

# Adult Programs



## ADULT DANCE

### Belly Dancing (16 years & older) \$56/\$62

Come learn this ancient fitness alternative instructed by Zafirah. If you never tried Belly Dancing, you're welcome to join this class, where you will be introduced to middle-eastern dance techniques and the benefits of belly dancing. If you enjoy belly dancing and already know the techniques you too are welcome to join this class for fun.

All participants will increase flexibility, strengthen, tone, and improve posture all in a fun and exciting atmosphere.

**BRC WE 6/13-7/25\* 6:30-7:30pm Reg by 6/8 #1346**  
\*No class 7/4

### Belly Dancing II: Combinations & Choreography (16 years & older) \$56/\$62

The next level of Belly Dancing will be taught in this class. Zafirah will use the basic moves from the general Belly Dance class and apply combinations leading up to a choreography. If you have participated in our past Belly Dancing classes you may enjoy the fresh new combinations that will be taught in this class. Improve your posture and core muscles as you dance.

**BRC WE 8/8-9/19\* 6:30-7:30pm Reg by 8/6 #1532**  
\*No class 8/22

### Ballroom Dancing For All (16 years & older) \$26/\$29

Looking for affordable dance lessons? Look to us as we create an experience for you to join the fun and dance the evening away. We can teach you basic Ballroom steps like the Fox Trot, Waltz and more. Instructor, Jan Keller, will help you brush up on your dance skills and strive to make you feel comfortable on the dance floor. This class is great for those who have a special party or wedding reception to attend this season. Singles welcome, you don't need a partner.

**BRC FR 6/22-7/20 6:30-7:30pm Reg by 6/19 #1747**

“Jan (Swing & Latin Variations instructor) is very patient and easy to understand  
—Jill & Vince Cannon”

### Swing and Latin Dance

(16 years & older) \$26/\$29

Come put some steam in your Friday nights! The hottest Swing and Latin steps are taught in this class by Instructor, Jan Keller. Jump, jive and wail at the Belvidere Recreation Center. Singles are welcome, you don't need a partner. Learn great dance moves and have fun socializing.

**BRC FR 6/22-7/20 7:35-8:35pm Reg by 6/19 #1748**

### Mini Dance Combo (16 years & older) \$17/\$21

Celebrate good times! Come on! This class is ideal if you would like to lean a majority of dance forms for that special occasion, dinner dance, exercise, or just to get out of the house. This class is a great way to get exercise without focusing on the challenge of keeping your heart rate up. You will benefit from the entraining movements that Ballroom, Swing, and Latin dances encompass. Your request will be considered by instructor, Jan Keller.

**BRC FR 8/3-8/17 7pm-8:15pm Reg by 7/31 #1323**

Belly Dancing: Love the teacher!

—Lisa Guadiana

### Steppin' in Style (18 years & older) \$35/\$39

This basic step dancing class will provide an introduction to steppin' with concentration on the "beat", the "count", the concept of the "lane", left, right, single, and double turns, timing, and smoothness. We will also touch on understanding the lead versus a position that follows. If you already know how to step but would love a place to dance, join our instructor for a fun steppin' experience!

**BRC WE 6/13-7/18\* 7:40-8:40pm Reg by 6/11 #1494**

**BRC WE 8/1-9/5\*\* 7:40-8:40pm Reg by 7/30 #1310**

\*No class 7/4

\*\*No class 8/22



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## Brain Fitness Club (55 years & older) Free

Exercise your brain by joining our club. We will practice mental workouts with fun trivia brain games and puzzles. You won't strain this large muscle of yours, but we plan to strengthen and enhance your brain to stimulate neurons as you challenge yourself to fun games and social interaction. Don't miss out on this entertaining experience.

BRC WE 6/27, 7/25 & 8/29 10:30-11:30am Reg by 6/22 #1750

## NEW! Healthy Zone-Cooking (18 years & older) \$25/\$28

Learn about very easy, simple, and healthy meals to make for a single, couple, or family. The ingredients are also very inexpensive. This class is a hands-on cooking class that will hone in on simple ways to eat healthy. Make smart lifestyle choices and live your life in the healthy zone! Fee includes all ingredients and supplies to make the meal during our once a month meeting.

BRC SA 6/23, 7/21, 8/18 11-12pm Reg by 6/11 #1752

## NEW! Healthy Zone-Body (18 years & older) \$25/\$28

What does it take to get your body in to the healthy zone? Learn and practice simple ways to be healthy here at our once a week meeting. We will focus on metabolism boosting habits, energizing daily practices, and little secrets that can extend the health of your body. Some physical exercise will be endured. Dress for comfort.

BRC TH 7/12-7/26 6:30-7:30pm Reg by 7/9 #1753

## NEW! Young At Heart: Adult Day Camp (45 years & older)

Special: All three days \$50/\$55 (#1670) or fee per day listed below  
Come one, come all Boomers and Seniors alike to this day camp planned especially for you. Why should the kids be the only one to have a fun summer day camp to look forward to? Not anymore, because we now have a Grown-Up Summer Camp. We will have activities and great socialization day to day for your pleasure. Sign up for the full three days at a discounted fee or for one or two

## Gardens, Nature, Outdoor Galore \$10/\$11

Let's get in touch with nature and be one with the outdoors. Get crafty with plants and even learn about outdoor creatures. Take home a garden-related gift

JAC WE 8/8 12-2pm Reg by 7/24 #1698

## Bocce Ball, Aquatics, and more! \$10/\$11

Today we focus on physical activity. Have fun, get active without working too strenuously. Take home a fitness-related gift. Come dressed in your swimsuit and bring a change of clothes to play bocce ball after water aerobics.

BRC TH 8/9 12-2pm Reg by 7/24 #1697

## Putt Putt Golf & Lunch \$35/\$39

It's summer time and what's better than a leisurely game of putt putt golf? Fee includes transportation, round of putt putt golf at Par King in Lincolnshire and lunch at the Cubby Bear Restaurant.

BRC FR 8/10 11am-2:30pm Reg by 7/24 #1699

# CPR + FIRST AID

## Basic CPR & First Aid (12 years & older) \$48/\$53

Do you know what to do in an emergency? Can you provide basic first aid to someone in need? If not, this is the class for you! This basic CPR and First Aid class will teach you how to enter an accident scene safely, how to assist an injured person, and how to perform rescue breathing, CPR, and manage an obstructed airway. This course is designed by Medic First Aid., a leading provider of CPR, AED and first aid training curricula. Students will receive CPR and first aid certification valid for two years upon successful completion of the course. Class materials are included in the fee. Please wear comfortable clothing and bring a sack lunch. This class satisfies childcare requirements.

BRC SA 8/4 9am-2:30pm Reg by 8/1 #1389

This class was fun and easy to understand.  
I would recommend it to anybody.

—Jade Faber



## AED (Additional 1 hour) (12 years and older) \$15/\$17

Automatic External Defibrillators (AED) are becoming more and more available in public facilities. There may be one at your place of employment. If you are looking to learn how to operate an AED this additional hour to our Basic CPR & First Aid class will satisfy that requirement. Each participant must be certified in CPR prior to attending this class; proof of certification is required at time of registration.

BRC SA 8/4 2:45-3:45pm Reg by 8/1 #1390



### CPR First Aid Facts

Sudden cardiac arrest is the leading cause of death in adults. Most arrests occur in persons with underlying heart disease.

- CPR doubles a person's chance of survival from sudden cardiac arrest.
- 75% of all cardiac arrests happen in people's homes.
- The typical victim of cardiac arrest is a man in his early 60s and a woman in her late 60s.
- Cardiac arrest occurs twice as frequently in men compared to women.
- CPR was invented in 1960.
- There has never been a case of HIV transmitted by mouth-to-mouth.
- If CPR is started within 4 minutes of collapse and defibrillation provided within 10 minutes, a person has a 40% chance of survival.

## LANGUAGE CLASSES

### Beginner Spanish (16 years & older) \$56/\$62

Do you want to learn to communicate in another language? Do you hear Spanish all around you and you wish you understood? Join us on Saturday mornings and gain the knowledge to understand and speak Spanish at a beginner's level. Sign up today!

**BRC SA 6/16-7/28\* 9:30-11am Reg by 6/11 #1774**

\*No class 7/7

### Beginner Spanish II

(16 years & older)

\$56/\$62

Have you taken the first round of Spanish classes, and still feel some more training is necessary before you can converse the language? Do you aspire to learn more? Don't miss this new extension of the Beginner Spanish class! Consider taking Beginner Spanish II, because instructor, Roosevelt Johnson will drive home the topics that were introduced in the beginner class, as well as expand your skills at the next level.

**BRC SA 6/16-7/28\* 11:15-12:45pm Reg by 6/11 #1776**

\*No class 7/7

### Social Security 101 (18 years & older) \$15/\$17

Depending on where you get your news today you know that our Social Security system is either broken beyond repair or the greatest thing since sliced bread. Either way, most people don't actually really know the nuts and bolts about how it works. Join financial planner Mark Durrenberger for an hour on the basics of how Social Security actually works.

**BRC TH 6/28 6pm-7pm Reg by 6/25 #1735**

### Medicare Basics (18 years & older) \$15/\$17

What's the difference between Medicare parts A, B and C? Why are there so many different options and how do I make sense of the alphabet soup? Join financial planner Mark Durrenberger for an hour on the basics of Medicare, including what all of the different options mean and why it matters to you.

**BRC SA 7/14 10am-11am Reg by 7/9 #1736**

### Long-Term Care Planning

(18 years & older)

\$15/\$17

This seminar introduces you to the legal area of estate planning and probate, trusts, powers of attorney, probate court proceedings after someone dies, and related income, estate, and gift tax issues. The intention is to provide you with a very basic understanding of this important area of the law. Presented by Bill Durrenberger, estate planning attorney and Mark Durrenberger, a financial planner. There will be plenty of time for questions as well.

**BRC SA 8/18 10am-11am Reg by 8/13 #1737**

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## NEW ONLINE COURSES

Join the millions of people learning online each year. UGotClass online certificates and courses are provided by quality colleges and associations with expert instructors. Participate anytime day or evening, from any computer. You will engage with the instructor and other participants. You may make friends and it is fun. It is easy to participate in your online course. After you register, you will be given a web address in order to get into your online classroom. You will have a password and use your email address and password to gain access.

### HOW TO REGISTER:

Go to <http://www.yougotclass.org/catalog.cfm/Waukegan> - use the cart option. Students may also register over the phone with Learning Resource Network (LERN) by calling 1-800-678-5376.

Additional courses are also provided through the web link.

## NEW! Environmental Education Workshop Growing Up Wild

(18 years & older)

\$39/\$43

Early childhood educators and caregivers of children ages three to seven years are invited to participate in this exciting, fun, three-hour interactive, hands-on workshop designed to help you discover how to engage young children in activities that encourage exploration of the natural world. The workshop may include crafts, art projects, music and movement, reading and math connection and much more. Activities are correlated to the National Association for the Education of Young Children standards and the Head Start domains. Workshop participants will receive a copy of the guide and certificate of completion. For more information please call Jen at 847-360-4705. You may also go to: <http://projectwild.org/GrowingUpWILD.htm> to learn more about this workshop. CPDUs available.

**BRC WE 7/25 9am-12pm Reg by 7/16 #1878**

NEW!



### Extraordinary Customer Service (Adult) \$145

Learning to build your customer service skills will have a powerful impact on your career success as well as success in other areas of your life. Through this course you will discover the direct relationship between service skills and career achievement. You will become skilled at being an exceptional service provider. You can help your organization and your career by translating your good service intentions into a workable plan and gain knowledge of ways to consistently deliver great service. The payoff is enormous. Nanette Sanders-Cobb, COI, instructor. One month online course.

**Online 6/4-7/29 Open until filled**

### Generational Learning Styles for K-12 Teachers (Adult) \$145

Regardless of your age, it is always helpful to increase your understanding of how your current students learn and what your future students might need. Students learn in a variety of ways, this course will focus on the influence of generational characteristics on learning styles. Your students learn differently than you do. Come find out how to help your students learn more. And discover something new about yourself too! We will explore fascinating information on the brain and how each generation has responded to their unique "cohort experience". You will acquire the skills and information needed to facilitate Gen Y and the emerging generation of learners. Understand how your own generational characteristics impact your learning and your teaching. Come away with our top 20 generational techniques for helping your students learn more. Kassia Dellabough, MS, GCDF instructor. This is a one month online course.

**Online 7/2-7/27 Open until filled**

### LEED Green Associate Exam Preparation (Adult) \$695

Acquire the fundamental concepts of green building. Then prepare yourself to take the Green Associate exam and earn the LEED Green Associate credential from the Green Building Certification Institute. The course is intended for design, construction and real estate professionals, building owners, or anyone who wants to develop their knowledge in this area. You will examine case studies of LEED certified building projects, concepts of integrated design, third-party verification and the LEED administration process. Kelly Gearhart, your instructor, holds the designations LEED AP BD+C, LEED AP O+M, and will answer your questions in the online discussion.

**Online 6/4-7/27 Open until filled**