

PHOTOGRAPHY 101**Age: 16 years & up**

Understand your digital camera and it's capabilities for both video and stills. Learning Outcomes: participants will learn to use their camera and its accessories to the best advantage, understand the Big 3 - ISO, Shutter, Aperture, learn to set up the shot, understand light and be prepared to capture the actions. Create wonderful videos using a mix of stills and video (fusion). Bring your camera and charged batteries! This is a contractual program. **(KR)**

Location: Recreation Center Conference Room
Fee: \$64 Res. / \$80 Nonres.
Instructor: Steve Neilson - Eminjayin Productions
Min / Max: 5 / 12
Register By: One Week Prior to Class

Code:	Date:	Time:
720115A	Monday, Jan. 16	6:00 - 9:00pm
720115B	Monday, Feb. 13	6:00 - 9:00pm
720115C	Monday, Mar. 20	6:00 - 9:00pm
720115D	Monday, Apr. 10	6:00 - 9:00pm

**DOG OBEDIENCE TRAINING****Age: 18 years & up**

You and your dog will not want to miss this fun, reward-oriented course! This is a great class for dogs that have never taken a class before or dogs needing to brush up on rusty obedience skills. We cover the basic commands: heel, sit, down, stand, stay, come, polite greetings, and attention. Classes are taught on-leash at all times, utilizing praise, treats, games and encouragement. Come without your dog the first week for orientation. Class includes: handouts, homework and certificate of completion. Open to all dogs over 16 weeks of age who are people friendly and dog friendly. **Please bring veterinary records documenting immunizations and or titers to the first class.** This is a contractual program. **(KR)**

Location: Recreation Center MPA
Fee: \$100 Res. / \$125 Nonres.
Instructor: Kathleen Appleton - Doggy Day Camp, Inc.
Min / Max: 5 / 10
Register By: Jan. 25 & Mar. 29

Code:	Date:	Time:
720104A	Wed., Feb. 1 - Mar. 22	7:30 - 8:45pm
720104B	Wed., Apr. 5 - May 24	7:30 - 8:45pm

WHOLE30 NEW YEAR KICKOFF**Age: 18 years & up**

Learn what Whole30 is all about to detox and reset your diet for the New Year. We'll discuss the program, benefits of detoxing and re-evaluating your diet. We'll provide a Whole30 shopping list along with suggested meal plans, recipes and samples for each daily meal and snacks. Each student will learn more about seasonal fruits and vegetables, food science and healthy living; perfect for the New Year! Class fee is for one adult. This is a contractual program. **(SR)**

Location: Recreation Center MPUL
Fee: \$25 Res. / \$31 Nonres.
Instructor: Joelen Tan - What's Cooking Chicago
Min / Max: 5 / 12
Register By: January 15

Code:	Date:	Time:
720134A	Saturday, January 21	9:00 - 10:00am

WEEKLY FAMILY MEAL PLANNING**Age: 18 years & up**

Learn how to effectively plan your meals for the week while saving time and money. We'll discuss how to have a strategy for meal planning, grocery shopping and preparing meals in advance. Each student will learn more about food safety, time management, frugal grocery tips and meal plan templates. Class fee is for one adult. This is a contractual program. **(SR)**

Location: Recreation Center MPUL
Fee: \$25 Res. / \$31 Nonres.
Instructor: Joelen Tan - What's Cooking Chicago
Min / Max: 5 / 12
Register By: Feb. 11 & Mar. 11

Code:	Date:	Time:
720135A	Saturday, February 18	9:00 - 10:00am
720135B	Saturday, March 18	9:00 - 10:00am

WHOLE30 SPRING KICKOFF**Age: 18 years & up**

Learn what Whole30 is all about to detox and reset your diet. We'll discuss the program, benefits of detoxing and re-evaluating your diet. We'll provide a Whole30 shopping list along with suggested meal plans, recipes and samples for each daily meal and snacks. Each student will learn more about seasonal fruits and vegetables, food science and healthy living just in time for Summer! Class fee is for one adult. This is a contractual program. **(SR)**

Location: Recreation Center MPUL
Fee: \$25 Res. / \$31 Nonres.
Instructor: Joelen Tan - What's Cooking Chicago
Min / Max: 5 / 12
Register By: March 25

Code:	Date:	Time:
720136A	Saturday, April 1	9:00 - 10:00am

WOMEN, MAKE THE RIGHT FINANCIAL DECISIONS FOR YOU AND YOUR FAMILY!

Age: 18 years & up

Purse String sessions tackle one simple topic at a time. Start with managing the money coming into the household and go from there! We give women from all walks of life the tools they need to protect themselves financially and live a life full of choices. Each session covers a different topic, so you can register for them all! All materials are provided by Purse Strings. This is a contractual program. **(KR)**

Class Schedule:

- 2/8 - Your Income - What's Yours, What's Not
- 2/15 - Managing Your Resources
- 2/22 - Protecting What You Own - Vehicles
- 3/1 - Protecting What You Own - Dwelling
- 3/8 - Your Income - What's Yours, What's Not
- 3/15 - Managing Your Resources
- 3/22 - Protecting What You Own - Vehicles
- 4/5 - Protecting What You Own - Dwelling

Location: Recreation Center MPA
Fee: \$33 Res. / \$41 Nonres.
Instructor: Erin Cummisford, Purse Strings
Min / Max: 6 / 10
Register By: One week prior to class

Code:	Date:	Time:
720132A	Wed., Feb. 8	7:00 - 8:30pm
720132B	Wed., Feb. 15	7:00 - 8:30pm
720132C	Wed., Feb. 22	7:00 - 8:30pm
720132D	Wed., Mar. 1	7:00 - 8:30pm
720132E	Wed., Mar. 8	7:00 - 8:30pm
720132F	Wed., Mar. 15	7:00 - 8:30pm
720132G	Wed., Mar. 22	7:00 - 8:30pm
720132H	Wed., Apr. 5	7:00 - 8:30pm

DON'T WORRY, BE HAPPY!

Age: 16 years & up

Do you feel stressed and anxious with daily life pulling you from all sides?

Come have an "ahhhh moment" and learn how plant extracts can bring back your happy. Learn which extracts are great to have in your pantry. Plant extracts bring us back to a healthy, happy, positive state of mind where we can accomplish anything from a business goal to a personal goal with excitement, no stress, no anxiety, peace and joy. Come learn how to take back control of your happiness for yourself and your family and leave with your own personal spray bottle. This is a contractual program. **(KR)**



Location: Recreation Center MPA
Fee: \$27 Res. / \$34 Nonres.
Instructor: Amy Cohen - Strongest Minds
Min / Max: 5 / 10
Register by: Feb. 11 & Mar. 28

Code:	Date:	Time:
720137A	Saturday, February 18	10:00 - 11:30am
720137B	Tuesday, April 4	7:00 - 8:30pm



WINE MAKING AND TASTING

Age: 21 years & up

Learn to make quality wine in the comforts of your own home! This class demonstrates the wine making process from start to finish. Wine samples and a cheese pairing will be provided. **A \$20 Off coupon toward a basic starter kit will also be provided.** This is a contractual program. **(KR)**

Location: Grow Masters - 4641 Old Grand Ave.,Gurnee
Fee: \$20 Res. / \$25 Nonres.
Min / Max: 3 / 10
Register By: One week prior to class

Code:	Date:	Time:
720124A	Saturday, February 18	12:00 - 1:30pm
720124B	Thursday, March 16	7:00 - 8:30pm

HOME BREWING 101

Age: 21 years & up

Do you love craft beer? Why not learn to make your own at home! This class demonstrates the beer making process from start to finish in a friendly environment. Home brewed beer samples will be provided. **A \$20 Off coupon toward a basic starter kit will also be provided.** This is a contractual program. **(KR)**

Location: Grow Masters - 4641 Old Grand Ave.,Gurnee
Fee: \$20 Res. / \$25 Nonres.
Min / Max: 3 / 10
Register By: One week prior to class

Code:	Date:	Time:
720123A	Thursday, February 16	6:30 - 8:30pm
720123B	Saturday, March 18	12:00 - 2:00pm
720123C	Thursday, April 13	6:30 - 8:30pm

ADULT / INFANT / CHILD CPR COURSE

Age: 16 years & up

This class is for anyone who would like to learn the techniques or refresh their memory on how to save lives through Cardiopulmonary Resuscitation. You will learn how to perform rescue breathing, clear an obstructed airway and perform one-rescuer CPR. American Heart Association certification is valid for 2 years. **This is not a health care provider certification.** This is a contractual program. **(KR)**

Location: Grayslake Fire Station - 160 Hawley Street
Fee: \$35 Res. / \$44 Nonres.
Min / Max: 4 / 8
Register by: Jan. 4 & Mar. 1

Code:	Date:	Time:
720101A	Wednesday, January 11	6:00 - 9:00pm
720101B	Wednesday, March 8	6:00 - 9:00pm