A213  Neri
Runs from January 27th to March 3rd.
67565  PER WR 7176  10:30 AM–12:00 PM  W  A213  Neri
Runs from March 16th to April 29th. No class on April 1st.
67566  PER WR 7176  7:30 PM–9:00 PM  T  A213  Neri
Runs from March 17th to April 28th. No class on March 31st.

Corsage and Boutonniere Making
Course Fee: $20. Materials Fee: $18
Learn the wiring and taping techniques in designing a pin-on and wrist-style corsage for the ladies. Also, wiring flowers for men’s boutonnieres. Bring a sharp knife, wire cutter, and scissors.
1 session.
67567  PER WR 7178  7:30 PM–9:00 PM  T  A213  Neri
Class takes place on May 5th.

Bridal Bouquet
Course Fee: $30. Materials Fee: $18
This class will be devoted to the technique and construction of the hand-tied bridal bouquet. You will be creating a beautiful bouquet using fresh flowers including a satin-wrapped stem. Please bring a sharp knife, wire cutter and scissors.
1 session.
67568  PER WR 7183  7:30 PM–9:00 PM  T  A213  Neri
Class takes places on May 12th.

HOME OWNERSHIP SERIES
This series of classes is taught by the Northwest Side Housing Center, a non-profit organization that serves the Chicagoland area. Questions regarding this certification can be addressed to the Northwest Side Housing Center at (773) 283-3888.

Managing Your Money and Credit
Instructors outline credit reports and the factors that create and change a credit score, types of credit accounts, credit reporting agencies, discrepancy disputes and the importance of maintaining good credit in today’s lending environment. Participants will also learn to understand the cost of credit, how to utilize it responsibly and how to repair personal credit in order to receive a pre-approval for a mortgage. In addition, the series focuses on learning to manage debt and adjusting a budget pre and post-purchase.
67722  VOC WR 1484  10:00 AM–2:00 PM  S  A216  TBA
Class takes place on January 31st.
67723  VOC WR 1484  10:00 AM–2:00 PM  S  A216  TBA
Class takes place on March 7th.
67724  VOC WR 1484  10:00 AM–2:00 PM  S  A216  TBA
Class takes place on April 11th.
67725  VOC WR 1484  10:00 AM–2:00 PM  S  A216  TBA
Class takes place on May 9th.

Purchasing a House in Today’s Market
A panel of real estate experts provide insight to their roles as professionals in the home purchase transaction. The panel regularly features a loan officer, real estate agent, and real estate attorney. Each presenter will explain their role in the process and will offer insight on the pre-approval process, loan products, closing costs, finding a property, the purchase contract, addendums, and the REO and short sale bidding process. In addition, our Pre-Purchase counselors go over closing the deal, and discuss next steps post purchase to ensure homeowner success through financial budgeting.
67726  VOC WR 1489  10:00 AM–2:00 PM  S  A216  TBA
Class takes place on February 7th.
67727  VOC WR 1489  10:00 AM–2:00 PM  S  A216  TBA
Class takes place on March 14th.
67728  VOC WR 1489  10:00 AM–2:00 PM  S  A216  TBA
Class takes place on April 11th.
67729  VOC WR 1489  10:00 AM–2:00 PM  S  A216  TBA
Class takes place on May 9th.

FINE ARTS

Painting Studio/Class
Course Fee: $69
Experience the joy of watching a painting come to life by your hand. Beginning and more advanced students will work side by side in this open studio. Bring water mixable oil or acrylic paints, brushes, canvas board or stretched canvas, and a desire to learn. Easels provided. Instructor will only be available during the first two hours of class. 6 sessions.
67600  PER WR 7020  11:00 AM–2:00 PM  S  A213  Taylor
Runs from January 31st to March 7th.
67601  PER WR 7020  11:00 AM–2:00 PM  S  A213  Taylor
Runs from March 14th to April 25th. No class on April 4th.

ETHICS

Introduction to Ethics
Course Fee: $25
Ethics is a very important domain of our lives. Through it you learn principles and values that you should use in order to deal with ourselves, our relatives, and our social and natural environment; they give us a chance to gain interior calmness and self-confidence. Do you really know the value of ethics and morals? Do you know the meaning of values and principles of good? If you know them, then do you know how to utilize them? This course will be a good opportunity to learn the answers to those questions. Join us as you discuss the basic concepts of ethics. 3 sessions.
67603  PER WR 7703  6:00 PM–7:30 PM  T  A218  Krupa
Runs from February 24th to March 10th.

21
FILM DISCUSSION SERIES

Eye of a Poet and Soul of a Magician: Celebrating Orson Welles
Course Fee: $59

Already renowned for his acting, writing, directing and producing for radio and the stage, Orson Welles went to Hollywood in 1939 to make movies. His first feature film, Citizen Kane, was released in 1941. It was an audacious debut. From 1962 to 2011, the British Film Institute’s poll of international film critics proclaimed it the greatest film in history. In 1941, Welles was 26 years old.

What does a director do after starting at the top? For over forty more years, Welles continued to create films, amassing an unparalleled filmography in spite of seemingly insurmountable obstacles. In this, the centennial of his birth, you will explore the works of one of the giants of the 20th century art world.

Join us in watching and discussing six Orson Welles feature films and clips from others, including his work in television. Discover the great films he directed after the greatest film ever made. 6 sessions.

Any questions regarding the class call Owen Field at (773) 220-4453 or email: omfield@sbcglobal.net

67606 PER WR 0050 6:30 PM–9:00 PM W A218 Field
Runs from March 11th to April 22nd. No class on April 1st. Any questions regarding the class call Owen Field at (773) 220-4453 or email: omfield@sbcglobal.net.

DANCE

Sizzling Salsa Dance
Course Fee: $55 (per person)

Singles and couples! Have an enjoyable evening learning easy to intricate (but lovely) patterns for Salsa, Merengue, Cumbia and Bachata dances. Norm Viray and Fran Strain, co-owners of Dance Mates Educational Arts, NFP, will show you how to unwind from your day. 6 sessions.

67607 PER WR 7115 7:30 PM–8:30 PM F LRC Lobby Viray
Runs from January 23rd to February 27th.

67608 PER WR 7115 7:30 PM–8:30 PM F LRC Lobby Viray
Runs from March 20th to May 1st. No class on April 3rd.

Intermediate Salsa Dance
Course Fee: $55 (per person)

Singles and couples! Want more out of the “Sizzling Salsa Dance” course? Want to learn new and trendy dance moves for Salsa, Cumbia, Merengue and Bachata after every 6-week session? Want to look good leading, following and executing turns and dips? Class outing offered every other Friday night immediately following the class. 6 sessions.

67610 PER WR 7116 8:40 PM–9:40 PM F LRC Lobby Viray
Runs from January 23rd to February 27th.

67611 PER WR 7116 8:40 PM–9:40 PM F LRC Lobby Viray
Runs from March 20th to May 1st. No class on April 3rd.

“Best of Ballroom and Swing”
Course Fee: $55 (per person)

Singles and couples, have a blast at any social dance function! Have fun learning easy-to-lead and easy-to-follow movements for American-style dances (Tango, Waltz, Ballad/Fox trot, Rumba/ Bolero, and East Coast Swing). Every class session starts with learning and practicing a popular party line dance such as the Cupid Shuffle, Cha Cha Slide, Electric Slide, or YMCA to relax and loosen your body. A partner is not necessary. 6 sessions.

67612 PER WR 7118 6:15–7:15 PM F LRC Lobby Viray
Runs from January 23rd to February 27th.

67613 PER WR 7118 6:15–7:15 PM F LRC Lobby Viray
Runs from March 20th to May 1st. No class on April 3rd.