

HEALTH, FITNESS, AND FUN

Animal Friends

ANIMAL COMMUNICATION

FEE: \$19

"As folks learn about the concept of animal communication and the ability to connect to the animals that have been sharing their homes and hearts, this clicks with them internally." Join animal communicator Carol Schultz as she helps you begin to unveil the true identity of animals. Discover how to be open to experience their messages, and how telepathic communication can help you understand an animal's behavior, viewpoint, needs, and feelings. Enjoy their wisdom and their humor. Bring a photo of your animal companion to the presentation.

REC S39-01, OC/DP 1 Wed., 3/12, 7-8:30 pm, Schultz CRN 40651
REC S39-02, ETHS, 1 Wed., 4/23, 7-8:30 pm CRN 40652

PET FIRST AID

FEE: \$45

Would you know what to do if your dog or cat was hurt or suddenly became ill? It isn't always enough to rush to the vet. To save your pet's life you must sometimes act before you get to the vet! Join Linda Raphael, Certified Pet First Aid Instructor, as she reviews the basics of pet first aid. You'll learn what's normal for your pet and how to check vitals, basic CPR, how to handle bleeding, treatment for poisoning, supplies you should always have on hand and more.

REC S19-01, MGPD, 1 Sat., 2/2, 12:30-4:30 pm, Raphael CRN 40908
REC S19-02, NILES W, 1 Wed., 2/13, 6-10 pm, Raphael CRN 40910
REC S19-03, ETHS, 1 Mon., 3/3, 6-10 pm, Raphael CRN 40909

PRACTICAL PUPPY TRAINING

FEE: \$70

Focusing on positive reinforcement, this program is designed to educate new puppy owners in the optimum development of the puppies, the correction of existing problems, and the prevention of future problem behaviors. Course work includes socialization, management and prevention exercises, leash training, house training, foundation obedience work, massages, grooming, nutrition and more. Open to puppies 7 weeks to 5 months who have had their first set of immunizations. Puppies attend all six classes with their owners. *(Please enter the school building through Door 28 at the north end of ETHS near the tennis courts.)*

REC S08-01, ETHS GYM, 6 Tue., 1/8, 6:25-7:25 pm CRN 40555
REC S08-02, ETHS GYM, 6 Tue., 4/8, 6:25-7:25 pm CRN 40655

OBEDIENCE TRAINING AND PET MANNERS FOR DOGS

FEE: \$105

Focusing on positive reinforcement, this class provides a comprehensive program of dog-friendly and owner-friendly instruction for obedience exercises, hand signals, games, tricks and effective solutions for problem behaviors. Dogs 5 months and older are welcome, including those who have failed in other training approaches. Dogs should be friendly towards other dogs, children and human beings. First class is mandatory for owners. Dogs do not attend the first class. Please know your dog's snug neck measurement, current weight and bring proof of rabies vaccination. *(Please enter the school building through Door 28 at the north end of ETHS near the tennis courts.)*

REC S09-01, ETHS GYM, 7 Tue., 1/8, 7:30-8:30 pm CRN 40556
REC S09-02, ETHS GYM, 7 Tue., 4/8, 7:30-8:30 pm CRN 40656

CPR/First Aid

CPR RESCUE

FEE: \$35

This course covers adult, child and infant CPR, along with mouth-to-mouth, the Heimlich Maneuver and two-person CPR. OSHA, DCFS and JCAHO compliant. American Heart Association recognition (AHA card) available for additional \$3. Wear clothing suitable for kneeling on the floor and bring a pen or pencil. Disposable mannequin practice shields included for safety. CPR handbook is \$3.

HEA E05-01, OC/DP, 1 Sat., 1/19, 9 am-12 pm, Sanders CRN 40026
HEA E05-02, OC/DP, 1 Sat., 3/1, 9 am-12 pm, Sanders CRN 40027

CPR, FIRST AID AND DISEASE PREVENTION

FEE: \$75

This class combines adult CPR with first aid. Learn what actions to take for medical emergencies, such as heart attack, fractures, bleeding, poisoning, and others. Upon completion, you will receive a one-year CPR and a three-year standard first aid recognition through the American Red Cross. You must attend the full class to be recognized. Students are asked to wear pants and bring a blanket.

HEA E01-01, OC/DP, 2 Sat., 2/2, 9 am-1 pm, Gregory CRN 40438
(Registration Deadline: 1/25)
HEA E01-02, OC/DP, 2 Sat., 4/12, 9 am-1 pm, Gregory CRN 40439
(Registration Deadline: 4/4)

HEARTSAVER CPR

FEE: \$50

In this class, students will learn how to recognize the warning signs of a heart attack, stroke, and other life-threatening emergencies. Students, according to the American Heart Association Guidelines, will become proficient and certified in Adult/Child/Infant CPR and choking as well as AED usage. Materials needed: \$1 for CPR card.

HEA E05-03 ETHS, 1 Tue. & 1 Thu., 2/5, 6:30-9 pm, Wilburn CRN 40440

Dance

Participants are asked to register as early as possible for dance classes to avoid course cancellations. Fees are per person. No senior discount for dance classes.

BEGINNING BALLROOM DANCING FEE: Listed with Section

Do you have a wedding or special event this season at which you would like to dance? Or would you like to dance like Richard Gere and Susan Sarandon in the movie *Shall We Dance*? We can't promise JLo, but we can promise that you will learn three to four basic step patterns in five to six of the most popular ballroom dances. Lead/follow and develop style as a couple or individual with confidence and grace.

PED S61-01, MAINE E, 9 Tue., 1/29, 7:30-8:45 pm, Lowy, \$99	CRN 40464
PED S61-02, MAINE E, 9 Tue., 4/8, 7:30-8:45 pm, Lowy, \$99	CRN 40465
PED S61-03, NILES N, 6 Wed., 1/16, 7:35-8:35 pm, Strain, \$49	CRN 40835
PED S61-04, ETHS, 6 Mon., 3/10, 7-8:30 pm, \$69	CRN 40661
PED S61-05, ETHS, 6 Mon. 4/28, 7-8:30 pm, \$69	CRN 40662

BALLROOM DANCING II FEE: Listed with Section

Course will include a review of Ballroom Dancing I. New steps will be added to the five standard dances: cha-cha, fox trot, waltz, rumba and tango. Partners required.

PED S62-01, MAINE E, 9 Tue., 1/29, 8:45-10 pm, Lowy, \$99	CRN 40466
PED S62-02, MAINE E, 9 Tue., 4/8 8:45-10 pm, Lowy, \$99	CRN 40467
PED S62-03, NILES N, 6 Wed., 4/9 7:35-8:35 pm, Strain, \$49	CRN 40918

MAD HOT BALLROOM DANCE FEE: \$49

The Rhythm is gonna get you! If you have been watching Dancing with the Stars, then stop watching and start dancing. Learn the sensuous Tango, Rumba, Cha-Cha-Cha, the DanceMates easy way. No prior experience or partner necessary.

Beginning

PED D01-01, OC/SK, 6 Fri., 1/18, 7:35-8:35 pm, DanceMates	CRN 40635
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Intermediate

PED D03-01, OC/SK, 6 Fri., 4/11, 7:35-8:35 pm, DanceMates	CRN 40958
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RAKS SHARKI (BELLY DANCING) FEE: \$84

Dancing is a fun, healthy way to exercise. It can be a creative outlet that conditions, tones, and allows one to tune into the natural movements of the body. It can also refresh, relax, and exhilarate. Belly dancing is for all body types and physical abilities. Abrevaya, incorporates her diverse experience into her choreography to create unique and compelling routines. Students can expect to learn different ways of moving their bodies, develop a stronger posture, enhance their balance, and have fun exercising.

Beginning

PED S77-01, ETHS, 6 Thu., 1/31, 6-7 pm	CRN 40468
PED S77-02, ETHS, 6 Thu., 3/20, 6-7 pm	CRN 40469

Intermediate

PED S78-01, ETHS, 6 Thu., 1/31, 7-8 pm	CRN 40470
PED S78-02, ETHS, 6 Thu., 3/20, 7-8 pm	CRN 40471

SIZZLING SALSA DANCE: MARVELOUS MERENGUE, CUMBIA AND BACHATA FEE: \$49

Have an enjoyable evening learning easy-to-complex Salsa patterns. Fran Strain of DanceMates and co-host of the *You Can Dance* television show, which airs every Friday night from 10 to 10:30 pm on Chicago Access Network TV Channel 19, will show you how to unwind from your stressful day and have a blast! No prior experience or partner necessary.

Beginning

PED E88-01, NILES N, 6 Wed., 1/16, 6:30-7:30 pm	CRN 40654
PED E88-02, MAINE E, 6 Thu., 1/17, 7:35-8:35 pm	CRN 40657
PED E88-03, OC/SK, 6 Fri., 1/18, 6:30-7:30 pm	CRN 40903

Intermediate

PED E89-01, NILES N, 6 Wed., 4/9, 6:30-7:30 pm	CRN 40658
PED E89-02, MAINE E, 6 Thu., 4/10, 7:35-8:35 pm	CRN 40659
PED E89-03, OC/SK, 6 Fri., 4/11, 6:30-7:30 pm	CRN 40904

THE ART OF STEPPIN' FEE: \$55

Steppin' is a popular interactive dance form in the metro Chicagoland area that is a descendant of urban dance forms predecessors "Boppin" and "Walkin". This dance most commonly involves two or more people dancing to a variation of popular dance "step" patterns to smooth flowing rhythms of old school, jazz, mild hip-hop and funk music. In our classes you will learn basic foot step formats, basic turns, hand and foot coordination, reverse technique, lane control, body rhythm, turn point positions, freehand turns, high steppin', steppin' etiquette, and more. For 18 years of age and up. Wear comfortable shoes and clothing. (No gym clothes, please.) Bring a towel and a bottle of water.

PED D02-01, ETHS, 6 Wed., 1/30, 7:30-9 pm	CRN 40637
PED D02-02, ETHS, 6 Wed., 3/12, 7:30-9 pm	CRN 40638

LINE DANCE! FEE: \$49

No partner needed in this fun-filled evening of popular line dancing. No prior line dance experience necessary. We'll teach the Cowboy Boogie, Achey Breaky, Puttin' on the Ritz, Pretty Woman and more. Come alone or bring your friends and we'll have a blast!

PED S59-01, MAINE E, 6 Thu., 1/17, 6:30-7:30 pm	CRN 40905
PED S59-02, MAINE E, 6 Thu., 4/10, 6:30-7:30 pm	CRN 40906

Exercise and Fitness

FINDING TOTAL FITNESS FOR YOU **FEE: \$99**

"When you change the way you look at things, the things you look at change," according to self-help author Dr. Wayne Dyer. Every one of us is different—we have different sets of responsibilities, schedules, abilities, and personal perspectives. This seminar is designed to help you develop a personal system for fitness and weight control that will work in tandem with your life. Take a humorous and eye-opening look at your current lifestyle, and discover how to incorporate workouts into your hectic schedule. Explore strength and resistance workouts that help you reap benefits fast; make sense of diet myths and miracles, and learn how to make smart food choices—even at your favorite restaurants. The co-facilitators, Joanne Rusch and Sue Garcia, bring to the class years of wellness and fitness experience, along with a solid understanding of nutrition, physiology and anatomy. Rusch is an editor for Chicago Wellness Magazine, and has been featured on Good Morning America, WGN-AM, and WMAQ-TV. Sue Garcia holds multiple national certifications in fitness and wellness and owns Sue Garcia Fitness, Inc., a group fitness and personal training company based in the northwest suburbs of Chicago. Students are asked to wear comfortable clothing and bring resistance bands and/or hand weights for light exercise. There is no senior discount for this course.

HEA E84-01, OC/SK, 1 Sat., 1/26, 9 am-4 pm, Garcia/Rusch CRN 40444

HEAR TODAY, GONE TOMORROW: WEIGHT LOSS **FEE: \$50**

Are your clothes feeling a bit too snug? Could you use a little help with your weight-loss resolutions? Learn the secrets to never feeling hungry or deprived while trying to lose weight, plus directions for a lifelong healthful eating program. Experience a fun, motivational group hypnosis session as you listen to the audio presentation, "Eating Smart," by Dr. Roberta Temes. The instructor is a food coach, author, and approved educator whose nutrition curriculum was recognized by the U.S. Surgeon General at the National Healthy Schools Summit. Material fee of \$12 (text book and food containers) is payable to the instructor.

HEA E69-01, OC/SK, 1 Sat., 1/26, 1-3 pm, Solal CRN 40449

REIKI I CERTIFICATION WORKSHOP **FEE: \$94**

Reiki is the ancient art of natural healing that is simple to learn, yet powerful and effective. Neil Harris, director of Relax 4 Life, will teach the hands-on touch that promotes relaxation and restores balance to mind, body, and spirit for self-healing. Hand positions, meditation, and an introduction to the chakra system will be taught. Students will receive a Reiki attunement and certificate of completion. Bring a sack lunch. Seven CPUs available.

PSY B73-01, OC/SK, 1 Sat., 3/29, 8:30 am-4:30 pm, Harris CRN 40475

New!

TAI CHI AND QIGONG FOR BEGINNERS **FEE: \$49**

Tai Chi is a Chinese system of graceful, no-impact exercises performed with a calm mind, controlled rhythmic breathing and relaxed body. Sometimes called a moving form of yoga, tai chi promotes health by improving blood circulation, increasing lung capacity and efficiency, relaxing muscles, and strengthening bone structure. *Qi Gong* is a system that combines isometrics, isotonic, aerobic conditioning, meditation, and relaxation. The term *Qi* means breath of life, or vital essence. *Gong* means self-discipline, work, and achievement. This class combines these two ancient disciplines to promote physical, mental, emotional, and spiritual well-being.

PED E29-01, ETHS, 4 Thu., 1/17, 6:30-7:30 pm CRN 40047

New!

POWER TAI CHI **FEE: \$49**

Rev up your endurance and stamina. This invigorating and inspiring workout will leave you feeling ready for anything in life that demands steady reserves of strength and energy. You'll love the way this workout makes you feel as you discover hidden stores of both physical and mental energy. If you don't use your energy you have, you just might lose it! No prior knowledge of Tai Chi required.

PED E48-01, ETHS, 4 Thu., 1/17, 7:30-8:30 pm CRN 40902

TAI CHI CH'UAN I: FOR HEALTH AND FITNESS **FEE: \$96**

Tai Chi Ch'uan is a Chinese system of exercises performed with a calm mind, controlled rhythmic breathing and relaxed body. Sometimes called a moving form of yoga, tai chi promotes health by improving the circulation of the blood, increasing the capacity and efficiency of the lungs, relaxing the muscles, and strengthening the bone structure.

PED E45-01, NILES W 8 Tue., 1/29, 7-9 pm, Przybysz CRN 40646

BEGINNING HATHA YOGA **FEE: \$72**

Explore this complete, mind and body, East Indian system of meditation and relaxation, which promotes flexibility of body through controlled, skillful movement. Excellent conditioning program for any other physical activity. Bring a small mat to class.

PED S10-01, NILES N, 8 Mon., 1/28, 7:30-9 pm, Ross CRN 40457

PED S10-02, NILES W, 8 Thu., 4/3, 7:30-9 pm, Ross CRN 40458

ZUMBA

FEE: \$66

Zumba is a fitness program inspired by Latin dance, and created by Colombian aerobics instructor Alberto Perez. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, burn fat, and provide total body toning. Zumba utilizes a variety of music styles in its routines, including salsa, mambo, rumba, flamenco, calypso, and more. Both fast and slow rhythms are offered to help tone and sculpt the body. Have fun while taking the work out of "working out!" No senior discount.

PED S84-03, ETHS, 6 Thu., 1/31, 7:30-8:30 pm CRN 40472

PED S84-04, ETHS, 6 Thu., 3/20, 7:30-8:30 pm CRN 40473

Classes below are Zumba Gold, a less intense version.

PED S85-01, GLBRK S, 6 Tue., 2/5, 7:30-8:30 pm, Flom CRN 40474

PED S85-02, GLBRK S, 6 Tue., 3/18, 7:30-8:30 pm, Flom CRN 40663

PED S85-03, ETHS, 6 Thu., 2/7, 6:30-7:30 pm CRN 40664

PED S85-04, ETHS, 6 Thu., 3/27, 6:30-7:30 pm CRN 40665

The following fitness classes are held at the Morton Grove Park District (Prairie View Community Center), 6834 Dempster Street, just east of Waukegan Road.

THE NIA APPROACH TO MIND AND BODY FITNESS

FEE: Listed with Section

Bring your fitness routine into the 21st century with NIA (Neuromuscular Integrative Action), an exciting, fun, rejuvenating, and relaxing workout that combines the expressiveness of modern dance, the power and flow of martial arts, and the soul of ancient healing forms. NIA awakens the body, mind and spirit of each participant regardless of age, fitness level, or previous experience. As recently featured on NBC's "Today" show, NIA is a safe, effective, and thoroughly entertaining approach to staying physically fit, mentally alert, and vitally alive. Join us as we celebrate the joy of movement! The instructor is a certified NIA instructor and an ACE and ACSM Certified Fitness Professional.

PED C02-01, MGPD, 4 Sun., 2/24, 11 am-12 pm, \$51 CRN 40085

PED C02-02, MGPD, 7 Sun., 4/6, 11 am-12 pm, \$89 CRN 40086

New!

NIA FOR SENIORS

FEE: Listed with Section

This class uses NIA (Neuromuscular Integrative Action) movement in a workout developed especially for those who are aging with grace. Lubricate your joints, leave your troubles behind, have fun, and discover the joy of being fit the NIA way!

PED C01-01, MGPD, 5 Mon., 2/18, 10-11 am, \$63 CRN 40056

PED C01-02, MGPD, 7 Mon., 3/31, 10-11 am, \$89 CRN 40057

EXERCISE FOR SENIORS

FEE: Listed with Section

This dynamic program is designed especially for seniors, emphasizing non-vigorous exercise while increasing joint mobility and flexibility. Age: 55+.

PED E53-01, MGPD, 5 Tue., 2/19, 9-10 am, \$47 CRN 40099

PED E53-02, MGPD, 7 Tue., 4/1, 9-10 am, \$65 CRN 40100

PED E53-03, MGPD, 5 Thu., 2/21, 9-10 am, \$47 CRN 40101

PED E53-04, MGPD, 7 Thu., 4/3, 9-10 am, \$65 CRN 40102

GENTLE MOVES

FEE: Listed with Section

This class is designed to help individuals get back into the game of "life." If your health is compromised due to being overweight, Type II diabetes, COPD, arthritis or high blood pressure, this class is for you! Through gentle movement we will help you improve your quality of life. You have the option of sitting or standing. There will be NO getting down on the floor and NO spandex.

PED B01-01, MGPD, 5 Mon. & Wed, 2/18, 7:15-8:10 pm, \$93 CRN 40082

PED B01-02, MGPD, 6 Mon. & Wed, 3/31, 7:15-8:10 pm, \$130 CRN 40084

TAI CHI FOR ARTHRITIS

FEE: Listed with Section

Recommended by the Arthritis Foundation of America, this class uses gentle, fluid movements to enhance muscular strength, increase joint flexibility, and promote overall physical stamina. Participants will find relief and relaxation from the physical and mental stress that accompanies living with arthritis.

PED C05-01, MGPD, 5 Mon., 2/18, 1:45-2:30 pm, \$47 CRN 40087

PED C05-02, MGPD, 7 Mon., 3/31, 1:45-2:30 pm, \$65 CRN 40088

PED C05-03, MGPD, 5 Wed., 2/20, 10-10:45 am, \$47 CRN 40089

PED C05-04, MGPD, 6 Wed., 4/2, 10-10:45 am, \$56 CRN 40090

P.A.C.E. ARTHRITIS EXERCISE FEE: Listed with Section

P.A.C.E. stands for People with Arthritis Can Exercise. The program incorporates gentle activities to help increase joint flexibility and range of motion while increasing overall stamina. No class on 11/22.

PED E01-01, MGPD, 5 Thu., 2/21, 1:45-2:30 pm, \$47 CRN 40091

PED E01-02, MGPD, 7 Thu., 4/3, 1:45-2:30 pm, \$65 CRN 40092

GENTLE YOGA**FEE: Listed with Section**

This class is perfect for beginners, seniors and new (post-partum) moms who want to reap the benefits of a strong healthy body and mind. Bring a pillow and a towel.

PED S13-01, MGPD, 5 Tue., 2/19, 9:15-10:15 am, \$63 CRN 40066
PED S13-02, MGPD, 7 Tue., 4/1, 9:15-10:15 am, \$89 CRN 40067
PED S13-03, MGPD, 5 Thu., 2/21, 7:30-8:30 pm, \$63 CRN 40068
PED S13-04, MGPD, 7 Thu., 4/3, 7:30-8:30 pm, \$89 CRN 40069

SPIN AND TONE**FEE: Listed with Section**

Get the best of both worlds! Part of the class is a great cardio workout on stationary bikes, and the second part is spent on toning all the major muscle groups. This class is easily modified to suit the beginner as well as the advanced athlete.

PED E03-01, MGPD, 5 Mon., 2/18, 7:30-8:20 pm, \$70 CRN 40093
PED E03-02, MGPD, 7 Mon., 3/31, 7:30-8:20 pm, \$98 CRN 40094
PED E03-03, MGPD, 5 Sat., 2/23, 7:30-8:20 am, \$70 CRN 40095
PED E03-04, MGPD, 7 Sat., 4/5, 7:30-8:20 am, \$98 CRN 40096

*New!***STRONG AND LONG****FEE: Listed with Section**

This class combines the best of resistance and flexibility training to get your heart beating, help manage weight, offset bone loss, and recover muscle mass lost due to aging or a sedentary lifestyle. Join us for a full body workout using calisthenics, balls, tubes, and dumbbells combined with lengthening and relaxation exercises. You will leave this class feeling great and glad you came!

PED E18-01, MGPD, 5 Mon., 2/18, 8:40-9:40 am, \$47 CRN 40052
PED E18-02, MGPD, 7 Mon., 3/31, 8:40-9:40 am, \$65 CRN 40053
PED E18-03, MGPD, 5 Fri., 2/22, 8:40-9:40 am, \$47 CRN 40054
PED E18-04, MGPD, 7 Fri., 4/4, 8:40-9:40 am, \$65 CRN 40055

MAT PILATES**FEE: Listed with Section**

Pilates is truly a phenomenon in the current world of fitness. Developed by Joseph Pilates in the early part of the 20th century, this method of exercise and physical movement is designed to stretch, strengthen, and balance the body. Benefits include increased posture and balance, improved lung capacity and circulation, greater strength and flexibility, and better body and mental coordination.

Mat Pilates - Beginners

PED E04-01, MGPD, 5 Tue., 2/19, 7:30-8:30 pm, \$63 CRN 40097
PED E04-02, MGPD, 7 Tue., 4/1, 7:30-8:30 pm, \$89 CRN 40098

Mat Pilates - Intermediate (Previous Mat Pilates experience needed.)

PED C43-01, MGPD, 5 Fri., 2/22, 5:30-6:30 pm, \$63 CRN 40103
PED C43-02, MGPD, 7 Fri., 4/4, 5:30-6:30 pm, \$89 CRN 40104

ZUMBA**FEE: Listed with Section**

Zumba uses the principles of fitness interval training and resistance training to maximize caloric output, burn fat, and provide total body toning. Zumba employs a variety of music styles in its routines, including salsa, mambo, rumba, flamenco, calypso, and more. Both fast and slow rhythms are offered to help tone and sculpt the body. Have fun while taking the work out of "working out!"

PED S84-01, MGPD., 5 Fri., 2/22, 6:45-7:45 pm, \$48 CRN 40058
PED S84-02, MGPD., 7 Fri., 4/4, 6:45-7:45 pm, \$67 CRN 40059

Fitness Center at Oakton

The Fitness Center offers a variety of equipment and amenities, including:

- Latest CYBEX and Life Fitness Equipment.
- More than 20 different machines to exercise all major muscle groups.
- Fourteen aerobic machines to increase cardiovascular development, including Stairmaster, treadmill and recumbent bikes.
- Fitness room, warm-up area, lounge and locker room with showers.
- Experienced staff to assist members at all times.
- Fully carpeted and air-conditioned, TV and audio-equipped.

Fitness Center Hours: Monday - Thursday, 7 a.m. - 8 p.m.;
Friday, 7 a.m. - 6 p.m.; Saturday, 9 a.m. - 1 p.m.
Membership rates vary. *For information, call 847-635-1839.*

Personal Training

Register with the Alliance for Lifelong Learning Office.
Schedule sessions at the Fitness Center from 3:30 to 8 p.m.

Individual Personal Training

Personal training is for the individual who wants personal instruction and the motivation of a trainer. Our goal is to teach sound fitness principles that will make the client an independent exerciser. You can opt to sign up for two, four or six sessions.

TWO PERSONAL TRAINING SESSIONS

The two sessions must be used by the end of the semester.

FIT P01-01 OC/DP CRN 40815

Two one-hour sessions by arrangement

Fee: \$89

FOUR PERSONAL TRAINING SESSIONS

Free semester membership to the Fitness Center included. The four sessions must be used by the end of the semester.

FIT P01-02 OC/DP CRN 40816

Four one-hour sessions by arrangement

Fee: \$159

SIX PERSONAL TRAINING SESSIONS

Free semester membership to the Fitness Center included. The six sessions must be used by the end of the semester.

FIT P01-03 OC/DP CRN 40817

Six one-hour sessions by arrangement

Fee: \$229

Personal Training For Two

The "Buddy Plan" provides the same instruction as with personal training, except that you will have a partner to train with. Client must provide partner. Free semester membership to the Fitness Center included. The six sessions must be used by the end of the semester.

FIT P02-01 OC/DP CRN 40818

Six one-hour sessions by arrangement

FEE: \$279

Gardening

New!

INTRODUCTION TO ORGANIC GARDENING FEE: \$45

This course is co-sponsored by the Alliance for Lifelong Learning, Emily Oaks Nature Center, and Whole Foods Market

Organic gardening is based on knowledge and techniques gathered over thousands of years. Study the science and art of growing fruits, vegetables, flowers, and plants by following natural processes and using a holistic approach.

ORN E97-01, OC/SK, 2 Sat., 4/19, 9 am-12 pm, Hansen CRN 40589

History

New!

EGYPT'S GREATEST FEMALE PHARAOH FEE: \$19

Hat-shep-sut, "Foremost of Women," (1478-1458 B.C.E.) was one of only four women in 3,000 years of Egyptian history known to have reached the position of pharaoh. Hat-shep-sut's reign was by far the longest as well as the most aggressive. In a fascinating archaeological development, the long-lost mummy of Hat-shep-sut was recently identified. Join **Douglas Gillette**, M.A., University of Chicago, M.Div, Chicago Theological Seminary, in a riveting examination of the life and character of one of the most unique and powerful women of antiquity.

HIS T92-01 ETHS, 1 Tue., 1/29, 7-8:30 pm, Gillette CRN 40535

Living History Programs

Meet historical dramatist, R.J. Lindsey, who assumes the identity of those who have made significant contributions to our nation's history, including Presidents Lincoln and Roosevelt, Thomas Edison, newspaper editor Carr Van Anda, and many other great personalities. Don't miss this opportunity to experience these two creative and historically accurate presentations.

WWI BRIGADIER GENERAL AND VICE-PRESIDENT, CHARLES GATES DAWES FEE: \$19

Iraq, Syria, Jordan, Lebanon, Israeli homeland, and Yugoslavia were all created by the WWI Treaty of Versailles. WWI has faded from public awareness and has been replaced by WWII and subsequent conflicts. However, WWI set the direction for the 20th century. Charles Gates Dawes of Evanston, Illinois, joined the 17th Engineers and was appointed General Purchasing Agent for the American Expeditionary Forces, by General John Pershing, Commander AEF. Following in the footsteps of an illustrious family that included William Dawes, who rode with Paul Revere, and General Rufus Dawes of the famed Civil War "Iron Brigade," Dawes speaks in detail about the politics and alliances of the world that then exploded into the maelstrom of WWI. Dawes also served as the nation's first budget director, established by President Harding. The Vice President tells stories of politics; Generals Pershing, McKinley, Bryan; and the famed "Hell and Maria" speech to Congress where he railed against pinhead politicians. A display of WWI artifacts accompanies the General.

HIS T77-01, ETHS, 1 Thu., 2/7, 7-8 pm CRN 40523

ABRAHAM LINCOLN: ILLINOIS' FAVORITE SON FEE: \$19

President Lincoln speaks about his life growing up in Kentucky and Indiana, attending school, and earning his first dollar. He reviews major election contests: the Congressional race against evangelist Peter Cartwright (when Cartwright asked if Lincoln were going to Heaven or Hell, Lincoln replied, "I'm going to Congress."); the Senate race against Stephen Douglas; and the historical importance his re-election. And of course, the famed Lincoln humor is on display in stories about critics, office-seekers, lawyers, generals, and congressman. In conclusion, the President says it will be up to the American people to keep the Union strong and the flag flying.

HIS T78-01, ETHS, 1 Tue., 2/12, 7-8 pm CRN 40525

Popular Science

CSI - THE REAL THING FEE: \$39

Are you fascinated with *CSI* (Crime Scene Investigation) and its spin-off TV shows? Have you ever wondered how real crime scene investigations are conducted? The instructor, a Chicago homicide/sex crime detective, will provide insight into real-life, behind the scenes police work and a variety of contemporary investigative processes. You will learn how forensic science, informants, and plain luck come together to identify, apprehend and convict criminals. Real criminal cases will be discussed. Please be aware that this class involves discussion of graphic topics and adult themes. Class size is limited.

SCI E41-01, ETHS, 2 Tue., 3/11, 7-9 pm CRN 40581

New!

THE WINDS OF CHANGE: CLIMATIC HISTORY FEE: \$29

People commonly think the Earth's climate is warming. Many scientists, however, believe we are simply in a warm "interglacial period," in the midst of a three-million-year ice age. Will carbon dioxide and other greenhouse gasses warm the planet enough to bring this ice age to a close, creating the same hot, muggy climate in which the dinosaurs thrived? The instructor, who teaches at Northwestern University, also will discuss historical events such as the "Little Ice Age," and the "year without a summer," and how previous generations coped or failed to cope with climate change.

SCI E20-01, ETHS, 1 Mon., 4/21, 7-9:30 pm CRN 40500

Recreation

AMERICA'S BOATING **FEE: Listed with section**

Officers of the U.S. Coast Guard Auxiliary provide dry land instruction in boating and sailing as a community service. This three-session boat safety and boat handling course is for the experienced as well as the novice boater. Certification qualifies for state requirements, and may be used toward insurance discounts. A materials fee of \$35 is payable in class to the instructor.

REC E12-01, GLBRK S, 3 Tue., 1/22, 7-9 pm, Evanstad, \$15	CRN 40480
REC E12-02, GLBRK S, 3 Tue., 2/12, 7-9 pm, Evanstad, \$15	CRN 40481
REC E12-03, ETHS, 3 Tue., 3/4, 7-9 pm, \$15	CRN 40907
REC E12-04, ETHS, 3 Tue., 3/25, 7-9 pm, \$15	CRN 40515
REC E12-05, GLBRK S, 3 Tue., 4/22, 7-9 pm, Evanstad, \$15	CRN 40516
REC E12-06, GLBRK S, 3 Tue., 5/13, 7-9 pm, Evanstad, \$15	CRN 40930

YOUTH BOATING **FEE: \$30**

Laws in Illinois and Wisconsin require that boat operators aged 12-18 earn a Boat Operators Certificate. This course, taught by members of the Coast Guard Auxiliary, will enable young people to qualify for that certificate. Manual is available for approximately \$50.

REC E14-01, NILES W, 9 Thu., 4/10, 7-9 pm, Hofer	CRN 40653
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BRIDGE FOR BEGINNERS - PARTS 1 AND 2 **FEE: \$80**

Learn the basics of Standard American Bridge. Course fee includes a textbook that will be distributed at the first class.

REC S01-01, MAINE E, 6 Thu, 1/31, 7-9 pm, Krelle	CRN 40553
REC S01-02, MAINE E, 6 Thu, 4/17, 7-9 pm, Krelle	CRN 40554

BRIDGE POTPOURRI **FEE: \$69**

Here is a unique—and effective—take on bridge instruction! It's designed for everyone who has an interest in improving their game: beginner, intermediate or advanced players. In this format, whatever you have a question about will be explained in detail. What is a reverse bid? Balancing? Was the double for penalty takeout, or was it a negative double? How about a responsive double? Do you know the defense against Jacoby Transfers? Do you play blackwood or Roman keycard blackwood, and what is the difference? Even if you don't use certain bids you should know what your opponents are using against you! The instructor is John Krelle, certified bridge teacher, certified bridge director, and bronze life master.

REC S04-01, ETHS, 8 Wed., 1/23, 7-9 pm	CRN 40033
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CO-ED VOLLEYBALL **FEE: Listed with section**

Learn the basics and enjoy challenging competition when players at all skill levels are blended into teams to play a round robin tournament.

Instructor: Georgopoulos

PED S52-01, NILES W, 8 Thu., 1/31, 8:30-10 pm, \$75	CRN 40459
PED S52-03, NILES W, 8 Thu., 4/3, 8:30-10 pm, \$75	CRN 40461

TEXAS HOLD'EM POKER **FEE: \$39**

Texas Hold'em Poker is the hottest game in the country, thanks to TV's World Series of Poker and other shows. Its popularity continues to grow, with good reason—it's fun! It also is a game of skill, and playing well depends on more than just a good hand or the ability to hide emotion. This class combines lecture and plenty of actual play. You will learn rules, betting, odds, etiquette, and how to play each stage of the hand—the preflop, the flop, the turn, and the river. Instructor provides cards and chips.

REC S05-01, ETHS, 4 Tue., 1/22, 7-9 pm	CRN 40034
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Technical

AUTOMOBILE REPAIR **FEE: \$129**

This class is for more adventurous, hands-on people who want to do their own repairs and learn more about their cars. Emphasis is on diagnostics, replacement, and bringing your car to safety standards.

TEC C14-01, ETHS, 10 Tue., 2/5, 6:30-9:30 pm	CRN 40824
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ELECTRICITY I **FEE: \$77**

This practical course will teach basic household tips on how to install light fixtures, light switches and ceiling fans. It will demonstrate practical ways of accomplishing household chores relating to electricity.

ELE A01-01, ETHS, 6 Mon., 1/28, 6-8 pm	CRN 40911
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ELECTRICITY II **FEE: \$65**

This practical course is a continuation of Electricity I.

ELE A02-01, ETHS, 5 Mon., 4/7, 6-8 pm	CRN 40913
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New!

SMALL ENGINE REPAIR (SNOW BLOWERS AND LAWN MOWERS) **FEE: \$75**

Learn to fix your own small engine! We'll cover the four technical functions of every small engine. The remainder of class time will be devoted to actual troubleshooting and the repair of your small engine. A lab fee of \$10 per student is payable to the instructor at class.

TEC C15-01, ETHS, 4 Wed., 1/23, 7-9:30 pm	CRN 40601
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CAR CARE 101**FEE: \$29**

Visit a professional automotive shop, and get two complete "tours" of your own car-one under the hood and one under the car itself. What is a brake rotor? Where are the belts and hoses and why are they important? You'll find out, plus much more. We'll cover checking the engine oil, coolant, and other fluids; installing a spare tire; even changing a tire! Important safety details will be discussed as well. Class size is limited. Classes are held at C&M Auto Service, 835 Milwaukee Ave., Glenview. No senior discount.

TEC B14-01, CMA, 1 Tue., 3/25, 6:30-8:30 pm

CRN 40605

WELDING**FEE: Listed with section**

This course is offered to both beginners and advanced welders alike. Learn ARC and gas welding. The first two classes are lectures. Attendance **is required**. Remaining sessions will be lab classes. MIG and TIC are available with permission from the instructor. Classes are individualized to allow advanced students to progress at their own pace.

TEC A10-01, ETHS, 10 Wed., 1/16, 6-9 pm, \$145

CRN 40563

TEC A10-02, ETHS, 8 Wed., 3/26, 6-9 pm, \$116

CRN 40156

Travel**TRAVEL THE WORLD FOR FREE****FEE: \$29**

Would you love to travel and see the world? This class is definitely for you! Take this opportunity to hear about ingenious ways to travel for very little money or for nothing. The instructor's informative ideas could even turn into new career for you, giving you more vacation and leisure time. No senior discount.

REC E05-01, ETHS, 1 Wed., 1/16, 6:30-8 pm

CRN 40071

REC E05-02, ETHS, 1 Wed., 2/20, 6:30-8 pm

CRN 40070

TRAVEL TIPS**FEE: \$25**

Become a savvy traveler and make the most of your next vacation. Gain tips to save money and travel safely. Discover the ins and outs of booking trips, packing baggage, hotel security, car rentals, money conversions, health care, overseas flights, passports and visas, scams that target tourists, and more. This course will provide tips for both domestic and international travelers. The instructor has traveled extensively and has more than 20 years experience as manager of a travel agency.

REC E40-01, GLBRK S, 2 Tue., 3/4, 7-9 pm, Samoilovich

CRN 40550