

Spring 2024 Program Guide

ce.d214.org

Discover

D214 Community Education

**Crochet &
Knitting**
p. 18



Adult Education—Youth Aquatics—Performing Arts—Fitness—Travel—Community Theater—Music Lessons—Youth Classes—Cooking—Professional Development—Online



DISCOVER:

D214 Community Education Summer Programs

Stay in shape, make some new friends and learn something new this summer with District 214 Community Education!



**Summer
programming
starts June 10**

**Registration
opens May 7**



Scan QR Code to
Register Online



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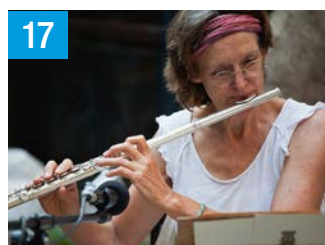
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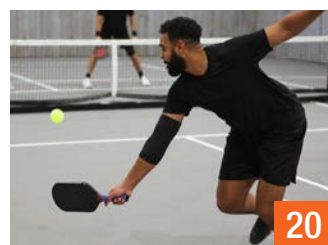
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7



17



20



24



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23

Mark Your Calendars!

Spring 2024

No Class and Make-Up Dates

No Class: 5/27

Make-Up Week: 6/3-6/9

■ There are no regularly scheduled classes during make-up weeks. Classes canceled by the instructor may be made up during a make-up week or at a mutually agreed upon day and time.

D214 CE Gold Card

If you are a resident of D214 and 62 years or older, you are eligible for a free D214 Community Education Gold Card. Gold Card members receive discounts for designated D214 High School and Community Education programs, games and performances.

Apply for a Gold Card online at ce.d214.org/goldcard or call 847-718-7700.



Our Mission

To provide
high-quality
community
education
programming
to residents
of all ages.

Administrators and Staff

Superintendent

Dr. Scott Rowe

Board of Education

Alva J Kreutzer

President

Mildred "Millie" Palmer

Vice President

William J. Dussling

Frank Fiarito

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Andrea Rauch

Leonard "Lenny" Walker

Community Education Staff

Patrick Mogge

Director of Community Engagement
and Outreach

Karen Oswald

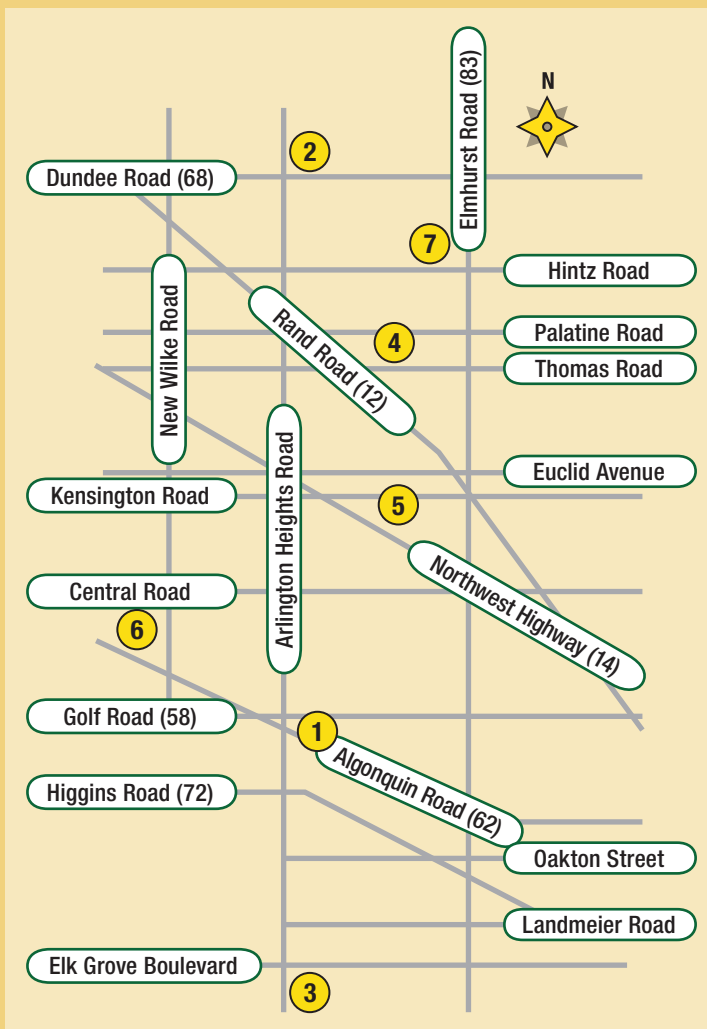
Community Engagement
Supervisor

Katie Campbell

Community Engagement
Supervisor

Campus Locations and Entrances

- 1 **Forest View Educational Center (FVEC)**
Community Education Main Office
2121 South Goebbert Road
Arlington Heights
- 2 **Buffalo Grove High School (BGHS)**
1100 West Dundee Road
Buffalo Grove
- 3 **Elk Grove High School (EGHS)**
500 Elk Grove Boulevard
Elk Grove Village
- 4 **John Hersey High School (JHHS)**
1900 East Thomas Street
Arlington Heights
- 5 **Prospect High School (PHS)**
801 West Kensington Road
Mount Prospect
- 6 **Rolling Meadows High School (RMHS)**
2901 West Central Road
Rolling Meadows
- 7 **Wheeling High School (WHS)**
900 South Elmhurst Road
Wheeling



Welcome!



Dear Community Members:

Welcome to District 214 Community Education's program guide for Spring of 2024. Every time a new program guide comes out, it occurs to me that the variety and quality of classes

and programs has never been better or broader – offering something of interest to people of all ages and interests throughout our community.

I also enjoy the ways in which the program guide allows us to spotlight just a few of the many wonderful people and programs throughout our schools. There are many such items in this issue, but I'll mention just a few - those that feature some of our amazing staff.

In this issue, you will meet Dr. Jessica Herrmann and Angela Ferrazza. Jessica is District 214's Director for Student Services; Angela is a Student Success Coach at John Hersey High School. Both were recently among only a few educators statewide to be honored for their work by the Illinois School Counselor Association.

You'll also read about Dr. Gregory Wallace, who teaches science, including nanotechnology, at Wheeling High School. Every year, the University of Chicago invites incoming freshmen to nominate – for its Outstanding Educator Awards - teachers who have made a difference in their lives. This year, a WHS graduate singled out Gregory Wallace.

Finally, you'll read about Cristina Bravo, a second-year Spanish teacher at John Hersey High School, who recently received – from the Illinois Council on the Teaching of Foreign Languages – the ICTFL Award for New Teachers of Foreign Languages, recognizing early-career educators who "show outstanding promise."

Four educators, four areas of expertise, all motivated by a common motivation to serve students – a commitment shared by hundreds of staff across the District and a commitment that truly sets District 214 apart.

Sincerely,

Alva J Kreutzer, President
Board of Education



Dear Community Members:

I have a concise answer when I'm asked who would benefit from and enjoy programs and classes offered by District 214 Community Education.

My response? Anyone. And everyone. Community Education carefully and consistently designs its programming to meet evolving community needs – and that covers a broad spectrum, from recreational to essential life planning.

Consider two instructor profiles in this program guide.

One features Mike Mleko, a pickleball student turned instructor. Talk about a boom sport. A decade ago, few people had heard of the game; now, it seems, everyone is either playing or learning. It is the fastest-growing participation sport in the United States, with 9 million people now hitting the courts. Community Education is in the thick of it, helping people learn and improve their game.

Consider our profile of Jacob Ehrensaft, an attorney specializing in estate planning who offers workshops through Community Education. Estate planning may not sound like as much fun as pickleball. It involves considering scenarios that some people would rather avoid. But Ehrensaft explains why it matters and why it is his professional focus. "My goal," he says, "is to help people plan ahead to get their ducks in a row so that they and their family can avoid problems."

Pickleball to estate planning. From fun and games to essential life planning to avoid problems. Community Education offers a little bit of everything in between. Music lessons. Knitting. Cooking classes. Language classes. Understanding Medicare. Podcasting. Cell phones and parenting. Travel. Family literacy. Citizenship test preparation.

Whatever the community's needs are, Community Education gauges those needs and offers assistance. We are there for community newcomers looking for ways to learn a new language or new job skills. We are there for youth learning a new sport or musical instrument, for parents searching for support and for retirees pursuing new hobbies and skills. We serve all generations.

Who can benefit? Anyone. Everyone. Please take a stroll through this guide, and we look forward to seeing you soon.

Patrick Mogge, Director
Community Engagement & Outreach

District 214 Education Foundation had success Teeing Up for 214!

District 214 staff along with community members, administrators, retirees, and friends - gathered on Thursday, September 21 for the 2023 Tee Up for 214, hosted by the District 214 Education Foundation.

A crowd of over 100 guests gathered, representing community members business partners, and District 214 staff, Board of Education members and administrators. Fun and competition were the themes of the evening as attendees laughed and chattered throughout the night in celebration of future possibilities for District 214 students. Proceeds from this event offer opportunities for student success, fuel innovative programs in the classroom and support lifelong learning District-wide, impacting thousands of lives across eight communities. Guests were also treated to raffle prizes, silent auction items, delicious treats from the Rolling Meadows Culinary Arts Students and wonderful volunteers from the John Hersey and the Rolling Meadows Girls Golf Teams.

This event would not have happened without the generous support of our sponsors of the evening! Support like this allows the Foundation to create success stories, build dreams and create a legacy of success for thousands of students. We can't wait until next year!

■ For more information about the District 214 Education Foundation, please visit <https://214foundation.org>.



Our Foundation exists to support students and their families through school and throughout life by strengthening education, fostering well-being and expanding opportunities. And that mission is more vital now than ever before. We are so grateful for the generous and ongoing support of District staff, community members, friends and partners as we work to fulfill that mission and help students achieve their dreams.

No matter your connection to our schools and our District - as a parent, an alum, a staff member or retiree, or simply a neighbor and friend - we invite you to consider a gift to the District 214 Education Foundation. Your support enables us to address the stories of real need that we hear every day. And it can make a powerful difference in the life of a young person in your community.

—Thank you.

■ For more information on how you can help the District 214 Education Foundation in its vital mission, please reach out to Executive Director Michael Happ at michael.happ@d214.org.

Foundation Scholarship Program continues to grow

Generous gifts from our community continue to help sustain and bolster the District 214 Education Foundation scholarship program. In 2023, more than \$100,000 in scholarships were awarded to students District-wide. This year, we welcome six new scholarships created with the help of new donors.

To learn more about the available scholarships, please visit <https://214foundation.org/scholarships>. Contributions into these funds are always welcome. If you are interested in contributing to an existing scholarship fund or starting a new one, please contact Brooke Snell at brooke.snell@d214.org.

The 2023-2024 scholarship application process will begin in mid-March, and winners will be announced in May. Please follow the Foundation social media and website for more details.



Our Incredible Programs

Launching marshmallows—and STEM careers for girls

A chance to design and build a catapult to fling marshmallows? What middle school student could resist that?

Certainly not the 30 girls who participated in each of two fall Miss Maker Workshops for middle school girls, organized and run by WildStang, District 214's long-standing and highly successful competition robotics team.

With STEM studies and professions still notoriously short of female representation, WildStang debuted Miss Maker a decade ago with two goals in mind: One, to generate science and engineering interest among middle school girls. Two, to increase representation of high school girls on WildStang teams.

"Fast forward 10 years, and 35 to 40 percent of the team is female," said WildStang program administrator Mark Koch, who works alongside head coach Nick Strzelecki throughout the year.

In keeping with that effort, high school student leaders for this year's Miss Maker Workshops are juniors Rani Patel and Zoe Kersbergen. For each workshop, Rani and Zoe led a team of about 25 WildStang high school students, who divided the 30 Miss Maker Workshop participants into groups of 10.

Each group of girls had a chance to participate in three activities:

- a programming activity in which students learned a software to enhance understanding of writing a computer program
- an electrical project that involved wiring, soldering and testing a buzzer
- a mechanical project in which students built a catapult to shoot marshmallows

For her part, Rani has found value in WildStang even though she does not plan to pursue a STEM career. She said students who invest the most effort derive the most benefit, and that coaches have rewarded her hard work with key roles, including a spot on this year's robot drive team. All of this, Rani said, has helped build confidence. "Before WildStang, I was a timid kid," she said. "This helped me find my voice."

Interested eighth-grade students can read more and apply for the 2024-25 WildStang team at http://www.wildstang.org/ws_wp/join-wildstang/.



PAC builds student skills from the ground up

When it comes to hands-on learning, it's hard to top the foundation-to-rooftop and everything-in-between experience that District 214 students gain through the Practical Architecture Construction (PAC) program.

Now in its 52nd year, PAC originated as a six-week summer program. Students learned construction concepts and applications through lab-based prefabrication projects. In the mid-80's, PAC shifted to a home construction program, in which students built a new single-family home every two years.

Today, the focus is on renovation, with students performing remarkable transformations of homes and garages. In the fall, this year's PAC students constructed a detached 2-vehicle garage.

As a starting point, professional contractors razed an old garage and poured a new foundation. Students and their instructors have taken it from there. They started with framing and then proceeded to installing house wrap and windows, setting roof trusses in place, adding plywood, attaching roofing shingles and finally cutting and installing siding.

All along the way, instructors guided students on the proper use of tools, measuring, following blueprints and - of course - safety protocols.

PAC welcomes all students regardless of previous experience. "We have one student who actually installs windows as a job; we have others who have never picked up a hammer before," noted program supervisor Chuck Jarasek.

"What's great about what happens here," added instructor Edward Suh, "is that we have experienced students helping out the beginners; it becomes a peer mentoring situation."

PAC projects inevitably produce skills and pride. Suh said, "Building this garage from the ground up really gave students excitement and motivates them to keep working and possibly pursue a career in the trades. At the end of the day, at the end of the week, they get to stand back and see what they built with their own hands."

Equally important, PAC prepares students for employment opportunities. Jarasek lauded Pella Windows as a program partner and said, "They're hiring; some of our students are in a pipeline straight to the workforce."



Discover: Our Incredible Programs

Spanish-language classes offer life-changing opportunities

Alba Jasbon's story (next column) is typical of the students working to earn their high school equivalency certificate in District 214's Spanish-language classes. They are usually adults who left their home countries for better opportunities and after working hard—sometimes several jobs at a time, and for many years—realized they wanted to get their high school diploma.

"They have come to the U.S. to work, to support their families here and back home," said Carinna Tello, who coordinates the Spanish high school equivalency program for District 214 Community Education. "They have been working for so long and so hard, and then they realize they want more opportunities. To do that, they want to get their high school equivalency."

The students' reasons then get more personal, Tello said. "Some of them want to help their children with their homework. Some want to go back to school themselves, to take classes or to earn certifications," she said. "Some already run their own small businesses—they are very successful, but still want to do more. But they all know they need to get their diploma first."

The Community Education program offers free classes to help students study for and pass the five tests required to earn their high school equivalency in Illinois. Classes are offered for 13-week sessions, two evenings a week. There is usually one larger class working with students on the language arts, social studies, science and U.S. Constitution tests. There also is a smaller class dedicated to the math test, which often is more challenging for some students.

In a typical semester, there are 30 to 40 students studying for the high school equivalency test in Spanish, Tello said. Each

student takes the tests when they are ready. Although some students complete all the tests in a single semester, others focus on taking one exam per semester. It takes students on average two years to get through all the tests, Tello said. The program often can provide vouchers to help with the costs of the testing as well.

Often students in the Spanish-language GED classes are simultaneously enrolled in other Community Education classes, working to improve their English skills or studying to become a U.S. citizen. One class often leads to another, Tello said.

"I have a citizenship class student who passed her high school equivalency two years ago and is now preparing to become a U.S. citizen," Tello said. "She said she was motivated after she earned her high school equivalency."

Earning diploma helps immigrant pursue her dreams

Alba Jasbon grew up in Colombia. At 17, she became pregnant with her first child—and gave birth to a second child shortly after the first. "I could not continue attending school due to the discomforts of pregnancy, caring for my children and my own lack of motivation," she said in telling her story. Initially, Alba and her children lived in her father's home. But when he was murdered in 1998, Alba found herself—a single mother in her early 20s—on the way to the U.S. in search of a new life and opportunities to support her family.

Over the past 24 years, Alba has worked hard—as a waitress, a painter, an Uber and Amazon delivery person, and currently as part of a high school custodial staff. She had a third child, who is now 21. "However, I felt trapped in a routine

of constant work, paying bills, and sending money back home, and I forgot about my own dreams and needs," she said. The trauma of the pandemic left her lonely and "feeling empty," she said. "I started looking for ways to fill my life with things that were important to me."

In 2023, Alba decided that one of those things was earning her high school equivalency. "I have continued to think about my dream of going back to school," she said. In January 2023, she enrolled in the Spanish-language high school equivalency classes of District 214's Adult Education program, and attended again during the fall session. "Although it is difficult, and sometimes I feel exhausted, I continue working hard since I do not have much more to lose, but everything to gain," she said.

In October 2023, Alba passed the required tests and earned her high school equivalency. "I am very proud of myself and consider this a small step towards my academic growth," she said. Her next step is to work on learning more English, and becoming more comfortable speaking English, in another set of Adult Education classes.

Alba's dream? "I'd like to travel everywhere," she said. "I'd like to meet people, and learn about cultures in other countries."



Keats Manufacturing: a partner in life-changing opportunities



The District 214 Center for Career Discovery partners with hundreds of businesses and organizations throughout the community to provide work-based learning experiences for students. At the January 25 District 214 Board of Education meeting, Keats Manufacturing was recognized for supporting District 214 and its students with opportunities to explore careers in manufacturing. Keats CEO Matt Eggemeyer was on the team that helped the District develop its manufacturing Career Pathway, and the Wheeling-based company has hosted many District students as interns and apprentices.

District 214 Board Vice President Millie Palmer and President Alva J Kreutzer thanked Eggemeyer and Keats Controller Eunice McConville for the company's long-standing partnership with the District and its students.

Learn more about how to become a D214 partner in these life-changing ways:



See how this partnership—and an apprenticeship at Keats—changed the personal and career trajectory of one District 214 student:



Our Excellent Staff

Staff members honored for supporting school counseling services

Congratulations to District 214 Director for Student Services, Dr. Jessica Herrmann, and John Hersey High School Student Success Coach Angela Ferrazza for earning Impact Awards from the Illinois School Counselor Association (ISCA).

The ISCA annually recognizes outstanding work in school counseling. Dr. Herrmann is one of only five individuals in Illinois to receive ISCA's School Administrator Award this year; Ms. Ferrazza is one of three individuals across the state to be honored with the Key Contributor Award.

Dr. Lázaro López, the District's Associate Superintendent for Teaching and Learning, said: "We are very proud of Dr. Herrmann's recognition by the Illinois School Counselor Association. Her leadership in support of our students and staff during a critical time of need—as demand for mental health services has grown exponentially—has been invaluable to our response to our community."

Dr. Herrmann said she is very honored to earn this recognition and grateful to her colleagues for the nomination. She added, "I feel so fortunate to work and learn alongside such passionate and thoughtful educators, and I am excited to continue working together to make a positive difference for our students and our community."

As a Student Success Coach, Ms. Ferrazza recruits and supports Hersey students in work-based learning opportunities. In this role, she helps students make connections and gain invaluable job skills while also addressing the employment needs of local businesses and industries.

Christopher Chiakulas, Post Secondary Counselor at Hersey, said, "Angela actively listens to students about what their interests and needs are, provides an empathetic ear to students who are struggling, and advocates fiercely to make sure our students are getting the maximum benefit out of their experience."

For her part, Ms. Ferrazza said she has the best job in the building: "Listening to students talk about career aspirations and playing a small role in their journey is a privilege."



Bravo! Hersey teacher recognized with award

Cristina Bravo, a second-year Spanish teacher at John Hersey High School, received the ICTFL Award for New Teachers of Foreign Languages from the Illinois Council on the Teaching of Foreign Languages.

Bravo received the award on November 17 at the Council's conference at Chicago's McCormick Place. It recognizes individuals who have recently joined the teaching profession and "show outstanding promise."

"As a first-generation student—not an immigrant but from an immigrant background—the award shows the hard work I've put into earning my degree," Bravo said. "I think it recognizes how passionate I am about teaching Spanish, and teaching students about other cultures."

Bravo was born in the U.S. but grew up in Mexico. At age 12 her family returned to the States, and she started learning English. When she was in high school, she said, "I knew I had a passion for languages." She began teaching at Hersey in 2022 after graduating from Northern Illinois University. She currently teaches Spanish 2 and Spanish 3 Honors for Heritage students—those who grew up in Spanish-speaking households or speaking some Spanish.

Last summer, Bravo spent five weeks in Salamanca, Spain, completing the first half of a two-part master's degree program. She will return for five more weeks in the summer of 2024 to complete the degree.



U of C names Wheeling H.S. teacher an 'Outstanding Educator'



The University of Chicago welcomes its new students not only for their record of high school achievement and potential for higher education success. They also welcome students with an understanding that many incoming freshmen are thankful for all the support they've received along the way.

Which is why U of C created its Outstanding Educator Award. According to the university's description, these teachers "...think carefully about their instruction. They share an infectious love for learning. They care about their students, both inside and outside the classroom. Outstanding educators go beyond everyday teaching and leave an impression that is carried over a lifetime."

For Wheeling High School graduate and University of Chicago freshman Christina Luna, these criteria fit Dr. Gregory Wallace, who has taught science, including innovative approaches to nanotechnology, at WHS for the past decade.

For Wheeling Principal Dr. Bradford Hubbard, this recognition comes as no surprise. "Dr. Wallace is an incredible educator," Dr. Hubbard said. "He is deeply committed to his craft and content area, spending countless hours at school to ensure that each lesson maximizes learning opportunities and outcomes for his students. Dr. Wallace creates an environment in his classroom that is caring, safe, nurturing and accessible for all learners."

Not surprisingly, Dr. Wallace wants to focus more on the student and Wheeling's learning environment than on his own role. "As a teacher, a big part of the job is convincing outstanding students that they can do outstanding things," he said. "Christina is an outstanding person. As privileged as I felt to be her teacher, I feel incredibly honored to have Christina express the impact I've had in encouraging her to keep reaching for more. This award is a symbol of the countless, meaningful connections that happen between teachers and students at WHS every day that give us all fuel for the journey to be our best."

Elevating Voices Speaker Series

The goal of Elevating Voices is to bring a series of speakers to our communities, with messages focused on racial equity and equipping allies for change. This series will be highlighting selected Heritage Months.

Elevating Voices is a series offered in partnership with High School District 214 Community Education, League of Women Voters of Arlington Heights, Mount Prospect and Buffalo Grove, Arlington Heights Memorial Library and Mount Prospect Public Library.

Please visit <https://bit.ly/ElevatingVoicesSeries> for upcoming events and additional information.



Elevating Voices is a series offered in partnership by:



Our Award-Winning Schools

Prospect H.S. earns prestigious Blue Ribbon School designation

Prospect High School was named a 2023 Blue Ribbon School by the U.S. Department of Education. The National Blue Ribbon Schools Program recognizes outstanding schools based on their students' overall academic high achievement—affirming the hard work of students, educators, administrators, families and communities.

Prospect was among 20 Illinois schools—and only four high schools—recognized as Blue Ribbon Schools in 2023.

"I think it speaks to the collective work of everyone in our building—our teaching staff, our support staff, our custodial staff—to make Prospect a really, really excellent place to work and learn," said Dr. Greg Minter, Prospect principal.

Dr. Minter, District 214 Superintendent Dr. Scott Rowe and Associate Principal Kara Kendrick traveled to Washington, D.C., to accept the Blue Ribbon Award.

Since 1982, the National Blue Ribbon Schools Program has worked to shine a spotlight on the best schools in the U.S., and to share those schools' best practices across the country.



To view the Prospect staff celebration, scan the QR code.



Fueled by student engagement, Wheeling H.S. named 'Democracy School'

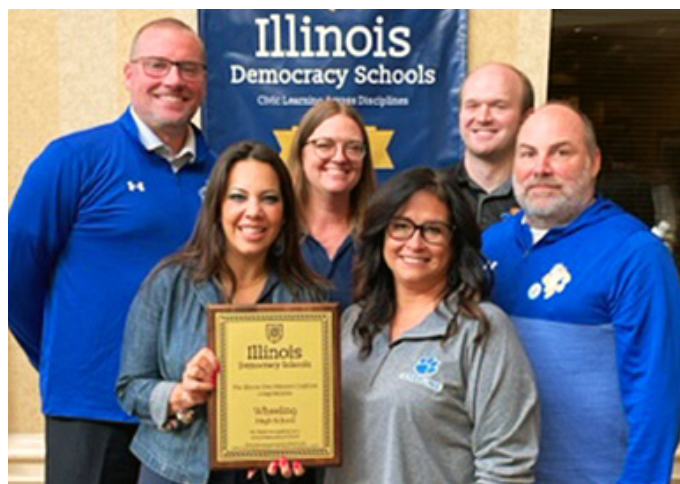
As a recently minted Illinois Democracy School, Wheeling High School displays a new plaque and banner. But for students and staff, the benefits of this newly earned designation extend well beyond any physical display.

For many students, the extensive and ongoing conversations and engagement that accompany Democracy School status may spell the difference between standing on the sidelines and stepping in to help shape important civic discussions and decisions—now and in the future.

In September, the Illinois Civics Hub welcomed Wheeling as one of five new Democracy schools statewide. Officially, the recognition is "for school-wide commitment to promoting civic learning by all students, focusing on fostering participatory citizenship and emphasizing the fundamental ideals and principles of our constitutional democracy relating to essential questions facing our republic."

Dr. Bradford Hubbard, now in his second year as Wheeling's principal, witnessed the transformative power of Democracy School participation when he was principal of Antioch High School. So when he arrived at Wheeling, he began asking around: Did his new school have a foundation on which to build an application for Democracy School status? The answer: yes!

Dr. Hubbard said Democracy Schools help their students become informed consumers of information. The emphasis on participation is key. "Regardless of whether they're talking about current or controversial topics, this emphasis gives our students the skills to state their beliefs and encourages the idea of open dialogue and hearing perspectives different from their own," he said. "One thing our staff does really well is operate with 'windows and mirrors,' allowing students to see themselves in our curriculum and giving students a glimpse into the experience of others—all while having discussions in a thoughtful and safe manner in classrooms."



Becoming part of the Democracy School Network also provides local and statewide learning opportunities for students and staff through conferences and summits.

Because Democracy Schools are not permitted to rest on their laurels, the work at Wheeling High School is only beginning. Since the program's inception nearly 20 years ago, only 90 of the state's more than 1,000 high schools have earned the designation. But schools must remain actively engaged to earn renewal. Dr. Hubbard and the committee are already at work, identifying opportunities for growth and developing goals to share with staff and students alike.

Our Amazing Students

Special Invitation for Specialized Schools

Special Olympic Athletes from Specialized Schools hung out with Bears tight end Cole Kmet at Halas Hall

The Chicago Bears organization extended an exclusive invitation to 10 Special Olympic athletes from District 214's Specialized Schools. The students enjoyed a once-in-a-lifetime opportunity to visit Halas Hall to meet Bears tight end Cole Kmet, a newly named ambassador for Special Olympics Illinois.

"Cole Kmet was just amazing," D214 Head Special Olympic Coach Nicole McCormick said. "He was answering every question, from anime to what he does off the field, to how he preps for the game...[he] was just really welcoming to having all our athletes there today."

The visit was a dream come true for the student-athletes in attendance. Special Olympic athlete and student Christian Rodriguez has always wanted to meet Bears players and tour the Halas Hall facility.

For another student-athlete, meeting Kmet was a realization of the physical size and fitness of an NFL player.

"He's like 6.5 inches taller than me," Special Olympic athlete and student Micah Johnson said. "He's like more bigger muscle [than me] by the way, so I do really respect him."

Overall, it was an exciting and successful trip for our Special Olympic athletes, who were very appreciative of the Bears and Kmet's generous invite.

"Thank you to the Chicago Bears and everything you guys have done for us!" Johnson said.



Elk Grove H.S. athletes up their game for volunteer effort

Elk Grove High School students stepped up during the season of giving - devoting a day to helping the Salvation Army pack holiday boxes of food for people in need.

Elk Grove varsity football coach Daniel O'Donnell learned about the volunteer opportunity from Bears Huddle, the Chicago Bears' community service program.

"One of my students, Michael Milovich, has been asking about community service opportunities, so right away he's the student I thought of," O'Donnell said. From there, O'Donnell and Milovich recruited a squad of student volunteers, who joined several Chicago Bears in packing food boxes for holiday delivery.

The Salvation Army Emergency Disaster Services created more than 12,000 Christmas meal boxes for distribution across northern Illinois. Setting up a human assembly line, volunteers filled the boxes with Christmas dinner trimmings: canned vegetables and fruit, stuffing, gravy, mashed potato mix, cake mix and more. A frozen turkey, chicken or ham was added before delivery.

"I think it's good for the soul ... helping out people who need it," said Milovich, who also was pleased by the scale of student response. "Originally, I thought this was going to just be a football thing, but I'm so happy that a lot of volunteers from almost every EG sport are here, contributing their time and efforts to help people in need, which I think is awesome."

O'Donnell concurred, saying, "To see them giving back and having so much fun and enjoying this opportunity, it warms my heart. To help put students in a position to give back, it really is special."



'Sensory-friendly' performance a first at BGHS

Buffalo Grove High School's theater program hosted its first-ever sensory-friendly play in late November. It was a rare opportunity for local families to bring children who are sensitive to loud noise and bright lights to a live theatrical performance.

"We have never done a sensory performance before but with a children's show, it was the perfect opportunity to bring our community together," said Lauren Stenzel, the BGHS English teacher who co-directed the performance. The goal, she said, was to create "a space that was safe and comfortable for families to bring their kids, and get some art and theater in their lives."

The crew left the auditorium lights on about halfway to be respectful of children who are nervous in the dark, simplified the stage lights and kept the sound at a level where nothing was startling. The team also made it clear to the audience that it was okay to move around, to come in and out of the theater—"whatever was comfortable for them, and whatever they needed," said Beth Wells, BGHS English teacher and co-director.

The school also made the special performance free. "To be able to give back to the community with a free show for the special-needs community was something that we've always wanted to do, and I'm glad we had the support from the school to do that," Stenzel said.



Pharmacy apprenticeship fills the bill for RMHS senior

When Isabella Ledesma was younger, she realized she wanted to go into pharmaceutical studies. "I had a passion for it," she said. "I told my counselor, who told me I should do an apprenticeship. I asked her what an apprenticeship was. When she explained it, I said, 'Let me sign up!'"

Ledesma, a member of the Rolling Meadows High School Class of 2024, started her apprenticeship at the Arlington Heights Walgreens pharmacy in June. She currently works three five-hour shifts per week as a pharmacy technician apprentice.

This marks the fifth year of the District's apprenticeship program, and it's the biggest cohort of students so far. Ledesma is one of more than 40 District 214 students who are apprentices in the current school year.

The District 214 Center for Career Discovery team matches interested students like Ledesma with opportunities for apprenticeships in 15 fields, from graphic arts to manufacturing and information technology. Apprentices are employed by local businesses and also by District 214. Students usually begin their apprenticeships in the summer, and then continue working through the following school year. They also gain high school and college credit through dual credit courses and often earn industry credentials and certifications in addition to a paycheck.

For Ledesma, the apprenticeship offers everything she was seeking: a chance to try out her chosen career field, on-the-job training, work experience to add to a resumé, mentorship—and a paycheck to boot. "It's been great because it's given me a chance to be on the job, get my foot in and see if I really want to do pharmacy as a career," she said.

As an apprentice, Ledesma said, she does everything a pharmacy tech does: she fills prescriptions, manages customers at the drive-through window, answers phone calls—puts orders into the system. "I like communicating with the people who come in," she said. "I love filling prescriptions; when I'm giving them the prescription I made, it makes me feel fulfilled. I hope it makes them feel better."

Walgreens pharmacy manager George Toben said Ledesma is the third District 214 apprentice he's worked with. "I try to give them a chance to do everything we do, with the oversight of our regular pharmacists. We get great students who are smart and problem solvers, and I think we give them a good background in the healthcare industry and a feel for how the system works," he said.

Ledesma said the experience has "solidified my choice of doing pharmacy." She plans to pursue her pharmacy degree after graduating from RMHS. "But this experience has also broadened my perspective,"



she said. "I thought there was only one type of pharmacy. But my experience has made me consider specializing in nuclear medicine." Nuclear pharmacists prepare and distribute materials used in a hospital's nuclear medicine operations, including certain imaging procedures and radiation tests and treatments.

"These apprenticeships are a really great program for students like me," she said.

DISCOVER:

D214 Community Education Travel

Offering dozens of trips every year, ranging from short half-day jaunts to local tourist hot spots, to exotic multi-week vacations to dream destinations across the world, CET is your partner in making memories of a lifetime. Travelers of all ages are welcome—from young couples and families to empty nesters and seniors—and you don't even have to live in the District 214 service area to travel with us!



EXTENDED TOURS

Call 847-718-7709 or
email cetravel@d214.org for more
information or to make a reservation.

Our Travelin' newsletter contains more detailed information on our 2024 summer, fall and holiday day trips along with information for our other extended tours. To receive your copy of Travelin' by mail, make sure you are on our mailing list! Email your name, address and phone number to: cetravel@d214.org or call us at 847-718-7709. If you get our voicemail, please leave that information including your email address.

Travelin'
NEWSLETTER

See our website for information on the first day to sign up for our upcoming day trips!

■ <https://www.ce.d214.org/cet>

2024 Summer and Autumn Tours

Pacific Northwest

■ **August 11-19, 2024**

Cool off this summer with a visit to America's Pacific Northwest, featuring Washington, Oregon and northern California. Mountain vistas, scenic river gorges, cascading waterfalls, giant redwood forests and the Pacific Ocean coastline await you on this magnificent trip. Visit Seattle, Portland and San Francisco. Highlights: Mt. St. Helens, Columbia River Gorge, Oregon Dunes National Recreation Area, Rogue River hydroplane jet boat ride, Sonoma Valley wine country, world-famous Avenue of the Giants (Redwoods), San Francisco's Fisherman's Wharf, the Golden Gate Bridge and more!

Agawa Canyon Fall Foliage Train in Canada

■ **September 16-20, 2024**

All aboard the Algoma Central Railway for the Agawa Canyon Train Excursion. View the Canadian wilderness of hills and ravines from the comfort of the train. Breakfast is served in the dining car and a box lunch is provided later during a two-hour stop at the majestic Agawa Canyon. This tour also features a visit to the "Bermuda of the North": Mackinac Island! A guided tour of the island from horse drawn carriages will provide a warm welcome to this historic, charming island. Savor the delicious Grand Luncheon Buffet at the elegant Grand Hotel. Enjoy a cruise through the Soo Locks. Then it's on to the Sleeping Bear Dunes National Lakeshore, estimated to be approximately 2000 years old. Marvel at the immense sand dunes along the sparkling waters of Lake Michigan. A ranger will point out the lakeshore's variety of landforms that support a diversity of plant and animal habitats. **NOTE:** Passport required.



2024 Summer and Autumn Tours (cont.)

Classic New England

■ September 22-30, 2024

Quaint little villages with white-steepled churches, colonial houses, village greens, rock fences and great American historic sites – this is the perfect getaway to Massachusetts, Vermont, New Hampshire and Maine. From scenic mountain drives to endless ocean views, the natural landscape of New England refreshes and inspires. A special feature is a 2-night stay at the beautiful Mt. Washington Hotel with its traditional porch offering stunning views of the White Mountains. Highlights: “The Sound of Music”’s Trapp Family Lodge of Stowe, Harraseeket Inn, Portland Headlight, Casco Bay Cruise, Billings Dairy Farm of Vermont, Shelburne Museum, Morse Maple Sugarworks, Lexington, Concord & Boston’s Freedom Trail. Join us on this amazing trip to the birthplace of American liberty.

Autumn in the Adirondacks

■ October 11-19, 2024

Come see the majesty of autumn in the Adirondack Mountains and the scenic Hudson River Valley of upstate New York. Marvel at stunning mountain vistas draped in autumn color in the Adirondacks. Be refreshed on two boat rides on the pristine waters of Lake Placid and Lake George. Highlights: Olympic sites in Lake Placid, Saratoga Springs Guided Tour, Culinary Institute of America, West Point Military Academy, Franklin Delano Roosevelt’s Hyde Park Home & Presidential Library, the Vanderbilt and Boscobel mansions, Broadway show and tour of New York City. Join us for the best of the Empire State of New York.



2024 Holiday Tours

Branson Christmas

■ November 14-18, 2024

Branson is America’s Music Showplace and is especially fun and festive during the holiday season. Highlights include Christmas shows, the Sight and Sound Theater, Showboat Branson Belle and more! This trip features a two-night stay at the Hilton located at the area’s Branson Landing Promenade – a festival marketplace complete with shops, eateries and a dazzling water, sound and light fountain show along scenic Lake Taneycomo. Also included: Ozark Mountain scenery and a ride to the top of the Gateway Arch in St. Louis.

Christmas in Newport, Boston & New York City

■ December 4-10, 2024

Celebrate Christmas like the Vanderbilts and Astors in tiny Newport, Rhode Island—a legendary haven for the rich and famous, with fabulous seaside estates, world-class yachting and breathtaking views on Atlantic Ocean Drive. The opulence of Newport’s Gilded Age mansions meets the sparkle and magic of Christmas during this festive season. Marvel at thousands of poinsettia plants, evergreens, trees, wreaths, fresh flowers and 19th century-style ornaments with dining tables set with period silver & china at the Breakers Mansion. This tour will also visit Boston’s historic Freedom Trail, Lexington, Concord and the Boston Pops Orchestra Holiday Concert. For the grand finale, arrive in New York City for a Broadway show and the Radio City Music Hall Christmas Spectacular starring the Rockettes! ‘Tis the season to be jolly!



Our Expert Instructors

See Mike's class listings on page 20.



Mleko racks up new career teaching pickleball

Mike Mleko has played a lot of racquet sports over the years. He was a college tennis player, an excellent squash player—and even taught tennis. And then like many Americans, he “found” pickleball a few years ago. “I liked pickleball a lot, it came naturally to me—and since I started, I’ve been consumed by it,” he said.

Given his background, it was perhaps no surprise that when Mleko began to play in District 214 Community Education's pickleball classes, he found himself offering pointers on strategy to fellow classmates. And when Community Education needed an additional instructor to meet the booming demand for pickleball classes, Mleko jumped on the opportunity.

Mleko began teaching beginner pickleball classes on Wednesday nights in September 2023, and will also be teaching on Monday nights in 2024. He's newly retired after 40 years as an accountant, and is eager to spend some of that extra free time on the court.

He and his wife have been playing in Community Education classes for several years, and are also in a pickleball league together.

What makes pickleball so addictive to so many people? “You get physical activity that's fun and not overly stressful on your body,” Mleko said. “But I really like the camaraderie and the people you meet. There's something about this pickleball culture. No matter where you go or play, you get to meet and know great people. I love it.”

See Jacob's class listing on page 26.



Jacob Ehrensaft had a passion for estate planning from the start of his legal career.

After majoring in English at the University of Illinois Chicago, Ehrensaft earned a law degree from DePaul University and now operates his own law firm. “I started doing estate planning at the beginning of my career, in my mid-20s, which is unusual for a lawyer at that time,” he said. He

said that interest reflects his personality. “I like trying to head things off, to be prepared,” he said. “And I like to help other people find ways to avoid risk.”

Now he shares that interest and knowledge in workshops for District 214 Community Education. His two-session “Wills, Trusts and Estate Planning” offers attendees an overview of those legal tools to prepare for the future, while also explaining the potential perils of probate and guardianship.

Who should be thinking about wills, trusts and power of attorney documents? Ehrensaft's answer: every adult.

It doesn't matter if a person is young or old, is single or has a family, has \$50,000 or \$10 million in assets.

“I tell people to come to a program like this after they turn 18,” he said, pointing out that seemingly simple things can be difficult without the correct paperwork. For instance, parents can't access an 18-year-old child's medical records or make healthcare decisions without the legal authority of a power of attorney designation.

Ehrensaft has been offering his workshops at District 214 Community Education for more than five years now, and also makes presentations at local public libraries and for other organizations.

“My goal is to help people plan ahead, to get their ducks in a row, so that they and their family can avoid problems in the event of death or disability,” Ehrensaft said. “Planning ahead allows them to appoint who they want to make financial and healthcare decisions for them, and decide who will and will not receive assets from their estate.”

DISCOVER:

Arts

Choose your medium!
Engage your creative
self and explore artistic
elements.



Dance

Line Dancing - Beginning

Line dancing is an excellent way to meet new people, get fun exercise and just have a great time! In this class, we'll cover a number of different well-known line dances based on country and pop songs. No prior experience required; singles and couples both welcome.

Instructor: Elena Soultanska

Location: FVEC

01104-01 | Ages 18+ | Mon | 5-6 p.m.

4/1-5/20 | 8 sessions | \$79

Line Dancing - Intermediate

In this intermediate level class, we'll build upon what we've already learned in the beginning Line Dancing class and take our skills to the next level. Open only to students who have already taken Line Dancing - Beginning. Singles and couples both welcome.

Instructor: Elena Soultanska

Location: FVEC

01106-01 | Ages 18+ | Mon | 6-7 p.m.

4/1-5/20 | 8 sessions | \$79

Latin Dance - Beginning

This class is for adults who are interested in learning Latin dance styles including salsa, merengue, bachata, cha-cha and rumba. Beginners as well as experienced dancers will benefit from this variety of Latin dance moves. Singles and couples are welcome.

Instructor: Elena Soultanska

Location: FVEC

01102-01 | Ages 18+ | Mon | 7-8 p.m.

4/1-5/20 | 8 sessions | \$79

Latin Dance - Intermediate

Bring your basic knowledge of social Latin dances such as salsa, merengue, bachata, cha-cha, and rumba, learned either in Latin Dance-Beginning or on your own. Participants will enjoy a variety of Latin dance moves, with the focus on footwork and partners work (leaders and followers), connection and turn technique. All this can be applied as social dancing with different partners. Singles and couples are welcome.

Instructor: Elena Soultanska

Location: FVEC

01108-01 | Ages 18+ | Mon | 8-9 p.m.

4/1-5/20 | 8 sessions | \$79

Ballroom & Latin Dancing

Be ready to dance at your next special occasion! This class covers the fox trot, waltz, jitterbug, cha-cha, polka, Latin dance and swing. Singles and couples are welcome.

Instructor: Cherie Uricek

Location: TBD

01101-01 | Ages 18+ | Tue | 6:30-8 p.m.

4/2-5/28 | 9 sessions | \$99

Discover: Arts

Music

Beginning Ukulele

The ukulele is quickly becoming one of the most popular string instruments. Join our beginner class and learn all the basics you need to start your musical journey! In this class, we will cover basic chords, strumming patterns and simple lead lines. You will learn how to read musical notation while applying these skills to learning well-known songs. No prior experience required. Students must provide their own ukuleles.

Instructor: Michael Plantan

Location: FVEC

01204-01 | Ages 18+ | Tue | 5-6 p.m.

4/2-5/28 | 9 sessions | \$119

Beginning Guitar

The guitar is one of the most versatile and popular instruments around, and our beginning guitar class is the perfect way to get started! In this introduction to guitar playing, we will cover basic chord shapes, strumming patterns and simple lead lines, and apply what we've learned to well-known songs. No prior experience is required. Students must provide their own instruments.

Instructor: Michael Plantan

Location: FVEC

01201-01 | Ages 18+ | Tue | 6-7 p.m.

4/2-5/28 | 9 sessions | \$119

Classic Rock Unplugged

Students will explore the acoustic side of the classic rock era, from Clapton and the Eagles to the Beatles and Rolling Stones. We'll learn chords, riffs and arrangements and jam together—forming our own unplugged ensemble. Students of all levels are welcome; basic chord knowledge recommended. Students must provide their own instruments.

Instructor: Michael Plantan

Location: FVEC

01202-01 | Ages 18+ | Tue | 7-8 p.m.

4/2-5/28 | 9 sessions | \$119

Fingerstyle Guitar

Did you ever want to learn how to play fingerstyle/classical guitar? In this class, you will learn the fundamentals of playing without a pick, exploring beginning classical/fingerstyle guitar pieces and learning how to apply this technique to your song repertoire. Students of all levels are welcome, with basic experience and chord knowledge recommended. Students must provide their own instruments.

Instructor: Michael Plantan

Location: FVEC

01203-01 | Ages 18+ | Tue | 8-9 p.m.

4/2-5/28 | 9 sessions | \$119

Arts & Crafts

Quilting

Quilting is creative, rewarding, relaxing and fun! Less experienced quilters will learn basic quilting patterns, fabric cutting and piecing and working with colors. Experienced quilters can work on current projects and share ideas, fun facts, methods and tips. Bring any unfinished projects or start a new one for yourself or as a gift. You will receive a list of basic quilting supplies and a simple beginning pattern at your first class. Class will be held in the Rolling Meadows High School sewing room.

Instructor: Mary Kuhn

Location: RMHS

01303-01 | Ages 18+ | Wed | 6:30-9 p.m.

4/3-5/8 | 6 sessions | \$69

Crochet & Knitting

The basics of crochet and knitting will be taught to beginners, while experienced artisans will receive advice and instruction to create projects of their choice. All beginners should bring a skein of 5-8 oz. light-colored worsted weight yarn (#4), a pair of small scissors, a pen and a three-ring binder to hold letter-size handouts. Crochet beginners, please bring an I-9 crochet hook; knitting beginners, bring short number 9 knitting needles. Experienced artisans may bring their own projects to work on.

Instructor: Zee Wang

Location: FVEC

01301-01 | Ages 18+ | Tue | 2-4:30 p.m.

4/2-5/28 | 9 sessions | \$89

Location: PHS

01301-02 | Ages 18+ | Tue | 6:30-9 p.m.

4/2-5/28 | 9 sessions | \$89

Drawing Simplified

Beginning artists will learn fundamental principles of line, shape, value and drawing accuracy and then move on to the expressive possibilities involved in composing a drawing. The class focuses on black and white drawing, primarily with pencil or charcoal. Bring a #2 pencil and several sheets of blank paper or a sketchbook to class.

Instructor: Scott Westgard

Location: PHS

01509-01 | Ages 18+ | Tue | 7-9 p.m.

4/16-5/14 | 5 sessions | \$79

Individual Music Lessons

Did you play a musical instrument in band back in high school and want to get back into it? Are you a recent retiree looking to finally start learning that instrument you've been dreaming about all your life? Is your elementary age child showing early interest in music? District 214 Community Education provides individual music lessons for our high school students during the school day, and now you can take advantage of our excellent private lesson instructors after school hours as well. To learn more about our Individual Music Lesson program or to register for a trial lesson, call us at (847) 718-7700 or email us at ce@d214.org.

DISCOVER:

Culinary

Travel the world through food, learning and tasting different cultures and mastering new dishes with hands-on, interactive demos and family classes.



Kolaczki Cookies

Everyone loves Kolaczki cookies, a traditional favorite Polish dessert! In this class, the instructor will share her special family recipe and traditions surrounding these delicious fruit and cheese-filled pastries that are light, buttery, flaky and melt in your mouth. This is a hands-on cooking class and all participants will leave with a batch of fresh cookies.

Instructor: Theresa Salgado

Location: RMHS

02118-01 | Ages 18+ | Thu | 7-9 p.m.

4/4 | 1 session | \$39

Sushi Making

Join us for a hands-on experience where you'll learn the art of making sushi. Discover the techniques behind rolling the perfect sushi and experiment with unique flavor combinations. Whether you're a beginner or experienced sushi lover, this class is perfect for anyone looking to expand their culinary skills. Don't miss out on this opportunity to impress your friends and family with your sushi making abilities!

Instructor: Jenica Paleracio

Location: RMHS

02151-01 | Ages 18+ | Thu | 6-8 p.m.

4/11 | 1 session | \$59



The Magic of Chickpeas - Gluten Free

We will learn about the vibrant flavors of India while we make different dishes with chickpeas. The high in fiber and protein dishes include Chickpea Salad and mouth-watering Masala Curry. We will also make basmati rice to complete the meal. This class also includes a complete pack of power vegetarian recipes for you.

Instructor: Shilpi Saxena

Location: RMHS

02156-01 | Ages 18+ | Thu | 5:30-7:30 p.m.

4/18 | 1 session | \$45

Mongolian Beef

Learn how to create the perfect balance of sweet and savory flavors that are the hallmark of Mongolian cuisine. You will be guided step-by-step, sharing tips and tricks for achieving the perfect texture and flavor profile. By the end of the class, you will have a delicious dish that you can recreate at home to impress your family and friends.

Instructor: Jenica Paleracio

Location: RMHS

02152-01 | Ages 18+ | Thu | 6-8 p.m.

4/25 | 1 session | \$59



Canning Basics

Explore the simple joy of water bath preservation. This hands-on program will teach refrigerator and water bath canned pickles with details and techniques, including canning safety and needed equipment. Participants go home with a jar of canned sweet pickles.

Instructor: Marcy Lautanen-Raleigh

Location: RMHS

02113-01 | Ages 18+ | Thu | 7-9 p.m.

5/2 | 1 session | \$39

Fresh Spring Rolls

If you're a fan of Vietnamese cuisine, you won't want to miss our Fresh Spring Rolls class! Join us for an immersive experience where you'll learn how to make these delicious and healthy rolls from scratch. You will be guided through the process of preparing the ingredients (shrimp and veggies), rolling the rice paper and adding the perfect combination of flavors and textures. You'll leave with new skills, a full belly and the confidence to make these crowd-pleasing appetizers at home.

Instructor: Jenica Paleracio

Location: RMHS

02153-01 | Ages 18+ | Thu | 6-8 p.m.

5/9 | 1 session | \$59



Making Herb Jelly

Learn the techniques and steps to making herb-infused jelly with locally available herbs and materials. Recipes, technical instructions and a jar of herb jelly will be provided.

Instructor: Marcy Lautanen-Raleigh

Location: RMHS

02131-01 | Ages 18+ | Thu | 7-9 p.m.

5/16 | 1 session | \$39



Strawberry Galette

Master a French recipe and learn how to make the flakiest crust for your galette. You'll learn how to make a pastry dough that's very versatile. You can use this dough for any classic pies, pastry cups or even hand pies. You'll also learn how to make the Strawberry Cheesecake filling for your galette.

Instructor: Jenica Paleracio

Location: RMHS

02154-01 | Ages 18+ | Thu | 6-8 p.m.

5/30 | 1 session | \$59



DISCOVER:

Fitness and Athletics

Maintain a healthy lifestyle and step up your game with a variety of group fitness and athletic classes, from the popular pickleball to yoga. Options available for all interests and experience levels.



Athletics

Pickleball

Pickleball is a court sport played with a wiffle ball, net and paddle. It's slower-paced than tennis and played on a smaller court (the size of a doubles badminton court) and it's lots of fun! Best of all, you don't have to be a great athlete to play well. Doubles play only; we will pair partners for competitive matches. Instructors reserve the right to move players to different class levels if necessary, based on each player's demonstrated ability. There will be some paddles available to use, or bring your own.

Beginners with Instruction

No experience required! This class is open only to beginners and will focus on learning the rules and skills necessary to play.

Instructor: Mike Mleko – *Read Mike's bio on page 16.*

Location: FVEC

03102-01 | Ages 18+ | Wed | 5:30-7 p.m.

4/3-5/1 | 5 sessions | \$49

03102-02 | Ages 18+ | Wed | 5:30-7 p.m.

5/8-5/29 | 4 sessions | \$39

Beginner/Intermediate

This class is open play style for beginner and intermediate level players. This class is perfect for players who know the basics, but are still new to the game. The instructor will be available to teach basic skills and rules as needed, as well as facilitate open play for more experienced players.

Instructor: Mike Mleko – *Read Mike's bio on page 16.*

Location: FVEC

03105-01 | Ages 18+ | Wed | 7:15-8:45 p.m.

4/3-5/1 | 5 sessions | \$49

03105-02 | Ages 18+ | Wed | 7:15-8:45 p.m.

5/8-5/29 | 4 sessions | \$39

Intermediate

This class is designed for players who already have knowledge of the game, understand the rules and have previously played pickleball.

The instructor will facilitate rotating players on the courts.

Instructor: Mike Mleko – *Read Mike's bio on page 16.*

Location: FVEC

03106-01 | Ages 18+ | Mon | 4:30-6:30 p.m.

4/1-5/20 | 8 sessions | \$79

03106-02 | Ages 18+ | Mon | 7-9 p.m.

4/1-5/20 | 8 sessions | \$79

Intermediate/Advanced

This is an independent play pickleball program for high-level intermediate and advanced players. Formal instruction is not included in independent play, but individualized attention is available from the instructor to players on an as-needed basis.

Instructor: Lynn Guercio

Location: FVEC

03103-01 | Ages 18+ | Tue | 6:30-8:30 p.m.

4/2-4/30 | 5 sessions | \$49

03103-03 | Ages 18+ | Tue | 6:30-8:30 p.m.

5/7-5/28 | 4 sessions | \$39

Instructor: Chris Van Grondelle

Location: BGHS

03103-02 | Ages 18+ | Sun | 9:30-11:30 a.m.

4/7-5/12 | 6 sessions | \$59

Due to the popularity of our pickleball classes, all refunds are subject to a \$10 administrative service fee.

Independent Pickleball Play - All Levels

This pickleball class is for all skill levels. Those who have no experience can join the instructor to learn the fastest-growing game around—and those with experience can play independently with others. Players will rotate during round robin play.

Instructor: Jeff Wayne

Location: FVEC

03107-01 | Ages 18+ | Wed | 3:45-5:15 p.m.

4/3-5/1 | 5 sessions | \$49

03107-02 | Ages 18+ | Wed | 3:45-5:15 p.m.

5/8-5/29 | 4 sessions | \$39

Badminton

This indoor class format is primarily open play with instruction available. Plastic shuttlecocks provided. Bring your own racket; loaner rackets are available if needed. Families are welcome; however students 17 years old and younger must have a parent/guardian also enrolled and participating with them.

Instructor: Chris Van Grondelle

Location: BGHS

03101-01 | Ages 18+ | Sun | 9:30-11:30 a.m.

4/7-5/12 | 6 sessions | \$59

Shotokan Karate for Teens and Adults

Shotokan Karate is a Japanese martial arts system developed as a means of strengthening the mind, body and spirit. Karate training is structured to provide all-around strength, coordination and agility for the body along with improving mental discipline and focus. Karate offers something for everyone, including physical fitness, self-defense, the excitement of sport and personal enrichment. No special equipment or abilities are required.

Instructor: Gary Koelbel

Location: FVEC

03104-01 | Ages 13+ | Wed | 6:30-8 p.m.

4/3-5/29 | 9 sessions | \$119

Fitness

Yoga

Yoga helps develop a deeper awareness of your inner self and promotes mental, emotional and physical well-being. You'll be guided through slow, precise poses accompanied by deep breathing to tone, strengthen, stretch and relax the body. Wear comfortable clothing and bring an exercise mat.

Instructor: Kathleen Tracy

Location: BGHS

03210-01 | Ages 18+ | Mon | 6-7:20 p.m.

4/1-5/20 | 8 sessions | \$99

Instructor: Kathleen Tracy

Location: FVEC

03210-02 | Ages 18+ | Tue | 4-5:20 p.m.

4/2-5/28 | 9 sessions | \$109

Instructor: Sandy Moore

Location: ONLINE

03210-03 | Ages 18+ | Wed | 9:30-10:45 a.m.

4/3-5/22 | 8 sessions | \$99

Instructor: Kathleen Tracy

Location: RMHS

03210-04 | Ages 18+ | Thu | 4-5:20 p.m.

4/4-5/30 | 9 sessions | \$109

03210-05 | Ages 18+ | Thu | 6-7:20 p.m.

4/4-5/30 | 9 sessions | \$109

Chair Yoga

Chair yoga is for those who would like to access the benefits of yoga without having to sit, kneel or lie on the floor. Participants may choose to remain seated in a chair for the entire class, or stand and use the chair for support. We will practice gentle, fluid movements to promote circulation, alignment, flexibility, balance, overall strength and deeper, smoother breathing. Positive mental effects include mind-body awareness, improved concentration and a sense of well-being. Use of light weights is optional.

Instructor: Sandy Moore

Location: ONLINE

03212-01 | Ages 18+ | Tue | 10-11 a.m.

4/2-5/21 | 8 sessions | \$99

Gentle Yoga

Enjoy the holistic benefits of engaging body, mind and breath. We will practice gentle, accessible movements accompanied by slow, deep breathing to tone, stretch and relax the body. Exercises are done standing, sitting and lying on the floor, but the use of chairs or alternative movements are suggested as needed. Each class concludes with guided relaxation.

Instructor: Sandy Moore

Location: ONLINE

03211-01 | Ages 18+ | Wed | 11:30 a.m.-12:35 p.m.

4/3-5/22 | 8 sessions | \$99



Discover: Fitness and Athletics

Belly Dance Fusion Fitness

Tone muscles and burn calories while moving your body to an eclectic mix of music! Drills and combos that are based on belly dancing and folk dancing will be featured along with the Tai Chi principles of grounding and balance. Classes are non-impact and self-paced, and all levels are welcome.

Instructor: Cat King, Sue Garcia Fitness

Location: FVEC

03202-01 | Ages 18+ | Thu | 6:30-7:25 p.m.

4/4-5/30 | 9 sessions | \$109

03202-02 | Ages 18+ | Sat | 9-9:55 a.m.

4/6-6/1 | 9 sessions | \$109

Deep Stretching

This class will focus on stretching the hip flexors, IT bands, hamstrings, shoulders, back, chest and legs for increased range of motion, flexibility, relaxation and relief of sciatica, back pain or injuries. Bring a mat to class.

Instructor: Vicki Gursoy, Sue Garcia Fitness

Location: FVEC

03203-01 | Ages 18+ | Mon | 7-7:55 p.m.

4/1-5/20 | 8 sessions | \$99

Location: ONLINE

03203-02 | Ages 18+ | Thu | 7:30-8:25 p.m.

4/4-5/30 | 9 sessions | \$109

Fitness Around the World

Fitness Around the World is a fun and easy-to-follow fitness class. Each class includes a warmup, balance work based on Tai Chi, folk dance steps for no-impact exercise and a cooldown with stretching. All of this while listening to fun and interesting music from around the globe. Class does not require a partner and is great for people of all fitness levels.

Instructor: Cat King, Sue Garcia Fitness

Location: FVEC

03213-01 | Ages 18+ | Tue | 6-6:55 p.m.

4/2-5/28 | 9 sessions | \$109

Pilates Barre Fusion

This hybrid workout class will include the fat-burning format of interval training, the muscle-shaping technique of isometrics and the long, lean look of Pilates. Your posture, flexibility, core muscle, balance and muscle tone will improve with each class. Bring a mat and one set of 3 to 5-pound weights to class.

Instructor: Vicki Gursoy, Sue Garcia Fitness

Location: FVEC

03204-01 | Ages 18+ | Mon | 6-6:55 p.m.

4/1-5/20 | 8 sessions | \$99

03204-02 | Ages 18+ | Sat | 10-10:55 a.m.

4/6-6/1 | 9 sessions | \$109



Small Group Personal Training

This class offers the benefits of working with a certified national trainer without the high cost. A trainer will take a small group through a personalized workout program. Each class will focus on cardio and strength interval training using free weights, weight machines, medicine balls, kettlebells and more. Join us for a high-calorie-burning, strength-building, personalized workout!

Instructor: Vicki Gursoy, Sue Garcia Fitness

Location: JHHS

03205-01 | Ages 18+ | Tue | 7-7:55 p.m.

4/2-4/30 | 5 sessions | \$99

03205-03 | Ages 18+ | Tue | 8-8:55 p.m.

4/2-4/30 | 5 sessions | \$99

03205-02 | Ages 18+ | Tue | 7-7:55 p.m.

5/7-5/28 | 4 sessions | \$79

03205-04 | Ages 18+ | Tue | 8-8:55 p.m.

5/7-5/28 | 4 sessions | \$79

Yogalates

Incorporating the principles of both Pilates and yoga, this course promotes harmony, strength, flexibility and balance for mind and body. Other benefits include loosening stiff joints, correcting poor posture, improving blood flow, strengthening your core and creating longer, leaner muscles. Open to all levels.

Instructor: Sue Labbe, Sue Garcia Fitness

Location: FVEC

03206-01 | Ages 18+ | Wed | 6:30-7:25 p.m.

4/3-5/29 | 9 sessions | \$109

Zumba Gold Toning

Zumba Gold Toning is a low-impact dance workout incorporating all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Bring a set of 1 to 2-pound hand weights (optional), water and a towel.

Instructor: Carolyn Alexander, Sue Garcia Fitness

Location: ONLINE

03208-01 | Ages 18+ | Tue | 8:30-9:25 a.m.

4/2-5/28 | 9 sessions | \$109

Location: ONLINE

03208-02 | Ages 18+ | Thu | 8:30-9:25 a.m.

4/4-5/30 | 9 sessions | \$109

DISCOVER:

Health and Wellness

Staying up-to-date on healthy lifestyle choices can support an active, fulfilling and happy life. We offer classes to nourish and enhance your wellness.

Tai Chi

Tai Chi (Taiji) is an ancient Chinese exercise with numerous health benefits. As a martial art, Tai Chi downplays brute strength and instead emphasizes learning motor skills and nurturing the body. The mindful movements promote stress relief and relaxation. Physically, this practice is a low-impact exercise that will foster balance, coordination and flexibility while exploring martial intentions.

■ Tai Chi - Beginning

Instructor: Eric Peden

Location: FVEC

04101-01 | Ages 18+ | Tue | 6:30-7:30 p.m.

4/2-5/28 | 9 sessions | \$79

■ Tai Chi - Intermediate

Instructor: Eric Peden

Location: FVEC

04102-01 | Ages 18+ | Tue | 7:30-8:30 p.m.

4/2-5/28 | 9 sessions | \$79

■ Tai Chi - Advanced

Instructor: Stefan Panzilius

Location: FVEC

04103-01 | Ages 18+ | Tue | 6:30-8 p.m.

4/2-5/28 | 9 sessions | \$99





DISCOVER:

Languages

Learn a language, develop your writing skills or open doors for career advancement by enrolling in one of our language classes.



Sign Language

Sign Language - Beginning

Learn the essentials of sign language, including the alphabet, numbers and basic vocabulary that will enable you to carry on simple conversations, understand paragraphs and accurately produce signs at a beginning level. Bring a three-ring binder with 10 dividers to class.

Instructor: Jill Kelly

Location: RMHS

05301-01 | Ages 18+ | Mon | 7-9 p.m.

4/1-6/10 | 10 sessions | \$109

Sign Language - Advanced

Continue your study of Sign Language in this continuation of the Intermediate class. Some new vocabulary will be introduced, but more so, use what you have learned already to participate in fun activities and games and even sign a children's book. The last class is off-site. Bring a three-ring binder and 10 dividers to class.

Instructor: Jill Kelly

Location: RMHS

05303-01 | Ages 18+ | Wed | 7-9 p.m.

4/3-6/5 | 10 sessions | \$109

Italian

Italian - Beginning

This course is an introduction to the Italian language, using only essential grammar for learning everyday Italian. By the end of the course the student will be able to introduce themselves and navigate around an Italian city, carry out a conversation in an airport or hotel setting, and ask for instructions. Purchase books online or call the CE office.

Instructor: Eriketa Icka

Location: RMHS

05201-01 | Ages 18+ | Mon | 7:30-9 p.m.

4/1-5/20 | 8 sessions | \$109

Italian - Intermediate

Take your learning to a whole new level by listening through authentic conversation and building upon what you already know. Bring the book from Italian-Beginning or purchase at registration online. Prior enrollment in Italian-Beginning or previous experience is required.

Instructor: Eriketa Icka

Location: RMHS

05202-01 | Ages 18+ | Thu | 7-9 p.m.

4/4-5/30 | 9 sessions | \$129

Polish

Polish - Beginning

Maybe your family heritage is Polish and you remember Polish being spoken when you were growing up but never really learned it. You may be going on a trip to Poland, or you just want to have some fun and learn basic Polish conversation. Then this is the class for you!

Instructor: Jolanta Sztafa

Location: PHS

05401-01 | Ages 18+ | Tue | 7-9 p.m.

4/2-5/28 | 9 sessions | \$129

Polish - Intermediate

This class is for those who have completed the Polish-Beginning class and wish to continue the adventure. Expand your knowledge and understanding of Polish while having fun during the journey. Bring the book from Polish-Beginning or purchase at registration online.

Instructor: Jolanta Sztafa

Location: RMHS

05401-01 | Ages 18+ | Thu | 7-9 p.m.

4/4-5/30 | 9 sessions | \$129

DISCOVER:

Personal Finance

Build a secure financial future based on your interests, needs and goals.



Stocks: The Nuts and Bolts

New!

Stocks may play a major role as investors try to reach their long-term financial goals. This presentation shares basic information to help investors evaluate how this type of investment may fit into an overall strategy.

Instructor: Christina Chervenak

Location: RMHS

07122-01 | Ages 18+ | Thu | 7-8 p.m.

4/18 | 1 session | \$15

Time Matters: A Women's Retirement Outlook Seminar

New!

This educational program shares perspectives on financial concerns facing women who are getting ready for or have recently transitioned to retirement. It discusses retirement income strategies, including perspectives around Social Security, withdrawal and reliance rates. It also addresses how to prepare for the unexpected, including market and inflation risks and the rising costs of healthcare and long-term care.

Instructor: Christina Chervenak

Location: RMHS

07124-01 | Ages 18+ | Thu | 7-8 p.m.

5/16 | 1 session | \$15

Pay Yourself First

New!

This budgeting and saving workshop will reinforce behaviors that will help individuals proactively set money aside for their long term or short term savings plan. Instructor: Joe Riederer

Location: TBD

07128-01 | Ages 18+ | Thu | 6-7 p.m.

4/11 | 1 session | \$15

Protecting Your Money and Identity

New!

Professionals from the banking industry will teach you how to keep your identity and finances safe and how to spot common fraud and scams. You will also learn what to do if you become a victim of identity theft.

Instructor: Joe Riederer

Location: RMHS

07129-01 | Ages 18+ | Thu | 6-7 p.m.

5/9 | 1 session | \$15

Discover: Personal Finance

First-Time Home Buyers

Tired of renting? This class offers assistance and insights into the process of home ownership. Learn all you need to know about buying your first home: getting familiar with contracts, closing costs, inspections, down payments, appraisals, interest rates and negotiations. Get familiar with Down Payment Assistance Programs and how to qualify.

Instructor: Michael Olach

Location: PHS

07300-01 | Ages 18+ | Tue | 6:30-8 p.m.

5/14 | 1 session | \$19

How to Sell Your Home for Top Dollar

How do you sell your house for top dollar in this market? Learn real estate sales and marketing strategies to assist you in successfully selling your property. Discussion will include market-driving trends, performing a market analysis, determining the value of your property, getting your home sale-ready, advertising and showing your home and handling an offer, including the basics of the required paperwork. You'll get insight on appraisals, home inspections and what to do—or not do—to get your home ready to sell.

Instructor: Michael Olach

Location: RMHS

07301-01 | Ages 18+ | Wed | 6:30-8 p.m.

5/1 | 1 session | \$19

How to Buy a Second Home or Retirement Property

Ready to spend some time on the beach or on the ski slopes? Learn the best way to purchase your second home or vacation property in this course. Discussion will include information to make owning your second/retirement home a reality. During the class, we will also go over minimum down payments, credit requirements, affordability and the underwriting criteria needed for your purchase. This is not a class on buying or renting a timeshare.

Instructor: Michael Olach

Location: PHS

07302-01 | Ages 18+ | Tue | 6:30-8 p.m.

5/28 | 1 session | \$19

Wills, Trusts and Estate Planning

Learn about wills, trusts, powers of attorney, probate and guardianship. Take the first step to create or update an appropriate plan. The first class covers probate and guardianship and the second class discusses powers of attorney, wills and trusts.

Instructor: Jacob Ehrensaft — *Read Jacob's bio on page 16.*

Location: FVEC

07108-01 | Ages 18+ | Sat | 11 a.m.-12:30 p.m.

5/4-5/11 | 2 sessions | \$25



Guide to Retirement

Whether you are 10 months or 10-plus years away from retirement, you need to be prepared for one of the biggest transitions of your life. In this class you will learn about different retirement savings accounts, how to maximize your savings, what your replacement ratio is and what role Social Security will play.

Instructor: John Daly

Location: PHS

07102-01 | Ages 18+ | Tues | 7-8:30 p.m.

4/23-4/30 | 2 sessions | \$25

Medicare Advantage and Drug Plan Information

This class will help you to understand the Medicare Advantage and Medicare Drug Plan enrollment periods, when to sign up and how the timing can affect your cost. Join us to learn more.

Instructor: Le Anh Blanchard

Location: TBD

07118-01 | Ages 18+ | Thu | 6-7 p.m.

4/11 | 1 session | \$0



DISCOVER:

Professional Development

Update your tech skills, expand your knowledge base and become workforce ready by enrolling in one of our technology or professional development programs today.



■ In today's fast-paced career marketplace, acquiring new professional skills and certifications has never been more important. Whether you're looking to switch careers, improve your technology skills or move up the ladder in your current industry, we have a solution for you.

Our wide range of affordable online classes allows you to improve your professional marketability while working from the convenience and comfort of your own home. We offer online coursework in the following categories:

- Art & Design
- Business
- Communications
- Construction & Trades
- Data Science
- Health & Fitness
- Hospitality
- Human Resources
- Information Technology
- K-12 Teacher Training
- Leadership
- Legal Studies
- Management
- Math & Science
- New Media Marketing
- Social Media for Business
- Training and Education
- Writing

To enroll in an online professional development course through one of our online course provider partners, visit the **Professional Development** page in the Adult Enrichment section of our website at ce.d214.org.

ce.d214.org > Adult Enrichment

★ Coming Soon! ★

The Senior Celebration is coming back!

District 214 Community Education is bringing back the popular Senior Celebration event for its 32nd year in 2024. The event is free to the community, and typically offers entertainment (games and music); food concessions; a variety of senior-focused vendors and other interactive demonstrations and activities.

Our staff is working hard to nail down the specifics, so stay tuned to our Community Education website for upcoming news about the date, time and specific program details.

Questions? Please email ce@d214.org or call our main office: 847-718-7700.



DISCOVER:

Special Interests

Pursue what you love or learn something new! Special interest programs include classes and workshops exploring hobbies, history, technology, gardening and more that enrich your life and expand your horizons.



Come Fly Indoors with Us

If you want to learn how to fly remote control (RC) airplanes, or if you are a seasoned veteran and want to hone your skills during the winter months, this is a class for you. Our “classroom” is the field house where we fly small to medium-sized electric RC planes in any weather. Most of our students are “repeat attenders” and have become good friends who enjoy sharing their knowledge with newcomers. So, if you are just starting out and need some help, or if you are looking for a comfortable place to fly during the unpredictable spring weather, join us for fun and fellowship.

Instructor: Warren Bjork

Location: FVEC

06110-01 | Ages 18+ | Mon | 3:30-5:45 p.m.

4/1-5/20 | 8 sessions | \$79

Old Time Radio Troupe

Learn to perform radio shows from the 1930s to 1960s – from Jack Benny to “The Shadow.” We use original scripts and sound effect methods to bring these classic shows back to life. There are small and large roles, as well as sound effects work to challenge inexperienced to well-seasoned students. In the last class, we will perform for a live audience at the Forest View Educational Center Theater.

Instructor: Steve Dillie

Location: PHS

06600-01 | Ages 18+ | Tue | 7-9 p.m.

4/2-5/28 | 9 sessions | \$79

Self-Defense Workshop

This workshop will help individuals learn how to recognize and react to dangerous situations. Strategies are discussed and practiced to develop awareness, along with the use of simple and effective self-defense techniques to deter and escape an attack.

Instructor: Gary Koelbel

Location: FVEC

06700-01 | Ages 18+ | Mon | 6:30-8:30 p.m.

TBD | 1 session | \$29

Becoming a Career Pathway Mentor - For Parents of College-Bound Students



In this course parents will learn to help their college-bound student plan and implement a successful and rewarding career and life journey. Families will create a plan that focuses on graduating from college on a specific timeline with a degree and a position in the student’s chosen career field. Parents attend the first two sessions, and parents and high school students together attend the second two sessions. The course will include two books by Dr. Mulligan, *My Career Mentor and Me* and *My Five Goal College Plan*.

Instructor: Dr. Mike Mulligan

Location: RMHS

06116-01 | Ages 16+ | Mon/Wed | 6-8:30 p.m.

4/15-4/24 | 4 sessions | \$119/family

Adult Students Returning to Complete Their Degrees

Did you start your college degree and then life got in the way and you never had the chance to finish? Now is your chance! We have a program designed specifically for adult students who have college credits and busy lives. Come learn more about how you can complete your bachelor's degree—all online. You may also be able to earn college credits from your work experience.

Instructor: Jackie Janesku

Location: ONLINE

06115-01 | Ages 18+ | Tue | 6-7 p.m.

4/23 | 1 session | \$0



Gardening & Floral

Ohara Ikebana - Introduction

Ikebana is the Japanese art of floral arrangement, which has been practiced for more than 600 years. Ikebana arrangements emphasize the natural shapes and graceful lines of the flowers, stems and leaves, while bringing together nature and humanity through shape, line and form.

This is a hands-on class where students learn the techniques, the rules and the philosophy of Ikebana by creating arrangements with flowers, leaves, branches and other materials found in the nature around us. This is an at-home class, and participants are responsible for purchasing or gathering their own flowers and materials. A list of required materials will be provided a few days prior to the class.

Instructor: E-Ling Lou

Location: ONLINE

06101-01 | Ages 18+ | Mon | 6-7 p.m.

4/29-5/20 | 4 sessions | \$49

Ohara Ikebana - Intermediate

This class builds on the fundamentals studied in Introduction to Ohara Ikebana. In this class, advanced styles such as Hana-Isho and Moribana will be covered. This is a hands-on class where students learn the techniques and philosophies of Ohara Ikebana. This is an at-home class, and participants are responsible for purchasing or gathering their own flowers and materials. A list of required materials will be provided a few days prior to the class.

Instructor: E-Ling Lou

Location: ONLINE

06102-01 | Ages 18+ | Mon | 7:30-9 p.m.

4/29-5/20 | 4 sessions | \$69

Power Vegetable Gardening

New!

Take part in the backyard gardening hobby that's growing in popularity, and experience the joy of harvesting power crops of healthy, delicious, sweet, crunchy vegetables! Mark Lyons, an experienced garden coach, will review the basic techniques of vegetable gardening. Everything from site selection, soil preparation, seed starting through fertilization, watering, pest control and harvesting will be covered. Both new and experienced gardeners will learn something they can use.

Instructor: Mark Lyons

Location: RMHS

06204-01 | Ages 18+ | Wed | 7-8:30 p.m.

4/3-4/17 | 3 sessions | \$49

Growing Terrific Tomatoes

New!

Nothing compares to the sweetness and flavor of a fresh, homegrown tomato! Mark Lyons, an experienced garden coach, will show you how to successfully grow this juicy, mouth-watering garden fruit in your own backyard or container garden.

Instructor: Mark Lyons

Location: PHS

06208-01 | Ages 18+ | Tue | 7-8:30 p.m.

5/7 | 1 session | \$19

Gardening for Pollinators

New!

A successful vegetable garden requires the actions of specific insects and animals to carry pollen from one plant to another. Without these pollinators, most of our fruit and vegetable crops would fail to produce. To help our garden crops produce bountiful harvests, we must encourage these pollinators to come into our gardens, and Mark Lyons, an experienced garden coach, will show you how.

Instructor: Mark Lyons

Location: RMHS

06209-01 | Ages 18+ | Wed | 7-8:30 p.m.

5/22 | 1 session | \$19

Unusual, Exotic & Medicinal Herbs

New!

Join us for a photo filled adventure through a variety of distinctly different herbs one can grow locally, use medicinally and enjoy in a garden landscape. We will include plant lists and some tea to sip while we chat.

Instructor: Marcy Lautanen-Raleigh

Location: RMHS

06205-01 | Ages 18+ | Wed | 7-9 p.m.

5/15 | 1 session | \$25

Plant Your Own Herb Garden

New!

Roll up those sleeves and get ready to play in some dirt! Plant your very own herb garden in class and watch your black thumb turn green. We'll plant your herb garden with a variety of herbs - basil, parsley, dill, oregano, thyme, rosemary, and chives - and teach you the skills you need to not only keep your herb garden alive, but to make it thrive all season. Let's get this garden party started! Fee includes all of the supplies needed for your very own herb garden.

Instructor: Nicole Jagielski

Location: RMHS

06210-01 | Ages 18+ | Wed | 7-8:30 p.m.

5/8 | 1 session | \$79

Technology

Instructor Nickie Welsh is helping adults utilize technology to improve their lives in a positive way. Technology training is simplified through these 60-minute online workshops. Look online for full class descriptions.

Social Media for Business

06902-01 | Ages 18+ | Tue | 12-1 p.m.
5/7 | 1 session | \$25

Grow Your Business with Instagram

06906-01 | Ages 18+ | Thu | 12-1 p.m.
5/9 | 1 session | \$25

Using Snapchat Safely in 2024

06904-01 | Ages 18+ | Tue | 12-1 p.m.
5/14 | 1 session | \$25

A Parent's Guide to TikTok

06905-01 | Ages 18+ | Thu | 12-1 p.m.
5/16 | 1 session | \$25

How to Use Uber for Transportation Independence

06907-01 | Ages 18+ | Tue | 12-1 p.m.
5/21 | 1 session | \$25

Cell Phones & Parenting - Oh My!

06908-01 | Ages 18+ | Thu | 12-1 p.m.
5/23 | 1 session | \$25

How to Create Your Own YouTube Channel

06909-01 | Ages 18+ | Tue | 12-1 p.m.
5/28 | 1 session | \$25

How to Present Social Media Analytics with Ease

06912-01 | Ages 18+ | Thu | 12-1 p.m.
5/30 | 1 session | \$25

Google Sheets for Awesome Beginners

06900-01 | Ages 18+ | Mon | 12-1 p.m.
6/3 | 1 session | \$25

My Kid Wants to be a YouTuber - Help!

06911-01 | Ages 18+ | Tue | 12-1 p.m.
6/4 | 1 session | \$25

Social Media for Business

Instagram

Using Snapchat Safely

Parent's Guide to TikTok

Uber for Transportation

Cell Phones & Parenting

Create Your Own YouTube Channel

How to Present Social Media Analytics

Google Sheets

My Kid Wants to be a YouTuber

DISCOVER:

Youth and Family

Learn new skills, develop self-confidence and discover the love of learning while having fun.



Core Aquatics Swim Team

The Core Aquatics Swim Team is a competitive swim team for young athletes ages 6-18. We believe in starting from the foundation and focusing on stroke proficiency while incorporating all aspects of racing. The team centers on maximizing efficiency as the foundation to competitive racing while building speed through technique precision. Swimming with Core Aquatics promotes teamwork, cultivates individual responsibility, and encourages personal goal achievement – all while encouraging a lifelong love of swimming.

Please note: All Core Aquatics Swim Team members must also be members of USA Swimming and pay the yearly membership fee.

Orange Squad

This is the first introduction to swim team and racing. Proper mechanics are required, with an emphasis on racing and competing. Open to graduates from our Swim Team Prep program, or swimmers who can demonstrate the ability to swim all four competitive strokes, as well as show confidence diving from the blocks. Primarily a 7 to 8-year-old age group. Choose to attend 3 of the 4 practices offered per week.

Blue Squad

The Blue Squad focuses on stroke technique and endurance as key aspects for developing all four competitive strokes. Open to former Core Aquatics Orange Squad members, or swimmers who can demonstrate an ability to legally swim all four competitive strokes for 50+ yards, including proper turns and diving off the blocks. Primarily a 9 to 10-year-old age group. Choose to attend 4 of the 5 practices offered per week.

Silver Squad

The Silver Squad features continued race training and development of advanced swim techniques for junior high-aged and advanced younger swimmers. Open to former Core Aquatics Blue Squad members, or swimmers who can demonstrate an ability to legally swim all four competitive strokes for 100+ yards, including proper turns and diving off the blocks. Must be able to swim 1000+ yards of freestyle nonstop. Primarily an 11 to 12-year-old age group. Choose to attend 4 of the 5 practices offered per week.

Navy Squad

The elite Navy Squad is for senior level and advanced swimmers training for success at the high school level and beyond. This level is based on invitation only from the Head Coach and requires additional commitment to training and dry land opportunities. Open to former Core Aquatics Silver members, or swimmers who have experience swimming on their high school varsity team. Must commit to 90% practice attendance per week, on-time arrival for all practices, and commitment to train at a high level for the duration of the season. Choose to attend 5 of the 6 practices offered per week.

All interested swimmers for Swim Team and Swim Team Prep who have not been a part of Core Aquatics previously will need to register for an evaluation. Your swimmer will work one on one with one of our coaches who will observe all four of their competitive strokes and competitive swim knowledge prior to placing them on a practice squad. Please visit core-aquatics.com for additional information.

Discovery Camps

D214 Discovery Camps Coming this summer!

District 214 Community Education is thrilled to announce our D214 Discovery Camps for the summer of 2024. We will be offering a robust variety of camps to keep them active and engaged. There's sure to be something for everyone this summer!

More information will become available soon. For up-to-date information about all of our Community Education programs, including our summer 2024 D214 Discovery Camps, please visit our website at ce.d214.org or call 847-718-7700.

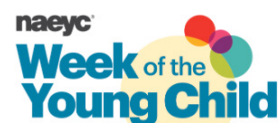
We are finalizing details of our summer Wheeling High School STEM camp. To check for updates, scan the QR code.



Week of the Young Child

A fun-filled week celebrating early learning, young children, families, and communities. The event includes food, activities, entertainment and a sing-along to end the day.

Designed for families with children up to age 4, the event is sponsored in partnership between High School District 214 Community Education and Arlington Heights School District 25 Early Childhood program, along with the Early Childhood Block Grant ECDEC FIND PI program.



**FVEC Fieldhouse
April 4, 2024
6-7:30 p.m.**

Cultural & Performing Arts

All performances are held in the Forest View Educational Center Theater.

Visit our website at ce.d214.org/events
for more information, performance dates and to reserve tickets.



**Arlington Heights
Community Concert Band**
April 21, 2024 • 3 p.m.



**Northwest Symphony
Orchestra**
April 28, 2024 • 3 p.m.



Arlington Jazz Exchange
April 14, 2024 • 3 p.m.
July 30, 2024 • 7 p.m.



Old Time Radio Troupe
May 28, 2024 • 7 p.m.



**The Theater Lab Presents:
"The Crucible"**
August 16, 2024 • 7:30 p.m.
August 17, 2024 • 3 p.m.
August 17, 2024 • 7:30 p.m.
August 18, 2024 • 3 p.m.

The Forest View Educational Center Theater
2121 S Goebbert Rd, Arlington Heights, IL 60005 • (847) 718-7700



Registration Information

How To Register

We have 4 easy ways to register!

1. **Online.** Visit our website at ce.d214.org and click the red 'Register Now' button in the top menu bar to visit our online registration center to register and pay online via credit, debit or ACH. Online registration is fast, easy and open 24 hours a day, 7 days a week!
2. **By phone.** Call our office at 847-718-7700 during regular business hours to register and pay via credit card by phone.
3. **In person.** Visit our office in the Forest View Educational Center (enter through door 30) during regular business hours to register and pay via credit card, cash or check.
4. **By mail.** Complete the form on the following page and mail it along with your payment by check or credit card to the address listed on the form.

Registration Policies

Please visit our website at ce.d214.org for complete registration information including all policies and procedures. Enrollment in any program through D214 Community Education indicates that you agree to all terms, conditions and policies pertaining to D214 Community Education Programs.

Contact Us

Community Education Office
2121 S. Goebbert Rd.
Arlington Heights, IL 60005

► Enter through door 30.

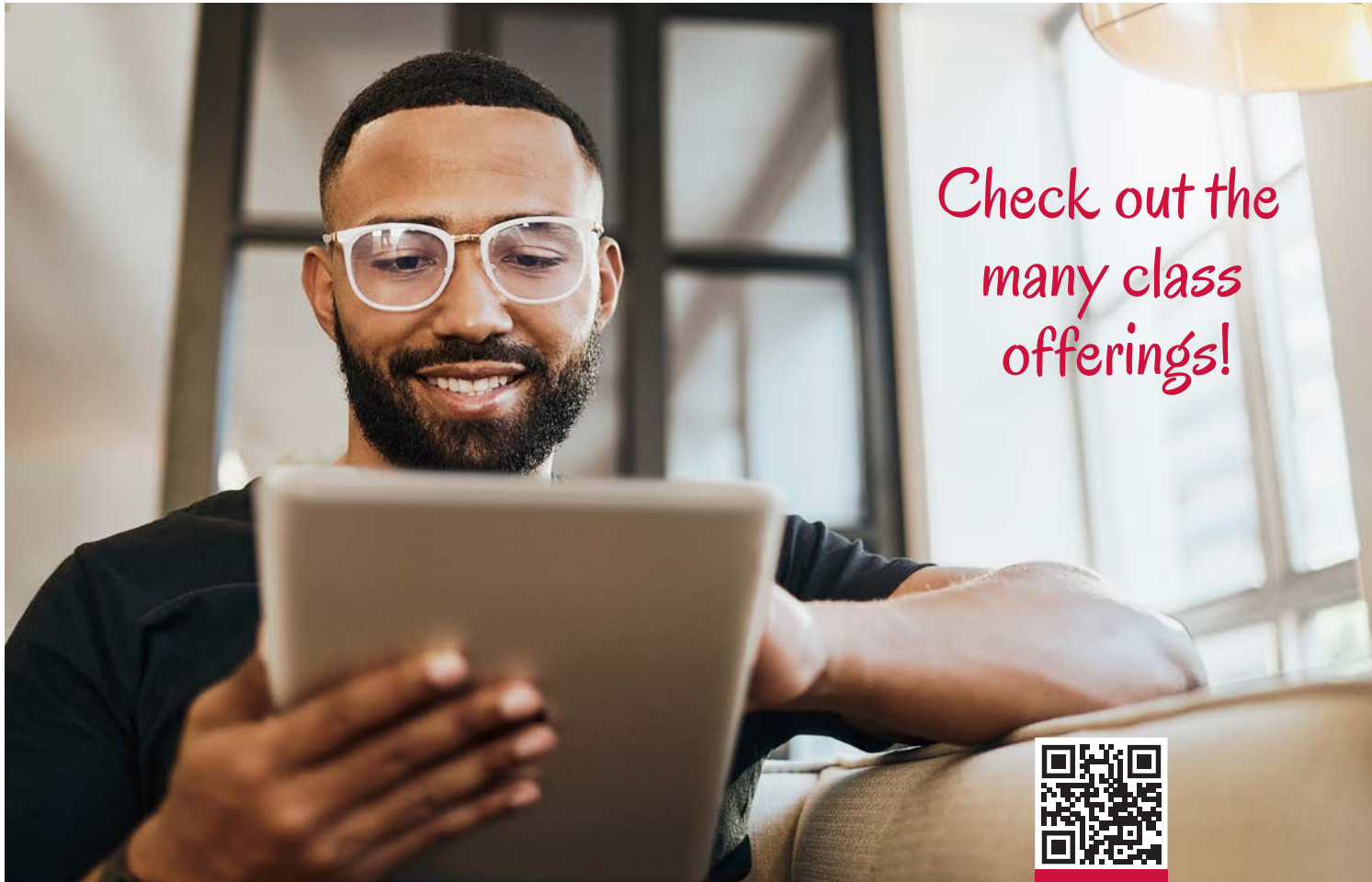
Phone: 847-718-7700

Email: ce@d214.org

Website: ce.d214.org

Office Hours:

Mon-Fri: 8 a.m.-4 p.m.



Check out the
many class
offerings!





High School District 214 Community Education

2121 South Goebbert Road
Arlington Heights, IL 60005

phone: 847-718-7700 ■ ce.d214.org

4 Ways to Register:

- online: ce.d214.org
- phone: 847-718-7700
- mail or 2121 South Goebbert Road
- walk-in | Arlington Heights, IL 60005

Registration Form

Participant Information

First Name: _____ Last Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Primary Phone: _____ Mobile (or other) Phone: _____

Email: _____

☐ Yes, add me to the District 214 Community Education email list.

Participant (First/Last Name)	Program Name	Program Number	Fee
			\$
			\$
			\$
I would like to donate to the District 214 Foundation 501(c)(3): <input type="checkbox"/> \$10 <input type="checkbox"/> \$20 <input type="checkbox"/> \$ _____			\$
Total Payment			\$

Payment Information

Method of Payment (check one): ☐ Cash ☐ Check (payable to District 214 Community Education) ☐ Credit Card



Credit Card (check one): ☐ Visa ☐ Mastercard ☐ Discover

Cardholder Name (Please print as it appears on card): _____

Cardholder Signature: _____

Card Number: _____

3 Digit Security Code (back of card): _____ Card Expiration Date: _____

Township High School District 214 and District 214 Community Education Waiver, Hold Harmless, and Indemnification Terms

I recognize and acknowledge that there are certain risks of physical injury or illness to participants in the course or courses identified on this registration form (the "Course"), and I voluntarily agree to assume the full risk of any and all injuries, illnesses, damages or loss, regardless of severity, that I or my minor child/ward sustain as a result of participation.

I release and discharge Township High School District 214, District 214 Community Education, including the Board of Education, its members, employees, agents and volunteers ("District 214 and District 214 Community Education") from any and all claims from injuries or illnesses, including death, damages or losses which I or my child/ward may have or which may accrue on account of participation in the Course. I further agree to indemnify, hold harmless and defend District 214 and District 214 Community Education from any and all claims resulting from injuries or illnesses, including death, damages and losses that I or my child/ward sustain arising out of, connected with or in any way associated with the activities of the course.

It is my express intent that this waiver and release shall bind the members of my family, spouse, heirs, assigns and personal representatives and shall be deemed as a release, waiver, discharge and covenant not to sue District 214 and District 214 Community Education.

In the event of an emergency, I authorize District 214 to secure from any licensed hospital, physician and/or medical personnel any treatment deemed necessary for my or my child/ward's immediate care and agree that I or my child/ward will be responsible for payment of any and all medical services rendered.

Exposure to infectious diseases (including but not limited to COVID-19, H1N1 Influenza, etc.) is an inherent risk in any public location where people are present; we cannot guarantee you will not be exposed during your class. The CDC advises that older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from Coronavirus. Adult Community Education participants and parents of participants under 18 years of age should evaluate their own risk in determining whether to attend classes and events. People who show no symptoms may be able to spread Coronavirus if they are infected, and any interaction with the general public poses an elevated risk of being exposed to Coronavirus. By participating in a D214 Community Education program, you acknowledge and agree that you assume these inherent risks associated with attendance.

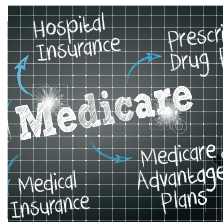
I have read and understand the registration form, including the warning of risk, assumption of risk and waiver and release of all claims.

If any term, covenant, condition or provision of this registration form is held by a court of competent jurisdiction to be invalid, void or unenforceable, the remainder of the provisions shall remain in full force and effect and shall in no way be affected, impaired, or invalidated.

Signature of Parent/Guardian/Participant 18+

(Must sign to process registration)

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**Register
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The cost of this program guide as well as the classes and programs we offer are funded through a combination of grants, donations and participant fees.