HEALTH, FITNESS, AND FUN

Health

QUIT SMOKING  FEE: $50
Smoking is a hard habit to break, as the smoker’s emotions, social life, and physical addiction to nicotine are all connected. Get help in liberating yourself from this harmful habit by developing a positive behavior-change approach that will teach you how to quit. Class focuses on understanding nicotine addiction, developing a quitting strategy, and the use of nicotine replacement products. Learn how to deal with recovery symptoms, weight control, and stress management. Find out how to avoid a relapse and stay off cigarettes. This course is being taught by a Tobacco and Substance Abuse Prevention specialist from the Cook County Department of Public Health. A textbook (approx. $20) will be available for purchase at the first class session.
HEA E04-01, OC/DP, 4 Tue. & Thu., 1/27, 6 - 7:30 pm  CRN 40548
HEA E04-02, OC/DP, 4 Mon. & Wed., 3/23, 6 - 7:30 pm  CRN 40549

POWER FOODS:
FUEL FOR A HEALTHY LIFESTYLE  FEE: $20
What foods are believed to fight cancer, reduce the risk of heart disease, strengthen vision, and boost immunity? The answers are revealed in this presentation covering two dozen “Power Foods.” Join Reed Engel, director of wellness strategies for Mather LifeWays Institute on Aging, to hear the latest health claims about everything edible.
HEC E08-01, NILES N, 1 Mon., 4/27, 7-8:30 pm  CRN 40550

CAREGIVING 101  FEE: $25
What does being a caregiver mean in today’s world? As we and the people we love live longer, care giving is becoming a reality for more individuals in our community. Come learn about what to anticipate as your loved ones grow older, and how to best prepare yourself for handling life changes. This session will discuss local and long-distance care giving, available resources, and caregiver tips. A Caregiver Toolkit will be distributed to each attendee. Your instructor is geriatric care manager Anna Fallon, MSW. This course is being co-sponsored by the Alliance for Lifelong Learning and CJE Senior Life.
PSY B41-01, OC/SK, 1 Tue., 4/14, 7-9 pm  CRN 40348

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 E05-03, OC/DP, 1 Sat., 2/14, 9 am-12 pm  CRN 40832
HEA E05-02, OC/DP, 1 Sat., 4/11, 9 am-12 pm  CRN 40057

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., 1/31, 9 am-1 pm  CRN 40205
Registration Deadline: 1/23
HEA E01-02, OC/DP, 2 Sat., 4/11, 9 am-1 pm  CRN 40222
Registration Deadline: 4/3

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 E05-01 ETHS, 1 Tue. & 1 Thu., 2/3, 6:30-9 pm  CRN 40056
Dance

Participants are asked to register as early as possible for dance classes to avoid course cancellations. Fees are per person.

**BALLET FOR FUN, FITNESS AND GRACE**  FEE: $146

Come and enjoy the expressive beauty of ballet – without putting stress on joints and ligaments. Strengthen your body and enhance balance, memory, and coordination as you experience bar and center work utilizing classical ballet positions. This class requires no prior ballet experience. Wear comfortable clothing. (Students must supply own ballet shoes. Suggested dealers include Allegro, 2120 Central Street, Evanston, 847-733-8460; and Payless Shoe Stores, numerous locations). Classes meet at the North Shore Senior Center, 161 Northfield Road, in Northfield. There is a 50 percent senior discount.

PED B08 01, NSSC, 8 Thu., 1/8, 5-6 pm  CRN 40263
PED B08 02, NSSC, 8 Thu., 3/5, 5-6 pm  CRN 40264

**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, GLBRK S, 9 Thu., 1/22, 7:30-8:45 pm, $99  CRN 40273
PED S61-02, ETHS, 6 Mon., 3/9, 7-8:30 pm, $67  CRN 40274
PED S61-03, MAINE E, 9 Tue., 4/7, 7-8:30 pm, $99  CRN 40276
PED S61-04, ETHS, 6 Mon., 4/27, 7-8:30 pm, $67  CRN 40277

**MORE BALLROOM DANCING**  FEE: $99

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, GLBRK S, 9 Thu., 1/22, 8:45-10 pm  CRN 40278
PED S62-02, MAINE E, 9 Tue., 4/7, 8:45-10 pm  CRN 40279

**HIP HOP DANCE**  FEE: $49

It's dance fun for everyone with easy-to-learn hip hop dance routines. Your DanceMates instructor will breakdown each move as you dance to Rihanna, Beyonce, Flo Rida, and more! You've seen hip hop and urban-style street dancing on “America's Best Dance Crew.” Now it's your turn to shine. No prior dance experience is necessary. No partner is necessary. Join the fun!

PED D04-01, OC/SK, 6 Wed., 3/11, 6:30-7:30 pm  CRN 40563
PED D04-02, MAINE E, 6 Thu., 3/12, 6:30-7:30 pm  CRN 40564

**MAD HOT BALLROOM AND SWING**  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.

PED D01-01, OC/SK, 6 Wed., 1/14, 6:30-7:30 pm  CRN 40559

**MORE MAD, HOT BALLROOM AND SWING**  FEE: $49

These classes are for individuals and couples who have some dance experience and know the basic steps for the dances. If you’re looking to add more pizzazz to your style, this course is for you. You will review the basics of what you already know, add more style, and learn some additional dance patterns to help you look unique on the dance floor.

PED D03-01, MAINE E, 6 Thu., 1/15, 7:35-8:35 pm  CRN 40561
PED D03-02, MAINE E, 6 Thu., 3/12, 7:35-8:35 pm  CRN 40562

**SIZZLING SALSA, 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.

PED E88-01, MAINE W, 6 Mon., 1/12, 7:35-8:35 pm  CRN 40565
PED E88-02, OC/SK, 6 Wed., 1/14, 7:35-8:35 pm  CRN 40566

**MORE SALSA, MERENGUE, CUMBIA, & BACHATA**  FEE: $49

These classes are for individuals and couples who have some dance experience and know the basic steps for the dances. If you’re looking to add more pizzazz to your style, this course is for you. You will review the basics of what you already know, add more style, and learn some additional dance patterns to help you look unique on the dance floor.

PED E89-01, NILES N, 6 Mon., 3/9, 7:35-8:35 pm  CRN 40567
PED E89-02, OC/SK, 6 Wed., 3/11, 7:35-8:35 pm  CRN 40568
LINE DANCING  
**FEE: $49**
This aerobic dance class uses a line formation so partners aren’t needed. You will learn all the popular dances done by groups at weddings, bar mitzvahs, and other parties such as the Electric Slide, Reggae Cowboy, Boot Scoot Boogie, Rock ‘n’ Roll, and many more. Wear comfortable clothing and shoes. You’ll be foot tapping, finger snapping, and hand clapping by the end of the first lesson!
PED S58 02, MAINE E, 6 Thu., 1/15, 6:30-7:30 pm  CRN 40569

LINE DANCING TO THE OLDIES  
**FEE: $112**
This aerobic dance class uses a line formation so partners aren’t needed. You will learn all the popular dances done by groups at weddings, bar mitzvahs, and other parties such as the Electric Slide, Reggae Cowboy, Boot Scoot Boogie, Rock ‘n’ Roll, and many more. Wear comfortable clothing and shoes. You’ll be foot tapping, finger snapping, and hand clapping by the end of the first lesson! Classes will meet in the House of Welcome Gymnasium. Classes meet at the North Shore Senior Center, 161 Northfield Road, in Northfield. There is a senior discount of 50% off this fee.
PED S59-01, NSSC, 8 Thu, 3/26, 3:45-4:45 pm  CRN 40745

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., 2/7, 9 am-4 pm  CRN 40225

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 N 8 Wed., 1/28, 7:30-9:30 pm  CRN 40265

TAI CHI I  
**FEE: $51**
Take a vacation from the stresses of life with this peaceful exercise, often called meditation in motion. Tai Chi is best practiced in loose clothing and stocking feet. Light, comfortable flat shoes are okay.
PED E29-01, ETHS, 4 Wed., 1/28, 8-9:30 pm  CRN 40090

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, skilful movement. Excellent conditioning program for any other physical activity. Bring a small mat to class.
PED S10-01, NILES N, 8 Mon., 4/6, 7:30-9 pm  CRN 40266
PED S10-02, GLBRK S, 8 Thu., 4/9, 7:30-9 pm  CRN 40268

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 S85-01, GLBRK S, 6 Tue., 1/6, 6:30-7:25 pm  CRN 40570
PED S85-02, GLBRK S, 6 Tue., 1/6, 7:30-8:25 pm  CRN 40571
PED S85-03, GLBRK S, 6 Tue., 2/24, 6:30-7:25 pm  CRN 40574
PED S85-04, GLBRK S, 6 Tue., 7:30-8:25 pm  CRN 40577
PED S85-05, GLBRK S, 6 Tue., 4/21, 6:30-7:25 pm  CRN 40578
PED S85-06, GLBRK S, 6 Tue., 4/21, 7:30-8:25 pm  CRN 40579
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. No class 4/12.

PED C02-01, MGPD, 6 Sun., 1/4, 11 am-12 pm, $78 CRN 40063
PED C02-02, MGPD, 5 Sun., 2/22, 11 am-12 pm, $65 CRN 40064
PED C02-03, MGPD, 6 Sun., 4/5, 11 am-12 pm, $78 CRN 40065

**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, 6 Tue., 1/6, 9-10 am, $57 CRN 40091
PED E53-02, MGPD, 6 Thu., 1/8, 9-10 am, $57 CRN 40092
PED E53-03, MGPD, 5 Tue., 2/24, 9-10 am, $48 CRN 40093
PED E53-04, MGPD, 5 Thu., 2/26, 9-10 am, $48 CRN 40094
PED E53-05, MGPD, 7 Tue., 4/7, 9-10 am, $67 CRN 40095
PED E53-06, MGPD, 7 Thu., 4/9, 9-10 am, $67 CRN 40096

**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, 6 Mon. & Wed, 1/5, 7:15-8:10 pm, $114CRN 40060
PED B01-02, MGPD, 5 Mon. & Wed, 2/23, 7:15-8:10 pm, $95CRN 40061
PED B01-03, MGPD, 7 Mon. & Wed, 4/6, 7:15-8:10 pm, $133CRN 40062

**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, 6 Mon., 1/5, 1:15-2 pm, $78 CRN 40068
PED C05-02, MGPD, 6 Wed., 1/7, 10-10:45 am, $78 CRN 40069
PED C05-03, MGPD, 5 Mon., 2/23, 1:15-2 pm, $65 CRN 40070
PED C05-04, MGPD, 5 Wed., 2/25, 10-10:45 am, $65 CRN 40071
PED C05-05, MGPD, 7 Mon., 4/6, 1:15-2 pm, $91 CRN 40072
PED C05-06, MGPD, 7 Wed., 4/8, 10-10:45 am, $91 CRN 40073

**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, 6 Tue., 1/6, 9:20-10:20 am, $78 CRN 40097
PED S13-02, MGPD, 6 Thu., 1/8, 9:20-10:20 am, $78 CRN 40098
PED S13-03, MGPD, 6 Thu., 1/8, 6-7 pm, $78 CRN 40099
PED S13-04, MGPD, 5 Tue., 2/24, 9:20-10:20 pm, $65 CRN 40100
PED S13-05, MGPD, 5 Thu., 2/26, 9:20-10:20 pm, $65 CRN 40101
PED S13-06, MGPD, 5 Thu., 2/26, 6-7 pm, $65 CRN 40102
PED S13-07, MGPD, 7 Tue., 4/7, 9:20-10:20 pm, $91 CRN 40103
PED S13-08, MGPD, 7 Thu., 4/9, 9:20-10:20 pm, $91 CRN 40104
PED S13-09, MGPD, 7 Thu., 4/9, 6-7 pm, $91 CRN 40105

**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, 6 Mon., 1/5, 7:30-8:20 pm, $86 CRN 40074
PED E03-02, MGPD, 6 Sat., 1/3, 7:30-8:20 am, $86 CRN 40075
PED E03-03, MGPD, 5 Mon., 2/23, 7:30-8:20 pm, $72 CRN 40076
PED E03-04, MGPD, 5 Sat., 2/21, 7:30-8:20 am, $72 CRN 40077
PED E03-05, MGPD, 7 Mon., 4/6, 7:30-8:20 pm, $101 CRN 40078
PED E03-06, MGPD, 7 Sat., 4/4, 7:30-8:20 am, $101 CRN 40080
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, 6 Mon., 1/5, 8:40-9:40 am, $57 CRN 40084
PED E18-02, MGPD, 6 Fri., 1/9, 8:40-9:40 am, $57 CRN 40085
PED E18-03, MGPD, 5 Mon., 2/23, 8:40-9:40 am, $48 CRN 40086
PED E18-04, MGPD, 5 Fri., 2/27, 8:40-9:40 am, $48 CRN 40087
PED E18-05, MGPD, 7 Mon., 4/6, 8:40-9:40 am, $67 CRN 40088
PED E18-06, MGPD, 7 Fri., 4/10, 8:40-9:40 am, $67 CRN 40089

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, better body and mental coordination.
PED E04-01, MGPD, 6 Tue., 1/6, 7:30-8:30 pm, $78 CRN 40081
PED E04-02, MGPD, 5 Tue., 2/24, 7:30-8:30 pm, $65 CRN 40082
PED E04-03, MGPD, 7 Tue., 4/7, 7:30-8:30 pm, $91 CRN 40083

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, 6 Fri., 1/9, 6:30-7:30 pm, $60 CRN 40106
PED S84-02, MGPD, 5 Fri., 2/27, 6:30-7:30 pm, $50 CRN 40107
PED S84-03, MGPD, 7 Fri., 4/10, 6:30-7:30 pm, $70 CRN 40108

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 am - 8 pm; Friday, 7 am - 6 pm; Saturday, 9 am - 1 pm
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 40021
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 40022
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 40023
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 40024
Six one-hour sessions by arrangement FEE: $279

Animal Friends
PLAN FOR YOUR PET FEE: $10
Who will take care of your beloved animal friend if you are no longer able to? With proper planning you can make sure there will be people and resources available to follow your instructions and take proper care of your pet. Join attorney Greg Turza to learn the details of a “Pet Trust.”
LAW B04-01, NILES W, 1 Tue., 4/14, 7-8:30 pm CRN 40556

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 S10-01, NILES N, 1 Wed., 2/4, 6-10 pm CRN 40295
REC S10-02, ETHS, 1 Mon., 3/9, 6-10 pm CRN 40296

PRACTICAL PUPPY TRAINING FEE: $85
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., 1/6, 7:30-8:30 pm CRN 40429
REC S08-02, ETHS GYM, 6 Tue., 4/14, 7:30-8:30 pm CRN 40429

OBEDIENCE TRAINING AND PET MANNERS FOR DOGS FEE: $115
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. (Enter the school building through Door 28 at the north end of ETHS near the tennis courts.)
REC S09-01, ETHS GYM, 6 Tue., 1/6, 7:30-8:30 pm CRN 40293
REC S09-02, ETHS GYM, 6 Tue., 4/14, 7:30-8:30 pm CRN 40294

Recreation
AMERICA'S BOATING FEE: $15
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., 1/20, 7-9 pm CRN 40282
REC E12-02, GLBRK S, 3 Tue., 2/10, 7-9 pm CRN 40283
REC E12-03, ETHS, 3 Tue., 3/3, 7-9 pm CRN 40284
REC E12-04, ETHS, 3 Tue., 3/24, 7-9 pm CRN 40285
REC E12-05, GLBRK S, 3 Tue., 4/7, 7-9 pm CRN 40286
REC E12-06, GLBRK S, 3 Tue., 5/12, 7-9 pm CRN 40287
REC E12-07, GLEN, 3 Mon., 1/12, 7-9 pm CRN 40718
REC E12-08, GLEN, 3 Thu., 4/9, 7-9 pm CRN 40726

BRIDGE, BEGINNING AND INTERMEDIATE FEE: $80
Learn the basics of Standard American Bridge. Course fee includes a textbook that will be distributed at the first class.
Beginning
REC S01-01, NILES W, 6 Thu, 1/29, 7-9 pm CRN 40289
Intermediate
REC S02-01, NILES W, 6 Thu, 4/2, 7-9 pm CRN 40290
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. No class on 2/16 or 3/2.
REC S04-01, ETHS, 8 Wed., 1/26, 7-9 pm  CRN 40114

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., 1/27, 7-9 pm  CRN 40115

CO-ED VOLLEYBALL  FEE: $75
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., 1/29, 8:30-10 pm  CRN 40269
PED S52-03, NILES W, 8 Thu., 4/2, 8:30-10 pm  CRN 40271

Travel

TRAVEL THE WORLD FOR FREE  FEE: $19
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 Tue., 3/3, 8-10 pm  CRN 40112
REC E05-02, ETHS, 1 Thu., 4/9, 8-10 pm  CRN 40113

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 Thu., 3/5, 7-9 pm  CRN 40288

FRIDAY TRAVEL FEATURES  FEE: $10 EACH
Join artist, world-traveler, and well-known lecturer Sara Drower for this current and informative series of European travel destinations. Known for her behind-the-scenes details, Drower’s presentations and commentaries are truly unique and refreshing.
Eastern France – Following the theme of “food and wine,” we will visit the historic city centers of Reims (Champagne), Dijon (mustard), and Beaune (wine). We’ll also see the reconstruction of a medieval castle using original building methods and materials.
TRA V01-01, OC/SK, 1 Fri., 1/30, 3:30-5 pm  CRN 40360
Eastern Spain – First we’ll visit the Basque country to see a castle designed by Gaudi, as well as Frank Gehry’s famous Guggenheim Museum in Bilbao and the outdoor artworks of a little-known Basque artist. We’ll stop at a colorful local festival in Lleida, then tour Salvador Dali’s home and museum in Catalonia. We’ll also visit charming fishing villages on the Costa Brava.
TRA V02-01, OC/SK, 1 Fri., 2/20, 3:30-5 pm  CRN 40361
The South of France – We will visit picturesque towns between Nice and Marseille to see where artists and other well-known people lived and worked. We’ll see the studios of Renoir and Cezanne, and chapels designed by Chagall, Picasso, and Matisse. There will be a truffle market, and festival, a local blessing for livestock, and a banquet in the Palace of the Popes in Avignon.
TRA V03-01, OC/SK, 1 Fri., 3/27, 3:30-5 pm  CRN 40362
CONVENIENCE COURSES

In today’s fast-paced world, most people crave convenience. We realize that many adults would enjoy returning to campus life—for a day, a weekend, or every week—if only they had the time. That’s why we invite you to customize your learning experiences with the Alliance for Lifelong Learning at Oakton Community College.

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