Spring 2015
Health and Wellness

Mind, Body and Spirit

St. Louis Community College
Continuing Education

3221 McKelvey Road, Suite 250
Bridgeton, MO 63044
314-984-7777

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St. Louis Community College Continuing Education
Aerobic Exercise

Aerobic Kickboxing
This class begins with warm-up and stretching followed by an aerobic workout including floor work and self-defense moves. A great workout with an experienced instructor from The Martial Arts Center.
PEDU:744  $69
780 M 7pm-8pm  Timothy Toeniskoetter  Sperreng, SM GYM
Feb. 23 – May 4
No class 3/16.
M01 W 7pm-8pm  Timothy Toeniskoetter  Martial Arts Ctr (Mehl)
Feb. 18 – April 22

Hoop Fit
Learn to use a hula hoop on and off the body to get a great workout! No experience necessary. Hoops provided or you may bring your own. No class 3/18.
PEDU:747  $79
P01 W 5:30pm-6:15pm  Jill Woehrle  Nottingham, GYM
Jan. 28 – May 13

Zumba: Beginning
Dance your way to fitness with Zumba! Let the Latin music take you away with a combination of Salsa, Merengue, Samba, and Cumba. It’s a great high-energy, low-impact workout that is a fun and effective way to get fit and increase your energy level! Class is designed for the beginning student, but the lower intensity and easy to learn routines are still designed to quickly burn calories.
PEDU:747  $55
M03 5a 9am-9:50am  Theresa Daniels  Adiva Dance Ctr
Feb. 14 – April 4

Zumba
Dance your way to fitness with Zumba. Let the Latin music take you away with a combination of Salsa, Merengue, Samba, and Cumba. It’s a great high-energy, low-impact workout that’s fun!
PEDU:747  $69
550 MW 7pm-7:50pm  Paula Taylor  FV - PE, 233
Feb. 2 – March 9
No class 2/16.
551 MW 7pm-7:50pm  Paula Taylor  FV - PE, 233
March 30 – April 29
V01 5a 10am-10:50am  Almas Del Ritmo Dance Co.
Feb. 28 – May 9
No class 4/4.
On-street parking; stairs-only access to studio.

Zumba Gold for Seniors
Come join in the fun and get fit with the upbeat tempo of Latin and International music! Zumba Gold takes a lower intensity, gentle approach to Zumba dance, so it’s perfect for older active adults or individuals with limited physical ability. Exercises will include breathing and stretching, and are modified to help work on your posture, strength, and balance.
PEDU:747  $55
M01 W 11am-11:50am  Theresa Daniels  Adiva Dance Ctr
Feb. 11 – April 1

Zumba Toning
Sculpt your arms, abs, glutes and thighs as you participate in a healthy workout with Latin infused Zumba moves matched to Latin and International music. Using lightweight maraca-like toning sticks, you’ll get a strength-training dance exercise workout like you’ve never done before! Join this new and exciting beginner level class to shape your body naturally into a fit new you!
PEDU:747
8 Sessions  $55
Please bring two 1 lb Zumba toning sticks to class. Available for purchase online.
M02 W 6pm-6:50pm  Theresa Daniels  Adiva Dance Ctr
Feb. 11 – April 1
M04 5a 10am-10:50am  Theresa Daniels  Adiva Dance Ctr
Feb. 14 – April 4
10 Sessions  $69
Zumba toning sticks available at studio but you are welcome to bring your own. On-street parking; stairs-only access to dance studio.
V02 MW 6pm-6:50pm  Almas Del Ritmo Dance Co.
April 6 – May 6

Dance Aerobics
Enjoy a fun, full body workout including cardio and toning set to contemporary music. Bring light weights (1-3 lbs) and a mat. No dance experience required. No class 2/25, 3/18.
PEDU:772  $75
730 W 6pm-6:50pm  Susan Pellegrino  Oakville H.S., CAFE
Jan. 28 – April 29

Bowling

Bowl with a Pro!
Have fun and learn new techniques, whether you are just beginning or looking to bring your game up a notch. Bowl 2 games with a professional bowler while learning proper swing technique, footwork, release points and basic pocket alignment. Extra fees for games and shoe rental each week.
PEDU:722  $49
M01 Tu 3pm-5pm  Charles Kelly  Brunswick Zone Chesterfield
March 24 – April 14

Fencing

Fencing: Beginning I
Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, and bouting. Equipment provided. No class 3/18.
PEDU:755  $59
920 W 6:30pm-7:25pm  Patrick Dorsey  U. City H.S., GIRLS GYM
March 11 – April 29

Fitness

Boot Camp with Shark Fitness
Challenge yourself! Classes consist of resistance training, calisthenics, short runs, and drills designed to work every major muscle group in the 60-minute class. You will learn the correct way to train in terms of form, tempo, and exercise selection. Despite the group setting, this class challenges participants individually to give their best and expect optimal results. Must be able to jog 300 yards without rest. Bring a towel or mat and water.
PEDU:755
Nine sessions  $100
652 MW 6pm-7pm  Jordan Collette  MC - PE, GYM
Feb. 9 – March 11
No class 1/19
14 sessions  $150
601 MW 5:45am-6:45am  Charles Kelly  MC - PE, GYM
Feb. 9 – March 13
No class 2/16
15 sessions  $160
602 MW 5:45am-6:45am  Patrick Dorsey  MC - PE, GYM
March 16 – April 17
603 MW 5:45am-6:45am  Patrick Dorsey  MC - PE, GYM
April 20 – May 22

Check out other STLCC Continuing Education brochures:
• The Great Outdoors
• Golf and Tennis
• Aquatics

Call 314-984-7777 to request more information or to register today!
Fun with Fitness
Ready to reduce stress, increase energy and just have FUN? Get a consistent cardiovascular work-out, increase overall strength with resistance training, and improve your balance, agility and flexibility to change your body from head to toe. This class is designed for all levels of fitness.

PEDU: 755 | $79
604 MW 4pm-4:55pm Angelicia Fingers MC - PE, 201
Jan. 26 – March 11
No class 2/16
605 MW 4pm-4:55pm Angelicia Fingers MC - PE, 201
March 30 – May 11

Fitness Flex for Women
Achieve your fitness goals through low-impact movement using a variety of music and hand weights, concluding with stretching for posture and flexibility. All levels of experience welcome; floor mat and 1-2 lb weights recommended.

PEDU: 755 | $75
780 Tu 7pm-7:55pm Marsha Fey Sperreng, Fitness Rm. 54
Feb. 3 – May 5
No class 3/17, 4/7
781 W 7pm-7:55pm Marsha Fey Sperreng, Fitness Rm. 54
Feb. 4 – April 29
No class 3/18

Dynamic Stretch
Increase the range of motion in your muscles and joints through specialized lengthening and stretching techniques designed to help release muscle tension, decrease stress, and enhance coordination. Bring a towel and mat.

PEDU: 755 | $75
606 Tu 8am-8:50am Gary Ketcherside MC - PE, GYM
Feb. 10 – May 5
No class 3/17
607 Th 8am-8:50am Gary Ketcherside MC - PE, GYM
Feb. 12 – May 7
No class 3/19

Total Body Ball Workout
Get a total body workout using an exercise ball to naturally strengthen, tone and condition your core muscles and back. Exercise movements will also concentrate on stretching, flexibility, balance and posture. Class will end with a relaxing meditation. An effective and non-stressful workout for all ages! Bring a sticky mat, #6 or 8 resistance band and a 65” stability ball. Hand weights are optional. No class 3/17.

PEDU: 755 | $69
782 T 6pm-6:55pm Rena Potsos Sperreng, Fitness Rm. 54
Feb. 24 – May 5

Rise and Shine Senior Workout
Wonderful total body senior workout program for active older individuals! Join this early morning session for a variety of exercises that are designed to increase muscular strength, range of motion, agility, and heart-healthy movement to support the skills required for your daily life. Wake up, work out and feel energized for the rest of the day. No running or jumping in this class. Bring water, towel, small rug or yoga mat and one pair of 2-3lb. weights.

PEDU: 755 | $69
608 TuTu 5:55am-6:55am Gail Velten MC - PE, GYM
Jan. 27 – Feb. 26
609 TuTu 5:55am-6:55am Dennis Kelly MC - PE, GYM
March 24 – April 23

Yoga: Continuing
Continue to build your yoga skills while learning to relax, calm your mind, and experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. Prerequisite: Prior yoga experience. Bring a towel and mat.

PEDU: 761
10 Sessions | $69
M08 M 1:30pm-2:30pm Kelly Kauffmann Affton White-Rodgers, GYM
Feb. 23 – April 27
15 Hours | $95
M02 Th 9am-10:30am Melanie Klug Big Bend Yoga Center
Feb. 5 – April 9
Equipment/mats available or you may bring your own.

Call 314-984-7777 to register today!
Yoga
Relax, calm your mind, experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. All levels welcome. Bring a towel and mat.

PEDU:761
10 Sessions | $69
M14 Tu 7:30pm-8:25pm February 10 - April 28 Garden of Life Spiritual Ctr, MP
No class 3/3, 4/7
600 Tu 4pm-5:35pm February 17 - April 28
No class 3/17
350 W 6:30pm-7:25pm February 11 - April 29
No class 3/18, 4/22
M09 F 9am-10am February 27 - May 15
No class 4/17, 4/24

Yo g a Basics - MSPC
New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility, and correct breathing techniques. Bring a towel and mat.

PEDU:761 | $69
M07 M 12:15pm-1:15pm February 23 - April 27 Affton White-Rodgers, GYM
Kelly Kauffmann

Yoga Basics - MSPC
New to yoga or desire a slow, gentle pace? Start with the basics and learn standard yoga postures, flexibility, and correct breathing techniques in this beginner class. Bring a mat, towel and water. Held in Fellowship Hall.

PEDU:761 | $79
M03 W 9am-10am February 4 - March 25
M04 W 9am-10am April 8 - May 27
Gentle Yoga - MSPC
Enjoy a gentle combination of yoga exercises; helping to improve flexibility and core balance. Great for stress relief and relaxation. Individual yoga practice will be encouraged. Bring a mat, towel and water. Held in Arden Meadow Youth & Community Center.

PEDU:761 | $79
M12 W 7pm-8pm February 4 - March 25
M13 W 7pm-8pm April 8 - May 27

Yoga's complete integration of postures and Yoga philosophy brings physical health and vigor, mental clarity, and emotional serenity and poise. Postures are taught by certified teachers in the St. Louis area. All levels welcome. Bring a towel and mat. No class 3/18, 4/22.

PEDU:761 | $69
P02 Tu 5:30pm-6:15pm February 10 - April 14
FP - Off Campus
Jill Woehrle

Iyengar Yoga
Well known for its highly developed teaching methodology and rigorous Teacher Training program, Iyengar Yoga’s complete integration of postures and Yoga philosophy brings physical health and vigor, mental clarity, and emotional serenity and poise. Postures are taught by certified teachers in a safe orderly progression with emphasis on body alignment, intelligent actions in each posture, observation and correction of the students. Lowest level of Iyengar Yoga certification takes 7-10 years. Taught by one of the few Iyengar certified teachers in the St. Louis area. All levels welcome. Bring a towel and mat. No class 3/18, 4/22.

PEDU:761 | $95
S01 W 7pm-8:30pm February 11 - April 29
Robert Gadon
Comp. Chiropractic, STUDIO

The Feldenkrais Method®- Healthy Backs
Don't let your back limit you! Whether you have back pain or just want to prevent it, the key to a healthy back is learning how to sense the coordination between your front and back. Learn how to notice the habits that lead to tension and pain, then experiment with movements to change your habits, reduce pain and increase your strength and flexibility. Lessons are done sitting, standing and lying on the floor. Bring a towel and mat. No class 4/5.

PEDU:761 | $59
W01 Su 4:30pm-5:30pm March 8 - April 19
Kelly Feder
Comp. Chiropractic, STUDIO

Center your mind, body and spirit!
Nia: A Combination of Cardio and Strength Training
Enjoy this fun, rocking fitness program that blends the movements of dance, martial arts and healing arts (such as yoga). Learn how to work out without pain and enjoy getting fit with movement set to soul-stirring music. Nia is rooted in sensory awareness, joy, pleasure and love for your body. Join a Nia class and free your spirit! All levels and abilities welcome.

PEDU:755 | $59

**M01**
Sa 8:15am-9:10am
Karol McNutt
Dance Arts-STL

**M02**
Sa 8:15am-9:10am
Karol McNutt
Dance Arts-STL

**New Stretch and Flex**
Stretching is the key to flexibility and flexibility is a key pillar to overall well-being, health, body alignment and symmetry. Bring your flexibility to new heights and see how various stretching techniques can make a big difference on how you feel! Bring mat for floorwork. No class 2/16.

PEDU:755 | $75

**M50**
MW 6pm-6:50pm
Feb. 2 – March 11
Barbara Harris
FV – PE, 233

**New Total Body Strength Training**
Get a total body workout in a short period of time with a basic format targeting the entire body - chest, back, shoulders, arms, legs and abs! Exercisers who are familiar with basic strength moves can feel comfortable using what they learn for a simple home workout when not in class. Bring mat and a resistance band.

PEDU:755 | $75

**M51**
MW 6pm-6:50pm
March 30 – May 6
Barbara Harris
FV – PE, 233

T’ai Chih

**T’ai Chi Chih: Beginning**
T’ai Chi Chih is a moving meditation consisting of 19 movements and 1 pose. Its purpose is to circulate and balance one’s “chi” or vital force life energy. Health benefits include better balance, blood pressure control, and reduction in symptoms associated with stress, shingles, and arthritis.

PEDU:766 | $69

**500**
Th 4:30pm-5:25pm
Feb. 26 – May 7
No class 3/19

**P01**
Tu 2:30pm-3:30pm
Feb. 17 – April 21

**M01**
M 11am-12pm
March 2 – May 4

**650**
W 5pm-5:50pm
Feb. 25 – May 20
No class 3/18, 4/15, 4/22

**T’ai Chi Chih: Continuing**
Ready to enhance your T’ai Chi Chih practice? Complete a practice of all 19 movements and the final pose each week, explore key principles of the form, and refine individual movements. Prerequisite: T’ai Chi Chih Beginning class or equivalent experience.

PEDU:767 | $69

**P01**
Tu 1:15pm-2:15pm
Feb. 17 – April 21
Mini-Session | $39

**P02**
Tu 1:15pm-2:15pm
May 3 – Jun. 2

Team Sports

**Men’s Basketball Recreational**
Great way to have fun and get exercise! Play half court and three on three. Bring a white and a dark colored T-shirt to class. Do not wear jewelry. No class 3/17, 4/7.

PEDU:701 | $59

**730**
Tu 7pm-8:30pm
Feb. 3 – May 5
Richard Bannecker
Oakville H.S., GYMB

**Volleyball: Recreational**
Keep fit, have fun and make friends. Just register and come play! All levels welcome. No class 3/20.

PEDU:704 | $69

**580**
F 7pm-8:30pm
Feb. 20 – May 1
Jason Guss
FV – PE, GYM

Our classes fill fast! Call 314-984-7777 to register today!
**Wellness**

### Discover Your Talents

Have you ever wondered what your true strengths are? Many people find it difficult to identify their own strengths, much less know how to articulate them well. Use the highly acclaimed Strengths Finder 2.0 assessment to identify your top 5 strengths and uncover your talents! Learn what differentiates you from others and how to create your own unique recipe for success as you design new life directions. First class meets 5/2 in computer lab, BA-216. Second class meets 5/9 in classroom, BA-220. Text required - bring to first class. Strengths Finder 2.0, ISBN: 9781595620156.

**PERD:709 | $49**

#### Meditation: How and Why

Learn how to quiet your conscious mind (inner chatter), move inward and attune to your Higher Mind. As you shift your attention/awareness within, align with the Subconscious, and then the Super-conscious Mind, you have access to the vast storehouse of Inner Wisdom. In this class you will explore various exercises and methods to deepen your meditation experience. Meditation will be practiced in each class and a meditation CD will be provided. Bring a blanket/pillow.

**PERD:732 | $59**

#### How to be Happy

Get ready to clap your hands and stomp your feet! Even if you are already “Happy and you know it” learn useful tools to increase your own happiness, build teamwork and improve relationships. You can control your happiness, and overall well-being, by identifying your strengths, values, lifestyle and behavior. Bring a notebook and pen.

**PERD:739 | $49**

### The Science of Handwriting Analysis

What if you could get a glance at a person’s self-esteem, goals, self-confidence, fears, defenses, and so much more? Handwriting Analysis offers that key. Learn how to use this fascinating tool to quickly and accurately identify conscious and sub-conscious personality traits of yourself and others just by looking at a person’s handwriting! Fee includes most materials, just bring a notebook and pen.

**PERD:743 | $59**

#### Distinguish Between Fact and Fiction

Do you have what it takes to be a detective based on what you have learned from popular crime dramas on television? Learn what is fact and what is Hollywood fiction. Coordinator of the Criminal Justice program at STLCC-Meramec discusses ten of the most prevalent mistakes in forensics-based television shows. Real crime scene photos and cases will be discussed. Participants must be 18 or older.

**PERD:765 | $29**

### Simplify Life: Spring Cleaning Edition

It’s that time of year again! As the world outside begins to transform, so can you! Learn how to simplify your life with great tips from a Professional Organizing Consultant! Improve your time management and learn how to make a big difference in your home with small changes.

**PERD:765 | $29**

### New Year, New You: Setting and Achieving Your Personal Goals

It’s that time of year again! As the world outside begins to transform, so can you! Learn how to simplify your life with great tips from a Professional Organizing Consultant! Improve your time management and learn how to make a big difference in your home with small changes.

**PERD:709 | $35**

### Lavender Aromatherapy

Enjoy the art of treating body, mind and spirit with aromatic substances harvested from nature’s rich store. Lavender is generally regarded as the most versatile essence therapeutically. Explore all aspects of lavender used for these purposes. You will even get to take home a bottle of lavender essential oil. Class will be held lakeside in the old red barn (fans but no air conditioning - dress appropriately for the season). For directions to the lavender farm: www.WindingBrookEstate.com. Registration/Withdrawal deadline: 4/29.

**HEAL:701 | $29**

### Systema: Health and Breathing for Self-Defense

Breathing is key to controlling emotions and fear. Learn how to defend yourself against all enemies, including the silent killers of stress, tension, pain and fatigue. Through new and advanced breathing techniques, you will learn the capacity to significantly change your quality of life and improve your skills in self-defense as you learn to control your body in all situations.

**HEAL:701 | $59**
Couples Massage
Enjoy spending time together as you learn gentle ways to comfort and relax your partner. Methods based on Swedish, Russian Massage, and Trigger Point Therapy. Partner required. Fee is per person. Supply list will be emailed.

HEAL:704 | $49
480 Sa 9:30am-3:30pm Alice Sanvito FP - HSP, 221
Feb. 14
680 Sa 9:30am-3:30pm Alice Sanvito MC - SW, 204 April 11

Tapping Into the Mind/Body Connection
Meridian Tapping is a great way to improve your health and may ease many forms of discomfort. Clear your self-sabotaging beliefs, integrate mind and body, and feel better as you tap acupressure points while making positive statements. No class 3/16.

HEAL:706 | $49
650 M 7pm-9pm Rhonda Leifheit MC - CS, 120
March 2 – March 30

Meditation for Health and Harmony
Meditation brings relaxation, mental clarity, emotional balance and spirituality. Discover meditation techniques and find the one that's best for you.

HEAL:706 | $49
450 W 7pm-9pm Rhonda Leifheit FP - B Tower, 013
April 1 – April 22

The Magic of Coincidence
Discover how to trust intuition and receive the power of synchronicities. Explore the interconnectedness of all things and build to a greater awareness of “meaningful coincidences” in life!

HEAL:765 | $25
680 Sa 10am-12pm Roselyn Mathews MC - SQ, 109 March 28

A Bucket of Life
Many adults in the United States are overweight, putting them at risk for high blood pressure, high cholesterol, cardiovascular disease, and diabetes. Learn how to make small changes that produce big results over time. Class will discuss content from “A Bucket of Life,” a medically-based fitness fable designed to educate and engage adult students in reclaiming fitness. Students expected to read book before class and be prepared to discuss content. A Bucket of Life, ISBN# 978-0615764146.

HEAL:713 | $39
680 Sa 9am-12pm James Toombs MC - AS, 108 March 28

Communication Arts
Nonverbal Communication: How to Speak and Listen Without Words
Avoid miscommunication and become a better communicator overall! Learn about the extraordinary amount of information that can be provided through nonverbal communication and how a simple movement or facial expression can completely contradict what message you are trying to get across. Understand how to identify, interpret and use basic nonverbal cues to improve your communication skills.

COMM:718 | $29
650 W 6:30pm-8:30pm Erin De Vore MC - SQ, 105
March 4 – March 11

Making Movies With Your Mobile Device!
Are you the next Steven Spielberg or YouTube sensation? Learn to create movie magic entirely on your cell phone or tablet - take any video you shoot to the next level using filmmaking techniques learned in class! Have fun while you learn this new art of filmmaking from an Emmy award-winning producer, whose most recent project is a feature-length movie shot entirely on an iPhone! Projects will be completed outside of class then all will be viewed at the last class. Bring smartphone or tablet with you to class.

COMM:765 | $49
650 Tu 6:30pm-8:30pm Dale Ward MC - CN, 201
April 21 – May 12

Fashion and Color Analysis
Master Your Make-up
Get hands-on training to create the looks you love. Get an audit of your makeup bag. Learn techniques to apply flawlessness foundation, cheeks, eyes, lips, and finishing touches.

FSHN:701 | $25
501 Tu 6pm-8:30pm Stephanie Hall FV - CWI
Feb. 10

The Eyes Have It - Lids and Lashes
Do you struggle to find colours that will compliment your eyes and make them pop? Learn the products to use and how to prep your eyes for contouring and color. In addition learn to make the most of your own lashes or how to apply individual and strip lashes.

FSHN:701 | $25
501 Tu 6:30pm-8:30pm Stephanie Hall FV - CWI
Feb. 10

Hot Tools: Hair Styling Secrets
A styling basics class to teach curling, flat ironing, smoothing and other techniques. You will find your hair easier to manage and create a new style!

FSHN:702 | $29
450 M 7pm-9pm Ashley Skaggs FP - G Tower, 115
Feb. 17
451 M 7pm-9pm Ashley Skaggs FP - G Tower, 115 May 11

Curling Iron Class
Learn tips and tricks for curling your hair at this workshop whether you are looking for tightly wound ringlets or waves. We will show you how to style your hair and the best irons and products to use for your hair type and texture.

FSHN:702 | $25
501 T 6:30pm-8:30pm Stephanie Hall FV - CWI
Feb. 24
Accommodations Statement
St. Louis Community College is committed to providing access and reasonable accommodations for individuals with disabilities. If you have accommodation needs, please contact the Continuing Education Access office at the Meramec campus at least six weeks prior to the start of class to request accommodations. Event accommodation requests should be made with the event coordinator at least two working days prior to the event. Documentation of disability may be required. Contact Anne Marie Schreiber at 314-984-7704.

Notice of Non-Discrimination
St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information or status as a disabled or Vietnam-era veteran and shall take action necessary to ensure non-discrimination. For information contact:
Corporate College
Lesley English-Abram, Manager, Community Services
STLCC Corporate College, 3221 McKelvey Road, Bridgeton, MO 63044
314-539-5480

Registration is Easy!!!

Mail
Complete the registration form (below) and mail with check (payable to St. Louis Community College) to:
STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044
Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment questions, please call Continuing Education: 314-984-7777.

In Person at STLCC
Meramec, Florissant Valley and Forest Park: M–F 8:30am–4pm
You may want to first call the Continuing Education office at 314-984-7777, to check that openings exist.

Telephone: 314-984-7777
Before calling to register, have this information ready:
1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address / email address / phone number)
3. Student Social Security Number or UIN
4. Credit Card Number with Expiration Date

Online: www.stlcc.edu
Visit our website and click on the “Continuing Education” link — where you can view current class offerings and to register for classes.

Mail-IN Registration Form Please print in ink.

Email Address: ____________________________
UIN or SS#: ____________________________  Birthday: ____________________________
Name: ____________________________  ____________________________  ____________________________
LAST  FIRST  MIDDLE INITIAL
Address: ____________________________
STREET OR POST OFFICE BOX
CITY  STATE  ZIP CODE
Telephone/Home: ____________________________  Work: ____________________________

Credit Card Payment:
Charge fees to: □ MasterCard  □ VISA  □ Discover  □ American Express
CARD NUMBER: ____________________________  Expiration Date: ____________________________
Signature: ____________________________

Please register me for the following courses:

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