

CHICAGO STATE UNIVERSITY

Options

THE PROGRAM OF CHOICE

FOR LIFE-LONG LEARNING

Branch Out

Arts, Crafts, Etc
Business & Vocation
Computers
Dance & Music
Fitness
Personal Development
Swimming

8 Week Session • Fall 2011

begins Saturday, September 17, 2011

Registration starts Monday, August 22, 2011

Welcome to Options

We realize that education does not end when you leave high school or college. It's a lifelong process. Chicago State University continues to provide classes and workshops that will help you develop your professional skills, grow your business, improve your (and kids too) reading, math and writing skills, enrich your life or just be entertained. We designed many of our classes based on what you've told us you were interested in, and we hope we've succeeded in offering a class or two(or even three or more) that will entice you. Please take a few moments to browse our booklet or visit us online at <http://www.csu.edu/ContinuingEducation/>. There are no grades to worry about, and there is always a smiling face just waiting to say "Hello!"

Remember to take the time to consider your **Options**

See you in class!

Nelly Maynard
Interim Dean

Register Early - Classes fill up Fast.

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AC2001. Back to Basics Math

Many youngsters are having difficulty with math simply because they do not understand basic math concepts. This course will increase math proficiency and assist your child in overcoming individual problem areas. Give your student the skills and confidence to function at the appropriate grade level. A diagnostic exam will be given at the first class session. Textbook required. Register early.

A. Sat Gr 3-4 9:00 a.m.-10:15 a.m.

B. Sat Gr 5-6 10:30 a.m.-11:45 a.m.

C. Sat Gr 7-9 12:00 noon-1:15 p.m.

Fee: \$89 *Instr: Lacy Grigsby*

AC2002A. Fun with Phonics

This innovative class is designed for children ages 3-4. Practical reading techniques, word recognition and phonic skills are emphasized. Help your child prepare for the new adventures that reading can provide. Register early! Space is limited.

Sat 10:00 a.m.-11:15 a.m.

Fee: \$89 *Instr: TBA*

AC2002. Reading Strategies and Comprehension

Students learn to pronounce letter combinations and the difference in identifying vowels, and consonants uses in language. They also strengthen spelling, reading, and writing skills.

B. Sat (Grades 1&2) 11:30a.m.-12:45 p.m.

C. Sat (Grades 3 &4) 1:00 p.m.- 2:15 p.m.

Fee: \$89 *Instr: TBA*

AC2003. Math Booster (Teens/Adults)

This quick-paced review begins with arithmetic skills: place value, addition, subtraction, multiplication and division. Fractions, decimals, percentages, averages and algebra will also be covered. This is an excellent course if you wish to upgrade your basic skills for higher math or to prepare for college. Textbook required.

Sat 9:00 a.m.-10:30 a.m.

Fee \$89 *Instr: Gregory Nimpson*

AC2004A. Boost Your Math Skills

Pre Algebra (Gr 7-8)

Students are exposed to the tools of algebra (problem solving plans, numbers & expressions, variables & expressions, properties, variables & equations, etc.) Emphasis is placed on learning and understanding the language of algebra.

Sat 10:30 a.m.-12 noon

Fee \$89 *Instr: Gregory Nimpson*

AC2004B. Boost Your Math Skills

Algebra I (Pt. 1)

Emphasis is on learning and understanding algebraic functions, graphs of linear equations, logical thinking and problem solving. Students should have taken pre algebra in order to register for this course.

Sat 12 noon-1:30 p.m.

Fee \$89 *Instr: Gregory Nimpson*

AC2004C. Boost Your Math Skills

Algebra I (Pt. 2)

Builds on topics covered in Algebra Pt. 1. Emphasis is on learning and understanding rational expressions, inequalities, absolute value equations, systems of linear equations, quadratic equations, and their respective graphs. Requires a graphing calculator!

Sat 1:30 p.m.- 3:00 p.m.

Fee \$89 *Instr: Gregory Nimpson*

AC2005. Writing for Success

This class is for adults who need help with fundamental writing techniques. While students will review proper sentence structure, punctuation, and grammar, an additional focus will be to develop an action plan, and to write a persuasion paper to enhance their goals and objectives.

Wed 6:00 p.m.-8:00 p.m.

Fee: \$89 *Instr: Barbara Maxon*

AC2006. How to Write That Novel!

This class is concerned with the essentials of fiction; story plot, theme, and structure. Students will get an understanding of the process of character development and the usage of dialogue. The concept of show vs tell will be examined in detail. Both the beginner and the experienced writer will benefit from this class.

Thurs 6:00 p.m.-8:00 p.m.

Fee: \$89 *Instr: Barbara D. Keaton*

**AC2008. Back to Basic Writing
(6-8th grade)**

In this basic writing course, students will become familiar with sentence structure, grammar, punctuation and more. This class will also unlock the mysteries of writing the narrative, expository and persuasive essay.

Sat 1:30 p.m.-3:30 p.m.
Fee: \$89 *Instr: Barbara Maxon*

AC2010. ACT Prep: Math and Science

In this class students will review math concepts from basic math through Algebra II, natural science concepts, as well as practice test taking strategies specific to the ACT. Class meets for five weeks.

A. Sat, September 17 12 noon-2:00 p.m.
B. Sat, November 5 12 noon-2:00 p.m.
Fee:\$77 *Instr: TBA*

AC2011. ACT Prep: English, Writing and Reading

Join this class for an English/writing/reading refresher. There will be a review of the usage and mechanics of grammar, passage reading and comprehension, writing skills such as brainstorming, organization and writing from a prompt, and much more. Students will review test taking tips and strategies for the ACT. Class meets for five weeks.

A. Sat, September 17 2:00 p.m.-4:00 p.m.
B. Sat, November 5 2:00 p.m.-4:00 p.m.
Fee:\$77 *Instr: TBA*

AC2013. Just Grammar (Grades 7-9)

The foundation of all good writing is built on the many steps of good grammar. Learn and use the correct grammar, step by step. While our emphasis in this class is grammar, you will practice what you have learned by creating short stories, reviews and paragraphs. Get back to the basics and make language arts easier for you in your future grades.

Sat 12:15 p.m.-1:15 p.m.
Fee: \$89 *Instr: TBA*

AC2015. Writing your Life Story

Do you remember when...? Everybody has a story. This class invites you to learn how to write your special story. Writing your life story is also a wonderful gift for your family, your children, your friends and loved ones.

Thurs 6:00-p.m.-8:30 p.m.
Fee: \$89 *Instr: TBA*



AC2016. How to Write Your Way Out of a Paper Bag

Have you ever wanted to write a short story, poem, or just an engaging note for a Christmas or birthday card, but were too intimidated to try? Well, this is the class for you. A local writer will take the mystery out of creative writing and get you in contact with your own unique voice. Materials will be provided. Just bring a sense of humor, a good attitude, and a good pen.

Fri, Oct. 7,14, 21, 28 6:00 p.m.- 7:00 p.m.
Fee: \$51 *Instr: TBA*

Back By Popular Demand

AC2017. Writing for Children

Through creative visualization, introspection and reflection, participants will discover the keys that unlock their creativity. Sessions will focus on developing skills in the use of figurative language, writing vivid descriptions and conveying poetic images.

Sat 12 Noon-1:30 p.m.
Fee: \$89 *Instr: TBA*

Tutoring

Academic tutoring is available for students in grades kindergarten to 12th grade in reading, mathematics and writing. The objective of this service is to assist participants with course information, tips and strategies. All tutors hold a minimum of a bachelor's degree and are selected for their skills, knowledge and sensitivity to individual needs. Fee: \$277



AR2101. Calligraphy

Produce decorative lettering with a touch of class. Design greeting cards, certificates, posters and flyers. Send beautifully addressed wedding and party invitations. Participants may purchase a calligraphy fountain pen with disposable ink cartridges or refillable barrel, interchangeable broad tip nibs, and graph paper. Dipping nibs are available for purchase in the class.

Sat 11:00 a.m.-12:30 p.m.
Fee: \$79 *Instr: Maria Rocio Jaramillo*

AR2102. Cartooning (Ages 8-13)

Unleash your sense of humor by learning to create funny and fantasy creatures. Draw facial expressions and various kinds of cartoon characters. Comic book story panels and coloring techniques will also be explored. Bring typing paper, pencils, erasers, sharpeners, markers, crayons, colored pencils and samples of your favorite cartoons.

Sat 9:00 a.m.-11:00 a.m.
Fee: \$79 *Instr: Maria Rocio Jaramillo*

AR2103. Jewelry (Teen/Adult)

If you're interested in a variety of crafts, this is the class for you. Set your imagination free as you create fantastic jewelry and design wearable art. Be amazed and inspired by the possibilities. There is a \$20.00 material fee payable to the instructor.

Sat 9:00 a.m.-11:00 a.m.
Fee: \$73 *Instr: Ethel Mayfield*

AR2108. Upholstery

Do you have an old chair or ottoman that needs a new look? Why not bring it to class and learn from the expert? Experience the joy of upholstering your chair from start to finish. Depending on the complexity of your piece, you may or may not complete the project over the 8-week period. Some supplies are needed. Material fee not included.

Sat 10:00 a.m. – 12:30 p.m.
Fee: \$101 *Instr: Marvin Davis*

Mr. Davis has taught upholstery classes across the city. He has been in the business for over 30 years.

AR2110. Quilting 101

"Join the 'green movement' by making quilts or 'Sewlar Panels' from everyday items such as blue jeans, skirts and remnants of fabric. Make a 'string' or 'utility quilt' by hand or sewing machine. There is a \$15.00 material fee payable to the instructor. Limited enrollment.

Sat 1:00 p.m.-3:30 p.m.
Fee: \$79 *Instr: Marian Hayes*

AR2112. Intro to Digital Photography and Graphic Design

The course is designed to provide a Digital Photography/Multimedia resource. Students will work together on a class project and theme "Saving our Planet one Photo at a Time." Students will shoot photography and video, while learning and applying the technical and artistic skills necessary for great photography and multimedia presentations. Class will include field trips/lectures and photo safaris. Also, at the completion of the course, students will feature a closing exhibit of their work. (Minimum age 13)

Mon 6:00p.m.-8:00 p.m.
Fee: \$79 *Instr: Tony Smith*

Back By Popular Demand

AR2113. Basic Drawing for Beginners

Learn the basic elements of line, shape, shading, and texture in the art of drawing. Beginners will develop skill in the use of perspective, working from still life and the imagination. Practice rendering various subjects including nature and still life. Bring newsprint or white drawing paper, pencils, pencil sharpeners, charcoal, and erasers.

Sat 12:30 p.m.-2:30 p.m.
Fee: \$61 *Instr: TBA*

Back By Popular Demand

AR2114. Basic Sewing

Back by popular demand is the sewing class you've been waiting for! This "you can make it" class is designed to get you started. Learn basic sewing skills in this class. Limited enrollment. Materials not included.

Sat 10:00 a.m.- 12 Noon
Fee: \$91 *Instr: Gloria Scott*
(Scott Fashions)



AR2115. Knitting Workshop

Do you love scarves and stoles? They are quite fashionable right now. You will learn the classic knitting patterns and more. Please bring size 9 needles and yarn.

Thurs, Oct. 13, 20, 27 6:00p.m.-7:30p.m.

Fee: \$39

Instr: TBA

BUSINESS & VOCATIONAL

BV2203. Grant Writing Workshop

The goal of this eight-week workshop is for participants to create a full funding proposal that can be used for either private or public requests. By the end session, students will be able to produce the key components of a funding proposal. Then, students will further develop and package their grant to make it fundable. The final proposal must be typed. Homework is required to complete this workshop.

Thurs 6:30 p.m. - 8:30 p.m.

Fee: \$141

Instr: Dianne Richardson

BV2205. Retail Pharmacy Technician

If you are a high school senior, young adult or a senior citizen considering a change, this training will get you off to a fast start toward a new career. This eight week class will introduce you to the responsibilities of a community pharmacy technician as well as teach you how to interpret prescriptions for yourselves and your family members. Class will also include indepth coverage of dosage calculations, medication classifications and federal laws. You will receive an application for state licensing and after completion of the course, with regular attendance, a certificate will be issued. Workbooks are required and can be purchased from the instructor for \$50.00. Enrollment is limited. **Class will begin October 1, 2011.**

Sat 10:00 a.m. - 12:30 p.m.

Fee: \$311

Instr: Kay Hoffman

BV2208. How to Start a Child Care Center

This is an overview of the process involved in opening a quality child care center. City and state licensing requirements, programming, staffing, health, nutrition, child safety and more will be covered.

Sat, October 15 12:00 Noon-2:00 p.m.

Sat, October 22 12:00 Noon-2:00 p.m.

Fee: \$113

Instr: Robbin Cole

BV2219. Branding Your Business Using Social Media

Creating an online profile using social media is an effective, low-cost method for advertising. Whether you are an executive who is responsible for your company's social media profile, a small business owner or an individual, you can benefit from the tools and concepts introduced in this course. Each session offers a blend of current social networking topics, lecture, and in-class, hands-on exercises. For a sneak peak, check out our blog spot at: www.csusocialmedia-course.blogspot.com.

Tues 6:00 p.m.-7:30 p.m.

Fee: \$77

Instr: Bernadette Taylor

BV2222. The Business of Writing

This course is intended for aspiring writers who aren't sure where/how to get started or the business that writing is. The course will provide information on where to find publishers, contracts, copyright law, use of journals, creating a query letter and a synopsis. At the end of the course, participants are expected to have created a query letter, a story synopsis, and three chapters of a story for submission to an actual publisher/editor.

Tues 6:30 p.m.-8:00 p.m.

Fee: \$89

Instr: Barbara D. Keaton

BV2223. The Art of Makeup II

The is a six-week workshop that teaches make-up application techniques and business skills needed to become a professional makeup artist. These classes offer an intro to mastering professional makeup artistry skills for consumer and or professional applications. This class will be taught by professional makeup artist, Jill Alise and fashion photographer Tony Smith.

Wed 6:30 p.m.-8:30 p.m.

Fee: \$141

*Instr: Jill Alise
Tony Smith*

Paralegal Certificate Course

This intensive, nationally, acclaimed program is designed for beginning as well as advanced legal workers. Students will be trained to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law, and assist in preparing cases for courtroom litigation. The instruction is practice-oriented and relates to those areas of the law in which paralegals are in most demand. This Paralegal Certificate Course will also teach you how to work as a full-time or part-time paralegal, or how to open your own freelance business. There are no prerequisites, but students will be expected to complete a significant amount of homework for each weekend session. This program will help students increase their office's efficiency, productivity, and billable hours as well as learn new marketable job skills. Successful students will be awarded a Certificate of Completion from Chicago State University, Division of Continuing Education. To receive a certificate, students must pass numerous quizzes and successfully complete several legal document writing assignments. Fall Session 2011 begins September 10, 2011, and ends October 16, 2011. Online Fall Session II begins October 17, 2011. Go to www.legalstudies.com for registration or call 1-800-522-7737. Career Training Loans may be available for qualified candidates through Sallie Mae. Call 1-888-2-SALLIE. Also, visit www.easyaaid.com for more possible financial aid options. Tuition is \$1189.00 per person. For further information, please call 773 995-3741.



KIDS' KORNER

KK2301. Beginning Ballet

Join us in learning the fundamentals of ballet consisting of basic ballet positions. Students will also learn various terms involving movement, development, and coordination, with a review at the end of the session. Ages 4-7.

Sat 5:00 p.m.-6:00 p.m.
Fee: \$79 *Instr: Tonya Thurmond*

KK2302. Introduction to Dance

Introduce your preschooler to character dances and basic acrobatic movements. This class will help your child develop self-esteem and confidence, appropriate social interaction and provide a great opportunity for fun. Students may demonstrate their talents in a dance recital. Class attire: leotard, tights, and ballet shoes. Ages 4-7.

Sat 6:00 p.m.-7:00 p.m.
Fee: \$79 *Instr: Tonya Thurmond*

KK2305. Learn Basic Spanish (Ages 7-12)

Se habla Espanol? This is a great language immersion class for children to learn Spanish in a fun way. They will acquire second language skills through songs, music and laughter. Come join us.

Sat 2:00 p.m.-3:00 p.m.
Fee: \$79 *Instr: TBA*

KK2306. Karate

Tailored for those with little or no prior martial arts experience, students will learn basic strikes, blocks, and kicks. Intermediate/advanced class will take you to another level, incorporating self-defense and advanced techniques. Student must have a green belt in order to register for Inter/Adv. class. Minimum age six

A. Sat (Begin) 1:30 p.m.-2:30 p.m.
B. Sat (Inter/Adv) 2:30 p.m. 3:30p.m.
Fee: \$79 *Instr: Daryl Smith*

KT2308. Know your Keyboard

Stop typing with one finger. Learn how to navigate those "computer keys" in just six sessions. Grades 3rd – 7th. Space is limited.

Sat 3:00p.m. – 4:00 p.m.
Fee: \$59 *Instr: Ollie Sims*

KT2309. CSU Jr. Performing Arts Team

Energetic girls who love to dance are encouraged to enroll. Instructors will prepare and train dedicated members in the various aspects of performing arts (ballet, jazz, modern, ethnic, inspirational, character, acrobatics, hip hop dancing and drama). Team members will receive semi-professional training as they prepare for dance productions, performances, competitions and other events throughout the year (additional fees will be required for team t-shirts, costumes and competitions). Students will display their learned talents in special performances at the end of each session. (Girls: Ages 8-18)

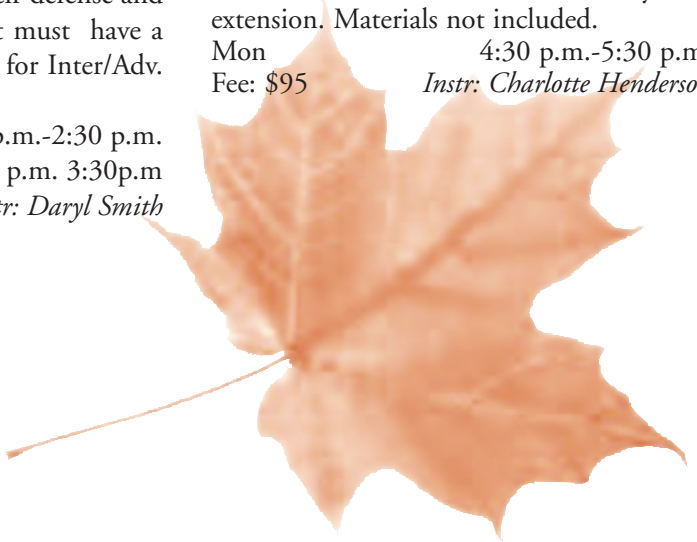
Fri 6:00p.m.-8:00 p.m.
Fee: \$81 *Instrs: Jeena Bradley
Rasheda Gaither*

KT2314. Hair Braiding for Teens

Give your hair a break.

Learn to hold and start the individual braid. Individual braids include box braids, regular size braids, micros and micro-mini. Learn to do goddess braids, casamas, and sculpture and design braiding. We'll also learn kinky twist, Senegalese and regular, flat twist, twistees/comb twist and sculpture twist. We'll cover dreadlocks: natural, silky and extension. Materials not included.

Mon 4:30 p.m.-5:30 p.m.
Fee: \$95 *Instr: Charlotte Henderson*



COMPUTERS

CS2402A. Introduction to Excel and Access 2007

This class will enable students to master fundamental skills required for the effective use of MS EXCEL 2007 and Access. Instruction will include creating Access database and simple reports. Student will also learn to create queries and print labels. Students will learn to create a worksheet and an embedded chart in Excel. Students will also create formulas, functions, formatting, and web queries and web pages using Excel.

Sat 9:00a.m.–11:00 a.m.
Fee: \$89 *Instr: Rita Lowe*

CS2402B. Word 2007 (Word Processing Software)

This is an exciting & challenging course for students interested in sharpening their computer skills. Highlights of the course will be as follows: the mail merging of letters & labels will be explored in depth; business letters & resumes will be created using various design templates. Upon completion of this class students will be able to create flyers, business cards, greeting cards, proposals, post cards, business letters & newsletters in Publisher. Also, student will be able to create and format PowerPoint Slide Show presentations with the following enhancements: animation, sound, video, and online broadcast.

Sat 11:00 a.m.–1:00 p.m.
Fee: \$89 *Instr: Rita Lowe*

CS2405. Introduction to Photoshop

Do you have a digital camera or old photos that need restoring? Learn how to download, scan and restore old photos using Photoshop. This is a lab-based class. Learn the different file types and how to use a scanner. Discover Photoshop's special tools that give you the skill to enhance and create amazing effects. Limited seating!

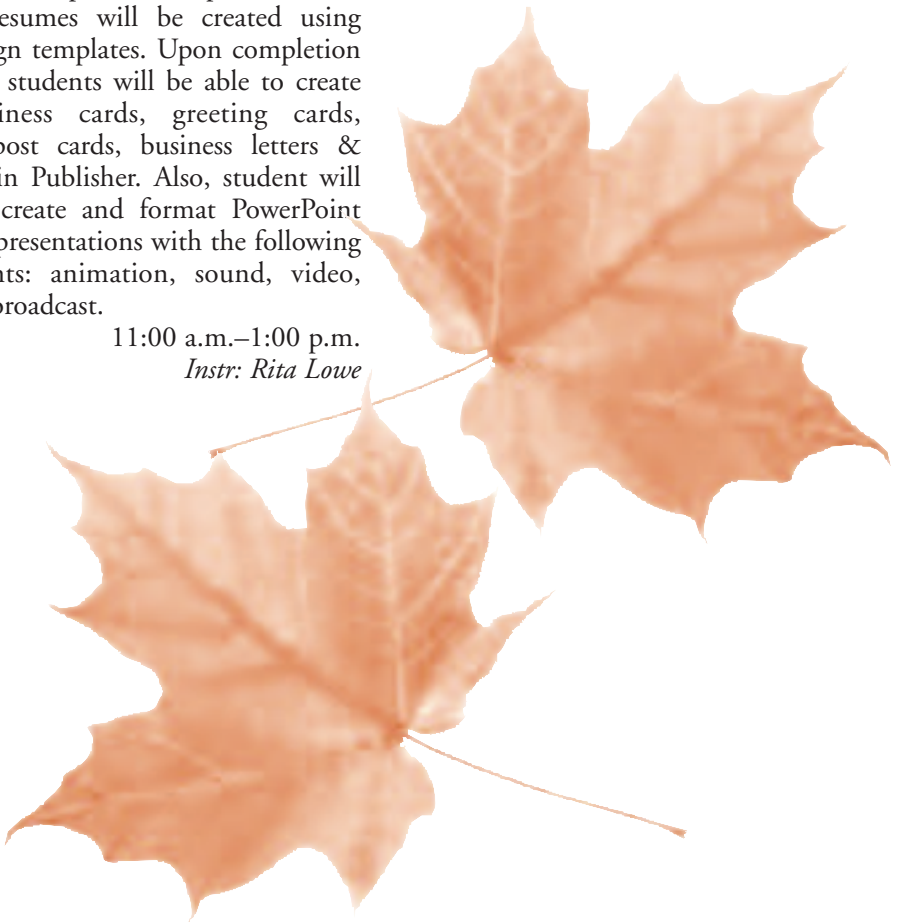
Fri 6:30p.m.–8:30p.m.
Fee: \$111 *Instr: Robert Johnson*

CS2409. Exploring the Computer

Keyboard

Designed to teach touch typing, you will learn to master the computer keyboard and build speed and accuracy. Students will also learn to produce different styles of business letters and reports.

Sat 1:00 p.m.- 3:00 p.m.
Fee: \$89 *Instr: Ollie Sims*



DANCE

DA2501. Introduction to Steppin' (Adults)

If you are a stepper wannabe, this is your opportunity to learn the fundamentals of this progressive art form that originated right here in Chicago. Join others like yourself for this fun-filled adventure in steppin'. Dazzle your friends with your mastery of the basic 8-count. No partner needed.

A. Sat 3:00 p.m.-4:30 p.m.
B. Tues 6:00 p.m.-7:30 p.m.
Fee: \$81 *Instr: Judy Estrada*

DA2501C. Intermediate Steppin' (Adults)

Now that you have the fundamentals under your belt, it's time to begin working on those fancy turns. Improve your footwork past the basic pattern. No partner needed. Students must have taken an introductory course or receive instructor's permission in order to register for this course.

Sat 1:30 p.m.-3:00 p.m.
Fee: \$81 *Instr: Judy Estrada*

DA2502. Advanced Steppin' (Adults)

Continue to develop your steppin' skills. Move on to the next level in the world of steppin'. Learn the combinations you see everyone breezing through. Develop your own signature move. No partner needed. Students must have taken an introductory course or receive instructor's permission in order to register for this intermediate course.

Tues 7:30 p.m.-9:00 p.m.
Fee: \$81 *Instr: Judy Estrada*

DA2503. Western Line Dancing

Here is a western line dance class for everyone. Learn old and new steps in fun routines. Discover the fun and get fit while learning the Electric Slide, Cha-Cha Slide, Boot Scoot Boogie, and other popular line dances.

Mon 6:00 p.m.-7:00 p.m.
Fee: \$69 *Instr: Tommie Lowe*

DA2504. Salsa- Level One

You've seen this Afro-centric dance style on shows like "Dancing With The Stars." Now you can learn to do it too!! This class offers you the opportunity to learn how to dance salsa, and includes a low-impact cardiovascular exercise routine that you can practice at home. Learn the basic

movements and then combine them to perform more elaborate routines.

Tues 7:00 p.m.-8:30 p.m.
Fee: \$81 *Instr: TBA*

DA2505. Belly Dancing

Discover your inner goddess. Become empowered through the art of belly dancing. In this class you will exercise to build your core muscles. Techniques covered will include half circles, figure eights, chest lifts, chest slides, hip drops, hip lifts, undulations and shimmies.

Wed 6:00 p.m.-7:00 p.m.
Fee: \$81 *Instr: Maria A. Hunter*



DA2506. DancinDeeva Line Dance

Beginners Line Dance (aerobic/social dance) is a moderately paced rhythmic dance that combines exercise and dance into one. The dance steps target the waist, hips, legs, knees and feet for a moderate amount of exercise. The dances are taught to popular music and are generally 3-5 minutes in length. Line dance is great exercise for young adults and seniors alike. Participants are encouraged to go at their own pace. Some of the classes that will be taught are Bilie Jean, Chicago Stomp, Homey Twist, Chinese Checkers and more.

A. Wed 2:00 p.m.-3:00 p.m.
B. Fri 5:00 p.m.-6:00 p.m.
Fee: \$81 *Instr: Dawn Avery*

MUSIC

MU2801. Introduction to Piano

If you really want to be heard, make music, not noise! Learn to play the piano in an electronic piano lab setting. Previous musical background helpful but not required. Text available in class: \$7 for children, \$10 for adults.

A. Sat (Ages 6-12) 9:00 a.m.-11:00 a.m.
B. Wed (Teen/Adults) 6:00 p.m.-8:00 p.m.
Fee: \$89 *Instr: Fred Clink*

MU2801C. Adv/Piano

To register, students should have some previous background or should have taken the first course. The same text will be used as in Beginning Piano. Text will be available in class for \$7, \$10 for adults.

Sat (Ages 6-12) 11:00 a.m.-1:00 p.m.
Fee: \$89 *Instr: Fred Clink*

FITNESS

FT2601. Weekend Aerobics

Need a great cardio workout? Want to lose weight and improve fitness? This class will consist of a variety of warm up and cardio segments. You'll perform conventional aerobic moves while listening to great music. You'll have so much fun, you'll forget that you're exercising.

Sat 10:30 a.m.-11:30 a.m.
Fee: \$79 *Instr: TBA*

FT2606. Weight Training

This class, designed for men and women, introduces the principles and skills of weight training for health, fitness, athletic conditioning and body composition on state-of-the-art equipment. Your workout is closely supervised. Register early!

Sat 9:00 a.m.-10:30 a.m.
Fee: \$79 *Instr: John Mammie*

FT2608. Building Superb Abs

This class primarily focuses on toning the abdominal system, improving the lower back, developing optimal posture, and stabilizing the muscles of the abdomen and the back. It incorporates strength training for fitness, and health and body conditioning. Be ready to use the mat.

Mon 6:00 p.m.-7:30 p.m.
Fee: \$79 *Instr: John Mammie*

FT2609. Yoga

Join this outdoor and indoor class to reduce body tensions while increasing peace of mind. A qualified instructor will guide participants through yoga techniques, deep breathing, stretch awareness, relaxation and meditation. Wear loose clothing and bring a blanket.

Thurs 6:00 p.m.-7:30 p.m.
Fee: \$79 *Instr: Anita Cooper*

FT2612. Body Conditioning for Beginners

Ease into fitness with this safe way to learn about different fitness programs, ball exercise, step aerobics, hand weights and bands.

Mon 10:30 a.m.-12 noon
Fee: \$79 *Instr: Kymberli Johnson*

FT2616. Step & Tone

Join us as we step and tone our bodies into shape and good health. Step classes are like aerobics but they involve stepping up and down on a plastic step. This means you're burning more fat, particularly around your bottom and thighs. Toning classes are designed to firm up your muscles, and concentrate on the legs, bottom and stomach. Most of these exercises are carried out on a mat on the floor, but there are some upper body exercises too.

Please note: Step classes may not be suitable for people with knee and joint problems.

Thurs 7:30 p.m.-8:30 p.m.
Fee: \$79 *Instr: TBA*

FT2617. Hip-Hop Aerobics

Hip-Hop aerobics is a combination of exercise, dance, and music to form one of the most beneficial calorie-burning cardio workouts around. This class will feature a weekly health tip, followed by a warmup, workout routine, and a cool down, all done to fun and exciting music. The benefits of hip hop aerobics include strengthening the heart, improved flexibility, and increased amount of energy, so if you are looking for an exciting new way to become fit, then join us.

Wed 7:00 p.m.-8:00 p.m.
Fee: \$79 *Instr: Orlandus Thomas*

FT2618. Traditional Tai Chi Long Form

Ever see people doing the smooth, flowing movements of Tai Chi in a park in the morning? Come join us for this class so you can join them! This class will focus exclusively on teaching the traditional Yang style Tai Chi long form, a sequence of movements that helps develop flexibility, concentration and relaxation as well as contributing to better overall health and well-being. This is the most physically active of our Tai Chi classes and is open to all age groups. **Class will begin October 1, 2011.**

Sat 9:00 a.m.-10:00 a.m.
Fee: \$79 *Instr: Paul Channic*

FT2620. Core Strengthening

If you are looking to slim your waist or just strengthen your abdominal and back muscles, this class is for you! This class will consist of cardio exercises which are essential for waistline reduction. Also, you will perform various abdominal exercises to strengthen and build a strong mid-section.

Sat 10:30 a.m.-12 noon
Fee: \$79 *Instr: Kymberli Johnson*

FT2621. Tai Chi For Stress Relief

Feeling a little put upon by the demands of life? Tai Chi offers an easy and effective way to cope with stress. Focusing on the meditative aspect of Tai Chi we will learn specific exercises for allowing the body to naturally relax and the mind to effortlessly settle down. This class has the least physical demands of any of our Tai Chi offerings and is particularly recommended for people who might be dealing with some sort of physical challenge. A good portion of this class will be done in a seated position.

Wed 10:30 a.m. -11:30 a.m.
Fee: \$79 *Instr: Paul Channic*

FT2622. Pilates

Develop your core strength. This class will focus on abdominal control, breathing, concentration, centering, precision, posture and basic body awareness. Bring a mat.

Tues 5:00 p.m.-6:00 p.m.
Fee: \$79 *Instr: TBA*

FT2623. Zumba®

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class! Join the class-party yourself into shape. *Ea Williams is a certified Zumba® instructor.*

Mon 6:30 p.m.-7:30 p.m.
Fee: \$79 *Instr: Ea Williams*

FT2306. Karate (14-Adult)

Tailored for those with little or no prior martial arts experience, students in this class will learn basic strikes, blocks and kicks.

A. Sat (Begin) 1:30 p.m.-2:30 p.m.
B. Sat (Inter/Adv) 2:30 p.m.-3:30 p.m.
Fee: \$79 *Instr: Daryl Smith*



FT2624. Get Arms Like Michelle Obama's

Do you want your arms to look like the arms that everyone in the nation is obsessing over? In this three session class, you will learn the right exercises to snag the same results that can easily be repeated in the privacy of your own home. Please wear comfortable

clothing and bring a set of 5-8 lb. dumb bells.

Sat, Sept. 17, 24 Oct, 1 11:30 a.m.-1:00 p.m.
Fee: \$55 *Instr: TBA*



FT2625. Boogie Your Butt Off!

You will love this new exercise class designed to get you moving. Burn fat, gain muscle and get flexible -all with simple moves that anyone can do. Come find the Boogie Wonderland here at CSU and get healthy. No previous dance experience is necessary. Please wear comfortable clothing.

Thurs 6:00 p.m.-7:00 p.m.
Fee: \$79 *Instr: TBA*

Please consult your physician to make sure these fitness classes are appropriate for your health situation.

Personal Development



PD2901. Learn Basic Spanish

Become familiar with our second national language. This informal class is for beginners and those who want to brush up on their Spanish skills. You will learn the phonetic pronunciation of the Spanish alphabet, as well as groups of words and phrases. An excellent course!

Sat 11:00 a.m.-1:00 p.m.
Fee: \$79 *Instr: TBA*

PD2904. Hair Braiding Techniques I and II

Learn to hold and start the individual braid. Individual braids include box braids, regular size braids, micros and micro-mini. Learn to do goddess braids, casamas, and sculpture and design. We'll also learn kinky twist, Senegalese, regular, flat twist, twistees/comb twist and sculpture twist. We'll cover dreadlocks: natural, silky and extension. In Part II advance to more complex styles. Learn more about dreadlocks, silky dreads, natural dreads, and cork screws. We'll cover interlocking/tree braiding, strand by strand, weaving/sew on, lacing, bonding and fusion knots, and care and maintenance. Materials not included.

A. I Mon 6:00 p.m.-7:15 p.m.
B. II Mon 7:30 p.m.-8:45 p.m.
Fee: \$111 *Instr: Charlotte Henderson*

PD2905. Sign Language

This beginner's sign language course covers the basics of the ASL alphabet as well as basic salutations and responses, common words and phrases, numbers and directional verbs. After the completion of this class students will have developed basic sentence structure, key phrases, vocabulary and have an understanding about the deaf culture.

Sat 11:00 a.m.-12:30 p.m.
Fee: \$81 *Instr: Veronica Robinson*

PD2920. Do It Yourself Home Repair Session A.

Learn to Repair & Replace Motion Detector Lights. Learn to install your own light fixtures and outlets in ceiling or wall. Learn to repair your lamps & replace your GFI outlet to code specifications where needed.

Wed, Sept. 21& 28 6:30 p.m.-8:00 p.m.
Fee: \$55 *Instr: Tommie Lowe*

Session B.

Learn to repair holes in walls with dry wall compound, tape, & plaster. Become knowledgeable about toilet repair and replacement

Wed, Oct. 5 & 12 6:30 p.m.-8:00 p.m.
Fee: \$55 *Instr: Tommie Lowe*

Session C.

Learn kitchen sink installation and simple sink repairs. Learn to install door locks

Wed, Oct. 19 & 26 6:30 p.m.-8:00 p.m.
Fee: \$55 *Instr: Tommie Lowe*

Session D.

Become knowledgeable about the basics of ceiling fan installation and fluorescent light repair. Installation of door bell and chimes will also be covered.

Wed, Nov 2 & 9 6:30 p.m.-8:00 p.m.
Fee: \$55 *Instr: Tommie Lowe*

Take one course or take all four courses, You're bound to learn a lot. There is a \$20 material fee for each of the four repair classes.

PD2923. Saturday Morning Adult Writing Group

In this class we write instead of talk! If you are at least 17 and older, and enjoy writing, (or would like to try writing but don't know how to start), then come join us. Each week You Will Write to discover your voice, your style, and your publishing market through

reading writing magazines; publishing markets; and other popular genre digests. You will learn how research produces believable fiction, and how mixing truth with fiction affects your readers (publishers too).

Sat 10:00 a.m.-12 noon
Fee: \$79 *Instr: Queen Wicks*

PD2924. Public Speaking

Conquer your biggest fear. The ability to speak confidently and intelligently is a much needed skill. In this course, you will significantly improve your public speaking skills by practicing and delivering speeches. Instructor will offer personalized feedback. Learn to speak publicly in a convincing, confident and concise style

Thurs 6:00 p.m.-8:00 p.m.
Fee: \$79 *Instr: TBA*

PD2926. Golf Clinic

Learn the fundamentals of golf before the next season begins. Class will concentrate on grip, set-up, stance, form, swing, etiquette and equipment selection. Class size limited to ten.

Thurs 7:00 p.m.-8:30 p.m.
Fee: \$87 *Instr: TBA*



SW3001. Aquacise (Adults only)

You will exercise all parts of the body. This class promotes improved muscle tone, circulation, and development of motor skills. The ability to swim is not required to enroll.

Sat 8:00a.m.-9:00 a.m.
Fee: \$81 *Instr: Alex Riley*

SW3002. Level II. Basic Skills (Ages 8-13)

A beginning course which expands on Level I techniques. Students learn floating skills, rhythmic breathing, kicking on front and back.

A.Mon (Ages 8-13) 6:00 p.m.-7:00 p.m.
B.Tues(Ages 8-13) 6:00 p.m.-7:00 p.m.
Fee: \$81 *Instr: Jerome Alexander*

**SW3003. Level II. Basic Skills
(Teens and Adults)**

A beginning course which expands on Level I techniques. Students learn floating skills, rhythmic breathing, kicking on front and back. Students learn to become comfortable in chest deep water.

A. Mon (Teens/Adults) 7:00 p.m.-8:00 p.m.

B. Tues (Teens/Adults) 7:00 p.m.-8:00 p.m.

Fee: \$81 *Instrs: Jerome Alexander*

C. Sat (Teens/Adults) 12 noon-1:00 p.m.

Fee: \$81 *Instrs: Donna Watson
Rudolph Henry*

SW3004. Level III. Stroke Readiness and Development (Teens and Adults)

Students are introduced to various swimming strokes and techniques that make swimming a fitness choice.

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

Fee: \$81 *Instr: Jerome Alexander*

SW3005. Lap Swimming (Adults)

Recharge your body and mind!! Swimming the length (long dimension) of a pool and returning back to the starting point is called lap swimming. It is one of the best things you can do to strengthen your heart and lungs.

Mon/Wed 7:00 p.m. – 8:00 p.m.

Fee: \$93 *Instr: Jerome Alexander*

SW3006. Level I. Water Exploratory Parent and Child (ages eight (8) months through four years).

This class provides techniques to help parents familiarize their children with the water and to supervise water activities in a safe manner. Both parent and child must be in the pool.

Sat 9:00 a.m.-9:45 a.m.

Fee: \$81 *Instrs: Rudolph Henry
Donna Watson*

SW3007. Level II. Basic Skills

A beginning course which expands on Level I techniques. Students learn floating skills, rhythmic breathing, kicking on front and back. (Ages 5-10)

Sat 10:00 a.m.-11:00 a.m.

Fee: \$81 *Instrs: Donna Watson
Rudolph Henry*

SW3008. Level III. Stroke Readiness

An intermediate swim course which combines basic water techniques and skills to form coordinated swimming strokes. Students are introduced to elementary backstroke. (Maximum age 13)

Sat 11:00 a.m.-12 noon

Fee: \$81 *Instrs: Donna Watson
Rudolph Henry*

SW3009. Level IV. Stroke Development*

An advanced I swim course to assist students in the development of confidence and endurance in various strokes. Students are introduced to breaststroke and sidestroke. (Ages 5-10)

Sat 12 noon-1:00 p.m.

Fee: \$81 *Instrs: Donna Watson
Rudolph Henry*

SW3010. Lap Swimming (Children)

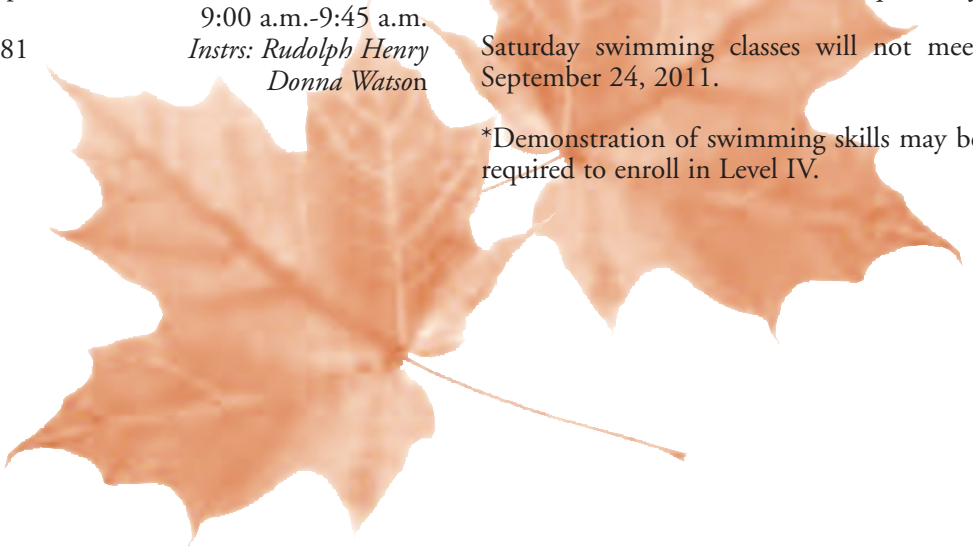
Recharge your body and mind!! Swimming the length (long dimension) of a pool and returning back to the starting point is called lap swimming. It is one of the best things you can do to strengthen your heart and lungs.

Sat 1:00 p.m.-2:00 p.m.

Fee: \$81 *Instrs: Donna Watson
Rudolph Henry*

Saturday swimming classes will not meet September 24, 2011.

*Demonstration of swimming skills may be required to enroll in Level IV.



CTU Fall Program Class Schedule

Graduate/Undergraduate Program

ALL CLASSES WILL BE HELD AT CHICAGO TEACHERS UNION HEADQUARTERS
222 MERCHANDISE MART PLAZA, SUITE 400

- MATH 5070** **History of Mathematics For Middle School Teachers (3)**
The historical basis of numeration, operations, geometry, algebra, trigonometry, and calculus.
The cultural aspect of mathematics and its contributions to knowledge and learning. Integration
of content in the elementary and middle school. Cannot use for Master's degree.
Tuesdays—September 27 – December 6, 2011
4:00 pm – 8:00 pm Instructor: Susan O'Donnel
- SED 5315** **Occupational Problems and Procedures for Special Needs Students (3)**
Employment opportunities, work experience, legal aspects, community agencies, and
importance of academic areas to occupational adjustment for the mentally and physically
disabled.
Saturdays - October 1 – December 10, 2011
9:00 a.m. - 1:00 p.m. Instructor: Dr. Boyles
- SED 5476** **Characteristics of Learners with Behavioral, Learning and Cognitive Disabilities (4)**
Historical foundations, characteristics, identification and educational needs of learners
With behavioral, learning and cognitive disabilities.
Saturdays - October 1 – December 10, 2011
9:00 a.m. - 2:00 p.m. Instructor: TBD

GRADUATE TUITION - \$636.00 for 3 credit hour course; \$848 for 4 credit hour course (SED 5476.)

Please enroll me in the following:

- | | | | | |
|---|-----|------|-----|----------------|
| — | SED | 5315 | (G) | 3 Credit Hours |
| — | SED | 5476 | (G) | 4 Credit Hours |
| — | SED | 5070 | (G) | 3 Credit Hours |

A \$50.00 DEPOSIT IS REQUIRED; THE BALANCE OF ARRANGED PAYMENT IS DUE THE FIRST DAY OF CLASS.

Complete the form below and make your check payable to: CTU GRADUATE PROGRAM

Deadline date for registration is Wednesday, September 21, 2011.

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone (____) _____ School Phone (____) _____

E-mail address _____

If I decide not to take the class(es) indicated above, I must notify the CTU Graduate Coordinator before the first class meeting or forfeit my deposit.

Signature _____ Date _____

Please mail to: Chicago State University, 9501 S. King Drive/JDC 201, Attention-Bonita Herring,
Chicago, IL 60628 or fax to 773.995.2941
or visit the website at

www.ctunet.com

For More Information Call-Chicago State University-773.995.2570

Chicago Park District and Chicago State University

Gymnastics Center

TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
GT3102 2:15-3:00p.m. Mom Dad and Tots 18 Months-3 yrs. \$59.00	GT3107 2:15-3:00p.m. Twinkle Stars 3-5 yrs. \$59.00	GT3110 2:15-3:00p.m. Twinkle Stars 3-5 yrs. \$59.00	GT3122 9:00-9:45 a.m. Mom/Dad & Tots 18 Months-3 yrs. \$59.00
GT3103 3:30-4:15p.m. Twinkle Stars 3-5 yrs. \$59.00	GT3108 3:45-4:45p.m. Girls Level 1-3 6yrs. & Over \$62.00	GT3111 3:30-4:30p.m. Boys Level 1-3 6- 8 yrs. \$62.00	GT3123 10:00-10:45a.m. Twinkle Stars 3-5 yrs. \$59.00
GT3104 4:30-5:30p.m. Girls Level 1-3 6yrs. & Over \$62.00	GT3109 4:45-5:30p.m. Twinkle Stars 3-5 yrs. \$59.00	GT3114 4:30-5:15p.m. Twinkle Stars 3-5 yrs. \$59.00	GT3124 11:00-12:00p.m. Girls Level 1-3 6yrs. & Over \$62.00
GT3105 5:30-6:15 p.m. Rising Stars 3-5 yrs. \$59.00 Permission Needed		GT3115 5:30-6:30p.m. Girls Level 4-6 6 yrs. &Over \$62.00 Permission Needed	GT3126 12:00-1:00p.m. Tumbling 6 -12 yrs. \$62.00
GT3106 6:30-8:30 p.m. Developmental Team \$73.00 Permission Needed		GT3106 6:30-8:30 p.m. Developmental Team \$73.00 Permission needed	

Fall Gymnastics Session-10 weeks

September 20-October 22, 2011 and November 1-December 3, 2011

SOMETHING FOR THE



These classes are offered for seniors, sixty and over. Choose a class from this section or select from among the many other classes in this schedule. All classes allow you to pursue individual interests at your own pace. The courses in this section are priced at a reduced rate and parking is free.

SC3201. Senior-Cise

This is an exercise class tailored for the older adult. Improve your flexibility and increase your strength. The class is designed to meet your individual needs and the exercises allow you to progress at your own pace. Bring a towel.

Tue/Thurs 9:00 a.m.-10:00 a.m.
Fee: \$59 *Instr: TBA*

SC3203. Western Line Dance for Seniors

Are you bored with the drudgery of your weekly exercise routine? Then join us in an activity that's full of fun and excitement and learn to line dance! You will be taught the Macarena, the Boot Scoot Boogie and many other popular line dances. This is a fun way to stay in shape.

Fri 1:00 p.m.-2:00 p.m.
Fee: \$59 *Instr: Tommie Lowe*

SC3204. Computer Basics Part II

This course is designed for people who are 60 years and older and want to enter the computer age. This class is a continuation of Part I. Class will cover the basics of Excel, PowerPoint, and Publisher 2007. Class meets for three weeks.

Mon/Wed 10:30 a.m.-12 noon
Fee: \$59 *Instr: Ollie Sims*

SC3205. Aqua Fitness (Seniors)

You will exercise all parts of the body. This class promotes improved muscle tone, circulation, and development of motor skills. Warm water exercise is great for those with arthritis. It helps to build up strength, ease stiff joints and relaxes sore muscles. It also allows more freedom of movement and increased range of motion.

Tues/Thurs 9:00 a.m.-10:00 a.m.
Fee: \$59 *Instr: Alex Riley*

SC3210. Yoga for Older Adults

Relax and renew yourself naturally. Experience the many benefits of yoga. Yoga is one the best ways to ease the mind and body. Enjoy the wonderful benefits of gentle stretching and strengthening. Bring a mat and towel to class.

Fri 10:00a.m.-11:00a.m.
Fee: \$59 *Instr: Anita Cooper*

SC3211. Tai Chi For Seniors

Join us for the benefits of physical movement without working up a sweat in this Tai Chi class specifically designed for the 'over 50' crowd! Tai Chi is the ancient Chinese art of 'moving meditation' and its graceful, gentle movements have been used for centuries to promote flexibility, health and wellness. This class, specifically tailored for seniors, eliminates all movements that might put undue strain on the body and teaches an enjoyable and beneficial exercise discipline that can be used the rest of one's life.

Wed 10:30 a.m. -11:30 a.m.
Fee: \$59 *Instr: Paul Channic*

SC3212. Internet Basics

This course is designed for people who are 60 years and older who want to learn the basics of the internet. The instructor will guide participants step by step in learning about search engines, web browsing and other key components in mastering the art of navigation of the World Wide Web.

Class meets September 20, 22, 27, and 29.
Tues/Thurs 10:00 a.m.-12 noon
Fee: \$59 *Instr: Ollie Sims*



SC3213. Superb Strength Conditioning For Seniors

This class primarily focuses on fundamental exercises essential for everyday life, sports and recreational activities. Students will improve their cardiovascular, strength, resistance, balance, flexibility and endurance. This will increase circulation throughout the body, increase mobility and help relieve stiffness from head to toe.

Sat 10:30 a.m.-11:30 a.m.
Fee: \$59 *Instr: John Mammie*

Options' 2011 Educational Tours

Relax and Learn something new and exciting

One Day Dinner & Theater Trips— Fliers are OUT!

September 10, 2011 Shopping in *historic Geneva, IL* followed by dinner and performance at Pheasant Run. (\$108 per person) Enjoy the day shopping Geneva's 3rd Street where old homes have been turned into trendy shops with unique items. Don't wish to shop? The Hollywood Casino is only 20 minutes away! After exploring all afternoon we'll head to Pheasant Run for dinner and the evening watching the musical comedy "*They're Playing Our Song*".

October 1, 2011 *Shipshewana Harvest Festival* (\$ 78 per person) Everyone had such a good time last year, they asked us to do it again. From beautiful flowers to Amish quilts and homemade food items, there is something to grab your interest and appeal to your spirit. So grab your friends and join us for a great day of wandering the town of Shipshewana before dining at the famous *Blue Gate Restaurant*.

October 11&12, 2011 "*The Wonderettes*" (\$178 per person double) Everyone loves when we put Circa 21 on our schedule so we have added another date this year. So enjoy one night stay at *Jumer's Resort & Casino* where you can relax at their spa or find time to visit the casino. There is an option of taking a tour of the *Quad Cities* area including the unique farmers/craft market as well as the cute stores in the historic district. The next day we will check out of Jumers before heading to Circa 21 for a great luncheon and a musical review that will get those toes tapping.

November 12, 2011 **Oasis of the Seas**—Sail on the World's Largest ship!

Starts at \$943 Per Person double rate for an Inside cabin (if available)

Although the ship is the destination in itself with 7 'neighborhoods' to explore, you will also visit 3 ports where you can: View the *Caribbean Mountains* surrounding *Labadee, Haiti*, Step back in time in historic *Falmouth, Jamaica*, Shop & explore in *Cozumel, Mexico*. Included: \$50 shipboard credit per cabin, cruise, port taxes, and transfers to/from ship

November 26, 2011 Come with us to see the *new Black Ensemble Theater* to see "*Mr. Entertainment*". (prices coming soon) The new theater opens in November and we will be one of the first groups to see a performance in it. We will be thrilled with Chester Gregory (fresh from Broadway) performing as Jackie Wilson During the day you will have your choice of either doing holiday shopping at Woodfield Mall or checking out the new Rivers casino. *Two new places in one day plus dinner and a show!*

Call the Options Program 773-995-4466 for more information.

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Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. All courses run for six weeks (with a 10-day grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office. Any time of the day or night.

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CHICAGO STATE UNIVERSITY

Introduction to Microsoft Excel

Discover the secrets to setting up fully formatted worksheets quickly and efficiently.

Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be speaking Spanish in no time.

A to Z Grantwriting

Learn how to research and develop relationships with potential funding sources, organize grantwriting campaigns, and prepare proposals.

Introduction to QuickBooks

Learn how to quickly and efficiently gain control over the financial aspects of your business.

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Microsoft Excel

Work faster and more productively with Excel's most powerful tools.

Real Estate Investing

Build and protect your wealth by investing in real estate.

Introduction to Microsoft Access

Store, locate, print, and automate access to all types of information.

Introduction to Microsoft Word

Learn how to create and modify documents with the world's most popular word processor.

Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

Introduction to PC Troubleshooting

Learn to decipher and solve almost any problem with your PC.

Introduction to PowerPoint

Build impressive slide presentations filled with text, images, video, audio, charts, and more.

Discover Digital Photography

An informative introduction to the fascinating world of digital photography equipment.

**MORE COURSES AVAILABLE
AT OUR ONLINE INSTRUCTION CENTER
www.ed2go.com/csuoptions**

QP3317. Email Basics

This course is designed for people who are 60 years and older and want to learn the ins and outs of using email via the internet. Prerequisite: basic knowledge of the computer/computer Basics. This class meets for two sessions.

Tues, September 20 1:00 p.m.-2:30 p.m.
Thurs, September 22 1:00 p.m.-2:30 p.m.
Fee: \$25 *Instr: Ollie Sims*

QP3306. Identity Theft: Protect and Restore Your Good Name

Identity theft is one of the fastest growing crimes. In this class, learn some important measures you can take to avoid having your identity stolen. Also, learn how to restore your good name after identity theft has occurred.

Wed, October 19 6:00 p.m.-7:30 p.m.
Fee: \$13 *Instr: TBA*

QP3323. Eat to Live: Anti-Aging Power Foods

Learn how to eat your way to a better life. This class will cover the best foods to slow down the aging process. Class will discuss which foods you should eat for optimum health benefits. Learn which foods help with memory loss and which are antioxidants and anti-inflammatory foods. Also, get tips on how to put together healthy meal plans without breaking the bank.

Wed, October 26 6:00 p.m.-7:30 p.m.
Fee: \$13 *Instr: TBA*

QP3307. Obituary Writing

Writing an obituary is one of the hardest things you'll ever have to write. While you're grieving, words can fail you. In this class, you will learn how to write an obituary that honors your loved one's life. Instructor will suggest ways to capture how important your loved one was to you. Obituary templates, that you can use by filling in appropriate details about your loved one, will also be provided.

Thurs, October 20 6:00 p.m.-7:30 p.m.
Fee: \$13 *Instr: TBA*

QP3320. Cake Decorating

Learn to decorate great looking cakes for all occasions. This class will focus on basic skills and techniques, from icing prep and simple borders to roses. An array of supplies will be available for sale at the first class. Class will be taught by acclaimed local baker.

Thurs, Oct. 6, 13, 20, 27 6:00 p.m.-8:00p.m.
Fee: \$65 *Instr: TBA*

QP3308. Floral Centerpieces for the Holidays

Yes you can decorate for the holidays. In this workshop, you will learn what you need to brighten up your home during the holidays. Centerpieces also make great gifts. Don't miss this fun class and bring a friend along.

Fri, October 14 6:00 p.m.-8:00 p.m.
Fee:\$27 *Instr: TBA*

CHICAGO STATE UNIVERSITY

Online Certificates in Nutrition, Fitness, and Health

Educational Fitness Solutions
Instruction · Training · Support



About the Certificates

The Online Professional Certificates in Nutrition, Fitness, and Health are a collaboration between Educational Fitness Solutions, Chicago State University, industry experts, instructors, internship affiliates, board members, and national organizations. These innovative, Web-based certificate programs provide an interactive educational experience that will allow students from around the world to fit courses into their busy work and home schedules. Student's can go on-line wherever they are, and complete a certificate in three to five months depending on the certificate program, or up to two years if necessary.

Fitness Management

Women's Exercise
Training & Wellness

Personal Trainer

Senior Personal
Fitness Training

Nutrition



- Fitness Business Management — a unique program that teaches students how to manage a personal training program and/or fitness department as a Strategic Business Unit (S.B.U.) in order to meet goals and increase efficiency.

- Nutrition for Optimal Health, Wellness, and Sports — an in-depth examination of contemporary nutritional topics such as meal plan analysis, functional food implementation, antioxidants, public nutrition, sports nutrition, vitamin supplementation, and weight management.

- Personal Training/Advanced Personal Training — each course presents different aspects of the profession, providing the student with the knowledge, skills, and abilities to implement a unique medically-based fitness model for their future or current clients.

- Personal Training and Group Exercise Training for Older Adults — establishes a standard to ensure the development of safe and effective exercise programs for older

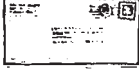
adults. Curriculum standards are consistent with the "International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults" in collaboration with and endorsed by the World Health Organization.

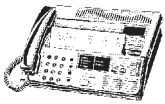
- Women's Exercise Training and Wellness — teaches students to tailor fitness plans to meet the needs of women of all ages at medically-based fitness facilities, YMCA/JCC's, community wellness programs, personal training studios, physical therapy clinics and more.

- Online Certified Posture Specialist™ (CPS™) Certificate Program
The online open enrollment Certified Posture Specialist (CPS) certificate program has been designed to prepare personal trainers and health/medical/ fitness professionals to assess and educate their clients/patients in all areas of posture and body alignment. The CPS certificate program includes information on posture and body alignment; anatomy and kinesiology; posture analysis/evaluation and exercise program design.

EASY REGISTRATION

BY MAIL


Complete the attached registration form, sign and mail with your check.  Make checks/money orders payable to Chicago State University. **Mail registration form and payment to Options Program – JDC 201, CSU, 9501 S. King Drive, Chicago, IL 60628.** Please use one registration form for each person registering.




BY FAX

Send your completed registration form by FAX to 773.995.4429, with Visa, Discover, or MasterCard number and expiration date and verification code. (Please type or print.)

BY PHONE:

Register by phone at 773 995-4466 with a Visa, Discover or MasterCard. Be sure to have all the requested information on your registration form when you call. 

BRING IN YOUR REGISTRATION

Register in-person in the Options Program office, Jacoby Dickens Athletic Center, Room 201. Office hours are 9am – 5pm, Monday through Friday. **Late registration is Thursday, 9/8/2011 & 9/15/2011, from 5:00pm–7:00pm. Registration is also being held Sat., 9/10/2011 & 9/17/2011, from 9:00am–1:00pm.** 

COURSE FEES

Refer to course description for fees. Fees are payable by check, money order, Visa, Discover or MasterCard. **(NO CASH).** There is a \$20 service charge for checks returned NSF, Stop Payment and declined credit cards plus a \$25 telecheck fee.



CLASS MEETINGS

The Options Program begins Saturday, September 17, 2011 and ends Friday, November 11, 2011. See course descriptions for exceptions.

PARKING

Decals are available for \$10.00 for students enrolled in Options classes. **Only one decal per household.** There is a \$5.00 fee to enter the campus. Please note, decals can be purchased in the Options office after students have registered. Students enrolled in the university's academic courses are not eligible for Options parking decals. **Seniors, 60 and over, enrolled in Options courses, receive FREE parking decals.**

CLASS SIZE

The university reserves the right to limit the size of classes and to cancel classes due to insufficient enrollment.

REFUNDS

A full refund is given if we cancel your class. If you officially withdraw before the first class meeting, submit your original receipt. You will be given a full refund minus a \$5 service charge. **Processing may take six to eight weeks. NO REFUNDS AFTER THE FIRST CLASS SESSION. NO EXCEPTIONS.**

Failure to read the information contained in this schedule does not constitute exemption from stated regulations.

*For more information, please call
773.995.4466*

or visit our website at www.csu.edu/Continuing Education/Options.htm
Email us at options@csu.edu

CHICAGO STATE UNIVERSITY
Fall 2011

Continuing Education
Options

NO./SEC.	COURSE TITLE	DAY	TIME	FEE

Student's Name _____
 Is this your first Options class? _____ Are you attending CSU? _____

If a minor, parent's name _____

Is parent currently attending CSU? _____ Email Address _____

Address _____ Apt: _____

City: _____ State: _____ Zip: _____ Address changed? _____

Day phone _____ Evening phone _____

MasterCard# _____ Exp.Date: _____ 3 digit code: _____

Visa Card# _____ Exp.Date: _____ 3 digit code: _____

DiscoverCard# _____ Exp.Date: _____ 3 digit code: _____

Name as it appears on card: _____

If I decide to withdraw from the above class(es), I must notify you before the first class meeting. I understand that I am voluntarily engaging in activities offered under the Options Program and in so doing assume all risk of injury illness, damage, or loss that may be associated with such activity.

Signature _____ Date _____

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Signature _____ Date _____

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