



JOHN A. LOGAN COLLEGE

**Community Education, Logan Fitness
and Workforce Development Classes**

**Spring Semester Classes Begin
January 11, 2021**

LOGAN FITNESS

"You are successful the moment you start moving toward a worthwhile goal!" -- Chuck Carlson

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JOHN A. LOGAN COLLEGE

COMMUNITY EDUCATION DEPARTMENT



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Dr. Ron House– President

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Mrs. Stacy Buckingham, Interim Vice-President for Business Services & College Facilities

A Message from the President

Dear Friends,

I hope you enjoy the spring edition of the John A. Logan College schedule of Community 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. Logan Fitness, at the Community Health Education Complex, is in operation and the College will again be offering a number of innovative aquatic and aerobic fitness related classes designed to keep you active and healthy.

If you would like for the College to offer other classes, please contact the Community Education Department 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.

Dr. Kirk Overstreet, Ph.D.
 President

***While John A. Logan College desires to continue to plan for more face to face classes, the safety of our community members in the midst of the COVID-19 pandemic is our highest goal. Community Education classes are being scheduled for Spring 2021 but will be cancelled or rescheduled if not in compliance with meeting restrictions in place when courses meet.**

A Message from the Dean for Community Education

Thank you for taking time to look through the spring 2021 Community Education Department class schedule. We offer a variety of classes each semester on campus and at other locations in the college's five-county district, which allows students ample opportunities to take courses. We have new classes this fall, including Communicating in the Real World – Find Your Voice and Share Your Message, Investing in Real Estate 101, Screenwriting, Writing the Short, Short Story (Inter), Quilting – Stash Buster and others which you can find in the pages that follow. In addition, Logan Fitness will offer a variety of popular classes including a new one called Aqua Zumba, as well as many other popular courses.



Many of your favorite courses and events will again be offered. Take a few minutes and look through this schedule. I feel confident you will find a course to your liking. Your interest in the Community Education classes at John A. Logan College is greatly appreciated.

*****Additional courses will be publicized if and when the college is allowed to per the Governors Restore Illinois plan.**

Sincerely Yours,

Barry Hancock, Ph.D.
 Dean for Community Education

John A. Logan College Locations

Main Campus

700 Logan College Drive
 Carterville, IL 62918
 (618) 985-2828 X8248
<http://jalc.edu/community-education>

West Frankfort Ext. Center

19 W Frankfort Plaza
 West Frankfort, IL 62896
 (618) 932-6639

Alongi DuQuoin Ext. Center

72 Southtowne Shpg Ctr #120
 DuQuoin, IL 62832
 (618) 542-9210

****BOTH EXTENSION CENTERS ARE TEMPORARILY CLOSED UNTIL SUMMER**

Community Education General Information Spring Semester Classes Begin January 11, 2021

Registration begins January 4, 2021. Phone Registration Preferred!

*****While John A. Logan College desires to continue to plan for more face to face classes, the safety of our community members in the midst of the COVID-19 pandemic is our highest goal. Community Education classes are being scheduled for Spring 2021, but will be cancelled or rescheduled if not in compliance with meeting restrictions in place when courses meet.**

Enrollment in Community Education 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. Classes for children will have the age limit noted in the course description.

- To ensure a seat in a class, we are encouraging students to register online.
- Available seats in classes are **NOT** guaranteed by mailed in registration forms.
- Students may also register at the first or second class meeting. However, those students who have pre-registered and paid will have seating priority if the class has filled.
- **PAYMENT IS DUE AT THE TIME OF REGISTRATION.**
- When registering a student or students for a class or classes, each individual person will need to have their own Higher Reach account.
- Money for **Cost of Materials (COM)** will be collected in class by the instructor.
- Any student with a past due balance at John A. Logan College cannot be enrolled in Community Education classes until payment is made.
- Students registering will receive a confirmation email 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.
- No student will be admitted to class after the second class meeting without special permission from the Dean for Community Education.

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, 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 community education class. Students wanting such coverage should make arrangements with their local insurance agent.

Tell Us What You Want

✧ Have an idea for a new course?

✧ Are you looking for a class that you've seen before and now it's not there?

✧ Interested in teaching a Community Education course?

✧ Would you like to be put on our mailing list?

- Email Community Education with your thoughts by going to www.jalc.edu, click on Community Education, and then choose **Have an Idea or Suggestion**.
- Or you can call us at (618) 985-2828, Ext. 8248

REGISTRATION FORM

COMPLETE & RETURN TO JOHN A. LOGAN COLLEGE, ATTN: COMM. ED., 700 LOGAN COLLEGE DR., CARTERVILLE, IL 62918

****If registering your child for a class, be sure to put the child's information not your own****



STUDENT ID# _____

NAME _____

MAILING ADDRESS (NO P.O. BOXES) _____

CITY, STATE, ZIP _____

PHONE # _____

DATE OF BIRTH(MM/DD/YY) _____

EMAIL ADDRESS _____

GENDER _____ Male _____ Female

RACIAL/ETHNIC DESCRIPTION

____ Asian (Pacific Islander) ____ American Indian or Alaska Native

____ Black/African American ____ Hispanic

____ White ____ Other/Unknown

HIGHEST DEGREE EARNED

Doctoral Degree ____ 1st Professional Degree ____ Master's Degree ____

Bachelor's Degree ____ Associate Degree ____ Certificate ____

Some College ____ High School Diploma ____ GED ____ None ____

Other ____

****YOUR SIGNATURE IS REQUIRED****

SIGNATURE _____

DATE _____

COURSE NAME	COURSE #	SECTION #	FEE
TOTAL			

FOUR EASY WAYS TO REGISTER

1. Online

Using your credit/debit card to pay go to
<http://higherreach.jalc.edu/modules/>
 We accept American Express, Discover, MasterCard and Visa.

2. By Phone

Call us at (618)985-3741, x8248 to register and pay over the phone during business hours. We accept American Express, Discover, MasterCard and Visa.

3. In Person

John A. Logan College, Building H, Room H102 & H104
 Monday-Friday, 8:00am-4:30pm. Payment due at this time. Cash, check, money order or credit/debit card. You can also register in class the first session.

4. By Mail

Complete your registration form, check or money order payable to John A. Logan College and mail to:
 JALC, Community Ed, 700 Logan College Dr., Carterville, IL 62918

Drop/Withdrawal & Refunds

Refunds of 100% will be made if cancellation is received:

*prior to the beginning of the third session for classes meeting three or more sessions.

*two business days prior to the start date of a class meeting one or two sessions.

Students can cancel enrollment online through their Higher Reach account or by contacting the Community Education department at (618)985-3741, x8248. Refunds for extenuating circumstances will be considered by contacting the Dean for Community Education.

Residency

With Community Education classes (PS or MED) you can reside in or out of district, the fees are the same. We encourage anyone who has an interest in our classes to attend.

Cancellation of Classes

Low enrollment classes may be cancelled.

Payments

Payments due at time of registration. Cash, check, money order or credit/debit card are accepted.

If paying with cash please let us know before you register

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

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ARTS AND CRAFTS

FUN WITH CERAMICS & CRAFTS (PS 820). Course includes techniques for painting ceramics, hand-building with clay, pouring a ceramic mold, mosaics, wood and canvas art and chalk couture.
Sessions: 8, Fee: \$45.00, COM

Section No. 1: Herrin Fish Tales Pottery & Pets, 1021 S. Park Ave., Meets Tuesday beginning January 19, 10:00A-12:00P, Instructor: Linda Hooker

Section No. 2: Herrin Fish Tales Pottery & Pets, 1021 S. Park Ave., Meets Tuesday beginning March 24 (**Late Start**), 10:00A-12:00P, Instructor: Linda Hooker

CLASSES FOR KIDS

CHESS FOR KIDS (PS 275). This course is for all kids that would like to explore the game of chess! Review the rules of chess and build on this knowledge to learn basic game strategy and tactical combinations. Obtain skills needed to play in tournaments, including writing notation and use of chess clocks.
Sessions: 10, Fee: \$50.00

Section No. 1: John A. Logan College, Room H123, Meets Thursday beginning January 21, 4:00P-6:00P, Instructor: Larry Alvarado

COMPUTERS

COMPUTER BASICS FOR SENIORS (PS 904). This class will cover file management, saving files from email, attaching files to email, creating good passwords, remembering passwords, simple Window settings, working with photos, video chatting and more.
Sessions: 1, Fee: \$30.00

Section No. 1: John A. Logan College, Room H115, Meets Saturday January 23, 9:00A-4:00P, Instructor: Angie Ransom

Section No. 2: John A. Logan College, Room H115, Meets Wednesday March 24 (**Late Start**), 9:00A-4:00P, Instructor: Angie Ransom

EBAY-THE BASICS TO BUYING & SELLING WHILE PRACTICING INTERNET SAFETY! (PS 602). Back by popular demand this seminar will highlight safe practices on buying and selling on popular sites like eBay, Amazon, Walmart and more. If you ever wanted to learn the ends and outs of buying and selling online and how to protect yourself then this is the course for you. Don't miss this one-day event! Students are encouraged to bring laptops. Computers will be available also.
Sessions: 1, Fee: \$35.00

Section No. 1: John A. Logan College, Room H126, Meets Saturday on January 23, 8:30A-12:30P, Instructor: Amber Fike

MICROSOFT EXCEL (BEG) – THE BASICS & BEYOND (PS 123). 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 thumb drive which will allow saving classroom activities and work in and out of class during the semester.
Sessions: 10, Fee: \$60.00

Section No. 1: John A. Logan College, Room H115, Meets Tuesday beginning March 9 (**Late Start**), 5:30P-7:30P, Instructor: Kim Neace

QUICKBOOKS I (PS 447). Emphasis on setting up company, chart of accounts, banking and accounts payable.
Sessions: 1, Fee: \$75.00

Section No. 1: John A. Logan College, Room H115, Meets Saturday March 13 (**Late Start**), 9:00A-4:00P, Instructor: Angie Ransom

QUICKBOOKS II (PS 103). Emphasis on inventory accounts receivable and invoicing.
Sessions: 1, Fee: \$75.00

Section No. 1: John A. Logan College, Room H115, Meets Saturday March 20 (**Late Start**), 9:00A-4:00P, Instructor: Angie Ransom

QUICKBOOKS III (PS 112). Emphasis on payroll, taxes and reports.
Sessions: 1, Fee: \$75.00

Section No. 1: John A. Logan College, Room H115, Meets Saturday March 27 (**Late Start**), 9:00A-4:00P, Instructor: Angie Ransom

VIDEO CONFERENCING FOR BEGINNERS (PS 899). Video Conferencing is becoming a necessary way to communicate. We need to learn how to utilize popular video apps not only for business, but for keeping in contact with family and friends. In this class, students will learn the basics of several programs and learn which one is the best for their purposes. We will be looking at Zoom, Microsoft Teams, Skype and several other popular programs.
Sessions: 8, Fee: \$50.00

Section No. 1: John A. Logan College, Room H126, Meets Thursday beginning January 21, 10:00A-12:30P, Instructor: Karen Gibson

WINDOWS 10 (PS 454). Students will learn basic information about Microsoft Windows 10 operating system including the desktop, gadgets, personalization, default programs, and more.
Sessions: 8, Fee: \$50.00

Section No. 1: John A. Logan College, Room H115, Meets Tuesday beginning January 19, 10:00A-12:30P, Instructor: Karen Gibson

Section No. 2: John A. Logan College, Room H115, Meets Thursday beginning January 21, 1:00P-3:30P, Instructor: Karen Gibson

WORDPRESS FOR BEGINNERS (PS 842). Create your own website from scratch using a free open source website publishing software, WordPress. In this course students will learn: How to create professional websites using the various editors, page builders and plugins available for WordPress, will master the inner workings of WordPress, and learn to set up server and hosting environments in the most economical and secure way.
Sessions: 8, Fee: \$50.00

Section No. 1: John A. Logan College, Room H115, Meets Tuesday beginning January 19, 5:30P-7:30P, Instructor: Karen Gibson

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 Center, 211 E. Boulevard, Meets Tuesday beginning January 19, 7:30P-9:00P, Instructor: Jeremiah Linson

Section No. 2: Carbondale, Parrish Grade School, Meets Thursday beginning January 21, 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 Center, 211 E. Boulevard, Meets Tuesday beginning January 19, 6:00P-7:30P, Instructor: Jeremiah Linson

Section No. 2: Carbondale, Parrish Grade School, Meets Thursday beginning January 21, 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 Thursday beginning January 21, 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: \$36.00

Section No. 1: John A. Logan College, Multi-Purpose Room, Meets Tuesday beginning January 19, 6:00P-7:30P, 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, Multi-Purpose Room, Meets Tuesday beginning January 19, 7:30P-9:00P, Instructor: Don Wooters

FIREARMS

ADVANCED HOME DEFENSE (PS 128). Advanced Home Defense builds on the skillsets you developed in the Basic Home Defense class. In addition to a review of the Fundamental Firearm Safety Rules, Gun Manipulation Skills and Marksmanship Principles, students will be exposed to

Shooting in Low Light, Home Defense Tactics, and Scenarios. Bring your cased and unloaded handgun to the first night of class. The course requires approximately 400 rounds of ammunition. **Prerequisite: Students must present a copy of their certificate indicating they've successfully completed a recent (2019 or later) Basic Home Defense Course.**

Sessions: 8, Fee: \$70.00, COM: \$35.00 payable to instructor first night of class.

Section No. 1: John A. Logan College, Room H123, Meets Wednesday beginning March 24 (**Late Start**), 6:00P-8:00P, Instructor: Larry Morse

BASIC HOME DEFENSE (PS 569). **Prerequisite: In order to comply with Illinois Firearm Transportation Law, students must be in possession of a valid FOID Card.** Come to this class and learn about the Universal Firearm Safety Rules, Gun Manipulation Skills and the Principles of Marksmanship, firearm and ammunition selection for self-defense, Illinois Self Defense Law, how it applies to you and much more. **Students must: (1)** Provide their own handgun and 500 rounds of practice ammunition. **(2)** Eye and ear protection. Bring your **unloaded handgun** in a case/bag/shipping box to the first night of class. **Live ammunition is not allowed in the classroom.** **Questions:** Call Larry at 618-521-0249.

Sessions: 8, Fee: 70.00, COM: \$35.00 range fee payable to the instructor first day of class.

Section No. 1: John A. Logan College, Room H126, Meets Tuesday beginning March 23 (**Late Start**), 6:00P-8:00P, Instructor: Larry Morse

HOME FIREARMS SAFETY (PS 857). If you have a gun in the home, you owe it to yourself and your family to handle, maintain and store it safely. This class gives you all the necessary information to do just that. We cover the Universal Firearms Safety Rules, Firearm Parts Identification and Function, Safe Storage and more. This is not just another boring lecture in the classroom. You'll get a chance to handle and operate a variety of firearms commonly found in the home. **What you need to bring:** A notepad, pen and a willingness to learn. Don't miss this opportunity to increase your firearm knowledge and enhance the safety of yourself and your loved ones. Note: This **IS NOT** a shooting class. If you want to shoot a firearm, the next step would be our NRA Basic Pistol Class that immediately follows this class. **Questions:** Call Larry at 618-521-0249.

Sessions: 3, Fee: \$50.00

Section No. 1: John A. Logan College, Room H126, Meets Monday beginning January 25, 6:00P-8:00P, Instructor: Larry Morse

ILLINOIS CONCEAL CARRY (8 HOUR) (PS 900). If you meet the criteria listed on the Illinois State Police Website Firearms Section (www.isp.state.il.us) for "Prior Training Credits", proof of military service, such as your DD214, an NRA Basic Pistol Certificate or other qualifying "Prior Training Credits" must be presented at the class. If you have questions regarding your eligibility, please call Larry at 618-521-0249. **What you need to bring:** Your Concealed Carry Handgun, a strong side, outside the waistband holster, a suitable belt to carry your equipment and 150 Rounds of practice ammunition. Eye and Ear Protection is mandatory. Dress for the weather. For the ladies, low cut blouses or sandals are discouraged because of the possibility of hot, airborne, expended cartridge cases from other shooters.

Sessions: 1, Fee: \$100.00, COM: Range fee of \$15.00 payable to instructor first day of class.

Section No. 1: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Sunday February 14 (**Late Start**), 8:00A-5:00P, Instructor: Larry Morse

Section No. 2: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Sunday March 14 (**Late Start**), 8:00A-5:00P, Instructor: Larry Morse

Section No. 3: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Sunday April 11 (**Late Start**), 8:00A-5:00P, Instructor: Larry Morse

Section No. 4: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Sunday May 9 (**Late Start**), 8:00A-5:00P, Instructor: Larry Morse

ILLINOIS CONCEAL CARRY (16 HOURS)

(PS 913). Illinois Law requires Concealed Carry License Applicants to successfully complete 16 hours of classroom and range training. If you qualify for 8 hours of "Prior Training Credit" for having and Honorable Discharge from military service, successfully completing an NRA Basic Pistol class or other "Prior Training Credit" activities listed on the Illinois State Police website (www.isp.state.il.us), its only necessary for you to attend 8 hours of instruction. Details are listed above in the CCW 8-hour class description. **What you need to bring:** Your concealed carry handgun, a strong side, outside the waistband holster, a suitable belt to carry your equipment and 150 rounds of practice ammunition. Eye and ear protection are mandatory. Dress for the weather. For the ladies; low cut blouses or sandals are discouraged because of the possibility of hot, airborne, expended cartridge cases from other shooters. **Questions:** Call Larry at 618-521-0249. Sessions: 2, Fee: \$150.00, COM: Range fee of \$15.00 payable to instructor first day of class.

Section No. 1: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Saturday/Sunday beginning February 13 (**Late Start**), 8:00A-5:00P, Instructor: Larry Morse

Section No. 2: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Saturday/Sunday beginning March 13 (**Late Start**), 8:00A-5:00P, Instructor: Larry Morse

Section No. 3: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Saturday/Sunday beginning April 10 (**Late Start**), 8:00A-5:00P, Instructor: Larry Morse

Section No. 4: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Saturday/Sunday beginning May 8 (**Late Start**), 8:00A-5:00P, Instructor: Larry Morse

ILLINOIS CONCEAL CARRY- 3 HOUR RENEWAL (PS 499).

This Renewal Course will cover Self Defense Law in Illinois, interactions with Law Enforcement and a host of other required topics. **What you need to bring:** Your Concealed Carry Handgun, a strong side, outside the waistband holster, a suitable belt to carry your equipment and 100 Rounds of practice ammunition. Eye and Ear Protection is mandatory. Dress for the weather. For the ladies, low cut blouses or sandals are discouraged because of the possibility of hot, airborne, expended cartridge cases from other shooters. **Questions:** Call Larry at 618-521-0249. Sessions: 1, Fee: \$40.00, COM: Range fee of \$15.00 payable to instructor first day of class.

Section No. 1: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Friday February 12 (**Late Start**), 6:00P-9:00P, Instructor: Larry Morse

Section No. 2: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Friday March 12 (**Late Start**), 6:00P-9:00P, Instructor: Larry Morse

Section No. 3: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Friday April 9 (**Late Start**), 6:00P-9:00P, Instructor: Larry Morse

Section No. 4: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Friday May 7 (**Late Start**), 6:00P-9:00P, Instructor: Larry Morse

NRA BASIC PISTOL (PS 129). Prerequisite:

Students must be Law-Abiding Citizens legally qualified to own firearms. Firearm Owner Identifications Cards (FOID) are not required to take this class but students are strongly encouraged to apply for one. This course serves the needs of both new and experienced shooters. If you're thinking about purchasing a handgun for yourself or a family member and don't know what to buy, this class will address your questions. If you're uncomfortable around firearms and want to overcome your concerns, this is an opportunity to experience firearms safety instruction in a positive, non-threatening atmosphere. If you learned to shoot on your own or from a friend and just want to polish your technique, this class is for you. You'll experience one-on-one, top quality training from competent, experienced NRA-Certified instructors. **What you need to bring:** A notepad, pen and a willingness to learn. Firearms, ammunition, eye and ear protection will be provided. **Questions:** Call Larry at 618-521-0249. Sessions: 7, Fee: \$70.00, COM: \$35.00 payable to instructor the first night of class.

Section No. 1: John A. Logan College, Room H126, Meets Monday beginning March 29 (**Late Start**), 6:00P-8:00P, Instructor: Larry Morse

NEW RIMFIRE FOR ADULTS – AN INTRO. (PS 897).

This course covers the Fundamental Rules of Firearm Safety, the Fundamentals of Rifle Marksmanship, the Operation, Maintenance and Safe Use of a rimfire rifle. If you've thought you might like a rifle for recreational shooting, hunting, pest control or home defense, this class will give you the foundations for selecting a rifle that works for you. The skills you'll learn in this class will transfer over to any larger caliber rifle. The class is open to ladies and gentlemen over the age of 18 and is limited to 10 students. **What you need to bring:** Nothing but a notepad and pen. Rifles, ammunition and eye/ear protection are furnished. **Questions:** Call Larry at 618-521-0249. Sessions: 3, Fee: \$40.00, COM: \$35.00 payable to instructor first day of class.

Section No. 1: WFPD Range, West Frankfort, Rt. 37 N, Meets Thursday beginning April 29 (**Late Start**), 6:00P-8:00P, Instructor: Larry Morse

GENERAL EDUCATION

ACT PREP - Reading – Online (PS 002). This course will offer tips and strategies to prepare students for the ACT. The session will last two hours and will provide best practices for quickly and accurately choosing the correct responses on the English and reading portions of the ACT test – some attention will also be given to the new Enhanced ACT Essay prompts. Students must be at least a sophomore in high school.

Sessions: 1. Fee: \$45.00

Section No. 1: Online – Google Meets, Meets February 3, 6:00P- 8:00P, Instructor: Amanda Hickman

BIBLICAL COUNSELING – AN INTRO (PART I) (PS 037). An Intro to Biblical Counseling Section I: Introduces a Biblical Counseling process and various pathways to certification. Useful for church leaders helping people as well as interested licensed counselors or laymen.

Sessions: 10, Fee: \$40.00, COM: \$10.00 payable to instructor the first day of class.

Section No. 1: John A. Logan College, Room G203, Meets Saturday beginning January 23, 9:30A-11:30A, Instructor: Dr. Kathy Jackson

BIBLICAL COUNSELING – AN INTRO (PART II) (PS 037). This course is five sessions with four-hour topical seminars focused on helping those with family, marriage, addiction, behavior, and mood challenges.

Sessions: 5, Fee: \$40.00, COM: \$10.00 payable to instructor the first day of class.

Section No. 2: John A Logan College, Room G203, Meets Saturday beginning April 17, 10:00A-2:00P, Instructor: Dr. Kathy Jackson

BIBLICAL COUNSELING – AN INTRO (PART III) (PS 037). This course consists of two four-hour seminars focusing on setting up an effective, church-based, biblically-derived addiction support program.

Sessions: 2, Fee: \$25.00, COM: \$10.00 payable to instructor the first day of class.

Section No. 3: John A. Logan College, Room G203, Meets Saturday beginning May 22, 10:00A-2:00P, Instructor: Dr. Kathy Jackson

BIBLICAL PATHWAYS TO HEALTH AND WHOLENESS ONLINE CLASS (PS 567). Covers nine separate pathways discussed in the Bible by which individuals can acquire physical healing and maintain health. Explains how to access those spiritual pathways logically and scientifically and also covers eight common roadblocks to spiritual-based healing and how to overcome them. Audio lessons will be accessible through YouTube. Students will receive an e-mail link each week to access the lesson and they can interact and ask questions of the instructor by e-mail throughout the week. The instructor will also send some written materials via e-mail, which students can download and print out for their personal use.

Sessions: 6, Fee: \$25.00

Section No. 1: This is an online class. Meets Thursday beginning January 29, Time TBA, Instructor: Sandra Pavloff Conner

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

Sessions: 1, Fee: \$25.00

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

Section No. 2: John A. Logan College, Room H115, Meets Wednesday March 10 (**Late Start**), 1:00P-4:00P, Instructor: Angie Ransom

NEW COMMUNICATING IN THE REAL WORLD – FIND YOUR VOICE AND SHARE YOUR MESSAGE (PS 914).

Karen Cupp and Cynthia Mill are veteran leaders in Toastmasters with a collective experience of over 25 years. Cupp and Mill have utilized their passion for educating others in effective communication as facilitators with John Maxwell and Dale Carnegie. This course is designed for individuals who are hungry to develop their ability to communicate their ideas effectively with others. In this fun and interactive environment, you will prepare and present short talks and practice impromptu speaking. Conquer your fear of communicating in a supportive environment.

Sessions: 4, Fee: \$25.00

Section No. 1: John A. Logan College, Room H123, Meets Wednesday beginning January 20, 6:00P-8:00P, Instructor: Karen Cupp

NEW FAMILY HISTORY RESEARCH (PS 856). Get started on your family history. This class is geared towards helping beginners and more advanced researchers learn good practices and techniques for organizing and starting their family tree. Topics will include vital records, census, land, military, and newspaper, cemetery along with local and online resources.

Sessions: 8, Fee: \$38.00

Section No. 1: John A. Logan College, Room H115, Meets Wednesday beginning January 20, 1:00P-3:00P, Instructor: Gloria Spinks

FINANCIAL PEACE UNIVERSITY – THE DAVE RAMSEY WAY (PS 358). Never worry about money again. This course will help you take control of your money, plan for your future, and transform your life. Dave Ramsey created Financial Peace University nearly 25 years ago after learning how to pay off debt, save and spend wisely, and build wealth. Join the 5 million people who have taken control of their money.

Sessions: 9, COM: \$129.99 (Membership & workbook).

Section No. 1: Online - Zoom, Meets Tuesday beginning January 19, 6:30P-7:30P, Instructor: Beth Porritt

Section No. 2: Online - Zoom, Meets Tuesday beginning March 23 (**Late Start**), 6:30P-7:30P, Instructor: Beth Porritt

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: 8, Fee: \$38.00

Section No. 1: John A. Logan College, Room H115, Meets Thursday beginning January 21, 6:00P-8:00P, Instructor: Gloria Spinks

IHSA SPORTS OFFICIATING: BASEBALL (PS 814). 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 Robby Blondi at (618)528-7921.

Sessions: 4, Fee: \$15.00

Section No. 1: John A. Logan College, Room H126, Meets Sunday beginning April 11 (**Late Start**), 1:00P-5:00P, Instructor: Robby Blondi

IHSA SPORTS OFFICIATING: FOOTBALL (PS 917).

This course will cover general football officiating topics such as officiating principles, rules, mechanics, conflict resolution and professionalism as well as practicing these skills in an actual high school contest. Upon completion, students may go through the application process and become a licensed Illinois High School Association (IHSA) official.

Sessions: 4, Fee: \$15.00

Section No. 1: John A. Logan College, Room H126, Meets Sunday beginning February 7 (**Late Start**), 1:00P-5:00P, Instructor: Robby Blondi

IHSA SPORTS OFFICIATING: SOFTBALL (PS 959).

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 Robby Blondi at (618)528-7921.

Sessions: 4, Fee: \$15.00

Section No. 1: John A. Logan College, Room H126, Meets Sunday beginning April 18 (**Late Start**), 1:00P-5:00P, Instructor: Robby Blondi

NEW INVESTING IN REAL ESTATE 101 (PS 912).

Karen Cupp is a seasoned real estate agent and investor who now coaches others on how to build their own successful real estate business. She incorporates life lessons and provides connections with other investors to bring you a class that is both fruitful and fun. Want to invest in real estate, but you do not know how to start? In this interactive class we will build knowledge, receive tools, and develop the confidence to act. Learn about strategy, how to find/access great deals, find funding and how to connect to the right people to help you achieve your dream.

Sessions: 8, Fee: \$65.00

Section No. 1: John A. Logan College, Room H123, Meets Monday beginning January 25, 6:00P-9:00P, Instructor: Karen Cupp

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 methods 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: 9, Fee: \$38.00

Section No. 1: John A. Logan College, Room E230, Meets Monday beginning January 25, 6:00P-8:15P, Instructor: Mara Rice



SAT PREP – READING (ONLINE) (PS 317). This course will offer tips and strategies to prepare students for the SAT. The session, offered before the April exam, will last two hours and will provide best practices for quickly and 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: Online – Google Meets, Meets Wednesday, March 10, 6:00P-8:00P, Instructor: Amanda Hickman

NEW SCREENWRITING – THE BASICS (PS 906). Every great movie begins with the script to tell the story inside you for the big screen. Learn the basics of story pacing and writing visually in a three-act structure with the goal of developing an outline and opening scenes for each participant's story. Excellent for budding novelists, also.
Sessions: 10, Fee: \$40.00

Section No. 1: John A. Logan College, Room H132, Meets Thursday beginning January 21, 6:00P-8:00P, Instructor: Jon Musgrave

SMALL ENGINE REPAIR (BEG.) (PS 069). 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, Fee: \$50.00

Section No. 1: John A. Logan College, Room V12, Meets Tuesday beginning January 19, 6:00P-9:30P, Instructor: Chad Nalley

SMALL ENGINE REPAIR (INTER/ADV) (PS 070). 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 will be discussed. Lab work includes the disassembly, measuring, and reassembly of engine components.
Sessions: 7, Fee: \$50.00

Section No. 1: John A. Logan College, Room V12, Meets Tuesday beginning March 23 (**Late Start**), 6:00P-9:30P, Instructor: Chad Nalley

SOLAR KNOWLEDGE FOR BEGINNERS – PART I (PS 090).

This four-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, 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™ - AESSolar.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! Aur '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, Fee: \$20.00

Section No. 1: Online, Meets Saturday January 23, 9:00A-3:00P, Instructor: Aur Beck

SOLAR KNOWLEDGE FOR BEGINNERS – PART II (PS 091).

Sessions: 1, Fee: \$20.00

Section No. 1: Online, Meets Saturday February 20, 9:00A-3:00P, Instructor: Aur Beck

SOLAR KNOWLEDGE FOR BEGINNERS – PART III (PS 092).

Sessions: 1, Fee: \$20.00

Section No. 1: Online, Meets Saturday March 20, 9:00A-3:00P, Instructor: Aur Beck

SOLAR KNOWLEDGE FOR BEGINNERS – PART IV (PS 096).

Sessions: 1, Fee: \$20.00

Section No. 1: Online, Meets Saturday April 24, 9:00A-3:00P, Instructor: Aur Beck

SOLAR KNOWLEDGE – HANDS ON – INTERMEDIATE II (LIVING OFF THE GRID, REALLY?) (PS 326). You must take the previous class to come to this. Hands on solar installation on a Habitat for Humanity house. This day's practical, hands-on show and tell in the installation of roof racks, solar modules and inverters. Those who successfully complete both courses will be prepared to converse with solar contractors. **For more information contact AESsolar.com or at 618-893-1717.** Sessions: 1, Fee: \$25.00

Section No. 1: John A. Logan College, Meets Saturday May 8, 9:00A-3:00P, Instructor: Aur Beck. Contact instructor at 618-893-1717 for details on the location of the class.

THE TWELVE CHARACTERISTICS OF GREAT

CUSTOMER SERVICE (PS 584). Attend this class if your business is currently in need of your customers becoming repeat guests. Customer service is the lifeblood of every business, organization, and institution who deals with the general public. Customer service is also about the total experience someone has at your establishment. From the time they drive up until the time they leave. Bob Striegel, author of the book, "How to Get A Job in High School...And Beyond," will teach you "The 12 Characteristics of Great Customer Service." From how to handle customers' complaints to going over and above guests' expectations.

Sessions: 1, Fee: \$50.00

Section No. 1: John A. Logan College, Room H126, Meets Thursday January 28, 6:00P-7:30P, Instructor: Bob Striegel

VOICEOVERS – AN INTRODUCTION (PS 543). **This is a Live Video Online Chat Class!** Explore the fun, rewarding possibilities of the voiceover industry! Discover current trends and how they make it easy and affordable for just about anyone to get involved. You'll learn about different types of voiceovers and tools you'll need to find success. Your instructor, a professional voice actor from Voices For All, will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. **You'll receive a professional voiceover evaluation later. One-time, 90-minute, introductory class. Learn more at <http://www.voicesforall.com/ooo>. Ages 18 and over. Students must have Internet Access and Video Chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS).**

For more information contact Community Ed at 618-985-2828 ext. 8537.

Sessions: 1, Fee: \$49.00

Section No. 1: Live Video Chat. This course is done online. Scheduled Saturday-Sunday beginning January 14 (**Early Start**). Time TBD, Instructor: Voices for All, LLC

WELDING – AN INTRODUCTION (PS 237). 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: 8, Fee: \$110.00

Section No. 1: John A. Logan College, Room C139, Meets Thursday beginning January 21, 6:00P-9:40P, Instructor: Mike Mausey

NEW WOMEN'S SELF-DEFENSE (PS 898). This class is designed to make you a "Hard Target" for criminal predators. We'll cover a multitude of topics including methods to Avoid, Deter, and Respond to unwanted attention and outright criminal attacks. This is not a shooting class. We'll discuss firearms and how they might fit into your self-defense plan, but there will not be any live fire. If you're interested in learning the basics of shooting, sign up for our NRA Basic Pistol Class immediately following this class. Students need to bring a notepad, pen and a willingness to learn. **Questions:** Call Larry at 618-521-0249.

Sessions: 3, Fee: \$40.00

Section No. 1: John A. Logan College, Room H126, Meets Tuesday beginning January 26 (**Late Start**), 6:00P-8:00P, Instructor: Larry Morse

WRITING THE SHORT, SHORT STORY – AN INTRO (PS 896). New! Writing the Short, Short Story at an Introductory Level. Learn to write the short, short story with author and founding editor or the Dribble Drabble Literary Review. Explore flash fiction/little-ature at its finest. Help curate the Review itself. Also, work toward getting your writing included and published!

Sessions: 8, Fee: \$35.00

Section No. 1: John A. Logan College, Room H125, Meets Thursday beginning January 21, 6:00P-8:00P, Instructor: Keith Hoerner

NEW WRITING THE SHORT, SHORT STORY (INTER) (PS 905). New! Writing the Short, Short Story at an Intermediate Level. Learn to write the short, short story with author and founding editor of The Dribble Drabble Literary Review. Explore flash fiction/little-ature at its finest. Help curate the Review itself. Also, work toward getting your writing included and published!

Sessions: 8, Fee: \$35.00

Section No. 1: John A. Logan College, Room H125, Meets Thursday beginning March 25 (**Late Start**), 6:00P-8:00P, Instructor: Keith Hoerner

HOMEMAKING

ESSENTIAL OILS 101 & BEYOND (PS 950). **This is an Online Class!** Zoom sessions. Information will be emailed from instructor to participant after they are registered in the class. No make & takes or COM. It is the Essential Oils 101 but repackaged as Essential Oils Education Online. How do essential oils work and how can you use them to benefit your health? Demonstrations

will be done online and you can do them from home with a materials list provided by the instructor.
Sessions: 10, Fee: \$40.00

Section No. 1: Online – Zoom, Meets Tuesday beginning January 19, 6:00P-8:00P, Instructor: Joyce Fisher

NEW QUILTING – STASH BUSTER (PS 915). Hey Quilters, let's Bust our Stash! This quilt project is great for those that like to be "matchy-matchy" or those that have scraps left over from other projects. You'll be amazed at how beautiful your stash looks as a finished project.
Sessions: 8, Fee: \$40.00, COM

Section No. 1: John A. Logan College, Room H133, Meets Tuesday beginning January 19, 6:00P-8:30P, Instructor: Carla Shasteen

QUILTING – UFO CHALLENGE CLASS, UNFINISHED OBJECT (PS 492). Whether you ran out of time, did not have the right materials, or just got sick of the quilt, you probably have an Un-Finished Object that needs to be completed. In this class, you can share ideas, get motivation and receive the help that you need to get your quilt projects finished. All UFO quilting projects are welcome! Cost of Materials depends on project.
Sessions: 8, Fee: \$40.00

Section No. 1: John A. Logan College, Room H133, Meets Thursday beginning January 21, 6:00P-8:30P, Instructor: Carla Shasteen

MUSIC

BOWED PSALTERY (PS 763). Bowed Psaltery is a simple bowed instrument (Google it). Among members, we have collected a couple hundred favorite songs. Everyone contributes songs they like. We play for events at Christmas and other times. There is a conference every Spring that some of us attend in Beckley, WV. Please call 618-579-9128 for more info.
Sessions: 10, Fee: \$60.00, COM: \$5.00 payable to instructor.

Section No. 1: Carbondale, First Christian Church, 306 W. Monroe St., Activity Room, Meets Tuesday beginning January 19, 1:00P-3:00P, Instructor: Ken Wollberg

FUNDAMENTALS OF FIDDLE (PS 541). Learn basic technique of bow hold, playing position, bowing from right elbow, rhythms and bowing styles in all parts of the bow, basic note reading...The goal is beautiful sound from the beginning – using the bow wisely. You need not come into class with any prior musical experience. Just bring a violin and want to learn! Please call 618-579-9128 for more info. You'll need a violin outfit, and you should have *Suzuki Violin Book 1*.
Sessions: 10, Fee: \$60.00, COM: \$5.00 payable to instructor first night of class.

Section No. 1: Carbondale, First Christian Church, 306 W. Monroe St., Activity Room, Meets Thursday beginning January 21, 3:00P-5:00P, Instructor: Ken Wollberg

Section No. 2: Marion, Marion Antique Mall, 503 N. Madison St., Meets Monday beginning January 18, 5:00P-6:30P, Instructor: Ken Wollberg

GUITAR (BEG) (PS 222). Group instruction will be given to students with acoustic or electric guitars and who have little or no experience playing the guitar. Students must bring their own guitars.
Sessions: 10, Fee: \$50.00, COM: \$5.00 payable to instructor the first night of class.

Section No. 1: Marion, Samson's Secret Salon Annex, 214 E. Blvd., Meets Tuesday beginning January 19, 6:00P-7:30P, Instructor: Mark Fisher

GUITAR (INTER) (PS 562). This class is for the guitar player who has mastered basic chords and strumming techniques and who desires to move beyond this to more advanced techniques. Course content will be dependent on the skill level and needs of the enrolled students and will be determined at the beginning of the class and as the class evolves.
Sessions: 10, Fee: \$50.00, COM: \$5.00 payable to instructor the first night of class.

Section No. 1: Marion, Samson's Secret Salon Annex, 214 E. Blvd, Meets Tuesday beginning January 19, 7:30P-9:00P, Instructor: Mark Fisher

PET CARE

DOG AGILITY TRAINING 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, pay more attention to the handler and have lots of fun. Masks will be required. See map on web site under "Student Info".
Sessions: 6, Fee: \$85.00, COM: \$20.00 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 beginning March 7 (**Late Start**), 4:00P-5:00P, Instructor: Carol Ely

DOG OBEDIENCE (for Home) BEGINNER LEVEL 1 (PS 400) Dog minimum 4 months old. We will cover basic commands, and Home Obedience, handouts and demos. Positive training methods used. Continuous barking or aggressive dogs will not be allowed to stay in class. Handler may continue to attend classes without dog. Family member handling dog must be registered. **Shot records due first night of class. Behavioral paperwork to be filled out in class. No dogs first night.** Face masks may be required along with an 8ft distance rule.
Sessions: 6, Fee: \$85.00

Section No. 1: Murphysboro, National Guard Armory, 3702 New Era Rd., Meets Tuesday, beginning January 19, 6:00P-7:00P, Instructor: Carol Ely

Section No. 2: Murphysboro, National Guard Armory, 3702 New Era Rd., Meets Tuesday, beginning March 9 (**Late Start**), 6:00P-7:00P, Instructor: Carol Ely

DOG SHOWHANDLING (PS 401). Prepares the student and their dog(s) for AKC and UKC conformation shows. No prerequisite for dogs or students with beginner's welcome. Masks inside the building will be required. (**Shot records are due the first night of class.**)
Sessions: 10, Fee: \$85.00

Section No. 1: Murphysboro, National Guard Armory, 3702 New Era Rd., Meets Monday beginning January 25, 6:00P-7:30P, Instructor: Rodney Jones

NW110 BEGINNING NOSE/SCENT 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. Face masks may be required along with an 8ft distance rule.**

Sessions: 6, Fee: \$60.00, COM: \$10.00 payable to instructor first night of class.

Section No. 1: Murphysboro, National Guard Armory, 3702 New Era Rd., Meets Wednesday beginning January 20, 5:30P-6:00P, Instructor: Carol Ely

Section No. 2: Murphysboro, National Guard Armory, 3702 New Era Rd., Meets Wednesday beginning March 10 (**Late Start**), 5:30P-6:00P, Instructor: Carol Ely

NW 120 ADVANCED NOSE/SCENT WORK SEARCHING (PS 920) This is the next level for Nose Work Dogs. We begin to search areas - rooms, suit cases, 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. Face masks may be required along with an 8ft distance rule.**

Sessions: 6, Fee: \$85.00, COM: \$5.00 payable to instructor first night of class.

Section No. 1: Murphysboro, National Guard Armory, 3702 New Era Rd., Meets Wednesday beginning January 20, 6:00P-8:00P, Instructor: Carol Ely

Section No. 2: Murphysboro, National Guard Armory, 3702 New Era Rd., Meets Wednesday beginning March 10 (**Late Start**), 6:00P-8:00P, Instructor: Carol Ely

PHOTOGRAPHY

PHOTOGRAPHY (OUTDOORS, WILDLIFE, & BIRDING) (PS 628). Students will learn advanced steps of capturing and processing outdoor shots, including motion and action shots, natural habitat, basic techniques, and more. Emphasis will be on outdoor shots, such as birding and other wildlife. Saturday field trips to various locations in Southern Illinois include Crab Orchard Refuge, Mermet Lake, and others. Bring cameras to each session. Sessions: 6, Fee: \$45.00

Section No. 1: John A. Logan College, Room H125, Meets Mondays beginning March 15, 22, & 29 from 6:00P-8:00P & Saturdays including March 20, 27 & April 3, 10 from 8:00A-1:00P (**Late Start**), Instructor: LaRita Nance

PHYSICAL EDUCATION

HIKING SOUTHERN ILLINOIS PARKS (PS 124). Southern Illinois Parks offer excellent winter hiking experiences. This class will be offered in two sessions. One session will meet on Thursdays the 14, 21, 28 of January. The other on Saturdays the 16, 23, 30 of January. Weather conditions will be taken into consideration and make up classes will be offered in the event of weather cancellations. **Hikes are planned in the order: Giant City State Park, Crab Orchard National Wildlife Refuge, and Ferne Clyffe State Park.** For Giant City and Crab Orchard meet at their Visitors Centers at 10:00. We will hike two to three miles on trails that are rated easy to moderate. The pace will be set to meet the needs of participants. Comfortable and weather appropriate boots, hats, gloves and layered clothing are recommended. Hiking pole(s) and hands-free water are necessary. CDC Covid-19 guidelines will be followed. Sessions: 3, Fee: \$30.00

Section No. 1: Giant City State Park Visitors Center parking lot, Meets Thursday beginning January 14 (**Early Start**), 10:00A-12:00P, Instructor: Cheryl Stein
Section No. 2: Giant City State Park Visitors Center, Meets Saturday beginning January 16 (**Early Start**), 10:00A-12:00A, Instructor: Cheryl Stein



STRETCHING AND STRENGTHENING WITH GENTLE YOGA (PS 427).

This is a hybrid class which will begin with muscle strengthening exercises for both upper and lower body, as well as core strengthening. The second part of the session will include gentle yoga postures for beginning yoga students. Over the ten weeks of sessions, students will learn diaphragmatic breathing, body and breath awareness, posture and spinal alignment, yoga poses to improve strength and flexibility, and relaxation to quiet the body, mind, and spirit. Many exercises and poses can be done while seated or adapted to those who are less flexible. Both men and women are welcome! **Equipment needed for class:** Yoga mat, two yoga blocks, yoga strap, 2-3lb hand weights, playground ball and some students may want to bring small pillows and a blanket.

Sessions: 10, Fee: \$25.00

Section No. 9N: Willisville, St. Joseph Parrish Hall, 505 Broadway St., Meets Wednesday beginning January 20, 10:00A-11:00A, Instructor: Martha Peebles

VOLLEYBALL COED (PS 111). A class to tone leg and arm muscles and provide recreation and pleasure for the participant. For any questions, please contact Rindy Nehrkorn at 618-889-5015. Sessions: 10, Fee: \$40.00

Section No. 1: Crab Orchard High School, 19189 Bailey St., Meets Wednesday beginning January 20, 6:00P-8:00P, Instructor: Rindy Nehrkorn



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



Membership

HOURS OF OPERATION

Fitness Center

Mon-Fri 5:30am-8:30pm

Sat 5:30am-6pm

Sun 12-6pm

Aquatic Center

Mon-Fri 5:30-9am

11am-1pm

6:30-8:30pm

T/TH 3-5pm

Sat 5:30-10am

Orientation Video

Orientation video for new users! All new users are required to view a 6-minute orientation video. This orientation covers rules and other information about the facility. The video can be viewed at the fitness desk or online from the Logan Fitness website. Once the video has been viewed one time, you will not be required to complete the video again in the future.



Membership includes unlimited access to the fitness center and aquatic center

• One Month (30 days)

Community: \$30 Veterans/Seniors (65+): \$25

• Spring Semester (January 1—May 15)

Community: \$115 Veterans/Seniors (65+): \$99 HS Student: \$65

• Annual (1 full year)

Community: \$300 Veterans/Seniors (65+): \$264

*Other discounts: 20% off additional household members; 10% off SIH employees

Contact Logan Fitness staff at 985-2828 ext. 8502 for questions.

www.jalc.edu/loganfitness

FREE - ONE DAY PASS

This coupon is good for (1) free day pass to Logan Fitness at John A. Logan College. Present this coupon to the desk staff at Logan Fitness to gain access to the fitness and/or aquatic center. Please check facility hours and open swim times. User must adhere to facility dress code and regulations. Offer not valid on any other Logan Fitness products or services. Each individual is limited to (1) free day pass coupon per semester.



SPRING 2021 FITNESS & AQUATICS CLASSES AT A GLANCE

CLASSES BEGIN JANUARY 11TH

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00am Silver Sneakers Classic</p> <p>8:00am Seniors Stability-ONLINE</p> <p>9:00am Aqua Toning/Aerobics (Shallow)</p> <p>9:00am Arthritis Aquatics (Silver Sneakers Splash)</p> <p>9:00am Stretching and Toning</p> <p>9:00am Yoga-ONLINE</p> <p>10:00am Aqua Yoga</p> <p>10:00am Advanced Swimming</p> <p>10:00am Stretching & Toning</p> <p>10:30am Yoga w/ Chair Assist-ONLINE</p> <p>11:00am Zumba</p> <p>11:10am Lunch Hour Workout</p> <p>4:00pm Arthritis Aquatics (Silver Sneakers Splash)</p> <p>4:00pm Aqua Toning and Aerobics (Deep)</p> <p>5:00pm Post-Injury Strengthening and Conditioning</p> <p>5:00pm Get In Shape!</p> <p>5:00pm Swim Lesson Level 3</p> <p>5:45pm Swim Lesson Level 1</p> <p>5:45pm Swim Lesson Level 2</p> <p>5:45pm Advanced Swimming</p> <p>6:00pm Yoga</p>	<p>8:00am Silver Sneakers Classic</p> <p>9:00am Stretching and Toning</p> <p>9:00am Arthritis Aquatics (Silver Sneakers Splash)</p> <p>9:00am Aqua Toning & Aerobics (Deep)</p> <p>10:00am Silver Sneakers Circuit</p> <p>10:00am Arthritis Aquatics (Silver Sneakers Splash)</p> <p>10:00am Silver Sneakers Yoga</p> <p>5:00pm Competitive Youth Swimming</p> <p>5:00pm Pound</p> <p>5:45pm Swim Lesson Level 1</p> <p>5:45pm Swim Lesson Level 2</p> <p>6:00pm Boot Camp</p>	<p>8:00am Silver Sneakers Classic</p> <p>8:00am Seniors Stability-ONLINE</p> <p>9:00am Aqua Toning/Aerobics (Shallow)</p> <p>9:00am Arthritis Aquatics (Silver Sneakers Splash)</p> <p>9:00am Stretching and Toning</p> <p>9:00am Yoga-ONLINE</p> <p>10:00am Aqua Yoga</p> <p>10:00am Advanced Swimming</p> <p>10:00am Stretching & Toning</p> <p>10:30am Yoga w/ Chair Assist-ONLINE</p> <p>11:00am Zumba</p> <p>11:10pm Lunch Hour Workout</p> <p>4:00pm Arthritis Aquatics (Silver Sneakers Splash)</p> <p>4:00pm Aqua Toning and Aerobics (Deep)</p> <p>5:00pm Post-Injury Strengthening and Conditioning</p> <p>5:00pm Get In Shape!</p> <p>5:00pm Pound</p> <p>5:00pm Swim Level 3</p> <p>5:45pm Advanced Swimming</p> <p>6:00pm Yoga</p>	<p>8:00am Silver Sneakers Classic</p> <p>9:00am Stretching and Toning</p> <p>9:00am Arthritis Aquatics (Silver Sneakers Splash)</p> <p>9:00am Aqua Toning and Aerobics (Deep)</p> <p>10:00am Silver Sneakers Circuit</p> <p>10:00am Arthritis Aquatics (Silver Sneakers Splash)</p> <p>10:00am Silver Sneakers Yoga</p> <p>5:00pm Competitive Youth Swimming</p> <p>5:00 Kenpo Karate Jui Jitsu for Kids</p> <p>5:00pm Swim Lesson Level 1</p> <p>5:45pm Swim Lesson Level 2</p> <p>6:00pm Boot Camp</p> <p>6:30 Kenpo Karate Jui Jitsu</p>	<p>9:00am Aqua Toning/Aerobics (Shallow)</p> <p>9:00am Arthritis Aquatics (Silver Sneakers Splash)</p> <p>10:00am Aqua Yoga</p> <p>10:00am Advanced Swimming</p>
				Saturday
				<p>8:30am Total Body with Abs</p> <p>9:00am Yoga-ONLINE</p> <p>10:00am Parent & Tot Swim - Babies</p> <p>10:00am Swim Lesson Level 3</p> <p>11:00am Aqua Zumba</p> <p>11:00am Parent & Tot Swim - Toddlers</p> <p>11:00am Swim Lesson Level 1</p> <p>12:00pm Swim Lesson Level 2</p>



consistently throughout the year, and to track their progress along the way.

Any stroke, kick, pull, or drill that gets a participant from one side of the pool to the other counts towards the 100 mile goal. Training equipment such as fins, paddles, kick boards, and pull bouys are also allowed. At Logan Fitness, 35 laps down and back equals one mile (1750 yards). Swimmers will record the distance for each workout in the Logan Fitness Aquatic Center to receive credit for their swim. At the end of each month, results for the event will be updated on the leader board. Water walking and jogging is also permitted in the 100 miles challenge. 10 minutes of water walking or jogging in the therapy pool equals 300 yards.

The **100-Mile Swim Challenge** is a friendly competition that encourages each person to swim 100 miles over the course of a year (January 1, 2021-December 31, 2021). To reach this goal, participants will need to swim about 2 miles each week. This program encourages Logan Fitness swimmers to push themselves to swim further, to swim

To give yourself maximum time to complete the 100 mile swim challenge, please sign up by January 1. Swimmers may still sign up after the event begins, but the price and distance will not be prorated. Please email kassandrarjones@gmail.com if you have any questions. **Cost: \$25.00**



CORPORATE MEMBERSHIP

Keep your co-workers healthy!



CORPORATE MEMBERSHIP TERMS

1. A minimum of 6 employees must register during a given period in order for the business to qualify for the corporate membership rate.
2. Corporate membership length: 6 months (January 1-June 30 and July 1-December 31).
3. Corporate membership rate: \$100 per individual (per 6 month period).
 - a. (The corporate membership rate equals a savings of \$100 per year per individual, as the standard annual community membership rate is \$300 per year)
 - d. Each individual will be required to take a photo and sign the facility waiver upon their first visit.
2. Employees may register and pay individually. This option will work best for businesses that are not covering 100% of their employees' membership costs.
 - a. Business will submit list of employees (minimum of 6) to Logan Fitness.
 - b. When employees who are on the list come in separately to register, Logan Fitness will verify their name on the list and register them for the corporate membership rate.

PAYMENT OPTIONS

1. Businesses may pay for all participating individuals up front. This option will work best for businesses that are covering 100% of their employees' membership costs.
 - a. Logan Fitness will provide the business with the necessary number of membership forms.
 - b. Businesses will submit the completed membership forms to Logan Fitness.
 - c. Logan Fitness will register each individual and send an invoice to the business for payment.

Reasons to Pursue a Corporate Membership

Healthy, happy people are better employees. A well-rounded wellness program, one that includes a Logan Fitness membership, is attractive to current and potential employees. An estimated 25-30% of companies' medical costs each year are spent on employees with excess, often preventable, health risk. Other wellness program benefits:

- Increased morale
- Decreased absenteeism
- Reduced health care costs

AQUATIC CENTER CLASSES

The Aquatic Center consists of two pools. The 75' x 58' lap pool is kept at 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.

ADVANCED SWIMMING (AQ19)

This course is for those either looking for a programmed lap swimming workout, or those interested in refining their technique and learning the proper mechanics of each stroke. A swim coach will provide a different swim workout each class. The coach will also be available to work individually with students needing assistance on specific strokes or swimming techniques.

Fee: \$55.00

LAP POOL

Instructor: Kassi Jones
 Section 01A: MWF 10:00A-10:50A 1/11-3/5
 Section 01B: MWF 10:00A-10:50A 3/15-5/7

Fee: \$45.00

LAP POOL

Instructor: Kelsie Walker
 Section 02A: MW 5:45P-6:30P 1/11-3/3
 Section 02B: MW 5:45P-6:30P 3/15-5/5

AQUA TONING & AEROBICS – DEEP (AQ23)

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 while wearing a buoyant water belt, with some warm-up and cool-down activities in the shallow end (3.5 feet deep).

Fee: \$45.00

LAP POOL

Instructor: Kelsie Walker
 Section 01A: MW 4:00P-4:50P 1/11-3/3
 Section 01B: MW 4:00P-4:50P 3/15-5/5

Instructor: Kassi Jones
 Section 02A: T/Th 9:00A-9:50A 1/12-3/4
 Section 02B: T/Th 9:00A-9:50A 3/16-5/6

AQUA TONING & AEROBICS – SHALLOW (AQ22)

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 (3.5 feet deep).

Fee: \$55.00

LAP POOL

Instructor: Debbie Fosse
 Section 01A: MWF 9:00A-9:50A 1/11-3/5
 Section 01B: MWF 9:00A-9:50A 3/15-5/7

AQUA YOGA (AQ24)

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.

Fee: \$55.00

THERAPY POOL

Instructor: Debbie Fosse
 Section 01A: MWF 10:00A-10:50A 1/11-3/5
 Section 01B: MWF 10:00A-10:50A 3/15-5/7

AQUA ZUMBA (AQ34)

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging,

water-based, body-toning workout. Liven up your working week with some Latin flavor!

Fee: \$35.00

LAP POOL

Instructor: Elizabeth Taylor
 Section 01A: Sa 11:00A-11:50A 1/16-3/6
 Section 01B: Sa 11:00A-11:50A 3/20-5/8

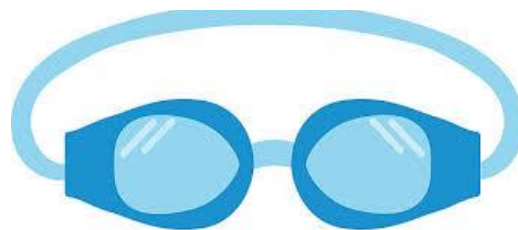
POST-INJURY AQUA STRENGTH & CONDITIONING (AQ29)

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 skill levels are welcome.

Fee: \$45.00

THERAPY POOL

Instructor: Marcia Skinner
 Section 01A: MW 5:00P-5:45P 1/11-3/3
 Section 01B: MW 5:00P-5:45P 3/15-5/5



SILVERSNEAKERS® SPLASH (ARTHRITIS AQUATICS) (AQ18)

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. SilverSneakers members may take this class for no charge.

Fee: \$55.00 (non-SilverSneakers members)

THERAPY POOL

Instructor: Kassi Jones
 Section 01A: MWF 9:00A-9:50A 1/11-3/5
 Section 01B: MWF 9:00A-9:50A 3/15-5/7

Fee: \$45.00 (non-SilverSneakers members)

THERAPY POOL

Instructor: Ashley Stevens
 Section 02A: MW 4:00P-4:50P 1/11-3/3
 Section 02B: MW 4:00P-4:50P 3/15-5/5
 Section 03A: T/Th 9:00A-9:50A 1/12-3/4
 Section 03B: T/Th 9:00A-9:50A 3/16-5/6

Instructor: Kassi Jones
 Section 04A: T/Th 10:00A-10:45A 1/12-3/4
 Section 04B: T/Th 10:00A-10:45A 3/16-5/6

Fee: \$45.00 (non-SilverSneakers members)

LAP POOL

Instructor: Ashley Stevens
 Section 05A: T/Th 10:00A-10:45A 1/12-3/4
 Section 05B: T/Th 10:00A-10:45A 3/16-5/6

LIFEGUARD CERTIFICATION (AQ26)

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.

Fee: \$250.00

LAP POOL

Instructor:

Kassi Jones

Section 01: 4 Sessions

Thursday, April 29th 5:30-8:30pm

Sunday, May 2nd 8am-6pm

Sunday, May 9th 8am-6pm

Tuesday, May 11th 5:30-8:30pm

LIFEGUARD RE-CERTIFICATION (AQ27)

This course is for lifeguards who are currently certified but need their certification to be renewed. 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 same requirements as the basic certification course.

Fee: \$169.00

LAP POOL

Instructor:

Kassi Jones

Section 01: 3 Sessions

Thursday, April 29th 5:30-8:30pm

Sunday, May 2nd 8am-2pm

Sunday, May 9th 8am-2pm

SWIM LESSONS

PRIVATE SWIM LESSONS

Private swim lessons are on an as-scheduled basis. Visit the fitness desk to fill out an introductory packet or download the packet from the Logan Fitness website. Once your information is submitted, a private swim instructor will contact you within 72 hours to schedule your lessons. Each private lesson lasts 40 minutes.

Cost:

1 lesson- \$35.00

4 lesson package- \$100.00

8 lesson package - \$160.00

Semi-private swim lessons are also available (two students at once). Prices for semi-private lessons below:

1 lesson- \$45.00

4 lesson package- \$140.00

8 lesson package - \$240.00



COMPETITIVE YOUTH (AQ14)

Group swim lessons ranging from 2-16 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 and 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.

Fee: \$110.00

LAP POOL

Instructor:

Fallon Scillufo

Section 01A: T/Th 5:00P-6:00P

1/12-3/4

Section 01B: T/Th 5:00P-6:00P

3/16-5/6

PARENT AND TOT SWIM – 6MO.-2 YEARS (AQ15)

For ages 6 months – 2 years old. One parent/guardian is required in the water with the child. This class instructs parents/guardians and children on safety techniques and gaining children's comfort in the water. Practice movement in water with proper alignment, kicking and arm movement, jumping in and floating. Experience fun activities in the water.

Fee: \$45.00

THERAPY POOL

Instructor:

Ashley Stevens

Section 01A: Sa 10:00A-10:40A

1/16-3/6

Section 01B: Sa 10:00A-10:40A

3/20-5/8

PARENT AND TOT SWIM – 3-4 YEARS (AQ31)

For ages 3 years old – 4 years old. One parent/guardian is required in the water with the child. This class instructs parents/guardians and children on safety techniques and gaining children's comfort in the water. Practice movement in water with proper alignment, kicking and arm movement, jumping in and floating. Experience fun activities in the water.

Fee: \$45.00

THERAPY POOL

Instructor:

Ashley Stevens

Section 01A: Sa 11:00A-11:40A

1/16-3/6

Section 01B: Sa 11:00A-11:40A

3/20-5/8

SWIM LESSONS (BEG.) LEVEL 1 (AQ11)

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

Fee: \$60.00

THERAPY POOL

Instructor:

Gabriella Burkett

Section 01A: M 5:45P-6:30P

1/11-3/1

Section 01B: M 5:45P-6:30P

3/15-5/3

Instructor:

Francesca Burkett

Section 02A: T 5:45P-6:30P

1/12-3/2

Section 02B: T 5:45P-6:30P

3/16-5/4

Instructor:

Francesca Burkett

Section 03A: Th 5:00P-5:45P

1/14-3/4

Section 03B: Th 5:00P-5:45P

3/18-5/6

Instructor:

Fallon Scillufo

Section 04A: Sa 11:00A-11:45A

1/16-3/6

Section 04B: Sa 11:00A-11:45A

3/20-5/8

SWIM LESSONS (BEG.) LEVEL 2 (AQ12)

Group swim lessons ranging from 2-6 students. Must be at least 4 years of age. The primary objective of this course is to introduce children to the proper aquatic methods of beginning swimming. Methods of instruction include skill introduction

and practice of swimming. When skills are learned, new skills will be introduced to build upon the participant's success. This level is for students who are comfortable being in the water but need to learn basic skills. Class focuses on learning how to swim and may introduce basic strokes. Children under the age of 12 will be required to have a parent on deck.

Fee: \$60.00

THERAPY POOL

Instructor: Carmen Burkett
 Section 01A: M 5:45P-6:30P 1/11-3/1
 Section 01B: M 5:45P-6:30P 3/15-5/3

Instructor: Carmen Burkett
 Section 02A: T 5:45P-6:30P 1/12-3/2
 Section 02B: T 5:45P-6:30P 3/16-5/4

Instructor: Francesca Burkett
 Section 03A: Th 5:45P-6:30P 1/14-3/4
 Section 03B: Th 5:45P-6:30P 3/18-5/6

Instructor: Fallon Scillufo
 Section 04A: Sa 12:00P-12:45P 1/16-3/6
 Section 04B: Sa 12:00P-12:45P 3/20-5/8

SWIM LESSONS (INTER.) LEVEL 3 (AQ13)

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

Fee: \$60.00

LAP POOL

Instructor: Carmen Burkett
 Section 01A: M 5:00P-5:45P 1/11-3/1
 Section 01B: M 5:00P-5:45P 3/15-5/3

Instructor: Kelsie Walker
 Section 02A: W 5:00P-5:45P 1/13-3/3
 Section 02B: W 5:00P-5:45P 3/17-5/5

Instructor: Fallon Scillufo
 Section 03A: Sa 10:00A-10:45A 1/16-3/6
 Section 03B: Sa 10:00A-10:45A 3/20-5/8

FITNESS CENTER

BOOT CAMP (FT45)

Boot Camp encompasses the true idea of a next level training class. This boot camp is circuit inspired with stations that will challenge and push you to new exercise levels. Prepare to max out your cardio burn in between circuits with sprints and other heart pumping exercises. This 50-minute sweat-fest differs weekly so you never know what you are in for - crunches, box jumps, squats and much more!

Fee: \$45.00

J120

Instructor: Jennifer Suthard
 Section 01A: T/Th 6:00P-6:50P 1/12-3/4
 Section 01B: T/Th 6:00P-6:50P 3/16-5/6

GET IN SHAPE!!! (FT21)

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

J120

Instructor: Jennifer Gulley
 Section 01A: M/W 5:00P-5:50P 1/11-3/3
 Section 01B: M/W 5:00P-5:50P 3/15-5/5

KENPO KARATE JUI JITSU (FT23)

Karate - Jui Jitsu - Self Defense. KIDS AND ADULTS WELCOME! Kids age 8 & up must have prior experience. (Parent can attend without prior karate experience). Students will learn martial arts basics including gaining or improving confidence, self-esteem, self-control, coordination, balance, reaction time, overall physical and mental conditioning, and respect for others.

Fee: \$55.00

J222

Instructor: Gary Douglas
 Section 01A: Th 6:30P-8:30P 1/14-3/4
 Section 01B: Th 6:30P-8:30P 3/18-5/6

KENPO KARATE JUI JITSU FOR KIDS (FT24)

For kids ages 6-12. Students will learn martial arts basics including gaining or improving confidence, self-esteem, self-control, coordination, balance, reaction time, overall physical and mental conditioning, and respect for others.

Fee: \$50.00

J222

Instructor: Gary Douglas
 Section 01A: Th 5:00P-6:30P 1/14-3/4
 Section 01B: Th 5:00P-6:30P 3/18-5/6



LUNCH HOUR WORKOUT (FT52)

The perfect length of time to squeeze in a workout during your lunch hour! Join us for a 30-minute class that will include cardio, circuit training, and toning. Elevate your heart rate and work up a quick sweat with friends and co-workers, while still leaving yourself time to change, shower, and return to work!

Fee: \$30.00

J120

Instructor: Daniele Freitas Thomas
 Section 01A: MW 11:10P-11:40P 1/11-3/3
 Section 01B: MW 11:10P-11:40P 3/15-5/5

POUND (FT47)

POUND® is the world's first cardio jam session inspired by the energizing, infectious, sweat-dripping fun of playing the drums. You won't just listen to incredible music—you'll become the music in this exhilarating, full-body workout that combines conditioning and strength training. Unleash your inner Rockstar and come #MAKENOISE at an upcoming class!

Fee: \$45.00

J222

Instructor: Debby Reimer
 Section 01A: TW 5:00P-5:50P 1/12-3/3
 Section 01B: TW 5:00P-5:50P 3/16-5/5

SENIORS STABILITY (FT55)

Stability is a class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the

ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support. Can be completed at home without equipment for this fall section.

Fee: \$45.00

ONLINE

Instructor: Abby Jurgens
 Section 01A Z: MW 8:00A-8:50A 1/11-3/3
 Section 01B Z: MW 8:00A-8:50A 3/15-5/5

SILVERSNEAKERS® CIRCUIT (FT30)

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 for no charge.

Fee: \$45.00 (non-SilverSneakers members)

J222

Instructor: Daniele Freitas Thomas
 Section 01A: MW 10:00A-10:50A 1/11-3/3
 Section 01B: MW 10:00A-10:50A 3/15-5/5

SILVERSNEAKERS® CLASSIC (FT31)

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. SilverSneakers members may take this class for no charge.

Fee: \$75.00 (non-SilverSneakers members)

J120

Instructor: Fae Ragan

Section 01A: MTWTh 8:00A-8:50A 1/11-3/4
 Section 01B: MTWTh 8:00A-8:50A 3/15-5/6



SILVERSNEAKERS® YOGA (FT33)

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. SilverSneakers members may take this class for no charge.

Fee: \$45.00 (non-SilverSneakers members)

J120

Instructor: Fae Ragan
 Section 01A: T/Th 10:00A-10:50A 1/12-3/4
 Section 01B: T/Th 10:00A-10:50A 3/16-5/6

STRETCHING AND TONING (FT36)

This course focuses on stretching to improve the participant's range of motion through activities which increase flexibility and blood flow. If participating online via Zoom, a therapy/body ball is required. Recordings for this online class will be available.

Fee: \$75.00

J120

Instructor: Fae Ragan
 Section 01A H: MTWTh 9:00A-9:50A 1/11-3/4
 Section 01B H: MTWTh 9:00A-9:50A 3/15-5/6

Fee: \$45.00

J120

Instructor: Fae Ragan
 Section 02A: MW 10:00A-10:50A 1/11-3/3
 Section 02B: MW 10:00A-10:50A 3/16-5/5

TOTAL BODY WITH ABS (FT46)

Total Body with Abs is a 50-minute, light dumbbell workout that takes you through a variety of grouped exercises. You will be working muscle groups to focus on improvements in your muscle tone, posture, balance and strength with the last 10 minutes focused on attacking those abs! Light weights along with benches and mats allow for a variety of targeted exercises making it a total body workout!

Fee: \$35.00

J120

Instructor: Jennifer Suthard
 Section 01A: Sa 9:30A-10:20A 1/16-3/6
 Section 01B: Sa 9:30A-10:20A 3/20-5/8

YOGA (FT40)

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

ONLINE

Instructor: Susan Bausch
 Section 01A Z: MW 9:00A-9:50A 1/11-3/3
 Section 01B Z: MW 9:00A-9:50A 3/15-5/5

Fee: \$45.00

J120

Instructor: Jennifer Gulley
 Section 02A: MW 6:00P-6:50P 1/11-3/3
 Section 02B: MW 6:00P-6:50P 3/15-5/5

Fee: \$35.00

ONLINE

Instructor: Susan Bausch
 Section 03A Z: Sa 9:00A-9:50A 1/16-3/6
 Section 03B Z: Sa 9:00A-9:50A 3/20-5/8

YOGA WITH CHAIR ASSIST (FT56)

This class 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. Can be completed at home without equipment for this spring section.

Fee: \$45.00

ONLINE

Instructor: Susan Bausch
 Section 01A Z: MW 10:30A-11:20A 1/11-3/3
 Section 01B Z: MW 10:30A-11:20A 3/15-5/5

ZUMBA (FT41)

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

J120

Instructor: Kelli Abell
 Section 01A: M/W 11:00A-11:50A 1/11-3/3
 Section 01B: M/W 11:00A-11:50A 3/15-5/5

Personal Training

Personal training sessions are on an as-scheduled basis. Visit the fitness desk to fill out an introductory packet or download the packet from the Logan Fitness website. Once your information is submitted, a certified personal trainer will contact you within 72 hours to schedule your sessions. Each session lasts one hour.

Cost:

1 session- \$35.00
4 session package- \$100.00
Fitness Assessment - \$35.00
8-week Written Program - \$35.00

What is 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. Tivity Health, 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 Logan Fitness, 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 class schedule in this brochure. If you qualify for SilverSneakers®, stop by the front desk or call 985-2828, Ext. 8502 to get registered.

What is RenewActive®?

Renew Active™. The gold standard in Medicare fitness programs for body and mind. It includes a free gym membership and access to our extensive, nationwide network – including this fitness location. You also get access to thousands of workout videos with Fitbit® Premium and an online brain health program from AARP® Staying Sharp®.

Renew Active is available at no additional cost, exclusively from UnitedHealthcare® Medicare Plans. Call your insurance company today to find out if you qualify! Stop by the front desk or call 985-2828, Ext. 8502 to get registered.

Strong Survivors Program

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.

One Day Passes/Week Passes Drop-In Class Passes

Logan Fitness offers One Day passes for just \$5. A One Day Pass allows you membership access to the aquatic center during open swim times and the fitness centers for all the hours we are open the day you purchase it. This is a great option for anyone who wants to give us a try or for anyone who just wants to pay for the exact days they need at Logan Fitness.

Logan Fitness offers Week Passes for just \$15. A week pass allows you membership access to the aquatic center during open swim times and the fitness center for all the hours we are open in a 7-day time frame. This is another great option for anyone who wants to give us a try but it is also great for out-of-town guests. Do you have a friend or family member coming into town who likes to workout? Schedule a week pass for them and they can join us for their workouts.

Logan Fitness offer Drop-In Class Passes for just \$8. This pass allows you class member access to a single instructor-led classes (multiple passes may be purchased). This is a great option for anyone who wants to try a class they have never taken before or try out a different instructor or time frame, and is a great way to get into the last few classes of a class section if you missed the class enrollment period.

The first time you visit for a one day pass, week pass or drop-in class pass, our Fitness Desk staff will require demographic information and will take your picture to create/update your account. This may take approximately 5 minutes. Subsequent visits in the future will simply require payment and a signature. Must be 15 years of age or older.

Social Media



Facebook: @JALCLoganFitness

Instagram: @jalc_loganfitness

Twitter: @Loganfitness_



September 25 & 26, 2021
9-5 Saturday / 9-4 Sunday

FREE FOR THE ENTIRE FAMILY!



FEATURING
TWIGGY
The Water Skiing Squirrel

FEATURING
DISCOVERY CHANNEL STAR
LACEY JONES



VENDOR & EVENT INFORMATION – Visit our website at www.sihfd.org
Contact Barry Hancock at 618-985-2828, ext. 8541 or e-mail him at sihfd@jalc.edu.



FREE GED CLASSES

Spring 2021

Students must attend both listed orientation days for the entire three hours to attend class. No exceptions.

John A. Logan College

Building H- Room H114
(Parking Lot B) Carterville, IL

Orientation dates January 11 & 12th from 8:30 am - 11:30 am

Classes meet M, T, W, TH 8:30 am - 11:30 am

Orientation will not reoccur until February 8 & 9th

Orientation dates January 19 & 20th from 6:00 pm - 9:00 pm

Classes Meet T, W, Th 6:00 pm - 9:00 pm

Orientation will not reoccur until February 23 & 24th

Herrin House of Hope

112 North 14th Street, Herrin, IL

Orientation dates January 13 & 14th from 2:00 pm - 5:00pm

Classes Meet T, W, Th 2:00 pm - 5:00 pm

Orientation will not reoccur until February 17 & 18th

Marion

(Parking lot behind the Hub/door-north side)

Zion Church 930 W Cherry St Street
(By the HUB) Marion, IL

Orientation dates January 12 & 13th 8:30 am - 11:30 am

Classes Meet T, W, Th 8:30 am - 11:30 am

Orientation will not reoccur until February 16 & 17th

Orientation dates January 19 & 20th from 6:00 pm - 9:00 pm

Classes Meet T, W, Th 6:00 pm - 9:00 pm

Orientation will not reoccur until February 23 & 24th

West Frankfort Library

402 East Poplar Street West Frankfort, IL

Orientation dates January 13 & 14th from 9:00 am - 12:00 pm

Classes Meet: T, W, Th 9:00 am - 12:00 pm

Orientation will not reoccur until February 17 & 18th

Orientation dates January 13 & 14th from 2:00 pm - 5:00 pm

Classes Meet T, W, Th 2:00 pm - 5:00 pm

Orientation will not reoccur until February 17 & 18th

Due to Covid class size will be limited, please call to be put on the list.

Face covering will be required (Please bring your own).

Health check will occur before entering classroom. Class orientations subject to change, check Facebook/website for up to date information.

Do you need to improve your basic reading, writing or math skills? Do you need English as a second language instruction? The John A. Logan College Literacy Program provides free tutoring services to adults 17 years and older and not enrolled in school. Tutoring is private, confidential and takes place in your community. Trained volunteer tutors are here to help. Call Sondra at 618-985-3741 ext. 8414.

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 8566, 8901, or 8539

Visit us on the web <http://www.jalc.edu/abse/abged.php>

**For transportation availability please call
Rides Mass Transit District
1-618-993-1900**

**Students 16 & 17 years of age must have
release form from school, prior to
GED registration.**



A proud partner of the American Job Center network

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 Literacy. Federal funds in the amount of \$79,355 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." 11/20/2020

Center for Workforce Development

Welcome to the Center for Workforce Development (formerly Center for Business & Industry and Continuing Education) at John A. Logan College. The Center is devoted to training the unemployed, underemployed, and currently employed who need to upgrade workplace skills.

For complete course information and registration please visit our website at www.jalc.edu/cwd.

For questions please call 618.985.2828, ext. 8597 or email [cwg@jalc.edu](mailto:cwd@jalc.edu).



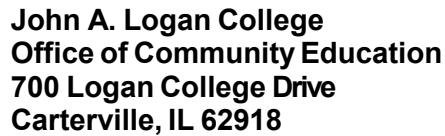
Continuing Education and Professional Development * Healthcare & CPR Courses * Highway Construction Careers Training Program (HCCTP) * Occupational Health and Safety Courses * Workplace Skills and Computer Training * Supervisory and Management Training * Industrial Topics *

Upcoming Courses for Spring 2021 (Subject to change)

- | | |
|---|---|
| <ul style="list-style-type: none">• Advanced Phlebotomy• Phlebotomy Skills• Basic Dysrhythmia• IV Therapy• BLS Instructor Class• BLS Provider Class• Heartsaver PEDS• Heartsaver First Aid CPR AED | <ul style="list-style-type: none">• Food Protection Manager• Cyber Security• Health and Safety (OSHA)• Pharmacy Technician Certification• Real Estate Broker Pre-license• Waterworks Operations Basics• Other courses added through the semester! |
|---|---|

*Additional courses are added through the semester as needed or requested.

Courses that are not **essential for employment will not be held on campus and may be available online due to Covid 19 restrictions.



***John A. Logan College toll-free telephone numbers:
Office of Community 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 – Community Education Department

Web Site – Visit our Web Site at
<http://ialc.edu/community-education>