

Spring 2025 Schedule | ivcc.edu/enroll  

CONTINUING EDUCATION CENTER

*Juggling Priorities,
Inspiring Possibilities*

IVCC  100

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additional
information.



Igniting Growth and Collaboration

Meet Janelle Reeb

When Janelle Reeb steps into a classroom, something remarkable happens. Conversations ignite, curiosity grows, and individuals find themselves equipped to tackle workplace challenges with renewed confidence. This spring, Illinois Valley Community College is thrilled to highlight Janelle as an instructor in our Business Training and Continuing Education program.

A passionate Performance Consultant, Janelle brings a dynamic blend of experience, enthusiasm, and expertise to every session she leads. With over 20

years of experience in education and athletic coaching, Janelle knows how to energize teams and inspire individuals. Her background as a college athlete at Truman State University and her master's in educational leadership from Illinois State University have fueled her commitment to fostering collaboration and critical thinking.

Janelle's journey into workplace training began on the volleyball court, where she discovered the transformative power of trust-building and effective communication among her teams. "Building trust is foundational for teams to thrive," she shares. "The same principles that drive success in sports translate seamlessly to the workplace, enhancing productivity, retention and engagement."

This spring, Janelle will guide students through three impactful courses on **Essential Workplace Skills - Practicing Professionalism in the Workplace, Thinking Critically at Work, and Understanding Customer Service Essentials**. In addition, she'll introduce her **Team Building Series**, which includes *Building Trust, Embracing Change for Team Growth, and Inspiring Leadership*. Each session promises actionable insights, real-world tools, and the kind of hands-on learning that participants carry back to their teams with measurable results.

Janelle's favorite part of her work is facilitating discussions that spark growth and connection. "I love empowering frontline leaders with skills that inspire their teams and drive excellence," she says. "Every class is a new opportunity to learn, share, and grow together."

Beyond the classroom, Janelle is a wife to a dedicated fireman, a mom to two teenagers, and an avid explorer of National Parks. Whether she's skiing out west or presenting on workplace dynamics, Janelle's enthusiasm for life and learning is contagious.

During the Covid pandemic, Janelle revisited her long-standing skill of juggling, a talent she first developed while teaching a unit in PE and incorporating it into station work while coaching at Illinois Central College. Although juggling wasn't a new hobby for her, it became a meaningful way to connect with her brother during a time of isolation. They shared videos of their juggling challenges, experimenting with different items like balls, apples and even eggs. These exchanges fostered camaraderie, laughter and encouragement, turning a simple skill into a bonding experience filled with shared accomplishments.

This highlights the importance of embracing hobbies, whether new or old, and persevering through the inevitable failures that come with learning or refining a skill. Doing so not only builds resilience, but also cultivates trust and strengthens relationships, especially when approached as a team effort.

Are you ready to elevate your career or strengthen your team? Sign up for a class with Janelle this spring at Illinois Valley Community College - you won't just learn; you'll leave inspired.

Continuing and Professional Education

- 3 Essential Work Skills
- 4 Leadership, Team Building, Computers
- 5 Water Programs, Business
- 6 Career Training Programs
- 7-9 Financial Assistance, Healthcare Career Programs
- 9 Real Estate, Aviation, Nursing
- 10 Education, Food Service Sanitation

Community Education

- 11-12 Trips & Tours
- 12 Dance & Music
- 13-15 Mind, Body, Wellness
- 15-16 Culinary
- 17 Photography
- 18 Curling, Outdoor Education, Writing
- 19 Creative Arts
- 20 Dollars & Sense
- 21 Genealogy, Parenting, Test Prep
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ESSENTIAL WORK SKILLS

EWS ESSENTIAL WORKPLACE SKILLS

Professional Development for Frontline Workers

The following classes are eligible for the Non-Credit Workforce Training Initiative Grant. Call 815-224-0427 to register and receive a 50% discount.

Join our dynamic 3-hour workshops to master essential workplace skills through interactive activities, role-plays, and discussions. Leave equipped with actionable tools and personalized plans for immediate impact.



Jamie Stuart Taylor, LCSW is a dynamic, authentic and engaging Public Speaker, Leader and Mindset Master. With 20+ years in the

field of Psychology, Jamie has a true knack for encouraging, empowering and helping you step into your power. She and her husband, Austin, have 5 children and are always so proud to serve the Illinois Valley Community. Jamie has the privilege of speaking all over the United States when she is not working with both adults and youth as a Growth Coach or Facilitating Leadership Workshops and Retreats.



PRACTICING PROFESSIONALISM IN THE WORKPLACE

"Great course and instructor. I will be back for more sessions!"

A true professional is one who adds value to their organization. In this session, cross check your professionalism against best practices. Learn how to positively influence coworkers and customers, relate to diversity and adapt to various work environments. Understand how to use feedback to improve performance and be seen as a problem-solver. At the end of the session, you will have new tools that help you contribute to a healthy and positive workplace.

CEU: .3

Tue 8:30-11:30 AM	Feb 25	
1 Session	Janelle Reeb	
C-316, IVCC	Class ID: 19271	\$120

THINKING CRITICALLY AT WORK

"Instructor understands workplace dynamics. The EWS materials are useful, the instructor was personable and I enjoyed her interactive style."

Boost your value at work by being seen as an effective problem-solver. In this session, explore the skills and strategies behind critical thinking, what it is and how to show it. Practice the ability to adopt multiple perspectives, analyze different data and tackle complex issues collaboratively. Explore techniques for evaluating solutions and communicating them to key stakeholders. Walk away with confidence that you know how to generate improvements to benefit yourself, your team and the organization.

CEU: .3

Tue 8:30-11:30 AM	Apr 8	
1 Session	Janelle Reeb	
C-316, IVCC	Class ID: 19274	\$120

COMMUNICATING EFFECTIVELY

"Great class. Highly recommend!"

Communication drives workplace engagement. In this session, get more strategic about communication as a professional skill. Tune into your personal communication style and compare it to that of your peers, supervisors and customers. Learn how to customize your approach and get the best results. Understand what to get right in managing in-person, written and digital interactions to prevent conflict and promote productivity. Leave with new methods for connecting to others at work and contributing as a high-performing employee.

CEU: .3

Tue 8:30-11:30 AM	Mar 11	
1 Session	Jamie Stuart Taylor	
C-316, IVCC	Class ID: 19272	\$120

UNDERSTANDING CUSTOMER SERVICE ESSENTIALS

"Great session with information to take with me."

Inclusive and cross-generational workplaces are today's professional norm. In this session, assess your customer-centricity and learn how to maintain and improve trust. Expand communication skills, including use of technology, to serve internal and external customers equally well. Learn recovery steps that rebuild customer loyalty. Leave ready to provide professional customer-service excellence regardless of title or industry.

CEU: .3

Tue 8:30-11:30 AM	Apr 22	
1 Session	Janelle Reeb	
C-316, IVCC	Class ID: 19275	\$120

NAVIGATING CHALLENGES AND STRESSORS

"Great course! I wish it would have been all day or two sessions."

Stressors at work create opportunities to rethink our responses and habits. In this session, identify challenges in your professional life and what contributes to them. Adopt strategies such as a proactive mindset and what-if thinking to anticipate problems before they arise. Grow your emotional intelligence to improve encounters with peers, supervisors and customers. Explore how attending to your whole self affects your professionalism and career path. Leave with an action plan that promotes resilience in the face of workplace demands.

CEU: .3

Tue 8:30-11:30 AM	Mar 25	
1 Session	Jamie Stuart Taylor	
C-316, IVCC	Class ID: 19273	\$120

ADVANCING EQUITY, DIVERSITY AND INCLUSION

"Really enjoyed this opportunity to learn and network!"

Equity, diversity and inclusion are among today's most critical commitments for employers and employees alike. In this session, learn how top-ranked organizations put those commitments into action in order to do likewise. Explore how to approach and improve interactions with others, so they feel involved and respected. Walk away with a plan to address implicit bias and contribute to an inclusive, high-performing workplace.

CEU: .3

Tue 8:30-11:30 AM	May 6	
1 Session	Jamie Stuart Taylor	
C-316, IVCC	Class ID: 19276	\$120

LEADERSHIP AND TEAM BUILDING

Strengthen your team's cohesion by participating in these hands-on team building sessions. Each topic is designed to promote curiosity, continuous growth and collaboration through various group activities. Engaging in these sessions will help you create a synergetic work environment that will lead your team to success! Go to ivcc.edu/enroll to view class details.

NEW! BUILDING TRUST

Learn how to see things from other perspectives, how both nature and nurture influence our behavior and how our unique attributes help to achieve our team goals. We will look at different ways to build trust and what a leader's role is in trust building.

CEU: .3

Tue 12:30-3:30 PM	Feb 25	
1 Session	Janelle Reeb	
C-316, IVCC	Class ID: 19282	\$120

NEW! INSPIRING LEADERSHIP: BRINGING OUT THE BEST IN OUR TEAM

Explore how strong leadership can inspire collective success by aligning personal goals with team objectives. Through discussion and commitment, accountability and Emotional Intelligence (EI), participants will gain a deeper understanding of leadership styles and techniques that promote growth. CEU: .3

Tue 12:30-3:30 PM	Apr 8	
1 Session	Janelle Reeb	
C-316, IVCC	Class ID: 19283	\$120

NEW! EMBRACING CHANGE FOR TEAM GROWTH

Obtain the necessary tools and strategies to adapt to change adequately. You will become familiar with the Change Process, learn how to navigate through constant changes, reach an understanding as to why we react as we do to change in our lives and gain techniques on how to manage and assist your team in moving forward. CEU: .3

Tue 12:30-3:30 PM	Apr 22	
1 Session	Janelle Reeb	
C-316, IVCC	Class ID: 19284	\$120

COMPUTERS

Looking for a class in Microsoft Word, Excel, PowerPoint, website design, coding or other computer topics? We have many online class options available. Visit ivcc.edu/enroll for a full listing or contact an IVCC program specialist (815) 224-0427.

NEW! HARNESSING THE POWER OF AI: PRACTICAL APPLICATIONS FOR ADULTS

Explore the transformative potential of artificial intelligence with Brian Pichman in this engaging session designed to empower you with one of the latest tools. Brian will demystify AI, showcasing its practical applications across various fields. Discover how AI can be a powerful tool in your arsenal, from enhancing business operations to improving daily life. Learn about the latest AI technologies, how to implement them, and the ethical considerations involved. This talk is perfect for anyone looking to understand and leverage AI for personal or professional growth. You will learn how to utilize AI to create an outline, write a letter, take meeting notes and organize them, and how you can also use AI for fun such as creating a vacation itinerary. This class will meet in a computer lab so that you can have hands-on practice and experience working with artificial intelligence.

Mon 5-7 PM	Feb 24	
1 Session	Brian Pichman	
CTC-119, IVCC	Class ID: 19653	\$49

COMPUTER BASICS & INTERNET SAFETY

This beginner-friendly class is designed to teach you the fundamentals of using a computer safely and effectively. Through hands-on instruction, you'll learn essential skills such as powering on and logging in, typing basics, navigating desktop applications, browsing the internet, and understanding email basics. You'll also gain valuable tips on staying safe online, including how to identify and avoid scams. By the end of the class, you'll have practical experience and a foundational understanding of Windows 11, personal computers, and safe Internet practices. The instructor will guide the class at a comfortable pace to ensure everyone has a thorough understanding of each concept. **Email accounts are optional for the class, but students may log in to their own during the email instruction portion. Please bring your login details, as the instructor will not assist with account recovery during class. For help accessing and/or creating an email beforehand, contact Lexis Buckley at (815) 224-0490.**

Friday 11 AM-2 PM	Mar 21-Apr 11	
4 Sessions	Lexis Buckley	
Rm 112, Ottawa Center	Class ID: 19641	\$149

CERTIFICATE IN QUICKBOOKS

\$395 | Self-Paced | Online 24/7

Master QuickBooks Online, the leading accounting platform for small businesses. This program offers a comprehensive understanding of both foundational and advanced features, with a free trial of the software included to enhance your learning experience. Upon completion, you'll earn a professional certificate from the Learning Resources Network (LERN). Start at your convenience! **Grant funding is available to support 50% of the tuition for this certificate, subject to funding availability. Contact (815) 224-0427.**

Start Date: February 3	Class ID: 19545
Start Date: April 7	Class ID: 19546



WATER PROGRAMS



IVCC, in partnership with Black Hawk College, will be offering Drinking Water and Wastewater courses to help prepare for the operators' state exam and Illinois EPA certification. These courses will be presented online live, via Zoom, and can also be attended to fulfill Renewable Training Hour (RTH) requirements. For more information go to ivcc.edu/waterclasses.

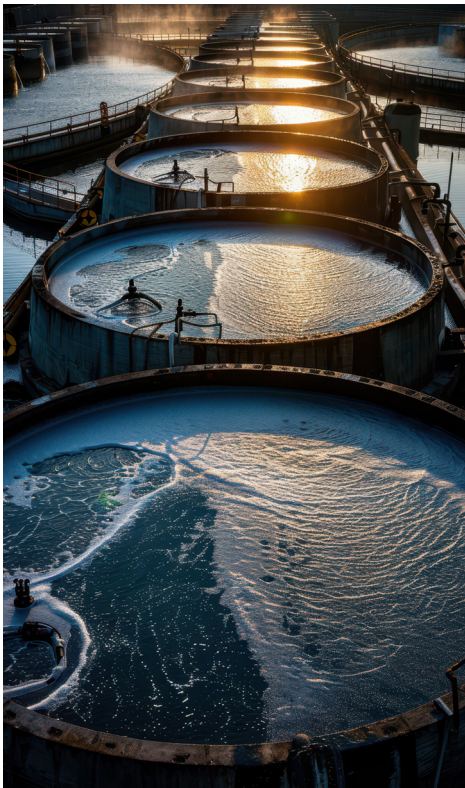
Beginning Drinking Water Class C & D (No Class: Feb 17)

Mon 6-9 PM Feb 3-Apr 21
Class ID: 19277 \$575

Advanced Drinking Water Class A & B
Tue 6-9 PM Feb 4-Apr 22
Class ID: 19278 \$590

Beginning Wastewater Class 3 & 4
Tue 6-9 PM Feb 4-Apr 15
Class ID: 19279 \$595

Advanced Wastewater Class 1 & 2
Thu 6-9 PM Feb 6-Apr 17
Class ID: 19280 \$595



BUSINESS

SEXUAL HARASSMENT PREVENTION

This 30-minute online course meets the standards and guidelines for sexual harassment training that is required for all employers in the state of Illinois. Topics include sexual harassment laws, responsibilities of employers, protections for employees regarding sexual harassment in the workplace and information needed if seeking to file a report. **A link to the online course will be provided in your registration confirmation email and you will be given 30 days to complete. A certificate of completion will be issued upon successful completion of the online content and quiz. [1 CE]**

Online Class ID: 19281 \$20
1 Session Annie Monyok

BUSINESS LUNCH & LEARN

Don't miss this opportunity to learn from an industry expert and strengthen your business's defenses. This program is being partially funded by the Non-Credit Workforce Initiative Training Grant and lunch will be provided.



Meet Brian Pichman, aka the Cyber Security Superhero!

By day, he helps communities and businesses stay safe from cyber criminals. As the Chief Information Security Officer for IVCC, he ensures that the campus stays safe from attacks inside and out. But by night, he dons his cape and takes to the skies to fight the bad guys with his trusty keyboard and mouse. When he's not battling cyber villains, Brian loves to teach others how to be safe online and protect their digital identities. Join his class and learn how to protect yourself and your business from the dark side of the web!

NEW! Cybersecurity for Business Owners: Protecting Against Malicious Actors

Join Brian Pichman, IVCC's Chief Information Security Officer (CISO), for an engaging session on cybersecurity, specifically tailored for business owners. Over lunch, Brian will delve into the critical importance of safeguarding your business from malicious actors. Discover the latest threats in the digital landscape and gain practical strategies to protect your sensitive data, secure your network and prevent cyber-attacks. This informative session will equip you with valuable knowledge on implementing robust security measures and creating a cyber-resilient business environment. This program is being partially funded by the Non-Credit Workforce Initiative Training Grant and lunch will be provided. Pichman was recently featured in a national television interview with CBS News highlighting the importance of securing your digital assets. He is regularly scheduled at speaking engagements across the country in addition to international events.

Mon 12-1:30 PM Mar 10
1 Session Brian Pichman
CTC-124, IVCC Class ID: 19654 \$19



CAREER TRAINING PROGRAMS

Illinois Valley Community College, offers a variety of online, open-enrollment programs designed to equip individuals with the essential skills needed for professional-level positions in high-demand fields, with opportunities to earn industry-recognized certifications.

Empower Your Future with Career-Ready Training!

Areas of Study:

- Arts and Design
- Business
- Computer Science/Applications
- Construction and Trades
- Health and Fitness
- Hospitality
- Information Technology
- Language
- Legal
- Teacher Professional Development
- Writing

GRANT FUNDING AVAILABLE

IVCC's Continuing Education Center is currently offering Career Training and Certificate programs for individuals seeking to enhance their skills. These programs may qualify for the Non-Credit Workforce Training Initiative Grant, which provides a 50% discount. This offer is subject to the availability of funds. Please contact us for more information!

GRANT APPROVED CERTIFICATION PROGRAMS

The following programs have been pre-approved for financial assistance. *Tuition includes applicable exam voucher(s) and all required textbook(s) and/or eBook(s). Refunds cannot be issued once the program curriculum is accessed online or confirmed through the submission of material shipment confirmation.

PROJECT MANAGEMENT

250 Hours | 12 Months | \$2,575

This comprehensive program is designed for individuals looking to deepen their understanding and practical application of project management concepts. It develops essential skills for modern project practitioners and prepares participants for the CAPM® or PMP® certifications.

HUMAN RESOURCES MANAGER

510 Hours | 12 Months | \$3,695

Whether you aim to launch a career in human resources, start your own business, or pursue an MBA, the Human Resources Manager series equips you with the essential knowledge to effectively manage and lead teams. By the end of the course, you will also gain the skills needed to prepare for the Professional in Human Resources (PHR) certification exam.

LEAN SIX SIGMA

Program hours, duration, and costs vary by program.

Gain a solid foundation in Lean principles and methodologies to enhance organizational efficiency and effectiveness. Our Lean Six programs prepare you for Yellow, Green, or Black Belt certifications, equipping you with the tools to streamline processes, reduce waste, and drive continuous improvement.

CERTIFIED SUPPLY CHAIN PROFESSIONAL (CSCP)

120 Hours | 6 Months | \$2,295

This online course prepares you for the CSCP certification, covering all aspects of supply chain management. Learn strategies for risk management, cost reduction, and improving efficiency to enhance your career and pass the CSCP exam by the Association for Supply Chain Management (ASCM).

CERTIFICATE IN DATA ANALYSIS

48 Hours | Self-Paced Online | Starts Feb 3 | \$495

Earn a professional certificate from the Learning Resources Network (LERN) while learning data analysis skills to identify trends, make decisions, and communicate results effectively. This self-paced, online program includes three one-month courses.

CERTIFICATE IN MASTERING EXCEL

48 Hours | Self-Paced Online | Starts Feb 3 | \$495

Earn a professional certificate from the Learning Resources Network (LERN) while mastering essential Excel skills. Begin at any time and learn to create, edit, and manage spreadsheets, organize and analyze data, and visually represent information effectively. This self-paced, online program includes three one-month courses to enhance your business efficiency and confidence.

CERTIFICATE IN POWER BI

48 Hours | Self-Paced Online | Starts Feb 3 | \$495

Develop expertise in Microsoft Power BI and learn to create interactive reports, streamline data, and build Data Models with DAX. Enhance your data analysis skills to visualize performance and make confident, informed decisions. This program includes the opportunity to earn a professional certificate from the Learning Resources Network (LERN.)

CERTIFICATE IN QUICKBOOKS

32 Hours | Self-Paced Online | Starts Feb 3 | \$495

Master QuickBooks Online, the leading accounting platform for small businesses. This program offers a comprehensive understanding of both foundational and advanced features, with a free trial of the software included to enhance your learning experience. Upon completion, you'll earn a professional certificate from the Learning Resources Network (LERN).



**ILLINOIS VALLEY
COMMUNITY COLLEGE**

Continuing Education

Additional Career Training Courses Available: For a full list of our Career Training Programs visit careertraining.ed2go.com/ivcc or scan the QR code.

SCAN THE QR CODE
TO VIEW THE FULL LIST



IVCC has financial assistance opportunities for eligible students within approved programs!

1. **The Pipeline for the Advancement of the Healthcare Workforce (PATH)** for individuals seeking to enhance their skills in existing healthcare professions or embark on a new career in the field! Learn more about the PATH grant ivcc.edu/path.

For more information, please contact:
lexis_buckley@ivcc.edu, (815) 224-0490

2. **Business Employment Skills Team, Inc. (BEST)** is a non-profit agency that administers federally funded programs such as Workforce Innovation & Opportunity Act (WIOA). Visit best-inc.org to learn more.
Approved Programs Include: Medical Billing & Coding, Pharmacy Technician

For more information, please contact:
info@best-inc.org or (815) 224-0375

3. **Military Spouse Career Advancement Account (MyCAA)** provides up to \$4,000 in financial assistance to eligible military spouses for the pursuit or maintenance of a license, certification, or associate degree necessary to gain employment in an occupation or career field. Visit mycaa.militaryonesource.mil/mycaa/ Select 'SEARCH FOR PROGRAMS & SCHOOLS' and type in Illinois Valley Community College to see approved programs

4. **The Noncredit Workforce Training Grant** strengthens the pipeline of skilled workers within business, manufacturing, and health-care. The Illinois Community College Board has provided grant funds for incumbent workers, career changers and individuals looking to upgrade their skills. Eligible students will receive a 50% discount on workforce related classes.

For more information, please contact:
continuingeducation@ivcc.edu or
(815) 224-0427.

PLEASE NOTE: Financial assistance is not guaranteed and is dependent on eligibility, availability of funds and varying application requirements.

HEALTHCARE CAREER PROGRAMS

In-Demand Accelerated Healthcare Career Training Programs
The following programs are eligible for PATH funding assistance. Call Lexis Buckley (815) 224-0490 for more information or assistance with registration!

*Tuition includes applicable exam voucher(s) and all required textbook(s) and/or eBook(s). Refunds cannot be issued once the program curriculum is accessed online or confirmed through the submission of material shipment confirmation.



SURGICAL TECHNICIAN

In Person; Limited Seats
[72 Hours | 24 Sessions]

Our Surgical Technician program is designed to prepare students for certification. In this hands-on program, students will learn about the role of surgical technicians in operating rooms and surgical teams, covering anatomy, physiology, and medical conditions. Students will study infection control, manage surgical tools and medications for various procedures, and prepare patients pre-, during, and post-surgery. Students will also learn to set up surgical environments, assist in procedures, and comply with

ethical and legal standards, all while effectively communicating and caring for diverse patient needs.

Upon successful completion of the program, students will be eligible to sit for certification exam(s):

- American Allied Health National Certification and Registration Surgical Technician Online National Certification (americanalliedhealth.com)
- National Center for Competency Testing (NCCT) Surgical Technologist (ncctinc.com) - CURRENTLY PENDING APPROVAL

This program is eligible for the Noncredit Workforce Training Grant

Students are eligible for 50% off tuition. Call Lexis Buckley at (815) 224-0490 for grant eligibility information.

Dates: February 11-May 8, 2025

Days: Tuesday & Thursday Evenings

Time: 6-9 PM

Location: IVCC Oglesby Campus

Tuition: ~~\$1600~~ Reduced \$800

No Class: Mar 11, 13

MEDICAL BILLING AND CODING

[370 Hours | 12 Months]

Prepare for a rewarding career in Medical Billing and Coding with our comprehensive course. Gain expertise in legal, ethical, and regulatory concepts essential to the field, including HIPAA compliance and coding guidelines. Explore the entire revenue cycle, from patient registration to reimbursement, and learn medical terminology for effective communication in healthcare.

With over one million physicians relying on professionals in this role, opportunities abound in medical facilities, insurance companies, pharmacies, and more. This high-demand field opens doors to diverse career paths, and our course equips you with the knowledge needed for success.

Upon completion, you will receive a Certificate of Completion from Illinois Valley Community College and choose a voucher for a professional certification aligned with your interests and goals:

- **Certified Professional Coder (CPC) exam by AAPC**
- **Certified Coding Associate (CCA) exam by AHIMA**
- **Certified Billing and Coding Specialist (CBCS) exam by NHA**

Online Self-Paced Tuition: \$2,995

PHARMACY TECHNICIAN

[400 Hours | 12 Months]

This online course provides a comprehensive curriculum designed to prepare aspiring pharmacy technicians for a successful career in the field. Through a combination of didactic and hands-on training, students will develop the skills necessary to assist pharmacists in the packing and distribution of medication. The course covers essential topics such as medical and pharmaceutical terminology, basic anatomy relevant to pharmacology, and pharmaceutical calculations.

As part of the course, participants will engage in online lab modules, offering hands-on practice in various retail pharmacy procedures. This practical experience encompasses processing prescriptions, handling physician orders, and filling mock prescriptions. Additionally, the course delves into the ethical aspects of pharmacy practice, offering education on prescription medications, patient care, and interaction, along with insights into charges and reimbursement processes.

Upon course completion, students will be prepared to sit for certification (an exam voucher is included in the total cost of tuition):

- **Pharmacy Technician Certification Exam (PTCE) offered by the Pharmacy Technician Certification Board (PTCB).**

Online Self-Paced Tuition: \$2,995

CERTIFIED EKG TECHNICIAN

[170 Hours | 12 Months]

In this comprehensive Electrocardiography (EKG) technician course, you will delve into key areas, including cardiac anatomy, physiology, and infection control. The curriculum also covers proper machine protocols and maintenance, equipping you with essential skills for operating EKG machines. Additionally, you'll learn the intricacies of electrocardiography interpretation and effective communication in various clinical scenarios.

Upon course completion, students will be prepared to sit for certification (an exam voucher is included in the total cost of tuition):

- **Certified EKG Technician (CET), provided by the National Healthcareer Association (NHA).**

Online Self-Paced Tuition: \$1,995

STERILE PROCESSING TECHNICIAN

[190 Hours | 12 Months]

Sterile Processing Technicians (SPT) play a critical role in preventing infection by sterilizing, cleaning, processing, assembling, storing, and distributing medical supplies. This online sterile processing technician certification course will train you to work as an SPT and prepares you for the **Certified Registered Central Service Technician (CRCST) certification offered by the Healthcare Sterile Processing Association (HSPA)**. This course includes a voucher which is prepaid access to sit for the certification exam upon eligibility.

With the support of an instructor, you will learn all the necessary steps required to perform the duties and tasks of an SPT, as well as the details and expectations within the concepts of the role and gain proficiency in understanding the step-by-step requirements of the sterilization process.

Online Self-Paced Tuition: \$2,795

PATIENT CARE TECHNICIAN

[325 Hours | 12 Months]

Patient Care Technicians are crucial healthcare professionals who play a vital role in assisting medical staff in providing care to patients. With the occupation demand at an all-time high, after successfully completing this patient care technician program and certification exam, you can become a technician primarily focused on direct patient care and support within a hospital, clinic, long-term care facility, or home health care.

This course will provide you with comprehensive, all-inclusive training, to assist you in pursuing a

new career as a patient care technician and includes a pre-paid voucher to sit for one of the following certification exams:

- **Certified Patient Care Technician/Assistant (CPCT/A) certification exam through the National Healthcareer Association (NHA)**
- **Patient Care Technician (PCTC) certification exam through American Medical Certification Association (AMCA), upon eligibility.**

**Training and certification requirements for patient care technicians vary by state, healthcare setting, and employer. Students are responsible for determining the training and certification requirements of employers in the states in which they wish to work.*

Online Self-Paced Tuition: \$2,795

CERTIFIED MEDICAL ADMINISTRATIVE ASSISTANT

[160 Hours | 6 Months]

Our CMAA course is tailored to provide you with the skills needed for a dynamic role as an administrative medical assistant, a versatile and invaluable member of the healthcare team. patient flow within an office to ensure operational efficiency, increased revenue, and a positive patient experience.

This online certification course specifically focuses on preparing you for a position where you'll collaborate with medical providers, taking on crucial administrative duties including welcoming patients, and visitors, scheduling appointments, gathering demographic information, looking at patient's insurance eligibility, collecting copayments, facilitating communication through both phone and patient portals and more!

Upon completion, you will be prepared for the **Certified Medical Administrative Assistant (CMAA) national certification exam offered by the National Healthcareer Association (NHA)**. An exam voucher is included with the cost of tuition.

Online Self-Paced Tuition: \$1,895

REAL ESTATE

REAL ESTATE BROKER PRE-LICENSE

Call (815) 224-0447 to enroll in REA-1200-300.

This course provides students with instruction in real estate fundamentals. Students are required to attend all sessions which include introduction to the license law and real property, basics of agency, seller and buyer relationships and counseling, local, state and federal laws, brokerage, property management, leases, independent contractor and employee status, financing, contracts and title records and transactions. This course is appropriate and required for anyone interested in obtaining a broker license in Illinois and fulfills the 75-hour education requirement for obtaining an Illinois Real Estate Broker license. Credit Hours: 6.

To obtain an Illinois real estate license, you must be at least 18 years old, have a Social Security Number or Individual Taxpayer Identification Number, and have a high school diploma or G.E.D. certificate. If you have any disabilities that require special accommodations, please identify those special needs. Textbooks are required and are available for purchase online at ivccbookstore.com

Scholarships and GI Bill Tuition Reimbursement for Veterans may be available through the Illinois Realtors Association. Visit www.illinoisrealtors.org for more information.

Please note: This class is a credit course. Enrollment must be completed through the IVCC Registration Department by calling (815) 224-0447 or online at ivcc.edu. Please reference course number: REA-1200-300.

Tue 6-10 PM	Jan 14-May 6	
Sat 8:30 AM-5 PM	Mar 29 & May 3	
18 Sessions	Carol Wlodarchak	
E-213, IVCC	REA-1200-300	\$895

AVIATION

PRIVATE PILOT GROUND TRAINING

Interested in learning how to fly? This course is designed to prepare you for the Private Pilot Knowledge Exam. At the end of this course series, you will understand operations of the flight controls and instruments, airport and airspace considerations, aircraft weight and balance, aircraft performance tables, basic weather meteorology, federal aviation regulations, flight psychology, and emergency preparedness. A session of the course will be held at the Illinois Valley Regional Airport where students will tour the airport and complete a hands-on experience in an airplane flight simulator. **Students ages 15 & up are eligible to participate.**

After successful completion of this course, students will be eligible to take the F.A.A. Private Pilot Knowledge Exam (additional fee for the F.A.A. Exam).

The following materials (approximate \$120 value) are included in the cost of the class: Pilot's Handbook of Aeronautical Knowledge, Private Pilot TEST Prep Book, FAA FAR/AIM, VFR Plotter and a Flight Computer.

Flying or airtime is not included in this class. Please contact the Illinois Valley Regional Airport for this information.

Tue 6-9 PM	Feb 4-Apr 29	
Sat 1-4 PM	Mar 1	
Illinois Valley Regional Airport		
No class Feb 25, Mar 11		
12 Sessions	Joseph Nimee	
E-324 IVCC	Class ID: 18269	\$359

NURSING

C.N.A. TRAIN THE TRAINER ONLINE

This course will consist of 5 weeks of online instruction. Students will spend time completing readings, discussion postings and assignments. 50 contact hours are earned. Basic computer skills which will be helpful include: creating, saving and retrieving word documents, attaching documents, communicating via email, copying and pasting within documents and web addresses in the internet browser, and, exploring the internet.

The instructor will contact students by email a few days prior to the start of class with a link to the online class and instructions on how to get started. The e-mail is sent directly from Canvas, the learning management system used for class.

This course is being conducted in compliance with Illinois Department of Public Health (IDPH) regulations in accordance with Illinois Administrative Code Section 395.160 Instructor Requirements.

NOTE: Instructor requirements (section 395.160) have changed effective February 20, 2020 - affecting nurses with nursing degrees of BSN and higher. Check these requirements before registering for this course! To view the requirements, click on the following link: ilga.gov/commission/jcar/admin-code/077/077003950A01600R.html.

NOTE: Direct questions pertaining to these requirements and RN's eligibility to IDPH Training & Technical Section, Randy Carey-Walden at dph.bnatp@illinois.gov. Required textbook: DeYoung, S. (2015). Teaching Strategies for Nurse Educators (3rd). Pearson Education, Inc.: Upper Saddle River, N.J. ISBN: 978-0133565232. This textbook must be purchased prior to the start of class, and can be purchased online through the IVCC Bookstore at ivccbookstore.com.

Registration Deadline is: February 5
Online Course: Feb 10-Mar 14
5 weeks Barbara Meinke
Class ID: 18324 \$500

EDUCATION TEACHERS PARAPROFESSIONALS COUNSELORS SOCIAL WORKERS SCHOOL SUPPORT STAFF

The following classes are eligible for the Non-Credit Workforce Training Initiative Grant. Call 815-224-0427 to register and receive a 50% discount.

NEW! UNDERSTANDING AND SUPPORTING AUTISM SPECTRUM DISORDER

This class is designed for anyone seeking an understanding of autism spectrum disorder (ASD) and effective strategies for supporting youth on the spectrum. This class will equip you with evidence-based practices and practical tools to positively impact the lives of children on the Autism Spectrum. Led by Mallory Ploch, Executive Director of the Special Education Cooperative, this is a great opportunity for educators and paraprofessionals to dive deeper into the evidence-based practices commonly used in classrooms. Please bring a laptop or tablet as interactive technology will be accessed. Need to borrow a computer? No problem. Just let us know at the time of registration. [6 PD/CE]

Thu 5-7 PM
3 Sessions
CTC-125, IVCC

Mar 20-Apr 3
Mallory Ploch
Class ID: 19676

\$129



NEW! EMPOWERED EDUCATORS SERIES

The Empowered Educators Series or EES as we like to call it, is a series designed for ALL Educators! Influencing and impacting our youth is a powerful and at times, can be a challenging task. This series is designed to cover what we think are some of the most important topics when serving our youth in a role of Leadership! Jamie Stuart Taylor, LCSW will highlight and deliver very tangible and useful content for individuals to implement within their education environments. Jamie has a true knack for educating, supporting and normalizing the way we approach even the most challenging of students. You are guaranteed to leave this three-part series feeling both equipped and empowered. [6 PD]

Feb 24: Understanding "the Why, the What" Behind Behavior at All Ages.

Mar 3: OK, So Now What? Supporting Ourselves and Our Children with Emotional Regulation.

Mar 10: What's Next? Putting the Pieces Together "for Them and for Me"

Mon 4-6 PM
3 Sessions
C-325, IVCC

Feb 24-Mar 10
Jamie Stuart Taylor
Class ID: 19675

\$199

EARN PD HOURS ONLINE

Earn ISBE PD hours online in our self-paced classes. Over 100 courses are available to help you meet your professional development requirements and support your work in the classroom. Visit ed2go.com/ivcc for a full listing of topics. Clock hours vary by course.

Featured classes

AI FOR STUDENTS: ENSURING APPROPRIATE & EFFECTIVE USE

3 Months | Online Self-Paced | 1 PD | \$44
This course will provide an overview of the benefits and limitations of allowing students access to artificial intelligence (AI) in the classroom, covering the tools that can be used for enhancing student achievement while addressing issues like academic dishonesty.

AI FOR TEACHERS: INCREASE PRODUCTIVITY & IMPROVE INSTRUCTION

3 Months | Online Self-Paced | 1 PD | \$44
Learn about the benefits of using AI for education with this training, which covers six AI tools that can be utilized for lesson planning, assessment, differentiation and communication with students and parents. Improve your instruction and streamline your planning.

DESIGNING A QUALITY SUB FOLDER

3 Months | Online Self-Paced | 1 PD | \$44
Create a robust substitute teacher folder for effective lesson delivery during your absence, with a checklist tool to ensure that all the important components of your substitute folder are available.

DESIGNING IEP GOALS

3 Months | Online Self-Paced | 1 PD | \$44
Design effective IEP (Individualized Education Plan) goals for your students with special needs. The course covers key components of effective IEP goals and provides insights into implementing these ideas in your classroom.

In-Person Class / In-Person Exam

FOOD SERVICE SANITATION

Food Service Sanitation is designed to assist the manager or potential manager applying sanitation principles in the operation of a food service establishment. The Illinois code related to food service establishments will be discussed. Students will take the ServSafe Protection Food Manager Certification exam in class at the end of the course. **This class is required in Illinois for Certified Food Protection Manager Certification (CFPM)** and is an ANSI certified course accepted by the Illinois Department of Public Health (IDPH). Upon successful completion of the exam with a passing grade, students will attain the ServSafe CFPM. Licenses are valid for five years.

Don't Forget Your Textbooks!

Required: ServSafe Manager, 7th Edition, revised. Textbooks are available for purchase online and at the IVCC Bookstore. Students should plan to purchase the book and begin review prior to class due to the fast-paced nature of the class. Purchase your textbook at ivccbookstore.com. Purchases will be delivered to your home address.

Take it at the IVCC Ottawa Center
[321 W. Main Street, Ottawa]

8 Hour Food Sanitation
Tue/Thu 5-7:30 PM
4 Sessions
Rm 104
Ottawa Center

Feb 4-13
Sara Smith
Class ID: 19258

\$135

8 Hour Food Sanitation
Tue/Thu 5-7:30 PM
4 Sessions
Rm 104
Ottawa Center

Mar 18-27
Sara Smith
Class ID: 19259

\$135

8 Hour Food Sanitation
 Tue/Thu 5-7:30 PM
 4 Sessions
 Rm 104
 Ottawa Center
 Apr 29-May 8
 Sara Smith
 Class ID: 19260 \$135

8 Hour Food Sanitation
 Tue/Thu 5-7:30 PM
 4 Sessions
 Rm 104
 Ottawa Center
 *Jun 24-Jul 8
 Sara Smith
 Class ID: 19261 \$135
 *No class: Jul 3

8 Hour Food Sanitation
 Tue/Thu 5-7:30 PM
 4 Sessions
 Rm 104
 Ottawa Center
 Aug 5-14
 Sara Smith
 Class ID: 19262 \$135

Take it at the IVCC Main Campus, Oglesby
 [815 N. Orlando Smith Road, Oglesby]

8 Hour Food Sanitation
 Mon 8 AM-6 PM
 1 Session
 CTC-124, IVCC
 Feb 10
 Ida Boyle-Bruch
 Class ID: 19323 \$135

8 Hour Food Sanitation
 Mon 8 AM-6 PM
 1 Session
 C-316, IVCC
 Apr 7
 Ida Boyle-Bruch
 Class ID: 19324 \$135

8 Hour Food Sanitation
 Mon 8 AM-6 PM
 1 Session
 C-316, IVCC
 May 5
 Ida Boyle-Bruch
 Class ID: 19326 \$135

8 Hour Food Sanitation
 Mon 8 AM-6 PM
 1 Session
 C-316, IVCC
 Jun 2
 Ida Boyle-Bruch
 Class ID: 19327 \$135

Online Course | In-Person Exam
FOOD SERVICE SANITATION

This interactive online course delivers current food safety information, in an easy-to-use format. The course covers critical principles including personal hygiene, cross contamination, time and temperature, cleaning and sanitizing and more. A practice exam is included at the end of the course. Once you begin the course, you will have 90 days to complete it, at which time the course will be deactivated. Paper/pencil exams will be administered at the IVCC Main Campus or Ottawa Center after completion of the online course. Select your exam date from the following list.

Exam Schedule for Online Classes

Mon 3-6 PM
 1 Session
 C-316, IVCC
 Jan 13
 Ida Boyle-Bruch
 Class ID: 19329 \$190

Thu 5-7:30 PM
 1 Session
 Rm 104
 Ottawa Center
 Feb 13
 Sara Smith
 Class ID: 19330 \$190

Thu 5-7:30 PM
 Rm 104
 Ottawa Center
 Mar 27
 Sara Smith
 Class ID: 19331 \$190

Mon 3-6 PM
 1 Session
 C-316, IVCC
 Apr 7
 Ida Boyle-Bruch
 Class ID: 19332 \$190

Mon 3-6 PM
 1 Session
 C-316, IVCC
 May 5
 Ida Boyle-Bruch
 Class ID: 19333 \$190

Mon 3-6 PM
 1 Session
 C-316, IVCC
 Jun 2
 Ida Boyle-Bruch
 Class ID: 19335 \$190

Tue 5-7:30 PM
 1 Session
 Rm 104
 Ottawa Center
 Jul 8
 Sara Smith
 Class ID: 19337 \$190

TRIPS & TOURS

FLAVORS OF THE WORLD: CHINATOWN, LITTLE ITALY AND GREEKTOWN

Includes: motorcoach transportation, guided Chicago tour featuring visits to Chinatown, Little Italy and Greektown, gratuities and snacks.

Embark on a flavorful progressive culinary journey through Chicago's vibrant cultural neighborhoods with this immersive day trip! Our tour begins with a visit to Chinatown, where you'll indulge in authentic appetizers at the renowned Triple Crown restaurant. Experience the bold flavors of traditional dim sum dishes before enjoying some free time to explore Chinatown's shops, bakeries, and iconic landmarks. Over a third of Chicago's Chinese population resides in this ethnic enclave, making it one of the largest concentrations of Chinese-Americans in the United States. Next, savor the tastes of the Mediterranean in Little Italy with a hearty lunch at the beloved Pompeii restaurant. Relish the rich flavors of freshly baked bruschetta, classic lasagna, and mouth-watering meatballs, all in a warm and welcoming atmosphere. We will also be making a stop at H-Mart, one of the hottest new locations in Chicago. This Korean-American supermarket is known for offering a wide variety of authentic Asian ingredients and groceries. The adventure concludes in Chicago's Greektown, where you'll witness the dramatic flair of flaming Saganaki - cheese flambéed tableside - and delight in the sweet, flaky layers of traditional Baklava. This progressive food tour offers a delicious way to explore Chicago's rich heritage, distinguished neighborhoods and diverse culinary traditions. Let your taste buds be your guide! **Please note: there are stairs required to enter the Triple Crown restaurant in Chinatown. An elevator is not available.**

Date: Tuesday, March 25 **Time: 7:45 AM-6:30 PM**
Where: IVCC, Parking Lot #5
Class ID: 19722 **Fee: \$159**

TRAVEL WITHOUT A PASSPORT 
EXPLORING CHICAGO'S IRISH CHARM

Includes: motorcoach transportation, visit and tour to the Irish Heritage Center, visit to Old St. Patrick's church, dinner at an Irish pub, lower balcony seats to Riverdance 30th Anniversary Tour, gratuities and snacks.

Slainte! Join us for a delightful day trip to Chicago as we celebrate Irish heritage and culture in the heart of the Windy City. Our first stop is at The Irish Heritage Center: Immerse yourself in Irish history, arts, and traditions. Take a guided tour and explore exhibits, artifacts and stories that showcase the vibrant Irish-American experience. Next, we will visit Old St. Patrick's Church, a cornerstone of Chicago's Irish-American heritage. Marvel at its stunning architecture and learn about its rich history. Since its founding by Irish immigrants on Easter morning in 1846, Old St. Patrick's has been interwoven in the life and history of the City of Chicago. It was the first English-speaking parish in the city, the current church building was designed in a Romanesque style by two of Chicago's earliest practicing architects: Augustus Bauer and Asher Carter. Old St. Patrick's is one of the few buildings to survive the Great Chicago Fire of 1871. Its survival makes it the oldest public building in the City of Chicago. Before we head to the theatre, indulge in the warm atmosphere and hearty flavors of traditional Irish cuisine at one of Chicago's most beloved Irish pubs. Enjoy a meal full of authentic tastes and Irish hospitality. End the evening on a high note with lower balcony seats to the electrifying and iconic performance of Riverdance. Now in its 30th season, you will experience a unique and memorable performance which blends traditional and contemporary Irish performance, showcasing the skill and passion of world-class dancers, musicians and vocal performance. Experience the mesmerizing rhythms and passion of this world-renowned show that has captivated audiences for decades.

Date: Wednesday, April 23 **Time: 11:30 AM-11:30 PM**
Where: IVCC, Parking Lot #5
Class ID: 19723 **Fee: \$175**

MILWAUKEE'S GOLD COAST



Includes: motorcoach transportation, stop at Milwaukee Public Market, guided tour Villa Terrace Museum, lunch at Sobelman's, Milwaukee sight-seeing cruise, gratuities and snacks.

We are heading northeast to the Cream City! Spend the day in Milwaukee, Wisconsin, exploring the city by both land and water! We will start the day with a visit to the bustling Milwaukee Public Market, where you'll explore an array of local delicacies and unique finds. Next, immerse yourself in art and elegance at the Villa Terrace Decorative Arts Museum, a historic Italian Renaissance-style mansion offering breathtaking views of Lake Michigan. This afternoon we will take a guided tour of the Villa Terrace Decorative Art Museum and Italian Renaissance Garden. Overlooking Lake Michigan, Villa Terrace was built by architect David Adler in 1923. The building was originally the residence of Lloyd Smith of the A.O. Smith Corporation and his family. Smith called the house *Sopra Mare*, which is Italian for above the sea." The Villa Terrace Decorative Arts Museum features a collection of fine and decorative arts dating from the 15th through the 19th centuries, wrought-iron masterpieces by Cyril Colnik, a formal garden and changing exhibitions. Explore the landscaped terraces, formal gardens, and unique "water stairway." For lunch, we will visit the legendary Sobelman's, a local favorite known for its mouthwatering flavors. This afternoon continues with a boat cruise of the Milwaukee River and lakefront. Learn about Milwaukee's past and present while enjoying spectacular views of the city's skyline, historic landmarks and architecture. Relax, explore, and create lasting memories on this curated journey to Milwaukee! **There will be walking and standing involved on this tour. Please wear comfortable walking shoes.**

Date: Thursday, May 22 **Time: 7 AM-7 PM**
Where: IVCC, Parking Lot #5
Class ID: 19724 **Fee: \$189**

ROLLIN' DOWN THE RIVER



Featuring Tina - the Tina Turner Musical
Includes: motorcoach transportation, Chicago River Architecture Cruise, McCormick Bridgehouse & Chicago River Museum, dinner, lower balcony seats to Tina - The Tina Turner Musical, gratuities and snacks.

Experience a memorable bus trip to Chicago that combines the city's architectural splendor, historical charm, and electrifying entertainment. We will start our afternoon with a Chicago Architecture Cruise along the iconic Chicago River. Marvel at the city's breathtaking skyline as expert guides narrate the stories behind its world-renowned skyscrapers and historic buildings. Enjoy some time along the Riverwalk while we make our way to the McCormick Bridgehouse & Chicago River Museum. The Riverwalk has been constructed in phases over time and includes four distinct districts; The Confluence, The

Arcade, The Civic, and the Esplanade. The Chicago River is a treasured natural amenity in the urban canyon of world-famous architecture. While serving the purpose of providing a continuous path to the lake front, and connection to Upper Wacker Drive, it has also become hub for entertainment, recreation and the restaurant scene. At the museum, you will discover the intricate mechanics of the city's movable bridges and learn how the Chicago River shaped the city's growth and identity - all from the unique vantage point of this charming five-story museum. Dinner is included before we take our seats at the Cadillac Palace Theatre for the performance of *Tina - The Tina Turner Musical*. With lower balcony seats, experience of the uplifting comeback story and powerhouse music of the Queen of Rock 'n' Roll. Creedence Clearwater Revival originally wrote and performed *Proud Mary*, with R & B artists, Tina and Ike Turner following later with their own rendition which led to a Grammy win. This show features the songs that made her one of the world's best-selling artists, and promises to leave you with unforgettable memories of Chicago's vibrant culture, history, and entertainment as we "Roll on down the river."

Date: Wednesday, June 4 **Time: 11:30 AM-11:30 PM**
Where: IVCC, Parking Lot #5
Class ID: 19725 **Fee: \$229**

LIONS, AND TIGERS AND BEARS, OH MY!

Featuring Wicked: The Musical
Includes: motorcoach transportation, visit and program at the Henry Vilas Zoo, dinner, mezzanine level seats to Wicked: The Musical, gratuities and snacks.

The Wizard will see you now! Get ready to defy gravity as we make our way to Madison, Wisconsin. Our first stop is the Henry Vilas Zoo, one of the nation's few free admission zoos! Explore a variety of fascinating animal habitats including the African Lion and Amur Tiger. Take some time to visit the Polar Bear and Grizzly Bear, there might not be anything cowardly about the bears today! We will enjoy an exclusive educational program led by the zoo's staff. From the majestic big cats to playful primates, there's something to delight everyone. Later this afternoon, savor a hearty meal at the iconic Toby's Supper Club, known for its nostalgic charm and classic Wisconsin fare, family owned and operated for over 50 years. We will cap off our day with mezzanine-level seats to the spellbinding Broadway sensation *Wicked* at Madison's Overture Center for the Arts. Experience the untold story of the witches of Oz, brought to life with stunning performances, dazzling visuals, and a powerful score. Witness the original Broadway blockbuster, whether you are discovering it for the first-time or re-discovering it again, this moving and powerful show brings Oz to life. Featuring your favorite songs from the tony-award winning score and your favorite green and pink witches, this one-day

getaway promises a perfect blend of fun, flavor, and unforgettable memories. **Ages: 8+. Children under the age of 18 must be accompanied by an adult who is registered for the trip and traveling with them.**

Date: Sunday, July 27 **Time: 10 AM-11:30 PM**
Where: IVCC, Parking Lot #5
Class ID: 19726 **Fee: \$225**

DANCE & MUSIC

***Please sign up with a dance partner for dance classes. Both persons must register. Dance classes will be held in the small gym at Lincoln School, 855 Bennett Road, Oglesby.**

WEDDING RECEPTION SURVIVAL SKILLS

"We loved the class and will be on the look for the next."

Tired of making small talk at the table while everyone else is having fun on the dance floor? From wedding receptions to special events, learn to survive most social occasions by mastering the reception basics: slow dance, swing, waltz and merengue.

Thu 7-8:15 PM **Feb 6-Mar 13**
6 Sessions **Jane Schomas**
Small Gym, **Class ID: 19644 \$75**
Oglesby Lincoln School

INTERMEDIATE-ADVANCED SWING

Join our Intermediate-Advanced Swing Dance class to elevate your skills and style! This class is designed for dancers with a solid foundation in swing basics who are ready to tackle more complex patterns, techniques, and styling. We'll delve into intricate footwork, smooth transitions, and dynamic partner interactions, enhancing your musicality and improvisation. Whether you're aiming to shine on the social dance floor or preparing for performances, this class will take your swing dancing to the next level.

Thu 8:15-9:30 PM **Feb 6-Mar 13**
6 Sessions **Jane Schomas**
Small Gym **Class ID: 19645 \$75**
Oglesby Lincoln School

BEGINNING SWING DANCE

Big band, rock, oldies or country? No matter what kind of music you like you can dance swing to it. Learn the moves to take you a step ahead. You will learn basic patterns, turns and some fancy footwork too. Look like Fred & Ginger on the dance floor, not Fred & Ethel! ***No class: Apr 17.**

Thu 7-8:15 PM **Mar 27-May 8**
6 Sessions **Jane Schomas**
Small Gym **Class ID: 19647** **\$75**
Oglesby Lincoln School

NEW! SALSA FOR BEGINNERS

Discover the vibrant and energetic world of salsa dancing in our beginner-friendly Salsa Dance class! Designed for those with little to no dance experience, this class will introduce you to the basics of salsa, including fundamental steps, timing, turns and spins, and partner work. Whether you're preparing for a special event, looking for a new hobby, or simply want to enjoy the joy of dancing, this class is the ideal starting point. ***No class: Apr 17.**

Thu 8:15-9:30 PM **Mar 27-May 8**
6 Sessions **Jane Schomas**
Small Gym **Class ID: 19648** **\$75**
Oglesby Lincoln School



DRUM CIRCLE EXPERIENCE

"It was fun with participants of all ages."

Participating in a drum circle is an immersive collaboration that moves beyond individuality and fosters a sense of collective creativity among participants. As the pulsating beats of various drums and percussion instruments merge together, a resounding peaceful energy fills the air. Each participant becomes a vital part of the overall sound, adding their unique expression while also listening attentively to others. There's a sense of connection and camaraderie as the group finds harmony amidst the diverse patterns and cadences. Whether it's the primal instinct of drumming or the joy of

creating music together, a drum circle offers an uplifting experience for all involved. **Percussion instruments will be available to borrow from the instructor for the session. If you have a percussion instrument that you would like to bring with you to the drum circle, please indicate at time of registration.**

Fri 6-7:30 PM **Apr 25**
1 Session **Kevin Kramer**
Ecology Building, **Class ID: 19649** **\$19**
Nell's Woodland, Ottawa

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is lots of fun and dramatically easier to learn than reading notes. **Includes the online book, online recorded follow up lessons, a recording of the class and also an optional live periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration. Ages 13+.**

Mon 6:30-9:30 PM **Feb 10**
1 Session **Craig Coffman**
Online Live **Class ID: 19696** **\$79**

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. **Includes an online book, online recorded follow up lessons, a recording of the class and also an optional live periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. Ages 13+**

Tue 6:30-9 PM **Feb 11**
1 Session **Craig Coffman**
Online Live **Class ID: 19695** **\$79**

IVCC JAZZ BAND

The Jazz Band is a performance ensemble that is composed of woodwind, brass, guitar, and percussion instruments and performs jazz music. Enrollment is open to students and community members who have previous performance experience, with consent of the instructor. The band performs at least one formal concert per

semester and informal performances and activities as possible. **Prerequisite: Performance ability on a wind instrument, piano, guitar or tap drum. The college owns a piano; students playing wind, guitar or drums must provide their own instrument. Students interested in earning college credit for this course, should register through self-service for MUP-1004-300 at ivcc.edu. No class: Mar 11.**

Tue 6:30-9 PM **Jan 14-May 13**
17 Sessions **Brandon Czubachowski**
D-201, IVCC **Class ID: 19650** **\$25**

MIND BODY WELLNESS

All online live courses meet via Zoom. Participants will receive an e-mail from IVCC with the Zoom link for the session within 24 hours of the program. Participants need access to a computer with high internet speed.

NEW! BEGINNER YOGA: MECHANICS AND THEORY

New to yoga or returning to the practice? Join to learn the history, background, postures or asanas, modifications for mobility limitations, breathwork and meditation of yoga. We will put on a beginner's mindset and teach each aspect more in depth as well as flow through the postures by the end of the last day. Come away more relaxed, limber and feeling better! At the end of the session, you'll be more confident for a yoga class and know the benefits of the practice for the whole being. Bring a yoga mat and water. **Wear comfortable, loose-fitting clothing and athletic shoes.**

Sat 10 AM-12 PM **Jan 18 & 25**
2 Sessions **Emily Manternach**
CTC-121, IVCC **Class ID: 19711** **\$29**

RESTORATIVE YOGA AT NELL'S WOODLAND

"I love this class. Beneficial for those with limited flexibility or recovering from injury. Instructor can adapt to meet student abilities."

Join IVCC instructor, Emily Manternach for a class focused on restorative yoga. Restorative yoga is a gentle and relaxing practice that uses props to support the body in passive stretching. Learn how restorative yoga can improve your sleep, mood, well-being, and pain management. Come away more relaxed, limber and feeling better! We will use equipment such as bolsters, yoga stretching bands and blocks during class. Class is appropriate for all levels of participants and can be adapted to meet your needs. **Bring a yoga mat and water. Wear comfortable, loose-fitting clothing and athletic shoes.**

Thu 5-6 PM
7 Sessions
Wellness Bldg.
Coneflower Room

Feb 6-Mar 27
Emily Manternach
Class ID: 19680 \$79
Nell's Woodland, Ottawa

Thu 5-6 PM
7 Sessions
Wellness Bldg.
Coneflower Room
*No class May 15

***Apr 10-May 29**
Emily Manternach
Class ID: 19681 \$69
Nell's Woodland, Ottawa

T'AI CHI AT NELL'S WOODLAND

"The teacher has a very Bob Ross style that is relaxing, calming and just overall great!"

T'ai chi comprises gentle and slow movement exercises which increase the accumulation, circulation and balancing of energy. The movements are easy to learn and appropriate for people of all ages and physical abilities. Those who regularly practice T'ai chi experience greater energy, better balance and enables and improved quality of life. You will be introduced to T'ai chi while experiencing the benefits of practice. This class does not require floor work or flexibility. Participate from a standing position or chair. **Wear comfortable, loose-fitting clothing, athletic shoes and bring water.**

Tue 5-6 PM
8 Sessions
Wellness Bldg.
Coneflower Room

Feb 18-Apr 8
Dan Retoff
Class ID: 19631 \$79
Nell's Woodland, Ottawa

BREATHING FOR LIFE AT NELL'S WOODLAND

"Dan Retoff's explanations of the respiratory system and how breathing abdominally is beneficial to wellness were presented in a very understandable manner. I also liked that opportunities were given to practice breathing techniques during the class."

Body, breath and mind are interrelated and breathing properly is conducive to health and well-being. You will learn how to calm the mind and alleviate anxiety; and also improve sleep, circulation and immune functioning. Gain an understanding of the respiratory system and learn breathing practices to enhance and develop abdominal breathing. This class does not require floor work or flexibility. You can participate in this class from a seated position. **Wear comfortable, loose-fitting clothing, athletic shoes and bring water.**

Mon 5-6 PM
4 Sessions
Wellness Bldg.
Indigo Room

Apr 14-May 5
Dan Retoff
Class ID: 19632 \$39
Nell's Woodland, Ottawa

T'AI CHI AT IVCC

"The instructor was very personable and made it something we would want to incorporate into our daily routines"

T'ai chi, also spelled taiji, is an internal martial art that originates from China. The art is typically practiced slowly in a relaxed fashion and is a form of moving meditation. All of taiji's flowing form movements also have self-defense applications. T'ai chi is a fun way to de-stress and improve coordination, balance, flexibility, mood and strength. Taiji 's gradual approach to training is appropriate for students of all levels of athleticism. **Wear comfortable, loose-fitting clothing, athletic shoes and bring water.**

Tue 6-7 PM
8 Sessions
CTC-121, IVCC

Feb 25-Apr 15
Michael Rosales
Class ID: 19682 \$69

Tue 6-7 PM
5 Sessions
CTC-121, IVCC

Apr 29-May 27
Michael Rosales
Class ID: 19683 \$49

YOGA UNIQUE TO YOU

"I love the online option. Tracie Klieber is a wonderful instructor that is very knowledgeable in yoga and physical fitness. She is also very personable and offers modifications of moves for every level of her students. She takes time with students answering questions and keeping us informed of class schedules. Best of all she is a force of positive reinforcement which makes me strive to be the best that I can be!"

Yoga challenges body and mind while building core power and improving stability. All levels of experience welcome. Learn sun salutations, standing postures, seated postures and vinyasa. Emphasis will be placed on correct body alignment, holding postures and meditative flow from one posture to the next. Coordination of breath (pranayama) and movement is also emphasized. Bring a yoga mat, towel and water. **This class is offered in both a morning or afternoon option with choice of in-person or online live.**

MORNING CLASSES

M/W 6:30-7:30 AM
12 Sessions
CTC-121, IVCC
Online Live Class

Feb 24-Apr 2
Tracie Klieber
Class ID: 19601 \$89
Class ID: 19613 \$89

M/W 6:30-7:30 AM
8 Sessions
CTC-121, IVCC
Online Live Class

Apr 7-30
Tracie Klieber
Class ID: 19602 \$69
Class ID: 19614 \$69

M/W 6:30-7:30 AM
8 Sessions
CTC-121, IVCC
Online Live Class

***May 12-Jun 9**
Tracie Klieber
Class ID: 19603 \$69
Class ID: 19615 \$69

*No class: May 26

M/W 6:30-7:30 AM
8 Sessions
CTC-121, IVCC
Online Live Class

***Jun 16-Jul 30**
Tracie Klieber
Class ID: 19604 \$69
Class ID: 19616 \$69

*No class: Jun 23, 25, 30, Jul 2, 7, 9

M/W 6:30-7:30 AM
8 Sessions
CTC-121, IVCC
Online Live Class

Aug 4-27
Tracie Klieber
Class ID: 19605 \$69
Class ID: 19617 \$69

AFTERNOON CLASSES

M/W 4:45-5:45 PM
12 Sessions
CTC-121, IVCC
Online Live Class

Feb 24-Apr 2
Tracie Klieber
Class ID: 19607 \$89
Class ID: 19619 \$89

M/W 4:45-5:45 PM
8 Sessions
CTC-121, IVCC
Online Live Class

Apr 7-30
Tracie Klieber
Class ID: 19608 \$69
Class ID: 19620 \$69

M/W 4:45-5:45 PM
8 Sessions
CTC-121, IVCC
Online Live Class

***May 12-Jun 9**
Tracie Klieber
Class ID: 19609 \$69
Class ID: 19621 \$69

*No class: May 26

M/W 4:45-5:45 PM
8 Sessions
CTC-121, IVCC
Online Live Class

***Jun 16-Jul 30**
Tracie Klieber
Class ID: 19610 \$69
Class ID: 19622 \$69

*No class: Jun 23, 25, 30, Jul 2, 7, 9

M/W 4:45-5:45 PM
8 Sessions
CTC-121, IVCC
Online Live Class

Aug 4-27
Tracie Klieber
Class ID: 19611 \$69
Class ID: 19623 \$69

STRENGTH CARDIO CORE

Cross train by participating in two different training methods. This functional fitness class will encourage coordination skills, tone your body, zap calories and metabolize fat. You will build a strong core: abs, hips and back, to support and improve what you do every day. Start at a beginner's level and gradually increase to a more advanced level as improvement is shown. We will also incorporate a HIIT (High Intensity Interval Training) method of exercise into this class. Have fun and burn calories long after class has ended. **Bring water, a sweat towel and an exercise or yoga mat.**

T/Th 4:45-5:15 PM
10 Sessions
CTC-121, IVCC

Feb 25-Mar 27
Tracie Klieber
Class ID: 19625 \$79

T/Th 4:45-5:15 PM
8 Sessions
CTC-121, IVCC

Apr 1-24
Tracie Klieber
Class ID: 19626 \$65

T/Th 4:45-5:15 PM
8 Sessions
CTC-121, IVCC

May 13-Jun 5
Tracie Klieber
Class ID: 19627 \$65

T/Th 4:45-5:15 PM *Jun 10-Jul 31
 9 Sessions Tracie Klieber
 CTC-121, IVCC Class ID: 19629 \$72
 *No class: Jun 19, 24, 26, Jul 1, 3, 8, 10

T/Th 4:45-5:15 PM Aug 5-28
 8 Sessions Tracie Klieber
 CTC-121, IVCC Class ID: 19630 \$65

INTRO TO SOUND HEALING

"I enjoyed learning about the Solfeggio scale and the instructors path with meditation and sound healing."

With sound healing, breathwork, mantra and meditation you can embark on a deep inner journey through space, conscious awareness, breath, tone and vibration to access the well of knowledge and self-healing available to all of us. Experience a variety of instruments including singing bowls, Shruti box, gong and more. We will also discuss the Solfeggio scale and sound frequencies. If you have participated in class before, please feel free to join us to continue your exploration of sound healing.

Wear comfortable clothing to class. You can bring a yoga mat, although it is not required.

Fri 6-7:30 PM Feb 28
 1 Session Abby Zukowski
 Wellness Bldg. Class ID: 19692 \$39
 Nell's Woodland, Ottawa

NEW! WHISPERS OF THE HEART: COMMUNICATING WITH YOUR PET

This interactive course invites participants to explore the fascinating world of pet communication, helping you to connect with animals on a deeper, more intuitive level. Co-facilitated by two experienced intuitive guides, we'll teach students how to tap into their natural intuitive abilities, understand energy dynamics, and use their heart chakra to create meaningful connections with their pets. Bring a picture, digital or on paper, with you to class of the pet you would like to connect to.

Sat 10-11:30 AM Mar 22
 1 Session Emily Manternach
 & Karen Stowe
 CTC-121, IVCC Class ID: 19684 \$35
 Online Live Class ID: 19685 \$35

NEW! FLOW & HARMONY

Featuring Yoga and Sound Healing

Join for a class with Asana, meditation, and sound healing. We will ramp up our warmth and settle into meditation with sound healing for a 90-minute class to rejuvenate with physical movement and sound vibration. Enjoy relaxing the body after strengthening and lengthening the tissues of the body. The sound healing creates an additional dynamic for class and for deep rest. Find your inner peace through motion and melody. **Please bring a mat and water. A blanket and pillow or bolster are optional.**

Thu 5-6:30 PM Apr 3
 1 Session Emily Manternach
 & Abby Zukowski
 Wellness Bldg. Class ID: 19686 \$39
 Coneflower Room Nell's Woodland, Ottawa

NEW! CRYSTAL BASICS 101: INTRODUCTION TO HEALING STONES

Crystals have been used for centuries for their healing properties, and in this introductory class, you'll learn how to work with crystals to enhance your well-being. We'll explore the most common crystals, their meanings, and how to use them for energy healing, meditation, and manifestation. You'll also discover how to cleanse, charge and care for your crystals. Whether you're a beginner or just curious, this class is the perfect starting point to connect with the healing power of crystals.

Fri 6-7:30 PM Mar 28
 1 Session Abby Zukowski
 Wellness Bldg. Class ID: 19690 \$39
 Nell's Woodland, Ottawa

NEW! MINDFUL STEPS: A WALKING NATURE MEDITATION JOURNEY

Experience relaxation and harmony as you walk through nature, aligning your internal rhythm with the gentle flow of the wind and the warmth of the sun. Stroll along the scenic trails of Nell's Woodland for an experience that fosters a deep connection to nature and your authentic self. Guided by your instructor, you'll explore meditation techniques that enhance mindfulness and tranquility. Whether you're new to meditation or a seasoned practitioner, this class offers a peaceful blend of meditative practice and the calming embrace of the natural world.

Sat 10-11 AM Apr 5
 1 Session Emily Manternach
 Wellness Bldg. Class ID: 19687 \$19
 Coneflower Room Nell's Woodland, Ottawa

NEW! 10 WARNING SIGNS OF ALZHEIMER'S

This education program, led by Hadi Finerty, of the Alzheimer's Association, will help you recognize common signs of the disease in yourself and others and the next steps to take, including how to talk to your doctor. Hadi strives to make an impact on her community and families by sharing her own personal experiences with Alzheimer's disease, focusing on the successes that can be had, despite the struggles.

Mon 12-1 PM Apr 7
 1 Session Hadi Finerty
 Online Live Class ID: 19643 Free

NEW! UN-LOCKING THE POWER OF NUMBERS

Numerology is an ancient system that assigns meaning to numbers and explores how they influence your life. In this introductory class, we will cover the basics of numerology, including how to calculate your life path number, expression number, and destiny number. We'll also discuss how to interpret the numbers to gain deeper insight into your personality, relationships and life purpose. Whether you're looking to understand yourself better or tap into the wisdom of numbers for guidance, this class offers a fascinating and practical approach to numerology.

Thu 6-7:30 PM Apr 17
 1 Session Abby Zukowski
 Ecology Building Class ID: 19693 \$35
 Nell's Woodland, Ottawa

CULINARY

NEW! PERSIAN LOVE CAKE AND PERSIAN SAFFRON ICE CREAM (BASTANI SONNATI)

Just in time for Valentine's Day, discover an exotic, gorgeous cake and aromatic Persian ice cream flecked with frozen cream, and featuring saffron, rose water and pistachios. Both indulgences will fit into your KETO or non-KETO lifestyle. Your instructor will demystify glycerin, erythritol, protein powder and almond flour and show you how you can use these healthy alternatives to fit into your "sweet" lifestyle. Bring: apron, small cutting board, 9" cake pan, silicone spatula and a kitchen knife. **There is a \$35 material fee payable to the instructor the night of class.**

Fri 6-9 PM Feb 7
 1 Session Jill Hejl
 CTC-123, IVCC Class ID: 19697 \$39

TORTELLINI: TWIST, COOK, EAT, REPEAT

Join Dee Biagi in the IVCC culinary classroom. Dee has been making these Italian treasures from the time she was a young girl. Relatives and elder ladies of Mark, Illinois taught her how to make authentic pasta. Tortellini is a meat and cheese filled pasta that is twisted to resemble a belly button. As a child she sat around the big dining room tables and learned how to make this Italian "staple" from the experts... relatives from the Old Country. In this class you will learn how to make the dough and filling and how to twist them. Follow by cooking and of course eating them. Bring: apron, pizza cutter and a cutting board. **There is a \$25 material fee payable to the instructor the night of class.**

Wed 6-8:30 PM Feb 12
 1 Session Dee Biagi
 CTC-123, IVCC Class ID: 19698 \$39

ITALIAN TORTELACCI

Dee's Great Aunt, Enis Malavolti, had family over for Sunday dinner and served the most amazing Italian dishes. A favorite was her tortelacci. Tortelacci is a meatless cheese tortellini made with spinach. This dish is often served during Lent and other special occasions. The texture and flavor are very decadent and rich. Learn how to mix and knead the dough, make the special filling of the tortelacci and twist them into the correct shape. The best part, we will eat a tortelacci dinner with all of the trimmings at the end of class. Bring: apron, pizza cutter and a cutting board. **There is a \$25 material fee payable to the instructor the night of class.**

Fri 6-8:30 PM	Feb 28	
1 Session	Dee Biagi	
CTC-123, IVCC	Class ID: 19702	\$39

NEW! INTRO TO RISOTTO

This is a course designed for someone who knows nothing about this famous Italian dish except that they love to eat it. In this course you will learn the basics of risotto history and cultural significance. You will be given lessons on the main ingredients and even some fun additions. We will go through the process of cooking it and what utensils to use that work best along some common pairings. By the end you will understand the basic cooking process, tools and techniques, and how to tell when it is done. You can even begin to personalize your own dish! Bring: apron, cutting board, kitchen knife wooden spoon or rubber spatula, container for leftovers. This class is limited to 8 seats. **There is a \$35 material fee payable to the instructor the night of class.**

Thu 6-8 PM	Feb 27	
1 Session	Bobby Riahi	
CTC-123, IVCC	Class ID: 19700	\$49

POLENTA & BAGNA CAUDA

One of Dee's best memories of Italian food growing up was polenta. Polenta is a ground corn side dish, served at many Italian homes. This versatile recipe is typically served fried at lunch or dinner, but can also be served for breakfast. We will eat them with Dee's homemade spaghetti sauce. You will also learn to make Bagna Cauda, an appetizer that many in the Illinois Valley know well. Many make it one way and others make it another. Dee makes it like her mother-in-law, Margaret Biagi, and of course, has "tweaked" it over the years. The best part will be eating together at the end of the night. Come hungry! Bring: apron, pizza cutter, cutting board or mat. **There is a \$25 material fee payable to the instructor the night of class.**

Thu 6-8 PM	Mar 6	
1 Session	Dee Biagi	
CTC-123, IVCC	Class ID: 19703	\$39

INTRO TO AYURVEDIC COOKING

Ayurvedic cooking helps heal the body, mind and soul. During this class learn to make Kitchari! The benefits of Ayurvedic cooking have been observed over thousands of years, including better digestion, clearer skin, and a stronger immune system. Ayurveda includes focus on eating seasonally and by consuming spices that are recommended for your dosha. You can also explore elements of this ancient practice by making dishes to balance your mood. Bring: apron, cutting board, pot holder, heat-resistant spatula, table service and kitchen knife to class. **There is a \$20 material fee payable to the instructor the day of class.**

Sat 10 AM-12 PM	Apr 19	
1 Session	Emily Manternach	
CTC-123, IVCC	Class ID: 19706	\$39



NEW! BEGINNER'S TOFU

Silken, Soft, Firm, Extra-Firm? Learn the differences and best uses of this vegetarian protein source. High also in iron and calcium, tofu's versatility astounds. See for yourself as we make a Tofu Scramble (and time-permitting, homemade corn tortillas), Sriracha-Lime Tofu Bowl and Tofu Banh Mi. Bring: apron, small cutting board, metal turner/spatula and a kitchen knife. **There is a \$25 material fee payable to the instructor the night of class.**

Fri 6-9 PM	Apr 4	
1 Session	Jill Hejl	
CTC-123, IVCC	Class ID: 19705	\$39

NEW! SPRING FLAVORS: A FOUR-COURSE DINNER EXPERIENCE

Ever wondered what goes into creating a stunning four-course plated dinner? Join Chef Sara for an unforgettable evening as you cook, plate and enjoy a spring-inspired menu featuring fresh, seasonal flavors. From mastering knife cuts and perfecting cooking times to learning the art of plating, this hands-on class will have you feeling like a professional chef - or at least eating like one! Together, we will prepare Spinach Salad with Hot Bacon Dressing, Cream of Asparagus Soup with Fried Prosciutto Sail and Chili Oil, Shrimp Linguini with a Garlic Butter White Wine Sauce and Pancetta, Olive Oil Cake with Grand Marnier infused whipped cream. Bring: apron, kitchen knife, cutting board, kitchen towel, pot holder and a container for leftovers. This class is limited to 8 seats. **There is a \$45 material fee payable to the instructor at class.**

Tue 6-9 PM	Apr 29	
1 Session	Sara Fitzpatrick	
CTC-123, IVCC	Class ID: 19707	\$55

NEW! BITE-SIZED BRUNCH: A GOURMET MINIATURE FEAST

Join us for a hands-on culinary adventure, where big flavors come in small packages! Perfect for foodies who love a touch of creativity, this class is all about transforming classic brunch favorites into delightful, bite-sized masterpieces. Under the guidance of Chef Sara, you'll learn to prepare: Biscuit and Gravy Shooters, Deviled Egg Tea Sandwiches, Sweet Bread Pudding Bites, Chicken and Waffles, creative mimosas and more. Learn how to plate and style your creations to impress guests at your next brunch gathering. Whether you're hosting a brunch party or just looking to elevate your brunch game, this class has you covered! Bring: apron, kitchen knife, cutting board and a container for leftovers. This class is limited to 8 seats. **There is a \$55 material fee payable to the instructor at class.**

Tue 6-9 PM	Mar 18	
1 Session	Sara Fitzpatrick	
CTC-123, IVCC	Class ID: 19704	\$55



PHOTOGRAPHY

PHOTOGRAPHING EAGLES, BIRDS AND WILDLIFE

This class will teach you the photographic skills to capture eagles, raptors, birds, and wildlife in the Starved Rock area. Join photographer David Anderson for a morning presentation at IVCC of his eagle and wildlife photography. You will learn the basics of wildlife photography including proper camera settings and techniques for still and action photography. In the afternoon your class will continue with an outdoor session in the Starved Rock area, where you will learn how to photograph eagles and wildlife. Students will provide their own transportation. Please bring your camera, long lens, winter clothing, hiking boots, sack lunch and water.

Sat 9 AM-3 PM Feb 22
1 Session David Anderson
CTC-214, IVCC Class ID: 19633 \$49

PHOTOGRAPHING WILDFLOWERS OF STARVED ROCK

Attention wildflower and photography enthusiasts. Join photographer David Anderson for a morning presentation at IVCC where you will learn about the flora and fauna that you can find in Northern Illinois during the spring. You will learn how to photograph and identify various species and find out where and when they bloom. Some of the medicinal qualities and uses of the flowering plants will also be explained. In the afternoon, your class will continue with an outdoor session at Starved Rock State Park where David will lead you on a nature hike to view, identify and photograph wildflowers. Students will provide their own transportation to Starved Rock. Please bring your camera, hiking boots, sack lunch and water.

Sat 9 AM-3 PM Apr 26
1 Session David Anderson
CTC-214, IVCC Class ID: 19634 \$49

BEGINNING PHOTOGRAPHY: DSLR CAMERAS

This course will introduce the students to DSLR cameras, lenses and accessories. The course will cover basic photographic concepts including exposure, color balance, lighting and composition. Basic concepts and real-world applications of digital imaging will be discussed. Students will review and discuss photos presented by the instructor as well as student work. Assignments will reinforce what is learned in a fun and upbeat atmosphere. This class will meet both indoors and outdoors, weather permitting. Class size is limited to 8-10 students. Students should bring a digital SLR camera, lens, memory card and camera manual to class.

Tue 6:30-9:30 PM Mar 18-Apr 22
6 Sessions Doug Dellinger
E-320, IVCC Class ID: 19635 \$169

PORTRAIT PHOTOGRAPHY

Pre-requisite: Students should have completed *Photography for Beginners: DSLR* or have permission from the instructor to register for this class.

Portrait photography is a useful skill; whether you want to take better pictures of your family or are considering expanding your business portfolio. This class will include quality and direction of light, light patterns, measuring light and types of light. Explore camera lens selection for portraits. Learn the principles of subject placement, posing and camera angles. You will also have an introduction to Adobe Photoshop for portraiture retouching and an overview of the business of portraiture. Bring a digital SLR camera, lens, memory card and camera manual to class. Instructor will discuss possible off campus meeting locations for final sessions for photography opportunities during class. This class will meet both indoors and outdoors, weather permitting. Students should bring a digital SLR camera, lens, memory card and camera manual to class.

Tue 6:30-9 PM May 13-Jun 17
6 Sessions Doug Dellinger
E-320, IVCC Class ID:19636 \$169





CURLING

LEARN TO CURL

"I enjoyed this class so much. I joined the Waltham Curling Club as a result. Looking forward to improving my skills, making new friends and learning more about the game."

The sport of curling has a long history in the Illinois Valley. Illinois' oldest curling club invites you to learn the game of curling. Taught by members of Waltham Curling Club, you will learn techniques like delivering the stone, sweeping, and strategy. Whether you attend alone or bring friends, you are guaranteed to learn why curling is a lifelong sport. Bad knees? No problem, we have options for you, too. Attendees must carry-in a clean pair of tennis shoes, wear warm, comfortable clothing, and sign a waiver upon arrival. Drinks are not allowed on the ice, except water in a sealed container. Attendees are welcome to bring this to class. **Class will be held at the Waltham Curling Club, 3926 East 758th St., Triumph, Illinois.**

Mon 6-8 PM 4 Sessions Waltham Curling Club, Triumph	Mar 3-24 WCC Instructors Class ID: 19639	\$75
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OUTDOOR EDUCATION

SURVIVAL SKILLS: NATIVE WILD PLANTS FOR FOOD, TOOLS, & MEDICINE

"Loved the class and the instructor was wonderful! Fun class!"

From your own backyard to the most remote wildernesses, our planet has a vast and incredible bounty of native wild plants that can be used for food, tools, and medicine. Take a walk down the aisles of Nature's all-in-one grocery, hardware, and pharmacy store, where everything is free! Learn how to use plants for survival and everyday needs. See dozens of local plants and their uses in many of our area's wild places. Get hands-on experience and training in field guide identification so that you can continue exploring wild plants more confidently after this class. Classes meet Saturdays, 12-2 PM, every 4-5 weeks. In the event of inclement weather, class will be held the following Saturday. This popular class fills fast! **Bring a camera, note-taking materials and a water bottle.**

Mar 22	Rm 103, IVCC Gymnasium Building
Apr 12	Matthiessen State Park River Area
May 3	Catlin Park
May 24	I&M Canal State Trail Access, Ottawa
Jun 21	I&M Canal State Trail Access, Buffalo Rock
Jul 19	Sue and Wes Dixon Waterfowl Refuge
Aug 9	Dayton Bluffs

Sat 12-2 PM 7 Sessions Rm 103, IVCC Building G (Gym Building)	Mar 22-Aug 9 Jason Thompson Class ID: 19709	\$109
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NEW! WRITE YOUR FIRST NOVEL (IN 90 DAYS!)

This intensive course provides a schedule of crafting a novel from start to finish, which you can finish in as little as 90 days! This class will also help you stay motivated throughout the journey. You will learn how to select your novel genre and develop a compelling premise, create multidimensional characters and immersive settings, craft a detailed plot outline, combat common roadblocks including writer's block, explore publishing options and more.

Wed 6-9 PM 1 Session Online Live	Mar 5 LeeAnne Krusemark Class ID: 19659	\$59
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BEGINNER'S GUIDE TO USING FREE CHATGPT (AI) FOR WRITERS

ChatGPT (AI) is here to stay and is the future for writers and content creators. Don't be left behind! No prior AI experience required. Do you want to learn how to incorporate the power of cutting-edge technology to gain ideas and inspiration, write web content, articles, and even novels or scripts? In this beginner-friendly course, you'll learn how to input effective writing prompts, build creative content, from stories to marketing copy and understand ethical/legal considerations using ChatGPT.

Sun 2-4 PM 1 Session Online Live	May 11 LeeAnne Krusemark Class ID: 19715	\$49
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NEW! Meet the Agent/Publisher Q&A GET YOUR MANUSCRIPT CRITIQUED

Have you ever wanted to talk to a real agent or publisher? Are you tired of having your manuscripts critiqued by non-professionals or paying an editor too much money to change your writing to their voice? Email one page of your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, screenplay, novel, non-fiction book or children's book. Instructions for sending your content page will be provided with the zoom link for the class within 24 hours of the session. Handouts for future use are included in class fee. Additional option: After attending class, you can send your manuscript for a professional critique, and a list of publishers/agents who are interested in your type of work. **Additional critique fee \$50 for up to 25 double-spaced pages + \$1/page thereafter.**

Sat 3-4:30 PM 1 Session Online Live	Mar 8 LeeAnne Krusemark Class ID: 19714	\$49
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WRITING

NEW! DISCOVER THE POET WITHIN: A ONE-NIGHT POETRY WORKSHOP

Unleash your creativity and explore the magic of words in our one-night poetry workshop. This evening offers a welcoming space to dive into the art of poetry. Through engaging activities and guided exercises, you'll transform your thoughts and emotions into verses. Whether you're looking to express yourself, find inspiration, or simply enjoy the beauty of language, this class promises an enriching and inspiring experience. We will save some time at the end of class for reading work, but participation is not required. Join us and let your inner poet shine!

Fri 6-7:30 PM 1 Session Ecology Bldg. Nells Woodland, Ottawa	May 30 Abby Zukowski Class ID: 19713	\$45
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[Community Education]

CREATIVE ARTS

WATERCOLOR WORKSHOP: EXPLORE LANDSCAPE PAINTING

Learn about the watercolor medium and techniques. Use these skills to craft a watercolor painting of an outdoor space or scene. You will create a baseline comfortability with watercolor and the basics of materials, tools, techniques, color, value and "seeing" your subject will be explored. No experience necessary. Students are welcome to bring their favorite vacation photo or outdoor landscape photo. The instructor will also have landscape examples available that you can use during class if you do not wish to bring your own. Students will be asked to submit a sample of their photo by email approximately two weeks prior to class. The picture should be taken straight ahead and not at an angle. **Students will receive a list of art supplies to purchase prior to class.**

Sat 9 AM-1 PM Feb 8
1 Session Julie Jenkins
Ecology Building Class ID: 19660 \$49
Nell's Woodland, Ottawa



NEW! FOR THE LUCK OF THE IRISH PAINTING

Join Lucy Schmidt for a one-night painting class featuring a St. Patrick's themed gnome. Follow along with step-by-step instruction as we create this 16" x 20" acrylic painting. Choose from two designs the night of class. All supplies included.

Wed 6-8:30 PM Mar 5
1 Session Lucy Schmidt
CTC-123, IVCC Class ID: 19717 \$39

NEW! PETAL POWER: CREATE SPRING FLORALS IN COLORED PENCIL

Welcome to the medium of colored pencils. Learn the various techniques and create a drawing of a beautiful Spring flower. No experience necessary. Students are welcome to bring a photo of their favorite flower. The instructor will also have flower examples available that you can use during class if you do not wish to bring your own. Students will be asked to submit a sample of their photo by email approximately two weeks prior to class. Students will receive a list of art supplies to purchase prior to class.

Sat 9 AM-1 PM Mar 8
1 Session Julie Jenkins
Ecology Building, Class ID: 19661 \$49
Nell's Woodland, Ottawa

NEW! CHERRY HAVEN BIRDHOUSE PAINTING

This class is "for the birds." Follow along with step-by-step instruction as we create this 16" x 20" acrylic landscape painting of a wooden birdhouse surrounded by cherry blossom branches. The instructor will supply a stencil for the birdhouse. All supplies included.

Sat 10 AM-12:30 PM Apr 5
1 Session Lucy Schmidt
CTC-123, IVCC Class ID: 19716 \$39

NEW! DISCOVER THE MAGIC OF GELLI PLATE MONOPRINTING

Step into the fascinating world of gelli plate monoprinting - a fun, accessible way to create vibrant, one-of-a-kind artworks. This form of printmaking is all about spontaneity and exploration. No two prints are ever the same! You'll learn how to layer textures and patterns using stamps, stencils and everyday objects to craft visually stunning prints. Then, bring your creations to life by adding personalized touches with paint pens, markers, and other embellishments. Whether you're designing heartfelt greeting cards or small abstract masterpieces, this hands-on technique is perfect for unleashing your creativity. Includes supplies used during class.

Sat 9 AM-1 PM Apr 26
1 Session Julie Jenkins
CTC-123, IVCC Class ID: 19662 \$65



FRIDAY NIGHT FRAMED BARN QUILT ADDRESS WORKSHOP

Nothing says Americana more than a classic quilt pattern! Join IVCC instructor, Jyllian Ossola to create a 28" x 20 15/16" framed address sign. Please pre-submit the address you wish to place on the bottom of the sign. This piece would make a beautiful addition indoor or out, and would look especially charming near an entrance or porch. Students will pre-select a pattern from options provided by the instructor. You will select your colors prior to class. Bring a roll of 1" painters' tape, a yard stick and ruler to class. There is a \$35 material fee payable to the instructor the night of class.

Fri 5-7:30 PM May 2
1 Session Jyllian Ossola
RM 117, Bldg. J Class ID: 19664 \$49

PAINTED BARN QUILT

Please register at least one week prior to class for planning purposes.

Not just for barns... barn quilts also look great on your porch, fence, chicken coop, garden shed, pole barn or even over your fireplace. Add a unique, personal touch to your urban or rural homestead with a handcrafted, authentic piece of American art. Prior to class you will pre-select your pattern from options provided by the instructor. The possibilities are endless when you choose the colors of your choice. Move through each step, drafting, taping and painting with careful attention to detail. There is a material fee payable to the instructor the day of class. \$25 for 2-foot project and \$40 for 4-foot project. Bring a roll of 1" painter's tape and a yard stick to class.

Fri 5-9 PM May 2
1 Session Jyllian Ossola
RM 117, Bldg. J Class ID: 19663 \$65
IVCC East Campus

DOLLARS & SENSE

ESTATE PLANNING & ASSET PROTECTION

Everyone who has assets, whether you are just graduating from college, starting a family or planning for your golden years, needs an estate plan. Learn why you need an estate plan, how it works and what happens when you don't have one. We will discuss estate planning fundamentals and terminology including ramifications of asset ownership, legal reasons for life insurance, importance of beneficiary designations, life estates, nursing home costs, importance of powers of attorney, increase in guardianships, wills, use of trusts and more. Learn what questions you should be asking yourself. You will be better prepared to consider your options and have the tools needed to create a plan for the first time or review your current plan with your attorney.

Tue 6-8 PM	Feb 18	
1 Session	Walt Zukowski	
C-316, IVCC	Class ID: 19290	\$35

SOCIAL SECURITY UNDERSTANDING THE BENEFITS

This presentation provides an overview of Social Security's programs and online services, including retirement, spouse's, survivor's benefits and Medicare. Learn how to create your personal My Social Security account, a free and secure account which provides personalized tools for everyone, whether you receive benefits or not. Discover other helpful tools on ssa.gov and learn about the best ways to contact Social Security and how to file for benefits. This session is free. **Please register in advance for planning purposes.**

Mon 6-7:15 PM	Mar 31	
1 Session	Megan Forristall	
CTC-124, IVCC	Class ID: 19718	Free

AARP DRIVER SAFETY

The AARP Driver Safety Program is a classroom driver refresher course designed especially for drivers age 50 and older. This program aims to help community members retain their driving competency. Learn driving strategies, understand the effects of aging on driving, reduce the chance of having an accident and know when to retire from driving. At completion of this course; you will receive a certificate that can be presented to your automobile insurance holder that may entitle you to a discount. Attendance is required at both days of class to receive the certificate of completion. There is a \$20 fee for AARP members (with AARP membership card); and a \$25 fee for non-members payable to the AARP instructor for materials on the first day of class. The course is free for United Healthcare members. Additional information about parking and location will be emailed to you approximately one week before class.

Mon/Tue 8:30 AM-12:30 PM	Apr 21 & 22	
2 Sessions	Regina Leffelman	
Rm 103, Bldg. H	Class ID: 19637	

Mon/Wed 8:30 AM-12:30 PM	May 12 & 13	
2 Sessions	Regina Leffelman	
Rm 104	Class ID: 19638	Fee payable day of class
Ottawa Center		

NEW! THE BASICS OF MEDICARE WITH BRIDGES COMMUNITY CENTER

Medicare is health insurance for people age 65 or older. You may be eligible to get Medicare earlier if you have a disability, End-Stage Renal Disease (ESRD), or ALS, also called Lou Gehrig's disease (source medicare.gov.) The presentation will include information about the different parts of Medicare including Parts A, B, C & D and supplemental insurance. You will learn what your options are for your Medicare coverage. This session is free. **Please register in advance for planning purposes.**

Tue 6-7:15 PM	Apr 15	
1 Session	Jennifer Johnson	
CTC-124, IVCC	Class ID: 19719	Free

GENEALOGY

NEW! CLIMBING YOUR FAMILY TREE

Tracing your family's history can be so much fun and addictive! Where did your family come from and why are they here in LaSalle County? Do you know if you have a Civil War ancestor? Learn how to start your journey of discovery with volunteers from the LaSalle County Genealogy Guild! During two classroom-based meetings, they will show you how to jump start your research, how to organize your findings, which pitfalls to avoid and review the best resources on and off the internet. The three-part class will culminate in a curated visit to the Genealogy Guild's building in Ottawa, where volunteers will be on hand to personalize your experience and give you a guided tour of the Guild's collections. Whether you are a complete beginner or have some experience under your belt, you'll definitely learn something new. **The last session of this class will meet at the LaSalle County Genealogy Guild, 115 W. Glover Street, Ottawa, IL 61350.**

Wed 6-8 PM	Mar 19 & 26	
Sat 1-4 PM	Mar 29	
3 Sessions	Rachael Mellen	
CTC-124, IVCC	Class ID: 19720	\$79



FAMILY MATTERS

NEW! FOCUSING ON QUALITY OF LIFE

Join us as we discuss a difficult topic that everyone experiences, death and dying. Led by, Brittany Ross, a licensed social worker who has worked in the healthcare system for 15 years, the class will discuss living with chronic illness and the difference between palliative care vs hospice care, as well as the importance of advance directives. We will explore options for care including caregiver support and preparing for the end of life. Though this is a heavy topic, the goal is to leave feeling you have more information and support to be prepared to focus on the quality of life at the end of life.

Tue 5:30-7:30 PM	Apr 1	
1 Session	Brittany Ross	
C-325, IVCC	Class ID: 19678	\$29

PARENTING

NEW! EMPOWERED PARENTING SERIES

The Empowered Parenting Series or EPS as we like to call it, is a powerful and effective tool for any organization looking to help support caregivers and families. Jamie Stuart Taylor, LCSW will highlight and deliver very tangible and useful content for individuals to implement in their homes. Jamie has a true knack for educating, supporting and normalizing all seasons of parenting. You are guaranteed to leave this series feeling both equipped and empowered.

Feb 25: Understanding "the Why, the What" Behind Behavior at All Ages.
Mar 11: Supporting Ourselves and Our Children with Emotional Regulation.
Mar 25: What's Next? Putting the Pieces Together for then and For Me.

Tue 6-7:30 PM	Feb 25-Mar 25	
3 Sessions	Jamie Stuart Taylor	
Online Live	Class ID: 19674	\$139

NEW! UNDERSTANDING AND SUPPORTING AUTISM SPECTRUM DISORDER

This class is designed for anyone seeking an understanding of autism spectrum disorder (ASD) and effective strategies for supporting youth on the spectrum. This class will equip you with evidence-based practices and practical tools to positively impact the lives of children on the Autism Spectrum. Led by Mallory Ploch, Executive Director of the Special Education Cooperative, this is a great opportunity for educators and paraprofessionals to dive deeper into the evidence-based practices commonly used in classrooms. **Please bring a laptop or tablet as interactive technology will be accessed. Need to borrow a computer? No problem. Just let us know at the time of registration.**

Thu 5-7 PM	Mar 20-Apr 3	
3 Sessions	Mallory Ploch	
C-325, IVCC	Class ID: 19676	\$129

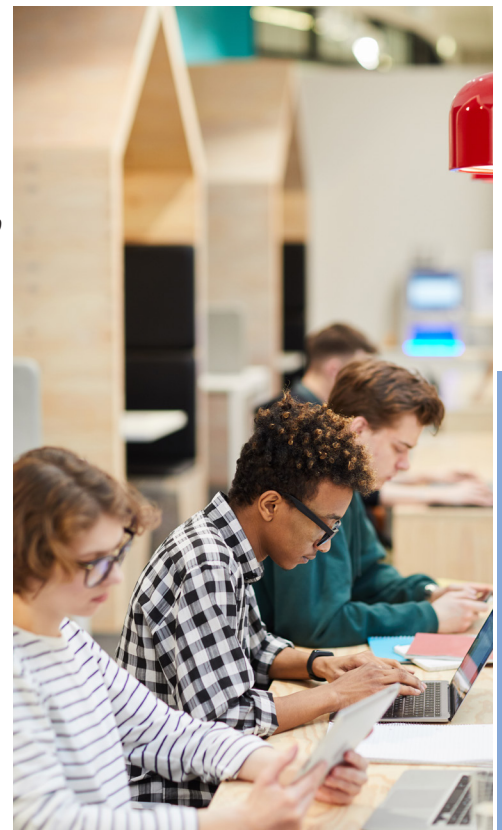
TEST PREP

ACCELERATED ACT TEST PREP

Prepare for the ACT (American College Testing) in this accelerated course designed for motivated students on a tight schedule. You will learn test taking skills, answering strategies for handling each type of question, time restraints, exam pacing and the ACT scoring system. This class is designed to coach you to do your best on the ACT and demystify college admissions testing. Preparing for the ACT will not produce perfect scores, but it will improve your score by reducing test anxiety that can limit your performance during the exam. Participate in practice tests and review test questions. Please bring a pen/pencil and notepaper to class. A textbook "Accelerated Prep for the ACT Test" is included in the price of this course. Students will be able to use this text to continue preparing for the exam after the class has ended. Seating is limited. Register early. Materials Provided: Study guides, practice tests, and access to online resources.

Sat 8:30 AM-12 PM	Feb 8	CTC-119, IVCC	
Sat 8:30-11:30 AM	Feb 15	CTC-215, IVCC	
Tricia Haynes & Bernie Moore	Class ID: 19727		\$135

Sat 8:30 AM-12 PM	Feb 22	CTC-119, IVCC	
Sat 8:30 AM-11:30 AM	Mar 1	CTC-215, IVCC	
Tricia Haynes & Bernie Moore	Class ID: 19728		\$135





IVCC YOUTH SUMMER CAMPS RETURN JUNE-AUGUST

Grow. Learn. Explore!

Illinois Valley Community College will be offering an exciting lineup of camps for kids aged 5-12 and teens that combine fun and learning.

Kids [Ages 5-12] Younger campers can dive into STEAM (Science, Technology, Engineering, Arts, and Math) activities, explore nature, unleash their creativity through art projects, and discover the wonders of science. They can also engage in health and wellness activities or get hands-on with technology through programs like coding, artificial intelligence, and YouTube content creation.

Teens [Ages 13-17] Teens can take their interests to the next level with career-focused camps. Explore welding, delve into healthcare careers, or learn advanced computer technology and cybersecurity. STEM-focused camps cover topics like CAD (computer-aided design), electrical systems, and automotive technology. These programs provide an incredible opportunity to gain hands-on experience and explore pathways to exciting careers in high-demand fields.

Looking for summer camp teachers! Are you passionate about inspiring the next generation? IVCC is seeking dedicated educators and professionals to join our summer camp team! Whether you're an artist, engineer, healthcare professional, or tech expert, your expertise can make a difference. Share your knowledge, spark curiosity, and guide campers on a journey of discovery. Join us in creating unforgettable summer experiences for kids and teens! Contact us for additional information.

Our Summer 2025 Camp Schedule will be available in April.

Be the first to know! Join our mailing list now by calling **(815) 224-0427** or email **continuingeducation@ivcc.edu**.



ILLINOIS VALLEY
COMMUNITY COLLEGE

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RESIDENTIAL CUSTOMER

EMPOWER YOUR WORKFORCE WITH THE IVCC BUSINESS TRAINING CENTER!

Known for our exceptional consulting, experienced instructors, and practical, results-focused training, the BTC is dedicated to meeting the needs of our community. From leadership and technical skills to safety and quality management, our training solutions will equip your team for success. Many of the courses in this catalog, along with others not listed, can be delivered at your location and tailored to meet your company's specific needs. Categories include, but are not limited to:

- **Computer Skills:** Microsoft Office, QuickBooks, CompTIA Certifications
- **Leadership & Management:** Team Building, Emotional Intelligence, Conflict Resolution, Coaching, Navigating Challenges, Driving Change
- **Technical Skills:** Welding, CNC, Maintenance, Electrical, Blueprint Reading, Rigging, Truck Driver Training
- **Safety & OSHA:** Forklift, Hazardous Materials, Confined Space Entry, 10 & 30-Hour General Industry, Developing Company Policies and Programs
- **Quality Management:** ISO Standards, Process Management, Internal Auditor
- **Continuous Improvement:** Lean, Six Sigma, Process Mapping
- **Healthcare:** Nursing, Social Work, Counseling, Leadership

Schedule an appointment to discuss your unique training requirements and explore the range of customized training options available, along with the programs eligible for the **Non-Credit Workforce Training Initiative Grant***.

Contact Us:
Jennifer Sowers, Business Training Specialist
Jennifer_Sowers@ivcc.edu | (815) 224-0280
www.ivcc.edu/ivbtc



TRAIN YOUR EMPLOYEES FOR HALF THE COST!

*The Non-Credit Workforce Training Initiative Grant is eligible for programs where a credential or a Certificate of Completion is awarded and you can save up to 50% of the overall cost of the training program.