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

— BENJAMIN FRANKLIN

John A. Logan College
CONTINUING EDUCATION, HEALTH CARE and COMMUNITY HEALTH EDUCATION COMPLEX (CHEC) CLASSES

Summer 2017
Classes Begin June 12, 2017
A Message from the President

Dear Friends,
I hope you enjoy this Summer 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 Summer 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 12 new classes for students this summer, including: Certified Public Accountant (Continuing Professional Education), Art for Kids Camp, Meditation (Group), Herbs for Beginners, Photography-Basic Post Processing, Pistol Shooting-An Intro for Youth, Antiques-Trash to Treasures, Rejuvenating Facelift Massage (14 Ce Hrs.), Cosmetology-New Trends in Highlighting/Low Lighting, and more.

In addition, our Community Health Education Complex will have a variety of popular Aerobic and Aquatic classes, memberships, and the Silver Sneakers program will be available for qualifying senior citizens.

We will be offering one new class called Fitness Nutrition!

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

Sincerely Yours,

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

Registration begins May 22, 2017. 

Online Registration Preferred! – Deadline for Early Registration is June 11, 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 June 11, at 4:00 p.m. Students may also register at the first or second class meeting. However, those students who have pre-paid will have seating priority if the class has filled.

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

Students registering in class should bring the following information to class:
< Name and Address (No P.O. boxes please)
< Date of Birth - Email address
< Home and Business Telephone Numbers

Students who register in class will be billed by email for the tuition and/or course fee and will have two weeks after the class begins to pay their tuition. The college will no longer accept payments when students register in class. Students will be billed. Students can call the Bursar Office at 618-985-2828, Ext. 8201 to pay with their credit/debit card. If payment has not been paid within two weeks of the class starting date, the student will not receive a refund.

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

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

**Tuition.** Tuition for Continuing Education (general studies) courses is computed at a rate of $115 per semester hour. Tuition costs for all general studies courses and public service courses are listed following the description in the schedule of classes which follows.

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

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

Congratulations!

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

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

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

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

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

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

*NEW* CERTIFIED PUBLIC ACCOUNTANT - CONTINUING PROFESSIONAL EDUCATION (6ACE 313) Join us at the beautiful campus of John A. Logan College to network with peers and return home with up to 16 CPE credits. Both sections are yellow book eligible and are taught and developed by Paul H. Koehler, CPA of Lincoln, Nebraska. Paul specializes in government and nonprofit services and has provided training for professionals nationwide. He has over 40 years of experience and is one of the nation’s most highly rated speakers and trainers, having received the AICPA’s Outstanding Instructor Award. All course materials will be provided and lunch is included with registration.

Tuition: $57.50 (per section) Fee: $141.50 (per section)

Section No. 1: Nonprofit Accounting and Financial Reporting (8cr), John A. Logan College, Room H132, Meets Monday beginning July 24 (Late Start), 8:30A-4:00P, Instructor: Paul H. Koehler, CPA

Sessions: 1

Section No. 2: Governmental Accounting and Auditing Update (8cr), John A. Logan College, Room H132, Meets Tuesday beginning July 25 (Late Start), 8:30A-4:00P, Instructor: Paul H. Koehler, CPA

Sessions: 1

FOOD SERVICE SANITATION MNGR. CERT. (6TRT 152). Examination is required by Illinois for managers of food service operations. IDPH requires that one manager in each restaurant or food service facility is certified in Food Service Sanitation. Test given last class period through a state approved test. Photo ID required. Additional fee payable to the State of Illinois required separate from tuition due to JALC. After passing the exam, students will pay $35 to IDPH for their certificate, which is good for 5 years. An Exam Answer Sheet is required for every student at testing time. Textbook is required for short class version (8hr) format. The short version course is only for advanced students with Food Service experience. Approx. Book & Answer Sheet Fee: $110.00 (Book not required but answer sheet is required)

Section No. 1: John A. Logan College, Room F110, Meets Monday/Thursday beginning June 15, 6:00P-9:30P, Instructor: Katie Chu

Sessions: 3, Tuition: $115.00

Section No. 2: John A. Logan College, Room H127, Meets Saturday beginning July 8 (Late Start), 9:00A-6:00P, Instructor: Carol Schlitt

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

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

Sessions: 13, Tuition: $345.00

Section No. 1: John A. Logan College, Room H123, Meets Monday/Thursday beginning June 15, 6:00P-9:30P, Instructor: Gerald Thornhill

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

Sessions: 1, Fee: $10.00

Section No. 1: John A. Logan College, Room H127, Meets Saturday beginning June 10 (Early Start), 9:00A-4:30P, Instructor: Bob Loftus

Section No. 2: John A. Logan College, Room H127, Meets Saturday beginning July 15 (Late Start), 9:00A-4:30P, Instructor: Bob Loftus

Section No. 3: John A. Logan College, Room H127, Meets Saturday beginning August 5 (Late Start), 9:00A-4:30P, Instructor: Bob Loftus

NEW TRENDS IN HIGHLIGHTS/LOW LIGHTING (MED 030). This class is designed to demonstrate useable techniques in balayage, ombre and sombre as well as the procedures to the Agave smoothing treatment. State Beauty Supply will be offering innovating knowledge on the newest products in Redkin, Joico and others. Cosmetology CE’s will be available.

Sessions: 1, Fee: $60.00

Section No. 1: John A. Logan College, Room D223, Meets Monday, beginning August 7 (Late Start), 8:30A-12:30P, Instructor: Terri Wiseman
**SOLAR KNOWLEDGE FOR BEGINNERS (LIVING OFF THE GRID, REALLY?) (6ACE 287).** This course is for homeowners interested in solar or for people wanting to get into installing solar. Each class has different information. You may take one or all of them based on how much you want to learn. It includes: introduction to photovoltaics and other renewable-energy technologies; Solar Radiation; Site Surveys and Preplanning; System Components and Configurations; and, practical show and tell in the installation of roof racks, solar modules and inverters. Successful completion of Beginning Solar Knowledge prepares the student for the Intermediate Photovoltaic (PV) Systems Design and Installation course. Those who successfully complete both courses will be prepared to converse with solar contractors, and will have the knowledge and skill sets to apply for positions within the renewable energy industry. NABCEP Certified Solar PV Installer™. For more information contact www.AESsolar.com or 618-893-1717.

Section No. 1: John A. Logan College, Room H207, Meets Saturday/Sunday beginning July 29 (Late Start), 8:00A-4:00P, Instructor: Rita Woods/Bill Connell

**COMPUTERS**

**MICROSOFT EXCEL SPREADSHEET *THE BASICS AND BEYOND (6ACE 216).** This course is designed for students who wish to learn or enhance their knowledge of Microsoft Excel. Learn how to manage folders and files. We will build a workbook which will contain multiple classroom activities using the Autosum, formulas, software features, chart making, finance and budgeting options and more. *Students need to purchase a jump drive which will allow them to save their classroom activities and work in and out of class during the semester.

Sessions: 8, Tuition: $172.50, Fee: $10.00

Section No. 1: John A. Logan College, Room H115, Meets Monday beginning June 12, 2:00P-4:30P, Instructor: Karen Gibson

**WEBPAGE DESIGN (ADV.) (6ACE 207).** Beyond the basics, adding pizzazz to your web pages with sound and video, learn how to optimize promote and increase your web site ranking.

Sessions: 8, Tuition: $172.50, Lab Fee: $10.00

Section No. 1: John A. Logan College, Room E133, Meets Monday beginning June 12, 2:00P-4:30P, Instructor: Karen Gibson

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

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

Section No. 1: John A. Logan College, Room C139, Meets Thursday beginning June 15, 6:00P-9:00P, Instructor: Mike Mausey

**WINDOWS 10 (6ACE 146)** Students will learn basic information about Microsoft Windows 10 operating system including the desktop, gadgets, personalization, default programs, and more.

Sessions: 8, Tuition: $172.50, Lab Fee: $10.00

Section No. 1: John A. Logan College, Room H115, Meets Monday beginning June 12, 10:00A-12:30P, Instructor: Karen Gibson

**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: 10, Tuition: $345.00, Fee: $40.00, Approximate Book Fee: $145.00

Section No. 1: John A. Logan College, Room H126, Meets Tuesday beginning June 13, 6:00P-10:15P, Instructor: Chris Johnston-Illinois EPA
Section No. 2: John A. Logan College, Room H115, Meets Thursday beginning June 15, 4:30P-7:00P, Instructor: Karen Gibson

**WORDPRESS FOR BEGINNERS (PS 842).** Beginning students will learn how to develop and maintain their own website on the Internet using WordPress. Sessions: 8, Fee: $40.00

Section No. 1: John A. Logan College, Room E133, Meets Monday beginning June 12, 5:00P-7:30P, Instructor: Karen Gibson

**PHOTOGRAPHY**

**PHOTOGRAPHY – BASIC POST PROCESSING OF YOUR PHOTOS (PS 599).** If you ever wanted to take your photography to the next level or just learn how to clean up a photo then this class is for you. Exposure correction, color correction, sharpening and much more. Sessions: 4, Fee: $35.00

Section No. 1: John A. Logan College, Room E133, Meets Tuesday beginning June 13, 6:00P-8:00P, Instructor: Kris Killman

**FIREARMS**

**AIR RIFLE SHOOTING-(4-H BB GUN) GUN SAFETY (AGES 8-18) (PS 449).** This course is offered in partnership with the University of Illinois Extension Service 4-H Program. Students will learn gun safety and proper gun handling and shooting techniques. Guns, targets, and ammunition are provided as part of the cost of materials fee. Upon successful completion, students will have the opportunity to participate in a .22 caliber rifle summer program. Questions - Call Ester Waddy at 618-993-3304, ewaddy@illinois.edu or Don Elliot at 618-751-9209. Sessions: 6, COM: $20.00 one-time fee payable to University of Illinois Extension Service to join 4H Program.

Section No. 1: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Monday beginning June 5 (Early Start), 6:00P-7:00P, Instructor: Don Elliott

Section No. 2: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Monday beginning July 17 (Late Start), 6:00P-7:00P, Instructor: Don Elliot

**ARCHERY SHOOTING/SAFETY (AGES 8-18) (PS 481).** This course is offered in partnership with the University of Illinois Extension Service 4-H Program. Students will learn archery safety maintenance and handling of the bow. Bows, targets, and arrows are provided as part of the cost of materials fee. Questions - Call Ester Waddy at 618-993-3304, ewaddy@illinois.edu or Don Elliot at 618-751-9209. Sessions: 6, COM: $20.00 one-time fee payable to University of Illinois Extension Service to join 4H Program.

Section No. 1: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Tuesday beginning June 13, 6:00P-7:00P, Instructors: Don Elliott

**DEFENSIVE SHOOTING FOR MEN AND WOMEN (ADV.) (6ACE 275)** Course includes basics of defensive shooting, advanced techniques, legal issues, psychological considerations, equipment evaluation and safety. Prerequisite: Defensive Shooting for Men and Women (Beg). Sessions: 8, Tuition: $115.00, COM: $20.00 payable to instructors 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 Tuesday beginning June 6 (Early Start), 7:00P – 9:00P, Instructors: Larry Morse and Bob Alcorn

**DEFENSIVE SHOOTING *PERSONAL PROTECTION OUTSIDE THE HOME) (6ACE 275).** Learn how to protect yourself away from home. Required: Completion of Basic Pistol & Personal Protection in the Home, 100% attendance, your own gun, holster, extra magazines or speed loaders and 250 rounds of ammo. *Range: West Frankfort Police Range. Sessions: 8, Tuition: $115.00, COM: $40.00 payable to instructor first night of class and $10.00 Range Fee

Section No. 9A: West Frankfort Extension Center, Room 105, Meets Monday beginning June 5, 6:00P-9:00P, Instructors: Mike Corkran, Larry Morse

**ILLINOIS CONCEAL CARRY (8 HOUR) (6ACE 500).** Illinois Conceal Carry law requires applicants to take 16 hours of training or meet one of the exemptions for up to eight hours of credit. Verify you meet the requirements for this course at heartlandtrainingteam.com prior to registration. Also required: 100% attendance, your own gun, holster, extra magazines or speed loaders and 250 rounds of ammo. Tuition: $57.50, Fee: $42.50, COM: Range fee of $10.00 payable to instructor.

Section No. 1: John A. Logan College, Room H125, Meets Wednesday/Thursday beginning June 21 (Late Start), 6:00P-10:00P, Instructors: Bob Alcorn, Vance Schmid

Section No. 2: John A. Logan College, Room H125, meets Tuesday beginning July 11 (Late Start), 8:00A-5:00P, Instructors: Bob Alcorn, Vance Schmid

Sessions: 2

Section No. 1: John A. Logan College, Room H125, meets Sunday beginning June 11, 8:00A-6:00P, Instructors: Larry Morse, Mike Corkran, Range location is West Frankfort Police Range, RT 37 North

Sessions: 1
Section No. 9B: West Frankfort Extension Center, Room 105, Meets Saturday/Sunday beginning July 8 (Late Start), 8:00A-6:00P, Instructors: Larry Morse, Mike Corkran, Range location is West Frankfort Police Range.

Sessions: 1

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

Sessions: 4, Tuition: $115.00, Fee: $35.00, COM: Range fee of $10.00 payable to instructor.

Section No. 1: John A. Logan College, Room H125, meets Monday/Tuesday/Wednesday/Thursday, beginning June 19, 6:00P-10:00P, Instructors: Bob Alcorn, Vance Schmid

Section No. 2: John A. Logan College, Room H125, Meets Monday/Tuesday, beginning July 10 (Late Start), 8:00A-5:00P, Instructors: Bob Alcorn, Vance Schmid

Section No. 9A: West Frankfort Extension Center, Room 105, Meets Saturday/Sunday beginning June 10 (Early Start), 8:00A-6:00P, Instructors: Larry Morse, Mike Corkran, Range location is West Frankfort Police Range.

Section No. 9B: West Frankfort Extension Center, Room 105, Meets Saturday/Sunday beginning July 8 (Late Start), 8:00A-6:00P, Instructors: Larry Morse, Mike Corkran, Range location is West Frankfort Police Range.

**NEW**PISTOL SHOOTING – AN INTRO (YOUTH - AGES 10-18) (PS 620) A basic pistol class designed to teach safe and responsible gun handling on the range and off. Students will learn the modern techniques of the pistol in a safe, controlled and supportive environment, using the ZZ Caliber Pistol. Our highly experienced instructor will provide a patient, but firm learning experience on the range. Class materials will cover the different types of pistols, their parts, and care and maintenance of the pistol. Students must have the physical ability to perform all manipulations on the pistol. Parents this is an amazing opportunity that your child will remember for the rest of their lives. For registration or questions, call Ester Waddy at the University of Illinois Extension Office, 618-993-3304 or ewaddy@illinois.edu, or Don Elliott at 618-993-3304.

Sessions: 6, COM: $20.00 one-time fee payable to University of Illinois Extension Service to join 4H Program.

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

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

Sessions: 1, Fee: $100.00

Section No. 1: John A. Logan College, Room H126, Meets Monday beginning July 24 (Late Start), 8:00A-5:00P, Instructors: Bob Alcorn, Vance Schmid

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

Sessions: 6, COM: $20.00 one-time fee payable to University of Illinois Extension Service to join 4H Program.

Section No. 1: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Tuesday beginning June 6 (Early Start), 6:00P-7:00P, Instructor: Don Elliott
GENERAL EDUCATION

ANTIQUES (PS 723). Learn the basic ability to determine if an object is an antique or a collectible. Decide if it is real or a fake. May include field trip(s), guest speakers, and more. Call Teresa Ewell at 618-983-5200 for more information.
Sessions: 10, Fee: $38.00
Section No. 1: Johnston City, Shamrock Antique Shop, 900 N. Grand (RT 37), Meets Thursday beginning June 8 (Early Start), 2:00P-4:00P, Instructor: Teresa Ewell

*NEW* ANTIQUES - TRASH TO TREASURE (PS 962) So you have something that you bought, inherited or just sitting around. Could it be trash or is it treasure? This class will help you identify and research the item. Come and join us to find out.
Sessions: 8, Fee: $36.00
Section No. 1: Johnston City, Shamrock Antique Shop, 900 N. Grand (RT 37), Meets Thursday beginning June 15, 6:00P-8:00P, Instructor: Teresa Ewell

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.
Sessions: 2, COM: $15.00 for AARP members, $20.00 for non-members, payable to instructor first day of class.
Section No. 1: John A. Logan College, Room H122, Meets Tuesday/Wednesday beginning June 20 (Late Start), 8:30A-12:30P, Instructor: Patty Farr
Section No. 2: West Frankfort Extension Center, Room 111, Meets Tuesday/Wednesday beginning July 18 (Late Start), 9:00A-1:00P, Instructor: Patty Farr

ESSENTIAL OILS 101 AND BEYOND (PS 950) Learn a natural approach to having a calmer, happier, healthier life using essential oils. (Includes: History & production of EOs; choosing & using EOs for therapeutic benefits.)
Sessions: 9, Fee: $38.00, COM: $35.00 payable to instructor.
Section No. 1: Herrin, 1st Presbyterian Church, 421 N. 14th St., Room Library/Office, June 22 (Late Start), Thursday, 6:00P – 8:15P, Instructor: Joyce Fisher

GENEALOGY BASICS (PS 056). Start with you, your parents and grandparents; where do you go from there? Where do you find the information? For beginners and those who have begun but not sure what to do.
Sessions: 5, Fee: $32.00
Section No. 1: John A. Logan College, Room H115, Meets Monday beginning July 17 (Late Start), 6:30P-8:30P, Instructor: Cathy Small

GENEALOGY FOR BEGINNERS (PS 448). Will teach the basics for the beginners and provide guidelines for the advanced students where they are in their research.
Sessions: 8, Fee: $38.00
Section No. 1: John A. Logan College, Room H115, Meets Monday beginning June 14, 1:00P-3:00P, Instructor: Gloria Spinks

*NEW* GROUP MEDITATION (PS 066) Learn four meditations techniques over the course of four weeks: guided meditation, drumming journey, mindfulness seated meditation, and meditation journey to connect guardian angels/spirit guide/spirit animals. This class is for beginners to those most experienced in mediation. All ages and physical abilities are welcome.
Sessions: 4, Fee: $25.00
Section No. 1: John A. Logan College, Room H133, Meets Monday beginning June 12, 6:00P-7:30P, Instructor: Melinda Hilker
Section No. 2: West Frankfort Extension Center, Room 104, Meets Monday beginning June 12, 1:00P-2:30P, Instructor: Melinda Hilker
Section No. 9A: West Frankfort Extension Center, Room 105, Meets Wednesday beginning July 26 (Late Start), 6:00P-7:30P, Instructor: Melinda Hilker
Section No. 9B: West Frankfort Extension Center, Room 105, Meets Wednesday beginning July 26 (Late Start), 6:00P-7:30P, Instructor: Melinda Hilker

*NEW* HERBS FOR BEGINNERS (PS 238) Students will learn how and what to plant and how to cook with herbs. There will be examples for you to see and samples for you to taste.
Sessions: 8, Fee: $30.00
Section No. 1: John A. Logan College, Room H133, Meets Monday beginning June 13, 6:00P-8:00P, Instructor: Melinda Hilker

PARANORMAL INVESTIGATIONS I (PS 700) Angels and Demons of Multiple Beliefs, Aliens and UFOs, discovering Alternative Dimensions and Realities, Identifying different types of Hauntings, Ghosts, understanding difference between Dreams (their meanings) and OBE “out of body experiences” Astrology and its effects on our lives, learning Personal Spiritual Protection and how to Cast a Circle, understanding crystals and herbs and how they affect us, more!
Sessions: 10, Fee: $46.00
Section No. 1: John A. Logan College, Room H123, Meets Saturday beginning June 17, 12:00P-2:30P, Instructor: Melinda Hilker

Section No. 9A: West Frankfort Extension Center, Room 105, Meets Tuesday beginning June 6 (Early Start), 5:30P-8:00P, Instructor: Melinda Hilker

PARANORMAL INVESTIGATIONS II (PS 141) A more advanced class where students learn how to use, Tarot Cards, Pendulums, Black Mirrors, Crystal Balls, Palm Reading, how to read and heal Aura’s and Chakras, Drumming Circles (entering Alternative Dimensions) Field Trip (Hauntings Investigations) Gathering and Examining Hauntings Evidence, how to heal or Rid Hauntings with Herbs, Crystals and more! Pre-requisite: Paranormal Investigations I
Sessions: 6, Fee: $35.00

Section No. 1: John A. Logan College, Room H123, Meets Wednesday beginning June 14, 6:30P-8:30P, Instructor: Melinda Hilker

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: 8, Fee: $30.00

Section No. 1: John A. Logan College, Room H123, Meets Wednesday beginning June 14, 6:00P-8:30P, Instructor: Bernie Stacka

SAT PREP – READING (PS 317) This course will offer tips and strategies to prepare students for the SAT. This session 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. Location: Herrin High School, Room 1107.
Sessions: 1, Fee: $45.00

Section No. 1: Herrin High School, 700 N. 10th Street, Room 1107, Meets Wednesday, beginning June 7 (Early Start), 6:00P-8:00P, Instructor: Amanda Hickman

HEALTH CARE

ACLS RENEWAL (6CNE 585). This is an ACLS renewal course. It is designed to enhance skills in the treatment of the adult victim of cardiac arrest or cardiopulmonary emergencies. It is designed for medical providers such as physicians, nurses, emergency medical technicians, paramedics, respiratory therapists, and other professionals who are seeking an ACLS renewal. ACLS provider certification must be current within three months and CPR certification current. Any fees charged for this course, except for the portion of fees needed for AHA course material, do not represent income to the Association. Book is required, contact Continuing Education office or JALC Bookstore.
Sessions: 1, Fee: $45.00

Section No. 1: John A. Logan College, Hancock Center, Room F110, Meets Thursday beginning June 29 (Late Start), 9:00A-4:30P, Instructor: Leslie McKenzie

Section No. 2: John A. Logan College, Hancock Center, Room F110, Meets Thursday beginning August 10 (Late Start), 9:00A-4:30P, Instructor: Leslie McKenzie

Case Studies/Procedures – Healthcare FOUNDATIONS OF FAITH COMMUNITY, NURSING/PARISH NURSING COURSE (6SIH 520). Faith Community Nursing/Parish Nursing is a specialized professional nursing practice that emphasizes health and healing within the faith community. The course educates Registered Nurses of all faiths to assume the role of Faith Community Nurse/Parish Nurse. Nursing CE’s will be given, Application Pending. Cost is $250. Registration & fee questions 457-5200 ext. 67830.
Sessions: 6

Section No. 1: John A. Logan College, Room H128, Meets Wednesday beginning June 14, 28, July 12, 26, August 9 & 23, 8:00A-4:30P, Instructor: Jo Sanders
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

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 on infants and children at risk for cardiopulmonary arrest; the systematic approach to pediatric assessment; effective respiratory management; defibrillation and synchronized cardioversion; intravenous access and fluid bolus administration; and effective resuscitation team dynamics. Any fees charged for this course. Except for the portion of fees needed for AHA course material, do not represent income to the Association. Textbook is required, contact Continuing Education office or JALC Bookstore. Prerequisite: Initial PALS Certification & BLS Healthcare Provider Card.

Sessions: 1, Fee: $45.00

Case Studies/Procedures- Healthcare AHA BASIC LIFE SUPPORT/HEARTSAVER INSTRUCTOR COURSE (6CNE 513). Completing this two part course will qualify participants to instruct American Heart Association (AHA) CPR, AED, and First Aid courses. Participants must have a current BLS card with Healthcare Provider status. Instructor candidates must successful complete part one, the Instructor Essentials course, on-line. A printable completion certificate will be available at the end of the course. Part two, the Discipline-Specific course is classroom-based. Any fees charged for this course, except for the portion of fees needed for AHA course material, do not represent income to the Association. Last day to register for this class will be September 7, 2017. An Instructor Candidate Workbook, a BLS Instructor Manual and a Discipline Specific Student Manual is required. Contact Continuing Education Office, Ext. 8401. Registration for this class will start August 21, 2017.

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

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, Hancock Center, Room H110, Meets Wednesday beginning July 26 (Late Start), 9:00A-4:30P, Instructor: Leslie McKenzie

Section No. 2: John A. Logan College, Hancock Center, Room H126, Meets Wednesday beginning July 19 (Late Start), 3:00P-10:00P, Instructor: Dianne Gaertner

Section No. 3: John A. Logan College, Hancock Center, Room F110, Meets Wednesday beginning August 23 (Late Start), 3:00P-10:00P, Instructor: Lori Switcher
CLASSES FOR KIDS

Carterville

AIR RIFLE SHOOTING-GUN SAFETY (AGES 8-18) (PS 449). This course is offered in partnership with the University of Illinois Extension Service 4-H Program. Students will learn gun safety and proper gun handling and shooting techniques. Guns, targets, and ammunition are provided as part of the cost of materials fee. Upon successful completion, students will have the opportunity to participate in a .22 caliber rifle summer program. Questions - Call Ester Waddy at 618-993-3304, ewaddy@illinois.edu or Don Elliot at 618-751-9209.

Sessions: 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, 607 S. Greenbrier Road, Meets Monday beginning June 5 (Early Start), 6:00P-7:00P, Instructor: Don Elliott

Section No. 2: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Monday beginning July 17 (Late Start), 6:00P-7:00P, Instructor: Don Elliott

ARCHERY SHOOTING/SAFETY (AGES 8-18) (PS 481). This course is offered in partnership with the University of Illinois Extension Service 4-H Program. Students will learn archery safety maintenance and handling of the bow. Bows, targets, and arrows are provided as part of the cost of materials fee. Questions - Call Ester Waddy at 618-993-3304, ewaddy@illinois.edu or Don Elliot at 618-751-9209.

Sessions: 6, COM: $20.00 onetime fee payable to University of Illinois Extension Service to join 4H Program.

Section No. 1: John A. Logan College Annex, 607 S. Greenbrier Road, Meets Tuesday beginning June 13, 6:00P-7:00P, Instructor: Don Elliott

NEW* ART FOR KIDS CAMP (AGES 6-9) (PS 224) 3D Art Exploration In this class will be exploring the work of famous sculptors and 3-D artists. We will then employ the different techniques, shapes, and concepts these artists use to inspire our art making! We will have fun working collaboratively on projects, as well as individually on projects to take home. Focusing on three-dimensional work, we will be using mostly recycled materials, wire, and paper mache.

Sessions: 8, Fee: $40.00, COM

Section No. 1: John A. Logan College, Room B43, Meets Monday, Tuesday, Wednesday, Thursday beginning July 10 (Late Start), 8:30A-10:00A, Instructor: Jillian Springer

Section No. 2: (AGES 10-13), John A. Logan College, Room B43, Meets Monday, Tuesday, Wednesday, Thursday beginning July 10 (Late Start), 10:00A-11:30A, Instructor: Jillian Springer

(NEW) PISTOL SHOOTING-AN INTRO (YOUTH AGES 10-18) (PS 620) A basic pistol class designed to teach safe and responsible gun handling on the range and off. Students will learn the modern technique of the pistol in a sage, controlled and supportive environment, using the ZZ Caliber Pistol. Our highly experienced instructors will provide a patient, but firm learning experience on the range. Class materials will cover the different types of pistols, their parts, and care and maintenance of the pistol. Students must have the physical ability to perform all manipulations on the pistol. Parents this is an amazing opportunity that your child will remember for the rest of their lives. For registration or questions, call Ester Waddy at the University of Illinois Extension Office, 618-993-3304 or ewaddy@illinois.edu, or Don Elliot at 618-993-3304.

Sessions: 6, COM: $20.00 onetime fee payable to University of Illinois Extension Service to join 4H Program.

Section No. 1: Marion, Tombstone Gun Range, 12121 Skyline Drive, Meets Monday beginning June 5 (Early Start), 6:00P-7:00P, Instructor: Don Elliott

*NEW* SHOTGUN/SPORT OF TRAP SHOOTING – AN INTRO (AGES 10-18) (PS 271). This course is offered in partnership with the University of Illinois Extension Service 4-H Program. Students will learn basic knowledge including the anatomy of the shotgun and its use as a sporting arm on the trap field. This course covers stance, proper gun hold, station shooting positions, and range etiquette on the trap field using a computer generated program. Guns, targets, and ammunition are provided as part of the cost of materials fee. Upon successful completion of the course, 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: 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, 607 S. Greenbrier Road, Meets Tuesday beginning June 6 (Early Start), 6:00P-7:00P, Instructor: Don Elliott
Community Health Education Complex (CHEC)
Now open 7 days/week!

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

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

Silver Sneakers!

CHEC Membership

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

- **Summer Semester Membership** (May 15th—August 15) $65
- **One Month Membership** (Any one month period) $30

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

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

Check out our new room of free weights!
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, 3 stair climbers, and 2 rowing machines. This area also features an aerobic super circuit and satellite television systems.

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.

Section No. 01: John A. Logan College / CHEC; room J120, meets Tuesday/Thursday beginning June 13, 5:00P-5:45P. Instructor: Tammy Mikulay
Sessions: 16, Fee: $45.00

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.

Section No. 01: John A. Logan College / CHEC; room J120, meets Monday/Wednesday beginning June 12, 11:00A-11:50A. Instructor: Fae Ragan
Sessions: 16, Fee: $45.00

Section No. 02: John A. Logan College / CHEC; room J120, meets Monday/Wednesday beginning June 13, 9:00A-9:50A. Instructor: Fae Ragan
Sessions: 15, Fee: $45.00

*KNEW* FITNESS NUTRITION (PS 262) Exercise is great, but you need proper nutrition. This class aims to help you eat in a way that helps you feel better, burn fat, and build some muscle. This is not a diet plan, instead this class is information on the right food and how it affects your body. We will discuss macro nutrients, portions, super foods, fad diets, and dietary supplements. We hope you will join us in learning how to eat for a better life. Note: the instructor of this course is a certified personal trainer, not a nutritionist.

Section: No. 01: John A. Logan College / CHEC; room J102, meets Monday/Wednesday beginning June 12, 11:00A-11:50A. Instructor: Derrick Snider
Sessions: 16, Fee: $45.00

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

Section No. 01: John A. Logan College / CHEC; room J120, meets Tuesday/Thursday, beginning June 13, 6:30A-7:30A. Instructor: Fae Ragan
Sessions: 15, Fee: $45.00

Section No. 02: John A. Logan College / CHEC; room J120, meets Tuesday/Thursday, beginning June 13, 12:00P-12:50P. Instructor: Fae Ragan
Sessions: 15, Fee: $45.00

SPINLATES (PS 171) What is Spinlates? It’s not an expensive designer beverage. It is, however, an instructor-led exercise class consisting of 25 minutes of indoor cycling workouts along with 25 minutes of mat Pilates. Music provides an energized atmosphere throughout both cycling and stretching. Cycling includes warm-up, steady up-tempo cadences, sprints, climbs, cool-downs and more! The intensity of a cycling workout is influenced by pedal cadence, pedal resistance, and body positioning on stationary bikes. Mat Pilates consists of controlled movements emphasizing, alignment, breathing, core development, coordination, and balance. The addition of cycling combined with mat Pilates supplies an overall physical balance.

Section No. 01: John A. Logan College / CHEC; room J120, meets Monday/Wednesday beginning June 12, 6:30A-7:30A. Instructor: Fae Ragan
Sessions: 16, Fee: $45.00

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.

Section No. 01: John A. Logan College / CHEC; room J102, meets Monday/Wednesday beginning June 12, 10:00A-10:50A. Instructor: Derrick Snider
Sessions: 16, Fee: $45.00

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.

Section No. 01: John A. Logan College / CHEC; room J120, meets Monday/Wednesday beginning June 12, 12:00P-12:50P. Instructor: Susan Bausch
Sessions: 16, Fee: $45.00

Section No. 02: John A. Logan College / CHEC; room J222, meets Tuesday/Thursday beginning June 13, 9:00A-9:50A. Instructor: Susan Bausch
Sessions: 15, Fee: $45.00

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.

Section No. 01: John A. Logan College / CHEC; room J120, meets Monday/Wednesday beginning June 12, 11:00A-11:50A. Instructor: Kelli Abell
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. SilverSneakers® is 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. If you qualify for SilverSneakers®, stop by the front desk or contact Suzanne Koechner at Ext. 8502 to get registered. Even if you do not qualify, you may still enroll in the classes by paying the course fee. SilverSneakers® classes are listed below.

SILVER SNEAKERS CARDIOFIT (PS 702) Get up and go with an aerobics class that’s safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. Silver Sneakers members may take this class free of charge.

Section No. 01: John A. Logan College / CHEC; room J222, meets Monday/Wednesday beginning June 12, 9:00A-9:50A. Instructor: Derrick Snider
Sessions: 16, Fee: Free or $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.

Section No. 01: John A. Logan College / CHEC; room J222, meets Tuesday/Thursday beginning June 13, 10:00A-10:50A. Instructor: Fae Ragan
Sessions: 15, Fee: Free or $45.00

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.

Section No. 01: John A. Logan College / CHEC; room J222, meets Monday/Wednesday beginning June 12, 8:00A-8:50A. Instructor: Fae Ragan
Sessions: 16, Fee: Free or $45.00

SILVER SNEAKERS YOGA (PS 706) SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Silver Sneakers members may take this class free of charge.

Section No. 01: John A. Logan College / CHEC; room J222, meets Monday/Wednesday beginning June 12, 10:00A-10:50A. Instructor: Susan Bausch
Sessions: 16, Fee: Free or $45.00

Section No 02: John A. Logan College / CHEC; room J222, meets Monday/Wednesday beginning June 12, 11:00A-11:50A. Instructor: Susan Bausch
Sessions: 16, Fee: Free or $45.00

SILVER SNEAKERS SPLASH (ARTHRITEAQUATICS) (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. 01: John A. Logan College / CHEC; pool, meets Monday/Wednesday/Friday beginning June 12, 9:00A-9:50A. Instructor: Nicole Rossi
Sessions: 24, Fee: $55.00

Section No. 02: John A. Logan College / CHEC; pool, meets Monday/Wednesday/Friday beginning June 12, 3:00P-3:50P, Instructor: Kathleen Krones
Sessions: 24, Fee: $55.00

Section No. 03: John A. Logan College / CHEC; pool, meets Monday/Wednesday/Friday beginning June 12, 4:00P-4:50P, Instructor: Karla Klueter
Sessions: 24, Fee: $55.00

Section No. 04: John A. Logan College / CHEC; pool, meets Tuesday/Thursday beginning June 13, 9:00A-9:50A. Instructor: Nicole Rossi
Sessions: 15, Fee: $45.00

Section No. 05: John A. Logan College / CHEC; pool, meets Tuesday/Thursday beginning June 13, 10:00A-10:50A. Instructor: Nicole Rossi
Sessions: 15, Fee: $45.00

Section No. 06: John A. Logan College / CHEC, pool, meets Tuesday/Thursday beginning June 13, 1:00P-1:50P, Instructor: Karla Klueter
Sessions: 15, Fee: $45.00

Section No. 07: John A. Logan College / CHEC, pool, meets Tuesday/Thursday beginning June 13, 2:00P-2:50P, Instructor: Karla Klueter
Sessions: 15, Fee: $45.00

AQUATIC CENTER

The Aquatic Center consists of two pools. The 75’ x 58’ lap pool is kept at 82-83 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.

Section No. 01: John A. Logan College / CHEC; pool, meets Tuesday/Thursday beginning June 13, 5:00P-5:45P, Instructor: Diann Bauer
Sessions: 15, Fee: $45.00
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.

Section No. 01: John A. Logan College / CHEC; pool, meets Monday/Wednesday/Friday beginning June 12, 10:00A-10:50A. Instructor: Becky Kolar
Sessions: 24, Fee: $55.00

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

Section No. 01: John A. Logan College / CHEC; pool, meets Monday/Wednesday/Friday beginning June 12, 10:00A-10:50A. Instructor: Nicole Rossi
Sessions: 24, Fee: $55.00

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

Section No. 01: John A. Logan College / CHEC; pool, meets Monday/Wednesday/Friday beginning June 12, 9:00A-9:50A. Instructor: Becky Kolar
Sessions: 24, Fee: $55.00

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

Section No. 01: John A. Logan College / CHEC; pool, meets Tuesday/Thursday beginning June 13, 5:00P-5:45P. Instructor, Karla Klueter
Sessions: 15, Fee: $40.00

ARTHITIS AQUATICS (SILVERSNEAKERS 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. 01: John A. Logan College / CHEC; pool, meets Monday/Wednesday/Friday beginning June 12, 9:00A-9:50A. Instructor: Nicole Rossi
Sessions: 24, Fee: $55.00

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

Section No. 01: John A. Logan College / CHEC; pool, meets Tuesday/Thursday beginning June 13, 9:00A-9:50A. Instructor: Kathleen Krones
Sessions: 15, Fee: $45.00

Section No. 02: John A. Logan College / CHEC, pool, meets Monday/Wednesday/Thursday beginning June 12, 4:00P-4:50P. Instructor: Karla Klueter
Sessions: 24, Fee: $55.00

Section No. 03: John A. Logan College / CHEC; pool, meets Tuesday/Thursday beginning June 13, 9:00A-9:50A. Instructor: Nicole Rossi
Sessions: 15, Fee: $45.00

Section No. 04: John A. Logan College / CHEC; pool, meets Tuesday/Thursday beginning June 13, 10:00A-10:50A. Instructor: Nicole Rossi
Sessions: 15, Fee: $45.00

Section No. 05: John A. Logan College / CHEC, pool, meets Tuesday/Thursday beginning June 13, 1:00P-1:50P. Instructor: Karla Klueter
Sessions: 15, Fee: $45.00

Section No. 06: John A. Logan College / CHEC, pool, meets Tuesday/Thursday beginning June 13, 2:00P-2:50P. Instructor: Karla Klueter
Sessions: 15, Fee: $45.00
SWIM LESSONS

CHEC offers two formats of swim lessons and five different skill levels. Group classes are offered that meet 1-2 times per week for 8 weeks. Private 1-on-1 lessons are also available upon request. To schedule a private swim lesson, contact Suzanne at 985-2828 Ext. 8502.

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

Section No. 01: John A. Logan College / CHEC; pool, meets Saturday beginning June 17, 10:00A-10:45A.
Instructor: Jane Fiorenzi
Sessions: 8, 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. 01: John A. Logan College / CHEC; pool, meets Monday beginning June 12, 5:45P-6:30P.
Instructor: Josh Boren
Sessions: 8, Fee: $60.00

Section No. 02: John A. Logan College / CHEC; pool, meets Tuesday beginning June 13, 5:45P-6:30P.
Instructor: Josh Boren
Sessions: 7, Fee: $60.00

Section No. 03: John A. Logan College / CHEC; pool, meets Saturday beginning June 17, 11:00A-11:45A.
Instructor: Jane Fiorenzi
Sessions: 8, 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 comfortable being in the water but need to learn basic skills. Class focuses on learning how to swim and may introduce basic strokes. Children under the age of 12 will be required to have a parent on deck.

Section No. 01: John A. Logan College / CHEC; pool, meets Monday/Wednesday beginning June 12, 5:45P-6:30P.
Instructor: Carmen Burkett
Sessions: 8, Fee: $60.00

Section No. 02: John A. Logan College / CHEC; pool, meets Tuesday beginning June 13, 5:45P-6:30P.
Instructor: Carmen Burkett
Sessions: 7, Fee: $60.00

Section No. 03: John A. Logan College / CHEC; pool, meets Saturday beginning June 17, 12:00P-12:45P.
Instructor: Jane Fiorenzi
Sessions: 7, Fee: $60.00

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

Section No. 01: John A. Logan College / CHEC; pool, meets Monday beginning June 12, 5:00P-5:45P.
Instructor: Carmen Burkett
Sessions: 8, Fee: $60.00

Section No. 02: John A. Logan College / CHEC; pool, meets Tuesday beginning June 13, 5:00P-5:45P.
Instructor: Carmen Burkett
Sessions: 7, Fee: $60.00

Section No. 03: John A. Logan College / CHEC; pool, meets Friday beginning June 16, 5:00P-5:45P.
Instructor: Jane Fiorenzi
Sessions: 8, Fee: $60.00

COMPETITIVE YOUTH LEVEL 4/5 (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 strokes 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. 01: John A. Logan College / CHEC; pool, meets Monday/Wednesday beginning June 12, 5:45P-6:30P.
Instructor: Derrick Snider
Sessions: 16, Fee: $100.00

Section No. 02: John A. Logan College / CHEC; pool, meets Friday beginning June 16, 4:00P-4:50P.
Instructor: Jane Fiorenzi
Sessions: 8, Fee: $60.00
1-ON-1 SWIM LESSONS (PS 938) The primary objective of this course is to introduce children to the proper aquatic methods of beginning swimming. Methods of instruction include skill introduction and practice of swimming. When skills are learned, new skills will be introduced to build upon the participant’s success. These lessons will be 1-on-1 and a schedule will be developed between participant and swim instructor. Students must be at least 3 years old to participate in 1-on-1 lessons. Children under the age of 12 will be required to have a parent on deck. One session lasts 40 minutes and costs $20. To schedule private lessons, contact Suzanne at 985-2828 Ext. 8502.

PERSONAL TRAINING

CHEC 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 985-2828 Ext. 8502 to check available times or schedule a personal training session. Packages: 1 hour - $35.00 or 4 hours - $100.00

STRONG SURVIVORS

Strong Survivors is a FREE program that empowers cancer patients, survivors, and caregivers at all stages of treatment and recovery to make proactive choices about food and physical activity. Strong Survivors meets twice a week, for 12 weeks and includes information on proper nutrition & physical activity practices. Strong Survivors also includes a fitness evaluation & in-class personal exercise training. NOTE: Each patient or survivor may also bring a caregiver to participate with them. Class meets Tuesdays from 5:00 pm-6:30 pm and Thursdays from 5:00 pm-6:00 pm. Registration is limited. To register or for more information contact: Tonica Anderson, RN at Southern Illinois Healthcare 618-985-3333 Ext. 68305 or Dr. Phil Anton at Southern Illinois University Carbondale 618-453-3116.

John A. Logan College Community Band

SUMMER POPS CONCERT

Bob Swearingen, Conductor

Sunday, July 30, 2:00 pm • O’Neil Auditorium

FREE ADMISSION Limited seating available on a first-come, first-served basis.

618-985-3333
1-800-851-4720 Ext. 8287
TTY: 618-985-2752
email: activities@ajc.edu
JALC COMMUNITY HEALTH EDUCATION COMPLEX

“Hear” From Our Students

Bob has been a member of our aerobics center for over 30 years! He says, “Initially it was for convenience because I live close by, but over the years it has become more than that. It is a great facility with all the equipment I need and the staff is nice and friendly. You build relationships over the years, and there is a social aspect to it.”

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

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

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

— Robert Coffield

“One of the reasons why I like using the Community Health Education Complex at John A. Logan College is how it has everything you need from free weights and cardio machines to a pool and one of my favorites, the sauna. By being an athlete at the college, it is a great place for me to go and get some strength work and cardio work in after practice.”

— Aaron “JU” Fuller

“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 will 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

—I like the fitness center because it is a great atmosphere to work out in. The locker rooms were recently refurbished, which makes the facility much more attractive. And there are many weight machines with detailed instructions on how to use them. That’s great for those who may not know what to do. The people who work at the center are enjoyable to be around and make you feel at ease while working out.”

— Kiley Pelker, sophomore, JALC

www.jalc.edu/community-health-education-complex-chec

For Updates On This Event Find Us On Facebook at: John A. Logan College Continuing Education
PHYSICAL EDUCATION

AEROBICS FOR BEGINNERS (PS 564). This class is designed for the person who has or has not taken an aerobics class. This class will review various movements used in an aerobics class and then will be put into a pattern and varied over the 10 week session.
Sessions: 10, Fee: $36.00
Section No. 1: Marion Training Complex, 211 E. Blvd., Meets Thursday beginning June 16, 6:30P-8:30P, Instructor: Eva Black

GOLF (BEGINNER AND INTERMEDIATE) (PS 059)
All aspects of the game will be discussed, including grip, stance, swing, chip, putt and more
Sessions: 5, Fee: $50.00, COM: $15.00
Section No. 1: Herrin, Pine Lakes Golf Course, Activity Club House, 2705 S. Park Avenue, Meets Wednesday beginning June 7 (Early Start), 5:30P-7:30P, Instructor: Lynn Strobel

DANCE

BALLROOM DANCING (BEG) (PS 157). Basic steps in the foxtrot, waltz, swing, rumba, cha-cha, tango, nightclub two-step, and more. A different mix of dances will be offered each semester.
Sessions: 10, Fee: $42.00
Section No. 1: Marion Training Complex, 211 E. Blvd., Meets Tuesday beginning June 13, 7:30P-9:00P, Instructor: Jeremiah Linson
Section No. 2: Carbondale, Parrish Grade School, Gym, 121 N. Parrish Lane, Meets Thursday beginning June 15, 6:00P-7:30P, Instructor: Jeremiah Linson

BALLROOM DANCING - (INTER/ADV) (PS 158). An expansion of PS 157, incorporating more technique, more figures, and new dances.
Sessions: 10, Fee: $42.00
Section No. 1: Marion Training Complex, 211 E. Blvd., Meets Tuesday beginning June 13, 6:00P-7:30P, Instructor: Jeremiah Linson
Section No. 2: Carbondale, Parrish Grade School, Gym, 121 N. Parrish Lane, Meets Thursday beginning June 15, 7:30P-9:00P, Instructor: Jeremiah Linson

SALSA DANCING (BEG.) (PS 523). An introduction to dancing "Street Style" Salsa and Merengue. It will focus on teaching the natural basic steps and dance techniques of Salsa and Merengue so that you can create your own unique style of dancing on the dance floor or on the street.
Sessions: 8, Fee: $36.00
Section No. 1: John A. Logan College, MPR, Meets Tuesday beginning June 13, 6:30P-8:00P, Instructor: Don Wooters

SALSA DANCING (INTER/ADV) (PS 524). Learn more advanced steps and techniques of this popular dance.
Sessions: 8, Fee: $36.00
Section No. 1: John A. Logan College, MPR, Meets Tuesday beginning June 13, 8:00P-9:30P, Instructor: Don Wooters

PET CARE

DOG AGILITY BEGINNER (LEVEL 1) (PS 690). All Dogs must be under handler control. 10 months or older, Liability release req. to be signed. First class bring shot records, dog, toys, lots of treats, water & bowl. All classes are held outside on grass, so dress appropriately. See web site for more required info – www.canineteamtraining.com. Dogs and Handlers will be introduced to the basics of agility handling and AKC (American Kennel Club) equipment. Many handlers find that their dogs build confidence and pay more attention to them after completing this class. No Class on June 18th (Father's Day) & July 30th weather permitting ending on August 13th. Some weeks maybe rescheduled, projected schedule given out at first class. Location: 204 Candlewood Dr., De Soto, IL- travel on private gravel road, 2nd house on left. See map on web site under "Student Info".
Sessions: 8, Fee: $85.00, COM: $25.00 payable to instructor first night of class.
Section No. 1: Desoto, 204 Candlewood Drive, travel on private gravel road, 2nd house on left, Meets Sunday beginning June 11 (Early Start) (No class on 6/18 and 7/30), 5:00P-6:00P, Instructor: Carol Ely

DOG OBEDIENCE TRAINING BEGINNER *LEVEL 1 (FOR HOME) (PS 400). Dog minimum 4 months old. We will cover basic commands, Intro Obedience, Rally and Agility. Homework, handouts and demos. Positive training methods used. Everyone (except recent 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. Shot records due first night of class. Behavioral paperwork to be filled out in class. No dogs first Night. Location: Williamson County Armory, behind the airport, off Redco Drive, on Minute Man Rd (2nd St. on Left).
Sessions: 6, Fee: $85.00
Section No. 1: Marion Williamson County Armory, behind the airport on Redco Drive, turn left onto 11427 Minuteman Road and follow to Armory, Meets Tuesday beginning June 13, 5:30P-6:50P, Instructor: Carol Ely
DOG SHOWHANDLING (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, behind the airport on Redco Drive, turn left onto 11427, Minuteman Road and follow to Armory, Meets Monday beginning June 5 (Early Start), 6:00P-7:30P, Instructors: Rodney Jones and 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.

Location: Williamson County Armory, behind the airport, off Redco Drive, on Minute Man Rd. (2nd left).

Sessions: 6, Fee: $85.00, COM: $10.00 payable to instructor first night of class.

Section No. 1: Marion, Williamson County Armory, behind the airport on Redco Drive, turn left onto 11427, Minuteman Road and follow to Armory, Meets Wednesday beginning June 14, 5:30P-6:15P, Instructor: Carol Ely

NW120 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.

Location: Williamson County Armory, behind the airport, off Redco Drive, on Minute Man Rd. (2nd left).

Sessions: 6, Fee: $85.00

Section No. 1: Marion, Williamson County Armory, behind the airport on Redco Drive, turn left onto 11427, Minuteman Road and follow to Armory, Meets Wednesday beginning June 14, 6:30P-8:00P, Instructor: Carol Ely

HOMEMAKING

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: $35.00 payable to instructor first day of class.

Section No. 1: Carbondale, Baptist Collegiate Ministry Center, 825 West Mill Street, Meets Wednesday, beginning June 14, 10:30A-1:00P, Instructor: Leah Bening

QUILTING MADE EASY (LOG CABIN QUILT) (PS 264) Learn to make a traditional quilt. Learn how to cut, piece, and layout a log cabin quilt. One simple block can make many different looks by re-arranging the way they are positioned. A fun and easy quilt to make. Basic sewing skills, supplies, and a sewing machine are required. Supply list will be provided in the first session.

Sessions: 10, Fee: $40.00, COM

Section No. 1: Carbondale, Sew A Lot, 215 West Walnut Street, Meets Thursday beginning June 8 (Early Start), 9:00A-11:00A, Instructor: Sue Estes

QUILTING MADE EASY (QUILTING WITH STRIPES) (PS 264) Learn to fold, cut and piece a striped fabric to create a quilt with the appearance of layered squares. This is an easy, fun, and quick quilt (or table runner) to make. Make the first one and you will want to do a second, a third, and... A supply list will be handed out in the first session. Basic sewing skills, supplies and sewing machine required.

Sessions: 10, Fee: $40.00, COM

Section No. 1: Carbondale, Sew A Lot, 215 West Walnut Street, Meets Tuesday beginning June 6 (Early Start), 6:00P-8:00P, Instructor: Sue Estes

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

Sessions: 10, Fee: $40.00, COM

Section No. 1: Carbondale, Sew A Lot, 215 West Walnut Street, Meets Thursday beginning June 8 (Early Start), 6:00P-8:00P, Instructor: Sue Estes

T-SHIRT QUILT (PS 802). Have fun learning the steps to create a lasting memory using old t-shirts. Make a t-shirt quilt for a special someone in your life. Great gift idea. Basic sewing skills, sewing supplies, t-shirts and a sewing machine are all it takes to start the fun. A supply list will be provided in the first session.

Sessions: 10, Fee: $40.00, COM

Section No. 1: Carbondale, Sew A Lot, 215 West Walnut Street, Meets Tuesday beginning June 6 (Early Start), 9:00A-11:00A, Instructor: Sue Estes
**MUSIC**

**BOWED PSALTERY (PS 763).** An advanced Psaltery Group meets on Fridays in Marion, comprised of people introduced to the psaltery in past JALC classes. The Friday group is available to anyone interested in continuing to play with other like-minded people. We continuously collect a wide variety of favorite songs to play. To get started please join the summer class on Thursday mornings in Marion. Teacher Ken Wollberg is a professional violin teacher with 40 years of experience teaching hundreds of children and adults to make music for life! Nine songs to get started: Twinkle Variations & Theme, May Song, Lightly Row, Long Long Ago, Song of the Wind, Amazing Grace, Go Tell Aunt Rhody, Row Row Your Boat, O Come Little Children.  Sessions: 10, Fee: $60.00, COM: $5.00 payable to instructor.

**FUNDAMENTALS OF FIDDLING FOR BEGINNERS (PS 541).** Suzuki Violin Book 1 is at the core of this class. You will learn good bow hold and playing position, fundamental rhythms, good intonation, good sound and group playing. Ken Wollberg is a full-time violin teacher with 40 years of experience teaching violin to hundreds of children. The first beginning lessons do not require any book – only bring your fiddle. There’s plenty to learn by ear & by rote. Books are added later. You will need Suzuki Violin Book 1. And we use Delightful Duets by William Starr, Sacred Settings by Robert S. Frost (trios,) and other books for reading. Some prefer learning by ear; others like to read the music. We do both in this class. Feel free to call with any questions. Feel free to call with questions at 618-579-9128. Hope to see you in Fiddle Class! Sessions: 9, Fee: $50.00, COM

**JALC COMMUNITY BAND (PS 785)** Persons interested in joining the band should be present for the first rehearsal. For more information call 618-534-5363.

**Section No. 1:** John A. Logan College, Room B53, Meets Tuesday beginning June 13, 7:00P-9:00P, Instructor: Robert Swearingen

**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: 8, Fee: $40.00, COM: Approx. $25.00

**CALLIGRAPHY (PS 672).** Students will learn basic styles and fundamentals of Calligraphy hand lettering and how to put it into practical use. Sessions: 8, Fee: $35.00, COM: $15.00 payable to instructor night day of class.

**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

**SILVERSMITHING/JEWELRY MAKING (BEG) (PS 974).** This 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

**SILVERSMITHING/JEWELRY MAKING (INTER) (PS 975).** This course will add to the student’s knowledge of Silversmithing by showing techniques in repairing, sizing rings and bracelets, and freeform casting. Review melting temperatures of metals and solders and broaden their ideas and scope of what art jewelry is; its concept, its function and its relationship to individuals. Sessions: 10, Fee: $60.00, COM
Here's What's Happening in the Continuing Education Department at John A. Logan College

The Continuing Education Department Staff are geared up and ready for the Summer Semester! We look forward to providing your continuing education and healthcare needs! Please contact us if you have questions!

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

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

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

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

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

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

**The Silversneakers classes are going strong at the Health Complex**

**Personal Training Courses are popular at the CHEC**
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** July 3 & 5th from 8:30 am - 11:30 am  
Classes meet M-Th 8:30 am - 11:30 am  
Orientation will not reoccur until August 14 & 15th

**Orientation dates** July 5 & 6th from 6:00 pm - 9:00 pm  
Classes Meet T, W, Th 6:00 pm - 9:00 pm  
Orientation will not reoccur until August 17 & 22nd

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

**Orientation dates** July 5 & 6th from 8:30 am - 11:30 am  
Classes Meet T,W, Th 8:30 am - 11:30 am  
Orientation will not reoccur until August 10 & 15th

**Orientation dates** July 5 & 6th from 6:00 pm - 9:00 pm  
Classes Meet T, W, Th 6:00 pm - 9:00 pm  
Orientation will not reoccur until August 22 & 23rd

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

**Orientation dates** July 5 & 6th from 8:30 am - 11:30 am  
Classes meet T, W, Th 8:30 am - 11:30 am  
Orientation will not reoccur until August 16 & 17th

**Orientation dates** July 5 & 6th from 8:30 am - 11:30 am  
Classes meet T, W, Th 8:30 am - 11:30 am  
Orientation will not reoccur until August 16 & 17th

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

**Orientation dates** July 5 & 6th from 8:30 am - 11:30 am  
Classes Meet T, W, Th 8:30 am - 11:30 am  
Orientation will not reoccur until August 8 & 9th

Please contact the GED Program for next available orientation dates.

**Students 16 & 17 years of age must have release form from previous high school, before they can register for GED.**
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) ____________________________
### STUDENT INFORMATION

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<th>Business Phone No. (Plus area code)</th>
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### COUNTY OF RESIDENCE
- Williamson (199)
- Jackson (077)
- Franklin (055)
- Randolph (157)
- Perry (145)
- (specify other)

### ETHNIC ORIGIN (check all that apply)
- Asian (Pacific Islander) (1)
- American Indian (2)
- Black/African American (3)
- Hispanic (4)
- White (5)
- Other (6)

### RESIDENCE STATUS
- In-district (1)
- Out-of-district (2)

### HIGHEST DEGREE EARNED
- Associate Degree (A)
- GED (G)
- Bachelor's Degree (B)
- Master's Degree (M)
- Doctoral Degree (D)
- 1st Professional Degree (P)
- Certificate (C)
- Some College (S)
- High School Diploma (H)
- Other Education (O)
- None (N)

### HIGH SCHOOLS ATTENDED
- 140510 – Carbondale
- 140555 – Carterville
- 142770 – Crab Orchard
- 141655 – Du Quoin
- 141785 – Elverado
- 142250 – Herrin
- 142365 – Johnston City
- 142775 – Marion
- 143100 – Murphysboro
- 144360 – West Frankfort
- 140485 – Trico
- 999999 – Other
- Graduation Year

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

### COURSE INFORMATION

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**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.

*(rev 2-21-17 BH)*

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