HEALTH, FITNESS, AND FUN

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

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 barre 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 B09-31, NSSC, 8 Wed., 6/3, 5:15-6:15 pm, Grout CRN 50068

HIP HOP DANCE FEE: $49
It’s dance fun for everyone with easy-to-learn hip hop dance routines. Your DanceMates instructor will break down 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 D04-31, OC/SK, 6 Wed., 5/20 6:30-7:30 pm, Strain CRN 50073
PED D04-32, OC/SK, 6 Wed., 7/1, 6:30-7:30 pm, Strain CRN 50074

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 D01-31, OC/SK, 6 Wed., 5/20, 7:35-8:35 pm, Strain CRN 50069
PED D01-32, NSSC, 6 Thu., 5/21, 6:30-7:30 pm, Strain CRN 50070

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 D03-31, OC/SK, 6 Wed., 7/1, 7:35-8:35 pm, Strain CRN 50071
PED D03-32, NSSC, 6 Thu., 7/2, 6:30-7:30 pm, Strain CRN 50072

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 E08-31, NSSC, 6 Thu., 7/1, 7:35-8:35 pm, Strain CRN 50076

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 E09-31, NSSC, 6 Thu., 7/2, 7:35-8:35 pm, Strain CRN 50077

Fitness

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 E45-31, ETHS, 8 Thu., 5/7, 6:30-8:30 pm, Przybysz CRN 50075

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 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 P01-31 OC/DP CRN 50101
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 P01-32 OC/DP CRN 50102
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 P01-33 OC/DP CRN 50103
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 P02-31 OC/DP CRN 50104
Six one-hour sessions by arrangement FEE: $279

Health
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. This course is being co-sponsored by the Alliance for Lifelong Learning and CJE Senior Life.
PSY B41-31, ETHS, 1 Thu., 6/18, 7-9 pm, Foisy CRN 50461

Recreation
AMERICA’S BOATING FEE: $15
Officers of the U.S. Coast Guard Auxiliary provide dry land instruction in boating and sailing. 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 E12-31, GLEN, 3 Tue., 5/12, 7-9 pm, Evanstad CRN 50078
REC E12-32, GLEN, 3 Thu., 6/11, 7-9 pm, Evanstad CRN 50079
REC E12-33, ETHS, 3 Tue., 7/7, 7-9 pm, Evanstad CRN 50080

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 S05-31, GLEN, 4 Tue., 6/2, 7-9 pm, Krelle CRN 50081
REC S05-32, GLEN, 4 Tue., 7/7, 7-9 pm, Krelle CRN 50082