



JOHN A. LOGAN COLLEGE

Community Education, Logan Fitness,
and Workforce Development Classes

SUMMER SEMESTER CLASSES BEGIN
JUNE 7, 2021



Cake Decorating



Science Camp



Jr. Police Academy



Jr. Lifeguarding Camp

"An investment in knowledge always pays the best interest." -- Benjamin Franklin

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JOHN A. LOGAN COLLEGE

COMMUNITY EDUCATION DEPARTMENT



Officers of the College

Dr. Kirk Overstreet, President
Dr. Melanie Pecord, Provost
Dr. Clay Brewer, Interim Vice-President for Administration
Mrs. Stacy Buckingham, Interim Vice-President for Business Services



A Message from the President

Dear Friends,
I hope you enjoy the summer 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 Summer 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 Summer 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 many new classes this summer, including an excellent selection of Camps for Kids such as new camps on Rocketry, Art, Babysitting Preparedness, Heart Smart, Ecology-Birds/Bees/Beasts, Fun with Hair, Skin and Nails, and Yoga. Popular camps will again be offered such as Chess, Cookies for Kids, Jr. Police Academy, Science-Beg & Adv, and more. We will be offering several new classes for adults this summer, including Going Beyond your Why, Goalsetting Aligned with your Purpose, Novice Scent work for Dogs, Yoga, Water Aerobics and more.

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.

This will be my last semester at the college as I will be retiring on June 30 after 25 years of service. More importantly, I would like to thank all of the students who have taken classes, the instructors who have taught the classes, and the dedicated and loyal staff during these years. It's been a pleasure to see so many loyal students in our district "enhance their reservoir of knowledge" through courses that helped them obtain marketable job skills and those which enhanced their leisure and recreation opportunities. My goal for the department has always been to make peoples' lives a little better today than they were yesterday! Several hundred thousand people have been served by the department in the last 25 years and that gives me the satisfaction of knowing that goal was reached.

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 FALL**

Community Education General Information Summer Semester Classes Begin June 7, 2021

Registration begins May 17, 2021. Phone Registration Preferred!

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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

Online registration at www.jalc.edu, click on Community Education or <http://higherreach.jalc.edu/modules/>

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

ACRYLIC PAINTING (PS 997). Course will provide students with skills and knowledge of materials needed to create acrylic painting projects. Painting exercises will be demonstrated in order for students to learn how the techniques are performed.
Sessions: 8, Fee: \$40.00, COM

Section No. 1: John A. Logan College, Room B43, Meets Wednesday beginning June 9, 6:00P-8:30P,
Instructor: Steve Wooldridge

CALLIGRAPHY FOR GREETING CARDS (PS 624). Learn basic calligraphy and script lettering styles along with design fundamentals to create your own personalized greeting cards and invitations for Christmas, Birthdays, Weddings and other special occasions.
Sessions: 8, Fee: \$40.00, COM

Section No. 1: John A. Logan College, Room H206, Meets Monday beginning June 7 (No class 7/5), 6:00P-8:30P,
Instructor: Steve Wooldridge

CLASSES FOR KIDS

AIR RIFLE SHOOTING (4H BB GUN SAFETY) (AGES 8-18) (PS 449). This course is offered in partnership with the University of Illinois Extension Service 4-H Program. Students will learn gun safety and proper gun handling and shooting techniques. Guns, targets, and ammunition are provided at no charge. This class is a prerequisite for .22 caliber rifle, shotgun, and pistol classes for ages 10-18. Questions-Call Esther Waddy at 618-993-3304 or email her at ewaddy@illinois.edu or Don Elliot at 618-751-9209.
Sessions: 6, Fee: \$5.00, COM: \$20.00 one-time fee payable to University of Illinois Extension Service to join 4H Program.

Section No. 1: John A. Logan College Annex, 607 S. Greenbrier Rd., Room LA125, Meets Tuesday beginning July 6 (**Late Start**), 6:00P-7:00P,
Instructor: Don Elliott

NEW BABYSITTING PREPAREDNESS CAMP FOR KIDS (AGES 10-14) (PS 730). Students will be taught how to properly care for a baby, toddler, or preschooler in the absence of the parent. Students will be taught: how to keep themselves safe and a younger child safe; how to respond to emergency situations; how to provide proper child care to meet the child's physical and emotional needs; and how to engage in developmentally appropriate fun activities with young children. Method of presentation will include hands-on activities, videos, role playing, and demonstrations involving the use of dolls and mannequins.
Sessions: 4, Fee: \$75.00

Section No. 1: John A. Logan College, Room H128 on 6/21 and 6/23, Room H126 on 6/22 and 6/24, Meets Monday - Thursday beginning June 21 (**Late Start**), 9:00A-2:00P, Instructors: Marilyn Toliver and Leslie McKenzie

FULL STEAM AHEAD KIDS CAMP (PS 063).

This camp will feature three daily sessions to introduce fun, educational, and entertaining STEAM (Science, Technology, Engineering, Art, & Mathematics) topics to middle school children in order to spark an interest in future careers in science and engineering.

\$180.00 – INCLUDES ALL THREE COURSES

NEW BIRDS, BEES AND BEASTS – BIOLOGY/ECOLOGY CAMP FOR KIDS

(AGES 10-12). Spend some time outdoors and learn how to identify common mammals, birds, trees, and insects. Students will have an opportunity to conduct an ecology experiment, use trail cameras, dissect an animal (optional), sample aquatic organisms, and study predator-prey food webs.
Sessions: 8

Section No. 1: John A. Logan College, Room C257, Meets Monday - Thursday beginning June 14 (**Late Start**), 8:30A-10:00A, Instructor: Dr. Esmarie Boyles

NEW smART CAMP (AGES 10-12). sm'ART' Camp is the art-based activities of the JALC STEAM camp. The activities will be based on the STEAM foundation of science and engineering using art materials. Participants will be creating projects dealing with balance, nature, gravity, chemistry and optics using paper, paint and wire. If you have a creative mind who loves science and engineering - you just found your perfect summer camp!
Sessions: 8

Section No. 1: John A. Logan College, Room B43, Meets Monday - Thursday beginning June 14 (**Late Start**), 10:30A-12:30P, Instructor: Gretchen Cudworth

NEW ROCKET SCIENCE (AGES 10-12). Enjoy this introduction to the fundamental of electrical and mechanical engineering and a week of rocket design and construction. Students will design their own rockets.
Sessions: 8

Section No. 1: John A. Logan College, Room G124, Meets Monday - Thursday beginning June 14 (**Late Start**), 1:00P-3:00P, Instructor: Jared Burde

HEART SMART/YOGA CAMPS FOR KIDS (PS 064)
\$60.00 FOR BOTH COURSES

NEW OPEN YOUR HEART WITH YOGA (AGES 9-14)

Students will participate in learning simple Yoga poses such as Cat, Cow, Cobra, Downward Dog and Sunbird while enjoying the beautiful outdoor campus at JALC. Special attention will be given to breathing, posture and relaxation. They will invigorate their body while learning stretching and strengthening during Yoga postures and get to experience relaxation and breathing techniques to help lower their heart rate as well as reduce stress and anxiety. Students should wear comfortable clothing. Yoga mats will be provided.

Sessions: 4

Section No. 1: John A. Logan College, Room G201,
Meets Monday - Thursday beginning June 7, 8:30A-
10:00A, Instructor: Martha Peebles

NEW BE HEART SMART. Students will participate in hands on activities that explains how the heart and circulatory system works. Students will partake in activities such as learning how to take their pulse, making their own stethoscope, and participating in STEM activities to learn about blood cell basics, the strength of the heart, what happens when blood cannot get to the heart and demonstrating how blockages to the heart are fixed. The highlight of this summer camp will be on Wednesday, June 9, when students will be able to watch and see a live demonstration of looking at the heart with ultrasound imaging. In addition to these great activities, heart healthy nutrition and taking care of our heart will be our closing activities to this summer camp program.

Sessions: 4

Section No. 1: John A. Logan College, Room G201,
Meets Monday - Thursday beginning June 7, 10:00A-
11:30A, Instructor: Karen Kasban

CAKE/COOKIE DECORATING CAMP FOR KIDS (BEG.) (AGES 7-15) (PS 658).

Learn the basics of cake and cookie decorating from the pros at One Hot Cookie Bakery & Catering. You will ice and decorate cookies and cakes in a *BEACH THEME* dessert to take home on Thursday. Course will include all packaging, cookies, cake icing, decorations, and sugars to complete your project. Kids will be using several different decorating methods. Eating cookies is optional. Lots of fun for all ages and genders. Must register one week in advance to hold a spot due to baking and purchase of supplies. After registering and paying your fee with the college, you may call One Hot Cookie in Murphysboro to pay your Cost Of Materials (COM) over the phone by debit or credit card or by paying cash in person 7 days prior to class.

Sessions: 4, Fee: \$40.00, COM: \$30.00 (Approx.)

Section No. 1: John A. Logan College, Room H126,
Meets Monday - Thursday beginning June 7, 1:00P-
3:00P, Instructor: Sarah Lavendar-Brashear

NEW CARTOON ART CAMP #1 (AGES 6-8) (PS 160).

Young artists will experience a week full of fun laughs learning how to draw lots of cartoon faces with many different expressions! Students will learn simple step-by-step drawing techniques using pencil and color markers.

Children who learn how to draw benefit in areas of memory, problem solving, anxiety, depression, self-esteem, hand-eye coordination and balance. Students should bring a pocket folder for their artwork.

Sessions: 4, Fee: \$40.00, COM: \$5.00 payable to instructor first day of class.

Section No. 1: John A. Logan College, Room H206,
Meets Monday - Thursday beginning June 7, 10:00A-
11:30A, Instructor: Lisa Davis

NEW CARTOON ART CAMP #2 (AGES 9-12) (PS 583).

Young artists will experience a week full of fun laughs learning how to draw lots of cartoon faces with many different expressions! Students will learn simple step-by-step drawing techniques using pencil and color markers.

Children who learn how to draw benefit in areas of memory, problem solving, anxiety, depression, self-esteem, hand-eye coordination and balance. Students should bring a pocket folder for their artwork.

Sessions: 4, Fee: \$40.00, COM: \$5.00 payable to instructor first day of class.

Section No. 1: John A. Logan College, Room H206,
Meets Monday - Thursday beginning June 7, 1:00P-
2:30P, Instructor: Lisa Davis

CHESS FOR BEGINNERS (PS 263). This course is for all 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: 8, Fee: \$30.00

Section No. 1: John A. Logan College, Room H133,
Meets Monday - Thursday beginning June 7, 1:00P-
3:00P, Instructor: Larry Alvarado

NEW FUN WITH HAIR, SKIN AND NAILS (AGES 10-14) (PS 921).

This summer camp includes four fun filled days of learning basic beauty and self-care techniques in a safe professional environment. Campers will learn a variety of daily skincare rituals. They will have the opportunity for expressing their own creativity by making facial treatments out of readily available household items. Campers will also learn some basic hair styles, proper nail care as well as age appropriate makeup applications that are flattering to their skin tone. Our summer camp is available for all kids ages 10-14. The cosmetology camp will allow for development of essential skills and creative ability while learning the fundamentals of hair, skin and nails. These interactive classes offer a fun, unintimidating, and safe atmosphere with professional guidance.

Sessions: 4, Fee: \$70.00

Section No. 1: John A. Logan College, Room D223,
Meets Monday - Thursday beginning June 14 (**Late Start**), 8:30A-10:30A, Instructors: Connie Robinson,
Stephanie Davis and Casey Buretz

JUNIOR POLICE ACADEMY (AGES 7-12) (PS 355).

The Junior Police Academy is a summer camp designed to promote the relationship between law enforcement and children ages 7-12. The camp will focus on understanding of law, respect among individuals, simple self-defense, crime prevention and exposure to police work. At the conclusion of the academy, students will participate in a graduation ceremony and will receive a certificate. Students will also receive a t-shirt that they will wear each day of the academy.

Sessions: 2, Fee: \$25.00

Section No. 1: John A. Logan College, Room E145, Meets Monday/Tuesday beginning June 7, 9:00A-12:00P, Instructor: Brennan Stover

NEW OCEAN ART CAMP #1 (AGES 6-8) (PS 735).

Campers will experience a week learning how to draw and paint creatures in watercolor from the Ocean. Young artists will learn about octopus, sharks, dolphins, and more! Students will also get to view a seashell collection from the Pacific Ocean. *Children who learn how to draw benefit in areas of memory, problem solving, anxiety, depression, self-esteem, hand-eye coordination and balance.* Students should bring a pocket folder for their artwork.

Sessions: 4, Fee: \$40.00, COM: \$5.00 payable to instructor first day of class.

Section No. 1: John A. Logan College, Room H206, Meets Monday - Thursday beginning June 28 (**Late Start**), 10:00A-11:30A, Instructor: Lisa Davis

NEW OCEAN ART CAMP #2 (AGES 9-12) (PS 191).

Campers will experience a week learning how to draw and paint creatures in watercolor from the Ocean. Young artists will learn about octopus, sharks, dolphins, and more! Students will also get to view a seashell collection from the Pacific Ocean. *Children who learn how to draw benefit in areas of memory, problem solving, anxiety, depression, self-esteem, hand-eye coordination and balance.* Students should bring a pocket folder for their artwork.

Sessions: 4, Fee: \$40.00, COM: \$5.00 payable to instructor first day of class.

Section No. 1: John A. Logan College, Room H206, Meets Monday - Thursday beginning June 28 (**Late Start**), 1:00P-2:30P, Instructor: Lisa Davis

PISTOL SHOOTING-AN INTRO (AGES 10-18) (PS 620).

A basic pistol class designed by 4H and offered through the University of Illinois Extension service. This class will teach youth safe and responsible gun handling on the range and off. Students will learn the modern techniques of the pistol in a safe, controlled and supportive environment, using the .22 Caliber pistols. Our highly experienced instructors will provide a patient, but firm learning experience on the range. Class materials will cover the different types of pistols, their parts, care and maintenance of the pistol. Students must have the physical ability to perform all manipulations on the pistol.

Prerequisites: Air Rifle Shooting, Gun Safety (PS 449) or Shotgun-An Intro (PS 271). For registration or questions, call Esther Waddy at 618-993-3304, ewaddy@illinois.edu or Don Elliott at 618-751-9209.

Sessions: 6, Fee: \$5.00, COM: \$20.00 payable to University of Illinois Extension to join 4H Program

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

NEW POKEMON ART CAMP #1 (AGES 6-8) (PS 270).

Anime Pokemon fans will love learning how to draw popular Pokemon characters Pikachu, Eevee, and others using pencil and color markers. Students are welcome to bring any Pokemon collection to exhibit in class with parents consent. *Children who learn how to draw benefit in areas of memory, problem solving, anxiety, depression, self-esteem, hand-eye coordination and balance.* Students should bring a pocket folder for their artwork.

Sessions: 4, Fee: \$40.00, COM: \$5.00 payable to instructor first day of class.

Section No. 1: John A. Logan College, Room H206, Meets Monday - Thursday beginning June 14 (**Late Start**), 10:00A-11:30A, Instructor: Lisa Davis.

NEW POKEMON ART CAMP #2 (AGES 9-12) (PS 801).

Anime Pokemon fans will love learning how to draw popular Pokemon characters Pikachu, Eevee, and others using pencil and color markers. Students are welcome to bring any Pokemon collection to exhibit in class with parents consent. *Children who learn how to draw benefit in areas of memory, problem solving, anxiety, depression, self-esteem, hand-eye coordination and balance.* Students should bring a pocket folder for their artwork.

Sessions: 4, Fee: \$40.00, COM: \$5.00 payable to instructor first day of class.

Section No. 1: John A. Logan College, Room H206, Meets Monday - Thursday beginning June 14 (**Late Start**), 1:00P-2:30P, Instructor: Lisa Davis

SCIENCE CAMP FOR KIDS (AGES 9-13) (PART I) (PS 205).

Come to this fun, yet educational camp and learn about candy chemistry, Harry Potter sorcery, rocket science, ice cream, bath bombs, electrochemistry, and much more! Students will enjoy making crystals, causing explosions, combusting chemicals, making ice-cream, and more. Bring a snack each day.

Sessions: 4, Fee: \$80.00, COM: \$10.00 payable to instructor first day of class.

Section No. 1: John A. Logan College, Room G117 Lab, Meets Monday-Thursday beginning June 21 (**Late Start**), 9:00A-12:00P, Instructor: Dr. James Elliott-JALC Head of Organic Chemistry

SCIENCE CAMP FOR KIDS (AGES 9-13)

(PART II) (PS 685). Did you enjoy Science Camp Part I? If so, come learn more hands-on science practical experiments. Bring a snack each day.

Sessions: 4, Fee: \$80.00, COM: \$10.00 payable to instructor first day of class.

Section No. 1: John A. Logan College, Room G117 Lab, Meets Monday-Thursday beginning June 28 (**Late Start**), 9:00A-12:00P, Instructor: Dr. James Elliott-JALC Head of Organic Chemistry

SHOTGUN-ADVANCED (AGES 10-18) (PS 399).

Course uses live fire and clay targets from a power thrower and advances to a registered trap field with the intent to develop a competitive 4H trap team. Class is offered in partnership with the University of Illinois Extension 4H program and covers the anatomy of the shotgun and its use as a sporting arm on the trap field. This will also include proper stance, proper gun hold, station shooting positions, and range etiquette. Students may bring their own guns for instructors to approve their use or will be furnished along with ammo at no charge. Class size is limited and students must be 10 years old prior to September 1, 2020.

Prerequisites: Air Rifle Shooting, Gun Safety (PS 449) or Shotgun-An Intro (PS 271). For registration or questions, call Esther Waddy at 618-993-3304, ewaddy@illinois.edu or Don Elliott at 618-751-9209. Sessions: 6, Fee: \$5.00, COM: \$25.00 payable to University of Illinois Extension to join 4H Program

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

NEW SUMMER ART CLASS FOR KIDS (AGES 7-12)

(PS 866). "Under the Sea" is our theme for this four-week class. A sea horse mosaic, water life canvas, hand-built clay wall hanging and bubble art pottery will be among the projects we will complete. Videos and games will round out the day.

Sessions: 4, Fee: \$30.00, COM: \$45.00 payable to instructor for day of class.

Section No. 1: Herrin Fish Tales Pottery & Pets, 1021 S. Park Ave., Meets Tuesday beginning July 13 **(Late Start)**, 1:30P-4:00P, Instructor: Linda Hooker

Section No. 2: Herrin Fish Tales Pottery & Pets, 1021 S. Park Ave., Meets Thursday beginning July 15 **(Late Start)**, 1:30P-4:00P, Instructor: Linda Hooker

NEW SPACE WARS ART CAMP #1 (AGES 6-8)

(PS 436). Young Space fans will enjoy learning how to draw colorful planets, space robots, Baby Yoda and more using pencils, pastels & color markers. *Children who learn how to draw benefit in areas of memory, problem solving, anxiety, depression, self-esteem, hand-eye coordination and balance.* Students should bring a pocket folder for their artwork.

Sessions: 4, Fee: \$40.00, COM: \$5.00 payable to instructor first day of class.

Section No. 1: John A. Logan College, Room H206, Meets Monday - Thursday beginning June 21 **(Late Start)**, 10:00A-11:30A, Instructor: Lisa Davis

NEW SPACE WARS ART CAMP #2 (AGES 9-12)

(PS 304). Young Space fans will enjoy learning how to draw colorful planets, space robots, Baby Yoda and more using pencils, pastels & color markers. *Children who learn how to draw benefit in areas of memory, problem solving, anxiety, depression, self-esteem, hand-eye coordination and balance.* Students should bring a pocket folder for their artwork

Sessions: 4, Fee: \$40.00, COM: \$5.00 payable to instructor first day of class.

Section No. 1: John A. Logan College, Room H206, Meets Monday - Thursday beginning June 21 **(Late Start)**, 1:00P-2:30P, Instructor: Lisa Davis

VEX IQ ROBOTICS CAMP (GRADES 6, 7, 8) (PS 065).

Students will be learning skills in mechanical robotic building and installing various robotic sensors. The camp completes with students demonstrating their working robots and running them through various exercises and obstacles. All parts and equipment are provided in this camp. Students do not keep the VEX Robots from this camp.

Sessions: 4, Fee: \$75.00

Section No. 1: John A. Logan College, Room G102, Meets Monday - Thursday beginning July 26 **(Late Start)**, 1:00P-4:00P, Instructor: George Bricker and Rob Craig

COMPUTERS**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 H115, Meets Thursday, June 10, 8:30A-12:30P, Instructor: Amber Fike.

VIDEO CONFERENCE 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 H115, Meets Tuesday beginning June 22 **(Late Start)**, 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 E133, Meets Thursday beginning June 10, 5:00P-7:30P, Instructor: Karen Gibson

Section No. 2: John A. Logan College, Room E133, Meets Thursday beginning June 24 **(Late Start)**, 10:00A-12:30P, 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 H125, Meets Tuesday beginning June 22 (**Late Start**), 5:00P-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 June 8, 7:30P-9:00P, 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 June 8, 6:00P-7:30P, Instructor: Jeremiah Linson

NEW BETTER YOUR BALLROOM (PS 478). This course is suitable for all levels, from absolute beginner through advanced. One hour of dance instruction and one hour of practice with constructive feedback and assistance from instructor. Beginning dance students will receive the basic fundamentals of several dances, and more experienced students will receive more training to expand their knowledge of the dances covered. This course may be taken as a supplement to either PS 157 or PS 158, or can be taken separately.

Sessions: 10, Fee: \$42.00

Section No. 1: Marion Training Center, 211 E. Boulevard, Meets Thursday beginning June 10, 6:00P-8:00P, Instructor: Jeremiah Linson

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

Sessions: 8, Fee: \$36.00

Section No. 1: John A. Logan College, Room J222, Meets Tuesday beginning June 8, 6:00P-7:30P, Instructor: Don Wooters

FIREARMS

AR 15 RIFLE CLASS (BASIC) (PS 308). For those of you who own an AR-15 rifle and want to know more about how to care for and maintain it, how to zero it and what accessories are available. What you need to bring: an AR-15 rifle, a basic cleaning kit for the rifle including Powder Solvent and oil, a towel or rug to lay the rifle on, eye and hearing protection, about 150 rounds of ammo and a willingness to learn.

Questions/directions? Call Larry at 618-521-0249 or email htttraining@outlook.com.

Sessions: 1, Fee: \$125.00, COM: \$15.00 Range fee payable to instructor first day of class.

Section No. 9A: West Frankfort, (Call 618-521-0249 or email at htttraining@outlook.com for directions), Meets Saturday, June 26 (**Late Start**), 8:00A-5:00P, Instructor: Larry Morse

Section No. 9B: West Frankfort, (Call 618-521-0249 or email at htttraining@outlook.com for directions), Meets Sunday, June 27, (**Late Start**), 8:00A-5:00P, Instructor: Larry Morse

BASIC HOME DEFENSE (PS 569). 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. What to Bring: Students must: (1) Provide their own handgun and 400 rounds or what you can of Practice Ammunition and (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. **Note: In order to comply with Illinois Firearm Transportation Law, students must be in possession of a valid FOLD Card.** **Note: This class is limited to 12 people. Register today so you won't miss out!**

Questions? Call Larry at 618-521-0249 or email htttraining@outlook.com.

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 H123, Meets Tuesday beginning June 8, 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 or email htttraining@outlook.com.

Sessions: 3, Fee: \$50.00

Section No. 1: John A. Logan College, Room H126, Meets Wednesday beginning June 30 (**Late Start**), 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 50 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: John A. Logan College, Room H125, Meets Tuesday, June 8, 8:00A-5:00P, Instructor: Vance Schmid

Section No. 9A: West Frankfort, (Call 618-521-0249 or email at htttraining@outlook.com for directions), Meets Sunday June 13, 8:00A-5:00P, Instructor: Larry Morse

Section No. 9B: West Frankfort, (Call 618-521-0249 or email at htttraining@outlook.com for directions), Meets Sunday July 11 (**Last Start**), 8:00A-5:00P, Instructor: Larry Morse

Section No. 9C: West Frankfort, (Call 618-521-0249 or email at htttraining@outlook.com for directions), Meets Sunday August 15 (**Last 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), it's 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 50 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.

Sessions: 2, Fee: \$150.00, COM: Range fee of \$15.00 payable to instructor first day of class.

Section No. 1: John A. Logan College, Room H123, Meets Monday/Tuesday beginning June 7, 8:00A-5:00P, Instructor: Vance Schmid

Section No. 9A: West Frankfort, (Call 618-521-0249 or email at htttraining@outlook.com for directions), Meets Saturday/Sunday June 12, 8:00A-5:00P, Instructor: Larry Morse

Section No. 9B: West Frankfort, (Call 618-521-0249 or email at htttraining@outlook.com for directions), Meets Saturday/Sunday beginning July 10 (**Late Start**), 8:00A-5:00P, Instructor: Larry Morse

Section No. 9C: West Frankfort, (Call 618-521-0249 or email at htttraining@outlook.com for directions), Meets Saturday/Sunday beginning August 14 (**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 50 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: \$40.00, COM: Range fee of \$15.00 payable to instructor first day of class.

Section No. 1: John A. Logan college, Room H125, Meets Monday, July 12 (**Late Start**), 9:00A-12:00P, Instructor: Vance Schmid

Section No. 9A: West Frankfort, (Call 618-521-0249 or email at htttraining@outlook.com for directions), Meets Friday beginning June 11, 6:00P-9:00P, Instructor: Larry Morse

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

Section No. 9C: West Frankfort, (Call 618-521-0249 or email at htttraining@outlook.com for directions), Meets Friday beginning August 13 (**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. **Note:** *This class is limited to 12 people. Register today so you won't miss out!*

Questions? Call Larry at 618-521-0249 or email htttraining@outlook.com.

Sessions: 7, Fee: \$70.00, COM: \$35.00 payable to instructor the first night of class.

Section No. 1: John A. Logan College, Room H125, Meets Monday beginning June 7 (no class 7/5), 6:00P-8:00P, Instructor: Larry Morse

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. It is not necessary to be in possession of a valid FOID Card to attend this class. 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. **Prerequisite:** None **Questions?** Call Larry at 618-521-0249 or email at htttraining@outlook.com.

Sessions: 3, Fee: \$40.00, COM: \$35.00 payable to instructor first day of class.

Section No. .01: John A. Logan College, Room H125, Meets Thursday beginning June 10, 6:00P-8:00P, Instructor: Larry Morse

NEW SHOOT TO LIVE I (ADV. CCWI) (PS 339). This class is designed for the CCW License Holder who's serious about effectively defending himself and his family. If you want to enhance your skills beyond the minimum level provided by the typical CCW Class, the Shoot to Live series of courses will provide the training you need to effectively fight and prevail with your handgun should the need arise. **Prerequisites:** You must be 21 years of age, possess a valid CCW License or be a graduate of the NRA Basic Pistol Class. **Important:** *This class is limited to 6 people to insure a small student to instructor ratio.* **Questions?** Call Larry at 618-521-0249 or email at htttraining@outlook.com for further class details like what to bring and dress code. Sessions: 1, Fee: \$100.00

Section No. 1: West Frankfort, (Call 618-521-0249 or email at htttraining@outlook.com for directions), Meets Saturday June 5 (**Early Start**), 8:00A-5:00P, Instructor: Larry Morse

Section No. 2: West Frankfort, (Call 618-521-0249 or email at httraining@outlook.com for directions), Meets Saturday July 17 (**Late Start**), 8:00A-5:00P, Instructor: Larry Morse

Section No. 3: West Frankfort, (Call 618-521-0249 or email at httraining@outlook.com for directions), Meets Saturday August 7 (**Late Start**), 8:00A-5:00P, Instructor: Larry Morse

WOMEN'S SELF DEFENSE (PS 898). This class is designed to make you a "Hard Target" for criminal predators. Class will cover a multitude of topics including methods to Detect, Deter and Respond to unwanted attention and outright criminal attack. **Note:** 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. What you need to bring: Notepad, Pen, and a willingness to learn. **Questions?** Call Larry at 618-521-0249 or email httraining@outlook.com. Sessions: 3, Fee: \$40.00

Section No. 1: John A. Logan College, Room H125, Meets Wednesday beginning June 9, 6:00P-8:00P, Instructor: Larry Morse

GENERAL EDUCATION

BIBLICAL COUNSELING – AN INTRO (PART I) (PS 037). An Intro to Biblical Counseling Section I: Introduces Biblical Counseling and presents a practical model along with various pathways to certification. Useful for church leaders helping people as well as interested licensed professionals or laymen. Sessions: 6, Fee: \$40.00, COM: \$10.00 payable to instructor the first day of class.

Section No. 1: John A. Logan College, Room H206, Meets Saturday beginning June 12, 9:30A-12:45P, 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. Begins Thursday June 10. Instructor will contact students with more details before the first class. Instructor: Sandra Conner.

NEW BRIDGE FOR BEGINNERS (PS 600). Do you want to keep your mind sharp? Do you want to learn a new skill? Then Bridge is just what you need. We are offering a class so that you can learn this exciting game. Bridge is a trick-taking card game using a standard 52-card deck. It is played by four players in two competing partnerships. It can be played with only four players or with a group. We are planning on using Zoom lessons to

teach the course. There will also be instructors in the classroom to answer any questions. After the lessons, the students will be given the opportunity to play Bridge hands. Bridge is a game that can be played at any time and at any age, so come and see what it's all about! Sessions: 8, Fee: \$30.00

Section No. 1: John A. Logan College, Room H133, Meets Tuesday beginning June 8, 11:00A-12:30P, Instructor: Janet Jones

CHESS FOR BEGINNERS (PS 263). This course is for all 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: 8, Fee: \$30.00

Section No. 1: John A. Logan College, Room H133, Meets Monday - Thursday beginning June 7, 1:00P-3:00P, Instructor: Larry Alvarado

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 G125, Meets Thursday beginning July 8 (**Late Start**), 6:00P-8:00P, Instructor: Karen Cupp

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 June 9, 1:00P-3:00P, Instructor: Gloria Spinks

NEW GOING BEYOND YOUR WHY - GOAL SETTING ALIGNED WITH YOUR PASSION AND PURPOSE (PS 258).

What if your dreams could come true? Would you take that step? In this interactive class learn to identify your purpose, set SMART goals, and simplify your plan to make your dream life a reality. If you ever found yourself stuck or want more out of life, join Cindy Heern, Certified Canfield Trainer and Certified Life Coach, and be prepared to Give Your Why Wings. Sessions: 6, Fee: \$30.00

Section No. 1: John A. Logan College, Room H132, Meets Monday beginning June 7 (No class 7/5), 6:00P-8:00P, Instructor: Cindy Heern

INVESTING 101 - MAKING CENTS OF YOUR DOLLARS (PS 553). Learn about stocks, bonds and mutual funds as well as how to use asset allocation to build your ideal portfolio. Instructor will communicate with students prior to start with details.
Sessions: 4, Fee: \$40.00

Section No. 1: John A. Logan College, Room H125,
Meets Saturday beginning June 5 (**Early Start**),
10:00A-12:00P, Instructor: Mark Chalem

THE TWELVE CHARACTERISTICS OF GREAT CUSTOMER SERVICE (PS 584). Attend this class to increase your customers becoming more frequent 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 H122,
Meets Thursday June 10, 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 Monday-Saturday beginning June 1 (**Early Start**), time will be scheduled per student availability, 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 June 10, 6:00P-9:40P,
Instructor: Mike Mausey

WRITING FICTION: BUILDING A STORY (ONLINE CLASS) (PS 563). Covers developing plot, characters, and setting. Instruction in effective use of dialogue, imagery, and body language. Exercises allow for practice in using techniques and tools of good fiction in a variety of genres. Includes editing and publishing tips. Instructor will send out lesson material and exercises by e-mail, and students will have access to instructor throughout the week to answer questions and offer advice – also by e-mail. Course does not include critiquing or editing of each individual student's work. Taught by author/editor Sandra Pavloff Conner.
Sessions: 8, Fee: \$40.00, COM

Section No. 1: This is an online class. Begins Monday June 7. Instructor will contact students with more details before the first class. Instructor: Sandra Conner.

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 first day of class.

Section No. 1: Carbondale, First Christian Church, 306 W. Monroe St., Activity Room (press buzzer at office door), Meets Tuesday beginning June 8, 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: Marion Antique Mall, 503 N. Madison St., Meets Monday beginning June 7, 5:00P-6:30P, Instructor: Ken Wollberg

Section No. 2: Carbondale, First Christian Church, 306 W. Monroe St., Activity Room (press buzzer at office door), Meets Thursday beginning June 10, 3:00P-5:00P, Instructor: Ken Wollberg

PET CARE

DOG AGILITY TRAINING BEGINNER (LEVEL 1) (PS 690). All Dogs must be under handler control. 10 months or older (note: small dogs under 1 yr. and Lg dogs under 1 ½ yrs. cannot be jumped a lot, as their bones are not finished developing. 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 See map on web site under "Student Info". 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. Location: 204 Candlewood Dr., De Soto, IL- travel on private gravel road, 2nd house on left.
Sessions: 8, Fee: \$100.00, 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 (no class July 4th) beginning June 13, 5:00P-6:00P, Instructor: Carol Ely

Section No. 2: Desoto, 204 Candlewood Drive, travel on private gravel road, 2nd house on left. Meets Monday (no class July 5th) beginning June 7, 5:30P-7:00P, 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.**

Sessions: 6, Fee: \$85.00

Section No. 1: Murphysboro, National Guard Armory, 3702 New Era Rd., Meets Tuesday, beginning June 1 (**Early Start**), 5:30P-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. Beginners welcome. Masks inside the building will be required. **(Shot records are due the first night of class.)**
Sessions: 5, Fee: \$85.00

Section No. 1: Murphysboro, National Guard Armory, 3702 New Era Rd., Meets Monday beginning June 7, 5:45P-7:45P, 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 a 6ft 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 Tuesday beginning June 1 (**Early Start**), 7:30P-8:15P, Instructor: Carol Ely

NEW NW 115 NOVICE SCENT WORK (PS 916). Novice/Advanced is the next level for Scent Work Dogs. We begin to search areas - rooms, boxes, vehicles and outside. This class will prepare you for a real Nose Work Trial. AKC Handler Discrimination, Buried Hides and the next 3 Flower Essence odors will be introduced in this class. Vaccination proof req., Waiver and Registration will be done in first class. Face Masks may be required along with a 6ft 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 June 2 (**Early Start**), 5:30P-6:30P, Instructor: Carol Ely

NW 120 ADVANCED, EX, MASTER SCENT WORK (PS 920). We search areas with challenges, unknown number of hides and harder distractions. This class will prepare you for a real Scent Work Trial. Introduction to AKC Detective searches. Vaccination proof req., Waiver and Registration will be done in first class. Face Masks may be required along with a 6ft 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 June 2 (**Early Start**), 6:30P-8:30P, Instructor: Carol Ely

PHYSICAL EDUCATION

STRECHING 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 June 2 (**Early Start**), 10:00A-11:00A, Instructor: Martha Peebles

NEW YOGA FOR ADULTS (PS 061). Join us for fun practicing Yoga and learning about its many benefits. Yoga helps to build confidence, coordination, strength, flexibility, concentration, and more! The class will be outdoors, but under a covered roof. Students may bring a yoga mat or towel and a water bottle.
Sessions: 18, Fee: \$40.00

Section No. 9N: DuQuoin Fairgrounds, located at the Labor Pavillion by the mansions, Meets Tuesday/Thursday beginning June 1 (**Early Start**) 8:00A-9:00A, Instructor: Cass VanDeeMeer

NEW WATER AEROBICS (PS 864). Jump right into our aqua class and build cardiovascular fitness and strength! Just like swimming, water aerobic classes are easy on your joints, yet challenging enough to help you reach new levels of fitness. The course is designed to provide the adult with increased fitness and flexibility through aquatic exercise. Students may bring their own water weights if desired.
Sessions: 24, Fee: \$45.00

Section No. 9N: DuQuoin City Pool, 640 W. Park St., Meets Monday/Wednesday/Friday beginning June 14 (**Late Start**) 8:00A-9:00A, Instructor: Cass VanDeeMeer



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



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



Membership

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

• Summer Semester (May 15—August 15)

Community: \$75 Veterans/Seniors (65+): \$66 HS Student: \$40

• 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.





**Summer 2021
Fitness & Aquatics
Classes At-A-Glance
CLASSES BEGIN June 7th**

(618)985-2828 ext. 8502 - www.jalc.edu/loganfitness

MONDAY

6am Power Hour
8am Senior Stability-ONLINE
8am Silver Sneakers Classic
9am Arthritis Aquatics (Silver Sneakers Splash)
9am Stretching & Toning-BOTH ONLINE and In-Person
9am Yoga – ONLINE
10am Silver Sneakers Circuit
10am Advanced Swimming
10:10am Yoga W/ Chair Assist-ONLINE
11am Zumba
4pm Arthritis Aquatics (Silver Sneakers Splash)
5pm Post-Injury Aquatic Strength/Conditioning
5pm Swim Lesson Level 3
5:30pm Kickboxing Cardio
5:45pm Swim Lesson Level 1
5:45pm Swim Lesson Level 2
6pm Get In Shape!!!

TUESDAY

5:30am Body Sculpt
8am Silver Sneakers Classic
9am Aqua Toning & Aerobics-Deep
9am Arthritis Aquatics (Silver Sneakers Splash)
9am Stretching & Toning-BOTH ONLINE and In-Person
10am Aqua Toning & Aerobics – Shallow
10am Arthritis Aquatics (Silver Sneakers Splash)
10am Intermediate Yoga

10am Silver Sneakers Yoga
11am Beyond the Barre
12pm Silver Sneakers EnerChi
5pm Competitive Youth Swim
5pm Pound
5pm Weight Training for Older Adults
5:45pm Swim Lesson Level 1
5:45pm Swim Lesson Level 2
6pm Boot Camp-BOTH ONLINE and In-Person
6pm Aqua Cross Fitness

WEDNESDAY

6am Power Hour
8am Silver Sneakers Classic
8am-Seniors Stability-ONLINE
9am Arthritis Aquatics (Silver Sneakers Splash)
9am Stretching & Toning-BOTH ONLINE and In-Person
9am-Yoga-ONLINE
10am Silver Sneakers Circuit
10am Advanced Swimming
10:10am-Yoga W/Chair Assist-ONLINE
11am Zumba
4pm Arthritis Aquatics (Silver Sneakers Splash)
5pm Post-Injury Aquatic Strengthening/Conditioning
5pm Swim Lesson Level 3
5pm Pound
6pm Get In Shape!!!

THURSDAY

5:30am Body Sculpt
8am Silver Sneakers Classic
9am Aqua Toning & Aerobics-Deep

9am Arthritis Aquatics (Silver Sneakers Splash)
9am Stretching & Toning-BOTH ONLINE and In-Person
10am Aqua Toning & Aerobics – Shallow
10am Arthritis Aquatics (Silver Sneakers Splash)
10am Intermediate Yoga
10am Silver Sneakers Yoga
11am Beyond the Barre
12pm Silver Sneakers EnerChi
5pm Competitive Youth Swim
5pm Swim Lesson Level 1
5pm Weight Training for Older Adults
5:30pm Kickboxing Cardio
5:45pm Swim Lesson Level 2
6pm Boot Camp-BOTH ONLINE and In-Person
6pm Aqua Cross Fitness

FRIDAY

9am Arthritis Aquatics (Silver Sneakers Splash)
9am Matter of Balance
10am Advanced Swimming

SATURDAY

8:30am Get In Shape!!!
9:30am Total Body with Abs-BOTH ONLINE and In-Person
10am Swim Lesson Level 3
10am Parent & Tot Swim -Babies
10:30am WERQ Dance Fitness
11am Parent & Tot Swim – Toddlers
11am Aqua Zumba
11am Swim Lesson Level 1
12pm Swim Lesson Level 2

SUMMER CAMPS FOR KIDS

JUNE & JULY 2021



Campers will learn fun dance choreography and will even have a chance to create their own dances! We will cover the basic steps and introduce technique with ballet barre and center work from various styles. The camp includes a movement workshop where creative expression will be emphasized. Dancers will have a short performance at 3:00 pm the final day of camp to show what they learned throughout the week. Campers will need to bring dance slippers or socks and be prepared to have fun!

DANCE CAMP (FT61)

Fee: \$45.00

Location: Logan Fitness, Room J120

Instructor: TBA

(Age 6-9)

Section 01: T-F 1:00P-3:00P 6/8-6/11

(Age 10-12)

Section 02: T-F 1:00P-3:00P 6/15-6/18



Safety is always a concern when water is involved—especially with kids. It's time to teach your children the knowledge and skills necessary

to be safe near pools and beaches. This course will not earn an official lifeguard certification (must be 15+ for lifeguard certification), rather this course will serve as preparation for any children who may be interested in becoming a lifeguard in the future or who just want to sharpen their first aid and water safety skills. Topics covered will include basic responsibility, water safety, swimming proficiency, first aid, CPR, and an introduction to various lifeguard rescues. This course is designed for students between the ages of 8-15.

JUNIOR LIFEGUARD CAMP (AQ25)

Fee: \$45.00

Location: Logan Fitness Aquatic Center

Instructor: Kassi Jones

Section 01: T-F 9:00A-11:00A 6/1-6/4

Instructor: TBA

Section 012 M-Th 1:00P-3:00P 6/21-6/24



Sign your little ones up for this fun, active, week-long, kids' camp. Introduce your kids to an active lifestyle! Camp will include indoor/outdoor fitness games and activities. Please wear play clothes, tennis shoes, and bring sunscreen. Ages 7-12.

FIT CAMP FOR KIDS (FT49)

Fee: \$45.00

Location: Logan Fitness, Room J120/Outside

Instructor: Andrew Lewis

Section 01: M-Th 1:00P-3:00P 6/21-6/24

Section 02: M-Th 1:00P-3:00P 7/12-7/15

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:

Section 01: MWF 10:00A-10:50A

Kassi Jones

6/7-7/30

AQUA CROSS FITNESS (AQ20)

This high-intensity class is designed for those who wish to reach higher levels of cardiovascular endurance, aerobic capacity, and muscular strength while combining water and land-based workouts. The workouts for this class will include a combination of water based exercises (swimming, water treading, etc.) with body-weight movements (squats, pull-ups, pushups, etc.) An example workout could be: Complete 5 Rounds as Quickly as Possible of: 25m swim sprint 25 push-ups 25 sit-ups, etc. Workouts will vary for every class, and will always include a warm-up/cool-down phase. Lifeguards will be present at all times.

Fee: \$45.00

LAP POOL

Instructor:

Section 01: T/Th 6:00P-6:30P

TBA

6/8-7/29

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

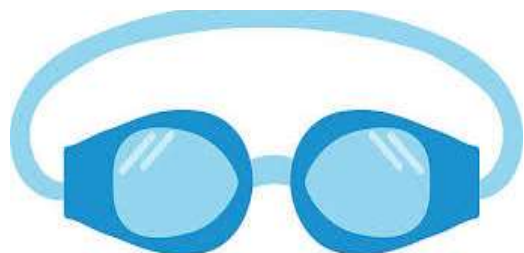
LAP POOL

Instructor:

Section 02: T/Th 9:00A-9:50A

Kassi Jones

6/8-7/28



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: \$45.00

LAP POOL

Instructor:

Section 01: T/Th 10:00A-10:50A

Ashley Stevens

6/15-7/29

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:

Section 01: Sa 11:00A-11:50A

Liz Taylor

6/7-7/30

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. All skill levels are welcome.

Fee: \$45.00

THERAPY POOL

Instructor:

Section 01: MW 5:00P-5:45P

Kamen Rosado

6/7-7/28

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:

Section 01: MWF 9:00A-9:50A

Kassi Jones

6/7-7/30

Fee: \$45.00 (non-SilverSneakers members)

THERAPY POOL

Instructor:

Section 02: MW 4:00P-4:50P

Ashley Stevens

6/14-7/28

Section 03: T/Th 9:00A-9:50A

6/15-7/29

Instructor:

Section 04: T/Th 10:00A-10:45A

Kassi Jones

6/8-7/29

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:

Kassi Jones

Section 01: T/Th 5:00P-5:55P

6/8-7/29

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

6/19-7/31

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

6/19-7/31



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

6/7-7/26

Instructor:

Gabriella Burkett

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

6/8-7/27

Instructor:

Gabriella Burkett

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

6/10-7/29

Instructor:

Fallon Scillufo

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

6/12-7/31

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

6/7-7/26

Instructor:

Carmen Burkett

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

6/8-7/27

Instructor:

Gabriella Burkett

Section 03: Th 5:45P-6:30P

6/10-7/29

Instructor:

Fallon Scillufo

Section 04: Sa 12:00P-12:45P

6/12-7/31

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 01: M 5:00P-5:45P

6/7-7/26

Instructor:

Carmen Burkett

Section 02: W 5:00P-5:45P

6/9-7/28

Instructor:

Fallon Scillufo

Section 03: Sa 10:00A-10:45A

6/12-7/31

FITNESS CENTER

BEYOND THE BARRE (FT12)

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

Fee: \$45.00

J120

Instructor:

Susan Bausch

Section 01: T/Th 11:00A-11:50A

6/8-7/27

NEW! BODY SCULPT (FT13)

Body Sculpt is a muscle-toning class that focuses on core strength. Weight bars, elastic bands, dumbbells, and other various fitness equipment may be used. Be prepared to improve your strength and flexibility while simultaneously burning fat and calories.

Fee: \$40.00

J120

Instructor:

Christina Cannova

Section 01: T/Th 5:30A-6:20A

6/8-7/15

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!

New! This is now being offered as a hybrid class. A limited number of students will be allowed in-person while others can participate simultaneously through Zoom! New camera equipment in our fitness studio will allow these two options at the same time. Can't make the class in-person? Participate at home through your computer or phone. Class recordings will also be available after each session. To reserve an in-person spot, sign up for the section ending in H. To sign up for an online only spot, sign up for the section ending in Z.

Fee: \$45.00 J120

Instructor: Jennifer Suthard
Section 01H: T/Th 6:00P-6:50P 6/8-7/29

Fee: \$45.00 ONLINE

Instructor: Jennifer Suthard
Section 01Z: T/Th 6:00P-6:50P 6/8-7/29

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: Kamen Rosado
Section 01: M/W 6:00P-6:50P 6/7-7/28

Instructor: TBA
Section 02: Sa 8:30A-9:20A 6/12-7/31

INTERMEDIATE YOGA (FT22)

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 J120

Instructor: Susan Bausch
Section 01: T/Th 10:00A-10:50A 6/8-7/29

NEW! KICKBOXING CARDIO(FT 25)

A combination of cardio, boxing, martial arts, and strength training with small weights (total body workout) designed to improve cardiovascular fitness, flexibility, coordination, strength, and balance. Come hook, jab, upper cut, and kick your way to a fitter you!

Fee: \$45.00 J222

Instructor: TBA
Section 01: M/Th 5:30P-6:20P 6/7-7/29

NEW! MATTER OF BALANCE (FT60)

Matter of Balance uses a variety of activities to address the fear of falling and teach fall prevention strategies. Activities include group discussion, problem-solving, skill-building, assertiveness training, videos and exercise training. Participants receive a workbook to use during the sessions, and to keep as a reference when the class is over. Early sessions focus on changing attitudes before attempting changes in actual behavior. The exercise component, which begins in the third session, takes about 30 minutes of the session to complete. Each two-hour session includes a 10-minute break for the opportunity to socialize, move around and have a light refreshment if desired.

The program is designed to benefit older adults who: are concerned about falls; have sustained falls in the past; restrict activities because of concerns about falling; are interested in improving flexibility, balance and strength; are age 60 or older, community-dwelling and able to problem solve.

The program enables participants to achieve significant goals. They gain confidence by learning to: view falls as controllable; identify common factors that contribute to falls; set goals for increasing activity; make changes to reduce fall risk at home; exercise to increase strength and balance.

Fee: \$65.00 J224

Instructor: Becky Salazar
Section 01: F 9:00A-10:50P 6/11-7/30

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 01: TW 5:00P-5:50P 6/8-7/28

NEW! POWER HOUR (FT63)

A variety of circuits combining high intensity effort with low intensity recovery periods. This class is designed to make you stronger and healthier inside and out. We will do a variety of bodyweight exercises and also use equipment and light weights. We will start our day off right!

Fee: \$45.00 J120

Instructor: TBA
Section 01: MW 6:00A-6:50A 6/7-7/28

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 01Z: MW 8:00A-8:50A 6/7-7/28

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) J120

Instructor: Fae Ragan
Section 01: MW 10:00A-10:50A 6/7-7/28

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 01: MTWTh 8:00A-8:50A 6/7-7/29

NEW! SILVERSNEAKERS® ENER CHI (FT53)

This class is comprised of easy-to-learn, modified tai chi forms aimed at improving well-being. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance and focus. Chair support is offered to facilitate standing stability and seated exercise options.

Fee: \$45.00 (non-SilverSneakers members) J120

Instructor: Susan Bausch
Section 01: T/Th 12:00A-12:50A 6/8-7/29

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) J222

Instructor: Fae Ragan
Section 01: T/Th 10:00A-10:50A 6/8-7/29

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.

New! This is now being offered as a hybrid class. A limited number of students will be allowed in-person while others can participate simultaneously through Zoom! New camera equipment in our fitness studio will allow these two options at the same time. Can't make the class in-person? Participate at home through your computer or phone. Class recordings will also be available after each session. To reserve an in-person spot, sign up for the section ending in H. To sign up for an online only spot, sign up for the section ending in Z.

Fee: \$75.00 J120

Instructor: Fae Ragan
Section 01H: MTWTh 9:00A-9:50A 6/7-7/29

Fee: \$75.00 ONLINE

Instructor: Fae Ragan
Section 02Z: MTWTh 9:00A-9:50A 6/7-7/29

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!

New! This is now being offered as a hybrid class. A limited number of students will be allowed in-person while others can participate simultaneously through Zoom! New camera equipment in our fitness studio will allow these two options at the same time. Can't make the class in-person? Participate at home through your computer or phone. Class recordings will also be available after each session. To reserve an in-person spot, sign up for the section ending in H. To sign up for an online only spot, sign up for the section ending in Z.

Fee: \$35.00 J120

Instructor: Jennifer Suthard
Section 01H: Sa 9:30A-10:20A 6/12-7/31

Fee: \$35.00 ONLINE

Instructor: Jennifer Suthard

Section 01Z: Sa 9:30A-10:20A 6/12-7/31

NEW! WEIGHT TRAINING FOR OLDER ADULTS (FT39)

This class is designed to help older adults increase their strength and functionality through weight training. Whether you have previous experience in a weight room or have never used weights at all, this class accommodates those who want to improve their fitness and learn proper use of weight equipment.

Fee: \$45.00 J120

Instructor: TBA
Section 01: T/Th 5:00P-5:50P 6/8-7/29

NEW! WERQ DANCE FITNESS (FT62)

WERQ is a highly addictive dance fitness class based on charting pop and hip-hop music. WERQ is a term borrowed from the dance world and means "own it". WERQ invokes an attitude of confidence and empowerment. It's a major calorie burn averaging 500-1000 calories and around 7,000 steps in hour.

Fee: \$35.00 J120

Instructor: TBA
Section 01: Sa 10:30A-11:20A 6/12-7/31



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 01Z: MW 9:00A-9:50A 6/7-7/28

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 01Z: MW 10:10A-11:00A 6/7-7/28

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 01: M/W 11:00A-11:50A 6/7-7/28

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.

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 work out? 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

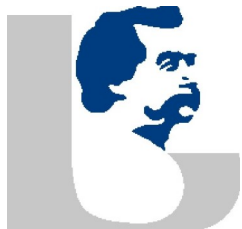
Twitter: @Loganfitness_

Corporate Membership

Four different levels of annual corporate membership are available at Logan Fitness.

Level 1 – up to 6 employees - \$1,500
Level 2 – up to 15 employees - \$3,375
Level 3 – up to 25 employees - \$5,000
Level 4 – unlimited # of employees - \$7,000

Healthy, happy people are better employees. An estimated 25-30% of companies' medical costs each year are spent on employees with excess, often preventable, health risk. Contact loganfitness@jalc.edu or call (618) 985-2828 Ext. 8504 if you are interested in a corporate membership for your business or organization.



FREE GED CLASSES

Summer 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 July 8 & 12 from 8:30 am - 11:30 am

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

Orientation will not reoccur until fall

Orientation dates July 7 & 8th from 6:00 pm - 9:00 pm

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

Orientation will not reoccur until fall

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.

Marion

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

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

Orientation July 6 & 7th dates 8:30 am - 11:30 am

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

Orientation will not reoccur until fall

Orientation dates July 7 & 8th from 6:00 pm - 9:00 pm

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

Orientation will not reoccur until fall

West Frankfort Library

402 East Poplar Street West Frankfort, IL

Orientation dates July 6 & 7th from 9:00 am - 12:00 pm

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

Orientation will not reoccur until fall

Orientation dates July 6 & 7th from 1:30 - 4:30 pm

Classes Meet T, W, Th 1:30 pm - 4:30 pm

Orientation will not reoccur until fall

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/abeged.php>

Like us on Facebook: John A. Logan College GED

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

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

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



SEPTEMBER 25 & 26, 2021

9am-5pm Saturday | 9am-4pm Sunday

ACTIVITIES for the ENTIRE FAMILY!

* Limited Event this year - no indoor vendors or access due to COVID restrictions

* Parking Fee \$5 or Bag of Non-Perishable Goods



FEATURING
TWIGGY

The Water Skiing Squirrel

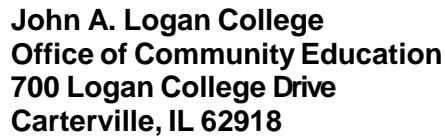
FEATURING
DISCOVERY CHANNEL STAR
LACEY JONES



FROM THE HIT SHOW

NAKED AND AFRAID

**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.**



**ECRWSS
RESIDENTIAL CUSTOMER**

(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>