Lifelong Learning at John A. Logan College

CONTINUING EDUCATION and HEALTH CARE CLASSES
Winter/Spring Semester 2017

“Let us think of education as the means of developing our greatest abilities, because in each of us there is a private hope and dream which, fulfilled, can be translated into benefit for everyone and greater strength for our nation”.

– JOHN F. KENNEDY

Classes Begin January 23, 2017
A Message from the President

Dear Friends,

I hope you enjoy this Spring edition of the John A. Logan College schedule of continuing education classes. We have prepared this edition with an eye to providing practical classes that will be of use to southern Illinoisans who wish to learn new skills as well as a mixture of recreational classes that retirees and others might find enjoyable. The Aquatic Center in the Community Health Education Complex 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 Spring 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 20 new classes for students this spring, including: Air Rifle-Gun Safety, Alterations, Basic Ar-15 Rifle Class, Beekeeping (ADV), Sergers (beg.), Eclipse 101 – Come Learn The Basics Of What’s Coming Through Southern Illinois, Google And Google Apps – An Intro, Keep Your Kids Safe On Technology, Hypnosis – Spiritual And Physical Well Being, Mastering Apple’s Ios for Iphone And Ipad, News Matters – Making Sense Of The News!, Quickbooks I, II and III, Real Estate Appraising Training, Rejuvenating Facelift Massage (14 Ce Hrs.), SAT Prep – Reading, 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 two new classes, including: Cardio Craze, Self Defense For Women, and Get In Shape!

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 January 5, 2017. Online Registration Preferred! – Deadline for Early Registration is January 20, 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 January 20, 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:
< Student ID Number or last 4 of social security
< Name and Address (No P.O. boxes please)
< Date of Birth - Email address
< Home and Business Telephone Numbers

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

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

No student will be admitted to class after the second class meeting without special permission from the associate 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.

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.
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. Textbook 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 January 14 (Early Start), 9:00A-4:30P, Instructor: Robby Blondi

Section No. 2: John A. Logan College, Room H127, Meets Saturday beginning February 11 (Late Start), 9:00A-4:30P, Instructor: Robby Blondi

Section No. 3: John A. Logan College, Room H127, Meets Saturday beginning March 11 (Late Start), 9:00A-4:30P, Instructor: Robby Blondi

Section No. 4: John A. Logan College, Room H128, Meets Saturday beginning April 8 (Late Start), 9:00A-4:30P, Instructor: Robby Blondi

Section No. 9A: West Frankfort Extension Center, Room WF114, Meets Wednesday beginning April 26 (Late Start), 9:00A-4:30P, Instructor: Dianne Gartner

Section No. 5: John A. Logan College, Room H127, Meets Saturday beginning May 13 (Late Start), 9:00A-4:30P, Instructor: Robby Blondi

IHSA SPORTS OFFICIATING: BASEBALL (6ACE 201). Become a licensed Illinois High School Association (IHSA) official by learning general officiating principles, rules, mechanics, as well as practicing these skills in an actual high school contest. At the conclusion of this course, students may go through the application process and become a licensed IHSA official for the reduced rate of $20.00. For more information, contact Bobby Blondi at (618)528-7921.

Sessions: 4, Tuition: $115.00

Section No. 9A: West Frankfort Extension Center, Room 111, Meets Sunday, Monday, Tuesday, Wednesday beginning February 26 (Late Start), 3:00P-7:00P, Instructor: Robby Blondi

IHSA SPORTS OFFICIATING: SOFTBALL (6ACE 202). Become a licensed Illinois High School Association (IHSA) official by learning general officiating principles, rules, mechanics, as well as practicing these skills in an actual high school contest. At the conclusion of this course, students may go through the application process and become a licensed IHSA official for the reduced rate of $20.00. For more information, contact Bobby Blondi at (618)528-7921.

Sessions: 4, Tuition: $115.00

Section No. 9A: West Frankfort Extension Center, Room 111, Meets Sunday, Monday, Tuesday, Wednesday beginning February 19 (Late Start), 3:00P-7:00P, 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 January 24, 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
Section No. 1: John A. Logan College, Room V12, Meets Tuesday beginning March 21 (Late Start), 6:30P-9:45P, Instructor: Chad Nalley

SOLAR KNOWLEDGE FOR BEGINNERS (PV INSTALLATION AND DESIGN LAB) PART I (6ACE 287).
This three-part course offers participants an advanced level of lecture and hands-on learning that will prepare them for field installations and other advanced courses. Participants will learn how to correctly design, size, and select PV system components and identify and interpret National Electric Code (NEC) articles that pertain to the installations. While working on a hands on install, participants will learn safety procedures, system design and layout, component selection and specification, electrical and mechanical integration techniques, and troubleshooting. It includes: introduction to photovoltaics and other renewable-energy technologies; Solar Radiation; Site Surveys and Preplanning; System Components and Configurations; and, practical, hands-on show and tell in the installation of roof racks, solar modules and inverters. Those who successfully complete these courses will be prepared to converse with solar contractors, and will have the knowledge and skill sets to apply for positions within the renewable energy industry. NABCEP Certified Solar PV Installer™ - AESolar.com. Da Energy Mon’ has lived off grid for 18 years and you can too. Learn real, fun, interesting and low cost ways to start living off the grid mentality now! Start Simply, Start Now! Aür ‘Da Energy Mon’ Beck, chief tech of Advanced Energy Solutions, educator and radio personality, empowers YOU to get energized with renewable energy, with smiles and a style that has made him – and this talk – a favorite for years!

Sessions: 1, Tuition: $57.50
Section No. 1: John A. Logan College, Room H123, Meets Saturday beginning March 4 (Late Start), 9:00A-4:00P, Instructor: Aür Beck

SOLAR KNOWLEDGE FOR BEGINNERS (PV INSTALLATION AND DESIGN LAB) PART II (6ACE 287).

Sessions: 1, Tuition: $57.50
Section No. 2: John A. Logan College, Room H123, Meets Saturday beginning April 1 (Late Start), 9:00A-4:00P, Instructor: Aür Beck

TEACHER PROFESSIONAL TRAINING – 32nd ANNUAL MATHEMATICS CONFERENCE (6ACE 306).
This annual program will feature speakers, many of whom are classroom teachers, in sessions that deal with the Common Core in Mathematics - content, teaching and assessing, including formative and summative assessment; problem solving; technology - calculators and iPads; connections between mathematics and science, music and literacy; proportional reasoning; writing and evaluating standards; teaching young children mathematics; STEM; cooperative learning; content vocabulary; and other topics of interest to teachers at all levels PreK through 14. The Keynote Speaker will be Stephen Grimmer. The title of his talk is “Strange Bedfellows? Mathematical Artists and Artistic Mathematicians.” In his talk, Mr. Grimmer, who has a background in mathematics, will explore historical and contemporary uses of mathematics as inspiration, subject, and method for artists throughout history. He has lots of mathematics and art resources on which he will base his talk. The former elementary school in Alto Pass houses his studio, The Alto Clay Works. Teachers will receive professional development credits as in the past. This year’s speakers will include George Reese, ICTM President, and other leaders in ICTM.

Questions: Leslie Brock at lagodwin@siu.edu (618) 453-1141.

Sessions: 1
Section No. 1: John A. Logan College, Room F106-Conference Center, Meets Thursday beginning February 16 (Late Start), 8:00A-3:30P, Instructors: Jerry Becker, Conference Chair, Lin Cheng-Yao, Program Chair
TEACHER PROFESSIONAL TRAINING – CLOSING THE GAP CONFERENCE (6ACE 306). The Southern Illinois PreK-20 Education Alliance proudly presents an innovative opportunity to address educational issues for ALL educators. Practical strategies for enhancing achievement will be presented through formal presentations, panel discussions, and poster presentations. Mark your calendar to attend the conference. This will be the sixteenth year of the annual Closing the Gap Conference with over 400 area educators participating each year. Evaluations indicate that participants gain valuable knowledge and skills by attending this annual conference. Don’t miss out! (5 Professional Development Hours) For questions – Jackie Welch at (618)-453-5672 or register at conferencesservices.siu.edu/conferences/closing-the-gap.php Sessions: 1

Section No. 2: John A. Logan College, Hancock/ Conference Center, Meets Wednesday, April 26, 8:00A-3:30P

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 becomes 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 E235, Meets Monday beginning January 23, 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.

Approximate Book Fee: $70.00

Section No. 1: John A. Logan College, / Room H133, Meets Tuesday beginning January 24, 6:00P-9:30P, Instructor: J.D. Barter

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

Sessions: 13, Tuition: $345.00, Approximate Book Fee: $95.00

Section No. 1: John A. Logan College, / Room H132, Meets Tuesday beginning January 24, 6:00P-9:30P, 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: $10.00, COM

Section No. 1: John A. Logan College, Room C139, Meets Thursday beginning January 26, 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_Ust/Admissions_Landing.jsp?portlet=Apply_Online&screen=Begin%2f%2f7d96 977-5447-433d-abf82-b99f60c29669&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.

Section No. 1: John A. Logan College, / Room E233, Meets Monday/Wednesday beginning January 23, 6:00P-9:30P, Instructors: Sonnet Johnston, Steve Maxwell

(NEW) REAL ESTATE TRAINING – (APPRAISING COMPLEX RESIDENTIAL PROPERTIES (6RST 21). For more information, contact Amanda Almendinger, Sr. Operations & Logistics Specialist, McKissock LLC, Telephone: 1-(800) 328-2008, extension 211, email, Amanda.almendinger@mckissock.com

Sessions: 1

Section No. 1: John A. Logan College, Room H127, Meets Thursday beginning February 23 (Late Start), 8:45A-4:45P, Instructor: Larry McMillen

(NEW) REAL ESTATE TRAINING – APPRAISER LIABILITY (6RST 21). Sessions: 1

Section No. 2: John A. Logan College, Room F106, Meets Friday beginning February 24 (Late Start), 8:45A-4:45P, Instructor: Larry McMillen
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 E233, Meets Monday/Wednesday beginning April 3 (Late Start), 6:00P-9:10P, Instructor: Steve Maxwell

MASSAGE THERAPY CERTIFICATION

(NEW) REJUVENATING FACELIFT MASSAGE (14 CE HOURS) (PS 590). The Rejuvenating Facelift Massage technique improves appearance with anti-aging benefits by using specific muscle techniques, and can assist rehabilitating various facial problems such as Bells Palsy and Parkinsons. This makes this technique a valuable tool for any massage therapist or skincare specialist. In this class we will look at fascial muscles and their actions as we learn to utilize very specific specialist. In this class we will look at fascial muscles and their actions as we learn to utilize very specific protocols to release adhesions, improve circulation and develop an individualized plan for each client. We will discuss factors that contribute to aging, the use of products and have lots of hands on practice. This class is fun, fast paced and most are surprised at the many ways to use the new technique. 14 CE hours. April 29 & 30, Saturday 9 am to 5 pm and Sunday 8 am to 4 pm. $269 covers all of your supplies. Bring a set of linens, pillow, and 4 hand towels.

Sessions: 2, Fee: $269.00

Section No. 1: John A. Logan College, / Room H207, Meets Saturday/Sunday beginning April 29 (Late Start), 9:00A-5:00P, Instructor: Rita Woods, BS, LMBT

COMPUTERS

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

Sessions: 6, Tuition: $57.50, Fee: $20.00

Section No. 1: John A. Logan College, / Room E133, Meets Monday/Wednesday beginning January 23, 5:30P-7:30P, Instructor: Phillip Lane

Desktop Publishing *(With Microsoft Word (6ACE 162). This class teaches the students how to create forms, newsletters, flyers and more desktop publishing techniques using Microsoft Word. Previous experience using Word is preferred.

Sessions: 10, Tuition: $172.50, Fee: $10.00

Section No. 1: John A. Logan College, Room H115, Meets Monday beginning January 23, 3:30P-5:30P, Instructor: Angie Kaye-Smith

Facebook (PS 337). All ages will have fun while learning to enjoy one of the most popular social networking sites. Learn what NOT to do online and how to spot scams. We will start at the beginning (since FB changes often) and learn most of the things people like to do on FB and maybe some things you didn’t even know they do. Learn how to “just lurk” successfully. Basic computer knowledge required. Student should have a Facebook account set up ahead of class and bring Facebook ID and password to all classes. (Not required to post to the public unless you wish to do so.)

Sessions: 8, Fee: $36.00

Section No. 9N: Alongi DuQuoin Extension Center, Room DQ5, Meets Wednesday beginning January 25, 11:30A-1:30P, Instructor: Brenda Teaney

NEW) Google and Google Apps – An Introduction (PS 578). Make your everyday life easier with google. This class is for students, of any age, who already have BASIC computer knowledge. MUST have a google or Gmail account and bring the user name and password to class. Some of the google apps likely included are Gmail, chrome, maps, calendar, reader, news, earth, street view, translate, photos, search and much more. Class tailored to the needs of the students enrolled. (Google apps can be used on most devices and are cost-free.) Students should bring all their present passwords and usernames that might be needed during class.

Sessions: 8, Fee: $36.00

Section No. 9N: Alongi DuQuoin Extension Center, Room DQ5, Meets Tuesday beginning January 24, 10:00A-12:00P, Instructor: Brenda Teaney
INTERNET IN YOUR EVERYDAY LIFE (PS 403). It is pretty hard to tackle anything anymore without being sent to an address on the internet. This class is for students, of any age, who have already taken a beginning class or have at least basic computer knowledge. Learn to be safe and how to spot scams while surfing the internet. Learn to maneuver complicated web pages to find the information you need and do such things as shopping, ordering fast food ahead, filling out forms online, navigating government sites, playing games, getting news, reading books, communicating with others, gathering information and much much more. Class will be tailored to the students who are enrolled. (Students may be able to use an IPad, a tablet or other device during some or all of the class if they have basic knowledge of the device.)

Sessions: 8, Fee: $36.00

Section No. 9N: Alongi DuQuoin Extension Center, Room DQ5, Meets Wednesday beginning January 25, 9:00A-11:00A, Instructor: Brenda Teaney

INTRODUCTION TO COMPUTERS (6ACE 305). This is an introduction to the components that make up a personal computer system and is designed for the novice with limited computer skills. The class will discuss the technology, hardware, software, and functions of these components in using the computer. Students will gain information about the use of personal computers and some software packages commonly used on PCs.

Section No. 1: Marion Senior Citizens Center, 507 West Main, Meets Monday beginning January 23, 1:00P-3:00P, Instructor: Karen Gibson

Sessions: 11, Tuition: $172.50, Fee: $10.00

Section No. 2: Murphysboro Middle School, 2125 Spruce Street, computer lab on west side of bldg., Meets Monday beginning February 6 (Late Start), 5:30P-7:30P, Instructor: Kim Neace

Sessions: 6, Tuition: $57.50, Fee: $10.00

Section No. 3: Murphysboro Middle School, 2125 Spruce Street, computer lab on west side of bldg., Meets Monday beginning March 27 (Late Start), 5:30P-7:30P, Instructor: Kim Neace

Sessions: 6, Tuition: $57.50, Fee: $10.00

IPAD (BEGINNERS) (PS 630). Bring your APPLE tablet and plan to have a good time learning how to use it and what it can do. Class is for any age and will be tailored to needs of those enrolled. (MUST bring the Apple ID and password that was used to set up the device.)

Sessions: 8, Fee: $36.00

Section No. 9N: Alongi DuQuoin Extension Center, Room DQ5, Meets Tuesday beginning January 24, 12:30P-2:30P, Instructor: Brenda Teaney

.NEW) MASTERING APPLE’S IOS FOR IPHONE AND IPAD (PS 843). If you have an iPhone or iPad, you already use iOS, the operating system that makes the device work. This class’s eight sessions will help users learn to maximize their use of their devices. Topics covered include basic navigation, basic features and controls, iCloud use, and in-depth knowledge about the native apps included with the iPhone or iPad. Users will learn how to backup their device, take and edit photos, download and play music, take and edit videos, and other advanced iOS features. Participants are urged to bring their iOS devices to each class, where WiFi is available.

Sessions: 8, Fee: $36.00
PHOTOGRAPHY AT HOME AND AWAY (PS 611). Learn to use a digital camera, basic techniques for a wide variety of subjects including: indoor and outdoor shooting, composition, and lighting, etc. Individual help will be offered.

Sessions: 10, Fee: $40.00

Section No. 9A: West Frankfort Extension Center, Room 107, Meets Wednesday beginning January 25, 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.

Sessions: 10, Fee: $40.00

Section No. 1: John A. Logan College, / Room H123, Meets Wednesday beginning January 25, 6:00P-8:00P, Instructor: Kris Killman

FIREARMS

(NEW) BASIC AR-15 RIFLE CLASS (PS 308). For those of you who own an AR-15 rifle and want to know more about how to care for and maintain it, how to sight it in and what accessories are available, this is the class for you. This in an introduction into the AR rifle. You will learn some of the history behind the rifle, how to take the rifle apart and clean it and how to sight it in at distances between 25 yards and 100 yards. We will also cover some of the accessories you may want to consider for your rifle. Items needed: an AR-15 rifle, a basic cleaning kit for the rifle, a towel or cloth to lay the rifle on, eye and hearing protection, about 150 rounds of ammo and a willingness to learn. Range: To Be Announced.

Sessions: 1, Fee: $125.00, COM: $10.00 payable to instructor.

Section No. 9A: West Frankfort Extension Center, / Room 105, Meets Friday beginning March 10 (Late Start), 8:00A-5:00P, Instructors: Mike Corkran, Larry Morse

DEFENSIVE SHOOTING *INTRODUCTION TO PISTOL SHOOTING (6ACE 275). This class will teach the basic of pistol shooting. The 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 the foundation for other handgun classes we teach.

Sessions: 4, Tuition: $115.00, COM: $40.00 payable to instructor first day of class.

Section No. 9A: West Frankfort Extension Center, Room 128, Range: West Frankfort Police Range, Rt. 37 North, Meets Monday beginning February 27 (Late Start), 6:00P-8:30P, Instructors: Mike Corkran, Larry Morse

(Firearms & Range)
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, behind the airport on Redco Dr., Meets Tuesday beginning March 7 (Late Start), 7:00P-9:30P, Instructors: Bob Alcorn, Larry Morse  
DEFENSIVE SHOOTING * NRA PERSONAL PROTECTION IN THE HOME (6ACE 275). There is a prerequisite for this course. You will need either the NRA Basic Pistol Course or the Introduction to Pistol Shooting and be able to show firearms proficiency. This class will cover the psychological and physiological responses to a violent encounter. Also covered are how to make your home safer, how to protect yourself with a firearm and how to deal with law enforcement should you have to do so. Illinois firearms laws are also covered in this class. There is also a shooting component to this course. The student will need to have a valid FOID card, Bring their own gun (preferably .38 caliber, 9mm or larger. A four-inch barrel is also preferable and at least 200 rounds of ammunition for their gun. We don’t have much flexibility with the weather so be prepared to shoot in all kinds of weather. 100% attendance is necessary to meet the requirements for an NRA certificate.  
Sessions: 6, Tuition: $115.00, COM: $40.00 payable to instructor first day of class.  
Section No. 9B: West Frankfort Extension Center, Room 105, Range: West Frankfort Police Range, Rt. 37 North, Meets Monday beginning March 27 (Late Start), 6:00P-8:30P, Instructors: Mike Corkran, Larry Morse  
HUNTER SAFETY – OUTDOOR SKILLS AND CONSERVATION (AGES 8-18) (PS 206). This course is offered in partnership with the University of Illinois Extension Service 4-H Program. Earn your IDNR Hunter Safety Card while participating in engaging activities that will prepare you for a safe and exciting outdoor and hunting lifestyle. Instructors from the Illinois 4-H Shooting Sports Program have teamed with Certified IDNR Hunter Safety Instructors to provide a program that is not only educational, it will provide each student the opportunity to hone his/her Hunting and Outdoor Skills through a “learning by doing” approach. Interactive learning environments include everything from plant and wildlife identification to shooting sports safety and hunting techniques. Activity examples: proper and safe tree stand hanging, compass and GPS navigation, hunting ethics, safe shotgun and rifle handling and operation. Upon successful course completion, students will receive 4-H Certification and IDNR Hunter Safety Certification. *No fee for IDNR Hunters Certification. IDNR requires students under the age of 10 to be accomplished by and adult or guardian throughout the safety education portion of the course.  
Sessions: 8, COM: $20.00 onetime fee payable to University of Illinois Extension Service to join 4H Program.  
Section No. 1: Marion, Tombstone Gun Range, 12121 N. Skyline Drive, Meets Monday beginning January 23, 6:00P-8:00P, Instructor: Don Elliott  
ILLINOIS CONCEAL CARRY (8 HOUR) (6ACE 500). Illinois Conceal Carry law requires applicants to take 16 hours of training or meet one of the exemptions for up to eight hours of credit. Verify you meet the requirements for this course at heartlandtrainingteam.com prior to registration. Also required: 100% attendance, your own gun, holster, extra magazines or speed loaders and 250 rounds of ammo.  
Sessions: 2, Tuition: $57.50, Fee: $45.50, COM: $10.00 range fee payable to instructor.  
Section No. 1: John A. Logan College, / Room H126, Range TBA, Meets Wednesday, Thursday beginning March 22 (Late Start), 6:00P-10:00P, Instructors: Bob Alcorn, Vance Schmid  
Sessions: 1, Tuition: $57.50, Fee: $45.50, COM: $10.00 range fee payable to instructor.  
Section No. 2: John A. Logan College, / Room E122, Range TBA, Meets Thursday beginning May 4 (Late Start), 8:00A-5:00P, Instructors: Bob Alcorn, Vance Schmid  
Sessions: 1, Tuition: $57.50, Fee: $45.50, COM: $10.00 range fee payable to instructor.  
Section No. 9A: West Frankfort Extension Center, Room 105, Range: West Frankfort Police Range, Rt. 37 North, Meets Sunday beginning March 12 (Late Start), 7:45A-5:30P, Instructors: Mike Corkran, Larry Morse  
Section No. 9B: West Frankfort Extension Center, Room 105, Range: West Frankfort Police Range, Rt. 37 North, Meets Sunday beginning April 30 (Late Start), 7:45A-5:30P, Instructors: Mike Corkran, Larry Morse  
ILLINOIS CONCEAL CARRY TRAINING COURSE (16 HOURS) (6ACE 501). Illinois Conceal Carry law requires applicants to take 16 hours of training or meet one of the exemptions for up to eight hours of credit. Verify you meet the requirements for this course at heartlandtrainingteam.com prior to registration. Also required: 100% attendance, your own gun, holster, extra magazines or speed loaders and 250 rounds of ammo.  
Sessions: 4, Tuition: $115.00, Fee: $41.00 COM: $10.00 range fee payable to instructor. 
Section No. 1: John A. Logan College, / Room H126, Range TBA, Meets Wednesday, Thursday beginning May 3 (Late Start), 8:00A-5:00P, Instructors: Bob Alcorn, Vance Schmid  
Section No. 2: John A. Logan College, / Room E122, Range TBA, Meets Wednesday, Thursday beginning May 3 (Late Start), 8:00A-5:00P, Instructors: Bob Alcorn, Vance Schmid  
Section No. 9A: West Frankfort Extension Center, Room 105, Range: West Frankfort Police Range, Rt. 37 North, Meets Saturday/Sunday beginning March 11 (Late Start), 7:45A-5:30P, Instructors: Mike Corkran, Larry Morse  
Section No. 9B: West Frankfort Extension Center, Room 105, Range: West Frankfort Police Range, Rt. 37 North, Meets Saturday/Sunday beginning April 29 (Late Start), 7:45A-5:30P, Instructors: Larry Morse, Mike Corkran
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. 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.

Sessions: 1, Fee: $45.00

BEEKEEPING I – YOU WANNABEE A KEEPER? (PS 394). Are you a wannabee keeper? Enroll in this introductory course and find out what it takes to set up and manage bee hives. You will learn about the bees, the equipment you need for your hives and for you, and where are the ideal locations for your hives. The course will offer classroom instruction as well as a visit to a local apiary Bee Yard.

Sessions: 4, Fee: $20.00

UTAH CONCEAL CARRY PERMIT (CFP) (FOR NON RESIDENT) (PS 766). The Utah CFP permit training class takes 4 hours. Firing of a firearm is not required to obtain the Non-Resident Utah concealed firearm permit. The permit is valid for 5 years and training is not required for renewal. This permit is perfect for people who travel and want to legally protect themselves and their family. Students will receive fingerprint cards and photos will be taken in class. Utah concealed firearm permit is recognized by 30 states for Illinois Residents. AL, AK, AZ, AR, DE, GA, ID, IN, IA, KY, LA, MN, MS, MO, MONT, NE, NC, ND, OH, OK, PA, SD, TN, TX, UT, VA, WA, WV, WI and WY. *Class cost does not include the $51.00 registration fee to the state of Utah.

Fingerprinting service may be available. Students may be qualified to apply for the Florida Non-Resident CFP Permit. Instructor will provide complete application packets and photo service for $20.00 for students interested in the Florida permit. Must be 21 years of age to take the class!

Sessions: 1, Fee: $100.00

GENERAL EDUCATION

ACT PREP – READING (PS 002). This course will offer tips and strategies to prepare students for the ACT. The sessions, offered on the three weeks before the February and April 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.

Sessions: 1, Fee: $45.00

BEEKEEPING II (Beekeeper and Master Gardener)
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.

Sections: 5, Fee: $60.00

Section No. 1: West Frankfort Extension Center, Room WF 114, Meets Tuesday beginning February 7 (Late Start), 6:00P-9:00P, Instructor: Doug Leedle, Certified and Registered Beekeeper for over 50 years)

NEW) BEEKEEPING (PRACTICAL) (PS 788). Grandma used to say “there’s many a slip twixt the cup and the lip” and for beekeepers this means Vigilance! Getting your hives and bees is a huge first step on the beekeepers’ path; but to help keep those hives strong and healthy, you need to use preventative practices. The focus of this class is to prepare you to be alert for signs of trouble in your hives and what you can do at the first indication of hive beetles, varoa mites or other pests. The class will have three sessions in the classroom and the final class will be a field trip to the apiary at the Jackson County Extension Office.

Sections: 4, Fee: $20.00

Section No. 1: John A. Logan College, Room F119, Meets Tuesday beginning April 4 (Late Start), 6:00P-7:30P, Instructor: Mary Brown, (Beekeeper and Master Gardener)

NEW) COMMON SENSE CAR CARE FOR WOMEN (PS 214). This course provides a common sense approach for the car owner who desires to become knowledgeable enough to deal with basic preventative maintenance, avoiding breakdowns and operating a safe vehicle. Students will learn to make informed decisions when buying, selling and repairing their vehicle, along with what to do in case of breakdown on the road.

Sections: 5, Fee: $25.00

Section No. 1: John A. Logan College, Room V14, Meets Thursday beginning January 26, 6:30P-8:00P, Instructor: Chad Nalley

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.

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

Section No. 1: John A. Logan College, / Room H125, Meets Tuesday/Wednesdays beginning January 24, 8:30A-12:30P, Instructor: Patty Farr

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

Section No. 2: John A. Logan College, / Room H125, Meets Monday/Tuesday beginning March 27 (Late Start), 8:30A-12:30P, Instructor: Patty Farr

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

Section No. 9A: West Frankfort Extension Center, Room 111, Meets Tuesday/Thursday beginning February 21 (Late Start), 9:00A-1:00P, Instructor: Patty Farr

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

Sections: 8, Fee: $36.00

Section No. 1: John A. Logan College, / Room E204, Meets Wednesday beginning February 1 (Late Start), 3:00P-5:00P, Instructor: Joy Upton

Section No. 9N: Alongi DuQuoin Extension Center, Room DQ 5, Meets Tuesday/Thursday beginning February 21 (Late Start), 1:00P-3:00P, Instructor: Joy Upton

NEW) ECLIPSE 101 – COME LEARN THE BASICS OF WHAT’S COMING THROUGH SOUTHERN ILLINOIS (PS 717). Come learn the basics of the two upcoming American Solar Eclipse and why Southern Illinois is in a unique location to experience such a phenomenon, and why it is set to be on an International Stage! Students will have the opportunity to learn why and how solar eclipses happen, how often they occur, how long they last, and more. After the presentation, a Q and A session will be offered as an opportunity to further your knowledge even more!

Sections: 1, Fee: $5.00

Section No. 1: John A. Logan College, Room H132, Meets Thursday beginning January 26, 7:00P-8:00P, Instructor: Mik Sawicki, Professor of Physics

Section No. 2: John A. Logan College, Room H132, Meets Thursday beginning February 23 (Late Start), 7:00P-8:00P, Instructor: Mik Sawicki, Professor of Physics

Section No. 3: John A. Logan College, Room H132, Meets Thursday beginning March 23 (Late Start), 7:00P-8:00P, Instructor: Mik Sawicki, Professor of Physics

Section No. 4: John A. Logan College, Room H132, Meets Thursday beginning April 27 (Late Start), 7:00P-8:00P, Instructor: Mik Sawicki, Professor of Physics

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.)

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

Section No. 1: Herring High School, 700 N. 10th Street, Library, Meets Thursday beginning February 2 (Late Start), 6:00P-8:00P, Instructor: Joyce Fisher
FILM PRODUCTION – THE BASICS (AGES HIGH SCHOOL AND OLDER) (PS 616). This course will instruct students on the fundamentals of film production from idea to silver screen by breaking down each step of the filmmaking process in detail. Students will also engage in a film workshop where they will produce and shoot a single 2-3-page script.
Sessions: 12, Fee: $65.00, COM: $10.00
Section No. 1: John A. Logan College, / Room E235, Meets Thursday beginning January 26, 6:00P-9:00P, Instructor: Kelin Field

GENEALOGY FOR BEGINNERS (PS 448). In this course these topics will be studied: Languages & Translations, Emigration & Immigration, Western Europe, Eastern Europe, Dutch Colonial Society, Migration Trails, Cemeteries, and Churches.
Sessions: 8, Fee: $36.00
Section No. 1: John A. Logan College, / Room E204, Meets Wednesday beginning February 1 (Late Start), 1:00P-3:00P, Instructor: Joy Upton

GENEALOGY – THE 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: 6, Fee: $36.00
Section No. 9A: West Frankfort Extension Center, Room 107, Meets Thursday beginning January 26, 6:00P-8:00P, Instructor: Rhonda Hagston
Section No. 1: Carbondale, Township Hall, 217 E. Main Street, Activity Room, Meets Tuesday beginning January 31 (Late Start), 6:00P-8:00P, Instructor: Rhonda Hagston

GENEALOGY – THE BASICS (PS 056). In this course these topics will be studied: Languages & Translations, Emigration & Immigration, Western Europe, Eastern Europe, Dutch Colonial Society, Migration Trails, Cemeteries, and Churches.
Sessions: 8, Fee: $36.00
Section No. 9N: Alongi DuQuoin Extension Center, Room DQ5, Meets Monday beginning February 6 (Late Start), 10:00A-12:00P, Instructor: Joy Upton

NEW) HOW TO KEEP YOUR KIDS SAFE ON TECHNOLOGY (PS 520). Let's face it, any new piece of technology we purchase we let our kids set it up. I mean after all they ARE much "smarter" than we are right?! In this day and age it's easier than ever to get access to wifi. On the tv, Xbox or even prepaid cell phones. In this course you will learn ways to safeguard your kids with training, tips and just educating yourself. We will cover things like GPS tracking on your kids phones, setting up YouTube safeguards and the vital importance signing Internet contracts and much more!
Do you know WHO and HOW your kids are communicating Online? What are they being exposed to? Have you talked with them about cyber bullying and internet integrity? Can I really see where my kids are at all times and how fast the car they are in is traveling in is going?
Sessions: 4, Fee: $25.00
Section No. 1: Herrin High School, 700 N. 10th Street, Eng. Lang. Lab, Meets Thursday beginning February 23 (Late Start), 6:00P-8:00P, Instructor: Mindy Brock

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
Section No. 1: John A. Logan College, / Room H122, Meets Tuesday beginning January 24, 6:00P-8:00P, Instructor: Bernie Stacka

(NEW) HYPNOSIS – SPIRITUAL AND PHYSICAL WELL BEING (PS 244). Course focuses on hypnotic approaches, uses of guided imagery, controlling emotional pain, self-healing and improvement, and demonstrations. Counselors, school psychologists, nurses and medical technicians can all benefit from this class. Teachers will receive CPDU’s and/or CEU’s.
Sessions: 10, Fee: $36.00
Section No. 1: John A. Logan College, / Room H133, Meets Thursday beginning January 26, 6:00P-8:00P, Instructor: Bernie Stacka

ITALIAN FOR BEGINNERS – PART B (PS 648). We will expand our knowledge on vocabulary, grammar, conversation, culture and travel tips. Come ready to work in partners and small groups to use your lessons to communicate! Individual needs - see instructor.
Sessions: 10, Fee: $35.00
Section No. 1: Herrin High School, 700 N. 10th Street, Room 1112, Meets Thursday beginning February 2 (Late Start), 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 E232, Meets Monday beginning January 23, 6:00P-8:00P, Instructor: Susan Whiting

(NEW) NEWS MATTERS – MAKING SENSE OF THE NEWS! (PS 151). Course is designed to teach students to exercise their power as citizens by becoming perceptive news consumers. Armed with critical-thinking skills, a firm grasp of relevant history and practical knowledge about the news media, News Literacy students learn how to find the reliable information they need to make decisions, take action, make judgments and responsibly share information through social media. At a time when the digital revolution is spawning a flood of information and disinformation each day, the course seeks to help students recognize the differences between facts and rumor, news and promotion, news and opinion, bias and fairness, assertion and verification, and evidence and inference.
Sessions: 1, Fee: $25.00
Section No. 1: John A. Logan College, Room H126, Meets Friday beginning March 10 (Late Start), 9:00A-4:00P, Instructor: Michael Spikes, Center for News Literacy, Stony Brook University
PARANORMAL INVESTIGATIONS I (PS 700). Angels and Demons of Multiple Beliefs, Aliens and UFOs, discovering Alternatives 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: 6, Fee: $25.00

Section No. 1: John A. Logan College, / Room H125, Meets Saturday beginning January 28, 12:00P-2:00P, Instructor: Melinda Hilker

Section No. 9A: West Frankfort Extension Center, Room 105, Meets Wednesday beginning January 18 (Early Start), 6:30P-8:30P, Instructor: Melinda Hilker

NEW) 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. 9A: West Frankfort Extension Center, Room 105, Meets Wednesday beginning April 12 (Late Start), 6:30P-8:30P, Instructor: Melinda Hilker

NEW) REALIZING YOUR TRAVEL DREAMS (PS 718). This class will focus on making your travel dreams come true through a variety of methods. We will explore using airline miles, hotel points, insider’s tips, best method’s for searching, credit cards, insurance, bargain websites, and other aspects. 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 DG5, Meets Monday, (no class 1/30, 2/6 and 2/20) beginning January 23, 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 January 25, 6:00P-8:00P, Instructor: Bernie Stacka

NEW) 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 April exam, 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 March 21 (Late Start), 6:00P-8:00P, Instructor: Amanda Hickman

Section No. 2: Herrin High School, 700 N. 10th Street, Room 1107, Meets Wednesday beginning March 29 (Late Start), 6:00P-8:00P, Instructor: Amanda Hickman

SKYWARN SPOTTER TRAINING (PS 568). Have you ever wanted to learn about these phenomena? … Severe thunderstorms, tornadoes, funnel clouds, wall clouds, hail, lightning, downburst, flash flooding… Become an official National Weather Service Skywarn Spotter! The class will feature many weather pictures and videos as well as information on how to become a well-informed spotter! The class lasts 2 hours (8:30-10:30) and all course material is free. Sessions: 1

Section No. 1: John A. Logan College, Room F119, Hancock Center, Meets Saturday beginning February 25 (Late Start), 8:00A-1:00P, Instructors: Kelly Urhahn, Williamson County Emergency Management, Mike York, National Weather Service

TRINIDAD AND TOBAGO ADVENTURE – 29TH ANNUAL (PS 949). For current airfare and further information; contact Life Science Faculty, Emeritus Prof. Nelda W. Hinckley at (618) 549-5588, JALC Room C235H, or neldahinckley@jalc.edu Send $100 deposit check, payable to Caligo Ventures, Inc., to Nelda Hinckley, John A. Logan College, 700 Logan College Road, Carterville, IL 62918. Sessions: 8, Fee: $15.00, COM: $100 deposit

Section No. 1: Meets at John A. Logan College, beginning Wednesday May 24 (Late Start), time TBA, Instructor: Nelda Hinckley

WEDDING PLANNING (PS 823). Learn how to plan your wedding through any given timeline on a limited budget. Students will learn how to use coupons while shopping, how to negotiate pricing, and how do-it-yourself projects will save a lot in the long run. Sessions: 3, Fee: $25.00

Section No. 1: Herrin High School, 700 N. 10th Street, Room 1109, Meets Thursday/Saturday beginning February 16 (Late Start), 6:00P-8:00P on 2/16 and 2/23, 8:30A-12:30P on 3/4, Instructor: Daniel Beckner

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. Ages 17 and up. Sessions: 10, Fee: $40.00

Section No. 1: John A. Logan College, / Room E233, Meets Thursday beginning January 26, 6:00P-8:00P, Instructor: Sandra Conner
HEALTH CARE – Contact 985-2828, ext. 8537 or 8401

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.

Sections:
- Session No. 1: John A. Logan College, Room F110, Meets Thursday beginning February 9 (Late Start), 11:00A-6:30P, Instructor: Leslie McKenzie
- Session No. 2: John A. Logan College, Room F110, Meets Wednesday beginning March 22 (Late Start), 9:00A-4:30P, Instructor: Leslie McKenzie
- Session No. 3: John A. Logan College, Room F110, Meets Wednesday beginning April 19 (Late Start), 9:00A-4:30P, Instructor: Leslie McKenzie

ARC: CASework EXERCISE (MED 216). This course allows participants to practice the knowledge they gained in the Casework & Recovery course. It is a “hands on” skills-based exercise. Participants will work with partners that rotate through different scenarios that individuals might face on single or multi-family fire, and a disaster relief operation. Prerequisites: Casework & Recovery Planning or recommendation of a Disaster Program Specialist or Disaster Program Manager

Sessions:
- Session No. 1: John A. Logan College, Room F110, Meets Tuesday beginning March 21 (Late Start), 6:00P-10:00P, Instructor: TBD

ARC: CASework & REcovery Planning (MED 172). This course covers the skills and knowledge needed in effectively assisting clients in developing personalized recovery plans, supporting clients in problem-solving, providing referrals to other organizations, advocating on behalf of a client with a third party, such as a landlord, and connecting clients to services provided by health and disaster mental health practitioners. Throughout the course, you will see soft skills highlighted, such as active listening, empathy, and the use of thoughtful language as we empower and support clients in the decisions they make in recovering from a disaster. You will also become familiar with Casework and Recovery Planning Standards and Procedures and the Client Interview and Assistance Job Tool. Practice using American Red Cross Caseworker tools will be provided along with orientation to working as a caseworker.

Sessions:
- Session No. 1: John A. Logan College, Room F110, Meets Tuesday beginning March 14 (Late Start), 6:00P-10:00P, Instructor: Claudia Blackman

ARC: CONCEPT OF OPERATIONS (MED 203). The purpose of Concept of Operations Workshop is to familiarize the Red Cross workforce with the key ideas from the Concept of Operations Program Essentials and achieve a baseline understanding of the doctrine. Successful completion of this course will allow the American Red Cross to build nationwide consistency in the implementation of the Concept of Operations.

Sections:
- Section No. 1: John A. Logan College, Room F110, Meets Tuesday beginning February 21 (Late Start), 6:00P-10:00P, Instructors: Claudia Blackman, Valerie Goodwin

ARC: DAT ORIENTATION (MED 217). This course will provide an overview of the Disaster Action Team (DAT) experience and describe the expectations for DAT workers on a response. Participants will receive information on how they become a DAT responder, how they notify Red Cross of their availability to respond and how they are notified by the Red Cross of a need to respond. Prerequisites Disaster Cycle Services: An Overview

Sessions:
- Session No. 1: John A. Logan College, Room F110, Meets Tuesday beginning March 28 (Late Start), 6:00P-10:00P, Instructor: TBD

ARC: DISASTER ASSESSMENT FUNDAMENTALS (MED 043). This course is designed to prepare course participants to conduct Detailed Damage Assessments accurately, efficiently and safely when assigned to a disaster response. This course has been updated to include the most recent changes in ratings of damage classifications.

Sessions:
- Session No. 1: John A. Logan College, Room F110, Meets Tuesday beginning February 28 (Late Start), 6:00P-10:00P, Instructor: TBD

ARC: DISASTER CYCLE SERVICES: AN OVERVIEW & BECOMING A VOLUNTEER FOR THE AMERICAN RED CROSS (MED 144). The first part of this course is the first in the Disaster Cycle Services (DSC) course curriculum. It provides an overview of how DCS fulfills the Red Cross mission and describes the whole cycle process of helping individuals, families and communities to prepare for, respond to, and recover from disasters. The course also reviews the role of community and government partners and describes opportunities for volunteers in Disaster Cycle Services. The second part of the course - Volunteering with the Red Cross - is designed to present the many facets of volunteering for the Red Cross. It will include how to become a volunteer, what are the volunteer opportunities and how those opportunities can be accessed locally.

Sessions:
- Session No. 1: John A. Logan College, Room F111, Meets Tuesday beginning January 17 (Early Start), 6:00P-10:00P, Instructor: Claudia Blackman
ARC: ERV: READY, SET, ROLL (MED 047). This course provides participants with the opportunity to learn about and use an emergency response vehicle (ERV) and all related equipment. Participants use the participant workbook, video and the Safe Handling Procedures on Disaster Relief Operations handbook to learn about the safe use and operation of an ERV. At the conclusion of this session, participants complete a self-administered true or false question course review. In the separating scheduled session, participants receive an ERV orientation and take a road test conducted at a Red Cross chapter.  
Sessions: 1, Fee: No Charge

Section No. 1: John A. Logan College, Room H127, Meets Tuesday beginning April 11 (Late Start), 6:00P-10:00P, Instructor: TBD

ARC: FEEDING FUNDAMENTALS & BULK DISTRIBUTION (MED 213). The Feeding Fundamentals portion of this class prepares participants to perform the tasks of Red Cross Feeding workers in support of a local incident such as a single or multi-family fire, and a disaster relief operation. The second portion of the class will consist of an online course to prepare participants for the tasks and responsibilities in setting up, operating and supporting Bulk Distribution on a local response and disaster relief operation.  
Prerequisites Disaster Cycle Services: An Overview Sessions: 1, Fee: No Charge

Section No. 1: John A. Logan College, Room F111, Meets Tuesday beginning January 24, 6:00P-10:00P, Instructor: Claudia Blackman

ARC: OPEN COMPUTER LAB (MED 210). This Lab is designed to be a time when Red Cross Volunteers or potential volunteers could take American Red Cross online courses. Courses to consider taking would be: Concept of Operations Overview, Serving People with Functional and Access Needs in Shelters, Operations Planning Essentials, Incident Reporting Essentials, Recovery Services: An Overview, Casework and Recovery Planning Fundamentals and other Red Cross online courses  A participant will be allowed to take as many of the courses they desire and are possible during the four hour class period.  
Sessions: 1, Fee: No Charge

Section No. 1: John A. Logan College, Room H123, Meets Tuesday beginning April 4 (Late Start), 6:00P-10:00P, Instructor: Claudia Blackman

ARC: PSYCHOLOGICAL FIRST AID (MED 119). This course provides a framework for understanding the factors that affect stress responses in disaster relief workers and the clients they serve. Participants engage in practice exercises and complete a self-review questionnaire. The course will outline policies and practices of the Red Cross related to providing services to people with disabilities following a disaster. This part of course will have built in tests to assist students in understanding the material.  
Sessions: 1, Fee: No Charge

Section No. 1: John A. Logan College, Room F109, Meets Tuesday beginning March 7 (Late Start), 6:00P-10:00P, Instructor: TBD

ARC: SHELTER EXERCISE (MED 215). This course allows participants to practice the knowledge they gained in the Shelter Fundamentals course. It is a “hands on” skills-based exercise. Participants work in teams that rotate through four skills stations based on the four categories of shelter workers presented in the course: Dormitory, Registration, Information and Feeding.  
Prerequisites: Shelter Fundamentals or recommendation of a Disaster Program Specialist or Disaster Program Manager Sessions: 1, Fee: No Charge

Section No. 1: John A. Logan College, Room F110, Meets Tuesday beginning February 7 (Late Start), 6:00P-10:00P, Instructor: TBD

ARC: SHELTER FUNDAMENTALS (MED 214). The Shelter Fundamentals is a basic level course that introduces the guidelines and procedures for setting up, running and closing a shelter during a disaster. Updates in this course particularly assist individuals responding to large disaster operations. The purpose of this course is to prepare participants to assist in the opening, organizing, operating and closing of a Red Cross shelter. Referencing shelter checklists, participants will work on a case study that takes them through four of the six phases of the Sheltering Process: Resourcing, Opening, Operating and Closing.  
Prerequisites: Disaster Cycle Services: An Overview Sessions: 1, Fee: No Charge

Section No. 1: John A. Logan College, Room F110, Meets Tuesday beginning January 31, 6:00P-10:00P, Instructor: TBD

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AHA BASIC LIFE SUPPORT INSTRUCTOR COURSE (6CNE 599). Completing this 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. 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 January 20, 2017. An Instructor Candidate Workbook and a BLS Instructor Manual is required.  
Sessions: 1, Tuition: $57.50, Fee: $27.50

Section No. 1: John A. Logan College, Room F110 Meets Friday beginning January 27, 9:00A-5:00P, Instructor: Bob Loftus

Section No. 2: John A. Logan College, Room H123, Meets Saturday beginning March 25 (Late Start), 9:00A-5:00P, Instructor: Bob Loftus

Last day to register for this class will be March 17, 2017. An Instructor Candidate Workbook and a BLS Instructor Manual is required.
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. 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 February 8 (Late Start), 3:00P-10:00P, Instructor: Lori Switcher

Section No. 2: John A. Logan College, Room F109, Meets Wednesday beginning March 8 (Late Start), 3:00P-10:00P, Instructor: Lori Switcher

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

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

HEARTSAVER CPR AED (6CNE 605). This course teaches CPR and AED use, relief of choking in adults and children, and the use of barrier devices for all ages. This course is for those that want to learn CPR and how to use an AED. Any fees charged for this course, except for the portion of fees needed for AHA course material, do not represent income to the Association. Book is required, contact Continuing Education office or JALC Bookstore. Sessions: 1, Tuition: $57.50, Fee: $10.00, Approx. Book Fee: $20.00

Section No. 1: John A. Logan College, Room F110, Meets Tuesday beginning April 18 (Late Start), 3:00P-10:00P, Instructor: Dianne Gaertner

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

Section No. 9A: West Frankfort Extension Center, Room WF111, Meets Tuesday beginning January 31, 9:30A-9:30P, Instructor: Dianne Gaertner

Section No. 1: John A. Logan College, Room F110, Meets Wednesday beginning March 15 (Late Start), 9:00A-5:00P, Instructor: Dianne Gaertner

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; intraosseous 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. Textbook is required, contact Continuing Education office or JALC Bookstore. Prerequisite: Initial PALS Certification & BLS Healthcare Provider Card Sessions: 1, Fee: $45.00

Section No. 1: John A. Logan College, Room F109, Meets Wednesday beginning February 22 (Late Start), 9:00A-4:30P, Instructor: Leslie McKenzie

Section No. 2: John A. Logan College, Room F110, Meets Friday beginning April 21 (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

Section No. 1: John A. Logan College, Room H128, Meets Saturday beginning February 18 (Late Start), 9:00A-4:30P, Instructor: Dianne Gaertner

Section No. 2: John A. Logan College, Room H128, Meets Saturday beginning March 11 (Late Start), 9:00A-4:30P, Instructor: Dianne Gaertner

Section No. 3: John A. Logan College, Room H128, Meets Tuesday beginning April 4 (Late Start), 9:00A-4:30P, Instructor: Dianne Gaertner

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

Section No. 1: , Meets beginning TBA Please call ext. 8537, Instructor: 

SIH HEART FAILURE UNIVERSITY CLASS (OHE 503). This course is designed to aid heart failure patients and caregivers in the understanding and management of Congestive Heart Failure (CHF). This course will cover basic anatomy, physiology, symptoms, diet, medications and exercise. To register call: 1-866-744-2468 Sessions: 1, Fee: No Charge

Section No. 1: John A. Logan College, Room F119, Meets Friday beginning April 21 (Late Start), 9:30A-2:00P, Instructor: Vicki Hunter
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. Tuition: $115.00, Approx. Book Fee: $35.00

Section No. 1: John A. Logan College, Room E208, Meets Tuesday beginning February 14, 21 & 28 (Late Start), 8:00A-3:00P, Instructor: Dianne Gaertner

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. Tuition: $57.50, Fee: $.50

Section No. 1: John A. Logan College, Room F110, Meets Tuesday beginning March 7 (Late Start), 8:00A-4:30P, Instructor: Dianne Gaertner

SOUTHERN ILLINOIS PHYSICIAN ASSISTANT CONFERENCE (6CNE 513). This educational program is designed to provide primary care update for physicians, physician assistants, nurse practitioners, nurse etc. Topics to be presented will focus on conditions treated by the primary care provider. There will be 7 hours of Category 1 CME’s available for the day-long conference. For Registration Information please call Greg Stettler at 618-985-2828 ext. 8401 Sessions: 1, Tuition: TBA

Section No. 1: John A. Logan College, Conference Center, Meets Friday beginning March 10 (Late Start), 8:00A-4:30P, Instructor: Don Diemer

Healthcare Topics

TO WRITE OR NOT TO WRITE: DO’S & DON’TS OF NURSING DOCUMENTATION (6BHT 100). This course will discuss the financial, legal & ethical issues that are faced. It will also go over various aspects of documentation that includes written, computer & electronic transfer of healthcare information. Basics of grammar, word order, what to write, what not to write and rationales for why documentation is to be done a precise way will be included in the course. Tuition: $57.50, Fee: $2.50

Section No. 70: John A. Logan College, Room H125, Meets Wednesday beginning April 12 (Late Start), 8:00A-4:30P, Instructor: Dianne Gaertner

UPDATES IN PRIMARY CARE ADVANCES (6CNE 651). This annual conference is designed to provide healthcare professionals with the latest evidence-based information on issues commonly seen in the primary care setting. The target audience includes physicians, mid-level providers, nurses, and other interest allied health professionals. Conference brochure and online registration will be available in early February at www.siumed.edu/cpd Sessions: 1, Fee: TBA

Section No. 1: John A. Logan College, Conference Center, Meets Wednesday beginning May 3 (Late Start), 8:30A-4:30P, Instructor: Various Speakers

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

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

Section No. 9N: DuQuoin’s Tae Kwon Do, 28 West Main St., Meets Monday/Wednesday beginning January 23, 6:00P-7:00P, Instructor: Lawrence “Corky” Longshore

CLASSES FOR KIDS

DuQuoin

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

Section No. 9N: DuQuoin, Longshore’s Tae Kwon Do, 28 West Main St., Meets Monday/Wednesday beginning January 23, 6:00P-7:00P, Instructor: Master Lawrence “Corky” Longshore
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 onetime fee payable to University of Illinois Extension Service to join 4H Program.

Archery Safety – Outdoor Skills and Conservation (AGES 8-18) (PS 206). This course is offered in partnership with the University of Illinois Extension Service 4-H Program. Earn your IDNR Hunter Safety Card while participating in engaging activities that will prepare you for a safe and exciting outdoor and hunting lifestyle. Instructors from the Illinois 4-H Shooting Sports Program have teamed with Certified IDNR Hunter Safety Instructors to provide a program that is not only educational, it will provide each student the opportunity to hone his/her Hunting and Outdoor Skills through a “learning by doing” approach. Interactive learning environments include everything from plant and wildlife identification to shooting sports safety and hunting techniques. Activity examples: proper and safe tree standing hanging, compass and GPS navigations, hunting ethics, safe shotgun and rifle handling and operation. Upon successful course completion, students will receive 4-H Certification and IDNR Hunter Safety Certification. *No fee for IDNR Hunters Certification. IDNR requires students under the age of 10 to be accompanied by an adult or guardian throughout the safety education portion of the course. Sessions: 8, COM: $20.00 onetime fee payable to University of Illinois Extension Service to join 4H Program.

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 onetime fee payable to University of Illinois Extension Service to join 4H Program.

Section No. 1: John A. Logan College, Annex, Meets Tuesday beginning January 24, 6:00P-7:00P, Instructor: Don Elliott

HUNTER SAFETY – OUTDOOR SKILLS AND CONSERVATION (AGES 8-18) (PS 206). This course is offered in partnership with the University of Illinois Extension Service 4-H Program. Earn your IDNR Hunter Safety Card while participating in engaging activities that will prepare you for a safe and exciting outdoor and hunting lifestyle. Instructors from the Illinois 4-H Shooting Sports Program have teamed with Certified IDNR Hunter Safety Instructors to provide a program that is not only educational, it will provide each student the opportunity to hone his/her Hunting and Outdoor Skills through a “learning by doing” approach. Interactive learning environments include everything from plant and wildlife identification to shooting sports safety and hunting techniques. Activity examples: proper and safe tree standing hanging, compass and GPS navigations, hunting ethics, safe shotgun and rifle handling and operation. Upon successful course completion, students will receive 4-H Certification and IDNR Hunter Safety Certification. *No fee for IDNR Hunters Certification. IDNR requires students under the age of 10 to be accompanied by an adult or guardian throughout the safety education portion of the course. Sessions: 8, COM: $20.00 onetime fee payable to University of Illinois Extension Service to join 4H Program.

Section No. 1: Marion, Tombstone Gun Range, 12121 N. Skyline Drive, Meets Monday beginning January 23, 6:00P-8:00P, Instructor: Don Elliott

KENPO KARATE JUI JITSU (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. Sessions: 8, Fee: $45.00

Section No. 01A: John A. Logan College, CHEC Bldg., Room J120, Meets Thursday beginning January 26, 6:30P-8:30P, Instructor: Gary Douglas

Section No. 01B: John A. Logan College, CHEC Bldg., Room J120, Meets Thursday beginning March 30 (Late Start), 6:30P-8:30P, Instructor: Gary Douglas

TAE KWON DO FOR BEGINNERS (AGES 12 - ADULT) (PS 174). Learn techniques of Tae Kwon-Do and self-defense through emphasis on basic kicks, blocks, and punching techniques. For beginners, white and yellow belts. Sessions: 10, Fee: $30.00

Section No. 9N: Du Quoin, Longshore’s Tae Kwon Do, 28 West Main, Meets Monday/Wednesday beginning January 23, 7:00P-8:00P, Instructor: Master Lawrence “Corky” Longshore

John A. Logan College

ARCHERY SHOOTING/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. Questions - Call Ester Waddy at 618-993-3304, ewaddy@illinois.edu or Don Elliot at 618-751-9209. Sessions: 6, COM: $20.00 onetime fee payable to University of Illinois Extension Service to join 4H Program.

Section No. 1: John A. Logan College, Annex, Meets Monday beginning January 23, 6:00P-7:00P, Instructor: Don Elliott

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, / Room B53, Meets TBA beginning January 23, TBA, Instructor: Nathan Arnett, Applied Music Lessons Coordinator

Section No. 2: John A. Logan College, Annex, Meets Tuesday beginning March 7 (Late Start), 6:00P-7:00P, Instructor: Don Elliot
KENPO KARATE JUI JITSU FOR KIDS (PS 419).
Sessions: 8, Fee: $40.00
Section No. 01A: John A. Logan College, CHEC Bldg., Room J222, Meets Thursday beginning January 26, 5:00P-6:30P, Instructor: Gary Douglas
Section No. 01B: John A. Logan College, / CHEC Bldg., Room J222, Meets Thursday beginning March 30 (Late Start), 5:00P-6:30P, Instructor: Gary Douglas

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. 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.
Sessions: 6, COM: $20.00 onetime fee payable to University of Illinois Extension Service to join 4H Program.
Section No. 1: John A. Logan College, Annex, Meets Tuesday beginning January 24, 6:00P-7:00P, Instructor: Don Elliott

JALC COMMUNITY HEALTH EDUCATION COMPLEX
“HEAR FROM OUR STUDENTS”

“I have been teaching aquatic classes at the Community Health Education Complex for a little over 12 years. At the beginning of each new 8 weeks I enjoy seeing familiar faces in my classes and am excited when I see newly enrolled students. What really motivates me is when I hear what a great impact water exercise has had on my students. The CHEC has a positive impact on the students who go there, physically and socially. It has been exciting to me, and still is, to see students bettering their lives. The CHEC has made this possible for so many and we continue to make this possible for so many students with the newly renovated aquatics center, the aerobic center, massage opportunities, great classes and the employees who work there. I am happy to be a member of the CHEC team!”

--Kathleen Krones
To hear more from our students, go to www.jalc.edu/continuingeducation

PESTICIDE TRAINING and CERTIFICATION CLINICS at
JOHN A. LOGAN COLLEGE
Sponsored by Department of Agriculture and University of Illinois
April 13, 2017 Testing Only session (no training) for commercial and private lessons 2 sessions – 7:00 a.m. and 1:00 p.m.
Cost: Free
Preregistration is required
For additional information and/or registration:
• Online www.pesticidesafety.illinois.edu or
• Call 800-644-2123 (University of Illinois PSEP) or
• Call 618-985-2828 Ext. 8249 (John A. Logan Continuing Education Dept.)
Community Health Education Complex (CHEC)

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

Silver Sneakers!

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

CHEC Membership

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

- **Spring Semester Membership (Jan. 2—May 15)** $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 by stopping by 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 an 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.*

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<th>HOURS OF OPERATION</th>
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<td><strong>Fitness Center</strong></td>
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COMMUNITY HEALTH EDUCATION COMPLEX
(CHEC BUILDING) - CONTACT 985-2828, EXT. 8502 or 8328

SilverSneakers®

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 Deana Smith at Ext. 8502 to get registered.

FITNESS CENTER

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

(NEW) CARDIO CRAZE (PS 994). A 45 minute high energy, full-body workout class. This class will use a mixture of non-contact punching, kicking and cardio exercise. It will enable you to build strength and endurance. Choreographed to motivating, fun music. All levels of participants are welcome.

Sessions: 16, Fee: $45.00

Section No. 01A: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning January 24, 5:00P-5:50P, Instructor: Tammy Mikulay

Section No. 01B: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning March 28 (Late Start), 5:00P-5:50P, Instructor: Tammy Mikulay

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

Fee: $45.00

Section No. 01A: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning January 23, 10:00A-10:50A, Instructor: Fae Ragan

Sessions: 15

Section No. 01B: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning March 27 (Late Start), 10:00A-10:50A, Instructor: Fae Ragan

Sessions: 16

Section No. 02A: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning January 24, 9:00A-9:50A, Instructor: Fae Ragan

Sessions: 16

Section No. 02B: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning March 28 (Late Start), 9:00A-9:50A, Instructor: Fae Ragan

Sessions: 16

(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 January 23, 5:00P-5:50P, Instructor: Derrick Snider

Sessions: 15

Section No. 01B: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning March 27 (Late Start), 5:00P-5:50P, Instructor: Derrick Snider

Sessions: 16

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 January 23, 9:00A-9:50A, Instructor: Susan Bausch

Sessions: 15

Section No. 01B: John A. Logan College CHEC, / Room J120, Meets Monday/Wednesday beginning March 27 (Late Start), 9:00A-9:50A, Instructor: Susan Bausch

Sessions: 16

KENPO KARATE JUI JITSU (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.

Sessions: 8, Fee: $45.00

Section No. 01A: John A. Logan College, CHEC Bldg., Room J222, Meets Thursday beginning January 26, 6:30P-8:30P, Instructor: Gary Douglas

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

KENPO KARATE JUI JITSU FOR KIDS (PS 419). Sessions: 8, Fee: $40.00

Section No. 01A: John A. Logan College, CHEC Bldg., Room J222, Meets Thursday beginning January 26, 5:006:30P, Instructor: Gary Douglas

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

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!

Section No. 01A: John A. Logan College, / CHEC Bldg., Room J120, Meets Monday/Wednesday beginning January 23, 6:00P-6:50P, Instructor: Jennifer Gulley

Sessions: 15, Fee: $45.00
LIFETIME CARDIO FITNESS (PS 948). This course is designed to promote and improve cardiovascular efficiency by methodical exercise bouts relative to strengthening the heart muscle and improving blood flow. Students will exercise in target heart rate range for 30 minutes 3 times per week.

Sessions: 16, Fee: $45.00

SILVERSNEAKERS®

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 Deana Smith 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. SilverSneakers members may take this class free of charge.

Fee: Free or $45.00

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

Fee: $45.00
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: 16, Fee: Free or $45.00,
Section No. 01A: John A. Logan College CHEC, / J222, Meets Tuesday/Thursday beginning January 24, 10:00A-10:50A, Instructor: Fae Ragan
Section No. 01B: John A. Logan College CHEC, / J222, Meets Tuesday/Thursday beginning March 28 (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 $45.00

Section No. 01A: John A. Logan College CHEC, / Room J222, Meets Monday/Wednesday beginning January 23, 8:00A-8:50A, Instructor: Fae Ragan
Sessions: 15
Section No. 01B: John A. Logan College CHEC, / Room J222, Meets Monday/Wednesday beginning March 27 (Late Start), 8:00A-8:50A, Instructor: Fae Ragan
Sessions: 16
Section No. 02A: John A. Logan College CHEC, / Room J222, Meets Tuesday/Thursday beginning January 24, 10:00A-10:50A, Instructor: Fae Ragan
Sessions: 16
Section No. 02B: John A. Logan College CHEC, / Room J222, Meets Tuesday/Thursday beginning March 28 (Late Start), 10:00A-10:50A, Instructor: Fae Ragan
Sessions: 16

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 January 23, 10:00A-10:50A, Instructor: Susan Bausch
Sessions: 16
Section No. 01B: John A. Logan College CHEC, / J222, Meets Monday/Wednesday beginning March 27 (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 January 23, 11:00A-11:50A, Instructor: Susan Bausch
Sessions: 15
Section No. 02B: John A. Logan College CHEC, / Room J222, Meets Monday/Wednesday beginning March 27 (Late Start), 4:00P-4:50P, Instructor: Susan Bausch
Sessions: 16

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

Fee: $55.00
Section No. 01A: John A. Logan College CHEC, / Room J120, Meets Tuesday, Thursday, Saturday beginning January 24, T/TH, 4:00P-4:50P, Sa, 8:30A-9:20A, Instructor: Kathy Faulkner
Sessions: 24
Section No. 01B: John A. Logan College CHEC, / Room J120, Meets Tuesday, Thursday, Saturday beginning March 28 (Late Start), T/TH, 4:00P-4:50P, Sa, 8:30A-9:20A, Instructor: Kathy Faulkner
Sessions: 23

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 January 23, 10:00A-10:50A, Instructor: Derrick Snider
Sessions: 15
Section No. 01B: John A. Logan College CHEC, Room J102, Meets Monday/Wednesday beginning March 27 (Late Start), 10:00A-10:50A, Instructor: Derrick Snider
Sessions: 16

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

Fee: $45.00
Section No. 01A: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning January 23, 12:00P-12:50P, Instructor: Susan Bausch
Sessions: 15
Section No. 01B: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning March 27 (Late Start), 12:00P-12:50P, Instructor: Susan Bausch
Sessions: 16
Section No. 02A: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning January 23, 4:00P-4:50P, Instructor: Susan Bausch
Sessions: 15
Section No. 02B: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning March 27 (Late Start), 4:00P-4:50P, Instructor: Susan Bausch
Sessions: 16
Section No. 03A: John A. Logan College CHEC, Room J222, Meets Tuesday/Thursday beginning January 24, 9:00A-9:50A, Instructor: Susan Bausch
Sessions: 16

Section No. 03B: John A. Logan College CHEC, Room J222, Meets Tuesday/Thursday beginning March 28 (Late Start), 9:00A-9:50A, Instructor: Susan Bausch
Sessions: 16

Section No. 04A: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning January 23 (Early Start), 3:00P-3:50P, Instructor: Susan Bausch
Sessions: 15

Section No. 04B: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning March 27 (Late Start), 3:00P-3:50P, Instructor: Susan Bausch
Sessions: 16

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

Section No. 01A: John A. Logan College CHEC, / Room J120, Meets Monday/Wednesday beginning January 23, 11:00A-11:50A, Instructor: Kelli Abell
Sessions: 15

Section No. 01B: John A. Logan College CHEC, / Room J120, Meets Monday/Wednesday beginning March 27 (Late Start), 11:00A-11:50A, Instructor: Kelli Abell
Sessions: 16

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 and basic swimming movements can be introduced as the student is ready. Each student will be encouraged to go at their own pace and set their own goals as they build confidence in the water. Fee: $45.00

Section No. 01A: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning January 24, 5:00P-5:45P, Instructor: Diann Bauer

Section No. 01B: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning March 28 (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. Sessions: 23, Fee: $55.00

Section No. 01A: John A. Logan College CHEC, 700 Logan College Rd., Pool, Meets Monday/Wednesday/Friday beginning January 23, 10:00A-10:50A, Instructor: Becky Kolar

Section No. 01B: John A. Logan College CHEC, 700 Logan College Rd., Pool, Meets Monday/Wednesday/Friday beginning March 27 (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°. Sessions: 23, Fee: $55.00

Section No. 01A: John A. Logan College CHEC, Pool, Meets Monday, Wednesday, Friday beginning January 23, 10:00A-10:50A, Instructor: Nicole Rossi

Section No. 01B: John A. Logan College CHEC, Pool, Meets Monday/Wednesday/Friday beginning March 27 (Late Start), 10:00A-10:50A, Instructor: Nicole Rossi

AQUA FOR MS (PS 593). This course is designed to increase balance, strength, coordination, and flexibility, while maintaining and improving gait, posture, and strength. Exercises target areas of the body that may need extra work while living with MS (e.g., hip flexors, quadriceps and core muscles of the abdomen and pelvis). Discover how the water properties of buoyancy, viscosity and other factors create a supportive, reduced-gravity exercise environment. Any person with MS who is initiating a new exercise program should also consult with a physician before starting. Participants are welcome to bring a support person/s to class. Knowledge of swimming is not required. Fee: $35.00

Section No. 01A: John A. Logan College CHEC, Pool, Meets Saturday beginning January 28, 10:00A-10:50A, Instructor: Debbie Fosse
Sessions: 8

Section No. 01B: John A. Logan College CHEC, Pool, Meets Saturday beginning April 1 (Late Start), 10:00A-10:50A, Instructor: Debbie Fosse
Sessions: 7

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). Sessions: 23, Fee: $55.00

Section No. 01A: John A. Logan College CHEC, Pool, Meets Monday, Wednesday, Friday beginning January 23, 9:00A-9:50A, Instructor: Becky Kolar

Section No. 01B: John A. Logan College CHEC, Pool, Meets Monday, Wednesday, Friday beginning March 27 (Late Start), 9:00A-9:50A, Instructor: Becky Kolar

23
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

Section No. 01A: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning January 24, 9:00A-9:50A, Instructor: Kathleen Krones

Sessions: 16

Section No. 01B: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning March 28 (Late Start), 9:00A-9:50P, Instructor: Kathleen Krones

Sessions: 16

Section No. 02A: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning January 24, 1:00P-1:50P, Instructor: Kathleen Krones

Sessions: 16

Section No. 02B: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning March 28 (Late Start), 1:00P-1:50P, Instructor: Kathleen Krones

Sessions: 16

Section No. 03A: John A. Logan College CHEC, Pool, Meets Monday/Wednesday beginning January 23, 4:00P-4:50P, Instructor: Kathleen Krones

Sessions: 15

Section No. 03B: John A. Logan College CHEC, Pool, Meets Monday/Wednesday beginning March 27 (Late Start), 4:00P-4:50P, Instructor: Kathleen Krones

Sessions: 16

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.

Sessions: 16, Fee: $40.00

Section No. 01A: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning January 24, 5:00P-5:45P, Instructor: Karla Klueter

Section No. 01B: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning March 28 (Late Start), 5:00P-5:45P, Instructor: Karla Klueter

ARTHRITIS AQUATICS (SILVER SNEAKERS SPLASH) (PS 931). Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination. Improve strength, flexibility, balance and endurance. Be kind to your joints, get stronger, and have fun in the pool. This class will provide the student with the opportunity to exercise affected joints in the therapy pool with 92 degree water. Silver Sneakers members may take this class free of charge.

Section No. 01A: John A. Logan College CHEC, Pool, Meets Monday, Wednesday, Friday beginning January 23, 9:00A-9:50A, Instructor: Nicole Rossi

Sessions: 23, Fee: $55.00

Section No. 01B: John A. Logan College CHEC, Pool, Meets Monday, Wednesday, Friday beginning March 27 (Late Start), 9:00A-9:50A, Instructor: Nicole Rossi

Sessions: 23, Fee: $55.00

Section No. 02A: John A. Logan College CHEC, Pool, Meets Monday, Wednesday, Friday beginning January 23, 3:00P-3:50P, Instructor: Kathleen Krones

Sessions: 23, Fee: $55.00

Section No. 02B: John A. Logan College CHEC, Pool, Meets Monday, Wednesday, Friday beginning March 27 (Late Start), 3:00P-3:50P, Instructor: Kathleen Krones

Sessions: 23, Fee: $55.00

Section No. 03A: John A. Logan College CHEC, Pool, Meets Monday, Wednesday, Friday beginning January 23, 4:00P-4:50P, Instructor: Karla Klueter

Sessions: 23, Fee: $55.00

Section No. 03B: John A. Logan College CHEC, Pool, Meets Monday, Wednesday, Friday beginning March 27 (Late Start), 4:00P-4:50P, Instructor: Karla Klueter

Sessions: 23, Fee: $55.00

Section No. 04A: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning January 24, 9:00A-9:50A, Instructor: Nicole Rossi

Sessions: 16, Fee: $45.00

Section No. 04B: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning March 28 (Late Start), 9:00A-9:50A, Instructor: Nicole Rossi

Sessions: 16, Fee: $45.00

Section No. 05A: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning January 24, 10:00A-10:50A, Instructor: Nicole Rossi

Sessions: 16, Fee: $45.00

Section No. 05B: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning March 28 (Late Start), 10:00A-10:50A, Instructor: Nicole Rossi

Sessions: 16, Fee: $45.00

Section No. 06A: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning January 24, 1:00P-1:50P, Instructor: Karla Klueter

Sessions: 16, Fee: $45.00

Section No. 06B: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning March 28 (Late Start), 1:00P-1:50P, Instructor: Karla Klueter

Sessions: 16, Fee: $45.00

Section No. 07A: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning January 24, 2:00P-2:50P, Instructor: Karla Klueter

Sessions: 16, Fee: $45.00
Tuition: $115.00, Fee: $54.00

Tuition: $172.50, Fee: $86.50

Sessions: 16, Fee: $45.00

8:00A-3:00P, Instructors: Bradley Griffith, Derrick Snider

Meets Thursday/Sunday beginning April 27

LIFEGUARD CERTIFICATION (6ACE 506). This course will result in American Red Cross Lifeguard, CPR, and First Aid certifications. These certifications will last for exactly 2 years. Candidates must meet the following requirements:

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

Candidates will be required to swim 300 yards continuously using front crawl, breast stroke, or a combination of both. There is no time limit for this activity.

Candidates will be required to tread water for 2 consecutive minutes without arm support. Only the legs can be used and the head must remain above the surface of the water.

Candidates will be required to swim 20 yards, surface dive to the depth of 10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point while holding the object above water.

Sessions: 3

Section No. 01: John A. Logan College CHEC, Pool, Meets Thursday/Sunday beginning April 27 (Late Start), Thursday, 4/27, 6:30P-8:30P, Sunday, 4/30, 8:00A-8:00P, Sunday, 5/7, 8:00A-8:00P, 8:00A-8:00P. Instructors: Bradley Griffith, Derrick Snider
Tuition: $172.50, Fee: $86.50

Section No. 02: John A. Logan College CHEC, Pool, Meets Thursday/Sunday beginning April 27 (Late Start), Thursday, 4/27, 6:30P-8:30P, Sunday, 4/30, 8:00A-8:00P, Sunday, 5/7, 8:00A-8:00P, 8:00A-3:00P. Instructors: Bradley Griffith, Derrick Snider
Tuition: $115.00, Fee: $54.00

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

Section No. 01A: John A. Logan College CHEC, Pool, Meets Monday/Wednesday beginning January 23, 5:00P-5:45P, Instructor: Marcia Skinner
Sessions: 15

Section No. 01B: John A. Logan College CHEC, Pool, Meets Monday/Wednesday beginning March 27 (Late Start), 5:00P-5:45P, Instructor: Marcia Skinner
Sessions: 16

Chec offers two formats of swim lessons and five different skill levels. Group classes are offered that meet 1-2 times per week for 8 weeks. Private 1-on-1 lessons are also available and meet five consecutive nights for one week. All instructors are Water Safety Instructor (WSI) certified. To schedule a one-on-one swim lesson, call 988-2828, Ext. 8502.

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.

Section No. 01A: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning January 24, 5:00P-5:50P, Instructor: Derrick Snider
Sessions: 16, Fee: $110.00

Section No. 01B: John A. Logan College CHEC, Pool, Meets Tuesday/Thursday beginning March 28 (Late Start), 5:00P-5:45P, Instructor: Derrick Snider
Sessions: 16, Fee: $110.00

Section No. 02A: John A. Logan College CHEC, Pool, Meets Friday beginning January 27, 4:00P-4:50P, Instructor: Jane Fiorenzi
Sessions: 8, Fee: $60.00

Section No. 02B: John A. Logan College CHEC, Pool, Meets Friday beginning March 31 (Late Start), 4:00P-4:50P, Instructor: Jane Fiorenzi
Sessions: 7, Fee: $60.00


Section No. 01A: John A. Logan College CHEC, Pool, Meets Saturday beginning January 28, 10:00A-10:45A, Instructor: Jane Fiorenzi
Sessions: 8, Fee: $50.00

Section No. 01B: John A. Logan College CHEC, Pool, Meets Saturday beginning April 1 (Late Start), 10:00A-10:45A, Instructor: Jane Fiorenzi
Sessions: 7, Fee: $50.00

Section No. 02A: John A. Logan College CHEC, Pool, Meets Saturday beginning January 28, 12:00P-12:45P, Instructor: Jane Fiorenzi
Sessions: 8, Fee: $50.00

Section No. 02B: John A. Logan College CHEC, Pool, Meets Saturday beginning April 1 (Late Start), 12:00P-12:45P, 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. Course begins with basics such as sticking face in the water and blowing bubbles. Children under the age of 12 will be required to have a parent on deck.

Section No. 01A: John A. Logan College CHEC, Pool, Meets Monday beginning January 23, 5:45P-6:30P, Instructor: Josh Boren
Sessions: 7, Fee: $60.00

Section No. 01B: John A. Logan College CHEC, Pool, Meets Monday beginning March 27 (Late Start), 5:45P-6:30P, Instructor: Josh Boren
Sessions: 8, Fee: $60.00

Section No. 02A: John A. Logan College CHEC, Pool, Meets Tuesday beginning January 24, 5:45P-6:30P, Instructor: Josh Boren
Sessions: 8, Fee: $60.00

Section No. 02B: John A. Logan College CHEC, Pool, Meets Tuesday beginning March 28 (Late Start), 5:45P-6:30P, Instructor: Josh Boren
Sessions: 8, Fee: $60.00

Section No. 03A: John A. Logan College CHEC, Pool, Meets Saturday beginning January 28, 11:00A-11:45A, Instructor: Jane Fiorenzi
Sessions: 8, Fee: $60.00

Section No. 03B: John A. Logan College CHEC, Pool, Meets Saturday beginning April 1 (Late Start), 11:00A-11:45A, Instructor: Jane Fiorenzi
Sessions: 7, Fee: $60.00

SWIM LESSONS (BEG.) LEVEL 2 (PS 981). Group swim lesson ranging from 2-6 students. Must be at least 4 years of age. The primary objective of this course is to introduce children to the proper aquatic methods of beginning swimming. Methods of instruction include skill introduction and practice of swimming. When skills are learned, new skills will be introduced to build upon the participant’s success. This level is for students who are not yet comfortable being in the water. Course begins with basics such as sticking face in the water and blowing bubbles. Children under the age of 12 will be required to have a parent on deck.

Section No. 01A: John A. Logan College CHEC, Pool, Meets Monday beginning January 23, 5:45P-6:30P, Instructor: Carmen Burkett
Sessions: 7, Fee: $60.00

Section No. 01B: John A. Logan College CHEC, Pool, Meets Monday beginning March 27 (Late Start), 5:45P-6:30P, Instructor: Carmen Burkett
Sessions: 8, Fee: $60.00

Section No. 02A: John A. Logan College CHEC, Pool, Meets Tuesday beginning January 24, 5:45P-6:30P, Instructor: Carmen Burkett
Sessions: 8, Fee: $60.00

Section No. 02B: John A. Logan College CHEC, Pool, Meets Tuesday beginning March 28 (Late Start), 5:45P-6:30P, Instructor: Carmen Burkett
Sessions: 8, Fee: $60.00

Section No. 03A: John A. Logan College CHEC, Pool, Meets Friday beginning January 27, 5:00P-5:45P, Instructor: Jane Fiorenzi
Sessions: 8, Fee: $60.00

Section No. 03B: John A. Logan College CHEC, Pool, Meets Friday beginning March 31 (Late Start), 5:00P-5:45P, Instructor: Jane Fiorenzi
Sessions: 7, Fee: $60.00

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.
PHYSICAL EDUCATION

ADULT BASKETBALL LEAGUE (PS 970). This is a competitive adult basketball league that will consist of 8 teams, with each team playing a 1-hour game each night. Scores and team records will be tracked, culminating in a final post-season tournament. Teams may consist of 5-10 players and participants must be at least 18 years of age. Team captains must register by March 22. There will be a captain’s meeting in room J102 at the CHEC building on March 22 at 6:00 p.m. For more information, go to www.cartervilleleague.com or contact Brad Griffith at (618) 985-3741 ext. 8504. 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.

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 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 January 26, 6:30P-8:30P, Instructor: Eva Black

BASKETBALL LEAGUE ADULTS 40+ (PS 140). This is a competitive basketball league for adults age 40 and older. Each team will play a 1-hour game once per week. Teams may consist of 5-10 players. Contact sharnitalloyd20@yahoo.com for more information.

Section No. 1: Location TBA, Meets Thursday beginning March 21 (Late Start), 6:00P-10:00P, Instructor: Sharnita Lloyd

GOLF (BEGINNER AND INTERMEDIATE) (PS 059). All aspects of the game will be discussed, including grip, stance, swing, chip, putt and more.

Section No. 1: Herrin, Pine Lakes Golf Course, 2705 S. Park Ave., Activity Room inside clubhouse, Meets Wednesday beginning March 29 (Late Start), 5:00P-7:00P, 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.

Section No. 1: Herrin, Pine Lakes Golf Course, 2705 S. Park Ave., Activity Room inside clubhouse, Meets Wednesday beginning March 29 (Late Start), 5:00P-7:00P, Instructor: Lynn Strobel, Jr.

KENPO KARATE JUI JITSU FOR KIDS (PS 419). 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.

Section No. 1: John A. Logan College, CHEC Bldg., Room J120, Meets Thursday beginning March 21 (Late Start), 6:30P-8:30P, Instructor: Tony James

KENPO KARATE JUI JITSU FOR KIDS (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.

Section No. 1: Vergennes, Outback Stables, 2522 Rath Road, Meets Monday beginning March 20 (Late Start), 1:00P-1:30P, Instructor: Ramona Twelman
PEOPLE WITH ARTHRITIS CAN EXERCISE
*ARTHRITIS FOUNDATION EXERCISE PROGRAM (PS 186). A group recreational activity program designed specifically for people with arthritis. It includes games, range of motion, activities, muscle strengthening and/or endurance exercise, body mechanics, and relaxation techniques.

Sessions: 20, Fee: $36.00

Section No. 1: Carbondale, Liberty Village, 2950 W. Westridge, Activity room, Meets Monday/Wednesday beginning January 23, 1:30P-2:30P, Instructor: Trish Earl

STRENGTHENING AND STRETCHING FOR WOMEN (PS 185). This low impact fitness class focuses on strengthening of the upper and lower body through the use of weights, bands, balls. Stretching activities will facilitate the maintenance and increase of joint range of motion. Bring the following equipment to each class: set of hand weights, exercise mat, exercise band, and a playground ball (8” – 12” diameter). There is a maximum enrollment of 40 students.

Sessions: 20, Fee: $36.00, COM

Section No. 1: Murphysboro, Knights of Columbus Hall, 606 Plum Street, Meets Monday/Wednesday beginning January 23, 4:30P-5:30P, Instructor: Martha Peebles, Dorcy Prosser

TAE KWON DO FOR BEGINNERS (AGES 12 - ADULT) (PS 174). Learn techniques of Tae Kwon-Do and self-defense through emphasis on basic kicks, blocks, and punching techniques. For beginners, white and yellow belts.

Sessions: 10, Fee: $30.00

Section No. 9N: Du Quoin, Longshore’s Tae Kwon Do, 28 West Main, Meets Monday/Wednesday beginning January 23, 7:00P-8:00P, Instructor: Master Lawrence ‘Corky’ Longshore

Volleyball (PS 111). Tone leg and arm muscles through volleyball fundamentals.

Sessions: 10, Fee: $36.00

Section No. 1: Marion, Crab Orchard High School, 19189 Cory Bailey Street, Gym, Meets Tuesday beginning January 24, 6:30P-8:30P, Instructor: Rindy Nehrkorn

Dance

Ballroom Dancing (Beg) (PS 157). Basic steps in the fox trot, waltz, swing, rumba, cha-cha, and tango.

Sessions: 10, Fee: $40.00

Section No. 1: Marion Training Center, 211 E. Blvd., Meets Tuesday beginning January 24, 7:30P-9:00P, Instructor: Jeremiah Linson

Section No. 2: Carbondale, Parrish Grade School, 121 N. Parrish Lane, Gym, Meets Thursday beginning January 26, 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: $40.00

Section No. 1: Marion Training Center, 211 E. Blvd., Meets Tuesday beginning January 24, 6:00P-7:30P, Instructor: Jeremiah Linson

Section No. 2: Carbondale, Parrish Grade School, 121 N. Parrish Lane, Gym, Meets Thursday beginning January 26, 7:30P-9:00P, 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 want to learn and to have fun at the same time. Includes Two-Step, Tush Push, Electric Slide, Waltz, Cha-Cha, Swing and more. Dances are rotated in every semester, former students are welcome to come back to learn new dances and brush up on old ones.

Sessions: 10, Fee: $40.00

Section No. 1: John A. Logan College, / Multi-Purpose Room, Meets Wednesday beginning January 25, 6:30P-8:00P, Instructor: Katie Chu

Salsa Dancing (Beg) (PS 523). An introduction to dancing street style Salsa and Merengue. It will focus on teaching the natural basic steps and dance techniques of Salsa and Merengue so you can create your own unique style of dancing on the dance floor or on the street.

Sessions: 8, Fee: $35.00

Section No. 1: John A. Logan College, / Multi-Purpose Room, Meets Tuesday beginning January 24, 6:30P-9:30P, Instructor: Don Wooters

Salsa Dancing (Inter/Adv) (PS 524). Learn more advanced steps and techniques of this popular dance.

Sessions: 8, Fee: $35.00

Section No. 1: John A. Logan College, / Multi-Purpose Room, Meets Tuesday beginning January 24, 8:00P-9:30P, Instructor: Don Wooters

Swing and Social Dance (PS 331). Learn several types of swing and popular social dances to use wherever you get the chance to dance. Some dances covered are: West Coast swing, two-step, and slow dance. We also consider requests. Beginners or intermediates are welcome.

Sessions: 8, Fee: $30.00

Section No. 9A: West Frankfort Extension Center, Room 128, Meets Saturday beginning January 28, 2:00P-3:00P, Instructor: Jeremiah Linson
PET CARE

DOG AGILITY TRAINING BEGINNER (LEVEL 1) (PS 690). All Dogs must have some prior obedience training or handler control. 10 months or older. Liability release req. to be signed. First class bring shot records, dog, toys, lots of treats, water & bowl. All classes are held outside on grass, so dress appropriately. See web site for more info – www.canineteamtraining.com. See map on web site under "Student Info." 1st class come 15 min early to fill out paperwork. COM fee payable to instructor first night of class. Many handlers find that their dogs build confidence and pay more attention to them after completing this class. Sessions: 10, Fee: $60.00 payable to instructor first day of class.

DOG OBEDIENCE TRAINING BEGINNER (LEVEL I) (PS 400). Dog minimum 4 months old. We will cover basic commands, Intro Obedience, Rally and Agility. Homework, handouts and demos. Positive training methods used. Everyone (except repeats) required to attend first class. Continuous barking or aggressive dogs will not be allowed to stay in class. Handler may continue to attend classes without dog. All persons attending must be registered. Additional persons without a dog, can register over the limit - contact instructor or come to first class. Shot records due first night of class. Behavioral paperwork to be filled out in class. No dogs first night. Sessions: 8, Fee: $75.00, COM: $25.00 payable to instructor first day of class.

Section No. 1: Desoto, 204 Candlewood Drive, travel on private gravel road, 2nd house on left, Meets Sunday, (no class on 3/19, 4/16 and 5/14) beginning March 12 (Late Start), 5:00P-6:00P, Instructor: Carol Ely

Section No. 2: Marion, Williamson County Armory, 11427 Minuteman Rd., behind the airport on Redco Drive, turn left onto Minuteman Road, Meets Wednesday beginning January 25, 5:30P-6:15P, Instructor: Carol Ely

DOG SHOW HANDLING (PS 401). Prepares the student and their dog(s) for AKC conformation shows. No prerequisite for dogs or students with beginners welcome. (Shot records are due the first night of class.) Sessions: 10, Fee: $60.00

Section No. 1: Marion, Williamson County Armory, 11427 Minuteman Rd., behind the airport on Redco Drive, left on Minuteman Rd., Meets Monday beginning January 23, 6:00P-7:30P, Instructors: Rodney Jones, Bryan Helvey

NW110 BEGINNING NOSE WORK TRAINING (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 Registration will be done in first class. Sessions: 6, Fee: $75.00, 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, turn left onto Minuteman Road, Meets Wednesday beginning March 15 (Late Start), 5:30P-6:15P, Instructor: Carol Ely

Section No. 2: Marion, Williamson County Armory, 11427 Minuteman Rd., behind the airport on Redco Drive, turn left onto Minuteman Road, Meets Wednesday beginning March 15 (Late Start), 5:30P-6:15P, Instructor: Carol Ely

NW120 BEGINNING NOSE WORK SEARCHING (PS 920). This is the next level for Nose Work Dogs. We begin to search areas - rooms, suitcases, vehicles and outside. This class will prepare you for a real Nose Work Trial. Vaccination proof req. 1st class. Lecture, demo, equipment use, Waiver and Registration will be done in first class. Sessions: 6, Fee: $75.00

Section No. 1: Marion, Williamson County Armory, 11427 Minuteman Rd., behind the airport on Redco Drive, turn left onto Minuteman Road, Meets Wednesday beginning January 25, 6:30P-8:00P, Instructor: Carol Ely

Section No. 2: Marion, Williamson County Armory, 11427 Minuteman Rd., behind the airport on Redco Drive, turn left onto Minuteman Road, Meets Wednesday beginning March 15 (Late Start), 6:30P-8:00P, 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: $30.00

Section No. 1: John A. Logan College, / Room H125, Meets Monday beginning January 30, 6:00P-8:00P, Instructor: Bob Loftus

HOMEAKING

(NEW) BASIC ALTERATIONS (PS 514). 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

Section No. 1: Carbondale, Sew A Lot, 215 West Walnut Street, Meets Thursday beginning January 26, 9:00A-11:00A, Instructor: Sue Estes
(NEW) BEGINNING SERGERS (PS789). Students will learn to thread sergers and do basic sewing techniques with sergers. Samples will be made in class. If time permits, a small project will be made using the serger machine. A serger and scrap fabric or muslin will be needed for class. Supplies will be covered in first class.

Sessions: 10, Fee: $40.00, COM

Section No. 1: Carbondale, Sew A Lot, 215 West Walnut Street, Meets Wednesday beginning January 25, 6:00P-8:00P, Instructor: Sue Estes

BEGINNING SEWING *PAJAMAS (PS 892). Class is a continuation of beginning Sewing I/Tote Bag. A pajama pant and top will be constructed during class. Reading and following a pattern will be covered. Students will add to the skills learned in the previous class. A sewing machine and sewing supplies will be required but not needed for the first class. A supply list will be available at the first class.

Sessions: 10, Fee: $40.00, COM: $20.00 payable to instructor first day of class.

Section No. 1: Carbondale, Sew A Lot, 215 West Walnut Street, Meets Monday beginning January 23, 6:00P-8:00P, Instructor: Sue Estes

BEGINNING SEWING *TOTE BAG (PS 725). Class is geared to students who have little or no sewing experience. Students will learn about different types of fabrics and how to prepare their fabric to use in their project. Students will learn how to thread and operate their sewing machine. Class will cover basic sewing skills. Students will construct a patchwork tote bag using sewing samples made in class. A sewing machine and basic supplies will be required but not needed for the first class. A supply list will be available at the first class.

Sessions: 10, Fee: $40.00, COM: Approx. $7.00 payable to instructor first day of class.

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

COOKING AND FOOD PREPARATION TECH: *INTERNATIONAL COOKING (6ACE 276). Learn cooking techniques firsthand from a native cook. Explore a different country each week. Includes reproducible recipes. Bring your apron & knife and be ready to cook!

Sessions: 10, Tuition: $115.00, COM: Approx. $35.00 payable to instructor for food.

Section No. 1: Carbondale, Baptist Colligate Ministry Center, 825 West Mill Street, Cafeteria, Meets Wednesday beginning January 25, 10:30A-1:00P, Instructor: Leah Bening

ZIPPERS (PS 762). Students will learn how to put in various types of zippers. Instructor will supply class materials. A sewing machine and a zipper foot are required. Knowledge of basic sewing skills required.

Sessions: 10, Fee: $40.00, COM

Section No. 1: Carbondale, Sew A Lot, 215 West Walnut Street, Meets Tuesday beginning January 24, 6:00P-8:00P, Instructor: Sue Estes
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/cont-ed continuing education and register for a PS 215 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) LESONS 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: 10, Fee: $60.00, COM: $10.00 payable to instructor first night of class.

Section No. 1: John A. Logan College, Room B64, Meets Monday beginning January 23, 6:00P-7:30P, Instructor: Joanne Long

FIDDLING (INTERMEDIATE) (PS 554). Keep playing favorite bluegrass and old timey tunes, adding to your repertory and learning more notes and techniques; sample Texas swing, Cajun, Celtic, and blues styles.

Sessions: 8, Fee: $60.00, COM: $10.00 payable to instructor for handouts and a recording and tunes.

Section No. 1: John A. Logan College, Room B64, Meets Monday beginning January 23, 7:30P-9:00P, Instructor: Joanne Long

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

Sessions: 10, Fee: $50.00, COM: $5.00 payable to instructor.

Section No. 1: John A. Logan College, Room B60, Meets Monday beginning January 23, 6:00P-7:30P, Instructor: Marty "Little Larry" Davis

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

Sessions: 10, Fee: $50.00, COM: $5.00 payable to instructor.

Section No. 1: John A. Logan College, Room B60, Meets Monday beginning January 23, 7:30P-9:00P, Instructor: Marty "Little Larry" Davis

ARTS AND CRAFTS

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

Sessions: 10, Fee: $40.00, COM: Approx. $25.00

Section No. 1: John A. Logan College, Room B43, Meets Wednesday beginning January 25, 6:00P-8:00P, Instructor: Steve Wooldridge

BEADING BASICS/JEWELRY MAKING (PS 116). Six projects will be presented in this class to give you a hands on experience of jewelry making. A few of the techniques you will learn are: Macramé, Bead Stringing and Knotting; use of beading wire; seed bead stringing; Scissors and Magnifiers (optional). Kits will be provided.

Sessions: 4, Fee: $20.00, COM: $20.00

Section No. 1: Herrin, Cottingtree Bead Shop, 208 N. 14th, Activity Room, Meets Tuesday beginning February 21 (Late Start), 6:00P-8:00P, Instructor: Cathy Helleny

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: $35.00, COM: Approx. $15.00 payable to instructor first night of class.

Section No. 1: John A. Logan College, Room E237, Meets Monday beginning January 23, 6:00P-8:00P, Instructor: Steve Wooldridge
EXPERIENCE THE FUN IN PAINTING (PS 971).
Students will choose their favorite medium and ideas for their paintings. Beginners will learn the basics. Experienced painters will use their own style and become confident in their artwork.
Sessions: 8, Fee: $40.00, COM
Section No. 1: Murphysboro, Senior Citizens Center, 17 N. 14th Street, Multi-Purpose Room, Meets Wednesday beginning January 11 (Early Start), 9:00A-11:30A, Instructor: Patricia Stiens
Section No. 2: Herrin, Williamson County Programs on Aging, 1201 Weaver Rd., Activity Room, Meets Thursday beginning January 12 (Early Start), 9:00A-11:30A, Instructor: Patricia Stiens
Section No. 3: Carbondale, Prairie Living at Chautauqua, 955 Villa Court, Activity Room, Meets Tuesday beginning January 17 (Early Start), 9:00A-11:30A, Instructor: Patricia Stiens
Section No. 4: Murphysboro, Senior Citizens Center, 17 N. 14th Street, Multi-Purpose Room, Meets Wednesday beginning March 15 (Late Start), 9:00A-11:30A, Instructor: Patricia Stiens
Section No. 5: Herrin, Williamson County Programs on Aging, 1201 Weaver Rd., Activity Room, Meets Thursday beginning March 16 (Late Start), 9:00A-11:30A, Instructor: Patricia Stiens
FLORAL ARRANGING (PS 423). Floral arranging is much more than simply putting a bunch of flowers into a vase and filling it with water. Learning the basics of floral arranging will help you put together a simple vase of flowers so that it looks elegant, professional and classy. In this course you are going to learn the fundamentals of floral arranging, from the basic tools you will need to design any arrangement. You will complete a fresh cut arrangement for your home.
Sessions: 3, Fee: $15.00, COM: $25.00
Section No. 9N: DuQuoin, Florals and Flair, 200 East Main Street, Meets Thursday beginning January 26, 6:00P-8:00P, Instructor: Debra Oxford
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, Hearing Impaired School, 700 East Blvd. Street, north side of Jefferson School, Multi-purpose Room, Meets Tuesday beginning January 24, 5:00P-7:30P, Instructor: Debra Menesse
NEW) QUILTING MADE EASY (LABYRINTH) (PS 264). Choosing fabric, rotary cutting and machine piecing are just a few of the basics of quilting that will be taught in this hands-on class. This is a traditional block that is easy to make, but has many design variations.
Sessions: 12, Fee: $40.00, COM
Section No. 1: John A. Logan College, Room G203, Meets Thursday beginning January 26, 2:00P-4:00P, Instructor: Linda Main
Section No. 2: John A. Logan College, Room G203, Meets Thursday beginning January 26, 6:00P-8:00P, Instructor: Linda Main
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 January 23, 6:00P- 9:00P, Instructor: John Baca
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 January 26, 6:00P- 9:00P, Instructor: John Baca
T-SHIRT QUILT (PS 802). Learn the steps to create a lasting memory and have fun while making a quilt using old t-shirts. A supply list will be handed out during the first class session.
Sessions: 10, Fee: $40.00, COM
Section No. 1: Carbondale, Sew A Lot, 215 West Walnut Street, Sewing Room, Meets Tuesday beginning January 24, 9:00A-11:00A, Instructor: Sue Estes
Here’s What’s Happening in the Continuing Education Department at John A. Logan College

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

The Silversneakers classes are going strong at the Health Complex.

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

Students on the Firing Range during one of the Illinois Conceal Carry Classes

Private Personal Training packages are popular at our Health Complex

WSIL TV’s Callie Carroll learns the art of Ballroom Dance from instructor Jeramiah Linson

MERRY CHRISTMAS AND HAPPY HOLIDAYS FROM THE CONTINUING EDUCATION DEPARTMENT

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MERRY CHRISTMAS AND HAPPY HOLIDAYS FROM THE CONTINUING EDUCATION DEPARTMENT
Students must attend both listed orientation days for the entire three hours to attend class. No exceptions.

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

Orientation dates January 5 & 9th from 8:30 am - 11:30 am
Classes meet M-Th 8:30 am - 11:30 am

Orientation dates January 19 & 24th from 6:00 pm - 9:00 pm
Classes Meet T, W, Th 6:00 pm - 9:00 pm

Marion Family Learning Center
We have moved!
3000 West Deyoung Street
(Beside Pirate Petes) Marion, IL

Orientation dates January 11 & 12th from 8:30 am - 11:30 am
Classes Meet T,W,Th 8:30 am - 11:30 am

Orientation dates January 17 & 18th from 6:00 pm - 9:00 pm
Classes Meet T, W, Th 6:00 pm -9:00 pm

Alongi Du Quoin Extension Center
Souhtowntowne Shopping Center, Du Quoin  IL

Orientation dates January 10 & 11th from 8:30 am - 11:30 am
Classes meet T, W, Th 8:30 am - 11:30 am

Orientation dates January 25 & 26th 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 January 5 & 10th 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 January 10 & 11th from 8:30 am - 11:30 am
Classes Meet:  T, W, Th 8:30 am - 11:30 am

Orientation dates January 17 & 18th 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 January 10 & 11th from 2:00 pm - 5:00pm
Classes Meet T,W,Th 2:00 pm - 5:00 pm

Please contact the GED Program for next available orientation dates.

Call for more information:
Williamson County  985-3741  Perry County  542-8612
Jackson County  549-7335  Franklin County  937-3438
1-800-851-4720

Extension 8266, 8901, or 8539

Visit us on the web http://www.jalc.edu/abse/abeged.php

Like us on Facebook: John A. Logan College GED

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

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 $99,630 provide 31% of the support of this program. “GED, and the GED Testing Service, are registered trademarks of the American Council on Education, and may not be used or reproduced without the express written permission of the American Council on Education.”
Online at our Web Site at jalc.edu, then click on Continuing Education

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

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

Tell Us What You Want

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

Email (jalc.edu, then Continuing Education, then Have An Idea or Suggestion), fax, or mail us your thoughts.

Phone: (618) 985-2828, Ext. 8248
Fax: (618) 985-2762
Mail: John A. Logan College
Office of Continuing Education
700 Logan College Road
Carterville, IL 62918

Course

Location

Your Name

Address

Phone (home) ___________________________ Phone (work) ___________________________

### JOHN A. LOGAN COLLEGE
#### Continuing Education Registration Form

**STUDENT INFORMATION**

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>Middle Initial</th>
<th>Student ID# or Last 4 SS#(xxx-xx-1234)</th>
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<th>Street Address (No PO Box's Please)</th>
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<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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<tr>
<td>Mo/Day/Yr</td>
<td>Male</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**COUNTY OF RESIDENCE**

<table>
<thead>
<tr>
<th>Williamson</th>
<th>American Indian</th>
<th>Black/African American</th>
<th>Hispanic</th>
<th>White</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>(199)</td>
<td>(077)</td>
<td>(157)</td>
<td>(145)</td>
<td>(specify other)</td>
<td></td>
</tr>
</tbody>
</table>

**ETHNIC ORIGIN** (check all that apply)

<table>
<thead>
<tr>
<th>Asian (Pacific Islander)</th>
<th>American Indian</th>
<th>Black/African American</th>
<th>Hispanic</th>
<th>White</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>(199)</td>
<td>(077)</td>
<td>(157)</td>
<td>(145)</td>
<td>(specify other)</td>
<td></td>
</tr>
</tbody>
</table>

**RESIDENCE STATUS**

<table>
<thead>
<tr>
<th>In-district</th>
<th>Out-of-district</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1)</td>
<td>(2)</td>
</tr>
</tbody>
</table>

**HIGHEST DEGREE EARNED**

<table>
<thead>
<tr>
<th>(A) Associate Degree</th>
<th>(B) Bachelor's Degree</th>
<th>(C) Certificate</th>
<th>(D) Doctoral Degree</th>
<th>(E) 1st Professional Degree</th>
<th>(F) Master's Degree</th>
<th>(G) GED</th>
<th>(H) High School Diploma</th>
<th>(I) Some College</th>
<th>(J) Other</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

**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.
- For personal interest/self-development (not career-oriented).

**COURSE INFORMATION**

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Course Number</th>
<th>Section Number</th>
<th>Tuition</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TOTALS**

**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.

*Note: We are no longer taking payments and we are encouraging online registration. You will be billed by 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.*

---

***This is verification that my address above is the one on my driver’s license, State ID, FOID Card, and/or my voter’s registration card.***

**Signature**

**Date**

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

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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