

Classes for Adults

(Choose 2 classes)

RETURN THIS FORM to your child's school with payment to register for the Family Learning Classes at Whitman.

Address: _____

Phone #: _____

E-mail: _____

Adult #1

Name: _____

Choose 2 classes:

- Beginning Spanish Healthy Cooking & Eating
 Art Yoga
 Computer Skills Zumba

Adult #2

Name: _____

Choose 2 classes:

- Beginning Spanish Healthy Cooking & Eating
 Art Yoga
 Computer Skills Zumba

Student #1

Name: _____ Grade: _____

School: _____ \$4 Payment Included

Student #2

Name: _____ Grade: _____

School: _____ \$4 Payment Included

Student #3

Name: _____ Grade: _____

School: _____ \$4 Payment Included

Number of Preschool Children: _____ (Free)

Number of People Needing Bus _____ (Free)

Beginning Spanish

Spanish 1 is a general introduction to the Spanish language and culture. Topics covered include introductions, greetings and farewells, alphabet, vowel and consonant sounds, articles, adjectives, personal pronouns, family, classroom objects, regular present tense, numbers, time, professions, ser and estar, calendar, and simple dialogues. Emphasis will be on the acquisition of four skills: listening, speaking, reading and limited writing. No prior Spanish language knowledge is necessary.

Art

Adult Art is a beginning art class with the goal of having fun, learning a few different techniques, and enjoying the process of creating projects. During the four week course we will work with clay, watercolors, papier-mâché, and soap carvings. There is no prior art knowledge or skill needed.

Enhance your Computer Skills

This computer course builds upon basic computer, e-mail, word-processing, and web skills. The lab will be open for participants who want increased use of social and digital media, email, spreadsheets, word processing, keyboarding, etc. Individualized instruction will be based on the needs of the participants. Examples of previous topics of interest include: Google Sheets, Google Maps, Google Slides, photo/video editing, graphic design, and file formats.

You will be working independently with assistance from our staff. This is a great opportunity to receive help on areas of interest to you!

Healthy Cooking and Eating

There is nothing like a new season of cooking. University of Illinois Extension Nutrition Education Program offers the My Plate For My Family nutrition workshop. Attend fun and interactive where you can learn how to prepare such recipes as Mediterranean Chicken and White Bean Salad, Skillet Spaghetti, Southwestern Salad, Strawberries with Cinnamon Sauce, etc... Be more inspired to make family time fun!

Yoga

Live & Breathe... Do Yoga. Enjoy the endless benefits of Yoga as Liz moves you through poses proven to reduce blood pressure, build core strength, and improve spinal health, immune and lymphatic systems, breathing, and overall wellness. The focus is on you and your flexibility, strength, relaxation, concentration, and body awareness. This class is open to everyone, whether you are new to or experienced in Yoga. Dress in comfortable clothes. Participants are encouraged to bring a mat.

Zumba

This class is designed for those who want a fitness program that combines Latin and International music to make exercise fun!

Please fill out all information on the side panel and return to your child's school with payment. (\$4 per student in grades K-5, preschool students are free)

Student Classes

Grades K-5

Students will participate in the following classes:

Art



Computers



Sports



Engineering



Drama Workshop
(grades 2-5)



Students will rotate 3 classes each week.

Parents must be enrolled and attend classes while students participate in recreational activities.

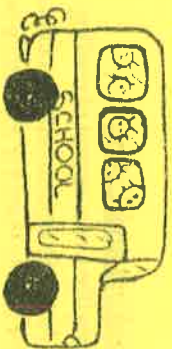
The cost is \$4 per student (\$1 per week).

Preschool
(3-5 year olds)

FREE babysitting is provided for preschool students.

Parents must be enrolled and attend classes while babysitting is being provided for children. Children must be potty trained.

Bus Schedule



Free transportation is provided.

The route will pick up and drop off at these stops:

- 5:50 pm Piper Lane & Burning Bush
- 5:52 pm Piper Shelters
- 5:57 pm Apple & Blossom
- 6:01 pm Old Willow Rd. & Old Willow Fall (entrance)
- 6:06 pm Old Willow Rd. & Burning Bush
- 6:08 pm Old Willow Rd. & Lake Run Condos (entrance)
- 6:15 pm Inland Drive (Hunt Club entrance)

Invite your friends and neighbors!

Adult classes are **FREE** and open to all families in District 21. Classes begin promptly at 6:30 p.m. Recreational activities for students in grades K-5 cost \$4 per student. **FREE** babysitting is provided for preschool students (3-5 year olds).



Family Learning Classes

2018



Parents:

Participate in 2 classes while your children are learning and having fun!

Wednesdays

Sept. 26

Oct. 3, 10 & 17

6:30 – 8:30 p.m.

Location:

Walt Whitman School
133 S. Wille Avenue
Wheeling, IL 60090

Preparing all students for success

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an ILLINOIS ADMINISTRATED AGENCY

For more information, please call

Leticia Del Real (847) 520-2727