“Tell me and I forget. Teach me and I remember. Involve me and I learn.”

- BENJAMIN FRANKLIN

CONTINUING
EDUCATION,
HEALTHCARE AND
COMMUNITY HEALTH
EDUCATION COMPLEX
(CHEC) CLASSES

Winter/Spring Semester 2016
Classes Begin January 25, 2016
A Message from the President

Dear Friends,

I hope you enjoy this spring edition of the John A. Logan College schedule of continuing education classes. We have prepared this edition with an eye to providing practical classes that will be of use to southern Illinoisans who wish to learn new skills as well as a mixture of recreational classes that retirees and others might find enjoyable. The Aquatic Center in the Community Health Education Complex has reopened and the College will again be offering a number of innovative classes designed to keep you active and healthy.

If you would like for the College to offer other classes, please contact the Office of Continuing Education at extension 8248. We are always looking for new opportunities to serve our students and we look forward to hearing from you.

I am proud of the service these classes provide to our community. Please take this opportunity to enroll today.

Ronald K. House, Ph.D.
President

A Message from the Dean for Community Education

Thank you for taking time to look through the Spring 2016 Continuing Education Department class schedule. Over 400 sections of courses are offered each semester on campus and at other locations in the colleges five-county district, which will allow students ample opportunities to take courses.

We will be offering several new classes for students this spring, including: Shotgun-Tactics and Skills, Couponing 101, SI Farming Alliance Webinars, Farm Enterprise Planning, Real Estate Training (Appraisal CE), Career and Resume Express, Archery and Air Rifle (BB Gun) Shooting/Safety, and Korean (Inter/Adv.) (Ages 12 and up).

In addition, our CHEC Building will be open for Aerobic and Aquatic classes, memberships, and the Silver Sneakers program will be available for qualifying senior citizens. We will be offering many new classes, including: 50's Senior Social, Silver Sneakers Classic, Senior Sneakers CardioFit, Silver Sneakers Yoga, Butts & Guts, Retro Dance Fitness, Personal Training, Kickboxing Cardio, and Silver Sneakers Circuit.

Many of your favorite courses will again be offered, including Illinois Conceal Carry, Dog Obedience, Ballroom Dancing, Computers, Painting/Drawing, Defensive Shooting, CPR, Phlebotomy, and others. Take a few minutes and look through this schedule. I feel confident you will find a course to your liking. Your interest in the Continuing Education Department at John A. Logan College is greatly appreciated.

Sincerely Yours,

Barry Hancock, Ph.D.
Dean for Community Education
Enrollment in Continuing Education (general studies) courses and public service (PS) courses will be accepted without application for admission to the college. There is no application fee, nor is it necessary to have transcripts of previous work. People 12 years of age or older are eligible to enroll in public service classes (16 years of age or older for Continuing Education credit classes) with the exception of some courses where the age limit is set by the State of Illinois, such as real estate. Classes for children will have the age limit noted in the course description.

Registration begins January 5, 2016. Online Registration Preferred! – Deadline for Early Registration is January 21, 2016 at 4:00 p.m.

If the registration form is not filled out correctly, the form will be returned to the student. To reserve a seat in the class, students must pre-pay and complete the registration process (students must provide an email address to register online) by January 21, at 4:00 p.m. Students may also register at the first or second class meeting. However, those students who have pre-paid will have seating priority if the class has filled. We are no longer taking payments and we are encouraging students to register online. Any student with a past due balance at John A. Logan College cannot be enrolled in Continuing Education classes until payment is made. Students pre-registering will receive a confirmation from the college stating they are in the class.

We are no longer taking payments and we are encouraging students to register online. Any student with a past due balance at John A. Logan College cannot be enrolled in Continuing Education classes until payment is made. Students pre-registering will receive a confirmation from the college stating they are in the class. If the class has filled due to pre-registration, an additional section may be offered if instructors and classroom space are available. Students with personal laptop computers may be admitted to a closed class with permission from the dean for community education.

Students registering in class should bring the following information to class:
- Student ID Number or last 4 of social security
- Name and Address (No P.O. boxes please)
- Date of Birth - Email address
- Home and Business Telephone Numbers

Students who register in class will be billed by mail for the tuition and/or course fee and will have two weeks after the class begins to pay their tuition. The college will no longer accept payments when students register in class. Students will be billed. If payment has not been paid within two weeks of the class starting date, the student will not receive a refund.

* Make checks payable to John A. Logan College and send to our Bursar’s Office.

No student will be admitted to class after the second class meeting without special permission from the dean for community education.

**Tuition.** Tuition for Continuing Education (general studies) courses is computed at a rate of $109 per semester hour. Tuition costs for all general studies courses and public service courses are listed following the description in the schedule of classes which follows.

*Prices quoted in this brochure are subject to change prior to the start date of the class.*

Citizens 60 years of age or older will not be required to pay for any class which has a listed tuition; however, this waiver does not apply to any class listing a “fee” or having a course number which begins with a PS (example: Ballroom Dance–PS 564). Senior citizens will be charged a laboratory fee for any general studies or public service (PS or MED) class if a cost is listed.

Congratulations! If you are 60 years of age or older, you are required to pay fees, but are exempt from paying tuition for Continuing Education credit classes.

Money for the cost of materials (COM) will be collected in class by the instructor.

Students withdrawing from classes, for whatever reason, during the first two weeks will receive a 100% refund as long as they request to be dropped on their online account. This can be found under Academic, then Current Sections.

**Affirmative Action, Non-Discrimination of Disabled.** John A. Logan College is committed to equal access and equal opportunity for all students. Admission, financial aid, student employment, curriculum requirements, extra-curricular participation, counseling, placement service, athletic programs, or any other service or program of the college, shall be provided without regard to sex, race, color, religion, age, national origin, or disability when such college activity is consistent with the applicable laws and regulations.

The admission and retention of, as well as services, programs, and activities for, students with identified disabilities will be in accordance with applicable laws and regulations.

**Insurance.** John A. Logan College does not provide accident insurance for any student registered in a continuing education class. Students wanting such coverage should make arrangements with their local insurance agent.
FARM ENTERPRISE PLANNING WORKSHOP TRAINING (MARKETING YOUR FARM PRODUCTS) (PS 450). Workshops are designed to help entrepreneurial farmers – or aspiring farmers – toward development of a business plan. Workshops are taught primarily by farmers who are willing to share their experience and extensive practical knowledge. Students taking individual workshops will benefit from only that topic area. Presenters also include insight and advice from professionals in fields as diverse as law, banking, and journalism. People wishing to enroll in individual farm enterprise planning workshops may enroll in one six-hour session for $65 with prior approval of the facilitator. A class materials fee of $10 will be payable to Kathleen Smith the day of class.

Text encouraged: The Organic Farmer's Business Handbook. Author Wiswall

Location: Carbondale Main St. 121 S. Illinois Ave. Carbondale, IL

Sessions: 1, Fee: $65.00, COM: $10.00

Section No. 4: Carbondale Main Street, Meets Saturday beginning January 23 (Early Start), 10:00A-4:00P, Instructor: Kathleen Smith

Section No. 5: Carbondale Main Street, Meets Saturday beginning February 6 (Late Start), 10:00A-4:00P, Instructor: Kathleen Smith

FOOD SERVICE SANITATION MGR. CERT. (6TRT 152). Service Managers Certification Examination is required by Illinois for managers of food service operations. IDPH requires that one manager in each restaurant or food service facility is certified in Food Service Sanitation. Test given last class period through a state approved test. Photo ID required. Additional fee payable to the State of Illinois required separate from tuition due to JALC. After passing the exam, students will pay $35 to IDPH for their certificate, which is good for 5 years. Book strongly recommended but answer sheet is required for the class Tuition: $109.00, Approx. Book & Answer Sheet Fee: $110.00 (Book not required but answer sheet is required)

Section No. 1: John A. Logan College, Room H127, Meets Saturday beginning March 5 (Late Start), 9:00A-5:00P, Instructor: Barb Cooksey

Sections: 2

Section No. 5: John A. Logan College, Room H127 on April 16 & Room H206 on April 23, Meets Saturday beginning April 16 (Late Start), 9:00A-6:00P, Instructor: Carol Schlitt

Sections: 2

Section No. 6: John A. Logan College, Room F109, Meets Monday, Tuesday, & Wednesday beginning May 2 (Late Start), 9:00A-3:00P, Instructor: Katie Chu

Sections: 3

HEARTSAVER PEDS FIRST AID & CPR AED (6CNE 615). This course teaches how to manage illness and injuries in a child in the first few minutes until professional help arrives. This course is for those involved in child care that have a duty to respond to a fist aid emergency because of job responsibilities or regulatory requirements, such as child care providers, child daycare workers, babysitters, grandparents, foster and adoption parents, pre-school, primary school and secondary school teachers, camp counselors, youth organizations, and coaches for children's sports organizations. Any fees charged for this course, except for the portion of fees needed for AHA course material; do not represent income to the Association. Text Book is required, contact Continuing Education office or JALC Bookstore.

Sections: 1, Fee: $10.00

Section No. 1: John A. Logan College, Room H123, Meets Saturday beginning January 16 (Early Start), 9:00A-4:30P, Instructor: Bob Loftus

Section No. 2: John A. Logan College, Room H123, Meets Saturday beginning February 20 (Late Start), 9:00A-4:30P, Instructor: Bob Loftus

Section No. 3: John A. Logan College, Room H123, Meets Saturday beginning March 19 (Late Start), 9:00A-4:30P, Instructor: Bob Loftus

Section No. 4: John A. Logan College, Room H123, Meets Saturday beginning April 16 (Late Start), 9:00A-4:30P, Instructor: Bob Loftus
Section No. 5: John A. Logan College, Room H123, Meets Saturday beginning May 14 (Late Start), 9:00A-4:30P, Instructor: Bob Loftus

IHSA SPORTS OFFICIATING: BASEBALL (6ACE 201). Become a licensed Illinois High School Association (IHSA) official by learning general officiating principles, rules, mechanics, as well as practicing these skills in an actual high school contest. At the conclusion of this course, students may go through the application process and become a licensed IHSA official for the reduced rate of $20.00. For more information, contact Bobby Blondi at (618)435-5121
Sessions: 4, Tuition: $109.00

Section No. 9A: West Frankfort Extension Center, Room 111, Meets Wednesday, Thursday, Friday and Saturday beginning March 2 (Late Start), 6:00P-10:00P, Instructor: Bobby Blondi

IHSA SPORTS OFFICIATING: SOFTBALL (6ACE 202). Become a licensed Illinois High School Association (IHSA) official by learning general officiating principles, rules, mechanics, as well as practicing these skills in an actual high school contest. At the conclusion of this course, students may go through the application process and become a licensed IHSA official for the reduced rate of $20.00. For more information, contact Bobby Blondi at (618)435-5121
Sessions: 4, Tuition: $109.00

Section No. 9A: West Frankfort Extension Center, Room 111, Meets Sunday, Monday, Tuesday, Wednesday beginning February 28 (Late Start), 1:00P-5:00P, Instructor: Bobby Blondi

NEW SI FARMING ALLIANCE WEBINAR: (FOOD HUBS) VIABLE REGIONAL DISTRIBUTION SOLUTIONS (PS 989). The Southern Illinois Farming Alliance, a program of Food Works which is a nonprofit organization right here in our backyard, will host screenings of the National Good Food Network Webinar series on Food Hubs. Following each webinar, attendees will have an opportunity to engage with farmers around the issued raised.
Sessions: 1, Fee: $10.00

Section No. 1: John A. Logan College, Room H123, Meets Wednesday beginning January 13 (Early Start), 5:30P-7:30P, Instructor: Kathleen Smith

SMALL ENGINE REPAIR (BEG.) (6ACE 177). Emphasis is on repair and replacement of gasoline and engine parts and components, cooling, tune-up, lubricating, electrical components, starting systems, and engine overhaul.
Sessions: 7, Tuition: $109.00, Fee: $15.00

Section No. 1: John A. Logan College, V12, Meets Tuesday beginning March 22 (Late Start), 6:00P-9:30P, Instructor: Chad Nalley

SMALL ENGINE REPAIR (INTER/ADV) (6ACE 204). An in-depth analysis of small gasoline engines from theoretical and practical points of view, emphasis is on repair and replacement of engine parts and components. Small engine cooling, lubricating, electrical, and starting systems, engine overhaul, tune-up, and machine procedures are discussed. Lab work includes the disassembly, measuring, reassembly of engine components.
Sessions: 7, Tuition: $163.50

Section No. 1: John A. Logan College, V12, Meets Tuesday beginning March 22 (Late Start), 6:00P-9:30P, Instructor: Chad Nalley
SOLAR KNOWLEDGE FOR BEGINNERS (LIVING OFF THE GRID, REALLY?) PART I (6ACE 287). This course is for home owners interested in solar or for people wanting to get into installing solar. Each class has different information. You may take one or all of them based on how much you want to learn. It includes: introduction to photovoltaics and other renewable-energy technologies; Solar Radiation; Site Surveys and Preplanning; System Components and Configurations; and, practical show and tell in the installation of roof racks, solar modules and inverters. Successful completion of Beginning Solar Knowledge prepares the student for the Intermediate Photovoltaic (PV) Systems Design and Installation course. Those who successfully complete both courses will be prepared to converse with solar contractors, and will have the knowledge and skill sets to apply for positions within the renewable energy industry. NABCEP Certified Solar PV Installer™. For more information contact www.AESsolar.com or 618-893-1717.

Sessions: 0.5, Tuition: $54.50

Section No. 1: John A. Logan College, Room H123, Meets Saturday beginning January 30, 9:00A-4:00P, Instructor: Aur Beck

SOLAR KNOWLEDGE FOR BEGINNERS PART II (6ACE 287).

Sessions: 1, Tuition: $54.50

Section No. 2: John A. Logan College, Room H123, Meets Saturday beginning March 12 (Late Start). 9:00A-4:00P, Instructor: Aur Beck

SOLAR KNOWLEDGE FOR BEGINNERS PART III (6ACE 287).

Sessions: 1, Tuition: $54.50

Section No. 3: John A. Logan College, Room H123, Meets Saturday beginning April 2 (Late Start), 9:00A-4:00P, Instructor: Aur Beck

TRAINING FOR SECURITY GUARDS (BEG.) *EMPHASIS ON CHURCH SECURITY (6DRV 120A). This course covers developments and basic law enforcement training for security guards or individuals performing duties assigned to security guards for malls, coal mines, warehouses, hospitals, and/or colleges. Church security has become a major concern and will be a prominent topic covered in this class. Upon successful completion of the course, students will receive a certificate for the basic 20 hours of training. Students may also qualify for firearms certification.

Sessions: 10, Tuition: $218.00, Fee: $50.00

Section No. 1: John A. Logan College, Room E207, Meets Monday beginning January 25, 6:00P-10:00P, Instructor: Bob Alcorn

WASTERWATER TREATMENT (BASIC) (6DRV 057A). Prepare for successful completion of the State Certification Exam for a class 4 license.

Sessions: 13, Tuition: $327.00, Fee: $40.00, Approximate Book Fee $70.00

Section No. 1: John A. Logan College, Room H132, Meets Tuesday beginning January 26, 6:00P-9:30P, Instructor: J.D. Barter

WATERWORKS OPERATION (BASIC) (6DRV 086A). This course is an introduction to water supply covering Class D and C operations. Topics include wells, chlorination, fluoridation, chemical treatment, distribution systems, pumps, sampling, operating reports, water quality and related math.

Sessions: 12, Tuition: $327.00, Fee: Approximate Book Fee $95.50

Section No. 1: John A. Logan College, Room H133, Meets Tuesday beginning January 26, 6:00P-10:00P, Instructor: Chris Johnston, Illinois EPA

WELDING – AN INTRODUCTION (6DRV 060A). This course will offer classroom lecture and hands on lab exercises in basic welding safety and proper welding methodology. Students will be offered the opportunity to learn through hands on training, the basics of oxyacetylene welding, shielded metal arc welding and gas metal arc welding. Students are required to have leather welding gloves and a pair of slip joint pliers. No open toed shoes are allowed.

Sessions: 10, Tuition: $163.50, Fee: $10.00, COM

Section No. 1: John A. Logan College, Room C139, Meets Thursday beginning January 28, 6:00P-9:00P, Instructor: Mike Mausey

REAL ESTATE BROKER PRE-LICENSE PART I AND PART II (IN CLASS AND ONLINE) (6RST 22 AND 6RST 23). Effective April 2011, legislation affecting the Illinois Real Estate Act of 2000 eliminates the Real Estate Salesperson License. In its place is the Real Estate Broker with new educational requirements. These classes satisfy the 90 hours of instruction as required by the Illinois Department of Professional and Financial Regulation, successful completion of which allows students to sit for the Real Estate Broker examination. Students must sign up for 6RST 22 and 6RST 23 in order to complete the 90 hours. EACH CLASS is 45 hours to total the 90 hours required. *Class will be taught primarily online along with a few required and some optional classroom meetings with the instructors.

Sessions: 26, Tuition: $327.00, per class, Approximate book fee total: $47.50

Section No. 1: John A. Logan College, Online, Meets in room E235 first night, Meets Monday/Wednesday beginning January 25, 6:00P-9:30P, Instructor: Sonnet Johnston, Steve Maxwell
NEW REAL ESTATE TRAINING (APPRaisal CE) (6RST 21). "Approved for 7-hours of Illinois CE credit, this is the Uniform Standards of Professional Appraisal Practice (USPAP) class. All Illinois appraisers are required to complete this class by June 30, 2016. Your AQB Certified instructor, Joel Ward, is currently a member of the State of Illinois Real Estate Appraisal Administration and Disciplinary Board." Cost of Course is $165. Students can register by phone at 217-355-4999 or by going online at www.joelwardseminars.com. Questions by calling instructor at 217-840-3266 or joel@joelwardhomes.com.

Section No. 1: John A. Logan College, Room H127, Meets Tuesday beginning January 5 (Early Start), 8:00A-4:30P, Instructor: Joel Ward

REAL ESTATE TRAINING (15 HOURS) INTERACTIVE APPLIED REAL ESTATE PRINCIPLES (6RST 21). In this course, students will participate in five 3-hour interactive lessons with an instructor to apply the knowledge learned in the Illinois Real Estate Broker Pre-License Topics course. Each interactive lesson begins with a review of principles, concepts, requirements for compliance and violations, summary of best practices, and/or applicable laws/licensee requirements. Next, students will participate in a variety of interactive activities (e.g., quizzes, content review exercises, class and small group discussion) where they will apply their knowledge to a variety of real-world scenarios designed to provide valuable analysis and decision-making experience. *This course is only for students who don't take the 90 hour 6RST 22 and 6RST 23.

Sessions: 5, Tuition: $109.00, Approximate Book Fee: $15.00

Section No. 2: John A. Logan College, Room E235, Meets Monday/Wednesday beginning April 6 (Late Start), 6:00P-9:30P, Instructor: Steve Maxwell

MASSAGE THERAPY CERTIFICATION

*These courses provide CE hours for massage therapy license renewal. They are approved for credit by both the state of Illinois and NCBTMB.

ETHICS FOR MASSAGE THERAPISTS (PS 875). Course will address the role of ethics in massage therapy in such contexts as interpersonal dynamics, boundaries, sexuality, safety, and business practices. Participants will explore specific ethical dilemmas, and demonstrate appropriate resolutions in role-playing scenarios. 3 CE hours

Sessions: 1, Fee: $35.00

Section No. 1: John A. Logan College, Room H207, Meets Saturday beginning April 30 (Late Start), 9:00A-12:00P, Instructor: Lisa Wharton, LMT

KINESIO TAPING FOR MASSAGE THERAPISTS (PS 965). The Kinesio Taping is a rehabilitative taping technique that is designed to facilitate the body’s natural healing process while providing support and stability to muscles and joints without restricting the body’s range of motion as well as providing extended soft tissue manipulation to prolong the benefits of manual therapy administered within the clinical setting. Latex-free and wearable for days at a time, the tape is safe for populations ranging from pediatric to geriatric, and successfully treats a variety of orthopedic, neuromuscular, neurological and other medical conditions.

Sessions: 2, Fee: $269.00

Section No. 1: John A. Logan College, Room E207, Meets Saturday/Sunday beginning April 23 (Late Start), 9:00A-5:00P, Instructor: Rita Woods, B.S., LMBT

“Hear From Our Students” - Steve Yarbrough

Steve Yarbrough has been attending Community Ed. classes at JALC for more than 15 years. Steve says some of his favorite classes over the years have been eBay, Ballroom Dancing, Genealogy, Hypnosis, Yoga and Reiki.

As a former director of Community Ed. at SIUC, Steve feels the outreach to the non-traditional students and the opportunities the department offers to them is vital for community engagement and growth. The department gives students opportunity to learn new skills or advance their knowledge in an area they are already familiar with, everything from career driven courses to recreational classes.

“The department does a wonderful job. I wish there was a way to get more of the older adult learners to take advantage of the Continuing Education classes. I would also like to see more courses offered in the Carbondale/Murphysboro area.”

COMPUTERS

ADOBE PHOTOSHOP *(FUN WITH PHOTOSHOP) (6ACE 184). *Fun with Photoshop! Let’s have some fun with Photoshop! In this class we will move away from the essentials of photo correction and get into some really fun ways to push your photos. Students in this class should have a basic knowledge of computers and Photoshop.

Sessions: 2, Tuition: $54.50

Section No. 1: John A. Logan College, Room E131, Meets Saturday beginning January 30, 9:00A-12:30P, Instructor: Phillip Lane
BLOGGING MADE EASY (PS 986). Teaches the basics of blogging on the Internet. Learn to create a blog, personalize its style, communicate with bloggers around the world, and upload text, pictures, and videos. Requires using a desktop computer or personal laptop only. NO iPads or iPhones for class use.
Sessions: 6, Fee: $30.00
Section No. 1: John A. Logan College, Room E204, Meets Tuesday beginning February 9 (Late Start), 6:00P-8:00P, Instructor: Sandra Conner

COMPUTERS FOR OLDER BEGINNERS (INTER) (PS 195). Students will expand their knowledge of basic computer applications, including Windows, Word processing, the Internet and more.
Sessions: 10, Fee: $36.00
Section No. 1: John A. Logan College, Room H115, Meets Tuesday beginning January 26, 9:00A-11:00A, Instructor: Ralph Arnold

COMPUTERS FOR OLDER BEGINNERS (INTER.) (PS 195). This course is designed for all ages and they will get hands-on experience with windows computers. Learn about saving information, making shortcuts, storage options, terminology, security, safely searching the internet, shopping and much more. Some discussion will concern smart phones, tablets and other devices and technology. Should have basic computer knowledge.
Sessions: 10, Fee: $36.00
Section No. 1: John A. Logan College, Room H115, Meets Tuesday beginning January 26, 9:00A-11:00A, Instructor: Ralph Arnold

COMPUTING WITH ANDROID (PS 800). This course is for students using tablet computers and Kindle Fire with the Android system. Students will learn computer file management, using photos and music files, Internet, email, computer settings and more. Students must bring their tablet to class.
Sessions: 6, Fee: $36.00
Section No. 1: John A. Logan College, Room H115, Meets Wednesday beginning January 27, 6:00P-8:00P, Instructor: Angie Kaye

EBAY: TRICKS OF THE TRADE (6ACE 229). Learn EBay from Terrance Henry the areas ONLY Certified eBay Specialist trained and endorsed by eBay. Students will learn how to sell and buy on eBay, market their product, take professional photo’s, ship large and small items, find products to sell, protect themselves when buying or selling, set up a PayPal account and more! Learn from the guy who has really made a living selling on eBay. Space is limited sign up Today!
Sessions: 7, Tuition: $109.00
Section No. 1: John A. Logan College, Room E133, Meets Wednesday beginning January 27, 6:00P-8:05P, Instructor: Terance Henry

FACEBOOK IS NOT FOR DUMMIES (PS 919). Have fun while learning to enjoy one of the most popular social networking sites. Learn what NOT to do online and how to spot scams. We will start at the beginning (since FB changes often) and learn most of the things people like to do on FB and maybe some things you didn’t know. Basic computer knowledge required. Prefer that you have a Facebook account set up ahead of class and bring your ID and password to all classes.
Sessions: 8, Fee: $36.00
Section No. 9N: Alongi DuQuoin Extension Center, Room DQ5, Meets Wednesday beginning January 27, 11:30A-1:30P, Instructor: Brenda Teaney

INTRODUCTION TO COMPUTERS (6ACE 305). This is an introduction to the components that make up a personal computer system and is designed for the novice with limited computer skills. The class will discuss the technology, hardware, software, and functions of these components in using the computer. Students will gain information about the use of personal computers and some software packages commonly used on PCs.
Sessions: 10, Fee: $10.00
Section No. 1: John A. Logan College, Room H115, Meets Thursday beginning January 28, 9:00A-11:00A, Instructor: Ralph Arnold
Tuition: $163.50
Section No. 2: Marion, Senior Center, Meets Monday beginning January 25, 1:00P-3:05P, Instructor: Ralph Arnold
Tuition: $163.50
Section No. 3: Murphysboro Middle School, computer lab on west side of bldg., Meets Monday beginning February 1 (Late Start), 5:30P-7:30P, Instructor: Kim Neace
Tuition: $54.50
MICROSOFT EXCEL SPREADSHEET *THE BASICS AND BEYOND (6ACE 216). This course is designed for students who wish to learn or enhance their knowledge of Microsoft Excel within MS Office 2007. Learn how to manage folders and files. We will build a workbook which will contain multiple classroom activities using the Autosum, formulas, software features, chart making, finance and budgeting options and more. *Students need to purchase a jump drive or USB which will allow them to save their classroom activities and work in and out of class during the semester.

Sessions: 11, Tuition: $163.50, Fee: $10.00

Section No. 1: Murphysboro Middle School, computer lab on west side of bldg., Meets Tuesday beginning February 2 (Late Start), 5:30P-7:40P, Instructor: Kim Neace

MICROSOFT OFFICE SUITE (6ACE 212). A course for students who wish to enhance their personal knowledge and/or employability by learning how to do Word processing, spreadsheet applications and PowerPoint presentations within Office program.

Fee: $10.00

Section No. 1: John A. Logan College, Room H115, Meets Wednesday beginning January 27, 4:00P-6:00P, Instructor: Angie Kaye

Sessions: 10, Tuition: $163.50

Section No. 2: Murphysboro Middle School, computer lab on west side of bldg., Meets Wednesday beginning February 3 (Late Start), 5:30P-7:40P, Instructor: Kim Neace

Sessions: 7, Tuition: $54.50

QUICKBOOKS *(BEG) (6ACE 158). An overview and practical application of basic functions of QuickBooks normally utilized by the small business operation.

Sessions: 10, Tuition: $163.50, Fee: $10.00

Section No. 1: John A. Logan College, Room H115, Meets Monday beginning January 25, 4:00P-6:00P, Instructor: Angie Kaye

WEBPAGE DESIGN AND DEVELOPMENT (BEG) (6ACE 173). Students will learn how to develop and maintain their own website on the internet and view existing web pages.

Sessions: 10, Tuition: $163.50

Section No. 1: John A. Logan College, Room E203, Meets Thursday beginning January 28, 5:30P-7:30P, Instructor: Karen Gibson

WINDOWS (6ACE 146). Students will learn basic information about Microsoft Windows 8 operating system including the desktop, gadgets, personalization, default programs, and more.

Sessions: 10, Tuition: $163.50, Fee: $10.00

Section No. 1: John A. Logan College, Room H115, Meets Monday beginning January 25, 4:00P-6:00P, Instructor: Angie Kaye

WORDPRESS FOR BEGINNERS (PS 842). Beginning students will learn how to develop and maintain their own website on the Internet using WordPress.

Sessions: 8, Fee: $40.00

Section No. 1: John A. Logan College, Room E203, Meets Tuesday beginning January 26, 6:00P-8:30P, Instructor: Karen Gibson

PHOTOGRAPHY

PHOTO EDITING – DIGITAL (6ACE 253). This course teaches the student how to edit their photos using such items as cropping, red-eye correction, adding text to photos and printing and more. If handicap access is required, please call 563-320-8224 for arrangements.

Fee: $10.00

Section No. 1: John A. Logan College, Room H115, Meets Tuesday beginning January 26, 6:00P-8:05P, Instructor: Barbara Neafcy

Sessions: 7, Tuition: $109.00

PHOTOGRAPHY (BEG) (PS 611). Learn basic digital photography and camera operation. Shooting techniques for a wide variety of subjects both indoor and outdoor. Cell phone and creative photography. The course will also cover how to compose an image, selective focus, use of light and basic photo editing and much more. Exposure, lighting, focal lengths, selective focus, and much more.

Sessions: 10, Fee: $40.00

Section No. 1: John A. Logan College, Room E220, Meets Tuesday beginning January 26, 6:00P-8:00P, Instructor: Kris Killman
PHOTOGRAPHY (BEG) *AT HOME AND AWAY (PS 611). Learn to use digital camera, basic techniques for a wide variety of subjects, indoor and outdoor shooting, composition, lighting, etc. There are many examples and demonstrations. Individual help offered.

Sessions: 10, Fee: $40.00

Section No. 9A: West Frankfort Extensions Center, Room 104, Meets Wednesday beginning January 27, 1:30P-3:30P, Instructor: William Randall

FIREARMS

AIR RIFLE SHOOTING-GUN SAFETY (AGES 8-18) (PS 449). This course is offered in partnership with the University of Illinois Extension Service 4-H Program. Students will learn gun safety and proper gun handling and shooting techniques. Guns, targets, and ammunition are provided as part of the cost of materials fee. Upon successful completion, students will have the opportunity to participate in a .22 caliber rifle summer program.

Questions - Call Ester Waddy at 618-993-3304, ewaddy@illinois.edu or Don Elliot at 618-751-9209.

Sessions: 8, COM: $20.00 onetime fee payable to University of Illinois Extension Service to join 4-H Program.

Section No. 1: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Monday beginning January 25 6:00P-7:00P, Instructor: Don Elliott

Section No. 2: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Monday beginning January 25 7:00P-8:00P, Instructor: Don Elliott

ARCHERY SHOOTING/SAFETY (AGES 8-18) (PS 481). This course is offered in partnership with the University of Illinois Extension Service 4-H Program. Students will learn archery safety maintenance and handling of the bow. Bows, targets, and arrows are provided as part of the cost of materials fee.

Questions - Call Ester Waddy at 618-993-3304, ewaddy@illinois.edu or Don Elliot at 618-751-9209.

COM: $20.00 onetime fee payable to University of Illinois Extension Service to join 4-H Program.

Section No. 1: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Tuesday beginning January 26, 6:00P-7:00P, Instructor: Don Elliott

Sessions: 6

Section No. 2: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Sunday beginning February 7 (Late Start), 2:00P-5:00P, Instructor: Don Elliott

DEFENSIVE SHOOTING (ADVANCED) FOR MEN AND WOMEN (6ACE 275). Students provide their own handguns and ammo. Meets at the Williamson County Armory. Do not bring guns to the first session. A certificate will be given upon successful completion of the course. Includes basics of defensive shooting, advanced techniques, legal issues, psychological considerations, equipment evaluation and safety. Prerequisite: Defensive Shooting for Men and Women (Basic).

Sessions: 8, Tuition: $109.00, COM: $20.00 Payable to instructor first night of class.

Section No. 1: Marion Williamson Co. Armory, behind the airport on Redco Drive, Meets Tuesday beginning March 1 (Late Start), 7:00P-9:30P, Instructors: Bob Alcorn, Larry Morse

DEFENSIVE SHOOTING *NRA BASIC PISTOL (6ACE 275). This is a basic pistol class, students will be introduced to gun safety, types of pistols, parts of pistols, safe gun handling, gun cleaning and how to shoot. Guns, ammo, eye and hearing protection will be furnished. Please visit heartland training team website for additional information.

Sessions: 5, Tuition: $109.00, COM: $35.00 payable to instructor first night of class.

Section No. 9A: West Frankfort Extension Center, Room 111, Meets Monday beginning February 22 (Late Start), 6:00P-8:45P, Instructors: Mike Corkran, Larry Morse

DEFENSIVE SHOOTING *PERSONAL PROTECTION INSIDE THE HOME (6ACE 275). Prerequisite: NRA Basic Pistol. This class covers topics about making your home safe, how to handle a violent encounter, Psychological and physiological effects, and law. The student is responsible for their own firearm and ammo for this class. Approximately 200 rounds will be needed. This class also qualifies for eight hours toward the Illinois Conceal carry class. Please visit the Heartland Training Team website for more detailed information about this class.

Sessions: 5, Tuition: $109.00, COM: $40.00 payable to instructor first night of class.

Section No. 9B: West Frankfort Extension Center, Room 111, Meets Monday beginning April 4 (Late Start), 6:00P-8:45P, Instructors: Mike Corkran, Larry Morse
ILLINOIS CONCEAL CARRY (8 HOUR) (6ACE 500).
Illinois Conceal Carry law requires applicants to take 16 hours of training or meet one of the exemptions for up to eight hours of credit. Verify you meet the requirements for this course at heartlandtrainingteam.com prior to registration. Also required: 100% attendance, your own gun, holster, extra magazines or speed loaders and 250 rounds of ammo.
Sessions: 1, Tuition: $54.50, Fee: $75.50

Section No. 1: John A. Logan College, Room F109, Gun Range TBA in class, Meets Wednesday beginning March 16 (Late Start), 8:00A-5:00P, Instructors: Bob Alcorn, Vance Schmid

Section No. 2: John A. Logan College, Room F109, Gun Range TBA in class, Meets Wednesday/Thursday beginning May 4 (Late Start), 6:00P-10:00P, Instructors: Bob Alcorn, Vance Schmid

Section No. 9A: West Frankfort Extension Center, Room 111, Royalton Sportsman Club Gun Range, Meets Saturday beginning March 12 (Late Start), 8:00A-5:30P, Instructors: Mike Corkran, Larry Morse

Section No. 9B: West Frankfort Extension Center, Room 111, Royalton Sportsman Club Gun Range, Meets Saturday beginning April 2 (Late Start), 8:00A-5:30P, Instructors: Mike Corkran, Larry Morse

ILLINOIS CONCEAL CARRY (16 HOURS) (6ACE 501).
Illinois Conceal Carry law requires applicants to take 16 hours of training or meet one of the exemptions for up to eight hours of credit. Verify you meet the requirements for this course at heartlandtrainingteam.com prior to registration. Also required: 100% attendance, your own gun, holster, extra magazines or speed loaders and 250 rounds of ammo.
Sessions: 2, Tuition: $109.00, Fee: $126.00

Section No. 1: John A. Logan College, Room F109, Gun Range TBA in class., Meets Tuesday/Wednesday beginning March 15 (Late Start), 8:00A-5:00P, Instructors: Bob Alcorn, Vance Schmid

Section No. 2: John A. Logan College, Room F109, Gun Range TBA in class., Meets Monday-Thursday beginning May 2 (Late Start), 6:00P-10:00P, Instructors: Bob Alcorn, Vance Schmid

Section No. 9A: West Frankfort Extension Center, Room 111, Royalton Sportsman Club Gun Range, Meets Saturday/ Sunday beginning February 27 (Late Start), 8:00A-5:30P, Instructors: Larry Morse, Mike Corkran

Section No. 9B: West Frankfort Extension Center, Room 111, Royalton Sportsman Club Gun Range, Meets Saturday/ Sunday beginning May 14 (Late Start), 8:00A-5:30P, Instructors: Larry Morse, Mike Corkran

NEW SHOTGUN –TACTICS AND SKILLS (PS 334).
Course is a tactical shotgun skills course that focuses on fundamentals of shooting safely, weapons handling, and marksmanship. Course will build skills of speed and accuracy for a tactical environment, and will include safety principles, weapon loading/unloading, marksmanship, immediate action drills for shooting and malfunctions, tactical loading and unloading, single and multiple target acquisition, shooting while moving and loading and use of cover. Course will also address ammunition selection for the situation and proper cleaning and maintenance and gun modifications.
Course is designed for a pump or semi-auto shotgun that has a capability of installing a magazine extension, auxiliary sights or scope, forearm and stock replacement. Students should bring their own pump or semi-auto shotgun and ammunition. A recommended list of equipment will be provided to the student prior to class. 8 hour Instruction will include 4 hours class time, lunch break, and 4 hours range time. Students will fire shotguns and receive instruction on the range by experienced law enforcement officers and very successful competitive shooter.
Sessions: 1, Fee: $100.00

Section No. 1: John A. Logan College, Room H125, Meets Thursday beginning April 14 (Late Start), 8:00A-5:00P, Instructors: Bob Alcorn, Vance Schmid

UTAH CONCEAL CARRY PERMIT (CFP) (FOR NON RESIDENT) (PS 766).
The Utah CFP permit training class takes 4 hours. Firing of a firearm is not required to obtain the Non-Resident Utah concealed firearm permit. The permit is valid for 5 years and training is not required for renewal. This permit is perfect for people who travel and want to legally protect themselves and their family. Students will receive fingerprint cards and photos will be taken in class.
Utah concealed firearm permit is recognized by 30 states for Illinois Residents. AL, AK, AZ, AR, DE, GA, ID, IN, IA, KY, LA, MN, MS, MO, MT, NE, NC, ND, OH, OK, PA, SD, TN, TX, VT, VA, WA, WV, WI and WY.
*Class cost does not include the $51.00 registration fee to the state of Utah.
*Fingerprinting service may be available. Students may be qualified to apply for the Florida Non-Resident CFP Permit. Instructor will provide complete application packets and photo service for $20.00 for students interested in the Florida permit. Must be 21 years of age to take this course!
Sessions: 1, Fee: $100.00

Section No. 1: John A. Logan College, Room H126, Meets Saturday beginning March 19 (Late Start), 8:00A-12:00P, Instructor: J.D. Barter
GENERAL EDUCATION

ACT PREP - ENGLISH AND READING SKILLS (PS 002). This course will offer tips and strategies to prepare students for the ACT. The sessions are offered before the April and May exams. They will last two hours and will provide best practices for quickly accurately choosing the correct responses on the English and reading portions of the ACT test—some attention will also be given to the new Enhanced ACT Essay prompts. Students must be at least a sophomore in high school.

Sessions: 1, Fee: $45.00
Section No. 1: Marion High School Library, Meets Tuesday beginning March 15 (Late Start), 6:00P-8:00P, Instructor: Amanda Hickman

Section No. 2: Herrin High School, Room 1107, Meets Tuesday beginning April 5 (Late Start), 6:00P-8:00P, Instructor: Amanda Hickman

Section No. 3: Marion High School Library, Meets Tuesday beginning May 3 (Late Start), 6:00P-8:00P, Instructor: Amanda Hickman

Section No. 4: Herrin High School, Room 1107, Meets Tuesday beginning May 10 (Late Start), 6:00P-8:00P, Instructor: Amanda Hickman

ACT PREP – MATH SKILLS (PS 003). This course will offer tips and strategies to prepare students for the ACT. The sessions are offered before the April and May exams. They will last two hours and will provide best practices for quickly accurately choosing the correct responses on the English and reading portions of the ACT test—some attention will also be given to the new Enhanced ACT Essay prompts. Students must be at least a sophomore in high school.

Sessions: 1, Fee: $45.00
Section No. 1: Marion High School Library, Meets Thursday beginning March 17 (Late Start), 6:00P-8:00P, Instructor: Michele Loyd

Section No. 2: Herrin High School, Room 2042, Meets Thursday beginning April 7 (Late Start), 6:00P-8:00P, Instructor: Michele Loyd

Section No. 3: Marion High School Library, Meets Thursday beginning May 5 (Late Start), 6:00P-8:00P, Instructor: Michele Loyd

Section No. 4: Herrin High School, Room 2042, Meets Thursday May 12 (Late Start), 6:00P-8:00P, Instructor: Michele Loyd

ANTIQUES (PS 723). Learn the basic ability to determine if an object is an antique or a collectible. Decide if it is real or a fake. May include field trip(s), guest speakers, and more. Call Teresa Ewell at 618-983-5200 for more information.
Sessions: 10, Fee: $36.00
Section No. 1: Johnston City, Shamrock Antique Shop, 900 N. Grand (RT 37), Meets Thursday beginning January 30, 2:00P-4:00P, Instructor: Theresa Ewell

NEW CAREER AND RESUME EXPRESS (PS 923). This class will give the students the tools to develop a professional, adaptable and relevant resume that can be used to apply for jobs, college work studies, internships, etc. Students will be given direction in creating the resume then individualizing it, while also maintaining professional quality. After a resume is created each student will identify one job/internship they are interested in to make a cover letter that coincides with completed resume. Then, we will cover interview tips and procedure and conduct mock interviews.

Sessions: 6, Fee: $40.00
Section No. 1: John A. Logan College, Room H115, Meets Thursday beginning January 28, 5:00P-6:30P, Instructor: Christie Lilly

CIVIL WAR ROUNDTABLE (PS 647). The Civil War is the greatest event in the history of the United States. This course will be a roundtable discussion, along with guest speakers, on the major battles, events, and people, along with the controversies that surround each. Teachers, amateur scholars, arm-chair generals, Civil War geeks, and novices are encouraged to attend. Teachers will receive 20 CPDU’s upon completion of the course. Guest speakers will add to the discussion.

Sessions: 6, Fee: $25.00
Section No. 1: John A. Logan College, Room E218, Meets Tuesday beginning January 26, 6:00P-8:00P, Instructor: Dr. Larry Peterson

COLLETTE VACATIONS (PS 525). The Continuing Education Department partners with Collette Vacations and is offering trips for area residents. For up-to-date information, please check the blurb in this brochure, contact the Continuing Education Department, or go to our website at www.jalc.edu/continuing-education.

Sessions: 1
Section No. 1: John A. Logan College, Room H104, Meets Monday beginning January 25, 8:00A-5:00P, Instructor: Barry Hancock
NEW COUPONING 101 (PS 703). You will learn all the basics to couponing, so that you can save hundreds of dollars per year. In the seminar, you will learn about coupons, how to use them, how to shop with a strategy, and how to save the most money.

Sessions: 1, Fee: $15.00, COM: $5.00 payable to instructor in class.

Section No. 1: John A. Logan College, Room H128, Meets Monday beginning January 25, 6:00P-8:30P, Instructor: Stephanie Campbell

Section No. 2: John A. Logan College, Room H128, Meets Monday beginning February 8 (Late Start), 6:00P-8:30P, Instructor: Stephanie Campbell

Section No. 3: Murphysboro, Carruthers School, Candy Lane, Cafeteria, Meets Monday beginning February 22 (Late Start), 6:00P-8:30P, Instructor: Stephanie Campbell

Section No. 4: John A. Logan College, Room H128, Meets Monday beginning March 7 (Late Start), 6:00P-8:30P, Instructor: Stephanie Campbell

Section No. 5: Carbondale, Prairie Living at Chautauqua, Activity Room, Meets Monday beginning March 21 (Late Start), 6:00P-8:30P, Instructor: Stephanie Campbell

Section No. 6: John A. Logan College, Room H128, Meets Monday beginning April 4 (Late Start), 6:00P-8:30P, Instructor: Stephanie Campbell

Section No. 7: Murphysboro, Carruthers School, Candy Lane, Cafeteria, Meets Monday beginning April 18 (Late Start), 6:00P-8:30P, Instructor: Stephanie Campbell

Section No. 8: John A. Logan College, Room H128, Meets Monday beginning May 2 (Late Start), 6:00P-8:30P, Instructor: Stephanie Campbell

Section No. 9: Carbondale, Liberty Village, Activity Room, Meets Monday beginning May 18 (Late Start), 6:00P-8:30P, Instructor: Stephanie Campbell

DEFENSIVE DRIVING-AARP (PS 636). Seniors will learn defensive driving techniques, new traffic laws, age-related changes in vision, hearing and reaction time, and more. Seniors can receive a reduction in their insurance premiums upon completion of this class.

Sessions: 2, COM: $15.00 for AARP members, $20.00 for non-members, payable to instructor first day of class.

Section No. 1: John A. Logan College, Room H122, Meets Wednesday/Thursday beginning January 27, 8:00A-12:00P, Instructor: Patty Farr

Section No. 2: John A. Logan College, Room H122, Meets Wednesday/Thursday beginning March 16 (Late Start), 8:00A-12:00P, Instructor: Patty Farr

Section No. 3: West Frankfort Extension Center, Room 121, Meets Wednesday/Thursday beginning February 17 (Late Start), 8:30A-12:30P, Instructor: Patty Farr

Section No. 4: West Frankfort Extension Center, Room 121, Meets Monday/Tuesday beginning April 18 (Late Start), 8:30A-12:30P, Instructor: Patty Farr

DNA AND GENEALOGY (PS 246). We will study 23andme (DNA Website) results and the steps to using the free programs.

Sessions: 8, Fee: $36.00

Section No. 1: John A. Logan College, Room E204, Meets Wednesday beginning January 27, 3:00P-5:00P, Instructor: Joy Upton

Section No. 9N: Alongi DuQuoin Extension Center, Room DQ5, Meets Monday beginning January 25, 1:00P-3:00P, Instructor: Joy Upton

ESSENTIAL OILS 101 AND BEYOND (PS 950). Learn a natural approach to having a calmer, happier, healthier life using essential oils. (Includes: History & production of EOs; choosing & using EOs for therapeutic benefits.)

Sessions: 10, Fee: $35.00, COM: $35.00 payable to instructor first night of class

Section No. 1: Herrin High School, Teachers’ Lounge, Meets Thursday, beginning January 28. No class on 3/31, 6:00P-8:00P, Instructor: Joyce Fisher

EXPLORING CROWDFUNDING THROUGH KICKSTARTER (INT./ADV.) (PS 774). Join millions of others using crowdfunding to transform dreams into reality. Learn what crowdfunding is and create a Kickstarter launch plan to raise money for your big idea!

Sessions: 10, Fee: $65.00

Section No. 2: John A. Logan College, Room E222, Meets Tuesday beginning February 16 (Late Start), 7:00P-8:00P, Instructor: Dennis Hoyle

FRENCH FOR BEGINNERS AND TRAVELERS (PS 347). Students will learn useful phrases, vocabulary, grammar, and the culture necessary to be a tourist in France. Previous French is helpful but not necessary.

Sessions: 10, Fee: $36.00

Section No. 1: Herrin High School, Room 1112, Meets Thursday, beginning January 28. No class 4/31, 6:00P-8:00P, Instructor: Michaelann Stanley
GENEALOGY BASICS (PS 056).  Start with you, your parents and grandparents; where do you go from there? Where do you find the information? For beginners and those who have begun but not sure what to do. Bring your laptop if you want! Sessions: 8, Fee: $36.00

Section No. 1: John A. Logan College, Room E133, Meets Tuesday beginning February 2 (Late Start), 6:00P-8:30P, Instructor: Cathy Small

GENEALOGY FOR BEGINNERS (PS 448). Will teach the basics for the beginners and provide guidelines for the advanced students where they are in their research. Sessions: 8, Fee: $36.00

Section No. 1: John A. Logan College, Room E204, Meets Wednesday beginning January 27, 1:00P-3:00P, Instructor: Joy Upton

Section No. 9N: Alongi DuQuoin Extension Center, Room DQ5, Meets Monday beginning January 25, 10:00A-12:00P, Instructor: Joy Upton

HYPNOSIS (BEG.) (PS 209). Students will learn hypnotic techniques that will help smokers become nonsmokers, help people lose weight, help people with ADD, help people with anxiety, to help people develop better study habits and more. Counselors, school psychologists, nurses and medical technicians can all benefits from this class. Sessions: 10, Fee: $36.00, Book Fee: $14.00 (optional) payable to instructor first night of class

Section No. 1: John A. Logan College, Room H133, Meets Monday beginning January 25, 6:00P-8:00P, Instructor: Don Benitone

HYPNOSIS METAPHYSICAL (PS 244). Course focuses on hypnotic approaches, uses of guided imagery, controlling emotional pain, self-healing and improvement, and demonstrations. Counselors, school psychologists, nurses and medical technicians can all benefits from this class. Teachers will receive CPDU’s and/or CEU’s. Sessions: 10, Fee: $36.00, Approximate Book Fee: $14.00 (optional) payable to instructor first night of class

Section No. 1: John A. Logan College, Room H133, Meets Thursday beginning January 28, 6:00P-8:00P, Instructor: Don Benitone

HYPNOSIS – WEIGHT LOSS (PS 350). Learn how self-hypnosis can help you lose and maintain weight. Sessions: 1, Fee: $20.00

Section No. 1: John A. Logan College, Room H122, Meets Wednesday beginning January 27, 6:00P-8:00P, Instructor: Don Benitone

INTRODUCTION TO CROWDFUNDING (PS 773). Join millions of others using crowdfunding to transform dreams into reality. Learn what crowdfunding is and the basics of how to use crowdfunding to raise money for your big idea! Sessions: 3, Fee: $20.00

Section No. 1: John A. Logan College, Room E233, Meets Tuesday beginning January 26, 7:00P-8:00P, Instructor: Dennis Hoyle

IPAD – I HAVE ONE, KNOW WHAT? (PS 764). Bring your IPad and learn how to use it. Starts with the basics and then instruction will be tailored to the skills of those enrolled. Hands-on experience-- so bring your APPLE device. Must have and bring apple ID and Password. Sessions: 8, Fee: $36.00

Section No. 9N: Alongi DuQuoin Extension Center, DQ5, Meets Tuesday beginning January 26, 12:30P-2:30P, Instructor: Brenda Teaney

Section No. 9R: Alongi DuQuoin Extension Center, DQ5, Meets Wednesday beginning January 27, 9:00A-11:00A, Instructor: Brenda Teaney

KOREAN FOR BEGINNERS (AGES 12 AND UP) (PS 977). Learn the Korean culture and language from the basics. Introduction and emphasis on conversational skills with pronunciation, alphabet, vocabulary, and grammar rules. This class will also have a unique cultural component involving exchange and discussion. Sessions: 10, Fee: $40.00

Section No. 1: John A. Logan College, Room B208, Meets Thursday beginning January 28, 6:00P-8:00P, Instructor: Jinseon Kim

NEW KOREAN (INTER/ADV) (AGES 12 AND UP) (PS 239). Building on the basics learned in the Beginner Course I, students will expand their vocabulary, grammatical knowledge, and conversational skills. Students are expected to have working knowledge of the alphabet and grammar from the previous course. Prerequisite: PS 977 01 or equivalent proficiency (test available).

Section No. 1: John A. Logan College, Room B208, Meets Wednesday beginning January 27, 6:00P-8:00P, Instructor: Jinseon Kim
MANUAL COMMUNICATIONS (SIGN LANGUAGE) (6ACE 113). For the beginner who wishes to learn sign language with emphasis on the alphabet, numbers and basic signs.
Sessions: 10, Tuition: $163.50, Approximate Book Fee: $39.95
Section No. 1: John A. Logan College, Room E217, Meets Monday beginning January 25, 6:00P-8:15P, Instructor: Susan Whiting

MASTERING YOUR I-PHONE AND I-PAD (PS 927). Have a new iPad or iPhone? This class will teach you the basics for using your new device. Topics covered will include basic features and controls, navigation gestures, keyboard use, settings, and using the cloud. Students will also learn how to purchase and download music, videos, and books; how to backup and sync content; and how to take, edit, and organize photos. The final sessions will focus on the native apps which come with an iPad or iPhone: calendar, contacts, photos, music, FaceTime, reminders, etc. Participants will also learn how to print from the device and what accessories are available to enhance their use of the iPad or iPhone.
Sessions: 8, Fee: $60.00
Section No. 1: Carbondale Township Hall Meeting Room, park behind building and enter from alley, Meets Tuesday beginning January 19 (Early Start), 6:00P-8:00P, Instructor: Gary Hartlieb

PARANORMAL INVESTIGATIONS (PS 700). This class will cover all aspects of paranormal, including tarot card reading, types of haunting, aura reading and healing, astrology, chakras, crystal gazeing and more. Course will include at least one field trip (optional) from tarot card reading.
Sessions: 12, Fee: $48.00
Section No. 1: John A. Logan College, Room E232, Meets Tuesday beginning January 26, 6:30P-8:30P, Instructor: Julia Neely-Spain

NEW PRINCIPLES OF GAME DESIGN (PS 772). Create America's next great board game or card game, learn how to make money selling your game, and play games every great game designer should know!
Sessions: 12, Fee: $45.00
Section No. 1: John A. Logan College, Room E233, Meets Tuesday beginning January 26, 6:00P-7:00P, Instructor: Dennis Hoyle

RANSWERS - (AN INSIDE LOOK AT PSORIATIC ARTHRITIS) (PS 208). Join us for an inside look at Psoriatic Arthritis. Learn more about what Psoriatic Arthritis is in this community forum and get all of your questions answered. RSVP is REQUIRED. Contact the Continuing Education Department to RSVP ext. 8248. Space is limited to 40 seats!
Sessions: 1
Section No. 1: John A. Logan College, Room J120, Meets Friday beginning January 15 (Early Start), 9:00A-11:00A, Instructor: Dr. Frederick Pfalzgraf, MD

RANSWERS - (RHEUMATOID ARTHRITIS) Are you one of nearly 1.3 million people in the US living with Rheumatoid Arthritis (RA)? Or do you know someone who is? Please join us for a talk right here on campus about RA. Free breakfast! RSVP is REQUIRED. Contact the Continuing Education Department to RSVP ext. 8248. Space is limited to 40 seats!
Sessions: 1
Section No. 1: John A. Logan College, Room J120, Meets Friday beginning March 10 (Late Start), 9:00A-11:00A, Instructor: Jill Cash, MSN, ANP

SPANISH CONVERSATIONAL (ADV.) (PS 102). Learn the more advanced phrases, gestures, and etiquette as well as reading and writing skills, Spanish culture, travel tips and more. The class will be eating a meal together at a local restaurant on the last class session.
Sessions: 10, Fee: $36.00
Section No. 1: Murphysboro, Carruthers School, Candy Lane, Meets Tuesday beginning January 26, 6:00P-8:00P, Instructor: Gloria Estrada

SPANISH CONVERSATIONAL (BEG.) (PS 105). Learn the basic phrases, gestures, reading and writing skills, Spanish culture, and more. A restaurant field trip is planned during the course. Teachers can also take this course and they will receive 20 CPDU’S.
Sessions: 10, Fee: $36.00
Section No. 1: Murphysboro, Carruthers School, Candy Lane, Meets Monday beginning January 25, 6:00P-8:00P, Instructor: Gloria Estrada
TEACHER PROFESSIONAL TRAINING – 31ST ANNUAL CONFERENCE ON TEACHING MATHEMATICS (ICTM/SS) (6ACE 306). The program, formerly held at SIUC, will feature speakers, many of whom are classroom teachers, in sessions that deal with the Common Core in Mathematics - content, teaching and assessing, including formative and summative assessment; problem solving; technology - calculators and iPads; connections between mathematics and science, music and literacy; STEM; and other topics of interest to teachers at all levels PreK through 14. Teachers will receive professional development credits as in the past. Luncheon keynote is Al Otto, Professor Emeritus at Illinois State University, will address “And what do I do next?” George Reese, ICTM President, will bring greetings on behalf of ICTM and also speak on the program. Dr. Bob Mann, ICTM Past President and Associate Professor of Western Illinois University, will present “EZ Tangrams.” 30 sessions given by classroom teachers covering all grade levels (PreK - 14) and interests. Registration fee is $80 on or before February 11, 2016 ($90 after) and will include registration materials, a continental breakfast, three sessions of 50 minutes each, snacks during breaks and the conference luncheon and main keynotes. Questions - Leslie Brock at lagodwin@siu.edu (618) 453-1141.

Sessions:  1, Fee:  No Charge

Section No. 1: John A. Logan College, Room F106, Meets Thursday beginning February 18 (Late Start), 8:00A-3:00P, Instructors:  Jerry Becker, Conference Chair, Cheng-Yao Lin, Program Chair

WRITING FICTION (PS 452). Teaches techniques of writing fiction: Includes plot and character development, effective use of dialogue and body language, and editing and publishing tips. Students need 3-ring binders, pens, small notebook for journaling. Ages 17 and up only. Sessions:  8, Fee: $40.00

Section No. 1: John A. Logan College, Room E232, Meets Thursday beginning January 28 (Late Start), 6:00P-8:00P, Instructor:  Sandra Conner

WEDDING PLANNING ON A BUDGET (PS 823). Learn how to plan your wedding through any given timeline on a limited budget. Students will learn how to use coupons while shopping, how to negotiate pricing, and how do-it-yourself projects will save a lot in the long run. Sessions:  2, Fee: $20.00

Section No. 1: John A. Logan College, Room H123, Meets Thursday beginning March 3 (Late Start), 6:00P-8:00P, Instructor:  Daniel Armstrong

Section No. 2: John A. Logan College, Room H125, Meets Saturday beginning March 12 (Late Start), 9:00A-1:00P, Instructor:  Daniel Armstrong

HEALTH CARE CLASSES – CONTACT 985-2828, EXT. 8537 OR 8401

ARC: CASEWORK & RECOVERY PLANNING FUNDAMENTALS & DAT ORIENTATION (MED 172). This course covers the skills and knowledge needed in effectively assisting clients in developing personalized recovery plans, supporting clients in problem-solving, providing referrals to other organizations, advocating on behalf of a client with a third party, such as a landlord, and connecting clients to services provided by health and disaster mental health practitioners. Throughout the course, you will see soft skills highlighted, such as active listening, empathy, and the use of thoughtful language as we empower and support clients in the decisions they make in recovering from a disaster. You will also become familiar with Casework and Recovery Planning Standards and Procedures and the Client Interview and Assistance Job Tool. Practice using American Red Cross Caseworker tools will be provided along with orientation to working as a caseworker. Sessions:  3, Fee:  No Charge

Section No. 1: John A. Logan College, Room F111 on Feb. 16, Room F110 on Feb. 23 & March 1, Meets Tuesday beginning February 16 (Late Start), 6:00P-10:00P, Instructors:  Claudia Blackman, Valerie Goodwin

ARC: DISASTER ASSESSMENT FUNDAMENTALS, CONCEPT OF OPERATIONS OVERVIEW, INCIDENT REPORTING FUNDAMENTALS, OPERATIONS PLANNING FUNDAMENTALS (MED 043). This course provides disaster workers and partner agencies with an overview of the American Red Cross Disaster Cycle Services Concept of Operations as well as provide training for incident reporting and operational planning. It introduces the tasks and responsibilities of Disaster Assessment responders on a disaster relief operation. Sessions:  2, Fee:  No Charge

Section No. 1: John A. Logan College, Room F110 on March 8, Room F111 on March 15, Meets Tuesday beginning March 8 (Late Start), 6:00P-10:00P, Instructors:  Claudia Blackman, Richard Boyett
ARC: DISASTER CYCLE SERVICES & VOLUNTEERING IN THE AMERICAN RED CROSS (MED 144). The first part of this course is the first in the Disaster Cycle Services (DSC) course curriculum. It provides an overview of how DCS fulfills the Red Cross mission and describes the whole cycle process of helping individuals, families and communities to prepare for, respond to and recover from disasters. The course also reviews the role of community and government partners and describes opportunities for volunteers in Disaster Cycle Services. The second part of the course Volunteering with the Red Cross is designed to present the many facets of volunteering for the Red Cross. It will include how to become a volunteer, what are the volunteer opportunities and how those opportunities can be accessed locally.

Sessions: 2, Fee: No Charge

Section No. 1: John A. Logan College, Room F110 on January 19, Room F111 on January 26, Meets Tuesday beginning January 19 (Early Start) 6:00P-10:00P, Instructors: Claudia Blackman, Bart Hagston

ARC: LOGISTICS & ERV: READY, SET, ROLL (MED 047). The first part of this course is designed to give participants an overview of Logistics and the activities associated with it. Participants will learn about the skills, abilities and knowledge needed by Logistics workers and how they can become involved in their region. The second part of course provides participants with the opportunity to learn about and use an emergency response vehicle (ERV) and all related equipment. Participants use the participant workbook, video and the Safe Handling Procedures on Disaster Relief Operations handbook to learn about the safe use and operation of an ERV. At the conclusion of this session, participants complete a self-administered true or false question course review. In the separating scheduled session, participants receive an ERV orientation and take a road test conducted at a Red Cross chapter.

Sessions: 2, Fee: No Charge

Section No. 1: John A. Logan College, Room F110 on Feb. 2 & Room F111 on Feb. 9, Meets Tuesday beginning February 2 & 9 (Late Start) 6:00P-10:00P, Instructors: Claudia Blackman, Dave Matthews

ARC: SHELTER FUNDAMENTALS & BULK DISTRIBUTION (MED 045). First Part of this course introduces students to sheltering guidelines and procedures for setting up, running and closing a shelter during a disaster. Referencing shelter checklists, participants will work on a case study that takes them through four of the six phases of the Sheltering Cycle: Opening, Organizing, Operating and Closing. The part of this course is an interactive course where participants engage in scenarios to learn how to apply the guidance covered in the Bulk Distribution Handbook. The handbook provides information and tools for use on disaster relief operations, chapter responses and in the classroom.

Sessions: 2, Fee: No Charge

Section No. 1: John A. Logan College, Room H126, Meets Tuesday beginning April 5 (Late Start), 6:00P-10:00P, Instructors: Richard Boyett, Bart Hagston

ARC: PSYCHOLOGICAL FIRST AID & SERVING PEOPLE WITH FUNCTIONAL NEEDS AND ACCESS NEEDS IN SHELTERS (MED 119). The first part of this course provides a framework for understanding the factors that affect stress responses in disaster relief workers and the clients they serve. Participants engage in practice exercises and complete a self-review questionnaire. The second part of the course will outline policies and practices of the Red Cross related to providing services to people with disabilities following a disaster. This part of course will have built in tests to assist students in understanding the material.

Sessions: 2, Fee: No Charge

Section No. 1: John A. Logan College, Room F110 on Feb. 2 & Room F111 on Feb. 9, Meets Tuesday beginning February 2 & 9 (Late Start), 6:00P-10:00P, Instructors: Claudia Blackman, Dave Matthews

BASIC 12 LEAD EKG INTERPRETATION (6CNE 140). Learn to interpret 12 Lead EKG tracings for bundle branch blocks, chamber enlargement, axix deviation, injury, ischemia and infarction. This class is geared toward those in the medical profession. Nursing CE’s 6.5 contact hrs. It is recommended that participants have completed a Basic Dysrhythmia Class before attending this class.

Sessions: 2, Tuition: $54.50, Fee: $20.50, Approx. Book Fee: $35.00

Section No. 1: John A. Logan College, Room H126, Meets Thursday beginning March 3 (Late Start), 5:00P-8:30P, Instructor: Debbie Goddard
Case Studies/Procedures- Healthcare AHA BASIC LIFE SUPPORT/HEARTSAVER INSTRUCTOR COURSE (6CNE 513). Completing this two part course will qualify participants to instruct American Heart Association (AHA) CPR, AED, and First Aid courses. Participants must have a current BLS card with Healthcare Provider status. Instructor candidates must successful complete part one, the Instructor Essentials course, on-line. A printable completion certificate will be available at the end of the course. Part two, the Discipline-Specific course is classroom-based. Any fees charged for this course, except for the portion of fees needed for AHA course material, do not represent income to the Association. Last day to register for this class will be March 4, 2016. An Instructor Candidate Workbook, a BLS Instructor Manual and a Discipline Specific Student Manual is required. Contact Continuing Education Office, Ext. 8401.

<table>
<thead>
<tr>
<th>Section No. 1:</th>
<th>John A. Logan College, Room H126, Meets Friday beginning March 11 (Late Start), 9:00A-5:00P, Instructor: Bob Loftus</th>
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HEALTHCARE PROVIDER CPR (6CNE 620). This course is designed to prepare healthcare professionals and the general public to know how to perform CPR in both in-and-out-of hospital settings. Each participant must pass written evaluation and demonstrate proficiency in all CPR skills. This course includes adult, child and infant resuscitation techniques. Any fees charged for this course, except for the portion of fees needed for AHA course material, do not represent income to the Association. Book is required, contact Continuing Education office or JALC Bookstore.

| Session 1: | Tuition: $54.50, Fee: $10.00, Approx. Book Fee: $17.00 payable to the bookstore |

HEARTSAVER CPR AED (6CNE 605). This course teaches CPR and AED use, relief of choking in adults and children, and the use of barrier devices for all ages. This course is for those that want to learn CPR and how to use an AED. Any fees charged for this course, except for the portion of fees needed for AHA course material, do not represent income to the Association. Book is required, contact Continuing Education office or JALC Bookstore.

| Session 1: | Tuition: $54.50, Fee: $10.00, Approx. Book Fee: $20.00 |

HEARTSAVER FIRST AID CPR AED (6CNE 600). This course is designed to prepare the student to recognize medical emergencies, various injuries, environmental, choking and cardiopulmonary emergencies. The student is prepared to access the emergency medical system and to provide immediate care to the victim. Any fees charged for this course, except for the portion of fees needed for AHA course material, do not represent income to the Association. Book is required, contact Continuing Education office or JALC Bookstore.

| Session 1: | Tuition: $54.50, Fee: $10.00, Approx. Book Fee: $20.00 |

HOSPICE FOUNDATION OF AMERICA-LIVING WITH GRIEF SERIES -MANAGING CONFLICT/FINDING MEANING-SUPPORTING FAMILIES AT LIFE'S END (MED 088). This program emphasizes strategies to support terminally ill patients, their families and close networks as they cope with impending death. Particular emphasis will be placed on how to manage sources of conflict that often emerge, as well as how to help families find meaning at life's end. For more information or to register dial the SIH Call Center at 866-744-2468.

| Session 1: | Tuition: $54.50, Fee: $10.00, Approx. Book Fee: $20.00 |

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HOSPICE VOLUNTEER CERTIFICATION TRAINING (MED 078). Hospice needs volunteers in all Southern Counties. Topics include Patient/Family Care, Nursing Home Ambassador, Health Fairs, Fundraisers, Speakers Bureau, Office Assistants, Vigil Volunteers and Committee Members.

Sessions: 1, Fee: No Charge

Section No. 1: John A. Logan College, Room F110, Meets Friday beginning March 18 (Late Start), 9:00A-5:00P, Instructor: Rita Spiller

PHLEBOTOMY SKILLS (6CNE 137). Learn the skills needed to perform phlebotomy in adults. Indications, contraindications, anatomy, access devices, the vacutainer system, universal precautions, hazardous and sharps disposal and the handling of specimens. You will receive a certificate of completion by email.

Sessions: 1, Tuition: $54.50, Fee: $25.50

Section No. 1: John A. Logan College, Room H128, Meets Saturday beginning January 30, 9:00A-4:30P, Instructor: Katrina Duffy

Section No. 2: John A. Logan College, Room H128, Meets Saturday beginning February 20 (Late Start), 9:00A-4:30P, Instructor: Katrina Duffy

Section No. 3: John A. Logan College, Room H128, Meets Saturday beginning March 12 (Late Start), 9:00A-4:30P, Instructor: Katrina Duffy

Section No. 4: John A. Logan College, Room H128, Meets Saturday beginning April 16 (Late Start), 9:00A-4:30P, Instructor: Katrina Duffy

PHLEBOTOMY (ADV.) (6CNE 160). Students will learn how to perform capillary punctures, ancillary glucose testing, chain of custody urine drug screens, low complexity procedures, processing of specimens for referral laboratories, shipping and handling regulations for laboratory specimens, and an overview of HIPAA privacy regulations. Prerequisite: Phlebotomy and bring a 1” 3-ring binder. You will receive a certificate of completion by email.

Sessions: 1, Tuition: $54.50, Fee: $35.50

Section No. 1: John A. Logan College, Room H128, Meets Saturday beginning April 30 (Late Start), 9:00A-4:30P, Instructor: Dianne Gaertner

SIH HEART FAILURE UNIVERSITY CLASS (OHE 503). This course is designed to aid heart failure patients and caregivers in the understanding and management of Congestive Heart Failure (CHF). This course will cover basic anatomy, physiology, symptoms, diet, medications and exercise. To register call: 1-866-744-2468.

Sessions: 1, Fee: No Charge

Section No. 1: John A. Logan College, Room F119, Meets Friday beginning April 22 (Late Start), 10:00A-2:00P, Instructor: Vicki Hunter

HEALTHCARE CLASSES FOR NURSING CE CREDITS Contact 985-2828, ext. 8537 or 8401

BASIC DYSRHYTHMIA RECOGNITION (6CNE 121). Topics include anatomy, physiology, pathophysiology, indications of monitoring, types of monitoring devices, and rhythm analysis and recognition. Emphasis is on recognition of potentially lethal dysrhythmias. Nursing CE’s 15 to 17 contact hours. Prerequisite to ACLS. Textbook needed for first session of class.

Sessions: 3, Tuition: $109.00, Approx. Book Fee: $50.00

Section No. 1: John A. Logan College, Room H123, Meets Thursday beginning February 11, 18 & 25 (Late Start), 8:00A-3:00P, Instructor: Dianne Gaertner

Case Studies/Procedures – Healthcare PAIN MANAGEMENT (6CNE 130). This program is two parts. Part 1 of the course discusses myths about pain, pain terminology, barriers to pain management, comfort function goals & pain management principles; describes various types of pain. Part 2 is review methods of assessing pain for the verbal as well as the non-verbal patient. Along with the recognition & evaluation of pain this program discusses various medications useful in treating pain. Methods of titrating & equidosing these medications will be addressed. Through this knowledge, healthcare personnel will be better equipped to recognize, assess & care for the patient in pain. John A. Logan College will be issuing Nursing CE’s for 7 contact hours application pending.

Sessions: 1, Tuition: $54.50, Fee: $0.50

Section No. 1: John A. Logan College, Room H126, Meets Thursday beginning March 10 (Late Start), 8:00A-4:30P, Instructor: Dianne Gaertner

Healthcare Topics

TO WRITE OR NOT TO WRITE: DO’S & DON’TS OF NURSING DOCUMENTATION (6BHT 100). This course will discuss the financial, legal & ethical issues that are faced. It will also go over various aspects of documentation that includes written, computer & electronic transfer of healthcare information. Basics of grammar, word order, what to write, what not to write and rationales for why documentation is to be done a precise way will be included in the course. John A. Logan College will be issuing Nursing CE’s for 7 contact hours application pending.

Sessions: 1, Tuition: $54.50, Fee: $0.50

Section No. 1: John A. Logan College, Room F110, Meets Tuesday beginning April 12 (Late Start), 8:00A-4:30P, Instructor: Dianne Gaertner
Case Studies/Procedures - Healthcare

UPDATES IN PRIMARY CARE (6CNE 513). This annual conference is designed to provide healthcare professionals with the latest evidence-based information on issues commonly seen in the primary care setting. The target audience includes physicians, mid-level providers, nurses, and other interest allied health professionals. Conference brochure and online registration will be available in early February at www.siumed.edu/cpd.

Sessions: 1, Fee: TBA

Section No. 2: John A. Logan College, Conference Center, Meets Wednesday beginning May 4 (Late Start), 8:30A-4:30P, Instructor: Various Speakers

VENIPUNCTURE & BASICS OF I.V. THERAPY (6CNE 192). Provide nurses, nursing students, PA’s & medical students with knowledge and skills needed to imitate, maintain and discontinue I.V. therapy. Legal aspects of I.V. therapy & professional responsibility will also be discussed. Fluid and Electrolytes related to I.V. therapy explained along with discussion of case studies in class, review complications of I.V. therapy. I.V. flow and drip rates will be calculated. Please bring a calculator. Textbook needed.

Sessions: 3, Tuition: $163.50, Fee: $1.50, Approx. Book Fee: $35.00

Section No. 1: John A. Logan College, Room H128, Meets Saturday beginning May 7, 14 & 21 (Late Start), 8:00A-4:30P, Instructor: Dianne Gaertner

CLASSES FOR KIDS

Carterville

APPLIED MUSIC LESSONS FOR CHILDREN (UNDER THE AGE OF 16) (PS 215). JALC Continuing Education offers PRIVATE MUSIC LESSONS for students 15 years old and younger. Please visit http://www.jalc.edu/continuing-education and register for a PS215 music course today! For those 16 years and older and interested in taking APPLIED (private music) LESSONS for credit on any instrument, please contact your Academic Advisor to enroll in MUS111 or MUS211. John A. Logan College also offers FREE-TUITION MUSIC ENSEMBLES: CHORAL (MUS 101A) & CHAMBER (MUS 102A) Ensembles, BAND (MUS 118), & ORCHESTRA (MUS 119).

For those interested in taking any Music Ensemble course (up to four times) for credit, please contact your Academic Advisor. For more information, contact Applied Music Coordinator, Nathan Arnett, at nathanarnett@jalc.edu.

Sessions: 14, Fee: $210.00

Section No. 1: John A. Logan College, Room B53, Meets beginning January 25, Instructor: Nathan Arnett, Applied Music Lessons Coordinator

DuQuoin

TAE KWON DO FOR BEGINNERS (AGES 6-11) (PS 109). Tae Kwon-Do is a Korean martial art utilizing both hand and foot technique. While this martial art is known for its dynamic kicking and self-defense skills, it is also a great way for children to gain self-confidence, discipline, coordination and improve concentration through many fun filled activities and drills.

Sessions: 10, Fee: $30.00

Section No. 9N: DuQuoin, Longshore’s Tae Kwon Do, 28 West Main St., Meets Monday/Wednesday beginning January 25, 6:00P-7:00P, Instructor: Master Lawrence “Corky” Longshore

TAE KWON DO FOR BEGINNERS (AGES 12-ADULT) (PS 174). Tae Kwon-Do is a Korean martial art utilizing both hand and foot technique. While this martial art is known for its dynamic kicking and self-defense skills, it is also a great way for children to gain self-confidence, discipline, coordination and improve concentration through many fun filled activities and drills.

Sessions: 10, Fee: $30.00

Section No. 9N: DuQuoin, Longshore’s Tae Kwon Do, 28 West Main St., Meets Monday/Wednesday beginning January 25, 7:00P-8:00P, Instructor: Master Lawrence “Corky” Longshore

John A. Logan College

AIR RIFLE SHOOTING-GUN SAFETY (AGES 8-18) (PS 449). This course is offered in partnership with the University of Illinois Extension Service 4-H Program. Students will learn gun safety and proper gun handling and shooting techniques. Guns, targets, and ammunition are provided as part of the cost of materials fee. Upon successful completion, students will have the opportunity to participate in a .22 caliber rifle summer program.

Questions - Call Ester Waddy at 618-993-3304, ewaddy@illinois.edu or Don Elliot at 618-751-9209.

Sessions: 8, COM: $20.00 onetime fee payable to University of Illinois Extension Service to join 4-H Program.
Section No. 1: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Monday beginning January 25 6:00P-7:00P, Instructor: Don Elliott

Section No. 2: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Monday beginning January 25 7:00P-8:00P, Instructor: Don Elliott

ARCHERY SHOOTING/SAFETY (AGES 8-18) (PS 481). This course is offered in partnership with the University of Illinois Extension Service 4-H Program. Students will learn archery safety maintenance and handling of the bow. Bows, targets, and arrows are provided as part of the cost of materials fee.

Questions - Call Ester Waddy at 618-993-3304, ewaddy@illinois.edu or Don Elliott at 618-751-9209. COM: $20.00 onetime fee payable to University of Illinois Extension Service to join 4-H Program.

Section No. 1: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Tuesday beginning January 26, 6:00P-7:00P, Instructor: Don Elliott

Sessions: 6

Section No. 2: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Sunday beginning February 7 (Late Start), 2:00P-5:00P, Instructor: Don Elliott

Sessions: 2

PHYSICAL EDUCATION

ADULT BASKETBALL LEAGUE (PS 970). This is a competitive adult basketball league that will consist of 8 teams, with each team playing a 1-hour game each night. Scores and team records will be tracked, culminating in a final post-season tournament. Teams may consist of 5-10 players and participants must be at least 18 years of age. Team captains must register by March 22. There will be a captain’s meeting in room J102 at the CHEC building on March 22 at 6pm. For more information, go to www.cartervilleleague.com or contact Brad Griffith at (618) 985-3741 ext. 8504.

Sessions: 9, Fee: $45.00

Section No. 01: TBA, Meets Tuesday beginning March 29 (Late Start), 6:00P-10:00P, Instructor: TBA

BASKETBALL MEN (BEG.) (PS 018). A class to develop physical fitness and provide recreation and pleasure. Students must pre-register or register and pay at the first day of session to be admitted.

Sessions: 10, Fee: $36.00

Section No. 1: Marion, Washington School, East Main St., Gym, Meets Wednesday beginning January 27, 6:00P-8:00P, Instructor: Wayne Anderson

COUCH POTATO TO 5K (PS 868). C25K, is a program that's been designed to get just about anyone from the couch to running 5 kilometers or 30 minutes in just 9 weeks. Its secret is that it's a gentle introduction to getting the body moving, starting off alternating between walking and running small distances, and slowly building up until, after 9 weeks, you're ready to run 5 kilometers or 30 minutes nonstop.

Sessions: 10, Fee: $30.00

Section No. 1: Marion, Jr. High Track, Meets Tuesday beginning January 26, 5:30P-7:00P, Instructor: Ashley Smith-Dahlman

FLAG FOOTBALL LEAGUE (PS 412). An adult flag football league with competitive and fun games of 8 vs. 8 flag football. There will be a captain’s meeting on Wednesday, March 30 at 6:30 p.m. in Room J224 of the JALC Community Health Education Complex.

Sessions: 9, Fee: $45.00

Section No. 1: Carterville High School, Meets Sunday beginning April 4 1:00P-5:00P, Instructor: Jeremy Cobb

GOLF (BEG/INTER) (PS 059). All aspects of the game will be discussed, including grip, stance, swing, chip, putt and more

Sessions: 5, Fee: $40.00, COM: $15.00 payable to golf course first day of class.

Section No. 1: Energy, Pine Lakes Golf Course, Meets Thursday beginning March 31 (Late Start), 5:30P-7:30P, Instructor: Lynn Strobel, Jr.

HORSEBACK RIDING FOR ADULT BEGINNERS (PS 225). This course offers an introduction to basic horsemanship skills including grooming, saddling, safety, trail riding, arena riding, and barn chores. Age and weight restriction apply. Weights limit 200lbs. Ages 12 and up.

For more information call 618-529-4110 Sessions: 6, Fee: $40.00, COM: $100.00 payable to Giant City Stables.

Section No. 1: Makanda, Giant City Stables, 7226 Giant City Road, Meets Monday beginning March 7 (Late Start), 1:00P-3:00P, Instructor: Ramona Twelman

KENPO KARATE JUI JITSU – FOR ADULTS (PS 418). Students will learn the martial arts basics including gaining or improving confidence, self-esteem, self-control, coordination, balance, reaction time, overall physical and mental conditioning, and respect for others.

Fee: $45.00

Section No. 01A: John A. Logan College, CHEC Bldg., Room J120, Meets Saturday beginning January 30, 1:00P-4:00P, Instructor: Gary Douglas

Sessions: 7

Section No. 01B: John A. Logan College, CHEC Bldg., Room J120, Meets Saturday beginning April 2 (Late Start), 1:00P-4:00P, Instructor: Gary Douglas

Sessions: 8
KENPO KARATE JUI JITSU FOR KIDS (AGES 6-12) (PS 419).
Sessions: 8, Fee: $35.00
Section No. 02A: John A. Logan College, CHEC Bldg., Room J120. Meets Saturday beginning January 30, 4:00P-6:00P, Instructor: Gary Douglas
Section No. 02B: John A. Logan College, CHEC Bldg., Room J120. Meets Saturday beginning April 2 (Late Start), 4:00P-6:00P, Instructor: Gary Douglas

PEOPLE WITH ARTHRITIS CAN EXERCISE (PS 186). A group recreational activity program designed specifically for people with arthritis. It includes games, range of motion, activities, muscle strengthening and/or endurance exercise, body mechanics, and relaxation techniques.
Sessions: 20, Fee: $36.00
Section No. 1: Carbondale, Liberty Village, 2950 W. Westridge, Activity Room. Meets Monday/Wednesday beginning January 25, 1:30P-2:30P, Instructor: Trish Earl

REIKI LEVEL I (PS 709). Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Opportunity to practice and meet other practitioners provided. Level I certification earned by completion of course requirements.
Sessions: 10, Fee: $40.00
Section No. 1: John A. Logan College, Room H207. Meets Wednesday beginning January 27, 6:00P-8:00P, Instructor: Bernie Stacka

ROCK CLIMBING I (PS 998). This introductory course will cover the basics of building anchors used for top rope rock climbing. In the course students will learn various knots, safety concerns, and techniques to building proper anchors for top rope climbing. (age requirement must be 14yrs old. and have parent sign waiver first day of class) Location: Touch of Nature Environmental Learning Center. Note: This is not a certification course.
Sessions: 2, Fee: $75.00
Section No. 01: Carbondale, Touch of Nature Learning Center, Meets Saturday/Sunday beginning April 2 (Late Start), 9:00A-5:00P on 4/2, 10:00A-4:00P on 4/3, Instructor: Shane Brady

STRENGTHENING AND STRETCHING FOR WOMEN (PS 185). Strengthening activities address both the upper and lower body plus engage the core muscles stretching activities help maintain and increase the range of motion in most major joints. Class participants will move throughout the hour but significant increase in heart rate is not the primary goal. Bring the following equipment to each class: set of hand weights, exercise mat, folding chair, exercise band, and a playground ball (8” – 12” diameter). There is a maximum enrollment of 45 students.
Sessions: 20, Fee: $36.00
Section No. 1: Murphysboro, Knights of Columbus, 606 Plum Street. Meets Monday/Wednesday beginning January 25, 4:30P-5:30P, Instructors: Martha Peebles, Dorcy Prosser

STRENGTH AND STRETCHING (PS 185). This class is designed for the person who has or has not taken an aerobics class. This class will review various movements used in an aerobics class and then will be put into a pattern and varied over the 10 week session.
Sessions: 10, Fee: $36.00
Section No. 2: Marion, Training Center. Meets Thursday beginning January 28, 6:30P-8:30P, Instructor: Eva Black

TAE KWON DO (BEG) (AGES 12 - ADULT) (PS 174). Learn techniques of Tae Kwon-Do and self-defense through emphasis on basic kicks, blocks, and punching techniques. For beginners, white and yellow belts.
Sessions: 10, Fee: $30.00
Section No. 9N: Du Quoin, Longshore’s Tae Kwon Do, 28 West Main Street. Meets Monday/Wednesday beginning January 25, 7:00P-8:00P, Instructor: Master Lawrence “Corky” Longshore

VOLLEYBALL (COED) (BEG.) (PS 111). Tone leg and arm muscles through volleyball fundamentals.
Sessions: 10, Fee: $36.00
Section No. 1: Crab Orchard High School, Gym. Meets Tuesday beginning January 26, 6:30P-8:30P, Instructor: Rindy Nehrkorn

DANCE

BALLROOM DANCING (BEG) (PS 157). Basic steps in the fox trot, waltz, swing, rumba, cha-cha, and tango.
Sessions: 10, Fee: $40.00
Section No. 1: Marion Training Center, 211 E. Blvd., Meets Tuesday beginning January 26, 7:30P-9:00P, Instructor: Jeremiah Linson

Section No. 2: Carbondale, Parrish Grade School, Gym. Meets Thursday beginning January 28, 6:00P-7:30P, Instructor: Jeremiah Linson

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BALLROOM DANCING - (INTER/ADV) (PS 158). Fine-tune your waltz, fox trot, swing and Latin dances
Sessions: 10, Fee: $40.00
Section No. 1: Marion Training Center, 211 E. Blvd., Meets Tuesday beginning January 26, 6:00P-7:30P, Instructor: Jeremiah Linson
Section No. 2: Carbondale, Parrish Grade School, Gym, Meets Thursday beginning January 28, 7:30P-9:00P, Instructor: Jeremiah Linson

COUNTRY LINE DANCING (PS 030). Line dancing is a form of exercise with a wide range of physical and mental benefits. Each line dance is a sequence of steps in one direction and then repeat it in different directions. This course is for individuals and couples who wants to learn and to have fun at the same time. Syllabus includes Two-Step, Tush Push, Electric Slide, Waltz, Cha-Cha, Swing and more.
Sessions: 10, Fee: $38.00
Section No. 1: John A. Logan College, Multi-Purpose Room (C104) Meets Wednesday beginning February 3, 7:00P-9:00P, Instructor: Katie Chu

INTRODUCTIONS TO SOCIAL DANCING (PS 993). This course is a casual introduction to some common social partner dances, such as waltz, swing, slow-dancing, two-step, salsa, foxtrot, and others. This course will cover the basic nuts and bolts of what makes social dancing fun and interesting.
Sessions: 10, Fee: $40.00
Section No. 9A: West Frankfort Extension Center, Room 128, Meets Saturday beginning January 30, 5:00P-6:30P, Instructor: Jeremiah Linson

SALSA DANCING (BEG) (PS 523). An introduction to dancing street style Salsa and Merengue. It will focus on teaching the natural basic steps and dance techniques of Salsa and Merengue so you can create your own unique style of dancing on the dance floor or on the street.
Sessions: 8, Fee: $35.00
Section No. 1: John A. Logan College, Multi-Purpose Room (C104), Meets Tuesday beginning January 26, 6:30P-8:00P, Instructor: Don Wooters

SALSA DANCING (INTER/ADV) (PS 524). Learn more advanced steps and techniques of this popular dance.
Sessions: 8, Fee: $35.00
Section No. 1: John A. Logan College, Multi-Purpose Room (C104), Meets Tuesday beginning January 26, 8:00P-9:30P, Instructor: Don Wooters

PET CARE

DOG AGILITY (LEVEL 1) (PS 690). All Dogs must have some prior obedience training or handler control. 10 months or older, Liability release req. to be signed. First class bring shot records, dog, toys, lots of treats, water & bowl. All classes are held outside on grass, so dress appropriately. See web site for more required info – www.canineteamtraining.com
1st class come 15 min early to fill out paperwork. COM fee payable to instructor first night of class. Dogs and Handlers will be introduced to the basics of agility handling and AKC (American Kennel Club) equipment. Many handlers find that their dogs build confidence and pay more attention to them after completing this class.
Sessions: 8, Fee: $75.00, COM: $25.00 payable to instructor first night of class.
Section No. 1: Desoto, 204 Candlewood Dr., travel on private gravel road, 2nd house on left., Meets Sunday beginning March 20 (Late Start), no class on 3/27 and 5/8, 3:00P-4:00P, Instructor: Carol Ely
Section No. 2: Desoto, 204 Candlewood Dr., travel on private gravel road, 2nd house on left. Meets Sunday beginning March 20 (Late Start), no class on 3/27 and 5/8, 4:30P-5:30P, Instructor: Carol Ely

DOG OBEDIENCE TRAINING BEGINNER *LEVEL 1 (FOR HOME) (PS 400). Dog minimum 4 months old. We will cover basic commands, Intro Obedience, Rally and Agility. Homework, handouts and demos. Positive training methods used. Everyone (except repeats) required to attend first class. Continuous barking or aggressive dogs will not be allowed to stay in class. Handler may continue to attend classes without dog. Max 12 Dogs. All persons attending must be registered. Additional persons without a dog, can register over the 12 limit - contact instructor or come to first class. Shot records due first night of class. Behavioral paperwork to be filled out in class. No dogs first Night.
Sessions: 6, Fee: $60.00
Section No. 1: Marion Williamson County Armory, behind the airport on Redco Drive, turn left onto Minuteman Road and follow to Armory, Meets Tuesday beginning January 26, 5:00P-6:20P, Instructor: Carol Ely
Section No. 2: Marion Williamson County Armory, behind the airport on Redco Drive, turn left onto Minuteman Road and follow to Armory, Meets Tuesday beginning January 26, 6:30P-7:50P, Instructor: Carol Ely
Section No. 3: Marion Williamson County Armory, behind the airport on Redco Drive, turn left onto Minuteman Road and follow to Armory, Meets Tuesday beginning March 15 (Late Start), 5:00P-6:20P, Instructor: Carol Ely

Section No. 4: Marion Williamson County Armory, behind the airport on Redco Drive, turn left onto Minuteman Road and follow to Armory, Meets Tuesday beginning March 15 (Late Start), 6:30P-7:50P, Instructor: Carol Ely

DOG SHOWHANDLING (ADV) (PS 401). Prepares the student and the dogs for AKC shows. No prerequisite for dogs. (First meeting is orientation with dog. Shot records are due first night of class).
Sessions: 10, Fee: $60.00

Section No. 1: Marion, Williamson County Armory, behind the airport on Redco Drive, turn left onto Minuteman Road and follow to Armory, Meets Monday beginning January 25, 6:00P-7:30P, Instructor: Rodney Jones

Section No. 1: Marion, Williamson County Armory, behind the airport on Redco Drive, turn left onto Minuteman Road and follow to Armory, Meets Wednesday beginning January 27, 5:00P-6:30P, Instructor: Carol Ely
Section No. 2: Marion, Williamson County Armory, behind the airport on Redco Drive, turn left onto Minuteman Road and follow to Armory, Meets Wednesday beginning March 16 (Late Start), 5:30P-6:30P, Instructor: Carol Ely

PET CPR AND FIRST AID (PS 534). Do you know what to do if your dog or cat chokes or has a heart attack? Come learn how to revive and save your best friend. Please do not bring your pet to this workshop. The cost of supplies is included in the fee.
Sessions: 1, Fee: $30.00

Section No. 1: John A. Logan College, Room H126, Meets Monday beginning February 1 (Late Start), 6:00P-8:00P, Instructor: Bob Loftus

HOMEMAKING

BEGINNING SEWING (PAJAMAS) (PS 892). A pajama pant and top will be constructed during class. A sewing machine will be required. A supply list will be available at the first class. Machines will not be needed at the first class.
Sessions: 10, Fee: $40.00, COM

Section No. 1: Carbondale, Sew-A-Lot, 215 West Walnut Street, Meets Wednesday beginning January 27, 6:00P-8:00P, Instructor: Sue Estes

COOKING AND FOOD PREPARATION TECH: INTERNATIONAL COOKING (6ACE 276). China, Thailand, Korea, Japan, India, the Middle East and other places, their cuisine, spices, and perspective on fresh foods for daily meals, favorite dishes, garnishes to make food attractive, and daily staples. A native cook will teach cooking techniques from each country, side by side with an experienced friend of internationals who is able to help when language barriers interrupt. Class includes reproducible handouts of recipes and lists of common spices. Learn firsthand the cooking techniques from your international cook.
Sessions: 10, Tuition: $109.00, COM: $35.00 payable to instructor first day of class.

Section No. 1: Carbondale, Baptist Collegiate Ministry Center, 825 West Mill Street, Cafeteria, Meets Wednesday beginning January 27, 10:30A-12:30P, Instructor: Leah Bening
QUILTING MADE EASY (STICKS AND STONES) (PS 264). Choosing fabric, rotary cutting and machine piecing are just a few of the basics of quilting that will be taught in this hands-on class. This is a quilt project that looks difficult, but is very easy.  
Sessions: 10, Fee: $36.00, COM

Section No. 1: John A. Logan College, Room G203, Meets Thursday beginning January 28, 2:00P-4:00P, Instructor: Linda Main

Section No. 2: John A. Logan College, Room G203, Meets Thursday beginning January 28, 6:00P-8:00P, Instructor: Linda Main

RAG QUILTING (PS 832). Make a rag quilt in an animal shape or get creative using squares or a pattern of your own design. These make great gifts for babies to adult or make it for yourself. Basic sewing skills and a sewing machine needed. Supply list provided at the first class. Machine not needed the first session.

Sew A Lot, 215 West Walnut Street
Sessions: 10, Fee: $40.00, COM

Section No. 1: Carbondale, Sew A Lot, 215 West Walnut Street, Meets Thursday beginning January 28, 6:00P-8:00P, Instructor: Sue Estes

SEWING I (TOTE BAG) (PS 725). Students will learn about different types of fabrics and how to prepare those fabrics to use in garments. Students will learn how to thread and operate their machine. Basic sewing skills will be covered. Understanding pattern markings will be covered. A lined tote bag made of sewing samples will be constructed. Class is geared to students who have no basic sewing skills. Supply list will be provided at first class.

Sessions: 10, Fee: $40.00

Section No. 1: Carbondale, Sew A Lot, 215 West Walnut Street, Meets Tuesday beginning January 26, 6:00P-8:00P, Instructor: Sue Estes

MUSIC

APPLIED MUSIC LESSONS FOR CHILDREN (UNDER THE AGE OF 16) (PS 215). JALC Continuing Education offers PRIVATE MUSIC LESSONS for students 15 years old and younger. Please visit http://www.jalc.edu/continuing-education and register for a PS215 music course today! For those 16 years and older and interested in taking APPLIED (private music) LESSONS for credit on any instrument, please contact your Academic Advisor to enroll in MUS111 or MUS211. John A. Logan College also offers FREE-TUITION MUSIC ENSEMBLES:
CHORAL (MUS 101A) & CHAMBER (MUS 102A) Ensembles, BAND (MUS 118), & ORCHESTRA (MUS 119). For those interested in taking any Music Ensemble course (up to four times) for credit, please contact your Academic Advisor. For more information, contact Applied Music Coordinator, Nathan Arnett, at nathanarnett@jalc.edu.

Sessions: 14, Fee: $210.00

Section No. 1: John A. Logan College, Room B53, Meets TBA beginning January 25, TBA, Instructor: Nathan Arnett, Applied Music Lessons Coordinator

BOWED PSALTERY (PS 763). The syllabus contains Twinkle, Lightly Row, Song of the Wind, Go Tell Aunt Rhody, Long Long Ago, Row Row Row Your Boat and Amazing Grace. We'll learn the songs and musical skills – note-reading, music theory, harmony, Psalteries for class use are provided, but you may want to own one. We will discuss how & where to get one. (First try a web-search.) At end of course there will be a performance. Many have already become hooked on psaltery and have formed Psaltery Symphony. You'll hear all about that in class. Psaltery can lead to violin. Both use a bow. Please see SIViolin.com for more information.

Fee: $60.00, COM: $5.00 payable to instructor

Section No. 1: Marion Antique Mall, 501 N. Madison Street, Meets Thursday beginning January 28, 12:30P-2:30P, Instructor: Ken Wollberg
Sessions: 9

Section No. 2: Carbondale, First Christian Church, Room #5 (1st Floor), Meets Friday beginning January 29, 1:00P-2:30P, Instructor: Ken Wollberg
Sessions: 12

FIDDLING FOR BEGINNERS (PS 541). Get Grandpa's fiddle down from the shelf, or buy one, and join us to learn favorite bluegrass and old timey tunes by ear and note. No prior lessons required.

Sessions: 10, Fee: $60.00, COM: $10.00 payable to instructor for handouts and a recording of tunes.

Section No. 1: John A. Logan College, Room B60, Meets Monday beginning January 25, 6:00P-7:30P, Instructor: Joanne Long
FIDDLING FOR BEGINNERS (PS 541). Learn fundamentals of fiddle (violin): how to hold the bow, play in tune, get good sound, keep the beat and stay together as a group, basic music reading, music theory, etc. The syllabus contains Twinkle, Lightly Row, Song of the Wind, Go Tell Aunt Rhody, Long Long Ago, Row Row Row Your Boat and Amazing Grace. The focus is on making your best SOUND. All songs will be learned by heart & polished. There will be a final performance combined with many other players.

Sessions: 9, Fee: $50.00, COM
Section No. 2: Marion, Antique Mall, 501 N. Madison Street, Meets Thursday beginning January 28, 3:00P-5:00P, Instructor: Ken Wollberg

FIDDLING INTERMEDIATE (PS 554). Keep playing favorite bluegrass and old timey tunes, adding to your repertory and learning more notes and techniques; sample Texas Swing, Cajun, Celtic, and blues styles. This class will have a cost of materials of $10.00 for handouts and a recording of tunes payable to instructor first day of class.

Sessions: 10, Fee: $60.00, COM: $10.00 payable to instructor for handouts and a recording of tunes.
Section No. 1: John A. Logan College, Room B60, Meets Monday beginning January 25, 7:30P-9:00P, Instructor: Joanne Long

GUITAR (BEG) (PS 222). Group instruction will be given to students with acoustic or electric guitars and who have little or no experience playing the guitar. Students must bring their own guitars.

Sessions: 10, Fee: $50.00, COM: $5.00 payable to instructor.
Section No. 1: John A. Logan College, Room B64, Meets Monday beginning January 25, 6:00P-7:30P, Instructor: Marty “Little Larry” Davis

GUITAR (INTER) (PS 562). This class offers students a more advanced learning curve from a veteran professional player. Elements of rock, blues, country and jazz are explored, including improvisation and ear-training.

Sessions: 10, Fee: $50.00, COM: $5.00 payable to instructor.
Section No. 1: John A. Logan College, Room B64, Meets Monday beginning January 25, 7:30P-9:00P, Instructor: Marty “Little Larry” Davis

ARTS AND CRAFTS

ACRYLIC PAINTING (PS 997). Course will provide students with skills and knowledge of materials needed to create acrylic painting projects. Painting exercises will be demonstrated in order for students to learn how the techniques are performed.

Sessions: 10, Fee: $40.00, COM
Section No. 1: John A. Logan College, Room B43, Meets Thursday beginning January 28, 6:00P-8:00P, Instructor: Steve Wooldridge

CALLIGRAPHY (PS 672). Students will learn basic styles, fundamentals, and hand lettering.

Sessions: 10, Fee: $35.00, COM: $15.00 payable to instructor first night of class.
Section No. 1: John A. Logan College, Room B67, Meets Monday beginning January 25, 6:00P-8:00P, Instructor: Steve Wooldridge

EXPERIENCE THE FUN IN PAINTING (PS 971). Students will choose their favorite medium and ideas for their paintings. Beginners will learn the basics. Experienced painters will use their own style and become confident in their artwork.

Sessions: 8, Fee: $40.00, COM
Section No. 1: Murphysboro, Senior Citizens Center, 17 N. 14th Street, Activity Room, Meets Wednesday beginning January 20 (Early Start), 9:00A-11:30A, Instructor: Patricia Stiens

Section No. 2: Herrin, Williamson County Programs on Aging, Activity Room, Meets Thursday beginning January 21 (Early Start), 9:00A-11:30A, Instructor: Patricia Stiens

Section No. 3: Carbondale, Prairie Living at Chautauqua, 955 Villa Court, Activity Room, Meets Friday beginning January 22 (Early Start), 9:00A-11:30A, Instructor: Susan Richardson

PORCELAIN PAINTING (PS 670). Learn the more advanced techniques and skill of the fine art of porcelain painting. Experienced painters will improve skills and achieve confidence in their ability.

Sessions: 7, Fee: $40.00, COM
Section No. 1: Marion School for Hearing Impaired, north side of Jefferson School, Multi-purpose Room, Meets Tuesday beginning January 26, 5:00P-8:00P, Instructor: Debra Menesse
CHEC Membership

Membership includes unlimited access to the fitness center and aquatic center (during open swim hours).

- **Spring Semester Membership** (January 1st– May 15th) $95
- **One Month Membership** (Any one month period) $30

*One day passes are also available for $5!*

Discount!!!!! *(Must register at the CHEC to receive discount)*

Register for both 8 week CLASSES at once and receive 10% off your entire purchase.

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Community Health Education Complex (CHEC)

- Gym Membership
- Fitness Classes
- Aquatic Classes
- Swim Lessons
- Personal Training

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**HOURS OF OPERATION**

**Fitness Center**
- Mon-Fri: 5:30am-8:30pm
- Sat: 5:30am-3pm
- Sun: Closed

**Aquatic Center**
- Mon-Fri: 5:30-9am
  - 11am-1pm
  - 6:30-8:30pm
- Sat: 5:30-10am

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Silver Sneakers!

CHEC is now a partner with the Silver Sneakers® program. If you are a senior citizen, you may qualify for a FREE membership. See the next page for more details!

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**Orientation Video**

*Orientation video for new users!* All new users are required to view an 8-minute orientation video. This orientation contains information about the facility and also includes a waiver/release form. The video can be viewed at the CHEC building or online from your own home (CHEC website). Once the video has been viewed one time, you will not be required to complete the video again in the future.
Bob has been a member of our aerobics center for over 30 years! He says, "Initially it was for convenience because I live close by, but over the years it has become more than that. It is a great facility with all the equipment I need and the staff is nice and friendly. You build relationships over the years, and there is a social aspect to it."

Bob goes on to say that being a member of our Community Health Education Complex (CHEC) has been a personal benefit as it has helped him maintain his diabetes and manage his weight.

"It is a great facility with friendly staff. The facility is clean and equipped with all the equipment you would need. It is also a great social environment, and not only can you get a membership, but you can also enroll in a variety of fun classes here."

"Honestly it already meets my needs and is a great facility, but over the years I have thought that it would be nice to have an indoor running track and that would be something I would be interested to see happen in the future."

COMMUNITY EDUCATION HEALTH COMPLEX (CHEC BUILDING) CONTACT 985-2828, EXT. 8502 OR 8504

SILVERSNEAKERS®

Silver Sneakers® is a program that offers basic fitness memberships, amenities, and fitness classes to many qualifying senior citizens in the United States—at no cost to the participants. There are over 12 million qualifying members and more than 13,000 participating locations. Healthways, the company that runs the program, describes Silver Sneakers® as a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. If you are under one of the following health insurance providers, you may qualify:

- AARP® Medicare Supplement Insurance Plan
- Aetna Medicare
- BlueCross BlueShield of Illinois
- Coventry Health Care of Illinois
- Coventry Health Care of Missouri
- Essence Healthcare
- Health Alliance Medicare
- Humana
- UnitedHealthcare®
- WellCare

At CHEC, SilverSneakers® members receive a free membership and also have the option of taking several SilverSneakers® classes for no cost. To see SilverSneakers® class listings, refer to the CHEC class schedule later in this brochure. If you qualify for SilverSneakers®, stop by the front desk or contact Deana Smith at Ext. 8502 to get registered.

FITNESS CENTER

The Aerobic & Weight Training Center includes weight machines, free weights, dumbbells, a 1/16 mile walking track, 14 treadmills, 24 bicycles, 12 elliptical gliders, 2 stair climbers, and 2 rowing machines. This area also features an aerobic super circuit and 10 satellite television systems

BODY SCULPT (PS 992). A muscle-toning class that focuses on core strength. Weight bars, elastic bands, dumbbells, and other various fitness equipment may be used. Be prepared to improve your strength and flexibility while simultaneously burning fat and calories.

Sessions: 16, Fee: $45.00

Section No. 01A: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning January 26, 5:45A-6:30A, Instructor: Karen Scriven

Section No. 01B: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning March 29 (Late Start), 5:45A-6:30A, Instructor: Karen Scriven

NEW BUTTS AND GUTS (PS 704). A butt-kicking, gut wrenching class aimed at improving your lower body and core. This class is for all levels and easily adaptable!

Section No. 01A: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning January 25, 5:00A-5:50A, Instructor: April Stanly

Sessions: 15, Fee: $45.00

Section No. 02A: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning January 26, 6:30P-7:15P, Instructor: April Stanly

Sessions: 16, Fee: $45.00

Section No. 01B: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning March 28 (Late Start), 5:00A-5:50A, Instructor: April Stanly

Sessions: 16, Fee: $45.00

Section No. 02B: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning March 29 (Late Start), 6:30P-7:15P, Instructor: April Stanly

Sessions: 16, Fee: $45.00
**NEW 50’S MUSIC SENIOR SOCIAL (PS 978).** This is an opportunity for senior citizens to gather every Friday evening and socialize in our 92 degree therapy pool. Music from the 1950s will be played and seniors will be able to relax, socialize, exercise, and have some fun. Various activities may be offered, but seniors primarily will be free to spend the time in the pool however they desire.

Fee: $25.00

Section No. 01A: John A. Logan College CHEC, Pool, Meets Friday beginning January 29, 5:00P-6:00P, Instructor: Karla Klueter

**Sessions:** 7

Section No. 01B: John A. Logan College CHEC, Pool, Meets Friday beginning April 1 (**Late Start**), 5:00P-6:00P, Instructor: Karla Klueter

**Sessions:** 8

**FIT FOR LIFE STRETCHING AND TONING (PS 942).** This course focuses on stretching to improve the participant’s range of motion through activities which increase flexibility and blood flow.

Fee: $45.00

Section No. 01A: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning January 25, 10:00A-10:50A, Instructor: Fae Ragan

**Sessions:** 15

Section No. 02A: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning January 26, 9:00A-9:50A, Instructor: Fae Ragan

**Sessions:** 16

Section No. 01B: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning March 28 (**Late Start**), 10:00A-10:50A, Instructor: Fae Ragan

**Sessions:** 16

Section No. 02B: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning March 29 (**Late Start**), 9:00A-9:50A, Instructor: Fae Ragan

**Sessions:** 16

**KENPO KARATE JUI JITSU – FOR ADULTS (PS 418).** Students will learn the martial arts basics including gaining or improving confidence, self-esteem, self-control, coordination, balance, reaction time, overall physical and mental conditioning, and respect for others.

Fee: $45.00

Section No. 01A: John A. Logan College, CHEC Bldg., Room J120, Meets Saturday beginning January 30, 1:00P-4:00P, Instructor: Gary Douglas

**Sessions:** 7

Section No. 01B: John A. Logan College, CHEC Bldg., Room J120, Meets Saturday beginning April 2 (**Late Start**), 1:00P-4:00P, Instructor: Gary Douglas

**Sessions:** 8

**KENPO KARATE JUI JITSU FOR KIDS (AGES 6-12) (PS 419).**

**Sessions:** 8, Fee: $35.00

Section No. 02A: John A. Logan College, CHEC Bldg., Room J120, Meets Saturday beginning January 30, 4:00P-6:00P, Instructor: Gary Douglas

Section No. 02B: John A. Logan College, CHEC Bldg., Room J120, Meets Saturday beginning April 2 (**Late Start**), 4:00P-6:00P, Instructor: Gary Douglas

**NEW KICKBOXING CARDIO (PS 707).** A combination of cardio, boxing, and martial arts (total body workout) designed to improve cardiovascular fitness, flexibility, coordination, strength, and balance. Come hook, jab, upper cut, and kick your way to a fitter you!

**Sessions:** 15, Fee: $45.00

Section No. 01: John A. Logan College, CHEC Bldg., Room J120, Meets Saturday beginning January 25, 4:00P-6:00P, Instructor: Gary Douglas

**NEW RETRO DANCE FITNESS (PS 705).** Ready to dance to the 80’s, 90’s & beyond while burning calories & getting back into your retro shape? Come join us for this beginner to intermediate level dance class where we go back in time to the likes of Michael Jackson, Cyndi Lauper, The Village People & every day is a party! If you’ve been embarrassed to start working out again, this is the class to try! We will all be laughing and learning aerobic dances to the music that WE love.

**Sessions:** 16, Fee: $45.00

Section No. 01A: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning March 28 (**Late Start**), 6:00A-6:45A, Instructor: Tricia Zoeller

**PILATES (PS 945).** Pilates provides a safe and effective way to stretch, strengthen, and streamline your body without building bulk or stressing your joints. The students will learn basic principles during their exercise sessions. Specific exercises, activities, resources, and exercise equipment will be used in developing an individualized, well-rounded physical fitness program. Breathing, core conditioning, and body awareness will be emphasized. Modification is the key to Pilates, success with a variety of populations. All exercises are developed with modifications that can make a workout safe and challenging for a person at any age fitness level.

**Sessions:** 16, Fee: $45.00

Section No. 01A: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning January 25, 5:45A-6:30A, Instructor: Karen Scriven
NEW SILVER SNEAKERS CARDIOFIT (PS 702). Get up and go with an aerobics class that’s safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. Silver Sneakers members may take this class free of charge.

Sessions: 31, Fee: $80.00

Section No. 01: John A. Logan College CHEC, Room J222, Meets Monday/Wednesday beginning January 25, 9:00A-9:50A, Instructor: Kelli Abell

NEW SILVER SNEAKERS CIRCUIT (PS 711). Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises. Silver Sneakers members may take this class free of charge.

Sessions: 32, Fee: $80.00

Section No. 01: John A. Logan College CHEC, J222, Meets Tuesday/Thursday beginning January 26, 10:00A-10:55A, Instructor: Fae Ragan

NEW SILVER SNEAKERS CLASSIC (PS 701). Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Silver Sneakers members may take this class free of charge.

Sessions: 63, Fee: $95.00

Section No. 01: John A. Logan College CHEC, Room J222, Meets Monday, Tuesday, Wednesday and Thursday beginning January 25, 8:00A-8:50A, Instructor: Fae Ragan

NEW SILVER SNEAKERS YOGA (PS 703). SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Silver Sneakers members may take this class free of charge.

Sessions: 31, Fee: $80.00

Section No. 01: John A. Logan College CHEC, Room J222, Meets Monday/Wednesday beginning January 25, 11:00A-11:50A, Instructor: Susan Bausch

SPINNING (PS 957). Spinning is a group exercise class performed on stationary bikes. During the class, the instructor simulates hill-climbing, sprints, and races. This is a great cardiovascular workout and if you want to burn calories and increase endurance this is the class for you. You will be kept motivated by the instructor, the people around you, and the music. Water and towels are a must! Come on in for the ride with us!

Fee: $55.00

Section No. 01A: John A. Logan College CHEC, Room J220, Meets Monday, Tuesday, Thursday beginning January 25, 4:30P-5:30P, Instructor: Kathy Faulkner

Sessions: 23

Section No. 01B: John A. Logan College CHEC, Room J220, Meets Monday, Tuesday, Thursday beginning March 28 (Late Start), 4:30P-5:30P, Instructor: Kathy Faulkner

Sessions: 24

WING CHUN KUNG FU (PS 928). One of the most effective fighting systems in existence. Kicks are kept low or can be removed (completely) making this practical for all. Bruce Lee was the most famous practitioner. This style was featured in the Ip Man movie series (story of Bruce Lee’s teacher).

Sessions: 10, Tuition: $50.00

Section No. 1: John A. Logan College, CHEC, Room J120, Meets Tuesday beginning January 26, 6:30P-8:00P, Instructor: Marty Davis

YOGA (PS 941). This course will share with students the science of yoga and the vast techniques which reflect the mind-body-spirit connection. Participants will learn how to breathe, engage in the basic postures, and modify the level of yoga practice intensity.

Fee: $45.00

Section No. 01A: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning January 25, 9:00A-9:50A, Instructor: Susan Bausch

Sessions: 15

Section No. 02A: John A. Logan College CHEC, Room J222, Meets Monday/Wednesday beginning January 25, 10:00A-10:50P, Instructor: Susan Bausch

Sessions: 15

Section No. 03A: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning January 25, 12:00P-12:50P, Instructor: Susan Bausch

Sessions: 15

Section No. 04A: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning January 25, 4:00P-4:50P, Instructor: Susan Bausch

Sessions: 15
Section No. 05A: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning January 26, 8:00A-8:50A, Instructor: Susan Bausch

**Sessions:** 16

Section No. 01B: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning March 28 *(Late Start)*, 9:00A-9:50A, Instructor: Susan Bausch

**Sessions:** 16

Section No. 02B: John A. Logan College CHEC, Room J222, Meets Monday/Wednesday beginning March 28 *(Late Start)*, 10:00A-10:50A, Instructor: Susan Bausch

**Sessions:** 16

Section No. 03B: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning March 28 *(Late Start)*, 12:00P-12:50P, Instructor: Susan Bausch

**Sessions:** 16

Section No. 04B: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning March 28 *(Late Start)*, 4:00P-4:50P, Instructor: Susan Bausch

**Sessions:** 16

Section No. 05B: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning March 29 *(Late Start)*, 8:00A-8:50A, Instructor: Susan Bausch

**Sessions:** 16

**ZUMBA (PS 944).** Zumba is a fusion of Latin and International music and dance themes creating a dynamic, exciting and effective fitness program. The routines feature aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the entire body to create a one of a kind workout. Fee: $45.00

Section No. 01A: John A. Logan College CHEC, Room J120, Meets Monday/Tuesday beginning January 25, 11:00A-11:50A, Instructor: Kelli Abell

**Sessions:** 15

Section No. 02A: John A. Logan College CHEC, Room J120, Meets Monday/Tuesday beginning January 26, 5:00P-5:50P, Instructor: Karen Scriven

**Sessions:** 15

Section No. 01B: John A. Logan College CHEC, Room J120, Meets Monday/Tuesday beginning March 28 *(Late Start)*, 11:00A-11:50A, Instructor: Kelli Abell

**Sessions:** 16

Section No. 02B: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning March 29 *(Late Start)*, 5:00P-5:50P, Instructor: Karen Scriven

**Sessions:** 15

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**AQUATIC CENTER**

The Aquatic Center consists of two pools. The 75’ x 58’ lap pool is kept at 83-84 degrees and ranges in depth from 3.5 feet to 10 feet. The 68’ x 39’ therapy pool is kept at 92 degrees and ranges in depth from 1 inch to 5 feet.

**ADVANCED SWIMMING (PS 933).** This course is designed to provide students with an opportunity to improve upon their basic swimming strokes and skills. Students will create individual aquatic fitness programs unique to their own goals. Students will be taught proper breathing technique and will increase efficiency of proper stroke technique in crawl, back, and breast. Fee: $55.00

Section No. 01A: John A. Logan College CHEC, Pool, Meets Monday/Wednesday/Friday beginning January 25, 10:00A-10:55A, Instructor: Becky Kolar

**Sessions:** 22

Section No. 01B: John A. Logan College CHEC, Pool, Meets Monday/Wednesday/Friday beginning March 28 *(Late Start)*, 10:00A-10:55A, Instructor: Becky Kolar

**Sessions:** 24

**AI CHI (PS 930).** Want to relieve stress while working on range of motion, balance and flexibility? Then this is the class for you! The rehabilitation pool will be used with a water temperature of 92°.

Section No. 01A: John A. Logan College CHEC, Pool, Meets Monday, Wednesday, Friday beginning January 25, 10:00A-10:55A, Instructor: Nicole Rossi

**Sessions:** 22, Fee: $55.00

Section No. 02A: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning January 26, 9:00A-9:55A, Instructor: Nicole Rossi

**Sessions:** 16, Fee: $45.00

Section No. 01B: John A. Logan College CHEC, Pool, Meets Monday, Wednesday, Friday beginning March 28 *(Late Start)*, 10:00A-10:55A, Instructor: Nicole Rossi

**Sessions:** 24, Fee: $55.00

Section No. 02B: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning March 29 *(Late Start)*, 9:00A-9:55A, Instructor: Nicole Rossi

**Sessions:** 16, Fee: $45.00
AQUA TONING AND AEROBICS – SHALLOW (PS 934). This course is designed to provide the student with increased fitness and flexibility through aquatic exercise. The student will participate in an aquatic fitness and toning exercise program. This class will be conducted in the shallow end of the pool (3.5 feet deep).

Section No. 01A: John A. Logan College CHEC, Pool, Meets Monday, Wednesday, Friday beginning January 25, 9:00A-9:55A, Instructor: Becky Kolar
Sessions: 22, Fee: $55.00

Section No. 01B: John A. Logan College CHEC, Pool, Meets Monday, Wednesday, Friday beginning March 28 (Late Start), 9:00A-9:55A, Instructor: Becky Kolar
Sessions: 24, Fee: $55.00

AQUA TONING AND AEROBICS – SHALLOW/DEEP (PS 935). This course is designed to provide the student with increased fitness and flexibility through aquatic exercise. The student will participate in an aquatic fitness and toning exercise program. This class will primarily be conducted in the deep end of the pool (10 feet deep), with some warm-up and cool-down activities in the shallow end (3.5 feet deep).

AQUA YOGA (PS 932). The Aqua Yoga course is a combination of slow, deliberate Aqua Yoga movements that are adapted to the 92-degree therapy pool. The class will promote general mobility, range of motion, and body stretching. The Aqua Yoga class can decrease stress, anxiety, and fatigue as well as be helpful for arthritis and other body conditions. The class will stress body balance and mental control with the goal of improving overall individual health and fitness.

ARTHRITIS AQUATICS (SILVER SNEAKERS SPLASH) (PS 931). Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination. Improve strength, flexibility, balance and endurance. Be kind to your joints, get stronger, and have fun in the pool. This class will provide the student with the opportunity to exercise affected joints in the therapy pool with 92 degree water. Silver Sneakers members may take this class free of charge.
Section No. 06A: John A. Logan College CHEC, Pool, Meets Monday, Wednesday, Friday beginning January 25, 9:00A-9:55A, Instructor: Nicole Rossi
Sessions: 22, Fee: $0 - $55.00

Section No. 01B: John A. Logan College CHEC, Pool, Meets Monday, Wednesday, Friday beginning March 28 (Late Start), 3:00P-3:55P, Instructor: Kathleen Krones
Sessions: 24, Fee: $0 - $55.00

Section No. 02B: John A. Logan College CHEC, Pool, Meets Monday, Wednesday, Friday beginning March 28 (Late Start), 4:00P-4:55P, Instructor: Karla Klueter
Sessions: 24, Fee: $0 - $55.00

Section No. 03B: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning March 29 (Late Start), 10:00A-10:55A, Instructor: Nicole Rossi
Sessions: 16, Fee: $0 - $45.00

Section No. 04B: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning March 29 (Late Start), 1:00P-1:55P, Instructor: Karla Klueter
Sessions: 16, Fee: $0 - $45.00

Section No. 05B: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning March 29 (Late Start), 2:00P-2:55P, Instructor: Karla Klueter
Sessions: 16, Fee: $0 - $45.00

Section No. 06B: John A. Logan College CHEC, Pool, Meets Monday, Wednesday, Friday beginning March 28 (Late Start), 9:00A-9:55A, Instructor: Nicole Rossi
Sessions: 24, Fee: $0 - $55.00

LIFEGUARD CERTIFICATION (6ACE 506). This course will result in American Red Cross Lifeguard, CPR, and First Aid certifications. These certifications will last for exactly 2 years. Candidates must meet the following requirements: Candidates must be at least 15 years of age on or before the final scheduled session of this course (bring picture ID). Candidates will be required to swim 300 yards continuously using front crawl, breast stroke, or a combination of both. There is no time limit for this activity. Candidates will be required to tread water for 2 consecutive minutes without arm support. Only the legs can be used and the head must remain above the surface of the water. Candidates will be required to swim 20 yards, surface dive to the depth of 10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point while holding the object above water. Each Saturday will include a 1-hour lunch break. Re-certification is available as well during these times but will not require attendance to all sessions.
Sessions: 7, Tuition: $163.50, Fee: $70.00

Section No. 01A: John A. Logan College CHEC, Pool, Meets Saturday beginning January 30, 10:00A-10:45A, Instructor: Jane Fiorenzi
Sessions: 7

Section No. 02A: John A. Logan College CHEC, Pool, Meets Saturday beginning January 30, 12:00P-2:45P, Instructor: Jane Fiorenzi
Sessions: 7

Section No. 01B: John A. Logan College CHEC, Pool, Meets Saturday beginning April 2 (Late Start), 10:00A-10:45A, Instructor: Jane Fiorenzi
Sessions: 8

Section No. 02B: John A. Logan College CHEC, Pool, Meets Saturday beginning April 2 (Late Start), 12:00P-12:45P, Instructor: Jane Fiorenzi
Sessions: 8

POST-INJURY AQUA STRENGTH AND CONDITIONING (PS 951). This class is designed for anyone who has recently completed any type of physical therapy or rehab program and would like to continue with aquatic strength and conditioning exercises. This course will be taught by a licensed physical therapist assistant who specializes in aquatic therapy. All skills levels are welcome.
Fee: $45.00

Section No. 01A: John A. Logan College CHEC, Pool, Meets Monday/Wednesday beginning January 25, 5:00P-5:45P, Instructor: Marcia Skinner
Sessions: 15

Section No. 01B: John A. Logan College CHEC, Pool, Meets Monday/Wednesday beginning March 28 (Late Start), 5:00P-5:45P, Instructor: Marcia Skinner
Sessions: 16

SWIM LESSONS

CHEC offers two formats of swim lessons and five different skill levels. Group classes are offered that meet 1-2 times per week for 8 weeks. Private 1-on-1 lessons are also available and meet five consecutive nights for one week. All instructors are Water Safety Instructor (WSI) certified.
COMPETITIVE YOUTH SWIMMING LEVEL 4 (PS 983). Group swim lesson ranging from 4-16 students. Must be at least 6 years of age. This class continues to develop and improve stroke while building confidence. This course will provide conditioning for students who already know all four competitive strokes. Students will use drills, a pace clock to improve endurance and continue proper stroke development. This course is the level of a beginning swim team participant. Children under the age of 12 will be required to have a parent on deck.

Section No. 01A: John A. Logan College CHEC, Pool, Meets Friday beginning January 29, 2:00P-2:50P, Instructor: Jane Fiorenzi
Sessions: 7, Fee: $60.00

Section No. 02A: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning January 26, 4:00P-4:50P, Instructor: Derrick Snider
Sessions: 16, Fee: $110.00

Section No. 03A: John A. Logan College CHEC, Pool, Meets Saturday beginning January 30, 12:00P-12:50P, Instructor: Meghan O’Leary
Sessions: 7, Fee: $60.00

Section No. 01B: John A. Logan College CHEC, Pool, Meets Friday beginning April 1 (Late Start), 2:00P-2:50P, Instructor: Jane Fiorenzi
Sessions: 8, Fee: $60.00

Section No. 02B: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning March 29 (Late Start), 4:00P-4:50P, Instructor: Derrick Snider
Sessions: 16, Fee: $110.00

Section No. 03B: John A. Logan College CHEC, Pool, Meets Saturday beginning April 2 (Late Start), 12:00P-12:50P, Instructor: Meghan O’Leary
Sessions: 8, Fee: $60.00

COMPETITIVE YOUTH SWIMMING LEVEL 5 (PS 984). Group swim lesson ranging from 4-16 students. Must be at least 6 years of age. This course will provide conditioning for students who already know all four competitive strokes. Students will use drills, a pace clock to improve endurance and continue proper stroke development. This class is for advanced swim team participants. Strokes are refined and longer distances are practiced. Children under the age of 12 will be required to have a parent on deck.

Section No. 01A: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning January 26, 5:00P-5:50P, Instructor: Derrick Snider
Sessions: 16, Fee: $110.00

Section No. 02A: John A. Logan College CHEC, Pool, Meets Friday beginning January 29, 4:00P-4:50P, Instructor: Jane Fiorenzi
Sessions: 7, Fee: $60.00

Section No. 01B: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning March 29 (Late Start), 5:00P-5:50P, Instructor: Derrick Snider
Sessions: 16, Fee: $110.00

Section No. 02B: John A. Logan College CHEC, Pool, Meets Friday beginning April 1 (Late Start), 4:00P-4:50P, Instructor: Jane Fiorenzi
Sessions: 8, Fee: $60.00

SWIM LESSONS (BEG.) LEVEL 1 (PS 980). Group swim lesson ranging from 2-6 students. Must be at least 4 years of age. The primary objective of this course is to introduce children to the proper aquatic methods of beginning swimming. Methods of instruction include skill introduction and practice of swimming. When skills are learned, new skills will be introduced to build upon the participant’s success. This level is for students who are not yet comfortable being in the water. Course begins with basics such as sticking face in the water and blowing bubbles. Children under the age of 12 will be required to have a parent on deck.
Fee: $60.00

Section No. 01A: John A. Logan College CHEC, Pool, Meets Monday beginning January 25, 5:45P-6:30P, Instructor: Josh Boren
Sessions: 7

Section No. 02A: John A. Logan College CHEC, Pool, Meets Tuesday beginning January 26, 5:45P-6:30P, Instructor: Josh Boren
Sessions: 8

Section No. 03A: John A. Logan College CHEC, Pool, Meets Saturday beginning January 30, 11:00A-11:50A, Instructor: Jane Fiorenzi
Sessions: 7

Section No. 01B: John A. Logan College CHEC, Pool, Meets Monday beginning March 28 (Late Start), 5:45P-6:30P, Instructor: Josh Boren
Sessions: 8

Section No. 02B: John A. Logan College CHEC, Pool, Meets Tuesday beginning March 29 (Late Start), 5:45P-6:30P, Instructor: Josh Boren
Sessions: 8

Section No. 03B: John A. Logan College CHEC, Pool, Meets Saturday beginning April 2 (Late Start), 11:00A-11:45A, Instructor: Jane Fiorenzi
Sessions: 8
SWIM LESSONS (BEG.) LEVEL 2 (PS 981). Group swim lesson ranging from 2-6 students. Must be at least 4 years of age. The primary objective of this course is to introduce children to the proper aquatic methods of beginning swimming. Methods of instruction include skill introduction and practice of swimming. When skills are learned, new skills will be introduced to build upon the participant’s success. This level is for students who are comfortable being in the water but need to learn basic skills. Class focuses on learning how to swim and may introduce basic strokes. Children under the age of 12 will be required to have a parent on deck.

Fee: $60.00

Section No. 01A: John A. Logan College CHEC, Pool, Meets Monday beginning January 25, 5:45P-6:30P, Instructor: Diann Bauer
Sessions: 7

Section No. 02A: John A. Logan College CHEC, Pool, Meets Tuesday beginning January 26, 5:45P-6:30P, Instructor: Diann Bauer
Sessions: 8

Section No. 03A: John A. Logan College CHEC, Pool, Meets Saturday beginning January 30, 11:00A-11:45A, Instructor: Meghan O’Leary
Sessions: 7

Section No. 01B: John A. Logan College CHEC, Pool, Meets Monday beginning March 28 (Late Start), 5:45P-6:30P, Instructor: Diann Bauer
Sessions: 8

Section No. 02B: John A. Logan College CHEC, Pool, Meets Tuesday beginning March 29 (Late Start), 5:45P-6:30P, Instructor: Diann Bauer
Sessions: 8

Section No. 03B: John A. Logan College CHEC, Pool, Meets Saturday beginning April 2 (Late Start), 11:00A-11:45A, Instructor: Meghan O’Leary
Sessions: 8

SWIM LESSONS (INTER.) LEVEL 3 (PS 982). Group swim lesson ranging from 2-8 students. Must be at least 5 years of age. The primary objective of this course is to introduce children to the proper aquatic methods of intermediate swimming. Methods of instruction include skill introduction and practice of swimming. When skills are learned, new skills will be introduced to build upon the participant’s success. This class builds on skills developed in levels 1 and 2. Stroke development is a main focus. Children under the age of 12 will be required to have a parent on deck.

Sessions: 8, Fee: $60.00

Section No. 01A: John A. Logan College CHEC, Pool, Meets Tuesday beginning January 26, 5:45P-6:30P, Instructor: Myra Harris

Section No. 02A: John A. Logan College CHEC, Pool, Meets Thursday beginning January 28, 5:45P-6:30P, Instructor: Myra Harris

Section No. 01B: John A. Logan College CHEC, Pool, Meets Tuesday beginning March 29 (Late Start), 5:45P-6:30P, Instructor: Myra Harris

Section No. 02B: John A. Logan College CHEC, Pool, Meets Thursday beginning March 31 (Late Start), 5:45P-6:30P, Instructor: Myra Harris

NEW PERSONAL TRAINING PACKAGES

Beginning Spring 2016, CHEC will be offering private personal training packages in the fitness center. These sessions will be on an as-scheduled basis with one of our ACSM certified personal trainers.

PERSONAL TRAINING. Contact the CHEC front desk at 985-3741 Ext. 8502 to check available times or schedule a personal training session.

Fee: 1 hour - $35.00; 4 hours - $100
Here's What's Happening in the Continuing Education Department at John A. Logan College

The Continuing Education Department Staff are geared up and ready for the Spring Semester! We hope you have a Merry Christmas and Happy Holidays.

Dr. Barry Hancock - Dean for Community Education
Bradley Griffith - Director of Community Health Education Complex (CHEC)
April Stanly - Associate Director for Community Education

The Community Health Education Complex (CHEC) is back and operating. We have a new roof over the Aquatics Center, fresh paint throughout the facility and our locker rooms have been remodeled!

Dog Obedience, Agility and Nose-work classes are popular!

A student enjoys painting in her Art class with instructor Patricia Stein at the Williamson County Programs on Aging in Herrin.

Students in Susan Richardson's Art Class pose during their annual Art Show at Prairie Chautauqua in Carbondale.

Students are never too old to exercise at our Community Health Education Complex!

U.S. Forest Service Helicopter Pilots from across the country train in the College's Aquatic Center.
# Private Music Lessons & Music Ensembles

JALC Continuing Education offers PRIVATE MUSIC LESSONS for students 15 years old and younger. Please visit [http://www.jalc.edu/continuing-education](http://www.jalc.edu/continuing-education) and register for a PS215 music course today!

For those 16 years and older and interested in taking APPLIED (private music) LESSONS for credit on any instrument, please contact your Academic Advisor to enroll in MUS111 or MUS211.

John A. Logan College also offers FREE-TUITION MUSIC ENSEMBLES: CHORAL (MUS 101A) & CHAMBER (MUS 102A) Ensembles, BAND (MUS 118), & ORCHESTRA (MUS 119). For those interested in taking any Music Ensemble course (up to four times) for credit, please contact your Academic Advisor.

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## PESTICIDE TRAINING and CERTIFICATION CLINICS at JOHN A. LOGAN COLLEGE

<table>
<thead>
<tr>
<th>Sponsored by</th>
<th>Illinois Department of Agriculture and University of Illinois</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>January 12-13, 2016</strong></td>
<td><em>Commercial</em> training and testing</td>
</tr>
<tr>
<td><strong>Training:</strong></td>
<td>Gen. Standards, Turf, Ornamentals, Rights-of-Way, Mosquito</td>
</tr>
<tr>
<td><strong>April 12, 2016</strong></td>
<td><em>Testing Only</em> session (no training)</td>
</tr>
</tbody>
</table>

Preregistration is required

For additional information and/or registration:

- **Online** [www.pesticidesafety.illinois.edu](http://www.pesticidesafety.illinois.edu) or
- **Call** 800-644-2123 (University of Illinois PSEP) or
- **Call** 618-985-2828 Ext. 8249 (John A. Logan Continuing Education Dept.)
JOHN A. LOGAN COLLEGE'S
28TH ANNUAL TROPICAL ADVENTURE
TO TRINIDAD AND TOBAGO
JUNE 3 - 10, 2016

Based at the world-renowned Asa Wright Nature Centre and Lodge, a 200-acre wildlife sanctuary in Trinidad’s rainforested Northern range and at the charming Blue Waters Inn in Tobago, participants will travel with expert local guides visiting several unique natural areas throughout both islands.

Avid naturalists have flocked to Asa Wright Nature Centre for over three decades, drawn by a magnetic combination of fascinating birds, talented naturalists, and time at a place that made history in the study of flora and fauna of the New World tropics. This experience, Trinidad paired with beach time and birding time in neighboring Tobago, makes this nature and birding tour a prime one to plan on for a great learning experience!

Join Professor Nelda Hinckley and Trevor Hinckley to spend four nights at the world-renowned Asa Wright Nature Centre and Lodge, a 200-acre wildlife sanctuary in Trinidad’s rainforested Northern range. On Tobago, enjoy three nights at a small resort on a pristine beach, where visiting tropicbirds and boobies on their nest island is just a quick boat excursion away.

Local guides add in-depth knowledge of several unique natural areas throughout both islands.

LAND COST: $1595 (with 8 participants, includes all meals, lodging, and field trips)
For info and current air fare, contact:
Prof. Nelda W. Hinckley at (618) 549-5588 or neldahinckley@jalc.edu

Send $100 Deposit Check payable to Caligo Ventures, Inc. to Prof. Hinckley at John A. Logan, 700 Logan College Road, Carterville, Illinois 62918.

photos: Nelda Hinckley and John Schwegman
GRAND RE-OPENING!

JALC COMMUNITY HEALTH EDUCATION COMPLEX (CHEC)

PLEASE JOIN US FOR THIS SPECIAL EVENT! TAKE A TOUR OF OUR RECENTLY RENOVATED AQUATICS CENTER AND LOCKER ROOMS

WHEN:
March 24th, 2016
Start Time: 10:00a.m.

WHERE:
JALC CHEC Building
700 Logan College Rd.
Carterville, IL 62918

FEATUREING • Live Music • Door Prizes • Lunch • 50/50 Raffle • Free Fitness and Health Assessments • Sample Classes • Free One Day Pass • And Much More

HTTP://WWW.JALC.EDU/COMMUNITY-HEALTH-EDUCATION-COMPLEX-CHEC

EVENT FOR ALL AGES

FAMILY SWIM NIGHT
Bring the entire family for a fun family swim night!

HIGHLIGHTS
Sample a variety of fitness classes
Free fitness / health assessments
Door Prizes

LIVE ENTERTAINMENT
Music and More...

FOR UPDATES ON THIS EVENT FIND US ON FB AT JOHN A LOGAN COLLEGE CONTINUING EDUCATION
Students must attend both listed orientation days for the entire three hours to attend class. No exceptions.

**John A. Logan College**  
Building H, Room H114  
(Parking Lot B) Carterville, IL

**Orientation dates January 11 & 12th from 8:30 am - 11:30 am**  
Classes meet M-Th 8:30 am - 11:30 am  
Orientation will not reoccur until February 16 & 17th

**Orientation dates January 19 & 20th from 6:00 pm - 9:00 pm**  
Classes meet T, W, Th 6:00 pm - 9:00 pm  
Orientation will not reoccur until March 3 & 8th

**Alongi Du Quoin Extension Center**  
Souplantowne Shopping Center, Du Quoin, IL

**Orientation dates January 12 & 13th from 8:30 am - 11:30 am**  
Classes meet T, W, Th 8:30 am - 11:30 am  
Orientation will not reoccur until February 25 & March 1st

**Orientation dates January 21 & 26th from 6:00 pm - 9:00 pm**  
Classes meet T, W, Th 6:00 pm - 9:00 pm  
Orientation will not reoccur until March 30 & 31

**Herrin House of Hope**  
112 North 14th Street, Herrin, IL

**Orientation dates January 14 & 19th from 2:00 pm - 5:00 pm**  
Classes meet T, W, Th 2:00 pm - 5:00 pm  
Orientation will not reoccur until March 22 & 23rd

**Marion Family Learning Center**  
1120 N Carbon Street  
(Marion Crossing Shopping Center-east entrance), Marion, IL

**Orientation dates January 13 & 14th from 8:30 am - 11:30 am**  
Classes meet T, W, Th 8:30 am - 11:30 am  
Orientation will not reoccur until March 3 & 8th

**Orientation dates January 19 & 20th from 6:00 pm - 9:00 pm**  
Classes meet T, W, Th 6:00 pm - 9:00 pm  
Orientation will not reoccur until March 3 & 8th

**Murphysboro Youth Center**  
1818 Walnut, Murphysboro, IL

**Orientation dates January 12 & 13th from 12:30 pm - 3:30 pm**  
Classes meet T, W, Th 12:30 pm - 3:30 pm  
Orientation will not reoccur until February 25 & March 1st

**Orientation dates January 26 & 27th from 6:00 pm - 9:00 pm**  
Classes meet T, W, Th 6:00 pm - 9:00 pm  
Orientation will not reoccur until March 31st & April 5th

**West Frankfort Extension Center**  
19 West Frankfort Plaza, West Frankfort, IL

**Orientation dates January 14 & 19th from 8:30 am - 11:30 am**  
Classes meet T, W, Th 8:30 am - 11:30 am  
Orientation will not reoccur until February 25 & March 1st

**Orientation dates January 21 & 26th from 6:00 pm - 9:00 pm**  
Classes meet T, W, Th 6:00 pm - 9:00 pm  
Orientation will not reoccur until March 30 & 31st

Call for more information:  
Williamson County 985-3741  
Perry County 542-8612  
Jackson County 549-7335  
Franklin County 937-3438  
1-800-851-4720  
Extension 8266, 8901, or 8539

Visit us on the web http://www.jalc.edu/abse/abeged.php  
Like us on Facebook: John A. Logan College GED

Students 16 & 17 years of age must have release form from previous high school, before they can register for GED.

Because of funding, classes can be cancelled due to low enrollment.

John A. Logan College does not discriminate on the basis of race, religion, color, national origin, disability, age or gender orientation. Reasonable accommodations available upon request. Adult Basic Education is funded in part by the Illinois Community College Board Adult Education and Family Literacy. Federal funds in the amount of $73,915 provide 29% of the support of this program. “GED® and the GED Testing Service®, are registered trademarks of the American Council on Education, and may not be used or reproduced without the express written permission of the American Council on Education.”
Online at our Web Site at jalc.edu, then click on Continuing Education

Mail
Send registration form to:
John A. Logan College
Office of Continuing Education
700 Logan College Road
Carterville, IL 62918

Walk-in
Visit our campus locations:
Bldg. H (Workforce Development), Room 104, Parking Lot B
(8:00 a.m. - 4:30 p.m., M-F)
Community Health Education Complex, aka…CHEC Building
Main Lobby, Parking Lot F

Tell Us What You Want

☑ Have an idea for a new course?
☑ Are you looking for a course that you’ve seen before and not it’s not there?
☑ Interested in teaching a Continuing Education course?
☑ Would you like to be put on our mailing list?

Email (jalc.edu, then Continuing Education, then Have An Idea or Suggestion), fax, or mail us your thoughts.
Phone: (618) 985-2828, Ext. 8248
Fax: (618) 985-2762
Mail: John A. Logan College
Office of Continuing Education
700 Logan College Road
Carterville, IL 62918

Course ____________________________
Location __________________________
Your Name __________________________
Address ____________________________
Phone (home) _______________________ Phone (work) ___________________________
# John A. Logan College Registration Form

## Student Information

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>Middle Initial</th>
<th>Student ID# or Last 4 SS# (xxx-xx-1234)</th>
</tr>
</thead>
<tbody>
<tr>
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</table>

<table>
<thead>
<tr>
<th>Street Address (No PO Box's Please)</th>
<th>City</th>
<th>State</th>
<th>Zip Code</th>
</tr>
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<tbody>
<tr>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Date of Birth (REQUIRED)</th>
<th>Sex:</th>
<th>Home/Cell No. (Plus area code)</th>
<th>Business Phone No. (Plus area code)</th>
<th>E-mail Address (REQUIRED)</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>County of Residence</th>
<th>Ethnic Origin (check all that apply)</th>
<th>Residence Status</th>
<th>Highest Degree Earned</th>
</tr>
</thead>
<tbody>
<tr>
<td>Williamson .......... (199)</td>
<td>Asian (Pacific Islander) ...... (1)</td>
<td>In-district ........ (1)</td>
<td>(A) Associate Degree</td>
</tr>
<tr>
<td>Jackson .............. (077)</td>
<td>American Indian .......... (2)</td>
<td>Out-of-district ... (2)</td>
<td>(G) GED</td>
</tr>
<tr>
<td>Franklin ............. (055)</td>
<td>Black/African American ... (3)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Randolph ............. (157)</td>
<td>Hispanic .................. (4)</td>
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</tr>
<tr>
<td>Perry .................. (145)</td>
<td>White .................... (5)</td>
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</tr>
<tr>
<td></td>
<td>Other________________________ (6)</td>
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<td></td>
</tr>
</tbody>
</table>

## County of Residence

- Williamson .......... (199)
- Jackson .............. (077)
- Franklin ............. (055)
- Randolph ............. (157)
- Perry .................. (145)
- Other________________________ (6)

### Ethnic Origin

- Asian (Pacific Islander) ...... (1)
- American Indian .......... (2)
- Black/African American ... (3)
- Hispanic .................. (4)
- White .................... (5)
- Other________________________ (6)

## Residence Status

- In-district ........ (1)
- Out-of-district ... (2)

## Highest Degree Earned

- (A) Associate Degree
- (G) GED

### Student Intent

- To prepare for transfer to a 4-yr college or university.
- To improve skills for my present job.
- To prepare for future job immediately after attending community college.
- To prepare for the GED test or improve basic academic skills.
- For personal interest/self-development (not career-oriented).
- Unknown/other.

### High Schools Attended

- 140510 – Carbondale
- 140555 – Carterville
- 140770 – Crab Orchard
- 141655 – Du Quoin
- 141785 – Elverado
- 142250 – Herrin
- 143365 – Johnston City
- 142775 – Marion
- 143100 – Murphysboro
- 144360 – West Frankfort
- 140485 – Trico
- 999999 – Other

### Insurance

- John A. Logan College does not provide accident insurance for any student registered in a continuing education class. Students wanting such coverage should make arrangements with their local insurance agent.

### Withdrawal/Refunds

- Students in continuing education classes may withdraw and receive a full refund by contacting the Continuing Education Office prior to the second class meeting. Students withdrawing from classes during the first two weeks will receive a 100% refund.

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**Note:** We are no longer taking payments in class or office and we are encouraging online registration. You will be billed and payments will be due at time of online registration or to the Bursars Office. You may pay: 1.) by mailing a check or money order to JALC Bursars Office, 700 Logan College Rd., Carterville, IL 62918, 2.) online at higherreach.jalc.edu/modules/shop/index/html, then my account, then pay balance (you will receive login information via email), 3.) pay at Bursar Office window (Room C213), or 4.) call Bursar Office at 618-985-2828, Ext. 8201 or 8440.

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**Signature**

**Date**

**College Staff (For office use only)**
POSTAL CUSTOMER

John A. Logan College toll-free telephone numbers:
Office of Continuing Education: Ext. 8248

(618) 985-3741 ....... College Operator, toll-free from Williamson County
(618) 985-2828 ....... Direct Extension Access, Carterville and Williamson County
(618) 549-7335 ....... College Operator, toll-free from Jackson County
(618) 457-7676 ....... Direct Extension Access, Carbondale and Jackson County
(618) 542-8612 ....... College Operator, toll-free from Du Quoin area
(618) 542-9210 ....... Alongi Du Quoin Extension Center
(618) 937-3438 ....... College Operator, toll-free from West Frankfort area
(618) 932-6639 ....... West Frankfort Extension Center
1-800-851-4720 ....... College Operator, toll-free from Crab Orchard, Gorham, and Trico areas
(618) 985-2762 ....... Fax – Continuing Education Department

Web Site – Visit our Web Site at
http://www.jalc.edu/continuing-education