

**ADULT EDUCATION**  
Lyons Township High School  
100 South Brainard Avenue  
La Grange, IL 60525-2101

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Fall 2011

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

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# ARTS & CRAFTS

## **Quilting**

Teresa Bruns

Work with different quilting techniques to create a lap quilt. 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 if you have one. Beginners are welcome.

***#0002 6 evenings Mon., Sept. 12-Oct.17  
6:30-9:00 p.m. North Campus Room 124  
\$60/Gold Card \$30***

## **Sewing Projects**

Teresa Bruns

Finish that project! This is your opportunity to finish that project that has been started and set aside for a variety of reasons. Bring any sewing project to class for one-on-one instruction.

***#0004 4 evenings Mon., Oct. 31- Nov. 21  
6:30-9:00 p.m. North Campus Room 124  
\$40/Gold Card \$20***

## **Watercolor Class**

**NEW**

E. Karl Fresa

In this Watercolor class you will learn basic and advanced techniques to help you create good, maybe even great watercolor paintings! Explore your creative side and paint the images you want to bring to life. Learn materials, wet-on-wet styles, dry brush, and blending colors. Soon you will be working like a pro. Materials list: 9 x 12 watercolor tablet; Paint tubes – lamp black, Prussian blue, cerulean blue, yellow ochre, light yellow, cadmium red, Thalo green, hookers green, alizaron crimson, burnt sienna and burnt umber; #2 pencils; kneaded eraser; sketch pad; white plate or palette and some containers for water.

***#0006 8 evenings Wed., Sept. 14- Nov. 9  
7:00-9:00 p.m. South Campus Room D124  
\$70/Gold Card \$35***

## **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 student, potter's wheels are available. Whether functional or decorative, pottery has been an essential element in human society for thousands of years. So tap into your creative side and see how many masterpieces you can create for yourself or as gifts. Please bring a small padlock, and a few plastic grocery bags to the first class.

***#0010 12 evenings Tues., Sept.13 - Nov. 29  
6:30-9:00 p.m. North Campus Room 41  
\$125/Includes supply fee \$17/Gold Card \$51.50***

## **Stained Glass for Beginners**

Ron Smith

A basic course in crafting 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 needed. Bring pencil and paper to first session and learn how and where to buy tools, glass, etc.

***#0015 12 evenings Thurs., Sept. 22 - Dec. 15***

***7:00-9:00 p.m. North Campus Room 175***

***\$105/Gold Card \$52.50***

# COMPUTERS

## **Microsoft Word 2007 Basic**

Donald Hogue

This class will cover the basics of Word 2007. The following topics will be covered: Create & save documents, use HELP, open documents, use scrollbars, special keyboard keys, use the mouse and selection bar, insert text, date, time, symbols, and special characters into documents. Use undo and redo, use Office clipboard to cut, copy, paste text or objects, change appearance of text by applying character formatting, tab alignments, format paragraphs by aligning text, bullets, numbering, indent, line and paragraph spacing. Create & format, edit tables, add headers and footers to documents, set margins, add and delete manual page breaks, proof document for correct spelling and grammar & use thesaurus. Use autocorrect, find & replace, preview and print document. Insert & modify graphics & Clip Art by cropping, rotating, resizing, adjusting contrast, and text wrapping.

***#2004 3 evenings Tues., Sept. 6 – Sept. 20  
6:30-9:00 p.m. South Campus C214 \$55***

***#2005 3 evenings Tues., Oct. 18 – Nov. 1  
6:30-9:00 p.m. South Campus C214 \$55***

## **Microsoft Excel 2007 Basic**

Donald Hogue

Learn the basics of Excel. This course will cover the following topics: Review Office 2007 Ribbon, Groups, and Quick Access Toolbar, using HELP, Open and View existing Workbooks & Worksheets, Enter & Edit text, Values, & Formulas, use Trace Error in formulas, Insert pictures, use Freeze Pane, Edit formulas using Formula Bar, Save & Save as Workbook, create folders, move, delete, copy, insert ranges, use Office clipboard; cut, copy, paste, Learn about absolute & circular references, learn functions – sum, max, min, average, count & autosum button, format worksheet numbers, text, columns, rows, Use conditional formatting, create, format modify, and print charts based on worksheet data. Use Easy Chart Maker Key. Manage large worksheets & multiple worksheets, proof the presentation for spelling & grammar, and print worksheets or selected cells.

***#2006 3 evenings Tues., Sept. 27 – Oct. 11  
6:30-9:00 p.m. South Campus C214 \$55***

***#2007 3 evenings Tues., Nov. 8 – Nov. 22  
6:30-9:00 p.m. South Campus C214 \$55***

## **Microsoft Excel 2007 Advanced**

Donald Hogue

This class is a review of Office 2007 ribbon, categories, and quick access toolbar. The following topics will be covered: link worksheets using 3D formulas; link workbooks; formatting borders and shading, numbers, dates, styles; outlining and consolidating data; create subtotals; use names cells in multiple worksheets; analyzing, sorting, and filtering lists; use tables, save workbooks as a web page; use hyperlinks, send worksheets vial e-mail; advance charting; advanced graphics elements; auditing worksheets; add comments to worksheet; protect worksheet; set Excel default option settings; use ready-made templates and create custom templates.

***#2008 3 evenings Thur., Sept. 22 – Oct. 6  
6:30-9:00 p.m. South Campus C214 \$55***

## **Microsoft Word 2007 Advanced**

Donald Hogue

This class is a review of Office 2007 ribbon, categories, and quick access toolbar. The following topics will be covered: advance formatting; create and modify styles; use outlining view; use reading screen view; use sections to modify page numbering, headers and footers, and page orientation; organize text into columns; create and format tables; use envelope and label making features; save workbooks as a web page; insert diagrams; drawing tools; graphics; use ready-made and custom templates; tack document changes; insert comments into document; insert hyperlinks; save document as web page.

***#2009 3 evenings Thur., Nov. 3 – Nov. 17  
6:30-9:00 p.m. South Campus C214 \$55***

## **Writing Articles for Online Publication**

Joe Nowak

For those interested in writing for publication, this class will explore the possibilities of publishing online. There are a number of online publications that are always looking for writers. We will discuss topics such as how to apply to these publications, publishing rights and payment for work. We will also discuss the use of title/subtitle creation, use of keywords, etc. to get the highest possible ranking in search engines.

***#2034 1 evening Wed., Nov. 9  
7:00-9:00 p.m. North Campus Room 35 \$33***

## **Social Networking**

Joe Nowak

It seems like everyone has a Facebook page or loves to twitter. This class will encompass a discussion of social networking and ways in which it is used. We will discuss Facebook, Linkedin, and set up and use Twitter accounts. In addition to setting up a Twitter account, supplemental sites for more efficient use of these social networks will be demonstrated. Students do not need to have a Twitter account or any previous experience with social networking.

***#2032 1 evening Wed., Nov. 30  
7:00-9:00 p.m. North Campus Room 35 C21 \$33***

# **PowerPoint 2007 Basic**

Donald Hogue

Learn the following basics in this class and be prepared for PowerPoint with these skills: Review Office 2007 Ribbon, Groups, & Quick Access Toolbar, opening & viewing an existing presentation, create a new presentation; add slides, save, update changes, rearrange & delete slides, import slides from other presentations, format text & bulleted lists, learn to use FIND and REPLACE, use Office Clipboard; CUT, COPY, PASTE, align text, Use PowerPoint Drawing Tools to create objects, format, modify, move, rotate, & delete drawn objects by using groups. Add text to drawn objects. Use WordArt to create appealing text objects; add, delete, modify slide clip art images. Add tables & charts to slides, create & modify IGX Charts. Learn to use PowerPoint templates, modify master slide, add transitions, timings, headers & footers to slide show. Proof the presentation for spelling & grammar. Use AutoCorrect and thesaurus, Print presentation using with Print Preview, Print handouts, Selective Print, & Note Page.

***#2075 3 evenings Thur., Dec. 1 – Dec. 15  
6:30-9:00 p.m. South Campus C214 \$55***

## **Beyond Google.com**

Joe Nowak

Go beyond simple searches with Google. You are at the library or the office and you want to visit one of your favorites, but can not 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 can not 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 in this class.

***#2110 1 evening Wed., Nov. 2  
7:00-9:00 p.m. North Campus Room 35 \$33***

## **Microsoft Excel Tips & Tricks**

Joe Nowak

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., Nov. 16  
7:00-9:00 p.m. North Campus Room 35 \$33***

## **Microsoft Excel Chart & Graphs**

Joe Nowak

Along with the basics of creating a graph, this class will also cover the finer points of adjusting your chart or graph to have maximum effect. We will change colors, add images, backgrounds, change fonts, rotate charts, add text and more. Students should have an understanding of spreadsheet basics such as data entry, selecting groups of cells, menu bar and toolbar usage.

*#2017 1 evening Wed., Dec. 7*

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

## **Microsoft Word Tips & Tricks**

Joe Nowak

This class will demonstrate shortcuts and little known features of Word that will improve the appearance and quality of your Word documents. We cover things such as the paste special function, navigation techniques, document mapping, format painter, page breaks, vertical centering, and more. Students should have a basic understanding of word processing basics such as text entry, selecting text, menu bar and toolbar usage.

*#2016 1 evening Wed. Dec. 14*

*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***

## **E-Bay 101 – Selling Basic**

Jack Waddick

Ready to make some \$\$ selling some of your “stuff” on eBay? Plan to attend this fun & informative “eBay 101-Selling Basics” program by eBay University instructor Jack Waddick. Sit back and let Jack walk you through the keys to successful eBay selling. This lively 2-hour session will include real time demos on eBay.com and plenty of time for your questions. Then head right home and get started selling on eBay! No technical mumbo jumbo...everyone is welcome! Register today for “eBay 101-Selling Basics”. An optional eBay workbook is available in class for \$20.

***#2027 1 evening Thur., Oct. 6***

***7:00-9:00 p.m. North Campus Room 223 \$39***

***1 CEU credit can be earned with this class***

# DANCE

## **Smooth Ballroom Sampler**

Beverly Solazzo & Randy Baustert

Discover the fun of dancing! Learn to be comfortable and confident in a variety of dances. You'll be learning the basic steps, rhythms and variations for Fox Trot, an elegant, classy, sophisticated popular dance; Tango, a dance with truly dynamic, dramatic movements with intense style; and Waltz, a dance with beautiful graceful movements and fluid style. We will spend 2 nights on each dance including a 5-minute social practice session at the end of each class. Wear comfortable clothes and smooth soled shoes (no gym shoes). Couples and singles welcome.

***#4005 6 evenings Mon, Sept. 12-Oct. 17  
7:00-8:00 p.m. North Campus Cafeteria  
\$60 per person/Gold Card rate does not apply.***

## **Swing Dance Sampler**

Beverly Solazzo & Randy Baustert

Continue the fun of dancing and learn to be comfortable and confident in a variety of dances including East Coast Swing, the perfect dance for those who want to have fun on the dance floor; West Coast Swing, the current popular bluesy, silky smooth dance with a laid back style; and Hustle, the dance made popular by the Disco era. We will spend 2 nights on each dance including a 5 minute social practice session at the end of each class. Wear comfortable clothes and smooth soled shoes (no gym shoes). Couples and singles welcome.

***#4015 6 evenings Mon., Sept. 12-Oct.17  
7:00-8:00 p.m. North Campus Cafeteria  
\$60 per person/Gold Card rate does not apply.***

## **Latin Club Sampler**

Beverly Solazzo & Randy Baustert

Have fun learning how to feel confident on the dance floor with a variety of Latin dances including Salsa, the hottest Latin dance today; Merengue, a popular and easy Latin dance to master; and Bachata, a fun, flirty dance that originated in the Dominican Republic. Latin Club here we come! We will spend 2 nights on each dance including a 5 minute social practice session at the end of each class. Wear comfortable clothes and smooth soled shoes (no gym shoes). Couples and singles welcome.

***#4034 6 evenings Mon., Oct. 24-Nov. 28  
8:15-9:15 p.m. North Campus Cafeteria  
\$60 per person/Gold Card rate does not apply.***

## **Country 2 Step**

Beverly Solazzo & Randy Baustert

First time offering of this great western dance. Country 2 Step is a forward traveling partner dance using a quick, quick slow, slow, rhythm while moving smoothly around line of dance. We will work on the basic foundations of 2 Step and progress through easy to execute patterns incorporating turns, wraps and weaving movements and do many repetitions of the material taught. Come on out and join the fun! Wear comfortable clothes and smooth soled shoes (no gym shoes). Couples and singles welcome.

***#4035 6 evenings Mon., Oct. 24-Nov. 28  
8:15-9:15 p.m. North Campus Cafeteria  
\$60 per person/Gold Card rate does not apply***

# ENGLISH

## **ESL: Beginner Speaking**

Esther Chase

Learn the sound system of American English, basic grammar and vocabulary with a focus on speaking and pronunciation.

***#5006 10 evenings Mon., Sept. 19-Nov. 21  
6:00-7:30 p.m. South Campus Room B103 Free***

## **ESL: Everyday Writing (All Levels)**

Esther Chase

Study basic written communication.

***#5007 10 evenings Mon., Sept. 19-Nov. 21  
7:30-9:00 p.m. South Campus Room B103 Free***

## **ESL: Reading & Writing - Intermediate**

Esther Chase

Understand and use academic English.

***#5008 10 evenings Thur., Sept. 22-Dec. 8  
6:00-7:30 p.m. South Campus Room B103 Free***

## **ESL: ESL Games & Conversation (All Levels)**

Esther Chase

Play educational English games, learn new vocabulary, and have some fun! Please bring a snack and your favorite music.

*#5010 10 evenings Wed., Sept. 21-Dec. 7  
6:00-7:30 p.m. South Campus Room B103 Free*

## **ESL: Business English (Intermediate & Advanced)**

Esther Chase

Learn to speak and write formal English for work.

*#5011 10 evenings Wed., Sept. 21-Dec. 7  
7:30-9:00 p.m. South Campus Room B103 Free*

## **ESL: Beginner Reading & Writing**

Esther Chase

Learn the sound system of American English, basic grammar, and vocabulary with a focus on reading and writing.

*#5012 10 mornings Thurs., Sept. 22-Dec. 8  
9:30-11:30 a.m. La Grange Public Library Free*

## **ESL: TOEFL Prep (Intermediate & Advanced)**

Esther Chase

Study for the test of English as a Foreign Language.

*#5013 10 evenings Thurs., Sept. 22-Dec. 8  
7:30-9:00 p.m. South Campus Room B103 Free*

## **FITNESS AND WELL BEING**

### **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, Oct. 11***

***6:30-8:00 p.m. North Campus Room 223***

***\$30/Includes “Bands” (\$5)***

### **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.

***#6013 6 evenings Tues, Sept. 20 - Oct. 25***

***7:30-8:30 p.m. North Campus Vaughan Building***

***Dance Gym \$45/Gold Card \$22.50***

***#6014 6 evenings Tues, Nov. 1-Dec. 6***

***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, 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., Aug. 30-Nov. 3  
5:30-7:00 a.m. North Campus Pool  
\$70/Gold Card \$35***

***#6020 12 mornings Tues. & Thurs., Nov. 8-Dec. 20, 2011  
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., Sept. 12-Oct. 12***

***8:00-9:30 p.m. North Campus Pool***

***\$60/Gold Card \$30 (Doors open at 7:45)***

***#6030 10 evenings Mon. & Wed., Oct. 17-Nov. 16***

***8:00-9:30 p.m. North Campus Pool***

***\$60/Gold Card \$30 (Doors open at 7:45)***

***#6031 6 evenings Mon. & Wed., Nov. 28-Dec. 14***

***8:00-9:30 p.m. North Campus Pool***

***\$40/Gold Card \$20 (Doors open at 7:45)***

## **Water Fitness, Deep End**

Juliette Zielonka

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). Pool water temperature average is 81. Limited to 15 students.

**#6035 10 evenings Mon. & Wed., Sept. 12-Oct. 12**

**8:00-9:30 p.m. North Campus Pool**

**\$60/Gold Card \$30 (Doors open at 7:45)**

**#6040 10 evenings Mon. & Wed., Oct. 17-Nov. 16**

**8:00-9:30 p.m. North Campus Pool**

**\$60/Gold Card \$30 (Doors open at 7:45)**

**#6041 6 evenings Mon. & Wed., Nov. 28-Dec. 14**

**8:00-9:30 p.m. North Campus Pool**

**\$40/Gold Card \$20 (Doors open at 7:45)**

## **Swimming Technique & 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., Sept. 6-Nov. 8**

**7:45-10:00 p.m. North Campus Pool**

**\$78/Gold Card \$39**

## **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., Oct. 6-Oct. 27***

***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 Teachers' Group is a company of qualified yoga instructors teaching the ancient art of yoga and its postures. Hatha Yoga is a 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 includes asanas, or poses, breath work and 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 to encourage the beginner Yoga student.

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

***#6095 6 evenings Mon., Sept. 12-Oct. 17  
7:15-8:15 p.m.***

***#6100 6 evenings Mon., Oct. 31-Dec. 5  
7:15-8:15 p.m.***

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

## **Hatha Yoga, Level 1-2**

The Yoga Teachers' Group

The Level 1-2 Yoga class is devoted to the continued development of strength, stamina, flexibility, balance, concentration, breath work and meditation. Students should have a basic knowledge of yoga, and an understanding of his/her own level of flexibility. The class will include asanas and breath work, as well as, time for relaxation/meditation to release tightness and stress. Students are requested to bring a yoga mat and large towel, and if available, any additional yoga props such as yoga block(s) and strap.

***#6115 6 evenings Mon., Sept. 12-Oct. 17  
6:15-7:15p.m.***

***#6116 6 evenings Mon., Oct. 31-Dec. 5  
6:15-7:15 p.m.***

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

## **Meditation Secrets for Extraordinary Concentration**

James & Ilona Garrett

Learn meditation secrets of Eastern and Western sages. This course utilizes proven techniques for mental sharpness in our stressful, sensory overloaded world. You will learn to use Qigong wisdom for mental muscle training to achieve clarity and focus.

***#6125 1 evening Tues., Oct. 18  
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., Sept. 13 – Oct. 27  
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., Nov. 1 – Dec. 20  
9:15-10:15 a.m. South Campus Cafeteria  
\$60/Gold Card rate does not apply.***

## **Sending You Forget-Me-Nots: Messages of Hope from the Other Side**

Karen Rose Schultz

Is there life after death? Do our loved ones see us or hear us from the other side (Heaven)? Do you believe that near death experiences are real? What happens to us as we move from death into the spirit realm? This class will offer hope and comfort to those who are grieving the loss of a loved one. We will explore after death communication, and ways to be aware of how our loved one may be trying to communicate with us. What are the signs? What have others experienced? Come and share your story. You are not crazy! There is life after death. It doesn't matter what the circumstances of the death are. Everyone is welcome! If you need support, healing and guidance, this class is for you. We talk about the book *90 Minutes in Heaven* by Don Piper and also use the book *Flashes of Brilliance* by Karen Rose Schultz. We provide a safe place to share and grow. Grief material is also presented to help the participant move through the grief process.

***#6152 1 evening Thurs., Oct. 6  
7:00-8:30 p.m. North Campus Room 217 \$25***

## **Angels, Spirit Guides and Hope from the Other Side**

Karen Rose Schultz, Licensed Clinical Social Worker

This class is a continuation of the first class *Sending You Forget-Me-Nots: Messages of Hope from the Other Side*. (You can take this class even if you did not take the first class.) This is a deeper look into life after death. We explore how angels can assist us in the healing process, and how we gain wisdom and guidance from spirit guides. We will learn more about the other side (Heaven) and what goes on in that realm. The goal is to connect heaven and earth, and give hope and healing to those who are or have been dealing with the loss of a loved one. We share experiences of those who have received signs from the other side and those who want to meditate and learn how to make contact with a lost loved one. We encourage sharing, but it is not required. Explore how angels support our healing process, and how to tap into divine guidance. Release guilt, shame and gain support for your healing journey. Relaxation techniques included.

***#6153 1 evening Wed., Nov. 2***

***7:00-8:30 p.m. North Campus Room 217 \$25***

## **Psychic Development Class**

**NEW**

Karen Rose Schultz,  
Licensed Clinical Social Worker

Everyone has the ability to be psychic. This class focuses on building our Intuition. This part of us is connected to our higher self. The higher self is connected to the divine. Having psychic awareness gives us the gift of empowerment, stop depressive mindsets and chaos from ruining our life, and connect us to another channel we can use to build our self-esteem. Learning to believe in and trust your intuition allows us to communicate on this soul level. We will use our new skills to focus on the goals that we want to achieve for ourselves. If you yearn to develop your inner life, this class is for you. We will awaken our natural abilities, and move beyond the five senses. We use the intuitive heart group program, various intuition books and hope that our class members share their knowledge with one another.

In the class, we will be using meditation, group and individual exercises, and keep a journal of our progress and hunches. If you have psychic ability, or even if you don't, all are welcome in this class.

***#6154 3 evenings Wed., Oct. 5–Oct. 19  
7:00-8:30 p.m. North Campus Room 217 \$25***

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

**NEW**

Donna Maria 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.

**#6160 1 evening Tues., Sept. 20**

**7:00-9:00 p.m. North Campus Room 217 Free Seminar**

## **Could You be Gifted? The Joys & Difficulties of Gifted Adults**

**NEW**

Donna Maria Desai, LCPC

Discover the characteristics of gifted adults and the unique challenges they face. Learn to embrace and support your own intellectual, creative or leadership abilities. Participants will take the Gifted Adults Life Satisfaction Survey: identify their own beliefs and misconceptions about giftedness; and learn what gifted adults require to function effectively while enjoying their abilities and relationships.

**#6162 1 evening Tues., Oct. 4**

**7:00-9:00 p.m. North Campus Room 217 Free Seminar**

# FOREIGN LANGUAGES

## **German I**

Ilona Garrett

This is 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. You will be speaking German in the first five minutes of class.

**#7005 4 evenings Mon., Sept. 26-Oct. 17**

**7:00-8:30 p.m. North Campus Room 216**

**\$44/Gold Card \$22**

***Textbook additional to be purchased at first class.***

## **Continuing German II**

Ilona Garrett

This fast-paced 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 even writing letters to friends, family and business associates.

**#7006 4 evenings Mon. Oct. 31-Nov. 21**

**7:00-8:30 p.m. North Campus Room 216**

**\$44/Gold Card \$22**

***Textbook additional to be purchased at first class.***

## **Cultural Gaffes in German**

**NEW**

Ilona Garrett

Attend this short, easy course (also a refresher German workshop) and you won't call yourself a jellied doughnut as JFK did, nor will you inadvertently swear or use pejoratives in ordinary social or business conversation as so many often do. You will avoid common cultural gaffes. You will know which gifts to never give in Germany. They are considered polite here, indecent or insulting there.

***#7007 4 evenings Thur. Nov. 3-Dec. 1  
7:00-8:00 p.m. North Campus Room 216  
\$44/Gold Card \$22***

## **Italian Beginning**

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.

***#7010 10 evenings Mon., Sept.19-Nov. 21  
6:30-8:30 p.m. South Campus Room B107  
\$63/Gold Card \$31.50  
Textbook additional to be purchased at first class.***

## **Polish for Beginners**

Marian Skawski

This course is intended for adults with little background in Polish, and who want to learn a basic vocabulary leading to the basic social conversational skills with their Polish neighbors, friends, and co-workers. During the course the emphasis will be placed on pronunciation and proper usage of common everyday words.

**#7020 10 evenings Mon., Sept. 19-Nov. 21**

**7:00-9:00p.m. South Campus Room B109**

**\$78/Gold Card \$39**

***Textbook additional to be purchased at first class.***

## **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., Sept. 20-Nov. 22**

**7:00-9:00p.m. South Campus Room B109**

**\$78/Gold Card \$39**

***Textbook additional to be purchased at first class.***

# **HIGH SCHOOL COMPLETION**

## **Constitution Review**

(For the High School Equivalence Certificate)

Catherine Keating

This course prepares you 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., Nov. 28-Dec. 12***

***7:00-9:00 p.m. North Campus Room 117 \$46***

***Textbook additional to be purchased at first class.***

## **G.E.D. Review (Preparation for the General Educational Development Tests)**

Catherine Keating

If you are planning to take the G.E.D. tests this is the preparatory class for you!

This optional review course covers the five subject areas of the tests: language arts/reading, language arts/writing, social studies, science, and mathematics. 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. **The actual G.E.D. tests are not given at L.T.H.S., but at locations specified by the state's Regional Office of Education.** To take the G.E.D. exams, the applicant must be 18 years of age or older and a resident of the county in which he/she takes the tests. 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., Sept. 6-Nov. 22  
7:00-9:30 p.m. North Campus Room 119 \$73  
Textbook additional to be purchased at first class.***

The High School Completion program consists of **two 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 (½) 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. 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. There is no online registration for this class.

***#8015 U.S. History Semester 1 & 2, Civics or Sociology  
Wed., Sept. 14-Dec. 7***

***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 ½ 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. 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. There is no online registration for this class.

***#8020 English III or English IV***

***Tues. & Thurs., Sept. 13 – Dec. 8***

***6:30-8:30 p.m. South Campus Room B105***

***Tuition \$173 for half-credit course.***

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. 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. There is no online registration for this 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 Mon. Sept. 12 – Dec. 5  
7:00-9:00 p.m. North Campus Discovery Center  
Tuition \$150***

## HOME & FAMILY

### **“Greening” Your Home**

**NEW**

John Birazzi

The goal of class will be to educate participants on what a sustainable/green home really is. It is more than just about using products made from recycled content, using compact fluorescent light fixtures, and composting yard waste. We will review ways of making your home energy efficient, creating a healthy indoor environment, saving water, reducing your carbon footprint and saving our environment in the long run. The class will end with information on the Energy Star Home program which all participants could use as a template for either renovating or constructing a new home.

*#7098 8 evenings Thur., Sept- 22-Nov. 17  
7:00-9:00 p.m. South Campus Room B109  
\$70/Gold Card \$35*

# **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., Oct. 11  
7:00-9:15 p.m. North Campus Room 116  
\$25Per person/\$35 per couple***

## **Investigating Your Family History**

**NEW**

Raymond Johnson

Family history research is one of the most exciting and rewarding projects one can undertake. One has to be part historian and part investigator. This class is designed with the beginner in mind and covers research plans/methodology as well as the many available resources for the genealogist in us all. Traditional sources such as census records, immigration and naturalization records, military records, cemetery records, and county records as well as some non-traditional sources, and the use of the internet are discussed. Students are encouraged to bring along family information that they are currently working on to class.

***#7095 3 evenings Tues., Oct. 11- Oct. 25  
7:00-9:00 p.m. South Campus Room B107  
\$45/Gold Card \$22***

# **INVESTMENT & FINANCE**

Please remember to register for free seminars

## **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 your 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., Sept. 20***

***7:00-8:30 p.m. North Campus Room 116 Free Seminar***

## **Annuities and Your Retirement**

Keith Hill, CFP

Better understand the basics of annuities so that you can choose the options that make the most sense for your situation. Learn about annuities and their features, retirement uncertainties that could impact your long-term strategy, and how an annuity can supplement your retirement income.

***#10021 1 evening Tues., Oct. 4***

***7:00-8:30 p.m. North Campus Room 116 Free Seminar***

## **Roll It, Take It, Leave It, Move It**

Keith Hill, CFP

This class will help you determine what to do with your employer retirement saving plan if you have switched jobs, retired or are facing unemployment. Learn the 5 most common distribution errors; how to avoid having the IRS withhold 20% of your retirement distribution; special considerations if you own employer stock; and factoring taxes, penalties and investment options into your decisions.

***#10022 1 evening Tues., Nov. 1***

***7:00-8:30 p.m. North Campus Room 116 Free Seminar***

## **Why College Planning isn't as Daunting as You Think**

Ryan Williamson, CFP, CCPS

College planning has become one of the most emotional and competitive events in your child's life. In addition, today's high cost of college education ranks as one of the largest expenditures you will ever make in your lifetime. Learn which assets and earnings will count against you when applying for Financial Aid and how to reposition your assets to maximize financial aid offers. Uncover asset and tax strategies to help lower your EFC (Expected Family Contribution) and find out how to restructure your finances to find hidden money in your budget for college expenses. If you think your income or net worth is too high to qualify for aid, grants, or scholarships, you're probably wrong. Be prepared before your children enter college.

***#10030 1 evening Tues., Oct. 11***

***7:00-9:00 p.m. South Campus Room B107 Free Seminar***

***#10031 1 evening Thurs., Nov. 3 10***

***7:00-9:00 p.m. South Campus Room B107 Free Seminar***

## **Inflation: The Next Shoe to Drop – Workshop for Financial Preparedness**

Ryan Williamson CFP, CCPS &  
Rick Shanley, CFP, CCPS

Today, while many investors are still struggling to understand how the credit crisis impacted the financial markets, we've moved forward. Adapting to changing economic conditions isn't as complicated as it might seem if you understand that the tenets of sound investment planning have not changed. Learn what you can do now to get financially prepared for the future. We will take a look at trends that are actively shaping the market and provide information to help you determine whether your current investment plan is on track to address your goals and how they may have been altered over the past year and a half.

***#10033 1 evening Thurs., Dec. 1***

***7:00-9:00 p.m. South Campus Room B107 Free Seminar***

## **Retirement Reality Check**

Keith Hill, CFP

Making the most of retirement means making sure you are ready. If you are planning on retiring 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., Dec. 6***

***7:00-9:00 p.m. North Campus Room 116 Free Seminar***

## **Money Management Workshop**

Bridget Sullivan

Making the most of your financial future discussions centered on what's important about money to you. Worksheets on monthly cash flow, insurance, and asset allocation. Make your money last.

*#10060 1 evening Wed., Oct. 12*

*7:00-9:00 p.m. North Campus Room 116 Free Seminar*

## **Seeking Opportunity in Uncertain Markets      **NEW****

Bridget Sullivan

Recent market volatility has brought heightened apprehension and uncertainty throughout the financial markets. It's prudent for investors to take a deep breath and reflect on what history tells us about market declines, and what may follow. We can't control the markets, but we can understand the facts and the implications for each of us.

*#10061 1 evening Wed., Nov. 9*

*7:00-9:00 p.m. North Campus Room 116 Free Seminar*

# MUSIC

## **Meet the Ukulele**

Chris McIntosh

The ukulele is one of the easiest stringed instruments to play. It is small, light weight, portable, and inexpensive. Introduced to this country in the early 20th century, the ukulele is currently experiencing a big resurgence in popularity. In this class you will learn basic chords and strumming, and play a variety of songs from many genres and eras. Join the fun!

Students must bring a soprano, concert or tenor size ukulele to class.

For advice on purchasing a good, inexpensive ukulele, you may contact the instructor at 877-497-8031.

***#40005 4 evenings Wed., Sept. 28-Oct. 19  
7:00-8:30 p.m. South Campus Room G102  
\$45/Gold Card rate does not apply.***

## **More Ukulele**

Alvin McGovern

This class is the continuation of "Meet the Ukulele". Take your ukulele playing to the next level! In this class you will learn additional chords and strumming patterns to make your playing more fun and interesting and learn more songs from many genres and eras. Join the fun! Student must bring a soprano, concert or tenor size ukulele to class and have knowledge of basic chords. For advice on purchasing a good, inexpensive ukulele, you may contact the instructor at 877-497-8031.

***#40006 4 evenings Wed., Sept. 28-Oct. 19  
7:00-8:30 p.m. South Campus Room G102  
\$45/Gold Card rate does not apply.***

## **Holiday Songs Workshop for Ukulele**

Alvin McGovern

The holidays are a great time for sharing music with friends and family. Start building your Christmas/Holiday song repertoire and learn some new skills in the process. Students must bring a soprano, concert or tenor size ukulele to class. Prerequisite: knowledge of some basic ukulele chords. Join the fun! Students must bring a soprano, concert, or tenor size ukulele to class. All other materials will be provided.

***#40007 2 evenings Wed., Oct. 26 & Nov. 2  
7:00-8:30 p.m. South Campus Room G102  
\$24/Gold Card rate does not apply.***

## **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're 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 of time; 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; it 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 didn't 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 don't 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., Sept. 27-Nov. 29  
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’s still being played today. This class is lots of fun! You’ll 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., Sept. 27-Nov. 29  
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., Sept. 27-Nov. 29  
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., Sept. 27-Nov. 29  
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., Sept. 27-Nov. 29  
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 finger picking 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., Sept. 27-Nov. 29  
7:00-8:30 p.m. South Campus Room G104  
\$105/Gold Card rate does not apply.***

# **PHOTOGRAPHY**

## **Digital Photography**

Donald Hogue

This class explains the fundamentals of digital photography starting from the basics: DSLR vs Point and Shoot cameras, interchangeable lens, shutter speed, ISO mysteries, histograms zoom advantages, use of flash, storage card issues, megapixel needs, battery power. Camera setting for different conditions: night, shade, sunlight, cloudy, backlighting, action, close-up, sand, snow, and water. A variety of subjects: children, pets, automobiles, race cars, sports, portraits, groups of people, close-ups (macro), sunrise, sunsets, best time of day for photos, architecture, landscapes, and travel photography. Taking the picture: it's all about light, framing the subject, controlling the flash, and red-eye reduction. Accessories: external flash, camera bags, tripods, storage cards and backup devices, laptop PC. Students will be required to bring their camera and USB cable to class and complete picture-taking assignments each week.

***#50001 4 evenings Mon., Oct. 3-Oct. 24  
6:00-8:00 p.m. North Campus Room 35 \$55***

## **Black & White Photography**

Bruce Troyer

A darkroom course that takes the new photographer or one who wishes to review what they've 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., Sept. 8-Nov. 10  
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., Sept. 7-Nov. 9  
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., Nov. 17-Dec. 15***

***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., Sept. 12-Oct. 31  
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***

## **Sailing in Chicago – Learn to Sail**

### **3rd Coast Cruising**

Have you ever looked out on Lake Michigan and seen hundreds of sailboats and said to yourself, “I wish I could do that”? Now you can aboard one of 3rd Coast Cruising’s yachts. Enjoy striking views, breathtaking sunsets, even dazzling fireworks. Our extremely affordable “Learn to Sail” program offers an experience of a lifetime as the wind catches your sails. Student will learn what it takes to sail one of our 30’ to 34’ boats in a friendly and fun environment from our certified instructors. All lessons are hands on; you will be helming (driving) the sailboat your first class. We set sail from Monroe Harbor in beautiful downtown Chicago. 3 hour classes meet 2 times for a total of 6 hours of on the water training. Classes are offered 7 days a week with customized scheduling available for groups larger than 5 students. Call 3rd Coast Cruising @ 1-866-Sail-3RD for scheduling.

***#00001 Classes are offered:***

***6:30 p.m. Monday through Friday***

***10:00 a.m. & 1:30 p.m. on Saturday and Sunday***

## **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, Illinois, 708-598-7718

***#60010 5 beginner lessons on horseback \$130***

***#60015 5 intermediate lessons on horseback \$160***

***#60020 10 beginner lessons on horseback \$250***

***#60025 10 intermediate lessons on horseback \$300***

## **Men's Basketball- Fall**

Ron Nikcevich

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 Sept. 12***

***Dates will be given out at class.***

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

***(30 evenings) \$92***

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

## **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., Sept. 7 – Dec. 21, 2011  
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 \$165 for class, and pick up your OW Crew Pak/DVD which is \$85. There is a two chapter reading assignment that needs to be completed prior to the class and each student is required to have their own mask, fins and snorkel. Students receive a 15% off any purchase of equipment at DJ's Scuba Locker.

It's fun and easy; you will love scuba diving and be able to enjoy the underwater world. You will also learn through the most current technique to use equipment (BCD, Regulator Tanks, Weights and belt), students are required to have their own mask, fins, & snorkel. Upon successful completion of this course, you will be ready to sign up with DJ's to take your PADI open water certification dives. This cost is NOT included in the tuition and is an additional \$175. Minimum age is 10.

***#60045 5 evenings Tues., Jan. 10-Feb. 7, 2012  
6:30-10:00 p.m. North Campus Rooms 183 & Pool  
\$38 due with registration/Gold Card rate does not apply.***

## **SPECIAL INTEREST**

### **Assault Prevention**

Ilona & 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., Nov. 1  
7:00-8:30 p.m. North Campus Room 217  
\$34/Gold Cards \$17***

### **Passion for Poetry – German Classics**

Ilona & James Garrett

An invitation to touch your heart and expand your mind with German poetry. In both languages we explore the brilliance of Goethe, Rilke, Brecht, Nietzsche, Schiller, Heine, and von Droste-Huelshoff. (You only need to be fluent in one language.)

***#70045 1 evening Tues., Nov. 29  
7:00-9:00 p.m. North Campus Room 217  
\$34/Gold Cards \$17***

## **Math Magic: Using Magic to Teach Math Concepts**

Joe Nowak

Students will learn several “magic” tricks that illustrate various mathematical concepts. Both teachers and parents can use these techniques to help students see math in a different light other than multiplication tables, story problems, and repetitive calculations. Nearly all the tricks can be solved with an appropriate amount of observation. So problem solving is another benefit of using these tricks. This class is also for anyone who would like to learn a few fairly simple magic tricks. Students should bring a deck of standard playing cards, hand-held calculator, and several large rubber bands.

***#70060 1 evening Wed., Oct. 12  
7:00-9:00 p.m. North Campus Room 116  
\$33/Gold Card rate does not apply.***

## **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 end 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., Sept. 7-Oct. 26  
6:30-9:30 p.m. North Campus Vaughan Building  
Room 175 \$87/Gold Card \$43.50***

# **STUDENTS WITH SPECIAL NEEDS**

## **Drama**

(For adults with special needs)

Chris Grohne

Please join us on Monday nights to continue our study of the theatre arts. The focus of our work is to encourage creativity, self-expression and self-esteem for young adults with special needs who have an interest in theatre. Our class is open to those 18 years of age and older. Students need to be able to maintain appropriate behavior throughout the class period. Please bring a 3-ring binder with pockets to class.

***#80007 10 evenings Mon., Sept. 19-Nov. 21***

***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. Also, 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 5 evenings Wed., Sept. 21-Oct. 19***

***6:30-8:00 p.m. South Campus Room B109 \$60***

## **TUITION PAYMENT**

*Check, Master Card or VISA may be used for payment. Credit card payment is made through online registration only. 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**

There are NO Adult Education classes on the following evenings:

North & South Campus – Monday, September 5, 2011  
(Labor Day)

South Campus – Thursday, September 8, 2011  
(Open House)

North Campus – Thursday, September 15, 2011  
(Open House)

South Campus – Oct. 26-Oct. 27, 2011  
(Parent/teacher conferences)

North & South Campus – Nov. 23-Nov. 24, 2011  
(Thanksgiving Holiday)

North & South Campus – Dec. 26-Jan. 9 2012  
(Winter Break)

**ADMINISTRATORS**

*Dr. Timothy Kilrea, Superintendent*  
*Robert Fritch, Director*

**BOARD OF EDUCATION**

*Mark N. Pera, President*  
*John T. Polacek, Vice President*  
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**ADULT EVENING SUPERVISORS**

**NORTH CAMPUS**

*Marilyn Ashley*

**SOUTH CAMPUS**

*Roxanne Gerardi*  
*Ron Juergens*

**NORTH CAMPUS**

*100 S. Brainard Ave.*  
*La Grange, IL 60525*  
*708-579-6573 (Days only)*  
*708-579-7441 (Evenings only)*

**SOUTH CAMPUS**

*4900 S. Willow Springs Road*  
*Western Springs, IL 60558*  
*708-579-6573 (Days only)*



