

Spring 2009

Lyons Township Adult &  
Community Education

[www.lths.net](http://www.lths.net)

To register online click on lths web store  
and then on adult education link

## ADULT AND COMMUNITY EDUCATION

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## ARTS & CRAFTS

### **Pencil Drawing Step-by-Step**

Robert Sunyog

In this class, you will learn how to master pencil-working techniques using various strokes, marks and shading to create your own successful drawing. Systematic instruction in design, composition and perspective will be offered which you will use to draw every element used in landscape and still life art. A list of supplies and supply stores will be provided after registration.

**#0002 6 evenings Wed., Jan. 14-Feb. 18  
6:30-9:30 p.m. North Campus Room 43  
\$60/Gold Card rate does not apply**

### **Beginning Quilt Sampler**

Teresa Bruns

Create five unique quilted block samples. Students need to bring a variety of light and dark cotton fabrics (1/4 yard each) to the first class. Please bring your portable machine.

**#0003 6 evenings Mon., Feb. 2-Mar. 16  
6:30-9:00 p.m. North Campus Room 124  
\$60/Gold Card \$30**

### **Pen and Ink Just for Fun**

Robert Sunyog

Pick up a pen and see what you can do! We will do fun exercises showing various techniques used in drawing trees, flowers, barns, birds and other subjects. Instructions will be kept simple. I will demonstrate how to put all you have learned together to create a finished picture. You will learn enough basic pen and ink techniques to give you a good start in this medium. A list of supplies and supply stores will be provided after registration.

**#0007 6 evenings Mon., Jan. 12-Mar. 2  
6:30-9:30p.m. North Campus Room 43  
\$60/Gold Card rate does not apply**

### **Ceramics**

Ron Smith

This class concentrates on basic instruction in hand-building, simple tool use, and application of available glazes and colorants. For the more adventurous students potter's wheels are available. Whether functional or decorative, pottery has been an essential element in human society for thousands of years. So tap your creative self and see how many masterpieces you can create for yourself or as gifts.

**#0010 10 evenings Tues., Feb. 10-Apr. 21  
7:00-9:00 p.m. North Campus Room 41  
\$100/Includes supply fee \$17/Gold Card \$58.50**

## **Portraiture**

Mary Lempa

Learn the basic principles of drawing the human likeness working in both dry and wet media on paper. Our emphasis will be on proportion, observation to create a likeness and techniques that make the portrait come alive. We will create self-portraits, draw from the model and delve into caricature.

**#0012 6 evenings Wed., Feb. 11-Mar. 18**  
**6:30-9:30 p.m. South Campus Room D137**  
**\$70/Gold Card does not apply**

## **Stained Glass for Beginners**

Ron Smith

A basic course in constructing stained glass, using both lead and copper foil techniques. Students will create small windows and sun catchers. Household items and some specialized tools costing approximately \$125.00 will be used. Bring pencil and paper to first session, learn how, and where to buy tools, glass, etc.

**#0015 10 evenings Thurs., Feb. 12-Apr. 23**  
**7:00-9:00 p.m. North Campus Room 175**  
**\$87/Gold Card \$43.50**

## **Crocheting - Beginning**

Nancy Zelasko

Please bring to the first class: 1 skein of light colored, smooth textured (no bumps, nor frills or eyelash), worsted weight yarn. Also have a size G, H, or I crochet hook - one or two different sizes may be needed to achieve the proper tension.

**#0040 6 evenings Thurs., Feb. 26-Apr. 9**  
**7:00-9:00 p.m. North Campus Room 122**  
**\$55/Gold Card \$27.50**

## **Knitting - Beginning**

Nancy Zelasko

Learn the basics - please bring in a small ball of 100% cotton yarn by Sugar and Cream (not the chunky yarn) along with a pair of size 9, short length knitting needles. For the larger project please bring in a skein of light, solid colored (not variegated), worsted weight yarn, along with a pair of short length, size 9 knitting needles and a cable needle.

**#0045 6 evenings Mon., Feb. 23-Apr. 6**  
**7:00-9:00 p.m. North Campus Room 122**  
**\$55/Gold Card \$27.50**

## **Intermediate Crochet**

Nancy Zelasko

You will need to know all the basic stitches, for example Chain, single crochet, half-double crochet and double crochet. A refresher on any of the stitches will be welcomed. Please bring to the 1st class: 1 skein each of two different colors - such as a light and a dark color (not black) or a solid yarn with a variegated color. Be sure they are of a smooth texture and are a worsted weight. Feel free to bring in a pattern you would like to learn or are having difficulty understanding.

**#0050 6 evenings Mon., Apr. 13-May 18**  
**7:00-9:00 p.m. North Campus Room 122**  
**\$55/Gold Cards \$27.50**

## **Basic Scrapbooking**

Janie Froncek

**\*NEW\***

Learn the techniques to creating beautiful scrapbook albums. We will be working on your first pages during this class. All materials will be provided. Please bring 10-12 pictures with you. Additional Creative Memories products will be available to purchase on night of class.

*#0020 1 evening Thurs., Mar. 5*

*7:00-9:00 p.m. South Campus cafe \$24*

## **Card Making Class**

Janie Froncek

**\*NEW\***

Are buying cards getting too expensive? Join us for a night of fun making your own cards. All material will be provided. Additional Creative Memories products will be available to purchase on night of class.

*#0021 1 evening Thurs., Mar. 17*

*7:00-9:00 p.m. South Campus cafe \$24*

## **Paper Album Creation**

Janie Froncek

**\*NEW\***

In one night, we will create a beautiful 14-page album. It will make a great gift or you can keep it for yourself. All materials needed for album will be provided. Please bring 10-12 pictures with you. We will be using Creative Memories products. You will have a choice of four different designs for your album. Additional products will be available to purchase on night of class.

*#0022 1 evening Thurs., Apr. 7*

*7:00-9:00 p.m. South Campus cafe \$24*

## **Scrapbooking Borders**

Janie Froncek

**\*NEW\***

Are you looking for a fast way to create beautiful scrapbook pages? We will be making multiple border strips that you can use in your albums. All Materials will be provided. Additional products will be available to purchase on night of class.

*#0023 1 evening Thurs., Apr. 16*

*7:00-9:00 p.m. South Campus cafe \$24*

## **COMPUTERS**

### **Microsoft Word**

Fran Jakubka

**\*NEW\***

Learn the basics of Word (this used to be typing or word processing in the old days). Learn to use the menu bar and the standard and formatting toolbars. In this class, you will learn to set up a simple letter, short report and other simple documents for personal use.

*#2005 3 evenings Tues., Feb. 10 – Feb. 24*

*6:30-9:00 p.m. South Campus C214 \$55*

### **Microsoft Excel**

Fran Jakubka

**\*NEW\***

Learn the basics of Excel. This course will include setting up of tables with simple calculations. Learn the formatting of a spreadsheet and converting it to a table/chart.

*#2006 3 evenings Tues., Mar. 3 – Mar. 17*

*6:30-9:00 p.m. South Campus C214 \$55*

## **PowerPoint**

Fran Jakubka

**\*NEW\***

Learn how to prepare a presentation using PowerPoint. Set up simple slides along with a colorful animation and sound slides.

*#2075 3 evenings Thur., Apr. 2 – Apr. 16  
6:30-9:00 p.m. South Campus C214 \$55*

## **Microsoft Excel Charts & Graphs**

Joe Nowak

**\*NEW\***

Learn how to prepare a presentation using PowerPoint. Set up simple slides along with a colorful animation and sound slides.

*#2095 1 evening Wed., Feb. 11  
7:00-9:00 p.m. North Campus Room 35 \$33*

## **Joy of Code - Online Web Design Workshop**

Bud Krause

Start anytime from anywhere and be the only one in the class, so you will get plenty of attention! Learn XHTML and CSS in this 12-week online workshop. Create any web project of your choosing--a photo gallery, a blog, even start your own business, under the watchful eye of an experienced web design instructor. Read a chapter each week and then do a lab, practicing what you have learned. The lab work will be reviewed by the teacher within 48 hours. You can adjust the workshop's weekly schedule to fit your busy life. The class assumes that you know nothing about HTML, but it is also ideal if you know some code and wish to sharpen your skills so that you can make HTML programs, like Dreamweaver, work best for you.

This course can be started at any time by first registering/paying with LT Adult Ed.

For further information on the course content, send email to [bud@joyofcode.com](mailto:bud@joyofcode.com) or <http://www.joyofcode.com/programs/lt.html>

*#2020 12 weeks Online Workshop \$275*

## **Microsoft Excel Tips & Tricks**

Joe Nowak

**\*NEW\***

This class offers a wide variety of tips and shortcuts for operating Excel more efficiently. The course covers techniques for faster copy/paste procedures, placing comments in cells, sorting and indexing a spreadsheet, center text over multiple columns, conditional formatting and more. Students should have a basic understanding of spreadsheet basics such as data entry, selecting groups of cells, menu bar and tool bar usage.

*#2015 1 evening Wed., Apr. 1  
7:00-9:00 p.m. North Campus Room 35 \$33*

## **Beyond Google.com**

Joe Nowak

**\*NEW\***

Go beyond simple searches with Google. You are at the library or the office and you want to visit one of your favorites, but cannot remember the URL- create an online favorites list available from any machine with Internet access. You want to revise the resume you created six years ago, but cannot remember what folder you placed it in-let Google search your computer and find it. Find where you are going in Google Maps and then look for landmarks at street view. Translate websites written in other languages. See what the rest of the world is searching for with Google Trends. Students should have a general knowledge of the Internet when enrolling this class.

**#2110 1 evening Wed., Apr. 22**

**7:00-9:00 p.m. North Campus Room 35 \$33**

## **E-Bay 101 - The Basics of eBay selling**

Jack Waddick

Have you collected a lot of “stuff” in your house over the years? This class will show you how to turn some of your “stuff” into cash selling on eBay part-time (evenings & weekends). You will learn all you need to know to get started including how to: **\*Open an eBay account, \*Do Research and Create listings, \*Take eBay Digital Photos, \*Set Pricing that Sells, \*and Complete Your Transactions.** Presented by Jack Waddick - an eBay University instructor and active eBay Power Seller with over 2,000 successful eBay transactions. Beginners are Welcome. No eBay experience is required. Classes do fill up. So...register today for *The Basics of eBay selling*. An optional eBay workbook is available in class for \$20.

**#2027 2 evenings Thur., Feb. 12 - Feb. 19**

**6:30-8:45 p.m. North Campus Room 223**

**\$59 1 CEU credit can be earned with this class**

## **Excel 2000 for Windows, Introduction**

Joe Nowak

Students will learn to enter data, create formulas, use math functions, format data, control the appearance of the spreadsheet, and transform the numeric values into charts and graphs. Students should be familiar with a typewriter, calculator keypad, saving files, and be comfortable using the mouse. *A CD containing data files will be available for a small fee.*

**#2030 6 evenings Thur., Feb. 5-Mar. 12**

**7:00-10:00 p.m. North Campus Room 35**

**\$76/ Textbook additional/Gold Card rate does not apply.**

## **CULINARY**

### **Eat Well for Less**

Laura Bruzas

**\*NEW\***

The U.S. is experiencing the biggest spike in food prices in 17 years. Next to housing, food is the largest household expenditure. So grab a seat and fight back during this popular program led by Laura Bruzas, editor of Healthy Dining Chicago newsletter and author of 50 Simple Ways to Eat Well of Less. Bruzas will share her top expert tips and insider secrets as well as answer your questions. Attendees will leave with a game plan for saving money big time whether eating in, dining out or entertaining!

**#3001 1 evening Tue., Feb. 24**

**7:00-9:00 p.m. North Campus Room 129**

**\$25/Gold Card does not apply**

## **Quick and Easy Cooking**

Marjorie Klindera

You will learn how to cook easy and nutritious meals that you can prepare in \_ hour or less. Eat a light dinner; you will eat what is prepared in class that evening.

**#3005 3 evenings Mon., Mar. 2-Mar. 16**  
**7:00-9:00 p.m. North Campus Room 129**  
**\$61/Includes supply fee/Gold Card \$43**

## **DANCE**

### **Ballroom Dancing 1**

Beverly Solazzo & Randy Baustert

Discover the fun of dancing! Learn to be comfortable and confident in a variety of Ballroom dances such as Fox Trot, Waltz, and Swing. Couples and singles welcome.

**#4005 6 evenings Mon, Feb. 2-Mar. 16**  
**7:00-8:00 p.m. North Campus Cafeteria**  
**\$60 per person/Gold Card rate does not apply.**

### **Ballroom Dancing 2**

Beverly Solazzo & Randy Baustert

This class is for those who have enjoyed the beginning class and want to move ahead in Ballroom Dance. A continuation of Ballroom I, this course introduces the Latin dances of Cha Cha, Salsa and Tango. Couples and singles welcome.

**#4015 6 evenings Mon., Mar. 30-May 4**  
**7:00-8:00 p.m. North Campus Cafeteria**  
**\$60 per person/Gold Card rate does not apply.**

## **Swing Dancing I**

Beverly Solazzo & Randy Baustert

Have fun and meet new friends while learning a variety of swing dances such as Hustle, West Coast Swing, and Night Club 2. We will teach you the basics that make up each of these dances and a few basic patterns for each. Learn to feel comfortable and confident on the dance floor while dancing to a variety of music. Couples and singles welcome.

**#4034 6 evenings Mon., Feb. 2-Mar. 16**  
**8:15-9:15 p.m. North Campus Cafeteria**  
**\$60 per person/Gold Card rate does not apply**

## **Swing Dancing II**

Beverly Solazzo & Randy Baustert

This class is for those who have completed the Swing Dancing I class and want to move ahead in Swing dancing. This course will pick up where Swing Dance I finished and introduces a wider variety of patterns in Hustle, West Coast Swing and Night Club 2, with an introduction to Hustle. Couples and singles are welcome.

**#4035 6 evenings Mon., Mar. 30-May 4**  
**8:15-9:15 p.m. North Campus Cafeteria**  
**\$60 per person/Gold Card rate does not apply**

## **Line Dancing For Beginners (No Partner Needed)**

Susan Shields

This class meets two evenings. Bring your church group, neighbors, family, red hat group. Come alone or with friends. Reasons to take this class: 1. Have fun. 2. Meet new people. 3. Learn the electric slide for your next party or wedding. 4. Fun, easy exercise. Dress code: Cool and comfortable (jeans, gym shoes, t-shirts, etc.). Please include number of friends you are bringing at time of registration or prior to start of class.

**#4025 2 mornings Wed., Mar. 4-Mar. 11  
9:45-10:45 a.m. Plymouth Place-Dole Hall \$5.00**

## **ENGLISH**

### **Speak English**

Chris E. Coyne

A course in survival English with a conversational approach. Learning English at all levels includes vocabulary, pronunciation, and grammar as part of the process. You will learn to be comfortable working and living in the U.S. after taking this class.

**#5005 20 evenings-10 weeks Mon. & Wed.,  
Feb. 9-May 4 7:00-9:00 p.m.  
North Campus Room 119 & 120  
\$53/Gold Card \$26.50 Textbooks additional**

## **Read, Write and Speak English**

Esther Chase

In each class, you will learn new grammar and spelling, write correct and complete English sentences, and read short paragraphs. We will also practice speaking what you learn to read and write. Please take Speak English first or get the permission of the instructor.

**#5006 20 evenings-10 weeks Tues. & Thur.,  
Feb. 10-Apr 23 7:00-9:00 p.m.  
North Campus Room 119 & 120  
\$53/Gold Card \$26.50 Textbooks additional**

## **FITNESS AND WELL BEING**

### **“Stretch” for Life**

Dr. Margaret Brownlie

A gentle series of Spine and Body Stretches that improves your flexibility and stimulates your nervous system. This class is for all ages - it not only feels great, but it is great for A Wellness Lifestyle. Please bring a mat.

**#6005 1 evening Tues, Feb. 24  
6:30-8:00 p.m. North Campus Room 116 \$25**

**Happy “Bands” (Beginners)**  
**Healthy Stress Free Living**  
Dr. Margaret Brownlie

Stay fit, reduce stress and stay home. This session is designed to assist the busy person who cannot get to the health club that day... using exercise bands is fun, easy and inexpensive. Come and learn with Dr. Brownlie.

**#6010 1 evening Tues, Mar. 17**  
**6:30-8:00 p.m. North Campus Room 223**  
**\$30/Includes “Bands” (\$5)**

**Health Paradise...Island of Wellness**  
Dr. Margaret Brownlie

Our world is in a health crisis. The goal of this workshop is to share some secrets to more success in getting and staying healthy. This is an interactive workshop where we will help students to become reflective regarding their present health and future goals that may be reached.

**#6011 1 evening Tues, Apr. 14**  
**6:30-8:30 p.m. North Campus Room 223 \$25**

**Nia - The Technique**  
**Mind and Body Wellness**  
Kristen Mshar

This class will utilize the Nia Technique, which is a mind-body-spirit approach to whole body fitness. Benefits of Nia include cardiovascular conditioning, flexibility, strength, balance, endurance, and relaxation. The Nia Technique combines martial arts, healing arts, dance, and spiritual self-healing. You will become familiar with your own inner rhythm and dance of fitness. All Nia movements are adaptable and can be personalized for any level of fitness. No prior training is necessary. Come experience the joy of movement and the benefits of moving your body the way it was intended to move. Wear cool, loose fitting clothing-anything that makes you feel comfortable and free to move. All ages welcome.

**#6014 6 evenings Tues, Apr. 7-May 12**  
**7:30-8:30 p.m.**  
**North Campus Vaughan Building Dance Gym**  
**\$45/Gold Card \$22.50**

**Fitness Swimming**  
Susan and Patricia Devitt

Learn to get more from your swimming. Achieve your goal; whether to improve a stroke, improve muscle tone, and improve general fitness or relief from stress is your plan. Benefit from group support and structured lap workouts. Class is available to swimmers of varying abilities. *Swimmers should be able to swim 500 yards.* Bring suit, cap, towel, goggles, water, and lock. NOTE: Morning hours

**#6015 20 mornings Tues. & Thurs., Feb. 3-Apr. 16**  
**5:30-7:00 a.m. North Campus Pool**  
**\$70/Gold Card \$35**

**#6020 12 mornings Tues. & Thurs., Apr. 21-May 28**  
**5:30-7:00 a.m. North Campus Pool**  
**\$42/Gold Card \$21**

## **Water Fitness Class**

Patricia Devitt

A water exercise class for adult men and women consisting of one-hour water exercise twice a week. The water exercise program includes a warm-up, workout session, and a cool-down period. This class will help improve your strength, endurance, flexibility, and muscle tone. Participants need not know how to swim to join this group. Bring your suit, towel and lock to each class

**#6025 10 evenings Mon. & Wed., Feb. 9-Mar. 16**  
**8:00-9:30 p.m. North Campus Pool**  
**\$60/Gold Card \$30**

**#6030 10 evenings Mon. & Wed., Mar. 30-May 4**  
**8:00-9:30 p.m. North Campus Pool**  
**\$60/Gold Card \$30**

## **Water Fitness, Deep End**

Kathie Flynn

Held at the same time as the shallow water class. This class is held in the deep end, using buoyancy and resistance equipment, utilizing the properties of water for both strength and cardiovascular conditioning, for a total body workout. Swimming ability is recommended since the class takes place in the deep end. Flotation equipment is provided, however you may bring your own equipment, i.e. jog belt, buoyancy cuffs, and webbed gloves). Average water temperature is 81. Limited to 15 students.

**#6035 10 evenings Mon. & Wed., Feb. 9-Mar. 16**  
**8:00-9:30 p.m. North Campus Pool**  
**\$60/Gold Card \$30**

**#6040 10 evenings Mon. & Wed., Mar. 30-May 4**  
**8:00-9:30 p.m. North Campus Pool**  
**\$60/Gold Card \$30**

## **Turf to Surf**

Kathie Flynn

Begins with weight bearing workouts in the weight room, and other land-based exercises and ends with a non-to low impact total body workout in the pool. Class will begin at 7:00 in the weight room and a quick transition to finish in the pool from 8:00-8:30. Wear your swimsuit or other fitness clothes that can go into the pool. Bring your towel and change of clothes. Limited to 10 students.

**#6045 10 evenings Tues., Feb. 10-Apr. 21**  
**7:00-8:30 p.m. North Campus Weight Room and Pool**  
**\$78/Gold Card \$39**

## **Swimming Technique and Training**

Susan Devitt & Patricia Devitt

Learn to swim better and get into shape. Introduction to basic swimming strokes, water safety skills, and lap swimming. Sessions are broken down into: 10 minutes warm up, 10 minutes review, 60-minute swim work and instruction, 10 minutes practice. Bring suit, towel, goggles, cap, water bottle, and lock. Class will be held in the LTHS North Campus swimming pool.

**#60110 10 evenings Tues., Feb. 10-Apr. 21**  
**8:00-9:30 p.m. North Campus Pool**  
**\$78/Gold Card \$39**

## **Here's Help: Surviving Someone Else's Depression**

Donna Marie Desai, LCPC

Stress, frustration, and disappointment are common when you are living with a depressed spouse, parent, or child. They need love and sympathy, but those are not enough. You need medical information about depressive illnesses and a concrete strategy to cope with the depression fallout your relative's illness generates. Learn the official and unofficial symptoms of depression; how and how not to help your relative; and techniques to manage the effects of their depression on you and your family.

**#6056 1 evening Tue., Feb. 24**

**7:00-9:00 p.m. North Campus Room 221 \$25**

## **Katana Power**

James & Ilona Garrett

Are you Samurai? Are you Lancelot? Are you a Pirate Queen? Two decades ago, this class was first introduced at LT adult education. Based on Japanese Samurai and European knight sword training drills as first introduced by James Garrett in 1986. This is a great workout using weighted practice swords. Practice sword included in tuition cost.

**#6072 4 evenings Thurs., Apr. 2-Apr. 23**

**7:00-8:00 p.m.**

**North Campus Vaughan Building Gymnastics Gym  
\$48/Gold Card \$24.50  
Practice sword included**

## **Young Dragon Tai Chi and Qigong**

Sifu Garrett

Fun, easy stress relief for balance, centering, better focus and internal energy. Come and try on various animal movements from the T'ang Lung system. Parent(s) are welcome to sign up with youth.

**#6073 4 evenings Thurs., Apr. 2-Apr. 23**

**6:15-7:00 p.m.**

**North Campus Vaughan Building Gymnastics Gym  
\$35**

## **Tai Chi/Qigong**

James & Ilona Garrett

Learn the health and longevity techniques created by China's 250-year-old man. Join our Tai Chi Chuan classes to get the therapeutic health benefits of the graceful, circular movements of this ancient soft-style art. Relax your body and mind while promoting the flow of internal energy, balance, flexibility and bodily coordination. The principles of Tai Chi and Chi Kung (Qigong), and the meaning of individual movements are demonstrated clearly to ensure the optimum effects of these Chinese systems designed for health, longevity and self-defense.

**#6075 4 evenings Thurs., Feb. 12-Mar. 5**

**7:00-8:00 p.m.**

**North Campus Vaughan Building Gymnastics Gym  
\$47/Gold Card \$23.50**

## **Hatha Yoga–Beginner Level**

The Yoga Teachers' Group

The Yoga Teacher's Group is a company of qualified, insured Yoga instructors, actively teaching the ancient art of yoga and its postures. Hatha Yoga is an ancient method of total body conditioning, designed to develop strength, stamina, flexibility, balance, coordination, concentration, and total body well being. It increases vitality and teaches methods for relaxation through a series of simple postures and stretches. Each yoga class begins with 45 minutes of asana, or poses, and concludes with 15 minutes of relaxation to refresh the mind and allow the body to rid itself of stress. Yoga is for every body type and every level of physical fitness. Modified poses are taught and encourages for the beginner Yoga student.

Students are requested to bring a mat & towel and to dress comfortably.

**#6095 6 evenings Mon., Feb. 2-Mar. 16  
6:30-7:30 p.m.**

**#6100 6 evenings Mon., Feb. 2-Mar. 16  
7:30-8:30 p.m.**

**#6105 6 evenings Mon., Mar. 30-May 4  
6:30-7:30 p.m.**

**#6110 6 evenings Mon., Mar. 30-May 4  
7:30-8:30 p.m.**

**North Campus Vaughan Building Gymnastics Gym  
\$50/Gold Card does not apply**

## **Hatha Yoga, For the Very Beginner**

The Yoga Teachers' Group

This class includes 45 minutes of gentle postures and stretches that will result in a surprising increase of vitality, stamina, flexibility, and coordination. The 15 minutes of relaxation at the end of class will refresh the mind and allow the body to relax while tightness, depletion and stress flow away. This class is perfect for people of any size and fitness level. If you have previously felt intimidated by yoga, this class is for you! Students are requested to bring a mat & towel and to dress comfortably.

**#6115 6 evenings Wed., Feb. 4-Mar. 11  
6:30-7:30 p.m.**

**#6116 6 evenings Wed., Feb. 4-Mar. 11  
7:30-8:30 p.m.**

**#6120 6 evenings Wed., Apr. 1-May 13  
6:30-7:30 p.m.**

**#6120 6 evenings Wed., Apr. 1-May 13  
7:30-8:30 p.m.**

**North Campus Vaughan Building Gymnastics Gym  
\$50 Gold Card rate does not apply.**

## **Meditation**

James & Ilona Garrett

Learn meditation secrets of Eastern and Western sages. This course utilizes systematic proven techniques to guide you to total relaxation and mind-focus. The benefits of meditation are stress control, lower blood pressure and marked reduction in fatigue level.

**#6125 1 evening Tues., Feb. 17 7:00-8:30 p.m.  
North Campus Room 217 \$25**

## **Seniorcize**

Mary Avila

A class especially designed for the mature exerciser! Increase your flexibility, bone mass, firm muscles with strength/resistance training. Stimulate the cardiovascular system to strengthen the heart and lungs while burning fat for weight loss while restoring a healthy, positive mind/body balance. *Bring 2 or 3 lb. weights to class.*

**#6135 14 mornings Tues. & Thurs., Feb. 3 - Mar. 19**  
**9:15-10:15 a.m. South Campus Cafeteria**  
**\$60/Gold Card rate does not apply.**

## **Seniorcize II**

Mary Avila

Continue exercising twice a week for the student who would like to keep in shape. *Bring 2 or 3 lb. weights to class.*

**#6140 14 mornings Tues. & Thurs., Apr. 2 - May 19**  
**9:15-10:15 a.m. South Campus Cafeteria**  
**\$60/Gold Card rate does not apply.**

## **Seniorcize III**

Mary Avila

Continue exercising twice a week for the student who would like to keep in shape. *Bring 2 or 3 lb. weights to class.*

**#6141 7 mornings Tues. & Thurs., May 21 - June 11**  
**9:15-10:15 a.m. South Campus Cafeteria**  
**\$30/Gold Card rate does not apply.**

## **Stress Management**

James and Ilona Garrett

How stressed are you? Take our stress test to find out. Then learn techniques of deep relaxation through external/internal focus. With visualization and progressive muscle group relaxation training, you can reduce the effects of stress and bring calmness and control to your life. Bring a small mat or blanket and pillow to class.

**#6150 1 evening Tues., Apr. 7 7:00-8:30 p.m.**  
**North Campus Room 217 \$25**

## **FOREIGN LANGUAGES**

### **German I**

Ilona Garrett

A good course for the student with little or no background in German. You have a head start in learning this cousin language of English. You may already know 1/3 of the vocabulary of this "World" language. This friendly class makes learning the language of Germany, Austria, and Switzerland fun, quick, and easy.

**#7005 4 evenings Mon., Feb. 2-Mar. 2**  
**7:00-8:30 p.m. North Campus Room 216**  
**\$44/Gold Card \$22 Textbook additional**

## **Continuing German II**

Ilona Garrett

This course is designed to increase your growing language abilities after completing the beginner's course or equivalent. Join us to increase your German conversational skills and focus on grammar and sentence structure.

**#7006 4 evenings Mon. Mar. 30-Apr. 20**  
**7:00-8:30 p.m. North Campus Room 216**  
**\$44/Gold Card \$22/Textbook additional**

## **Italian, Beginning & Continuing**

Teresa Cortesi

This course is intended for people with little or no Italian. It is designed to develop basic conversation, reading and understanding skills, and should appeal to students planning a trip to Italy. More advanced students will progress thru Italian grammar.

**#7010 10 evenings Mon., Feb. 2-Apr. 20**  
**6:30-8:30 p.m. South Campus Room B107**  
**\$63/Gold Card \$31.50 Textbook additional**

## **Polish for Beginners**

Marian Skawski

These courses are intended for adults with little background in Polish, and want to learn a basic vocabulary leading to the basic social conversational skills. During the course, the emphasis will be placed on pronunciation and proper usage of common everyday words.

**#7020 10 evenings Mon., Feb. 23-May 4**  
**7:00-9:00p.m. South Campus Room B109**  
**\$78/Gold Card \$39/textbook additional**

## **Polish, Continuing**

Marian Skawski

This course is intended for adults with some knowledge of Polish. It is designed to develop basic conversation, reading skills, and simple writing on your chosen subject. The emphasis will be placed on proper grammar and sentence structure. This course will be especially helpful for students planning a trip to Poland and seeking connection with Polish heritage.

**#7025 10 evenings Tues., Feb. 24-May 5**  
**7:00-9:0p.m. South Campus Room B109**  
**\$78/Gold Card \$39/Textbook additional**

## **HIGH SCHOOL COMPLETION**

### **Constitution Review**

(For the High School Equivalence Certificate)

A preparation course for the G.E.D. exam on the Constitution of the United States, the Illinois Constitution, the Declaration of Independence and the proper use of the United States flag. This exam must be passed in addition to the G.E.D. test in order to earn a High School Equivalency Certificate. The review is offered each December and May, timed to follow the 12-session G.E.D. review course. The Constitution exam is administered in the last class session.

**#8010 5 evenings Mon. & Wed., May 6-May 20**  
**7:00-9:00 p.m. North Campus Room 117**  
**\$46/textbook additional**

## **G.E.D. Review**

(Preparation for the General Educational Development Tests)

Anne Marie McCormack

Persons planning to take the G.E.D. tests find this preparatory course of great help. **The tests are not given at L.T.H.S.**, but at locations specified by the state's Regional Office of Education. Successful completion of the G.E.D. tests earns a High School Equivalency Certificate, accepted by many employers and community colleges in lieu of a high school diploma. To take the exams, the applicant must be 18 or older and a resident of the county in which he/she takes the tests. This optional review course covers the five subject areas of the tests: language arts/reading, language arts/writing, social studies, science, and mathematics. In addition, the applicant must pass an exam on the Constitution of the United States, the Illinois Constitution, the Declaration of Independence, and the proper use of the United States flag. Please see separate Constitution Review course for additional information.

**#8005 12 evenings Tues., Feb. 10-May 5  
7:00-9:30 p.m. North Campus Room 119  
\$73/textbook additional**

The High School Completion program consists of **three different formats** that allow adults and young adults to access courses that can be applied toward high school graduation. A student may transfer a maximum of one (1) credit from the High School Completion Courses, but a maximum of one half (1/2) credit only from the English program, to meet LTHS graduation requirements. A student may not transfer credit from these high school completion courses in order to graduate prior to the eighth semester of enrollment. Both formats are designed for those wishing to complete their high school requirements or for current high school seniors lacking sufficient credits to graduate with their class. Each of these formats requires the principal or counselor from the high school, which will be issuing the diploma, to approve the course

selection, after which students may register and receive the books in the Adult Education Office at North Campus. In order for students to receive credit for the course, students must receive a passing grade.

Social Studies is a supervised independent study program. In this format, the students must be able to discipline themselves to study independently and report to the school one evening each week for tests. A syllabus gives directions for week-to-week study. There are no classroom discussions. The student is expected to report to the classroom the first week after registration, and return each week thereafter for tests.

**#8015 U.S. History Semester 1 & 2, Civics or Sociology  
Wed., Feb. 11-May 6 7:00-9:00 p.m. North Campus  
Room 117 Tuition: \$127 for half-credit course.  
Textbooks available at North Campus bookstore**

English III/IV is a course intended to address the needs of students who are in their junior or senior year at Lyons Township High School. Upon successful completion of the course, students will earn \_ credits toward the minimum graduation requirement of four English credits. The course aims to provide students with exposure to various genres of literature and writing with a focus on literary analysis. It is designed to reinforce students' vocabulary, comprehension, fluency, and writing. Students will compose three major papers as well as several smaller pieces of writing. They will read two major novels in addition to other texts. A formal assessment will be done via two tests on the major novels as well as a portfolio of work that will be maintained throughout the course. A research project and a class presentation are also required.

**#8020 English III or English IV  
Tues. & Thurs., Feb. 10 - Apr. 23  
6:30-8:30 p.m. North Campus Room 218 Tuition  
\$173 for half-credit course.  
Textbook available at North Campus bookstore.**

Class.com is an online course that students must enroll through their guidance counselors. The course is a self paced course in the area that the student selects with their counselor. The course is only open to seniors who are deficient in credits for graduation. Once the student signs up for classes with their counselor and have a registration sheet they may go to the Adult Education office to register for the class. If the student does not finish the course during the semester they will have to finish the course in summer school for credit.

**#8025 Class.com Monday Feb. 2- May 18**  
**7:00-9:00 North Campus Discovery Center**  
**Tuition \$150.**

## HOME

### **Design and Build a New Home and/or Addition**

Tom Molidor, President, Molidor Custom Builders, Inc.

Are you considering building a new house, or adding a room(s) to your current home? Do you know where to begin? How do you select a reliable builder? How much will the cost be? Are you making the correct decision? If I build a new home, will it make my family sick? What types of harmful gasses do new building materials emit? Can the syndrome be prevented? If you have ever asked yourself these questions, then this is the course you will need! Learn from an award winning builder/designer how to: Get started; place your dreams on paper; select a builder/designer; determine the costs; establish a financial plan; work with the trades; avoid the “sick building” pitfalls; and address the issue of budget vs. desires. We answer all your questions in an unbiased way.

**#9030 3 evenings Wed., Apr. 7-Apr. 21**  
**7:00-9:00 p.m. North Campus Room 223**  
**\$60/Gold Card \$30**

## INVESTMENT & FINANCE

### **Tax Free Investing**

Keith Hill, CFP

Assuming a 25% tax bracket, Uncle Sam gets 25 cents of every dollar that your money earns when it's in a taxable investment. If you tax bracket is higher, Uncle Sam keeps even more. If that does not seem fair to you, you are not alone. Tax-free investments are available to put your whole dollar to work year after year. Learn how tax-free investments work, the benefits of their ownership, different types available, and strategies to help protect your income.

**#10020 1 evening Tues., Feb. 17**  
**7:00-8:30 p.m. North Campus Room 116**  
**Free Seminar**

### **Five Essential Questions**

Keith Hill, CFP

No matter who handles your investments, you should ask five questions. When should I invest? How much do I need to invest? What should I invest in? How can I help reduce risk? Who can help me make these decisions? This class will give a basic overview of what really matters when investing your money.

**#10022 1 evening Tues., Mar. 10**  
**7:00-8:30 p.m. North Campus Room 116**  
**Free Seminar**

## **How to Convert Your Mortgage from a Liability to an Asset**

John Gajkowski

For most of us, our house and its accompanying mortgage represent two of the largest financial decisions we will ever make. Unfortunately, most of us do not understand how the type of mortgage we choose, taxes, time and a variety of other variables converge and cost us thousands, even hundreds of thousands of dollars unnecessarily! The class will show how these dollars fall through the cracks and, more importantly, what can be done to stop it.

**#10035 1 evening Wed., Feb. 25 7:00-9:00 p.m.  
North Campus Room 217 \$20**

## **If You Have Over \$1,000,000 In Your Retirement Plans - You've Got Trouble**

John Gajkowski

Retirement Plans (IRA's, 401k's, 403b, etc.) are excellent accumulation vehicles, but are terrible when it comes time to take distributions. Complex plan and tax rules can make the money you worked hard for very difficult and expensive to access. Without a proper distribution strategy, you and your heirs could lose up to 70% of what you have worked hard to accumulate to income and estate taxes. This class will discuss the mistakes people make and how to develop an effective strategy to get your money out of these plans in the most tax efficient manner possible.

**#10040 1 evening Wed., Mar. 11  
7:00-9:30 p.m. North Campus Room 217 \$20**

## **Retirement Reality Check**

Keith Hill, CFP

Making the most of retirement means making sure you are ready. If you are planning to retire in the next 5-10 years, this easy to follow class will help you make sure you are doing things right so you are ready when you want to retire. You will learn proven strategies about making the most of your money, planning for health care costs and much more.

**#10055 1 evening Tues., Apr. 14  
7:00-9:00 p.m. North Campus Room 116  
Free Seminar**

## **The Baby Boomer's Quandary: How to Create a Monthly Income You Cannot Outlive**

John Gajkowski

As Baby Boomers age they are placing a greater and greater emphasis on ways to guarantee their principal and generate a monthly income that will keep up with inflation. With social security - shaky at best, pensions - outdated and the stock market more volatile than ever, you need a plan to make sure your money will last as long as you do. The class will discuss the challenges you will be facing and how to develop a personal plan to create an income you cannot outlive.

**#10060 1 evening Wed., Apr. 15  
7:00- 9:00 p.m. North Campus Room 217 \$20**

## Why are Annuities So Complicated?

Shirley Myers

This class breaks down annuities into easy to understand terms. The controversy surrounding annuities has been brought to the forefront of financial news with the recent surge in their popularity. Many people are wondering why they are so popular when many economists warn against their fee structure and lengthy commitment. Among the topics, which will be covered, are mortality and expense ratio, expense ratios of underlying investments, surrender charges and periods, and enhanced death benefits and various other riders.

**#10065 1 evening Wed., Apr. 1**  
**7:00-9:00 p.m. North Room 118 \$20**

## Financial Planning for Women

Shirley Myers

So what is different about investing as a woman? Come and learn how to make a real difference in your financial future and get rid of the uncertainty over making the right financial decision. In plain language, we will discuss affordable ways of investing regardless of your budget, tax-reducing opportunities, and different types of retirement accounts, insurance and annuities.

**#10066 1 evening Wed., May 6**  
**7:00-9:00 p.m. North Room 118 \$20**

## Understanding and Growing Your Circle of Wealth

John Gajkowski

The economy is uncertain, the stock market is all over the place, the cost of living keeps climbing and your financial situation is getting more and more challenging. **It is time to get back to basics! For most of us, the problem is NOT the amount of money we make.** It is that we let too much of it get unnecessarily transferred away. The course will help you examine the three areas of your financial life that comprise your Circle of Wealth (Accumulated Money, Lifestyle Money & Wealth Transfers), and we will discuss strategies to make you more effective in each. Our goal: to take what you have, make you much more efficient and grow your Circle of Wealth faster than you ever expected.

**#10075 1 evening Wed., May 6**  
**7:00- 9:00 p.m. North Campus Room 217 \$20**

## Legal Perspective for Estate Planning

Adalbert L. Vlazny III

**\*NEW\***

This class is for those persons who have a Will and are considering whether or not the Will can achieve their estate planning goals. The course will cover discussions on all aspects of the probate process. The advantages and disadvantages of probate process will be reviewed. The possible impact of various taxes will be discussed. The course will give the necessary background information to have a more fruitful discussion with an attorney in determining what estate plan is most appropriate.

**#10080 1 evening Wed., Mar. 4**  
**7:00- 8:30 p.m. South Campus Room B107 \$20**

## LITERATURE

### **Great Books Discussion Group**

Al Silinis

A Great Books discussion Group will be held on alternate Thursdays from 7:30-9:30 p.m. This spring we will continue reading selections from the Great Books Foundation Anthology, **The Civically Engaged Reader**. Some of the selected reading for the spring will include shorter works of literature, philosophy and religion by **Ralph Waldo Emerson**, **Benjamin Franklin**, **W.E.B. Du Bois** and **Jean-Jacques Rousseau**. In addition, we will be reading the full length novel **Germinal** by **Emile Zola**. Please read **Germinal** by **Emile Zola** before the first class meeting. The **Civically Engaged Reader** is available from the Great Books Foundation, 35 East Wacker drive, Chicago Illinois 60601-2298, telephone: 1-800-222-5870, online: [www.greatbooks.org](http://www.greatbooks.org) or Amazon.com has new and used editions. For additional information, schedules, and internet links please visit the Lyons Township Great Books web site @ [www.ltgb.wordpress.com](http://www.ltgb.wordpress.com)

**#20005 7 evenings Thurs. (alternate) Feb. 5-Apr. 30  
7:30-9:30 p.m. South Campus Library Room A \$16**

### **Creative Writing**

Steve Joyner

Do you secretly like to write...poetry...prose? Have you found yourself short of time or purpose because of all those little things that get in the way...like work or children? Well, let your inner writer out and join us for a couple hours a week to explore your creative side. This class is open to all writers no matter what you like to write (novels, short stories, poems, scripts, columns, commentary): and no matter what level you write at. We will assign a brief topic as "homework" and do an exercise in class to put us in the writing mood. We will take time to read our pieces at the beginning of class and offer gentle comment. Editing critiques for the more advanced writer will also be offered. A goal for the end of our class might be to book a coffeehouse for readings or put together a booklet of some of our pieces. Beginning and advanced students welcome in the class.

**#20005 8 evenings Wed., Feb. 25-Apr. 22  
6:30-8:00 p.m. South Campus Library Room A  
\$78/Gold Card \$39**

## MUSIC

### **Songwriting 101**

Steve Joyner

This class is for the beginning and more advanced songwriter. Experience on an instrument is helpful, but not necessary. Discussion will include songs and writing them: how to get started, inspiration, being stuck, lyrics, and breaking the rules! Class time each week for performance & gentle critique and a performance at the end to share our compositions at a selected location.

**#40006 8 evenings Mon., Feb. 23- Apr. 20  
6:30-8:00 p.m. South Campus  
Room G102 \$73/Gold Card \$36.50**

## **Folk Guitar & Banjo Classes**

These classes offer group guitar and banjo instruction at South Campus. The concept is to make the learning of a musical instrument fun by teaching enjoyable songs in a relaxed, social atmosphere. A lesson includes both sixty minutes of group instruction and a half-hour sing-along with all classes combined. If you are not sure of what class to take, sign up for the beginning level. Changes from level to level are permitted after the first night of class. The instructors include Chris McIntosh and Alvin McGovern. One of the unique features of the program is the two Get Togethers, which are music parties. They give students an opportunity to play their instruments for an extended period; something we think will improve their skills while they have fun doing it. See descriptions that follow. **STUDENTS MUST BRING ACOUSTIC INSTRUMENTS TO CLASS.** The Old Town School Songbook is required for all classes. Can be purchased in class for \$10.00.

### **Banjo**

Chris McIntosh

This banjo course is for the person who has always wanted to play a musical instrument but felt he/she did not have the time. Designed for the busy adult with no previous musical knowledge, the accent is on having fun! The 5-string banjo is one of the easiest of the stringed instruments to learn to play. You do not even have to read music. The course material ranges from the simple basic chords and strums, to playing basic arrangements of folk songs.

***#40010 10 evenings Tues., Feb. 10-Apr. 21  
8:00-9:30 p.m. South Campus Room G102  
\$105/Gold Card rate does not apply.***

### **Banjo II**

#### **Introduction to Frailing**

Chris McIntosh

This class is an introduction to the “Old-Timey” frailing style of banjo playing. Frailing was a style developed in the Appalachians before the Civil War, and it is still being played today. This class is lots of fun! You will learn old mountain dance tunes like “Cripple Creek” as well as popular folk songs like “Oh! Susanna,” and lots more. Prerequisite is completion of Banjo I or equivalent skill on the banjo.

***#40015 10 evenings Tues., Feb. 10-Apr. 21  
8:00-9:30 p.m. South Campus Room G102  
\$105/Gold Card rate does not apply.***

### **Guitar I**

Chris McIntosh

Persons with no previous experience in guitar will learn primary chords, elements of timing, strumming techniques, and simple accompaniments to several songs from our text. Guitar tuning will be demonstrated. You do not need to know how to read music! Please bring your acoustic guitar to class.

***#40020 10 evenings Tues., Feb. 10-Apr. 21  
7:00-8:30 p.m. South Campus Room G102  
\$105/Gold Card rate does not apply.***

## **Guitar II**

Alvin McGovern

This class could also be called beginning accompaniment-style guitar. Using an expanded selection of songs, this level consists of a review of primary chords, introduction to bass runs, arpeggios and other right-hand techniques. Bare chords will be demonstrated. Please bring your acoustic guitar to class.

***#40025 10 evenings Tues., Feb. 10-Apr. 21  
8:00-9:30 p.m. South Campus Room G104  
\$105/Gold Card rate does not apply.***

## **Guitar III**

Alvin McGovern

Consider this level if you can change simple chords with some continuity and have some experience in playing arpeggios and simple bass runs. The third guitar level consists of learning a variety of right-hand techniques, more complex bass runs, accompaniments to several songs, and an introduction to finger picking. This class is a place to assimilate techniques previously introduced, as well as to learn new material. It is usually attended for several semesters. Please bring your acoustic guitar to class.

***#40030 10 evenings Tues., Feb. 10-Apr. 21  
7:00-8:30 p.m. South Campus Room G104  
\$105/Gold Card rate does not apply.***

## **Guitar IV**

Alvin McGovern

For the guitar player who needs some theory as well as learning to play fill-ins up the neck, playing leads, and advanced fingerpicking arrangements. This class is a place to assimilate technique previously introduced, as well as learning new material. It is usually attended for several semesters. Please bring your acoustic guitar to class.

***#40035 10 evenings Tues., Feb. 10-Apr. 21  
7:00-8:30 p.m. South Campus Room G104  
\$105/Gold Card rate does not apply.***

## **PHOTOGRAPHY**

### **Digital Photography**

Val Vlazny

Now that you have that digital camera how can you capture the moment. Bring your digital camera including SLR and manual to review the features of your camera. Learn about the features and determine which you would like to use. How do you set up the camera to take several pictures so that you have choices before you turn to digital alterations. Take pictures after the first classes so that you can return with pictures to explain your technique or find out why it did not result in what you expected.

***#50020 2 evenings Tues., Apr. 29-May 6  
7:00-8:30 p.m. North Campus Room 33  
\$30/Gold Card \$15***

## **Black & White Photography**

Bruce Troyer

A darkroom course that takes the new photographer or one who wishes to review what they have learned in the past, from composing and taking pictures to producing quality black & white prints. Camera handling, operation, exposure control, depth of field, film developing and enlarging will be covered. Assignments will be geared toward a solid foundation in the understanding of the photographic process. Students must have an adjustable camera and supply their own film and photo paper. Lab fee covers darkroom chemicals, etc. *Please bring your camera to the first class.*

**#50045 9 evenings Thurs., Feb. 5-Apr. 9**  
**7:00-9:30 p.m. North Campus Room 33**  
**\$101/Includes lab fee \$15/Gold Card \$58**

## **Black & White Photography, Part I**

Bruce Troyer

This class is designed for those photographers who are able to operate their cameras and know their way around the darkroom, but want to advance their style and incorporate new ideas into their photographic work. The class can be an ongoing experience and be taken more than once. This course will investigate lighting, composition, advanced film development and printing techniques, as well as mounting, presentation, and preservation of the photographic work. Students must have an adjustable camera and supply their own film and photo papers. Lab fee covers darkroom chemicals, etc.

**#50050 9 evenings Wed., Feb. 4-Apr. 22**  
**7:00-9:30 p.m. North Campus Room 33**  
**\$102/Includes lab fee \$16/Gold Card \$59**

## **Continuing Photography, Part II**

Bruce Troyer

This class is for those students who have enrolled in Adult Education Photography classes at Lyons Township before. It will give you five more evenings to carry on your photographic studies. Space is limited to 15 students.

**#50055 4 evenings Thur., Apr. 16-May 7**  
**7:00-9:30 p.m. North Campus Room 33**  
**\$55/Includes lab fee \$12/Gold Card \$39**

## **RECREATION**

### **Boating Skills & Seamanship**

Flotilla 10-8 U.S.C.G. Auxiliary

Classroom instruction for boating enthusiasts age 11 and up, offered by the U.S.C.G.Aux. Evenings include boat handling, sailor's language, legal requirements, rules of the road, aids of navigation, locks and dams, and inland lakes. Upon satisfactory completion of the course, students will receive a Coast Guard wallet card and certificate. Successful completion of this course **may** result in a discount on your boat insurance.

**#60005 8 evenings Mon., Feb. 23-Apr. 20**  
**7:30-9:30 p.m. South Campus Room J107**  
**Free/\$28 for materials furnished by the**  
**U.S.C.G. Assoc. payable at first class to Coast Guard**

## **Horseback Riding**

New Traditions Riding Academy

Now is the time to learn a new sport! Classes are held indoors by experienced and patient instructors. Students will learn basics of riding and grooming skills. Classes are offered for adults on Mondays & Wednesdays at 8:30 p.m., Fridays at 7:00 p.m., Saturdays at 2:30 p.m., and Sundays 12:00 p.m. at the stables located at 10100 S. Kean Ave., Palos Hills, IL.

**#60010 5-beginner lessons on horseback \$113**

**#60015 5 intermediate lessons on horseback \$164**

**#60020 10-beginner lessons on horseback \$195**

**#60025 10 intermediate lessons on horseback \$235**

## **Men's Basketball- Spring**

Ron Nikceovich

Twice a week workouts on the basketball floor for men who want to keep trim and in good condition. Enrollment is limited to the first forty men who register (no high school students). New teams are formed each night. Wear gym shoes and suitable clothing.

**#60030 30 evenings Mon. & Wed., Begin Jan. 14**

***Dates will be mailed upon registration***

**6:30-9:00 p.m. South Campus Gyms 1&2**

**(30 evenings) \$92**

***\*Final dates and details subject to change***

***Summer session begins in May.***

## **Men's P.E.**

Brad Buckholtz

One evening of half court recreational basketball each week will do a lot toward helping you keep in shape and feeling fit. Bring gym shoes and come dressed to play. Shower at home afterwards.

**#60040 15 evenings Wed., Feb. 4 - June 3**

**7:00-9:00 p.m. North Campus Vaughan Building**

**Upper North Gym \$65**

## **Scuba Diving**

DJ's Scuba Locker, Inc.

Please stop by DJ's prior to class to pay the balance of \$150 for class, plus \$75 for OW Crew Pak/DVD.

It is fun and easy; you can learn to love scuba diving. You will learn, through the most current techniques, to use equipment competently and confidently. Students must purchase their own masks, fins, booties, and snorkels before the second night of class. All other equipment will be provided (BCD, Regulator, Tanks, Weights and belt). Upon successful completion of this course, you will be ready to sign up with DJ's to take your PADI certification dives. This cost is NOT included in the tuition. Minimum age is 10. (A waiver and medical will need to be completed prior to the Scuba Diving class.)

**#60045 6 evenings Tues., Jan. 6-Feb. 10**

**6:30-10:00 p.m. North Campus Rooms 183 & Pool**

**\$38 due with registration./**

**Gold Card rate does not apply.**

## **Open Swim, Recreational**

Thursdays, October through May, 8:00-9:30 p.m. No registration is necessary, just pay as you go. Bring your own swimsuit, towel, cap (required with long hair) and lock.  
\$3 per person/per night

## **SPECIAL INTEREST**

### **Assault Prevention**

Ilona and James Garrett

It couldn't happen to you: could it? We will show you how to negate violent attacks and give you the latest information and counters to criminal tactics and traps focused on victimizing you.

**#70050 1 evening Tues., Mar. 10 7:00-8:30 p.m.  
North Campus Room 217 \$34/Gold Cards \$17**

### **Weapons of Verbal Destruction**

James & Ilona Garrett

Do holiday family gatherings stress you? Take the pain out. Are you stuck in perpetual loops with chronic fabricators or psychic vampires? You can learn to deal effectively with difficult people in any social situation. This systematic approach teaches you to defuse verbal bombs and hostile, aggressive verbal behavior, while asserting yourself in a positive way. This course is an invaluable aid in improving your business and interpersonal relationships.

**#70070 1 evening Tues., Apr. 14 7:00-8:30 p.m.  
North Campus Room 224  
\$39/Gold Cards \$19.50**

## **Lifeguard Training**

American Red Cross  
Kathie Flynn

This course teaches responsibilities of a Lifeguard, including required First Aid, CPR for the Professional rescuer, and spinal injury management. Upon successful completion, you will receive Lifeguard and First Aid Certification – valid for 3 years. (CPR – 1 year). Prerequisites: (will be done on the first day of class) \*15 years of age, \*500 yard nonstop swim, \*2-min. tread, \*ability to retrieve a 10 lb. object from 9 ft. under water. Limit 12 students. ARC Life guarding Today and CPR for the Professional Rescuer and a Pocket Mask. NOTE: Start January 2009

**#70085 11 evenings Mon. & Wed., Jan. 5-Feb. 11  
7:00-10:00 p.m. North Campus Pool  
\$153 includes books;  
\$114 if you already have the books and mask.**

## **Shorthand**

Ed Oldis

**\*NEW\***

This course could be beneficial to anyone looking to be able to quickly take notes in classes, seminars, or meetings. Adults would find it to be a new and interesting challenge to learn a new language.

**#70087 20 evenings Tues. & Wed., Feb. 10-Apr. 22  
7:00-9:00 p.m. South Campus \$65**

## **Upholstery**

Barbara McElherne

Learn by doing! Save that favorite chair or antique and give it many more useful and enjoyable years! Bring in your projects (furniture must be taken home after each class) and work on them right in class. With a bit of help and guidance in repairing and recovering, you can accomplish wonders. Each project is basically the same, but each must be approached in a careful, individualized manner to insure the correct result. With a varied group of furniture being worked on, you learn not only by doing your own piece but also by observing others. First night consists of fabric selection and other basics. Please bring a rubber mallet, tack puller and your project and dive right in.

**#70090 8 evenings Wed., Feb. 11-Apr. 22**

**7:00-10:00 p.m. North Campus Vaughan Building  
Room 175 \$87/Gold Card \$43.50**

## **The Adoption Process From A to Z**

Sally Wildman, Attorney-at-Law

Sally Wildman a Chicago and Northbrook attorney with over fifteen years experience in adoption practice helps you explore the world of adoption. She presents fundamentals of an adoption and legal steps of this process with focus on preparing you to adopt. Ms. Wildman distinguishes the many types of adoption available, including agency, private, foreign and foster parent adoptions. She will guide you through home study, foster parent licensing, and immigration steps required in this process. Identify your best options as Ms. Wildman shares resources on choosing adoption agencies, attorneys, adoption organizations, and related professionals. Discussion concludes by considering common needs of adopted children and the current trend toward openness in adoption.

**#70100 1 evening Tues., Mar. 10**

**7:00-9:15 p.m. North Campus Room 116,  
\$25Per person/\$35 per couple**

## **STUDENTS WITH SPECIAL NEEDS**

### **Drama (For adults with special needs)**

Chris Grohne

“Hello” to our old friends and a big “welcome” to our new friends. Please join us on Monday nights to continue our study of the theatre arts. The focus of my work is to encourage creativity, self-expression, and self-esteem for young adults with special needs who have an interest in theatre. We will begin work on a version of “Cinderella” which we perform for our 15th year anniversary show. The play will be performed in the fall/winter semester of 2009.

**#80007 10 evenings Mon., Feb. 2-Apr. 20**

**7:00-9:15 p.m. South Campus Performing Arts Center  
\$100/Includes \$5 supply fee**

### **Reading (For adults with special needs)**

Karen Johnson

This semester the students will be reading different types of literature and readers theatre. Radio shows, classics, poetry, comic books, myths, arts, and biographies will be just a few. In addition, we will be reading newspapers and magazines, and discussing current events. We will continue to work on comprehension, and vocabulary. The students will also write and illustrate their own books.

**#80010 7 evenings Wed., Feb. 4-Mar. 18**

**6:30-8:00 p.m. South Campus Room B109 \$80**

### **Cooking (For adults with special needs)**

Karen Johnson

Kitchens are places full of excitement mysteries and fun. LT's kitchen is just waiting for us to discover and enjoy some scrumptious recipes. We will be preparing desserts, appetizers, main dishes, special treats, and more. Please join us on Tuesday evenings.

**#80012 5 evenings Tues., March 30-Apr. 28**

**6:30-8:00 p.m. North Campus Room 129  
\$70/includes supply fee**

## TUITION PAYMENT

Check, Master Card or VISA may be used for payment. Make checks payable to Lyons Township High School. We do not accept cash. The Lyons Township Adult and Community Education program plans its expenses and bases its budget upon full collection of tuition and fees.

## GENERAL INFORMATION

Non-credit classes are open to all adults living in or out of the district. High School completion courses are offered to students in their junior or senior year. Classes are supported by tuition, with a minimum number of students needed to establish all classes. Since this program is not tax supported, tuition is the same for everyone regardless of residence address.

## >>>REFUND POLICY<<<

To be eligible for a refund, withdrawal from a program must be at least one day prior to the start of the program. If a class is cancelled due to insufficient enrollment, a full refund will be issued. Feel free to contact us with any problems or concerns.

## SPECIAL ASSISTANCE/NEEDS

If you have needs that require special services, please call our office at 708-579-6573.

## CERTIFICATES

Certificates of completion are available to students who have shown satisfactory attendance and a degree of achievement. Requests should be made through the instructor in time for distribution at the last class session.

## PARKING

At North Campus, park in the large lot on the north side of Cossitt, one block west of Brainard Ave. At south campus park in the lots at the north and south ends of the building. **Do not park** on the circle drive in the front of the building. **THIS IS A FIRE LANE.**

## GOLD CARD INFORMATION (SENIOR CITIZENS)

Residents of Lyons Township High School District 204 who are 65 years or older are eligible to join the Gold Card Club. Call 708-579-6573 to apply for a free membership, which entitles you to enroll in many classes for 1/2 the published price. **Exceptions are classes that meet for one evening only, trips, and other courses identified in the brochure.** After you receive your number, complete the registration process using check by mail or credit card with the online registration. The Gold Card 1/2 price fee does not apply to book, supply and/or lab fees. Your Gold Card Club membership is valid as long as you remain a resident of the district. Membership also admits you to LTHS home games, plays and other events.

## **IMPORTANT INFORMATION**

The Adult and Community Education brochure is available on the LTHS website ([www.lths.net](http://www.lths.net)) keyword - online registration and webstore. You will be able to view the brochure and register online, by mail or in person. Brochures are available at local libraries, both high school campuses, and other local places of business. If you do not have access to a computer and would like a brochure mailed to you, please make note of that when you register or call our office at 708-579-6573. We thank you for your support and we look forward to seeing you this spring.

## **IMPORTANT DATES**

### **NO CLASSES ON THE FOLLOWING DATES**

#### **North & South Campus:**

Monday February 16, 2009 (President's Day)

#### **North Campus:**

Wednesday March 18, 2009 (Athletics Awards night)

#### **North & South Campus:**

March 23 – March 26, 2009 (Spring break)

#### **North Campus:**

April 8, 2009 (College Night)

#### **North & South Campus:**

Monday May 25, 2009 (Memorial Day)

## **ADMINISTRATORS**

Dr. Dennis Kelly, Superintendent  
Robert Fritch, Director

## **BOARD OF EDUCATION**

Mark N. Pera, President  
James A. Kohlstedt  
Heather Alderman  
John T. Polacek, D.D.S.  
Allen D. Polich  
William Purcell  
Arthur W. Sprague, Jr., Ph.D.

## **ADULT EVENING SUPERVISORS**

### **NORTH CAMPUS**

Marilyn Ashley

### **SOUTH CAMPUS**

Chris Eckles  
Ron Juergens

### **NORTH CAMPUS**

100 S. Brainard Avenue  
La Grange, IL 60525  
708-579-6573  
(Days only)

### **SOUTH CAMPUS**

4900 S. Willow Springs Road  
Western Springs, IL 60558  
708-579-6525  
(Evenings only)



