Upon the subject of education, not presuming to dictate any plan or system respecting it, I can only say that I view it as the most important subject which we as a people can be engaged in.

ABRAHAM LINCOLN, MARCH 9, 1832

The 13th Annual Civil War Days will feature Musician Chris Vallillo and President Abraham Lincoln (Fritz Klein).

Wednesday, October 18, 2017, JALC Conference Center. 9am-2pm. FREE

(participants are encouraged to pre-register at jalc.edu/continuing-education or at the event)
Dear Friends,

I hope you enjoy this Fall 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 is in full operation 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 Fall 2017 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 16 new classes for students this summer, including: Drones-An Intro to Unmanned Aircraft Systems (UAS), Realizing Your Dreams- Adv., Voiceover-An Introduction, Near Death Experience- Does Consciousness Continue After Death?, Square Foot Gardening 101, Skin Care Workshops-(Naturally Clean, Naturally Nourished, Naturally Beauty), History Of Rock And Roll, What Is The Best Free Alternative To Microsoft Office Suite And Photoshop?, Introduction To Google And Google Apps, Windows 10, Ipad –Inter., Facebook, Spinning With A Spindle, Soy Candle Making For Beginners, Gypsy Crafters, Spinning, Portrait Photography 101, Junior Lifeguarding and Beyond the Barre, Fit, Lean, Train (HIIT) and more.

In addition, our Community Health Education Complex will have a variety of popular Aerobic and Aquatic classes, memberships, and the Silver Sneakers program will be available for qualifying senior citizens. We will be offering one new class called Fitness Nutrition!

Many of your favorite courses will again be offered, including Illinois Conceal Carry, Dog Obedience, Ballroom Dancing, Computers, Painting/Drawing, Defensive Shooting, CPR, Phlebotomy, Food Safety and Sanitation, 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 August 21, 2017.**
**Online Registration Preferred! – Deadline for Early Registration is September 1, 2017 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 September 1, 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. 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:
< 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 email 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. Students can call the Bursar Office at 618-985-2828, Ext. 8201 to pay with their credit/debit card.** 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 $115 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.

* Online registration at jalc.edu, then Continuing Education
**OCCUPATIONAL COURSES**

**FOOD SERVICE SANITATION MANAGER CERT.** (6TRT 152). 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. An additional fee is 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. **An Exam Answer Sheet is required for every student at testing time. Textbook is required for short class version (8hr) format.** The short version course is only for advanced students with Food Service experience. Approx. Book & Answer Sheet Fee: $100.00 (Book only required for 8 hour course and answer sheet are required).

Section No. 1: John A. Logan College, Room F110, Meets Monday, Tuesday, Wednesday beginning September 25, 26, & 27 *(Late Start)*, 9:00A-3:00P, Instructor: Katie Chu

**Sessions:** 3, Tuition: $115.00

Section No. 2: John A. Logan College, Room H126, Meets Saturday beginning October 14 *(Late Start)*, 9:00A-6:00P, Instructor: Barb Cooksey

**Sessions:** 1, Tuition: $57.50, Fee: $17.50

Section No. 3: John A. Logan College, Room H127, Meets Saturday beginning October 28 *(Late Start)*, 9:00A-6:00P, Instructor: Carol Schlitt

**Sessions:** 1, Tuition: $57.50, Fee: $17.50

Section No. 4: John A. Logan College, Room H127, Meets Saturday beginning November 18 *(Late Start)*, 9:00A-6:00P, Instructor: Carol Schlitt

**Sessions:** 1, Tuition: $57.50, Fee: $17.50

**GROUND SCHOOL (ADV.)** (6ACE 185) Course prepares students for the FAA Private Pilot written exam. Topics covered include aerodynamics, aircraft engines, and systems, weight and balance, performance, navigation, radio communications, air traffic control, aeromedical factors, weather, cross country flying and more. Students will be allowed to take the FAA Private Pilot exam at the conclusion of the class. Instructor will provide more details.

**Sessions:** 13, Tuition: $345.00, Approx. Book $70.00 *(Optional)*

Section No. 1: John A. Logan College, Room H206, Meets Thursday beginning September 7, 6:00P-9:30P, Instructor: Gerald Thornhill

**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 first 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.

**Sessions:** 1, Fee: $10.00

Section No. 1: John A. Logan College, Room H127, Meets Saturday beginning September 9, 9:00A-4:30P, Instructor: Bob Loftus

Section No. 2: John A. Logan College, Room H127, Meets Saturday beginning October 14 *(Late Start)*, 9:00A-4:30P, Instructor: Bob Loftus

Section No. 3: John A. Logan College, Room H127, Meets Saturday beginning November 18 *(Late Start)*, 9:00A-4:30P, Instructor: Bob Loftus

Section No. 4: John A. Logan College, Room H127, Meets Saturday beginning December 9 *(Late Start)*, 9:00A-4:30P, Instructor: Bob Loftus

**IHSA SPORTS OFFICIATING: BASKETBALL** (6ACE 198). 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. This course will cover both general officiating topics such as professionalism and conflict resolution along with content specific to basketball. 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, which covers registration and provides an official with his/her IHSA patch, rules, and case books, Part I of the officiating exam, and liability insurance. For more information, contact Robby Blondi at (618)528-7921.

**Sessions:** 4, Tuition: $115.00

Section No. 9A: West Frankfort Extension Center, 19 West Frankfort Plaza, Room WF 105, Meets Wednesday/Thursday/Friday/Saturday beginning November 15 *(Late Start)*, 5:00P-9:00P, Instructor: Robby Blondi

**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: $115.00, Fee: $15.00

Section No. 1: John A. Logan College, Room V12, Meets Tuesday beginning September 5, 6:30P-9:45P, 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, and reassembly of engine components.

**Sessions:** 7, Tuition: $172.50
Instructor:  Aur Beck

**TRAINING FOR SECURITY GUARDS (BEG.)**

*(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 hours of training. Students may also qualify for firearms certification.

Sessions: 10, Tuition: $230.00, Fee: $50.00

Section No. 1: John A. Logan College, Room H133, Meets Monday beginning September 11, 6:00P-10:00P, Instructor: Bob Alcorn

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

Sessions: 12, Tuition: $345.00, Fee: $40.00, Approximate Book Fee: $70.00

Section No. 1: John A. Logan College, Room H133, Meets Tuesday beginning September 5, 6:00P-9:30P, Instructor: J.D. Barter

**WATERWORKS OPERATION (ADVANCED)**

*(6ACE 314).* The third of a three-part course of study designed for water treatment plant operators and approved by the Illinois Environmental Protection Agency.

Sessions: 13, Tuition: $345.00, Approximate Book Fee: TBA

Section No. 1: John A. Logan College, Room H132, Meets Thursday beginning September 7, 6:00P-9:00P, Instructor: Chris Johnston -Illinois EPA

**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: 13, Tuition: $345.00, Fee: $40.00, Approximate Book Fee: TBA

Section No. 1: John A. Logan College, Room H132, Meets Tuesday beginning September 5, 6:00P-10:15P, 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: $172.50, Fee: $25.00

Section No. 1: John A. Logan College, Room C139, Meets Thursday beginning September 7, 6:00P-9:00P, Instructor: Mike Mausey
REAL ESTATE

REAL ESTATE BROKER PRE-LICENSE PART I (ONLINE) AND PART II (ONLINE AND IN CLASS) (6RST 22 AND 6RST 23). In April 2011, legislation affecting the Illinois Real Estate Act of 2000 eliminated the Real Estate Salesperson License. In its place 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. This course requires an online component and to receive log in credentials you must complete a John A. Logan College application. This application needs to be completed at the same time you register and only creates a college User Account. Please click here to fill out this form https://my.jalc.edu/ICS/Contact_Ustf/Admissions_Landing.jsp?portlet=Apply_Online&screen=Begin%2f%2ff7d96377-5447-433d-a82b-8b9f60c29669&screenType=next
Once the application is complete, you will receive your log-in credentials at the email address you provided in the application within 48 hours.

Sessions: 28, Tuition: $345.00, per class, Approximate book fee total: $60.00
Section No. 1: John A. Logan College, Room B64, Meets Monday/Wednesday beginning September 6, 6:00P-9:10P, Instructors: Sonnet Johnston, Linda Williams

REAL ESTATE CE 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.

Sessions: 5, Tuition: $115.00, Approximate Book Fee: $15.00
Section No. 1: John A. Logan College, Room B64, Meets Monday/Wednesday, beginning November 27 (Late Start), 6:00P-9:10P, Instructor: Sonnet Johnston, Linda Williams

MASSAGE THERAPY CERTIFICATION

MASSAGE THERAPY – MEDICAL CUPPING (VACU- THERAPIES) (6ACE 312) Vacu-therapies in massage involve the use of specialized equipment that lifts tissue for increased circulation, fluid movement, scar reduction and muscle or joint mobilization. Also known as “Massage Cupping,” this ancient technique has been practiced for centuries. The focus of this class is on medical massage and how vacu-therapies can be used to decrease pain and increase range of motion. If you have a set of cups, then bring them to class and a set of sheets. Otherwise, you can purchase a cupping set at class for around $50 per set. Cups will be provided for class use if you decide not to purchase at this time. 14 CE Hours.

Sessions: 2, Tuition: $115.00, Fee: $154.00
Section No. 1: John A. Logan College, Room H207, Meets Saturday/Sunday beginning September 23 (Late Start) 9:00A-5:00P, Instructor: Rita Woods

COMPUTERS

ADOBE PHOTOSHOP *(WITH DIGITAL IMAGING) (6ACE 184). Have you ever wanted to be able to fix your photos to look more professional? Well, this beginning class is hands-on class and will show you how to do all of the essentials to fully understand the program. You will be able to make images look great, do photo restoration, paint, and create works of art. Learn the power that is within the industry standard of a photo editing tools. You will also have access to free training videos.

Sessions: 11, Tuition: $345.00, Fee: $30.00
Section No. 1: John A. Logan College, Room E133, Meets Tuesday beginning September 5, 5:30P-9:35P, Instructor: Steve McLaughlin

DESKTOP PUBLISHING WITH MICROSOFT WORD (PS 659). Class teaches students how to create forms, newsletters, flyers, and more desktop publishing techniques using Microsoft Word. Previous experience using Word is preferred.

Sessions: 1, Fee: $75.00
Section No. 1: John A. Logan College, Room H115, Meets Monday beginning September 11, 9:00A-4:00P, Instructor: Angie Kaye-Smith

EBAY: TRICKS OF THE TRADE (6ACE 229). 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: $115.00, Fee: $10.00
Section No. 1: John A. Logan College, Room H115, Meets Wednesday beginning September 20 (Late Start), 6:00P-8:15P, Instructor: John Reeder

FACEBOOK SEMINAR (PS 311) Come and learn the basic features for the beginning user including loading photos, settings, security and more.

Sessions: 1, Fee: $35.00
INTRODUCTION TO GOOGLE AND GOOGLE APPS (PS 578). If you have basic computer knowledge and a Gmail account you are ready to learn how to use many of the fun and useful “apps” that are offered for free. They can be used on computer, phone, iPad, tablet, and other devices. One of the most important things learned in the class is about storage in “the cloud” for your documents, photos and calendars. Your information can, then, be accessed from any device almost anywhere you go. Learn to personalize a news app, use Gmail and Chrome, safely search for information and much more. Must bring your Gmail password and username. (Computer lab has windows 10 operating system.)

Sessions: 8, Fee: $36.00

FACEBOOK (PS 337). Learn most of the things you need to know about using Facebook and staying safe. We will start at the beginning. Learn what NOT to do, which may be more important than anything else. You do not have to know anything about Facebook but MUST have an account with Facebook and must bring to class the password and username that was used when it was set up. You may not want to communicate with anyone at all and only want to “lurk” or just communicate with family or just see all the buy and sell pages. You will learn to do all that here. You will not be required to post to the public unless you wish to do so. (Computer lab has windows 10 operating system.) You may be able to use your phone, IPad, tablet, or other device, too.

Sessions: 8, Fee: $36.00

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.

Section No. 1: John A. Logan College, Room H115, Meets Monday beginning October 2 (Late Start), 5:30P-7:30P, Instructor: Kim Neace
Sessions: 6, Tuition: $57.50, Fee: $10.00

Section No. 2: Carbondale Township Hall, 217 East Main, Activity Room, Meets Tuesday beginning September 5, (No class on 11/7 and 11/14), 6:00P-8:00P, Instructor: Nick Brown
Sessions: 10, Tuition: $172.50, Fee: $10.00

Section No. 9A: West Frankfort Extension Center, Room 107, Meets Wednesday beginning September 6, 9:00A-12:00P, Instructor: Lana Bain
Sessions: 10, Tuition: $172.50, Fee: $10.00

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.

Section No. 1: John A. Logan College, Room H115, Meets Monday beginning November 13 (Late Start), 5:30P-7:30P, Instructor: Kim Neace

NEW MICROSOFT OFFICE SUITE AND PHOTOSHOP – WHAT’S THE BEST FREE ALTERNATIVE (PS 389). Learn how to utilize the best free software programs for your office and personal needs.

Section No. 1: John A. Logan College, Room H115, Meets Thursday beginning September 7, 10:00A-12:00P, Instructor: Karen Gibson

POWERPOINT (PS 479) This class will teach the basics of setting up the slides and slide show, editing slides, adding photos and music. Slide transitions and animations will also be taught.

Sessions: 1, Fee: $75.00

Section No. 1: John A. Logan College, Room H115, Meets Monday beginning September 25, 9:00A-4:00P, Instructor: Angie Kaye-Smith
QUICKBOOKS *I (6ACE 158). An overview and practical application of basic functions of QuickBooks normally utilized by the small business operation. Sessions: 1, Tuition: $57.50, Fee: $20.00

Section No. 1: John A. Logan College, Room H115, Meets Saturday beginning September 9, 9:00A-4:00P, Instructor: Angie Kaye-Smith

QUICKBOOKS *II (6ACE 158). Emphasizes on inventory, accounts receivable, and invoicing Sessions: 1, Tuition: $57.50, Fee: $20.00

Section No. 2: John A. Logan College, Room H115, Meets Saturday beginning September 16, 9:00A-4:00P, Instructor: Angie Kaye-Smith

QUICKBOOKS *III (6ACE 158). Emphasizes on payroll, taxes and reports. Sessions: 1, Tuition: $57.50, Fee: $20.00

Section No. 3: John A. Logan College, Room H115, Meets Saturday beginning September 30, 9:00A-4:00P, Instructor: Angie Kaye-Smith

WEBPAGE DESIGN AND DEVELOPMENT (BEG.) (6ACE 173). Student will learn how to develop and maintain their own web site on the internet and view existing web pages. Sessions: 10, Tuition: $172.50

Section No. 1: John A. Logan College, Room H115, Meets Thursday beginning September 7, 5:30P-7:30P, Instructor: Karen Gibson

WINDOWS 10 (6ACE 146) Students will learn basic information about Microsoft Windows 10 operating system including the desktop, personalization, default programs, Apps and much much more. Tuition: $172.50, Fee: $10.00

Section No. 1: John A. Logan College, Room E135, Meets Wednesday beginning September 6, 10:00A-12:00P, Instructor: Karen Gibson

Section No. 2: John A. Logan College, Room E133, Meets Monday beginning September 11, 4:00P-6:00P, Instructor: Karen Gibson

PHOTOGRAPHY

PHOTO EDITING – DIGITAL (6ACE 253) Come learn simple editing tricks, techniques to fix and photo crop, fix red eyes, print photos and much more. Sessions: 1, Tuition: $57.50, Fee: $20.00

Section No. 1: John A. Logan College, Room H115, Meets Monday beginning September 18, 9:00A-4:30P, Instructor: Angie Kaye-Smith

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 B65, Meets Tuesday beginning September 5, 6:00P-8:00P, Instructor: Kris Killman

PHOTOGRAPHY (INTER./ADV.) (PS 612). Students will learn advanced techniques for capturing a wide variety of subjects with mainly DSLR cameras and some point and shoot cameras. We will cover how to shoot indoors, outdoors, lighting conditions, advanced composition techniques, digital editing, advanced settings on your DSLR and much more.

Section No. 1: John A. Logan College, Room H133, Meets Wednesday beginning September 6, 6:00P-8:00P, Instructor: Kris Killman

(NEW) PORTRAIT PHOTOGRAPH 101 (PS 675). Learn the basics of outdoor portrait photography. In this ten week course, I will cover Manual shooting, lighting and basic posing techniques for hobbyist photographers. You will learn how to take high quality images and evoke emotion through your images.

Section No. 9N: Alongi DuQuoin Extension Center, Room DQ3, Meets Tuesday beginning September 5, 5:30P-7:30P, Instructor: Brittany Silver

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

Section No. 1: John A. Logan College, Room E203, Meets Tuesday beginning September 5, 6:00P-8:00P, Instructor: Karen Gibson
AIR RIFLE SHOOTING-(4-H BB GUN) 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: 6, COM: $20.00 one-time fee payable to University of Illinois Extension Service to join 4H Program.

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

Section No. 2: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Monday beginning November 6 (Late Start), 6:00P-7:00P, 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. Sessions: 6, COM: $20.00 one-time fee payable to University of Illinois Extension Service to join 4H Program.

Section No. 1: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Tuesday beginning September 19 (Late Start), 6:00P-7:00P, Instructors: Don Elliott

Section No. 2: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Tuesday beginning November 7 (Late Start), 6:00P-7:00P, Instructors: Don Elliott

DEFENSIVE SHOOTING *NRA BASIC PISTOL (6ACE 275) This class will focus on handling a pistol safely and learning the proper fundamentals to be able to shoot a pistol. Also covered in the class will be types of pistols, parts of pistols, ammo selection and types, and care and maintenance of the pistol. For this class it is NOT necessary for the student to have a gun or a Firearm Owner Identification Card. Guns and ammo will be provided for the class. This class is required before taking other handgun classes we teach. Sessions: 5, Tuition: $115.00, COM: $35.00 Payable to Instructor first day of class.

Section No. 9A: West Frankfort Extension Center, Room 105, Range TBA, Meets Monday beginning September 11, 6:00P-8:45P, Instructors: Mike Corkran, Larry Morse

DEFENSIVE SHOOTING *FOR MEN AND WOMEN (BASIC) (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. Instructors will encourage responsible, safe handling of firearms and ammunition, and ethical conduct. The Illinois Self Defense Law, handgun and ammunition section, legal issues, proper shooting techniques and more will be discussed. Students will spend ample time on the range doing practical shooting exercises.

Sessions: 8, Tuition: $115.00, COM: $20.00 payable to instructor first night of class.

Section No. 1: Marion Williamson Co. Armory, 11427 Minuteman Rd., behind the airport on Redco Drive, Meets Tuesday beginning September 5, 7:00P-9:30P, Instructors: Bob Alcorn, Larry Morse

DEFENSIVE SHOOTING *NRA DEFENSIVE PISTOL (ADV.) (6ACE 275). This is an advanced class. Students must have a valid FOID card, their own gun, extra magazines or speed loaders and 250 rounds of ammo. Students must be able to demonstrate the safe handling of firearms at all times, must listen to instruction and should be a competent shooter.

Prerequisite: Introduction to Shooting. Please visit Heartland Training Team website for more information.

Sessions: 6, Tuition: $115.00, COM: $40.00 payable to instructor first night of class.

Section No. 9B: West Frankfort Extension Center, Room 105, Range TBA, Meets Monday beginning October 16 (Late Start), 6:00P-8:30P, 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.

Tuition: $57.50, Fee: $42.50, COM: $10.0 range fee payable to instructor.

Section No. 1: John A. Logan College, Room H123, Range TBA, Meets Thursday beginning October 12 (Late Start), 8:00A-5:00P, Instructors: Bob Alcorn, Vance Schmid

Sessions: 1

Section No. 2: John A. Logan College, Room H127, Range TBA, Meets Wednesday/Thursday beginning November 8 (Late Start), 6:00P-10:00P, Instructors: Bob Alcorn, Vance Schmid

Sessions: 2

Section No. 9A: West Frankfort Extension Center, Room 105, WFPD Range (Rte 37), Meets Sunday beginning October 1 (Late Start), 7:45A-5:00P, Instructors: Mike Corkran, Larry Morse

Sessions: 1
ILLINOIS CONCEAL CARRY TRAINING COURSE (16 HOURS) (6ACE 501). Illinois Conceal Carry law requires applicants to take 16 hours of training or meet the requirements for the course. 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.

Tuition: $115.00, Fee: $35.00, COM: $10.00 range fee payable to instructor

Section No. 1: John A. Logan College, Room H123, Range TBA, Meets Monday, beginning October 11 (Late Start), 6:00P-7:00P, Instructors: Bob Alcorn, Vance Schmid

Section No. 2: John A. Logan College, Room H127, Range TBA, Meets Monday, Tuesday, Wednesday, Thursday beginning November 6 (Late Start), 6:00P-10:00P, Instructors: Larry Morse, Mike Corkran

Section No. 9A: West Frankfort Extension Center, Room 105, WFPD Range (Rte 37), Meets Saturday/Sunday beginning September 30, 7:45A-5:00P, Instructors: Larry Morse, Mike Corkran

Section No. 9B: West Frankfort Extension Center, Room 105, WFPD Range (Rte 37), Meets Saturday/Sunday beginning October 28 (Late Start), 7:45A-5:00P, Instructors: Larry Morse, Mike Corkran

(NEW) SHOTGUN/SPORT OF TRAP SHOOTING – AN INTRO (AGES 10-18) (PS 271). This course is offered in partnership with the University of Illinois Extension Service 4-H Program. Students will learn basic knowledge including the anatomy of the shotgun and its use as a sporting arm on the trap field. This course covers stance, proper gun hold, station shooting positions, and range etiquette on the trap field using a computer generated program. Guns, targets, and ammunition are provided as part of the cost of materials fee. Upon successful completion of the course, students will have the opportunity to participate in a live fire session on the trap field. Class size is limited; students must be 10 years of age prior to September 1. This class has a prerequisite of Air Rifle Shooting - Gun Safety (PS 449). Registration at first class. For questions, call Esther Waddy at (618) 993-3304 or ewaddy@illinois.edu, or Don Elliott at (618) 751-9209. COM: $20.00 one time fee payable to University of Illinois Extension Service to join 4H Program.

Section No. 1: Marion, Tombstone Gun Range, 12121 Skyline Dr., Meets Monday beginning August 28, 6:00P-7:00P, Instructor: Don Elliott

GENERAL EDUCATION

ACT PREP – ENGLISH AND READING (PS 002) This course will offer tips and strategies to prepare students for the ACT. The sessions, offered on the weeks before the October and December exams, 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.

Section No. 1: Marion High School, 1700 Wildcat Drive, Library, Meets Tuesday, beginning October 24 (Late Start), 6:00P-8:00P, Instructor: Amanda Hickman

Section No. 2: Herrin High School, 700 N. 10th Street, Room 1107, Meets Wednesday, beginning October 25 (Late Start), 6:00P-8:00P, Instructor: Amanda Hickman

Section No. 3: Marion High School, 1700 Wildcat Drive, Library, Meets Tuesday, beginning December 5 (Late Start), 6:00P-8:00P, Instructor: Amanda Hickman

Section No. 4: Herrin High School, 700 N. 10th Street, Library, Room 1107, Meets Wednesday, beginning December 6 (Late Start), 6:00P-8:00P, Instructor: Amanda Hickman
AN INTRODUCTION TO VOICEOVERS (PS 543). Explore the voiceover industry! Discover current trends, opportunities, and tools you need for success. Read a real script and receive coaching from your instructor to improve your delivery. Receive a professional voiceover evaluation later. One-time, 2 hour, introductory class.

Sessions: 1, Fee: $49.00
Section No. 1: John A. Logan College, Room H123, Meets Wednesday beginning September 27, 6:00P-8:00P, Instructor: Voices For All

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: $38.00
Section No. 1: Johnston City, 900 Grand Avenue (RT.37), Meets Thursday beginning September 7, 2:00P-4:00P, Instructor: Teresa Ewell

ANTIQUES - TRASH TO TREASURE (PS 962). So you have something that you bought, inherited or just sitting around. Could it be trash or is it treasure? This class will help you identify and research the item. Come and join us to find out.

Sessions: 8, Fee: $38.00
Section No. 1: Johnston City, Shamrock Antique Shop, 900 N. Grand (RT 37), Meets Thursday beginning September 7, 6:00P-8:00P, Instructor: Teresa Ewell

BEEKEEPING II – I WANNA BE A KEEPER NOW! (PS 480). Are you interested in learning more about beekeeping? The goal of this intermediate level course is to teach the basic beekeeping of honey bees. Participants will gain a general knowledge of honey bee biology as well as how to care for honey bees throughout the year. Students will be taught how to recognize common honey bee ailments and pests, as well as the methods for treating them. This course also covers the history of bees, and state and federal bee laws. After completion students will know how to manage honey bee colonies for maximum bee health and honey production. This course will include a trip to the instructor’s apiary.

Sessions: 5, Fee: $60.00, COM: $10.00 payable to instructor first day of class.
Section No. 1: West Frankfort Extension Center, Room 114, Meets Tuesday beginning October 3 (Late Start), 6:30P-8:30P, Instructor: Doug Leedle

(NEW) CELL PHONE FOR SENIORS-ANDROID (PS 200) Come and learn the new features and apps of your Android Smartphone including security, loading apps and more.

Sessions: 1, Fee: $15.00
Section No. 1: John A. Logan College, Room H115, Meets Wednesday beginning September 6, 9:00A-12:00P, Instructor: Angie Kaye-Smith

DEFENSIVE DRIVING – AARP DRIVER SAFETY (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. This is not a driving course. AARP members pay $15.00, non-member pay $20.00, payable to instructor first day of class.

Sessions: 2, Fee: $5.00, 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 September 13, 8:30A-12:30P, Instructor: Patty Farr
Section No. 2: John A. Logan College, Room H122, Meets Wednesday/Thursday beginning November 15 (Late Start), 8:30A-12:30P, Instructor: Patty Farr
Section No. 9A: West Frankfort Extension Center, Room 105, Meets Wednesday/Thursday beginning December 13 (Late Start), 9:00A-1:00P, Instructor: Patty Farr

CIVIL WAR DAYS (PS 527). For more detailed information, please check the flyer in this brochure, contact the Continuing Education Department, or go to our website www.jalc.edu/continuing-education.

Sessions: 1, Fee: No Charge
Section No. 1: John A. Logan College, Room F106, Conference/Hancock Center, Meets Wednesday October 18 (Late Start), 9:00A-3:00P, Instructor: Chris Vallillo/Fritz Klein (aka Abraham Lincoln)

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

Sessions: 8, Fee: $38.00
Section No. 1: John A. Logan College, Room H115, Meets Wednesday beginning September 20, 3:00P-5:00P, Instructor: Joy Upton
Section No. 9N: Alongi DuQuoin Extension Center, Room DQ 5, Meets Monday beginning September 18, 1:00P-3:00P, Instructor: Joy Upton
NEW DRONES – AN INTRO TO UNMANNED AIRCRAFT SYSTEMS (PS 438). Have you been thinking of buying a drone but have no idea where to start? Do you own a drone but need to build confidence in your flying and photography skills? Attend this fascinating 4 hour class that will cover the basics of current drones in the consumer marketplace, safe flying practices and habits, basic FAA UAS regulations, and demonstrations of photography and video shooting and editing techniques. Popular DJI drone demonstration flights will occur if weather permits. Bring your own drone for practice and coaching after the course. If you do any “about the instructor” pieces, here’s a bit on me. Rob Craig is an Electronics Technology and Engineering instructor at JALC. He is an FAA UAS licensed Remote Pilot with over 100 hours flight experience including footage that has been featured on ABC World News Tonight.

Sessions: 1, Fee: $30.00

Section No. 1: John A. Logan College, Room G105 (Electronics Lab), Meets Saturday beginning September 16 (Late Start), 8:30A-12:30P, Instructor: Rob Craig

Section No. 2: John A. Logan College, Room G105 (Electronics Lab), Meets Saturday beginning October 7 (Late Start), 8:30A-12:30P, Instructor: Rob Craig

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: $38.00, COM: $35.00 payable to instructor first night of class.

Section No. 1: Herrin High School, 700 N. 10th Street, Library, Meets Thursday beginning September 7, 6:00P-8:00P, Instructor: Joyce Fisher

NEW ECUADOR – IT’S BIRDS AND NATURAL HISTORY (PS 407). The Andes Mountains of Southern Ecuador are highly complex, providing a great variety of habitats within a small geographic area. Our lodgings at the Jocotoco Foundation Reserves make it possible to stay in incredible places with nature close at hand. We will stay in Buenaventura, one of the outstanding Jocotoco Foundation reserves, foothills of the western side of the Andes, and at Copalinga Lodge across the Andes on their eastern side, adjacent to the magnificent Podocarpus National Park. Cuenca, the Cajas National Park, and a beautiful colonial city are on the schedule. At Buenaventura we could see the beautiful El Oro Parakeet (discovered in 1980) and Umbrella bird. Expansive Podocarpus National Park protects the largest remaining patches of Polylepis forest in Ecuador, as well as paramo. We may find the cloud forest-dwelling Spectacled Bear! Hospitality in Ecuador is as memorable as the birding and natural history. A guided morning tour of Cuenca with an emphasis on history, architecture, and culture is scheduled.

Fee: $15.00 payable to JALC. *See trip flyer at back for more details.

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. 9N: DuQuoin, Alongi DuQuoin Extension Center, Meets Thursday beginning September 7, 6:00P-8:00P, Instructor: Jane Minton

GENEALOGY RESEARCH (PS 448). Using your laptop or tablet, you will be introduced to many different FREE websites for your genealogy research. We will discuss which search engines to use and why, examine records for clues, use of a research log, how to use FamilySearch.org and much more use of the internet for your research. Please remember to bring your laptop or tablet, park in the back and come in the back door at the Carbondale Township Building at 217 E. Main St. in Carbondale.

Sessions: 8, Fee: $38.00

Section No. 1: Carbondale, Township Hall, 217 East Main, Activity Room, Meets Wednesday beginning September 6 (no class 10/11), 12:30P-2:30P, Instructor: Kara Dunkel

Section No. 2: Carbondale, Township Hall, 217 East Main, Activity Room, Meets Wednesday beginning September 6 (no class 10/11), 3:30P-5:30P, Instructor: Kara Dunkel

GROUP MEDITATION (PS 066). Learn four meditations techniques over the course of four weeks: guided meditation, drumming journey, mindfulness seated meditation, and meditation journey to connect guardian angels/spirit guide/spirit animals. This class is for beginners to those most experienced in mediation. All ages and physical abilities are welcome.

Sessions: 4, Fee: $25.00, COM: $5.00

Section No. 1: John A. Logan College, Room H123, Meets Saturday beginning September 9, 10:00A-11:30A, Instructor: Melinda Hilker

Section No. 9A: West Frankfort Extension Center, Room 105, Meets Tuesday beginning September 5, 5:00P-6:30P, Instructor: Melinda Hilker

HERBS FOR BEGINNERS (PS 238). Students will learn how and what to plant and how to cook with herbs. There will be examples for you to see and samples for you to taste.

Sessions: 8, Fee: $36.00

Section No. 9A: West Frankfort Extension Center, Room 111, Meets Tuesday beginning September 5, 6:00P-8:00P, Instructor: Teresa Ewell

HISTORY OF ROCK AND ROLL (ONLINE) (PS 5060). Place dice on your rearview mirror, pull up your bobby socks, hang ten in surf waves, drape yourself with love beads, enjoy the moments at the festival and concert, and grow your hair longer! Join us we relive the birth of rock and roll in the 50's and 60's! The class is a weekly tour covering stories of the origins and moments of this early genre of popular music. The course will be...
offered in an exciting new format called interactive email. The lessons will be emailed to you so you can view and enjoy them on your smartphone, mobile device, tablet, or computer. You'll get the lessons a few times a week for you to experience on your own schedule.

Sessions: 12, Fee: $20.00

Section No. 1: John A. Logan College, Online, Meets Monday beginning September 11, Times (TBA), Instructor: Terry Crain

HYPNOSIS (BEG.) (PS 209). Students will learn hypnotic techniques that will help smokers become nonsmokers, lose weight, with ADD, with anxiety, and develop better study habits and more. Counselors, school psychologists, nurses and medical technicians can all benefit from this class.

Sessions: 10, Fee: $36.00, Approximate Book Fee: $14.00 (optional, payable to instructor).

Section No. 1: John A. Logan College, Room H123, Meets Tuesday beginning September 5, 6:00P-8:00P, Instructor: Bernie Stacka

ITALIAN FOR BEGINNERS TO INTERMEDIATE (PS 638). We will emphasize vocabulary, grammar, conversation, culture and travel tips. Come ready to work in partners and small groups to use your new vocabulary to communicate! Individual needs- see instructor.

Sessions: 10, Fee: $38.00

Section No. 1: Herrin High School, 700 N. 10th Street, Room 1112, Meets Thursday beginning September 7, 6:00P-8:00P, Instructor: Michaelann Stanley

MANUAL COMMUNICATIONS I (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: $172.50, Approximate Book Fee: $39.95

Section No. 1: John A. Logan College, Room B65, Meets Monday beginning September 11, 6:00P-8:00P, Instructor: Susan Whiting

(NEW) NEAR DEATH EXPERIENCES – DOES CONSCIOUSNESS Continue AFTER DEATH? (PS 546). A course for the curious minded adult who wonders about the final question. Come join us in an exploration of a topic that brings science and religion closer together. Find out how we are trapped in either a religious or scientific story that may be stopping us from understanding the deeper mysteries of the universe. Hear about the stories of real people who’ve experienced something not explained by current science or religion. Discuss the most recent theories of consciousness that can lead to a deeper understanding of both science and religion. The instructor's book, Unexplained Consciousness Events: Exploring the Possibilities, will be used as text and is included in the tuition.

Sessions: 10, Fee: $60.00

Section No. 1: John A. Logan College, Room B64, Meets Tuesday beginning September 5, 3:00P-5:00P, Instructor: Robert DeFilippis

Section No. 2: John A. Logan College, Room B64, Meets Tuesday beginning September 5, 6:00P-8:00P, Instructor: Robert DeFilippis

PARANORMAL INVESTIGATIONS I (PS 700). Angels and Demons of Multiple Beliefs, Aliens and UFOs, discovering Alternative Dimensions and Realities, Identifying different types of Hauntings, Ghosts, understanding difference between Dreams (their meanings) and OBE “out of body experiences” Astrology and its effects on our lives, learning Personal Spiritual Protection and how to Cast a Circle, understanding crystals and herbs and how they affect us, more!

Sessions: 12, Fee: $45.00

Section No. 1: John A. Logan College, Room H123, Meets Saturday beginning September 9 (no class on 9/23), 12:00P-2:00P, Instructor: Melinda Hilker

Section No. 9A: West Frankfort Extension Center, Room 105, Meets Tuesday beginning September 5, 6:30P-8:30P, Instructor: Melinda Hilker

PARANORMAL INVESTIGATIONS II (PS 141). A more advanced class where students learn how to use, Tarot Cards, Pendulums, Black Mirrors, Crystal Balls, Palm Reading, how to read and heal Aura’s and Chakras, Drumming Circles (entering Alternative Dimensions) Field Trip (Hauntings Investigations) Gathering and Examining Hauntings Evidence, how to heal or Rid Hauntings with Herbs, Crystals and more!

Pre-requisite: Paranormal Investigations I

Sessions: 6, Fee: $25.00

Section No. 1: John A. Logan College, Room H123, Meets Wednesday beginning September 6 (no class on 9/23), 6:30P-8:30P, Instructor: Melinda Hilker

PTSD AWARENESS-KNOW MORE CONFERENCE (PS 421). Topics include PTSD & Spouses, Perceptual Blindness, PTSD is Not a Life Sentence, Alternative Therapies, Moral Injury, Vietnam Veterans & Aging, Unhealthy Coping Mechanisms, Veterans & Spouses Panel, and more. Keynote speaker is Dr. Corinne Hinton, Texas A&M University & Fellow at the Elizabeth Dole Foundation. Registration from 8-9am. For more information, contact, Pam Largent, President, THIS ABLE VETERAN (Canine partners for the journey back home), www.thisableveteran.org, 618-983-5515.

Section No. 1: John A. Logan College, Room F106/Hancock Conference Center, Saturday, November 18, 8:00A-4:00P, Instructors: Pam Largent, President of This Able Veteran and Dr. Corinne Hinton, Texas A&M University and Fellow at the Elizabeth Dole Foundation.

REALIZING YOUR TRAVEL DREAMS-ENTRY LEVEL (PS 718). For beginners who want to test the waters for making those dreams come true at incredibly low costs! We will explore crazy ways of earning and using airline miles and hotel points, insider's tips, and how to make credit cards work for you. Release your inner self and enjoy new adventures!

Sessions: 10, Fee: $40.00
Section No. 9N: Alongi DuQuoin Extension Center, Room DQ 5, Meets Monday beginning September 11, 6:00P-8:00P, Instructor: Mara Rice

**NEW** REALIZING YOUR TRAVEL DREAMS-ADVANCED LEVEL (PS 694). For those who would like to deeply explore the world of travel hacking and almost free travel through a variety of methods. This will help to prepare you for all aspects of various modes of travel. Cheap seats at 30,000 feet can be yours with the "secrets" of experienced travel hackers, geeks, and gurus!

Sessions: 10, Fee: $40.00

Section No. 9N: Alongi DuQuoin Extension Center, Room DQ 5, Meets Tuesday beginning September 12, 6:00P-8:00P, Instructor: Mara Rice

REIKI - LEVEL I (PS 709). Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It also works as a complementary therapy with other medical or therapeutic techniques to relieve side effects and promote recovery. 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 September 6, 6:00P-8:00P, Instructor: Bernie Stacka

SAT PREP – READING (PS 317). This course will offer tips and strategies to prepare students for the SAT. The sessions, offered on the weeks before the October and November exams, will last two hours and will provide best practices for quickly accurately choosing the correct responses on the English and reading portions of the SAT test—some attention will also be given to the essay prompt. Students must be at least a sophomore in high school.

Sessions: 1, Fee: $45.00

Section No. 1: Marion High School, 1700 Wildcat Road, Library, Meets Tuesday, beginning October 3 (Last Start), 6:00P-8:00P, Instructor: Amanda Hickman

Section No. 2: Herrin High School, 700 N. 10th, Room 1107, Meets Wednesday, beginning October 4 (Last Start), 6:00P-8:00P, Instructor: Amanda Hickman

Section No. 3: Herrin High School, 700 N. 10th, Room 1107, Meets Wednesday, beginning November 29 (Last Start), 6:00P-8:00P, Instructor: Amanda Hickman

**NEW** SKIN CARE WORKSHOP #1 - NATURALLY CLEAN (PS 507). Learn how and why naturally derived skin care products will make your skin healthy and beautiful. Make a natural cleanser as the first step of a new beauty routine. See more information: SunflowerGirl.com

Sessions: 1, Fee: $25.00, COM: $20.00 payable to Instructor.

Section No. 1: John A. Logan College, Room H126, Meets Saturday beginning September 9, 8:30A-12:30P, Instructor: Elvira Muckelroy

**NEW** SKIN CARE WORKSHOP #2 - NATURALLY NOURISHED (PS 508). Understand the benefits of select plant oils for your skin as you create a personalized facial oil blend enhanced with essential oils to nourish and enrich your skin. See more information: SunflowerGirl.com.

Sessions: 1, Fee: $25.00, COM: $20.00 payable to Instructor.

Section No. 1: Herrin High School, 700 N. 10th, Room 1109, Meets Thursday, beginning September 7, 6:00P-8:00P, Instructor: Herb Klickner

**NEW** SQUARE FOOT GARDENING 101 (PS 353). Explore how to grow more in less space in this beginners look at Square Foot Gardening and associated topics. Discussions will include basics of structures, location, layout, making and managing your perfect soil, and stewardship. Suggested Reading: 'All New Square Foot Gardening, 2nd edition' by Mel Bartholomew.

Sessions: 6, Fee: $30.00

Section No. 1: John A. Logan College, Room B65, Meets Thursday beginning September 7, 6:00P-8:00P, Instructor: Sandra Conner

WRITING FICTION (PS 452). Teaches the 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.

Sessions: 10, Fee: $40.00
HEALTH CARE

ACLS RENEWAL (6CNE 585). This is an ACLS renewal course. It is designed to enhance skills in the treatment of the adult victim of cardiac arrest or cardiopulmonary emergencies. It is designed for medical providers such as physicians, nurses, emergency medical technicians, paramedics, respiratory therapists, and other professionals who are seeking an ACLS renewal. ACLS provider certification must be current within three months and CPR certification current. 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. Both sections in Hancock Center.

Sessions: 1, Fee: $45.00

Section No. 1: John A. Logan College, Room F110, Meets Wednesday beginning September 20 (Late Start), 9:00A-4:30P, Instructor: Leslie McKenzie

Section No. 2: John A. Logan College, Room F110, Meets Wednesday beginning November 29 (Late Start), 9:00A-4:30P, Instructor: Leslie McKenzie

AHA BASIC LIFE SUPPORT/HEARTSAVER INSTRUCTOR COURSE (6CNE 599). 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 successfully 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 September 7, 2017. An Instructor Candidate Workbook, a BLS Instructor Manual and a Discipline Specific Student Manual is required. Contact Continuing Education Office, Ext. 8401

Sessions: 1, Tuition: $57.50, Fee: $27.50

Section No. 1: John A. Logan College, Room H127, Meets Saturday beginning September 16 (Late Start), 9:00A-5:00P, Instructor: Bob Loftus

ARC: DISASTER ASSESSMENT (MED 043). The course introduces the tasks and responsibilities of Disaster Assessment responders on a disaster relief operation. This course prepares participants to conduct Detailed Damage Assessments accurately, efficiently and safely when assigned to a disaster response. Prerequisite: Disaster Cycle Services: An Overview (can be taken online).

Sessions: 1, Fee: No Charge

Section No. 1: John A. Logan College, Hancock Center, Room F110, Meets Tuesday beginning October 3 (Late Start), 6:00P-10:00P, Instructor: Claudia Blackman

ARC: DISASTER ASSESSMENT EXERCISE (MED 222). This course allows participants to practice the knowledge they gained in the Disaster Assessment course. It is a "hands on" skills-based exercise. Participants will also gain knowledge and use of RC Collect (a phone app to collect data). Prerequisite: Disaster Assessment.

Sessions: 1, Fee: No Charge

Section No. 1: John A. Logan College, Hancock Center, Room F110, Meets Tuesday beginning October 10 (Late Start), 6:00P-10:00P, Instructor: Claudia Blackman

ARC: DISASTER CYCLE SERVICES: AN OVERVIEW (MED 144). This course is the first in the Disaster Cycle Services (DCS) 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.

Sessions: 1, Fee: No Charge

Section No. 1: John A. Logan College, Hancock Center, Room F110, Meets Tuesday beginning September 12, 6:00P-10:00P, Instructor: Claudia Blackman

ARC: GOVERNMENT OPERATIONS FUNDAMENTALS (MED 224). Government Operations Fundamentals is a basic level, instructor-led course that introduces the roles, responsibilities and tasks of the Red Cross government liaison. The course content is based on the Government Operations Handbook and other Disaster Services program guidance. Participants engage in activities and scenarios that Red Cross government liaisons typically encounter when representing the Red Cross throughout the disaster cycle. Prerequisite: Disaster Cycle Services: An Overview (can be taken online).

Sessions: 1, Fee: No Charge

Section No. 1: John A. Logan College, Hancock Center, Room F110, Meets Tuesday beginning October 17 (Late Start), 6:00P-10:00P, Instructor: Claudia Blackman

ARC: OPEN COMPUTER LAB TRAINING (MED 210). Students will be able to take online courses in the various disaster service tracks and/or American Red Cross Volunteer. Courses include but are not limited to: Becoming a Volunteer, Feeding Fundamentals, Bulk Distribution, Series of Casework Courses, and Government Operation Center Liaison Fundamentals.

Sessions: 1, Fee: No Charge

Section No. 1: John A. Logan College, Hancock Center, Room F111, Meets Tuesday beginning September 19 (Late Start), 6:00P-10:00P, Instructor: Claudia Blackman

ARC: SHELTER FUNDAMENTALS (MED 214). 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.

Prerequisite: Disaster Cycle Services: An Overview (can be taken online).

Sessions: 1, Fee: No Charge

Section No. 1: John A. Logan College, Hancock Center, Room F110, Meets Tuesday beginning September 6 (Late Start), 3:00P-10:00P, Instructor: Claudia Blackman

BASIC LIFE SUPPORT (BLS) PROVIDER (6CNE 420). This course prepares and trains healthcare professionals on how to perform CPR. It includes adult, child, and infant resuscitation techniques and focuses on healthcare providers in a wide variety of settings, including in-hospital and out-of-hospital settings, and for students entering a healthcare profession. 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. All sections in Hancock Center.

Sessions: 1, Tuition: $57.50, Fee: $10.00, Approx. Book fee: $17.00 payable to the bookstore

Section No. 1: John A. Logan College, Room F110, Meets Wednesday beginning August 23 (Early Start), 3:00P-10:00P, Instructor: Lori Switcher

Section No. 2: John A. Logan College, Room F110, Meets Wednesday beginning September 6, 3:00P-10:00P, Instructor: Lori Switcher

Section No. 3: John A. Logan College, Room F110, Meets Wednesday beginning October 11 (Late Start), 3:00P-10:00P, Instructor: Lori Switcher

Section No. 4: John A. Logan College, Room F110, Meets Wednesday beginning November 15 (Late Start), 3:00P-10:00P, Instructor: Lori Switcher

Section No. 5: John A. Logan College, Room F110, Meets Wednesday beginning December 6 (Late Start), 3:00P-10:00P, Instructor: Lori Switcher

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. Pre-Requisite: Initial PALS Certification & BLS Healthcare Provider Card

Sessions: 1, Tuition: $57.50, Fee: $10.00, Approx. Book Fee: $20.00

Section No. 1: John A. Logan College, Hancock Center, Room F110, Meets Thursday beginning September 21 (Late Start), 3:00P-10:00P, Instructor: Dianne Gaertner

Section No. 9A: West Frankfort Extension Center, Room WF114, Meets Tuesday beginning October 24 (Late Start), 9:00A-5:00P, Instructor: Dianne Gaertner

LEARNING TO CONNECT: RELATING TO THE PERSON WITH ALZHEIMER’S (MED 176). Do you feel unsure or ill at ease spending time with a person with memory loss? By understanding the disease and how it affects the brain, you can more easily make meaningful connections with a person with Alzheimer’s disease. This program will provide insight into memory loss and dementia and the effect of the disease on communication and behavior. It will also introduce participants to techniques that can used to make visits more comfortable and meaningful. This program is 1.5 house, which includes time for questions and answers.

Sessions: 1, Fee: No Charge

Section No. 1: John A. Logan College, Hancock Center, Room F109, Meets Wednesday beginning September 6, 5:30P-7:00P, Instructor: Becky Doiron

LIVE WELL BE WELL: CHRONIC DISEASE SELF MANAGEMENT (OHE 545). Are you an adult with or a caregiver of someone with an ongoing health condition such as diabetes, arthritis, lung disease, Parkinson’s, heart disease or other chronic condition? To register call the SIH Call Center at 866-744-2468 or register online at hsidn.org/calendar.

Sessions: 6, Fee: No Charge

Section No. 1: St. Joseph Memorial Hospital, Meets Tuesday beginning September 12, 9:00A-11:30A, Instructor: TBA

PALS RENEWAL (6CNE 595). This renewal course is designed to recertify individuals in PALS. PALS is used during the stabilization and transportation phases of a pediatric emergency, in or out of the hospital to improve outcomes. Students will refresh their knowledge and skills in managing critically ill infants and children, including recognition and treatment of infants and children at risk for cardiopulmonary arrest; the systematic approach to pediatric assessment; effective respiratory management; defibrillation and synchronized cardioversion; intravenous access and fluid bolus administration; and effective resuscitation team dynamics. 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. Pre-Requisite: Initial PALS Certification & BLS Healthcare Provider Card

Sessions: 1, Fee: $45.00

Section No. 1: John A. Logan College, Hancock Center, Room F110, Meets Wednesday beginning October 25 (Late Start), 9:00A-4:30P, Instructor: Leslie McKenzie

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: $57.50, Fee: $22.50
SIH CONGREGATIONAL HEALTH CONNECTORS

(OHE 527). As a Congregational Health Connector you will learn how to promote health in your faith community. You will also learn how to connect your congregation with health resources available in the community. A resource tool kit is provided along with support for starting a Health Ministry in your congregation. No health background is required. There is no cost to attend. Training provided by Southern Illinois Healthcare Community Benefits Department. Must register by October 23. For more information and to register call 618-457-5200 ext. 67830 or email fanta.saidou@sih.net

Sessions: 2, Tuition: Free

SOUTHERN ILLINOIS TUBERCULOSIS (TB)
CONTROL (MED 223). This education presentation is designed to increase the knowledge to meet the challenging demands of TB disease prevention and control, and to provide optimal health care to patients within our communities. Contact: Debra Stephens at debra.stephens@illinois.gov or 618-656-5863 for registration procedures.

Sessions: 1

HEALTHCARE CLASSES FOR NURSING CE CREDITS

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: $115.00, Fee: $10.00, Approx. Book Fee: $50.00

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: $75.50, Fee: $2.50

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.

Sessions: 3, Tuition: $172.50, Fee: $2.50

SOUTHERN ILLINOIS TUBERCULOSIS (TB) CHALLENGE (MED 223). This education presentation is designed to increase the knowledge to meet the challenging demands of TB disease prevention and control, and to provide optimal health care to patients within our communities. Contact: Debra Stephens at debra.stephens@illinois.gov or 618-656-5863 for registration procedures.

Sessions: 1
CLASSES FOR KIDS

**John A. Logan College**

**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! Brass, Guitar, Percussion, Piano, Strings, Voice and Woodwind lessons are being offered. 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 D. Arnett, at nathanarnett@jalc.edu.

Sessions: 14, Fee: $235.00

Section No. 1: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Monday beginning September 19 (Late Start), 6:00P-7:00P, Instructors: Don Elliott

Section No. 2: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Tuesday beginning November 7 (Late Start), 6:00P-7:00P, Instructors: Don Elliott

**Marion**

**SHOTGUN/SPORT OF TRAP SHOOTING – AN INTRO (AGES 10-18) (PS 271).** This course is offered in partnership with the University of Illinois Extension Service 4-H Program. Students will learn basic knowledge including the anatomy of the shotgun and its use as a sporting arm on the trap field. This course covers stance, proper gun hold, station shooting positions, and range etiquette on the trap field using a computer generated program. Guns, targets, and ammunition are provided as part of the cost of materials fee. Upon successful completion of the course, student will have the opportunity to participate in a live fire session on the trap field. Class size is limited; students must be 10 years of age prior to September 1. This class has a prerequisite of Air Rifle Shooting - Gun Safety (PS 449). Registration at first class. For questions, call Esther Waddy at (618) 993-3304 or ewaddy@illinois.edu, or Don Elliott at (618) 751-9209.

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

Section No. 1: Marion, Tombstone Gun Range, 12121 Skyline Dr., Meets Monday beginning August 28 (Early Start), 6:00P-7:00P, Instructor: Don Elliott

Sessions: 6

Section No. 2: Marion, Tombstone Gun Range, 12121 Skyline Dr., Meets Tuesday beginning September 19 (Late Start), 6:00P-7:00P, Instructor: Don Elliott

Sessions: 6

**LITTLE VOLS CO-ED BASKETBALL LEAGUE (PS 877)** This recreational basketball league is designed to help young players build coordination & skills while learning the basic fundamentals of basketball and teamwork. Players will be contacted in advance with practice schedule. Each team will practice once or twice during the week. One game will be played each week on Saturday mornings. There will be no games or practices during the week of Thanksgiving. All players and coaches will receive a T-shirt. Some volunteer coaches will be wanted. Contact Bradley Griffith at bradleygriffith@jalc.edu for more information.

Section No. 1: **THIS SECTION IS RESERVED FOR 1ST/2ND GRADERS**. Carthage, Tri-C Elementary Gym, Coaches meeting/draft Saturday October 28.
Practices begin Saturday November 4. Games begin Saturday November 11. Total games: 5


Section No. 3: THIS SECTION IS RESERVED FOR 5TH/6TH GRADERS. Carterville, Tri-C Elementary Gym, Coaches meeting/draft Saturday October 28. Practices begin Saturday November 4. Games begin Saturday November 11. Total games: 5

Need a Speaker for your Event/Club?
Want to hear more about What’s Going on in the Continuing Education Department?

Would like one of us to come and speak to your group? If so, please let us know. We can tell you about the opportunities at our Community Health Education Complex (CHEC), about our HealthCare classes as well as the other 16 Categories of classes we offer in the Continuing Education Department!

Give us a call at 618-985-2828, ext. 8249 for more information!

THE BRITISH INVASION
A Debate on the Beatles vs the Rolling Stones

Wednesday, September 20 • 11am-noon
John A. Logan College Crisp Room
THE EVENT IS FREE AND OPEN TO THE PUBLIC!

The John A. Logan College Continuing Education Department will host two leading rock and roll Beatles experts, Jude Southernland-Kessler and Lanea Stagg, on campus, for a presentation titled “The British Invasion (a debate on the Beatles vs the Rolling Stones)”
Community Health Education Complex (CHEC)  
Now open 7 days/week!

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

Silver Sneakers!

CHEC is 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!

CHEC Membership

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

- Fall Semester Membership (August 15—December 31) $95
- One Month Membership (Any one month period) $30

One day passes are also available for $5!

Registration may be done online at the CHEC website or in-person at the front desk inside the facility. Contact our CHEC staff at ext. 8502 for any questions.

Orientation Video

Orientation video for new users! All new users are required to view a 7-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.

Check out our new room of free weights!
COMMUNITY HEALTH EDUCATION COMPLEX
(CHEC) CONTACT 985-2828, EXT. 8502 or 8504

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 5 satellite television systems.

(NEW) BEYOND THE BARRE (PS 943). Beyond the Barre is a course that aims to enable its students to develop the muscle tone and graceful movement of a dancer. Each class will consist of exercises using small weights, ballet-inspired sequences at the barre, and yoga stretches on a yoga mat. Students will be asked to remove their footwear prior to the start of each class and to supply their own yoga mat.
Fee: $35.00

Section No. 01A: John A. Logan College CHEC, Room J120, Meets Tuesday beginning August 29 (Early Start), 10:00A-10:50A, Instructor: Susan Bausch
Sessions: 7

Section No. 01B: John A. Logan College CHEC, Room J120, Meets Tuesday beginning October 24 (Late Start), 10:00A-10:50A, Instructor: Susan Bausch
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 August 28 (Early Start), 10:00A-10:50A, Instructor: Fae Ragan
Sessions: 14

Section No. 01B: John A. Logan College CHEC, Room J120, Meets Tuesday/Wednesday beginning October 23 (Late Start), 10:00A-10:50A, Instructor: Fae Ragan
Sessions: 15

Section No. 02A: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning August 29 (Early Start), 9:00A-9:50A, Instructor: Fae Ragan
Sessions: 15

Section No. 02B: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning October 24 (Late Start), 9:00A-9:50A, Instructor: Fae Ragan
Sessions: 15

(NEW) FIT, LEAN, TRAIN (HIIT) (PS 995). This course will focus on optimizing cardiovascular endurance while also increasing overall body strength by utilizing high intensity exercise. The exercises will be done at near maximum effort and will include short intervals. Exercises will centered around basic body weight & strength training movements. HIIT stands for high intensity interval training. All fitness levels welcome.
Sessions: 15   Fee: $45.00

Section No. 01A: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning August 29 (Early Start), 5:00P-5:45P, Instructor: Tammy Mikulay
Section No. 01B: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning October 24 (Late Start), 5:00P-5:45P, Instructor: Tammy Mikulay

(NEW) GET IN SHAPE!!! (PS 708). Get in Shape is a class designed around circuit training. The class will give you a massive calorie burn in a short and intense session of activity that combines aerobics, bodyweight motions, and light weight lifting. The exercises can be modified for any level of fitness making the class tailored to you. Get ready for a level of fitness you’ve dreamed about, get ready to Get in Shape!
Fee: $45.00

Section No. 01A: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning August 28 (Early Start), 05:00P-05:50P, Instructor: Derrick Snider
Sessions: 14

Section No. 01B: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning October 23 (Late Start), 05:00P-05:50P, Instructor: Derrick Snider
Sessions: 15

Section No. 02A: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning August 29 (Early Start), 06:00P-06:50P, Instructor: Derrick Snider
Sessions: 15

Section No. 02B: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning October 24 (Late Start), 06:00P-06:50P, Instructor: Derrick Snider
Sessions: 15

INTERMEDIATE YOGA (PS 120). 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 August 28 (Early Start), 9:00A-9:50A, Instructor: Susan Bausch
Sessions: 14

Section No. 01B: John A. Logan College, CHEC, Room J120, Meets Monday/Wednesday beginning October 23 (Late Start), 9:00A-9:50A, Instructor: Susan Bausch
Sessions: 15
Section No. 02A: John A. Logan College, CHEC, Room J120, Meets Tuesday/Thursday beginning August 29 (Early Start), 9:00A-9:50A, Instructor: Susan Bausch

Sessions: 15

Section No. 02B: John A. Logan College, CHEC, Room J120, Meets Tuesday/Thursday beginning October 24 (Early Start), 9:00A-9:50A, Instructor: Susan Bausch

Sessions: 15

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, Room J222, Meets Thursday beginning August 31, 6:30P-8:30P, Instructor: Gary Douglas

Sessions: 8

Section No. 01B: John A. Logan College, CHEC, Room J222, Meets Thursday beginning October 26 (Late Start), 6:30P-8:30P, Instructor: Gary Douglas

Sessions: 7

KENPO KARATE JUI JITSU FOR KIDS (PS 419).

Fee: $40.00

Section No. 01A: John A. Logan College, CHEC, Room J222, Meets Thursday beginning August 31, 5:00P-6:30P, Instructor: Gary Douglas

Sessions: 8

Section No. 01B: John A. Logan College, CHEC, Room J222, Meets Thursday beginning October 26 (Late Start), 5:00P-6:30P, Instructor: Gary Douglas

Sessions: 7

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!

Fee: $45.00

Section No. 01A: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning August 28 (Early Start), 07:00p-07:50P, Instructor: Jennifer Gulley

Sessions: 14

Section No. 01B: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning October 23 (Late Start), 07:00p-07:50P, Instructor: Jennifer Gulley

Sessions: 15

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.

Fee: $45.00

Section No. 01A: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning August 28 (Early Start), 6:30A-7:30A, Instructor: Fae Ragan

Sessions: 15

Section No. 01B: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning October 23 (Late Start), 6:30A-7:30A, Instructor: Fae Ragan

Sessions: 15

SPINNING (PS 171). 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 J120, Meets Tuesday/Thursday 4-4:50P; Saturday 8:30-9:20A beginning August 29 (Early Start), Instructor: Kathy Faulkner Sessions: 23

Section No. 01B: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday 4-4:50P; Saturday 8:30-9:20A beginning October 24 (Late Start) Instructor: Kathy Faulkner Sessions: 22

WEIGHT TRAINING FOR OLDER ADULTS (PS 260). This class is designed to help older adults increase their strength and functionality through weight training. Whether you have previous experience in a weight room or have never used weights at all, this class accommodates all older adults who want to improve their fitness. The course will begin in the classroom for brief informational sessions and finish in the fitness
center for actual exercise. Topics covered will include strength, balance, flexibility, nutrition, and overall health. All adults age 40 and over are welcome. Fee: $45.00

Section No. 01A: John A. Logan College CHEC, Room J102, Meets Monday/Wednesday beginning August 28 (Early Start), 08:00A-08:50A, Instructor: Derrick Snider Sessions: 14

Section No. 01B: John A. Logan College CHEC, Room J102, Meets Monday/Wednesday beginning October 23 (Late Start), 08:00A-08:50A, Instructor: Derrick Snider Sessions: 15

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 August 28 (Early Start), 12:00P-12:50P, Instructor: Susan Bausch Sessions: 14

Section No. 01B: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning October 23 (Late Start), 12:00P-12:50P, Instructor: Susan Bausch Sessions: 15

Section No. 02A: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning August 28 (Early Start), 4:00P-4:50P, Instructor: Susan Bausch Sessions: 14

Section No. 02B: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning October 23 (Late Start), 4:00P-4:50P, Instructor: Susan Bausch Sessions: 15

Section No. 03: John A. Logan College CHEC, Room J120, Meets Wednesday beginning August 30 (Early Start), 3:00P-3:50P, Instructor: Susan Bausch Sessions: 15

Section No. 04A: John A. Logan College CHEC, Room J222, Meets Monday/Wednesday beginning August 28 (Early Start), 6:00P-6:50P, Instructor: Jennifer Gulley Sessions: 14

Section No. 04B: John A. Logan College CHEC, Room J222, Meets Monday/Wednesday beginning October 23 (Late Start), 6:00P-6:50P, Instructor: Jennifer Gulley Sessions: 15

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/Wednesday beginning August 28 (Early Start), 11:00A-11:50A, Instructor: Kelli Abell Sessions: 14

Section No. 01B: John A. Logan College CHEC, Room J222, Meets Monday/Wednesday beginning August 28 (Early Start), 11:00A-11:50A, Instructor: Kelli Abell Sessions: 15

SilverSneakers® 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 SilverSneakers® as a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. Call your insurance company today to find out if you qualify!

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 Suzanne Koechner at Ext. 8502 to get registered.

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.

Fee: Free or $45.00

Section No. 01A: John A. Logan College CHEC, Room J222, Meets Monday/Wednesday beginning August 28 (Early Start), 9:00A-9:50A, Instructor: Derrick Snider Session: 14

Section No. 01B John A Logan College CHEC, Room J222, Meets Monday/Wednesday beginning October 23, (Late Start) 9:00A-9:50A, Instructor: Derrick Snider Sessions: 15

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: 15, Fee: Free or $45.00

Section No. 01A: John A. Logan College CHEC, Room J222, Meets Tuesday/Thursday beginning August 29 (Early Start), 10:00A-10:50A, Instructor: Fae Ragan

Section No. 01B: John A. Logan College CHEC, Room J222, Meets Tuesday/Thursday beginning October 24 (Late Start), 10:00A-10:50A, Instructor: Fae Ragan
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.

Fee: Free or $45

Section No. 01A: John A. Logan College CHEC, Room J222, Meets Monday/Wednesday beginning August 28 (Early Start), 8:00A-8:50A, Instructor: Fae Ragan
Sessions: 14

Section No. 01B: John A. Logan College CHEC, Room J222, Meets Monday/Wednesday beginning October 23 (Late Start), 8:00A-8:50A, Instructor: Fae Ragan
Sessions: 15

Section No. 02A: John A. Logan College CHEC, Room J222, Meets Tuesday/Thursday beginning August 29 (Early Start), 8:00A-8:50A, Instructor: Fae Ragan
Sessions: 15

Section No. 02B: John A. Logan College CHEC, Room J222, Meets Tuesday/Thursday beginning October 24 (Late Start), 8:00A-8:50A, Instructor: Fae Ragan
Sessions: 15

SILVER SNEAKERS SPLASH (ARTHRITIS AQUATICS) (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. 01A: John A. Logan College CHEC, Therapy Pool, Meets Monday/Wednesday/Friday beginning August 28 (Early Start), 9:00A-9:50A, Instructor: Nicole Rossi
Sessions: 22 Fee: $55.00

Section No. 01B: John A. Logan College CHEC, Therapy Pool, Meets Monday/Wednesday/Friday beginning October 23 (Late Start), 9:00A-9:50A, Instructor: Nicole Rossi
Sessions: 21 Fee: $55.00

Section No. 02A: John A. Logan College CHEC, Therapy Pool, Meets Monday/Wednesday/Friday beginning August 29 (Early Start), 10:00A-10:50A, Instructor: Nicole Rossi
Sessions: 22 Fee: $55.00

Section No. 02B: John A. Logan College CHEC, Therapy Pool, Meets Monday/Wednesday/Friday beginning October 24 (Late Start), 10:00A-10:50A, Instructor: Nicole Rossi
Sessions: 21 Fee: $55.00

Section No. 03A: John A. Logan College CHEC, Therapy Pool, Meets Tuesday/Thursday beginning August 29 (Early Start), 11:00A-11:50A, Instructor: Karla Klueter
Sessions: 22 Fee: $55.00

Section No. 03B: John A. Logan College CHEC, Therapy Pool, Meets Tuesday/Thursday beginning October 24 (Late Start), 11:00A-11:50A, Instructor: Karla Klueter
Sessions: 21 Fee: $55.00

Section No. 04A: John A. Logan College CHEC, Therapy Pool, Meets Tuesday/Thursday beginning August 29 (Early Start), 10:00A-10:50A, Instructor: Kathleen Krones
Sessions: 21 Fee: $55.00

Section No. 04B: John A. Logan College CHEC, Therapy Pool, Meets Tuesday/Thursday beginning October 24 (Late Start), 10:00A-10:50A, Instructor: Kathleen Krones
Sessions: 21 Fee: $55.00

Section No. 05A: John A. Logan College CHEC, Therapy Pool, Meets Tuesday/Thursday beginning August 29 (Early Start), 11:00A-11:50A, Instructor: Kathleen Krones
Sessions: 22 Fee: $55.00

Section No. 05B: John A. Logan College CHEC, Therapy Pool, Meets Tuesday/Thursday beginning October 24 (Late Start), 11:00A-11:50A, Instructor: Kathleen Krones
Sessions: 21 Fee: $55.00

Section No. 06A: John A. Logan College CHEC, Therapy Pool, Meets Tuesday/Thursday beginning August 29 (Early Start), 1:00P-1:50P, Instructor: Karla Klueter
Sessions: 15 Fee: $45.00

Section No. 06B: John A. Logan College CHEC, Therapy Pool, Meets Tuesday/Thursday beginning October 24 (Late Start), 1:00P-1:50P, Instructor: Karla Klueter
Sessions: 15 Fee: $45.00

Section No. 07A: John A. Logan College CHEC, Therapy Pool, Meets Tuesday/Thursday beginning August 29 (Early Start), 2:00P-2:50P, Instructor: Kathleen Krones
Sessions: 15 Fee: $45.00

Section No. 07B: John A. Logan College CHEC, Therapy Pool, Meets Tuesday/Thursday beginning October 24 (Late Start), 2:00P-2:50P, Instructor: Kathleen Krones
Sessions: 15 Fee: $45.00

Section No. 08A: John A. Logan College CHEC, Lap Pool, Meets Tuesday/Thursday beginning August 29 (Early Start), 10:00A-10:50A, Instructor: Kathleen Krones
Sessions: 15 Fee: $45.00
Sessions: 15  Fee: $45.00

SILVER SNEAKERS YOGA (PS 706). 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. Fee: Free or $45.00

Section No. 01A: John A. Logan College CHEC, Room J222, Meets Monday/Wednesday beginning August 28 (Early Start), 10:00A-10:50A, Instructor: Susan Bausch Sessions: 14
Section No. 01B: John A. Logan College CHEC, Room J222, Meets Monday/Wednesday beginning October 23, (Late Start), 10:00A-10:50A, Instructor: Susan Bausch Sessions: 15
Section No. 02A: John A. Logan College CHEC, Room J222, Meets Monday/Wednesday beginning August 28 (Early Start), 11:00A-11:50A, Instructor: Susan Bausch Sessions: 14
Section No 02B: John A. Logan College CHEC, Room J222, Meets Monday/Wednesday beginning October 23 (Late Start), 11:00A-11:50A, Instructor: Susan Bausch Sessions: 15

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.

ADULT BEGINNER SWIMMING (PS 259). Whether you’ve lived with a fear of the water or just never had an opportunity to learn, you are far from alone! About half of Americans don’t have the skills that could save their lives in the water. Focus will be on comfort and safety in and around the water with the goal of treading and/or floating independently. Skills such as breath control in and around the water will be conducted in the shallow end (3.5 feet deep). 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). Fee: $55.00

Section No. 01A: John A. Logan College CHEC, Lap Pool, Meets Tuesday/Thursday beginning August 29 (Early Start), 5:00P-5:45P, Instructor: Diann Bauer Sessions: 22
Section No. 01B: John A. Logan College CHEC, Lap Pool, Meets Tuesday/Thursday beginning October 24 (Late Start), 5:00P-5:45P, Instructor: Diann Bauer

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, Lap Pool, Meets Monday/Wednesday/Friday beginning August 28 (Early Start), 10:00A-10:50A, Instructor: Becky Kolar Sessions: 21
Section No. 01B: John A. Logan College CHEC, Lap Pool, Meets Monday/Wednesday/Friday beginning October 23 (Late Start), 10:00A-10:50A, Instructor: Becky Kolar

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, Therapy Pool, Meets Monday/Wednesday/Friday beginning August 28 (Early Start), 10:00A-10:50A, Instructor: Nicole Rossi
Section No. 01B: John A. Logan College CHEC, Therapy Pool, Meets Monday/Wednesday/Friday beginning October 23 (Late Start), 10:00A-10:50A, Instructor: Nicole Rossi

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). Fee: $55.00

Section No. 01A: John A. Logan College CHEC, Lap Pool, Meets Monday/Wednesday/Friday beginning August 28 (Early Start), 9:00A-9:50A, Instructor: Becky Kolar Sessions: 22
Section No. 01B: John A. Logan College CHEC, Lap Pool, Meets Monday/Wednesday/Friday beginning October 23 (Late Start), 9:00A-9:50A, Instructor: Becky Kolar Sessions: 21

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). Fee: $45.00
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.

Aqua Yoga (PS 932).

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 fee of charge.

Section No. 02B: John A. Logan College CHEC, Therapy Pool, Meets Monday/Wednesday/Friday beginning October 23 (Late Start), 3:00P-3:50P, Instructor: Kathleen Krones
Sessions: 21 Fee: $55.00

Section No. 02A: John A. Logan College CHEC, Therapy Pool, Meets Monday/Wednesday/Friday beginning August 28 (Early Start), 3:00P-3:50P, Instructor: Kathleen Krones
Sessions: 22 Fee: $55.00

Section No. 03A: John A. Logan College CHEC, Therapy Pool, Meets Monday/Wednesday/Friday beginning August 28 (Early Start), 4:00P-4:50P, Instructor: Kathleen Krones
Sessions: 22 Fee: $55.00

Section No. 03B: John A. Logan College CHEC, Therapy Pool, Meets Monday/Wednesday/Friday beginning October 23 (Late Start), 4:00P-4:50P, Instructor: Karla Klueter
Sessions: 21 Fee: $55.00

Section No. 04A: John A. Logan College CHEC, Therapy Pool, Meets Tuesday/Thursday beginning August 29 (Early Start), 9:00A-9:50A, Instructor: Nicole Rossi
Sessions: 15 Fee: $45.00

Section No. 04B: John A. Logan College CHEC, Therapy Pool, Meets Tuesday/Thursday beginning October 24 (Late Start), 9:00A-9:50A, Instructor: Nicole Rossi
Sessions: 15 Fee: $45.00

Section No. 05A: John A. Logan College CHEC, Therapy Pool, Meets Tuesday/Thursday beginning August 29 (Early Start), 10:00A-10:50A, Instructor: Nicole Rossi
Sessions: 15 Fee: $45.00

Section No. 05B: John A. Logan College CHEC, Therapy Pool, Meets Tuesday/Thursday beginning October 24 (Late Start), 10:00A-10:50A, Instructor: Nicole Rossi
Sessions: 15 Fee: $45.00

Section No. 06A: John A. Logan College CHEC, Therapy Pool, Meets Tuesday/Thursday beginning August 29 (Early Start), 1:00P-1:50P, Instructor: Karla Klueter
Sessions: 15 Fee: $45.00

Section No. 06B: John A. Logan College CHEC, Therapy Pool, Meets Tuesday/Thursday beginning October 24 (Late Start), 1:00P-1:50P, Instructor: Karla Klueter
Sessions: 15
LIFEGUARD CERTIFICATION (FULL 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:

1. Candidates must be at least 15 years of age on or before the final scheduled session of this course (bring picture ID).
2. 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.
3. 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.
4. 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.

LIFEGUARD RE-CERTIFICATION (6ACE 506)

Section No. 02: John A. Logan College, CHEC, Room J102/Pool, (Meetings) Meets November 30th 5:30P-8:30P; December 3rd 8:00A-2:00P; December 10th 8:00A-2:00P
Instructors: Bradley Griffith/Derrick Snider
Sessions: 3, Tuition: $115, Fee: $54.00

NEW JUNIOR LIFEGUARDING (PS 952). Safety is always a concern when water is involved—especially with kids. It’s time to teach your children the knowledge and skills necessary to be safe near pools and beaches. This course will not earn an official lifeguard certification (must be 15+ for lifeguard certification), rather this course will serve as preparation for any children who may be interested in becoming a lifeguard in the future or who just wants to sharpen their first aid and water safety skills. Topics covered will include basic responsibility, water safety, swimming proficiency, first aid, CPR, and an introduction to various lifeguard rescues. This course is designed for students between the ages of 8-15.
Sessions: 15 Fee: $60

COMPETITIVE YOUTH (PS 936). 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 swim team participant. Children under the age of 12 will be required to have a parent on deck.
Sessions: 15, Fee: $110.00
Sessions: 8, Fee: $60.00

Section No. 02B: John A. Logan College CHEC, Lap Pool, Meets Friday beginning October 27 (Late Start), 4:00P-4:50P, Instructor: Jane Fiorenzi
Sessions: 6, Fee: $60.00

1-ON-1 SWIM LESSONS (PS 938). 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. Students must be at least 3 years old to participate in 1-on-1 lessons. Children under the age of 12 will be required to have a parent on deck. To schedule 1-on-1 lessons, contact Suzanne in the CHEC bldg. at 985-2828 Ext. 8502.

Schedules with assigned instructor. 1 session (40 min) - $20.00.

PARENT AND TOT SWIM (PS 937). Instructs parents/guardians and children on safety techniques and gaining children’s comfort in the water. Practice movement in water with proper alignment, kicking and arm movement, jumping in and floating. Experience fun activities in the water.

Section No. 01A: John A. Logan College CHEC, Therapy Pool, Meets Saturday beginning September 2 (Early Start), 10:00A-10:45A, Instructor: Jane Fiorenzi
Sessions: 8, Fee: $50.00

Section No. 01B: John A. Logan College CHEC, Therapy Pool, Meets Saturday beginning October 28 (Late Start), 10:00A-10:45A, Instructor: Jane Fiorenzi
Sessions: 7, Fee: $50.00

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 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, Therapy Pool, Meets Monday beginning August 28 (Early Start), 5:45P-6:30P, Instructor: Carmen Burkett
Sessions: 6

Section No. 01B: John A. Logan College CHEC, Therapy Pool, Meets Monday beginning October 23 (Late Start), 5:45P-6:30P, Instructor: Carmen Burkett
Sessions: 8

Section No. 02A: John A. Logan College CHEC, Therapy Pool, Meets Tuesday beginning August 29 (Early Start), 5:45P-6:30P, Instructor: Carmen Burkett
Sessions: 7

Section No. 02B: John A. Logan College CHEC, Therapy Pool, Meets Tuesday beginning October 24 (Late Start), 5:45P-6:30P, Instructor: Carmen Burkett
Sessions: 8

Section No. 03A: John A. Logan College CHEC, Therapy Pool, Meets Saturday beginning September 2 (Early Start), 12:00P-12:45P, Instructor: Jane Fiorenzi
Sessions: 8

Section No. 03B: John A. Logan College CHEC, Therapy Pool, Meets Saturday beginning October 28 (Late Start), 12:00P-12:45P, Instructor: Jane Fiorenzi
Sessions: 7

SWIM LESSONS (INTER.) 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.

Section No. 01A: John A. Logan College CHEC, Therapy Pool, Meets Monday beginning August 28 (Early Start), 5:45P-6:30P, Instructor: Carmen Burkett
Sessions: 6

Section No. 01B: John A. Logan College CHEC, Therapy Pool, Meets Monday beginning October 23 (Late Start), 5:45P-6:30P, Instructor: Carmen Burkett
Sessions: 8

Section No. 02A: John A. Logan College CHEC, Therapy Pool, Meets Tuesday beginning August 29 (Early Start), 5:45P-6:30P, Instructor: Carmen Burkett
Sessions: 7

Section No. 02B: John A. Logan College CHEC, Therapy Pool, Meets Tuesday beginning October 24 (Late Start), 5:45P-6:30P, Instructor: Carmen Burkett
Sessions: 8

Section No. 03A: John A. Logan College CHEC, Therapy Pool, Meets Saturday beginning September 2 (Early Start), 12:00P-12:45P, Instructor: Jane Fiorenzi
Sessions: 8

Section No. 03B: John A. Logan College CHEC, Therapy Pool, Meets Saturday beginning October 28 (Late Start), 12:00P-12:45P, Instructor: Jane Fiorenzi
Sessions: 7

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.

Fee: $60.00

Section No. 01A: John A. Logan College CHEC, Lap Pool, Meets Monday beginning August 29
  (Early Start), 5:45P-6:30P, Instructor: Fallon Scillufo
  Sessions: 6

Section No. 01B: John A. Logan College CHEC, Lap Pool, Meets Monday beginning October 2 (Late Start), 5:45P-6:30P, Instructor: Fallon Scillufo
  Sessions: 8

Section No. 02A: John A. Logan College CHEC, Lap Pool, Meets Friday beginning September 1 (Early Start), 5:00P-5:45P, Instructor: Jane Fiorenzi
  Sessions: 8

Section No. 02B: John A. Logan College CHEC, Lap Pool, Meets Friday beginning October 27 (Late Start), 5:00P-5:45P, Instructor: Jane Fiorenzi
  Sessions: 6

Section No. 03A: John A. Logan College CHEC, Lap Pool, Meets Saturday beginning September 2 (Early Start), 10:00A-10:45A, Instructor: Fallon Scillufo
  Sessions: 8

Section No. 03B: John A. Logan College CHEC, Lap Pool, Meets Saturday beginning October 28 (Late Start), 10:00A-10:45A, Instructor: Fallon Scillufo
  Sessions: 7

PERSONAL TRAINING

CHEC now offers private personal training packages in the fitness center. These sessions will be on an as-scheduled basis with one of our certified personal trainers.

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

STRONG SURVIVORS

Strong Survivors is a FREE program that empowers cancer patients, survivors, and caregivers at all stages of treatment and recovery to make proactive choices about food and physical activity. Strong Survivors meets twice a week, for 12 weeks and includes information on proper nutrition & physical activity practices. Strong Survivors also includes a fitness evaluation & in-class personal exercise training. NOTE: Each participant or survivor may also bring a caregiver to participate with them.

Class meets Tuesdays from 5:00 pm-6:30 pm and Thursdays from 5:00 pm-6:00 pm. Registration is limited. To register or for more information contact: Tonica Anderson, RN at Southern Illinois Healthcare 618-985-3333 Ext. 68305 or Dr. Phil Anton at Southern Illinois University Carbondale 618-453-3116.

PHYSICAL EDUCATION

AEROBICS FOR BEGINNERS (PS 564). 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. 1: Marion Training Center, 211 E. Blvd., Meets Thursday beginning October 5 (Late Start), 6:30P-8:30P, Instructor: Eva Black

GOLF (BEGINNER AND INTERMEDIATE) (PS 059).

All aspects of the game will be discussed, including grip, stance, swing, chip, putt and more
  Sessions: 5, Fee: $50.00, COM: $15.00, Payable to golf course first day of class.

Section No. 1: Marion, Kokopelli Golf Course, 1527 Champions Dr., Meets Wednesday beginning September 6, 4:00P-6:00P, Instructor: Chad Cooper

Section No. 2: Herrin, Pine Lakes Golf Course, 2705 S. Park Ave., Activity Room inside clubhouse, Meets Wednesday beginning September 14 (Late Start), 5:30P-7:30P, Instructor: Lynn Strobel, Jr.

HIKING SOUTHERN ILLINOIS PARKS (PS 124).

Did you know there are nine state parks, two state forests, and a national wildlife refuge in southern Illinois? Get to know these places and what they offer! We’ll explore a different place each week! Here are the locations I want to do for sure: Crab Orchard, Giant City, Ferne Clyffe, and instructor choice.
  Sessions: 4, Fee: $25.00

Section No. 1: Marion, Crab Orchard National Wildlife Refuge (1st class session), 8588 Route 148, Meets Saturday beginning September 16 (Late Start), 11:00A-1:00P, Instructor: Ashley Smith-Dahlman

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!
  Sessions: 16, Fee: $45.00

Section No. 1: DuQuoin Health Center, 31 South Mulberry Street, Meets Monday/Thursday, beginning September 7, 5:30P-6:30P, Instructor: Christina Fred

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. Bring the following equipment to each class: set of hand weights, exercise mat, exercise band, and a playground ball (8” – 12” diameter).
  Sessions: 20, Fee: $36.00, COM
DANCE

BALLROOM DANCING (BEG) (PS 157). Basic steps in the fox trot, waltz, swing, rumba, cha-cha, and tango. Sessions: 10, Fee: $42.00

Section No. 1: Marion Training Center, 211 E. Blvd., Meets Tuesday beginning September 5, 6:00P-7:30P, Instructor: Jeremiah Linson

Section No. 2: Carbondale, Parrish Grade School, 121 N. Parrish Lane, Gym, Meets Thursday beginning September 7, 6:00P-7:30P, Instructor: Jeremiah Linson

BALLROOM DANCING (INTER/ADV) (PS 158). Fine-tune your waltz, fox trot, swing and Latin dances. Sessions: 10, Fee: $42.00

Section No. 1: Marion Training Center, 211 E. Blvd., Meets Tuesday beginning September 5, 6:00P-7:30P, Instructor: Jeremiah Linson

Section No. 2: Carbondale, Parrish Grade School, 121 N. Parrish Lane, Gym, Meets Thursday beginning September 7, 6:00P-7:30P, Instructor: Jeremiah Linson

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. Includes Two-Step, Tush Push, Electric Slide, Waltz, Cha-Cha, Swing and more. Sessions: 10, Fee: $40.00

Section No. 1: Carbondale, Parrish Grade School, 121 N. Parrish Lane, Gym, Meets Thursday beginning September 7, 7:30P-9:00P, 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: $36.00

Section No. 1: John A. Logan College, Multi-Purpose Room (C104), Meets Thursday beginning September 7, 6:30P-8:00P, Instructor: Katie Chu

SALSA DANCING (INTER/ADV) (PS 524). Learn more advanced steps and techniques of this popular dance. Sessions: 8, Fee: $36.00

Section No. 1: John A. Logan College, Multi-Purpose Room, Meets Tuesday beginning September 5, 8:00P-9:30P, Instructor: Don Wooters

PET CARE

BEGINNING NOSE WORK TRAINING - NW110 (PS 893) This is a fun new activity/sport. Your dog will learn to find the flower essence odor of Birch and be rewarded for using their nose! This is a new activity that you can compete in, and earn titles and ribbons. Continuously barking or aggressive dogs will not be allowed to continue in class. If the dog cannot attend for any reason, the handler can attend and still apply methods of training at home. Vaccination and COM fee required 1st class. Lecture, demo, equipment use, Waiver and Dog Registration will be done in first class. Location: Williamson County Armory, behind the airport, off Redco Drive, on Minute Man Rd. (2nd left). Sessions: 6, Fee: $60.00, COM: $10.00 payable to instructor first night of class.

Section No. 1: Marion, Williamson County Armory, 11427 Minuteman Rd., behind the airport on Redco Drive, left on Minuteman Rd., Meets Wednesday beginning September 20 (Late Start), 5:30P-6:15P, Instructor: Carol Ely

DOG OBEDIENCE TRAINING BEGINNER (LEVEL I) (PS 690). All Dogs must be under 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. 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. See map on web site under "Student Info". Sessions: 8, Fee: $85.00, COM: $ 20.00 payable to instructor first day of class.

Section No. 1: John A. Logan College, Multi-Purpose Room, Meets Tuesday beginning September 5, 8:00P-9:30P, Instructor: Don Wooters

Section No. 1: Marion, Crab Orchard High School, 19189 Bailey Street, Gym, Meets Tuesday beginning September 5, 6:30P-8:30P, Instructor: Rindy Nehrkom

Section No. 1: Murphysboro, Knights of Columbus Hall, 606 Plum Street, Meets Monday/Wednesday beginning September 6 (no class on 10/11), 4:30P-5:30P, Instructor: Martha Peebles, Dorcy Prosser

VOLLEYBALL (COED) (BEG) (PS 111). Tone leg and arm muscles through volleyball fundamentals. Sessions: 10, Fee: $38.00

Section No. 1: Marion, Crab Orchard High School, 19189 Bailey Street, Gym, Meets Tuesday beginning September 5, 6:00P-7:30P, Instructor: Jeremiah Linson

Section No. 2: Carbondale, Parrish Grade School, 121 N. Parrish Lane, Gym, Meets Thursday beginning September 7, 6:00P-7:30P, Instructor: Jeremiah Linson

Instructor:  Don Wooters

VOLLEYBALL (COED) (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: $36.00

Section No. 1: John A. Logan College, Multi-Purpose Room, Meets Tuesday beginning September 5, 6:30P-8:00P, Instructor: Don Wooters
Section No. 1: Marion, Williamson County Armory, 11427 Minuteman Rd., behind the airport on Redco Drive, left on Minuteman Rd., Meets Monday beginning September 11, 6:00P-7:30P, Instructor: Rodney Jones, Bryan Helvey

NOSE WORK SEARCHING – NW120 (PS 920). This is the next level for Nose Work Dogs. We begin to search areas - Rooms, Boxes/Suitcases, Vehicles and Exterior searches. This class will prepare you for a real Nose Work Trial. Vaccination proof req. 1st class. Waiver and Dog Registration will be done in first class. In this class you will need to have your own odors for home practice. Note: you do not need to bring any odors to class, other than the Handler Scented Article. This class will work with Birch, Anise, Clove and Cypress flower Essence. Along with a Handler Scented Article. Supply list will be provided at first class.
Sessions: 6, Fee: $85.00

Section No. 9A: West Frankfort Extension Center, Meets Wednesday beginning September 20 (Late Start), 2:00P-3:30P, Instructor: Carol Ely

PET CPR/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: $31.00

Section No. 1: John A. Logan College, Room H126, Meets Saturday beginning October 21 (Late Start), 9:00A-11:00A, Instructor: Bob Loftus

BASICS SEWING (PS 725) Students will learn to do basic alteration in class using their own garments. Sewing skills are necessary. A sewing machine and basic sewing supplies will be needed. A supply list will be handed out at the first meeting.
Sessions: 10, Fee: $40.00, COM
T-SHIRT QUILT (PS 802). Have fun learning the steps to create a lasting memory using old t-shirts. Make a t-shirt quilt for a special someone in your life. Great gift idea. Basic sewing skills, sewing supplies, t-shirts and a sewing machine are all it takes to start the fun. A supply list will be provided in the first session.

Sessions: 10, Fee: $40.00, COM

Section No. 1: Carbondale, Sew A Lot, 215 West Walnut Street, Meets Tuesday beginning September 5, 9:00A-11:00A, 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! Brass, Guitar, Percussion, Piano, Strings, Voice and Woodwind lessons are being offered. 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 any Music Ensemble course (up to four times) for credit, please contact your Academic Advisor. For more information, contact Applied Music Coordinator, Nathan D. Arnett, at nathanarnett@jalc.edu.

Sessions: 14, Fee: $235.00

Section No. 1: John A. Logan College, Room TBD, Meets (beginning TBD), Instructor: Contact Nathan D. 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. You will learn the songs plus musical skills – note-reading, music theory, harmony, playing together in ensemble. Psalteries will be provided in class. We will discuss how & where to get your own bowed psaltery. You may buy one from instructor. There is an on-going Psaltery Symphony (Fridays at 1:00 – Marion Antique Mall) made up of players who started in this class.

Sessions: 10, Fee: $60.00, COM

Section No. 1: Marion, Antique Mall, 501 N. Madison Street, Meets Thursday beginning September 7, 1:00P-2:30P, Instructor: Ken Wollberg

FIDDLING FOR BEGINNERS (PS 541). Learn fundamentals of violin - how to hold the bow, play in tune, get good sound, keep the beat, stay together as a group, read music, understand some music theory... You will need “Suzuki Violin Book 1.” The focus is on making your best sound. Songs are learned by heart, reviewed, polished; something new added each week.

More advanced returning members arrive at 3:00. Everyone welcome, but we get to the beginning level & basics about 4:00. All play together 4:00 - 4:30. Then the newest beginners focus on fundamentals till 5:00. It’s a progressive class from higher level "beginners" to new beginners. Brand new beginners arrive by 4:00, or earlier to observe those who have played a year or two.

Sessions: 10, Fee: $60.00, COM

Section No. 2: Marion, Antique Mall, 501 N. Madison Street, Meets Thursday beginning September 7, 3:00P-5:00P, Instructor: Ken Wollberg

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

Section No. 1: John A. Logan College, Room B55, Meets Tuesday beginning September 5, 6:00P-7:30P, Instructor: Mark Fisher, Worship Leader at Aldersgate Methodist Church

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: Approx. $25.00

Section No. 1: John A. Logan College, Room B43, Meets Monday beginning September 11, 6:00P-8:00P, Instructor: Steve Wooldridge

CALLIGRAPHY (PS 672). Students will learn basic styles and fundamentals of Calligraphy hand lettering and how to put it into practical use. For ages 12 and up.

Sessions: 10, Fee: $40.00, COM: Approx. $15.00 payable to instructor first night of class.

Section No. 1: John A. Logan College, Room E207, Meets Tuesday beginning September 5, 6:00P-8:00P, Instructor: Steve Wooldridge

NEW CANDLE MAKING FOR BEGINNERS (PS 164) In this 4 hour hands on workshop learn how to turn soy flakes into scented and colored candles. Each student will make and take home several soy candles. Everyone will learn how to make soy candles, as well as what supplies are needed and where to purchase for candle making at home. $10.00 supply fee is due at the start of the class. Cut bottles will be used as containers. If you attend the bottle cutting class on October 7, you can bring your own cut bottles. Those not attending the bottle cutting class will need to purchase 5 cut bottles for $1.00 each at the start of class. Fragrance is used in the candle making process. Those sensitive to fragrance should take this into consideration.

Sessions: 1, Fee: $15.00, COM: Approx.$10.00-$15.00 payable to instructor first day of class.

Section No. 1: John A. Logan College, Room H132, Meets Saturday beginning October 14 (Late Start) 8:00A-12:00P, Instructor: Jim Taylor
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, Multi-Purpose Room, Meets Wednesday beginning August 30 (Early Start), 9:00A-11:30A, Instructor: Patricia Stiens

Section No. 2: Carbondale, Prairie Living at Chautauqua, 955 Villa Court, Activity Room, Meets Tuesday beginning September 5, 9:00A-11:30A, Instructor: Susan Richardson

Section No. 3: Herrin, Williamson County Programs on Aging, 1201 Weaver Rd., Activity Room, Meets Thursday beginning September 7, 9:00A-11:30A, Instructor: Patricia Stiens

Section No. 4: Murphysboro, Senior Citizens Center, 17 N. 14th Street, Multi-Purpose Room, Meets Wednesday beginning October 25 (Late Start), 9:00A-11:30A, Instructor: Patricia Stiens

GYPSY CRAFTERS BANDWAGON (PS 132) Jump on the band wagon and take a journey towards making your very own Primitive, Country, and Vintage crafts! 10 weeks of classes, 10 amazing crafts! Students will learn many methods that are essential to creating their very own unique project. Each student will make a variety of primitive crafts that include a "grungy" jar, wreath, personalized pillow and holiday decorations made of wood. Don't be left behind, jump on the band wagon! Class instructor is the very talented owner of Heartland Primitive Shop.

Sessions: 10, Fee: $40.00, COM

Section No. 9N: DuQuoin, Alongi DuQuoin Extension Center, Room DQ12, Meets Thursday beginning September 14 (Late Start), 6:00P-8:00P, Instructor: Carolyn Milligan

PORCELAIN PAINTING - INTERMEDIATE (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, Jefferson Grade School, 700 East Boulevard Street, Meets Tuesday beginning September 5, 5:00P-7:30P, Instructor: Debra Menesse

SILVERSMITHING INTERMEDIATE (PS 975). Add to your Silversmithing skills by learning to repair silver jewelry, rings, chains, and bracelets. Advanced design & free form casting using your scrap silver. Pre-requisite: Beginning Silversmithing/Jewelry Making class or similar experience.

Sessions: 10, Fee: $60.00, COM

Section No. 1: John A. Logan College, Room V22, Meets Thursday beginning September 7, 6:00P-9:00P, Instructor: John Baca

SILVERSMITHING FOR BEGINNERS (PS 974). Course will provide students with basic knowledge of Silversmithing techniques for jewelry making. Learn about soldering techniques and how to use and make tools needed for jewelry making. A brief introduction to lapidary, stone cutting and polishing also included. Students will be allowed to take home the pieces they make in class.

Sessions: 10, Fee: $60.00, COM

Section No. 1: John A. Logan College, Room V22, Meets Monday beginning September 11, 6:00P-9:00P, Instructor: John Baca

NEW SPINNING WITH A SPINDLE (PS 684) Students will learn the fundamentals of creating yarn using the drop spinning method. Topics covered in the course will range from obtaining and dying the fiber, learning to operate a drop spindle which is included in the Spinning Kit, and finally, plying the spun fiber into yarn that can be used for knitting, crocheting or weaving. Ages 8-Adult. This is a terrific parent & child activity.

Fee: $35.00, COM: $25.00 payable to instructor first day of class.

Section No. 1: John A. Logan College, Room H132, Meets Saturday beginning October 21 (Late Start), 1:30P-5:30P, Instructor: Lorrie Killion

WINE BOTTLE CUTTING (PS 194). Learn how to make drinking glasses, candle holders, wind chimes, and other items from both wine and beer bottles. Not only will you learn the process, but you will also go away with information about how to build our own bottle cutter at a low cost. This is a hands on class and each student will make their own drinking glass from both wine and beer bottles.

Sessions: 1, Fee: $15.00

Section No. 1: John A. Logan College, Room H133, Meets Saturday beginning October 7 (Late Start), 8:00A-12:00P, Instructor: James Taylor
2017-2018 PRIVATE MUSIC LESSONS & MUSIC ENSEMBLES

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"RAVE REVIEWS"

TEN MILLION MILES

FRIDAYS, NOVEMBER 3 7:00 PM
SATURDAY, NOVEMBER 4 7:00 PM

FRIDAYS, DECEMBER 8 7:00 PM
SATURDAY, DECEMBER 9 7:00 PM

COUNTRY CHRISTMAS

FRIDAYS, DECEMBER 8 7:00 PM
SATURDAY, DECEMBER 9 7:00 PM

John A. Logan College O’Neill Auditorium
2017-2018 PERFORMANCE SERIES

John A. Logan College
5th South American Adventure

SOUTHERN ECUADOR:
Its Birds and Natural and History

December 29, 2017 - January 6, 2018

Join Nelda Hinckley, Biology Professor, Emeritus and other naturalists on this 9-day, 8-night birding and nature tour.

TOUR PRICE: $2,650.00*(AIRFARE TO QUITO NOT INCLUDED)

INCLUDES:
• Airport transfers
• 8-night accommodations and meals
• Professional Guide Services of an expert Ecuadorian guide and leader Nelda Hinckley
• Internal flights and transportation within Ecuador Park
• Reserve entrance fees

For current airfare and further information: contact Professor Nelda W. Hinckley at (618) 549-5588 or 549-7335 ext. 8820 or neelda.hinckley@jalc.edu.
The Continuing Education Department at John A. Logan College

presents...

The 13th Annual Civil War Days & a Celebration of the 156th Anniversary of the Civil War Featuring the Music of Abraham Lincoln’s Life

When: Wednesday, October 18, 2017
Where: John A. Logan College Conference Center (F106)
Time: 9:00 a.m. – 2:00 p.m. (see schedule below)
Cost: Free (participants are encouraged to register in advance at www.jalc.edu/continuing-education or at event)

9:15 a.m. From the Prairie to the Presidency, the Music of Lincoln’s Life - Nationally acclaimed musician and folklorist Chris Vallillo joins forces with one of the county’s best known Lincoln interpreters, Fritz Klein, to present From the Prairie to the Presidency, the Music of Lincoln’s Life. As Vallillo performs selected songs associated with our nation’s greatest President, he is joined on stage by Mr. Lincoln himself. What follows is a delightful exchange of music and conversation between the musician and the President as they talk of Lincoln’s times and share the songs he loved.

12:30 p.m.—Songs of the Civil War - Chris Vallillo will demonstrate the instruments and discuss the songs that were part of the Civil War from both the North and the South on guitar, slide guitar, hammer dulcimer and Jaw Harp. Vallillo will be joined by Abraham Lincoln who will add his personal view on the music of the era.

Chris Vallillo is a nationally acclaimed singer-songwriter and instrumentalist with an affinity for American roots music. A skilled six-string and bottleneck slide guitarist who incorporates original and traditional material to form a musical portrait of the Midwestern way of life. Vallillo’s songwriting has often been compared to the poems of Edgar Lee Masters, who famous “Spoon River Anthology” depicted the complex struggles of Midwestern life in simple verse. Dirty Linen magazine described the music as “vivid, original story songs” delivered with an “eye for detail and a sense of history.” From 1990 through 1998 he served as the performing host and co-producer of the nationally distributed, award-winning public radio performance series Rural Route 3. He is currently the Illinois State Scholar for the Smithsonian Institution’s traveling exhibition on Roots Music, New Harmonies. His 2008 CD, Abraham Lincoln in Song, charted at #10 on Billboards Bluegrass chart.

Fritz Klein (Abraham Lincoln) of Springfield, IL, is one of the nation’s best known reenactors of Abraham Lincoln. He has portrayed the 16th United States president in a variety of films and at numerous venues across the United States since 1981. Klein’s portrayals of the president have achieved local and national recognition. Klein was first asked to portray Lincoln after performing as Lyman Beecher in a local history pageant in Kailua-Kona, Hawai’i where he lived at the time. After a number of requests for repeat performances, he decided to begin extensive research in order to write a one-man production on Lincoln. He has since performed as Lincoln in 43 states and internationally as well. He performs at the Abraham Lincoln Presidential Museum, as well as many other venues around the country. In the summer Klein plays Lincoln in a variety of venues around Springfield in the local “History Comes Alive” program.

**The luncheon and breaks will feature a musical duo composed of Joanne Long and Lori Buedel. The duo will add fun and authentic atmosphere to the day with fiddle & banjo tunes of the era. They will include the famous Civil War Theme song from the Ken Burns documentary, “Ashokan Farewell.”

DAYTIME SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9:00 a.m.</td>
<td>Welcome</td>
</tr>
<tr>
<td>9:05 a.m.</td>
<td>Who Was John A. Logan?</td>
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<tr>
<td>9:10 a.m.</td>
<td>Keynote: From the Prairie to the Presidency, the Music of Lincoln’s Life- Vallillo and Klein (Abraham Lincoln)</td>
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<tr>
<td>10:00 a.m.</td>
<td>Break</td>
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<td>12:00 p.m.</td>
<td>Lunch-bring a sack lunch or visit our cafeteria</td>
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<tr>
<td>12:30 p.m.</td>
<td>Keynote: Songs of the Civil War</td>
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<tr>
<td>1:30 p.m.</td>
<td>Stations: Continued</td>
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<tr>
<td>2:00 p.m.</td>
<td>Dismissal</td>
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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 Summer Semester! We look forward to providing your continuing education and healthcare needs! Please contact us if you have questions!

Dr. Barry Hancock - Dean for Community Education
Bradley Griffith - Director of Community Health Education Complex (CHEC)
Greg Stettler - Director of Continuing Education and Healthcare

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

The Lifeguards at the Health Complex are ready to go for the semester

Professor Mik Sawicki shows Dr. Hancock the path of the August 21st Total Solar Eclipse as it crosses Southern Illinois

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

Silversneakers classes are going strong at the Health Complex

Personal Training Courses are popular at the CHEC

WSIL TV’s Callie Carroll learns the art of Ballroom Dance from instructor Jeramiah Linson
Students must attend both 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 September 20 & 21st from 8:30 am - 11:30 am  
Classes meet M-Th 8:30 am - 11:30 am

Orientation dates August 31 & September 1st from 6:00 pm - 9:00 pm  
Classes Meet T, W, Th 6:00 pm - 9:00 pm

**Alongi Du Quoin Extension Center**  
Southtowne Shopping Center, Du Quoin IL  
Orientation dates August 23 & 24th from 8:30 am - 11:30 am  
Classes meet T, W, Th 8:30 am - 11:30 am

Orientation dates September 6 & 7th from 6:00 pm - 9:00 pm  
Classes Meet T, W, Th 6:00 pm - 9:00 pm

**Herrin House of Hope**  
112 North 14th Street, Herrin, IL  
Orientation dates September 21 & 22nd from 2:00 pm - 5:00 pm  
Classes Meet T, W, Th 2:00 pm - 5:00 pm

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Marion Family Learning Center  
3000 West Deyoung Street  
(Beside Pirate Petes) Marion, IL  
Orientation dates August 23 & 24th from 8:30 am - 11:30 am  
Classes Meet T, W, Th 8:30 am - 11:30 am

Orientation dates September 6 & 7th from 6:00 pm - 9:00 pm  
Classes Meet T, W, Th 6:00 pm - 9:00 pm

**Murphysboro Youth Center**  
1818 Walnut, Murphysboro, IL  
Orientation dates August 23 & 24th from 12:30 pm - 3:30 pm  
Classes meet T, W, Th 12:30 pm - 3:30 pm

**West Frankfort Extension Center**  
19 West Frankfort Plaza, West Frankfort, IL  
Orientation dates September 21 & 22nd from 8:30 am - 11:30 am  
Classes Meet: T, W, Th 8:30 am - 11:30 am

Orientation dates August 24 & 25th from 6:00 pm - 9:00 pm  
Classes Meet T, W, Th 6:00 pm - 9:00 pm

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

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Call for more information  
1-800-851-4720 Ext 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

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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.”
# John A. Logan College
## Continuing Education Registration Form

## STUDENT INFORMATION

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>Middle Initial</th>
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<th>Street Address (No PO Box's Please)</th>
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<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>
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<td>Male</td>
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## COUNTY OF RESIDENCE

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

## ETHNIC ORIGIN (check all that apply)

- 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)
- (M) Master's Degree
- (B) Bachelor's Degree
- (H) High School Diploma

## HIGHEST DEGREE EARNED

- (D) Doctoral Degree
- (P) 1st Professional Degree
- (A) Associate Degree
- (C) Certificate
- (N) None
- (G) GED
- (O) Other

## 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
- 140485 – Trico
- 142250 – Herrin
- 142365 – Johnston City
- 999999 – Other
- 142770 – Crab Orchard
- 142775 – Marion
- 141655 – Du Quoin
- 143100 – Murphysboro
- 141785 – Elverado
- 144360 – West Frankfort
- Graduation Year_____

**Note:** We are no longer taking payments in person 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.

**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.

(Rev 2-21-17 BH)
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