Continuing Education
The Program of Choice for Life-Long Learning

Next Session starts: July 22, 2023
Classes held in Jacoby Dickens (JDC) Building
continuinged@csu.edu
773.995.4466
Technology

**Introduction to Computers for Seniors**
Don’t know much about computers? Learn how to create documents, mailing labels or budget sheets. Come join the tech savvy seniors on Saturdays! This program includes a free flash drive to save the files you created in class.

**Instr.** Ms. Azeal Branch  
**Sat.** July 22, 29, Aug. 5, 12, 19, 26, Sept. 2 & 9  
Time: 9:30 a.m. - 10:30 a.m.  
**Location:** Main Campus Room: JDC 212c  
**Fee:** $85

Workforce Development

**Jumpstart Your Notary Business**
Do you want to become your own boss? Learn how to develop entrepreneur skills, discipline, and creative strategies to run a successful online business.

**Instr.** Beverly Singleton  
**Wed.** Aug. 23 & **Thurs.** Aug. 24 (Session I)  
**Wed.** Sept 20 & **Thurs.** Sept. 21 (Session II)  
**Time:** 6:00 p.m. – 9:00 p.m.  
**Location:** Main Campus Room, JDC 213  
**Course Fee:** $110; **Material Fee:** $80 *(payable to instructor on first day)*
Fitness

**Total Body Fitness**
Watch those pounds melt away! This class is designed for all fitness levels. You will work your whole-body using weights and machines. It incorporates strength training for fitness, health and body conditioning.
**Instr:** Mr. John Mammie  
**Sat.** July 22, 29, Aug. 5, 12, 19, 26, Sept. 2 & 9  
**Time:** 8:00 a.m. - 9:30 a.m.  
**Main Campus:** Room: JDC 210 Fitness Ctr.  
**Fee:** $99

**Strength Conditioning**
This class will focus 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.
**Instr.** Mr. John Mammie  
**Sat.** July 22, 29, Aug. 5, 12, 19, 26, Sept. 2 & 9  
**Time:** 9:30 a.m. – 11:00 a.m.  
**Location:** Main Campus: Room JDC 210 Fitness Ctr.  
**Fee** $85.00

**Yoga**
It’s time to get into shape and take better care of yourself. Yoga is a way of living that includes physical exercise, meditation and breathing techniques. During this course, each person works at their own level to increase strength, flexibility, and relaxation. One goal is to increase self-awareness and muscle control. Bring your mat and water bottle!
**Instr.** Dr. Chanel Phillips  
**Wed.** Aug 16, 23, 30, Sept. 6, 13, 20, 27 & Oct. 4  
**Time:** 12:00 p.m. – 12:45  
**Location:** Main Campus, JDC102  
**Fee:** $75.00
Stay fit with Zumba
Zumba Vibes and Body Movement. Move to the rhythm and dance your pounds away. Come tone your body and get in physical shape. Bring your bottled water!
Instr. Ms. Maya Robinson
Oct. 4, 17, 19, 24, 26, 28, 31 & Nov. 3
Time: 12:00 – 12:45 p.m.
Location: Main Campus, JDC 102
Fee: $75.00

Steppin’
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 or create your own free form style! No partner needed.
Instr. Mr. Nathaniel Powell
Sept 2, 9, 16, 23, 30 & Oct 7 & 14
Time: 11:00 a.m. – 12:30 p.m.
Location: Main Campus, JDC 102
Fee: $80.00
Workforce Development WIOA Approved Courses

The Workforce Innovation and Opportunity Act (WIOA) is designed to assist unemployed and underemployed individuals in returning to the workforce. To qualify for the grant applicants must meet eligibility and suitability criteria. Students that qualify for WIOA can receive a tuition waiver.

More than 300 online courses available through our partners!

Agility4Life
Career Step
CLS By Barbri
Condensed Curriculum
Ed2Go

REGISTRATION INFO
BY MAIL: Complete the attached registration form, sign and mail with your check. Make checks/money orders payable to Chicago State University. Note in Memo: Options and name of the Course. 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 PHONE: Register by phone at 773 995- 4466 with a Visa, MasterCard, Discover, or American Express. Be sure to have all the requested information on your registration form when you call.

BRING IN YOUR REGISTRATION: Register in–person at the CSU Cashier’s Office: Cook Administration Building – Room 212 or visit the
Options Program office, Jacoby Dickens Athletic Center, Room 201. Office hours are 9:00 am - 4:00 pm, Mon. through Fri.

**GENERAL INFORMATION**

**COURSE FEES:** Refer to course description for fees. Fees are payable by check, money order, American Express, Discover, Visa, or MasterCard. *CTC/CSU Alumni Association members, Seniors and CSU Employees receive 15% off registration!*

**PARKING DECALS** Parking decals are available for $10.00, ONLY for students enrolled in Options classes on the Main Campus. Otherwise, there is a $5.00 fee to enter the campus. Decals can be purchased at the parking booths after students have registered. 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.
CANCELING YOUR REGISTRATION: In the event that you must cancel your course registration, we encourage you to send someone in your place by simply informing the Options department of the name change. Registration cancellations by phone or in writing must be received at least 7 days prior to the course start date. Cancellation requests received before the seven-day deadline will result in fees being refunded, less a $10 administration fee. Processing may take 6-8 weeks. We regret that no refund is available when a course registration is cancelled after the seven-day deadline. Failure to read the information contained in this schedule does not constitute exemption from stated regulations.

FOR MORE INFORMATION
CALL US 773-995-4466 or
VISIT OUR WEBSITE at
https://www.csu.edu/continuingeducation/programs.htm