

Life Skills



LIFE SKILLS & FOOD

All of the Life Skills and Food classes are priced at \$7/\$9 a person and \$3 for each additional family member. All children under the age of 14 need to be accompanied by an adult. All supplies are included.

Tie a Tie #40609301 14+
Learn how to tie a tie. The basic knot and full Windsor knot will be taught. If you own a tie please bring it with you.
LC TU 10/11 6-6:45pm Reg by 10/4 \$7/\$9 -1A

FOOD

Cookies: Holiday Preparation Includes Gluten Free! #40608304 14+

Each month will feature a different cookie. Help with mixing, rolling/dropping, and baking. Also, help with "Quality Control" (tasting). Leave with a copy of the recipe. Class time is best guess rounded up. Allergy notice: most or all cookies will include eggs, flour (gluten), and milk. Peanuts and peanut butter will not be used, unless it is noted in the title.

Filled Cookies - Rolled or folded pastry like cookie
LC WE 9/21 5-7pm Reg by 9/14 \$7/\$9 -1A

Gingerbread cookies – Soft, delicious, and "melt in your mouth"
LC TH 10/6 4-5:30pm Reg by 9/29 \$7/\$9 -2A

Gluten Free – Tips and tricks for gluten free cookies, 2 cookies will be made
LC SA 11/12 1-4pm reg by 11/5 \$7/\$9 -3A

New! Make Your Own Hard Candy #40608307 Age 14+
Start a tradition of making candy as a family during Winter. Learn how to make your own hard candy from scratch. Help make the candy and take the recipe home.
LC FR 12/16 6-7pm Reg by 12/9 \$7/\$9 -1A

LANGUAGE

Beginner Spanish #40610301 Age 16+
Do you want to learn to communicate in another language? Do you hear Spanish dialect all around you and wish you understood? Join us on Saturday mornings and gain the knowledge to understand and speak Spanish at a beginner's level.
BRC SA 9/17-11/5 9:30-11am Reg by 9/12 \$56/\$62 -1A

Intermediate Spanish #40610302 Age 16+
Have you taken the first round of Spanish classes, and still feel some more training is necessary before you can converse in the language? Do you aspire to learn more? Don't miss this extension of the Beginner Spanish class! Consider taking Beginner Spanish II, because here our instructor will drive home the topics that were introduced in the beginner class, as well as expand your skills at the next level. If you have a basic foundation understanding the Spanish language, but aspire to expand, you are welcome to join.
BRC SA 9/17-11/5 11:05-12:30pm Reg by 9/12 \$56/\$62 -1A

Brain Fitness Club #40204302 Age 55+
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. Don't miss out on this entertaining experience.
BRC TU 9/6, 10/4, 11/1, 12/6 11am-12pm 9/2 FREE -1A

2016 SAT Prep #40609202-1A Age 13-18
Practice SAT Test – Find out where you stand! Want to take a practice SAT without it counting towards college admissions? HiFiKids Corporation and Waukegan Park District are pleased to offer students practice tests and strategy sessions to help boost your SAT scores! After the practice test, students will receive a report that gives a detailed score breakdown of your individual strengths and weaknesses. Contact Mike, at mmayfield@waukeganparks.org for the dates, times and location.

New! Halloweenfest Preppers#40101201 Age 13-18
Want to get involved with one of the Park District's most popular events? Assist with designing and making of spooky scenes, fun games and other projects. On event day you will be assigned duties to support the event, including set up, tear down, monitors and characters. Halloweenfest will be held on Saturday, October 29 in Bowen Park at the garages.
BO SA 10/1-10/29 1-4pm Reg by 9/23 \$10/\$12



Basic First Aid, CPR, & AED class for Infant, Child, and Adult #40204303 Age 12+
This basic CPR, AED, and First Aid class will teach you how to enter an accident scene safely, assist an injured or ill person, perform CPR, use an AED (Automatic External Defibrillator) and manage an obstructed airway. This course is designed by Medic First Aid, a worldwide leader in CPR, AED and First Aid emergency care training programs. **Upon successful completion of the course, students will receive CPR and First Aid certification for infants, children, and adults valid for two years. This class will satisfy any child care requirements.** A written test is not required but students must be able to physically participate in all skill practices. Please contact the instructor at 847-989-7056 to discuss any reasonable accommodations that may be needed. Class materials, including a reference book, are included in the fee. Please wear comfortable clothing and bring a sack lunch.
BRC SA 10/1 9am-3pm Reg by 10/1 \$59/\$69 1A