

Beyond220

2010 Community Education Program | Winter - Spring Session

■ ARTS -----

Beginning Jewelry and Metalsmithing

Make beautiful pieces of jewelry to take home. Learn techniques such as soldering, sawing, forming, polishing, and making stone settings. Lab fee: \$40. Instructor · Lindsay Lewis

8 sessions · \$90.00 · Rm E264
A-140 · W · 7:00-9:00 pm · 1/27-3/17

Creative Pathways

Looking for a fresh way to kick-start the New Year? This 6-week course will criss-cross through several branches of the fine arts in a fast-paced, hands-on way... so fast, that you won't have to plan, control or judge your work! Write, paint, scribble, draw and pave the way to your creative side. Material fee: \$12.00. Instructor · Meg Fleming Lentz

6 sessions · \$65 · Room W208
A-181 · TU · 7:00-9:00 pm · 2/2-3/9
A-182 · TU · 7:00-9:00 pm · 4/6-5/11

Life Story Writing

Feed your creative self. Write personal narratives such as gratitude letters, essay, and memoir to stimulate your brain and heart. Learn how to mine your memory and express thoughts using a literary voice. Create scenes, summarize, and reflect on the stories your life tells. At the end of the class you will have framed at least one narrative from your life. Instructor · Mary Klest

6 sessions · \$65 · Rm W207
A-191 · TU · 6:30-8:30 pm · 2/2-3/9

Intermediate Bridge

Learned the basics? Now it's time to polish your skills. Among other things, this course will cover Developing Tricks, Opening Leads, Ruffing and Discarding, Slam Bidding, Preemptive Bids, and Guidelines for Defense. Materials fee: \$20.00 · Instructor · Debra Schoendorf

8 sessions · \$40 · BHS Faculty Cafe
A-180 · TU · 6:30-8:30 pm · 3/2-4/27 (no class 3/23)

Barrington Community Chorus

Here's your chance to sing a variety of sacred and secular music with your friends and neighbors in the Barrington Community Chorus. Instructor · Nancy Tobison

10 sessions · \$60.00 · Room E285
A-150 · M · 7:00-8:30 pm · 3/15-5/17 (no classes 3/22 or 4/5)

Ceramics

Fire up the kiln and create your own works of art! The class is designed for all levels and skills. Lab fee: \$40.00. Instructor · Scott Ziegler

8 sessions · \$120 · Rm E263
A-111 · W · 7:00-9:30 pm · 3/31-5/19

■ COOKING -----

Savory Soups

Learn to make a perfect soup base, and from it make delicious vegetable soups, hearty purees, and velvety cream soups. Instructor · Kelly Donlea

1 session · \$35 · BHS Food Lab
C-322 · M · 6:30-8:30 pm · 2/1

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Questions? Call 847-842-3510

Organizing Dinner

Overwhelmed by the dinner process? Tired of takeout? Learn strategies to streamline your kitchen and shopping lists that will enable you to provide quick, easy, healthy, homemade dinners for your family every night of the year! Leave this class with a repertoire of more than seven quick and easy meals tailored to your family's tastes. Lab fee: \$35. Instructor · Kelly Donlea

3 sessions · \$50 · BHS Food Lab
C-320 · TU · 6:30-8:30 pm · 2/9-2/23

Summer Salads

Want to change up your traditional summer salad routine? Find the perfect recipe for Ravinia or your neighborhood barbecue. This class is for you! Instructor · Kelly Donlea

1 session · \$35 · BHS Food Lab
C-322 · M · 6:30-8:30 pm · 4/26

■ FINANCE -----

Financial strategies for Successful Retirement

Four-session, easy to understand class uses the "hear it, see it, read it, write it" teaching method that will give you an in-depth look at critical money management concepts and issues for people approaching retirement. Instructor · Brian Schneider

4 sessions · \$64/couple · Rm W206
F-461 · TU · 7:00-9:30 pm · 2/2 - 2/23
F-462 · TU · 7:00-9:30 pm · 4/8 - 4/29

Rebuilding Your Nest Egg – Calming the Waters

Do you want to get back to where your investments were? And then grow for retirement? This class will help you understand what's changed in our economy and how to take advantage of these changes, and what remains the same in the strategies of wealth building. Because financial issues often involve more than one person, you may bring along another family member at no charge. Instructor · Charles Schmitz

1 session · \$30/couple · Room W205
F-430 · TU · 7:00-9:00 pm · 2/9

Individual Tax Tips

Do you prepare your own income taxes, but aren't sure you have taken advantage of all of the deductions and credits that you are legally entitled to? This class will present an overview of the most common tax savings strategies available to individual taxpayers under the current tax laws. Course materials included. Instructor · J.Peter Doyle, CPA/PFS, CFP®

1 session · \$20 · Room W208
F-470 · M · 7:00-9:00 pm · 2/24

It's More Than Stocks vs. Bonds Appropriate Investments Pre and Post Retirement

This class will cover some of the most asked questions of retirement investing, concentrating on helping answer questions for your situation and teaching how a balanced approach can help you be successful. It will also offer an overview on the most significant mistakes retirees make and how to avoid them. Because financial issues often involve more than one person, you may bring along another family member at no charge. Instructor · Charles Schmitz

1 session · \$30/couple · Room W206
F-431 · W · 7:00-9:00 pm · 3/3

CLASSES BEGIN JANUARY 27TH

Paying for College: A "Survival Guide" for Parents

Wondering how to pay for college? This course provides practical information about options. Topics include long-term strategies for parents of younger children, AND short-term strategies for parents with children about to enter (or already in) college, the financial aid process, and an overview of available federal and state programs. Fee includes detailed outline, worksheets, examples, and articles. Instructor · J. Peter Doyle, CPA/PFS, CFP®

1 session - \$30/Family · Room W208
F-410 · W · 7:00-9:00 pm · 5/19

■ HEALTH & FITNESS -----

Yoga for Every B-O-D-Y

Learn basic postures, breathing exercises, meditation, and relaxation techniques to increase flexibility, improve strength, reduce stress, and promote health. This class is for all levels, beginners to experienced – bring a mat and a large towel. Instructor · Kathleen Rankhorn, RYT

5 sessions · \$50 · Rm E290
H-340 · TU · 6:15-7:15 pm · 1/26-2/23
H-341 · TU · 6:15-7:15 pm · 4/3-5/11

Ballroom Dancing · Fox Trot/Swing Selects

Want to hone your fox trot and swing technique, learn new pivots, turns, and character steps? This is the class for you. Some previous dance experience is necessary to fully enjoy this more advanced class. Partners required. Instructor · Teri Popp

8 sessions · \$110/couple · BHS Cafe
H-110 · W · 7:00-8:30 pm · 1/27-3/17

Ballroom Dancing 201

Now that you have the basics, this class adds intermediate steps to the Waltz, Fox Trot, and Swing, and then introduces Tango as the Latin dance for this session. Previous dance experience and a partner needed. Instructor · Teri Popp

8 sessions · \$110/couple · BHS Cafe
H-111 · TH · 7:00-8:30 pm · 1/28-4/1

Ballroom Dancing · Waltz/Rhumba Selects

Designed to enhance your advanced dancing skills, this eight week session will feature only two dance styles: Rhumba & Waltz. Some previous dance experience is necessary to fully enjoy this more advanced class. Partners required. Instructor · Teri Popp

8 sessions · \$110/couple · BHS Cafe
H-113 · W · 7:00-8:30 pm · 3/31-5/19

Ballroom Dancing 301

Are you ready for more dance challenges? This session provides you and your partner with additional intricate steps in the Waltz, Fox Trot, Swing and Tango so you are spinning and gliding across the dance floor. Ballroom 201 or equivalent needed to enjoy this class. Instructor · Teri Popp

8 sessions · \$110/couple · BHS Cafe
H-112 · TH · 7:00-8:30 pm · 4/8-5/27

Beginner Cardio Fitness

Cardio Fitness is a low impact class that blends Pilates, stretching, and cardio plus strength conditioning. This class targets the stomach, hips, and legs while toning the entire body. Clients use body weights, bands, stability balls, and light weights. All classes are held at Barrington Martial Arts. Instructor · Coach Morris

3 sessions · \$25
H-350 · M · 10:45-11:15 am · 2/1, 2/8, 2/22
H-351 · M · 10:45-11:15 am · 4/12-4/26
H-352 · M · 10:45-11:15 am · 5/3-5/17
H-353 · W · 10:45-11:15 am · 2/3-2/17
H-354 · W · 10:45-11:15 am · 4/7-4/21
H-355 · W · 10:45-11:15 am · 5/5-5/19

Cardio Kick Boxing

Cardio Kick Boxing is a high energy, fast paced way to lose weight, get toned, and burn 500 calories. If you're looking for a bag slamming, stress relieving, fun workout class where you get to hit punching bags, this is it! All classes are held at Barrington Martial Arts. Instructor · Lynda Jessup

3 sessions · \$36
H-340 · M · 7:30-8:30 pm · 2/1, 2/8, 2/22
H-341 · M · 7:30-8:30 pm · 4/12-4/26
H-342 · M · 7:30-8:30 pm · 5/3-5/17
H-343 · SA · 9:00-10:00 am · 2/6, 2/20, 2/27
H-344 · SA · 9:00-10:00 am · 4/10-4/24
H-345 · SA · 9:00-10:00 am · 5/8-5/22

Beginner TaeKwonDo & Family Karate (Ages 7 to adult)

A family orientated class designed for clients ages 7 to adult. You may come individually or as a family. This is a non competitive program that allows students to progress at their own speed. It improves confidence, leadership skills, focus, and teaches clients how to handle stressful situations better. All classes are held at Barrington Martial Arts.

3 sessions · \$50
H-360 · Tu · 6:00-6:45 pm · 2/2-2/16
H-361 · Tu · 6:00-6:45 pm · 4/6-4/20
H-362 · Tu · 6:00-6:45 pm · 5/4-5/18
H-363 · TH · 6:00-6:45 pm · 2/4, 2/11, 2/25
H-364 · TH · 6:00-6:45 pm · 4/8-4/22
H-365 · TH · 6:00-6:45 pm · 5/6-5/20

Strength and Flexibility Training

Increase your strength and flexibility in 2010! Trainers from AthletiCo Physical Therapy will teach two (2) classes geared towards runners and walkers of all levels. Participants will learn how to train for activity, injury prevention techniques, and tips for optimizing performance. Sign up today – your body will thank you!

2 sessions · N/C · Rm W-206
H-380 · Flexibility Training: Truth, Fiction and What You Need to Know Now
M · 7:00-9:00 pm · 3/15
H-381 · Give Your Running The Power Boost It Needs
W · 7:00-9:00 · 4/14

■ HOME & GARDEN -----

Introduction to Garden Design

Learn the principles and elements of garden design and how to apply them to create high impact gardens. This class will introduce students to: design elements and principles design planes, components, themes and a six step garden design process. Instructor · Dicie Hansen

2 sessions · \$40 · E-259
HG-162 · TU · 7:00-9:00 pm · 3/30-4/6

Taking Control of Your Landscape

Is your landscaping out of control with overgrown evergreens, weedy shrubs and scraggly perennials? Learn how to cost-effectively rehabilitate your landscape and deal with trouble spots. This class will focus getting the most from your existing trees, shrubs and perennials and learning when it is time to remove them. Students may submit digital photographs of trouble spots in their landscape to the instructor prior to the class meeting. The photos will be used as teaching examples during the class. Instructor · Dicie Hansen

1 session · \$30 · Rm E-259
HG-162 · TU · 7:00-9:00 pm · 4/20

Choosing Perennial Plants

Are you overwhelmed by the plant selections available at garden centers? Do you select a hodgepodge of plants that don't quite work in your garden? Learn how to select your perennials with confidence. This class will cover creating a plan before you shop, learning how to select healthy plants for purchase and discussing sun and shade perennials that are strong performers in our area. Instructor · Dicie Hansen

1 session · \$30 · Rm. E-259
HG-162 · TU · 7:00–9:00 pm · 4/27

■ TECHNOLOGY -----

All Tech Classes are held in the BHS Library Computer Lab

Learning to Excel[©] with your Computer

Learn how to create a variety of spread sheets for different purposes. Instruction will include editing and formatting data, calculation, filter, sort, subtotals, and graphics. Instructor · Carolyn Glenn

5 classes/session · \$75
T-270 · W · 6:00-8:00 pm · 1/27-2/24
T-271 · W · 6:00-8:00 pm · 3/31-4/28

Parenting in the Digital Age

What you need to know to raise your child in a culture that is becoming increasingly dependent on technology. Find out what is safe and educational versus dangerous and harmful. Class will cover: Gaming; Photos, Videos and Exposure; Cell Phones to Social Networking; and Tools, Tricks, and Common Sense to protect your child's future. Instructor · Chrissie Mena

2 sessions · \$30
T-300 · TU · 7:00-9:00 pm · 2/9-2/16
T-301 · TU · 7:00-9:00 pm · 4/6-4/13

Clean it Up & Speed it Up!

Clean it yourself and save hundreds of dollars on professional cleanings. Learn how to clean your computer by deleting cookies, msconfig, etc. Bring a memory stick to download free programs that will assist you in the cleanup. You'll also learn how to speed up your computer by adding more ram. Instructor · Carolyn Glenn

3 sessions · \$65
T-211 · TH · 6:00-8:00 · 2/11-2/25
T-212 · TH · 6:00-8:00 · 5/12-5/19

Desktop Publishing for Beginners

Learn to create and print your own publications – greeting cards, flyers, party invitations, business cards. Students required to bring an IBM compatible floppy disk or flash drive to save their work. Instructor · Carolyn Glenn

1 session · \$35
T-230 · Sat · 9:00-12:00 · 2/20
T-231 · Sat · 9:00-12:00 · 4/10

Social Networking for Adults

Find out how to decide which sites to join – Facebook, LinkedIn, Twitter, etc. This course will help guide you to setting up your accounts so you minimize your risk and maximize your potential. Instructor · Chrissie Mena

3 sessions · \$45
T-302 · TU · 7:00-9:00 pm · 3/2-3/16
T-303 · TU · 7:00-9:00 pm · 4/20-5/4

Word Class

Students will learn how to create, save, cut, paste, and print documents. Basic character, paragraph and formatting skills will also be covered. Walk away knowing how to create headers, footers, tables, and mail merges. Keyboarding skills and basic computer knowledge are recommended but not required. Instructor · Carolyn Glenn

3 sessions · \$65
T-220 · W · 6:00-8:00 pm · 3/3-3/17
T-221 · W · 6:00-8:00 pm · 4/29-5/13

Internet & Email Class

Explore the internet create an email account. Learn the basics about search engines, favorites, emails, etc. Instructor · Carolyn Glenn

1 class per session · \$35
T-200 · Sat · 9:00-12:00 noon · 2/27
T-201 · Sat · 9:00-12:00 noon · 4/24

Intro to PowerPoint[©]

PowerPoint[©] is a great tool you can use to create multimedia presentations that include text, images, sound, and video. Get equipped with the skills to create a presentation in one session. Instructor · Carolyn Glenn

1 session · \$35
T-240 · Sat · 9:00-12:00 · 3/6
T-240 · Sat · 9:00-12:00 · 5/8

■ COMMUNITY PROGRAMS -----

Caregiving 101: Caring for Ourselves/Caring for Others

Caregivers are familiar with managing acute health problems in others but less understanding of how to take care of themselves when a loved one has a chronic illness. This session will help you better understand where you are the caregiving journey and how to meet your own needs as well as the needs of those you care for. Instructor · Joyce Palmquist

1 session · \$10 · Room W205
B-210 · TU · 7:00-8:30 pm · 3/9
B-212 · TU · 7:00-8:30 pm · 3/30

Powerful Tools for Caregivers

The six-week course is designed for the non-professional caregiver who is helping care for a parent, spouse, or friend. The program helps caregivers reduce stress, better communicate feelings, balance their life, and enhance their ability to make tough decisions and to locate helpful resources. Students receive The Caregivers Handbook. Instructor · Joyce Palmquist

6 sessions · \$30 · Room W207
B-211 · TU · 7:00-8:30 pm · 4/6-5/11

Family-to-Family Education Program

The National Alliance on Mental Illness, NAMI, has developed a free 12-week course for families of individuals with mental illness designed to foster learning, healing, and empowerment within those families. All instruction and course materials are free. More information available at nami.org. To register for this class, call Maryrose at 847-496-1415.

12 sessions · Room W204
TU · 6:30-9:00 pm · 1/19-4/13

Questions?
Call 847-842-3510
<http://www.barrington220.org>

Beyond 220 Community Education
 310 E. James St.
 Barrington, IL 60010

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BEYOND 220 • WINTER - SPRING 2010 SEMESTER

Registration Options

1. Mail registration with check or credit card information
2. Fax registration and credit card information to 847-381-6337

Please print and/or detach form and mail/fax to:

Beyond 220 Community Education
 310 E. James St.
 Barrington, IL 60010

Please make check payable to CUSD 220

Classes begin January 27th – register for classes now!

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QUESTIONS? 847-842-3510

Last Name _____ First Name _____

Address _____ City _____ Zip _____

Day Phone _____ Other Phone _____ Email _____

Course #	Course Name	Day	Time	Start Date	Tuition

CREDIT CARD INFORMATION

MASTERCARD VISA EXP. DATE _____

CARD #

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Signature _____

ADMINISTRATIVE FEE	+ \$5.00
TOTAL TUITION FEES \$	