

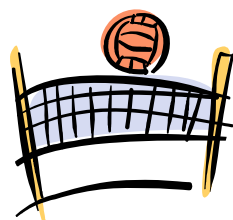
TENNIS (ADULT BEG. I) (PS 482). This course is designed to learn the basics of tennis including forward, backward, the serve, rules and courtesy scoring and other fundamentals while socializing with fellow tennis players.
Sessions: 8, Fee: \$35.00, COM: \$10.00 payable to instructor

Section No. 1: John A. Logan College, Tennis Courts, Meets Tuesday beginning March 18, **(Late Start)**, 6:00P-8:00P, Instructor: Tim Hancock

TENNIS (ADULT BEG. II) (PS 485). For those who attended beginners class or anybody wanting to improve their game. This course will be at least 50% drills to sharpen one's overall skills of ground strokes, volleys, serving and knowledge to quickly move up the tennis ladder.
Sessions: 8, Fee: \$35.00, COM: \$10.00 payable to instructor

Section No. 1: John A. Logan College, Tennis Courts, Meets Thursday beginning March 13, **(Late Start)**, 6:00P-8:00P, Instructor: Tim Hancock

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 Wednesday beginning January 23, 6:30P-8:30P, Instructor: Dana Forbes

YOGA (PS 483). This course will introduce the fundamentals of yoga breathing, postures and mediation. Designed to increase mobility, strengthen the body, calm the mind and promote a greater sense of well being.
Sessions: 10, Fee: \$36.00

Section No. 1: Carterville, Arabesque Dance Studio, 101 N. Division, Meets Tuesday beginning February 5, **(Late Start)**, 10:00A-11:00A, Instructor: Nancy Owens

Dance

BALLROOM DANCING –THEORY & TECHNIQUE (BEG) (PS 564). Basic steps in the fox trot, waltz, swing, rumba, cha-cha, and tango.
Sessions: 10, Fee: \$45.00



Section No. 1: Marion Youth Center, 211 E. Blvd., Meets Tuesday beginning January 22, 8:00P-10:00P, Instructor: Ashley & Pamela Thurman

Section No. 2: Carbondale, Lewis Grade School, 801 S. Lewis Lane, Meets Thursday beginning January 24, 8:00P-10:00P, Instructor: Ron Parks

BALLROOM DANCING THEORY & TECHNIQUE (INTER/ADV) (PS 565). Fine-tune your waltz, fox trot, swing and Latin dances.
Sessions: 10, Fee: \$45.00

Section No. 1: Marion Youth Center, 211 E. Blvd., Meets Tuesday beginning January 22, 6:00P-8:00P, Instructor: Ashley & Pamela Thurman

Section No. 2: Carbondale, Lewis Grade School, 801 S. Lewis Lane, Meets Thursday beginning January 24, 6:00P-8:00P, Instructor: Ron Parks

COUNTRY WESTERN/LINE DANCING (BEG/ADV) (PS 030). For individuals and couples, includes two-step, waltz, cha-cha, and tush push.
Sessions: 8, Fee: \$38.00

Section No. 1: Desoto Grade School, Gym, Meets Wednesday beginning January 23, 7:00P-9:30P, Instructor: Vera Williams

Section No. 2: Desoto Grade School, Gym, Meets Thursday beginning January 24, 7:00P-9:30P, Instructor: Vera Williams

SALSA AND MERENGUE (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 the so you can create your own unique style of dancing on the dance floor or on the street.
Sessions: 6, Fee: \$32.00

Section No. 1: John A. Logan College, Multi Purpose Room, Meets Monday beginning January 28, **(Late Start)**, 6:00P-7:30P, Instructor: Julio Barrenzuela

Pet Care

DOG OBEDIENCE (PUPPY PRE-SCHOOL) (AGES 6-16 WEEKS) (ACE237). Puppy preschool is hands-on prelude to basic obedience. It includes health, safety, housebreaking tips, unwanted behaviors, canine personalities and how puppies learn. Requirements: healthy, parasite-free puppies. **(First meeting is orientation with no dog. Shot records are due first night of class)**
Sessions: 10, Tuition: \$67.00, Fee: \$6.00

Section No. 2 Marion Williamson County Armory, behind the airport on Redco Drive, Meets Tuesday beginning January 22, 7:30P-8:30P, Instructor: Laura Portee

DOG OBEDIENCE TRAINING (BEG) (ACE 237). Minimum age for large breed dog is 4 months, small breeds no younger than 6 months. **(First meeting is orientation with no dog. Shot records are due first night of class)**
Sessions: 10, Tuition: \$67.00, Fee: \$6.00

Section No. 1 Marion Williamson County Armory, behind the airport on Redco Drive, Meets Tuesday beginning January 22, 6:00P-7:30P,
Instructor: Laura Portee

Section No. 3. Marion Williamson County Armory, behind the airport on Redco Drive, Meets Tuesday beginning January 22, 8:30P-10:00P,
Instructor: Laura Portee

DOG OBEDIENCE TRAINING (INTER/ADV) (ACE 237). For handlers and dogs that have completed the beginning level, this continues training for open and utility classes. AKC rules and off-leash work are stressed. **(First meeting is orientation with dog. Shot records are due first night of class)**
Sessions: 10, Tuition: \$67.00, Fee: \$6.00

Section No.5 Marion Williamson County Armory, behind the airport on Redco Drive, Meets Monday beginning January 28, **(Late Start)**, 7:30P-9:00P,
Instructor: Laura Portee

DOG OBEDIENCE TRAINING (SHOWHANDLING & CONFORMATION) (ACE 237). Prepares the student and the dogs for AKC shows. No prerequisite for dogs. **(First meeting is orientation with no dog. Shot records are due first night of class)**
Sessions: 10, Tuition: \$67.00, Fee: \$6.00

Section No. 4 Marion Williamson County Armory, behind the airport on Redco Drive, Meets Monday beginning January 28, **(Late Start)**, 6:00P-7:30P,
Instructor: Laura Portee

HOW TO COOK FOR YOUR DOG AND CAT (PS 592). Is your pet too fat, suffering from allergies, digestive problems or otherwise ailing? Does the recent recall of so many brands of quality dog and cat food have you wondering what's really best for your pet? If so, this class will provide you with the basic nutritional information and other resources you need to make informed decisions about feeding you companion animal. Easy to prepare, nutritionally balanced recipes for every day meals, special occasions, and healthy snacks will be presented.
Sessions: 1, Fee: \$10.00

Section No. 1 John A. Logan College, Room H126, Meets Wednesday beginning January 30 **(Late Start)**, 6:00P-8:30P, Instructor: Lorie Allen

PET (DOG AND CAT) CPR AND FIRST AID (PS 534). Do you know what to do if your dog chokes or has a heart attack? Come learn how to revive and save your best friend. Please do not bring your dog 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 Saturday beginning January 26, 9:00A-12:00P,
Instructor: Bob Loftus



Homemaking

BAKING II (CAKE DECORATING) (ACE 103). Students will learn to use basic tube decorators, decorative icings, special cakes, flowers, piping and color stripping.
Sessions: 9, Tuition: \$67.00, + COM

Section No. 1: DuQuoin High School, Home Economics room, Meets Tuesday beginning January 29, **(Late Start)**, 6:30P-9:00P, Instructor: Iva Short

ITALIAN COOKING ON A SHOESTRING (ACE 300). Please join Jamie Trammel, accomplished Chef and former owner of Jovanella Italian Restaurant for a fun filled evening of gourmet culinary instruction. Jamie will teach you how to make delicious, inexpensive, vegetarian and non-vegetarian gourmet meals in no time at all. Recipes and demonstrations included.
Sessions: 5, Tuition: \$67.00, COM: \$6.00 payable to instructor first day of class.

Section No. 21: Carbondale, Field of Dreams Banquet Facility, off Reed Station Rd., in the kitchen, Meets Wednesday, classes will meet every other Wednesday beginning January 23, 6:00P-9:00P, Instructor: Jamie Trammel

ITALIAN COOKING ON A SHOESTRING (ACE 301). Sessions: 5, Tuition: \$33.50, COM: \$6.00 payable to instructor first day of class.

Section No. 3: John A. Logan College, Cafeteria, Meets Wednesday, classes will meet every other Wednesday beginning January 30, **(Late Start)**, 6:00P-8:00P, Instructor: Jamie Trammel

QUILTING: ROTARY RULES (PS 466). Rotary cutting of fabric is a speedier way to make a quilt. Learn the basics of rotary cutting while making small quilting projects. Block piecing and quilting knowledge are prerequisites. Sewing machines not necessary.
Sessions: 8, Fee: \$36.00 + COM



Section No. 1: John A. Logan College, Room B54, Meets Tuesday beginning January 22, 6:00P-8:30P, Instructor: Carolyn Aird