

# McLeansboro

*Tena Karcher, Community Coordinator*

## Credit Courses

Course Number	Course Name	Dates	Credit Hours	Time	Day	Location	Instructor	Cost
ENGL 2102-61	Intro to Literature	1/11-4/9	3.0	5-7p	M/W	HCSHS A172	Johnson	\$246
PYED 1118- 85/985	Aerobics	1/11-5/7	1.0	5:30-6:30p	M/W	Dahlgren Catholic Church Social Hall	Lankford	\$82
HEA 1101-61	Health Education	1/11-5/7	2.0	6-8p	M	HCSHS A194	Yates	\$164
MATH 1107-61	Contemporary College Mathematics	1/11-5/7	3.0	6-9p	M	HCSHS A192	Douglass	\$246
ENGL 1102-61	Rhetoric & Comp II	1/11-4/9	3.0	7-9p	M/W	HCSHS A172	Johnson	\$246
COMM 1101-61	Principles of Effective Speaking	1/12-5/7	3.0	6-9p	T	HCSHS A171	Cox	\$246
PSYC 2102-61	Child Psychology	1/14-5/7	3.0	6-9p	Th	HCSHS A192	Douglass	\$246

## Non-Credit Courses

Course Number	Course Name	Dates	Sessions	Time	Day	Location	Instructor	Cost
COMED 1351-60	Self-Defense <i>for Women</i>	2/20-3/27	6	11a-Noon	Sa	Tae Kwon Do Studio	Glenda Lakin	\$30
COMED 2301-60	Chair Weaving	2/27	1	1-4p	Sa	St. Clements Hall	Brenda McPeak	\$15+
COMED 6375-60	Volleyball <i>Girls Grades 4<sup>th</sup>-6<sup>th</sup></i>	3/3-3/31	5	3-4:30p	W	East Side Gym	Jessica Whitlow	\$30
COMED 6349-60	Embroidery <i>Girls Grades 5<sup>th</sup>-6<sup>th</sup></i>	3/12-3/19	2	4-5p	F	East Side Cafeteria	Karen Rapp	\$10+
COMED 6331-60	Kids in the Kitchen <i>Spring</i>	3/22	1	5:30-7:30p	M	HCHS Home Ec Room	Paula Hatfield	\$10+
COMED 6390-60	Flag Football <i>Boys Grades 5<sup>th</sup>-6<sup>th</sup></i>	4/17-5/1	3	9-10a	Sa	HCHS Football Field	Robert Crow	\$12
COMED 1334-60	Tennis <i>for Beginners</i>	4/17-4/24	2	10-11:30a	Sa	HCHS Tennis Courts	Bill Miller	\$15+
COMED 6390-61	Flag Football <i>Boys Grades 7<sup>th</sup>-8<sup>th</sup></i>	4/17-5/1	3	10:30-11:30a	Sa	HCHS Football Field	Robert Crow	\$12

**+Course cost does not include additional supplies. For more information about classes or possible supply fees see course descriptions.**

## Non-Credit Course Descriptions

**Chair Weaving** Bring your old chair or footstool and learn how to weave a new bottom in it. There's nothing more exciting than taking something that looks old and restoring it to a brand-new item. The supply fee for material will depend on the size of your project (approximate cost is \$10-\$15 payable to instructor at class). Must register by January 16 and give measurements of your chair or footstool. Students will also need to bring a stapler and small screwdriver.

**Embroidery Girls Grades 5<sup>th</sup>-6<sup>th</sup>** Learn the decorative and fun hobby of embroidery. Participants will learn cross stitch, running stitch, chain stitch, daisy stitch and blanket stitch. You will also learn how to sew on a button while making the "Hanging Heart Pocket Pillow" project. Supply fee of \$2 is payable to the instructor at the first session.

**Flag Football Boys Grades 5<sup>th</sup>-6<sup>th</sup> and Boys Grades 7<sup>th</sup>-8<sup>th</sup>** Attention BOYS! Learn the basic fundamentals of football. Instruction will include basic terminology, explanation of different positions, and basic skills associated with the game of football.

**Kids in the Kitchen Spring** Just in time for spring, kids will learn how to dye eggs the old-fashioned way, make a boo boo bunny, ice a cupcake, and color coconut. They are sure to have loads of fun. Supply fee of \$5 is payable to instructor. Students must be 6+ or accompanied by an adult.

**Self-Defense for Women** This course is designed for women ages 16+. Learn basic self-defense skills and techniques to help you feel more secure. Wear comfortable clothing. Class will be held in the Tae Kwon Do Studio on the north side of the square in McLeansboro.

**Tennis for Beginners** Come learn and enjoy the game of tennis. McLeansboro has new tennis courts so let's use them! Your instructor will teach you the basic fundamentals of the game. Learn singles play as well as doubles. Students need to bring tennis racket and a canister of new tennis balls. This course is designed for high school students and adults.

**Volleyball Girls Grades 4<sup>th</sup>-6<sup>th</sup>** Discover the fundamentals of volleyball. Learn skills for the correct bump, set, spike, and serve. Scoring, positioning, and rules for volleyball will also be taught.