

CONTINUING EDUCATION

Course Listings

Art

Painter's Workshop

Work in the material of your choice; acrylic, oil, watercolor or pen and ink. This class will be a guide to different painting and drawing techniques as well as collage work. This class is for beginners and experienced artists.

**ART C42 240 Meets Tuesdays, Oct. 29-Dec. 3,
7-8:50 p.m. \$50/50/20**



Dance

Basic Chicago Style Steppin'

Come and learn Chicago Style Steppin'. Basic footwork, counting procedures and basic turns will be covered in this fun social dance. Become a stepper and get out on the dance floor!

**REC C36 240 Meets Thursdays, Oct. 3-Nov. 14,
7-8:50 p.m. \$53/53/20**

Fitness

Beginning Yoga

Yoga is a system of physical exercise and mental relaxation as well as an attitude toward life. You will gain peace of mind and the ability to relax as you improve muscle tone and body flexibility. Learn how to cope with stress and tension via this coed class. Bring yoga mat to class.

**REC C18 240 Meets Tuesdays, Sept. 10-Dec. 10,
7:30-8:50 p.m. \$50/50/24**

Pilates Mat Class (Beginning)

The Pilates Method incorporates Eastern and Western philosophies of physical and mental conditioning which focus on re-patterning, realigning, clarifying, and defining the body. Pilates mat work is a structured regimen of continuously flowing, rhythmic movements designed to strengthen, lengthen and tone your body without machines. Pilates has long been revered as the best all around workout technique; optimize flexibility, balance, coordination, range of motion, and muscular endurance.

**REC C24 240 Meets Tuesdays, Sept. 10-Dec. 10,
6:30-7:20 p.m. \$27/27/14**

Beginning Tai-Chi

Tai chi is an ancient Chinese art that combines meditation, therapeutic breathing and slow, flowing movement into a unique form of exercise that tones and strengthens without stress or strain. Tai chi is beautiful to watch and enjoyably stimulating to perform.

**PED C54 240 Meets Thursdays, Sept. 26-Oct. 31,
7-8:20 p.m. \$50/50/24**

Languages

Polish I

Introductory course for first-time Polish language students to help acquire the basic pronunciation, vocabulary, useful expressions, and fundamental grammar for effective communication. By the end of the course students will be able to understand simple spoken phrases and speak Polish in simple sentences.

**POL C01 240 Meets Tuesdays, Sept. 24-Dec. 10,
6-8:50 p.m. \$114/114/36**

Polish II

Continue developing basic conversational skills in Polish. Structure, vocabulary and conversations will be discussed. Elements of Polish culture, history and customs will be reviewed to enhance learning Polish language.

**POL C02 240 Meets Wednesdays, Sept. 25-Dec. 4,
6-8:50 p.m. \$114/114/36**

Spanish I

Introductory course for first-time Spanish language students to help acquire the basic pronunciation, vocabulary, useful expressions, and fundamental grammar for effective communication. By the end of the course students will be able to understand simple spoken phrases and speak Spanish in simple sentences.

**SPN C01 240 Meets Thursdays, Sept. 19-Nov. 21,
6-8:50 p.m. \$114/114/36**

American Sign Language I

Sign Language I is a beginning course in American Sign Language (ASL) vocabulary and linguistic principles. Students are introduced to deaf culture, types of hearing loss and available mechanical devices. The course emphasizes both expressive and receptive vocabulary skill development and appropriate use of essential grammatical structure. Designed for students with no previous experience in American Sign Language.

**ASL E01 240 Meets Tuesdays and Thursdays,
Sept 10-Dec. 12, 6:30-9:20 p.m.
\$640/1666.5/30**

Photography

Basic Photography

This course covers both digital and film photography. Are you unsure of how to use your digital or film camera? Are you dissatisfied with the photos you get in automatic mode? Have you ever seen an amazing photo and wondered how the photographer got it? You can learn to confidently and consistently take good photographs through an understanding of automatic and manual camera operation, exposure, flash and various photographic composition techniques used by professional photographers. Bring your camera to this class along with your instruction book or camera manual. Make sure you have memory cards.

**PHG C02 240 Meets Wednesdays, Sept. 25-Nov. 20,
7-8:50 p.m. \$67/67/24**

Tuition Example:		
In-district/	Out-of-district/	Senior
\$52/	52/	30

REGISTER IN TWO EASY STEPS



STEP 1 Select Courses

Each course description includes the course number, location (including both on- and off-campus courses), date of first class, time, room number and tuition.



STEP 2 Register in Person, by Phone or Online

Register early to prevent cancellation of a class due to low enrollment. Late registration will be accepted the first night of class if space is available and the class has not been canceled. Payment must accompany late registrations.

**For more information, call
(708) 456-0300, Ext. 3500.**

Fees

Students enrolled in "E" non-credit/vocational courses (i.e. PSY E01) are assessed fees totaling \$16 per Adult Education Credit Hour (AEC). This includes the Registration, Auxiliary, Technology, and Student Services fee.

All times, dates, costs and locations listed in this brochure are subject to change.



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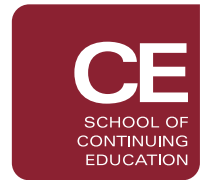
Triton College is accredited by the Higher Learning Commission (hlcommission.org), a regional accreditation agency recognized by the U.S. Department of Education.



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Triton College is an Equal Opportunity/Affirmative Action institution.

East Leyden High School



THE EDUCATION FOR EVERY GENERATION

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Continuing Education Courses for Fall 2019

held at

East Leyden High School
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