

Summer 2024 Program Guide

ce.d214.org

Discover

D214 Community Education

**Youth STEM
Camp**
p. 17

 **Community
Education**
High School District 214



Adult Education

Registration Opens
July 15

FREE CLASSES!

- ESL
- Citizenship
- High School Diploma
- Career Pathways

Register in July for fall classes!

Classes start in August and September.

Catherine M. Lee Women's and Children's Center | Citizenship Preparation

College and Career Ready | English as a Second Language (ESL) | Family Literacy for ESL

High School Diploma for adults (GED) | Health Career Pathways | Manufacturing Career Pathways

Read to Learn Adult Literacy/Volunteer Program (RTL) | Reading 101

Spanish High School Diploma for adults (GED en Español)

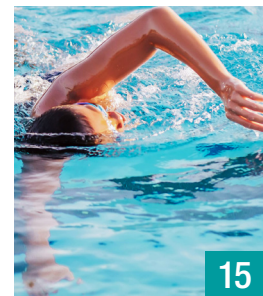
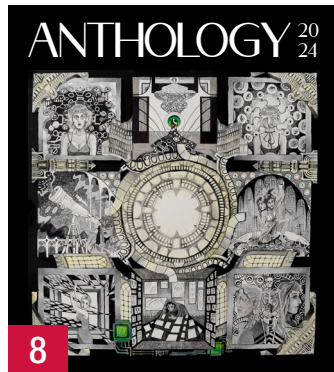


Visit our website ce.d214.org/adulted for details and to register online.





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Mark Your Calendars!

**Summer 2024
No Class and Make-Up Dates**

No Class: 6/19, 7/4

Make-Up Week: 8/26-9/1

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

D214 CE Gold Card

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

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



Our Mission

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

Administrators and Staff

Superintendent

Dr. Scott Rowe

Board of Education

Alva J Kreutzer
President

Leonard “Lenny” Walker
Vice President

William J. Dussling

Frank Fiarito

Mark Hineman

Mildred “Millie” Palmer

Andrea Rauch

Community Education Staff

Patrick Mogge

Director of Community Engagement
and Outreach

Karen Oswald

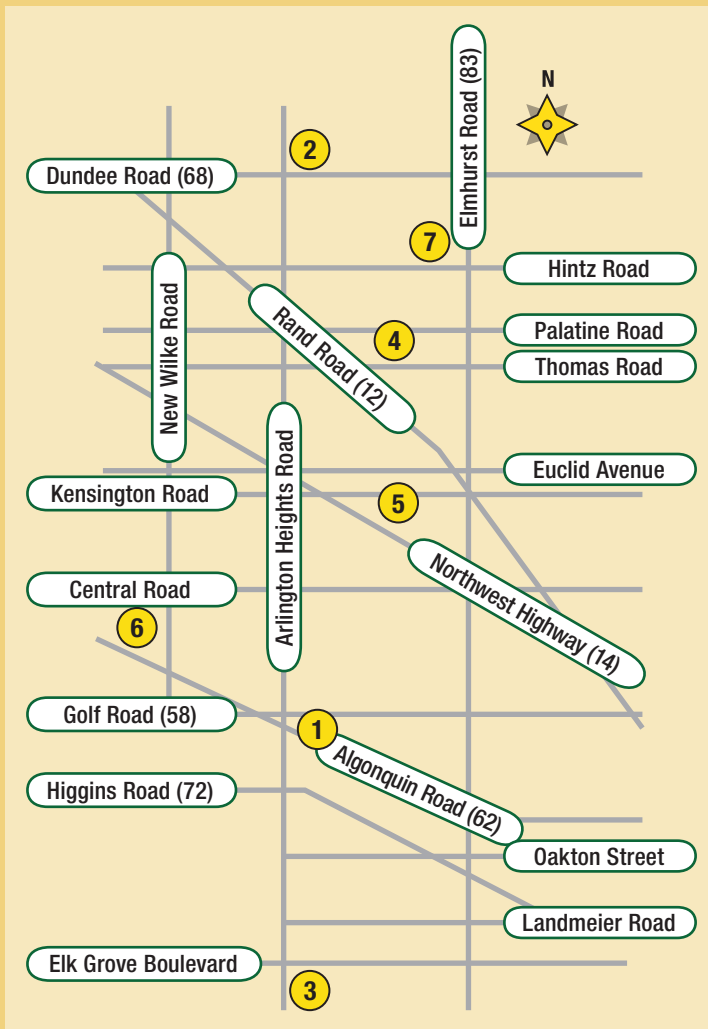
Community Engagement
Supervisor

Katie Campbell

Community Engagement
Supervisor

Campus Locations and Entrances

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



Welcome!



Dear Community Members:

Welcome to District 214 Community Education's program guide for Summer 2024.

The Community Education summer guide signifies the change of season is near. Maybe that means a change of pace for you and your family, but it does not mean any interruption in learning and enrichment opportunities. As always, this guide includes intriguing courses and programs that align with a wide range of individual interests and personal growth or career objectives.

Before we turn the page on this school year, we take note of District 214's version of an annual award season. This guide includes stories about this year's Distinguished Service Award (DSA) winners and Liz Ennis Award recipients. DSA recipients are volunteers who go above and beyond to support student success. The Ennis Award is named in honor of the late Dr. Ennis, a former District superintendent who left a legacy of innovation. This award is presented annually to an employee or team of employees who demonstrate leadership in developing and implementing an idea to improve student learning and achievement.

I mention this because these annual awards remind us that this District's success - and by extension - our community's success was built and is sustained by many individuals who are always looking for ways to make a great school district even better.

Finally, spring is an award season of sorts for our students, too, as many receive scholarships made possible through the generosity of all who support the District 214 Education Foundation. Please check out the ways in which the Foundation's work and the many opportunities for community participation.

Sincerely,

Alva J Kreutzer, President
Board of Education



Dear Community Members:

Here in District 214, we value our Community Education guide for the way it allows us to showcase remarkable work by students and staff - in addition to detailing the wide spectrum of Community Education opportunities.

In this issue, for instance, you will enjoy a sampling of our students' creative expression, as we include a few of the poems, prose and artwork from this year's Arts Unlimited Anthology. The eagerly awaited anthology is but one element of the District's Arts Unlimited program, which was launched almost 50 years ago to create a broader audience for student voice in the fine and performing arts.

Like many of the District's most enduring and valued initiatives, Arts Unlimited is a community wide event, featuring, as it does, a well attended reception each spring and a community art and writing contest, sponsored by the Daily Herald.

We hope you not only enjoy this student work but that you also will keep up to date on student learning and success by checking in occasionally for D214 stories on our District and school websites. We also want to emphasize that the Community Education programs are not just for a select few but for everyone in our community. We've carefully curated a lengthy list of opportunities for the summer ahead, and we're confident that there's something for everyone, regardless of age, interest, or skill level.

Sincerely,

Patrick Mogge, Director
Community Engagement & Outreach

DISCOVER:

Our Great Community

District 214 recognizes volunteers, supporters with Distinguished Service Awards

The Board of Education for High School District 214 has honored nine individuals with the District's 2023-24 Distinguished Service Awards. The awards are presented annually to people—community partners, parents, volunteers and others—who have made significant contributions to the District and its students.

“The Distinguished Service Awards are meaningful because they demonstrate the many ways community members work with the District to support student success. District 214 is a community district in the very best sense, as seen in the contributions of these award winners,” said District 214 Board of Education President Alva Kreutzer.

Superintendent Dr. Scott Rowe echoed that sentiment, saying: “All of our award recipients do exemplary work on students’ behalf, and we deeply appreciate that. And while their work is especially noteworthy, they’re not alone. We rely on the efforts of so many volunteers and partners to enhance our students’ learning experiences.”

The awards were presented at the March 14 Board of Education meeting.

The 2023-24 Distinguished Service Award honorees are:

Kelly Behrens, applauded for years of helping District 214 students explore health science careers. As the volunteer manager at Northwest Community Hospital, now Endeavor Health, Kelly has offered D214 students the opportunity to participate in the hospital's volunteer program—giving them exposure to various departments and responsibilities, insight into future career paths, and chances at scholarships, including one awarded by the NCH Foundation. Partnerships like these empower students and teach them the skills they need to succeed both personally and professionally.

Michael Connors, recognized for helping local residents become U.S. citizens. Mike has volunteered with the Community Education Citizenship Program since September 2022, devoting more than 100 hours to date and helping more than 120 people become U.S. citizens. He conducts one-on-one mock interviews with legal permanent residents, individuals who have come to Illinois from all over the world, helping

them prepare for naturalization interviews at the U.S. Citizenship and Immigration Services office.

Manal Omar, thanked for her dedicated service to and leadership of the Buffalo Grove Parent Association. Manal began volunteering for the BGPA from the minute her son entered Buffalo Grove High School as a freshman, and currently serves as the association president. Manal is forward thinking, always looking ahead to upcoming BGPA meetings, fundraisers and other opportunities for BGHS students. Organized and efficient, Manal is always the first to offer assistance when a need arises, and she does so with enthusiasm.

Dale Elsner, celebrated for building community within the Elk Grove High School football program. Dale has spent countless hours organizing Thursday-night pasta dinners for the team—and creating an atmosphere where the players felt supported, valued and part of a larger football family. Dale also has served as a vital liaison between the youth football program and the high school. His outstanding dedication, leadership and community involvement has contributed to a positive culture within the EGHS football program.

Retired **U.S. Army Major General James H. Mukoyama, Jr.**, saluted for sharing his time and personal experiences with students at John Hersey High School. James, a veteran of the Korean and Vietnam Wars, has made a significant impact on the lives of students and staff alike during Hersey's annual Veterans Day assembly. Emphasizing the importance of service and patriotism, his words have instilled in students an understanding of the sacrifices made by veterans and the importance of honoring their legacy.

Dan Sommers, cheered for supporting student athletes and their families at Prospect High School. Dan has proudly served as the Prospect Athletic Boosters president for six years. Under his leadership, the Boosters reimagined their support of athletics during the pandemic—financially backing team book studies, virtual fitness opportunities, and most impressively, helping families overcome food insecurity by donating grocery gift cards. Dan also spearheaded a new membership vision for the Boosters organization that transformed the process and increased family interest.

Arnie Quast, in the spotlight for helping Rolling Meadows High School students understand and access careers in the aviation industry. Arnie, a pilot at United Airlines, has provided behind-the-scenes field trip experiences and career guidance for District 214 students. He takes time to personally meet with students and their parents, too. On his own time, he has taken students out to his local airport to give them a teaching flying experience on his personal airplane.

Yeulanda Degala, thanked for leading efforts to provide assistance to local families. Yeulanda created the non-profit Good Neighbors Network in response to the need of District 214 communities during the Covid-19 pandemic. Last year, when the District's Specialized Schools wanted to start a food pantry and clothing closet for families in need, Yeulanda helped make the Care Corner a reality. On a regular basis, she continues to bring in food and clothing to replenish necessary items.

Joseph Vito, commended for his multi-faceted support of the Wheeling High School Mock Trial Team. Joe is a practicing attorney and has been a key member of the Mock Trial Team since 2019. Since then, Joe has attended almost every practice. He has provided formalwear for professional courtroom appearances, volunteered as a judge for competitions, and has hired two former WHS students as law clerks. Since 2019, the Wheeling Mock Trial program has expanded from 10 to 30 active members, helped immensely by Joe's invaluable contributions.



Our Excellent Staff

Ennis Award winner finds technology opens doors for student learning

■ **Shelby Rosin**, science teacher at **Prospect High School**, won the 2024 Dr. Elizabeth A. Ennis Innovator Award from High School District 214.

The legacy of the late Dr. Ennis, District 214's sixth superintendent, lives on through this annual award. It is presented to an employee or team of employees who have demonstrated leadership in the development and implementation of an idea to improve student learning and achievement.

Rosin was recognized for using technology tools in innovative and engaging ways in the classroom. In Rosin's case, taking 10 minutes to switch how she delivered lab materials meant everything to her freshman Biology students.

Rosin just finished her fourth year at Prospect. She is part of a teaching and learning cohort that works with an Apple Computer representative to find new ways to use District 214 students' iPads in classes. "I love technology," Rosin said. "I realized that although we have the iPads in our District, in many cases they're just replacing paper. Often it seems that the same worksheets are simply getting transferred to the iPad."

When she started planning for the annual Elephant Poop Lab—an investigative lab looking at soil and seed dispersal—Rosin decided to take the worksheet questions and do something different. She created an interactive presentation in Apple's Keynote program that included photos and links to videos, and opportunities for the students to play around with the look of the results they were reporting—shapes and colors and styles.

"The technology opened the door to the material," she said. "Changing the output got students more engaged. Kids were taking ownership of their work, collaborating and problem-solving."

Rosin's Apple representative encouraged her to post the presentation on the Apple Education Forum, where it's been viewed by more than 1,200 educators. Rosin has shared her enthusiasm for classroom technology with her fellow teachers at workshops for new teachers and at professional development sessions.

"What I have learned is that success does not always look and feel the same," she said. "There are always issues with technology; it's part of the process. But I've learned that none of us need to be perfect and understand everything when we open the tool. We can figure it out together. And I think more learning can happen when it's messy."

Every year, each District 214 school nominates one individual or team for the Ennis Award. A District committee – composed of a Board of Education



left to right: Julianne Evans (Math Science Division Head), Joyce Kim (Associate Principal for Instruction), Shelby Rosin (Science Teacher), Dr. Scott Rowe (Superintendent), Greg Minter (Principal), Frank Mirandola (Associate Principal for Activities and Operations)

member, principal, support staff, licensed educator and central maintenance personnel – reviews the nominations and selects that year's recipient.

2024 Ennis Award nominees included:

■ **Jeanne Shin-Cooper, Buffalo Grove High School:** Shin-Cooper has combined her teaching skills with her identity as an Asian American woman to create and participate in projects that educate students and the community about AAPI culture, history and religions. She says this work began as a personal commitment to address anti-Asian sentiments post-pandemic. Working with the Asian Student Association she sponsors, BGHS offered the District's first Asian Student Association Showcase, a night of celebration, and the first AAPI Student Summit, a program that brought in Asian American professionals as speakers.

■ **Kirsten Fletcher, Patricia Hartwig, Melinda Perkins, Tim Phillips, Lisa Pokorny and Julie Schroeder, Elk Grove High School:** This team of teachers has put the spotlight on the importance of biliteracy in the District 214 community by promoting and expanding opportunities for students to earn the Illinois Seal of Biliteracy. More than 100 EGHS students this year will earn the Seal for fluency in both English and in 18 other languages, from Gujarati to Hausa—five times the number from just four years ago.

■ **Dawn Francis, Amy Ohrt, Rob Pihl, Sam Silver, Matthew Stack and Heather Yalda, John Hersey High School:** This JHHS team took the District 214 AIM (Academic Interventions in Mathematics) program to a new level. At Hersey, the AIM program serves more than 100 freshmen with the goal of significant growth in math skills by junior year. A key focus has been small-group instruction led by certified math teachers in a supportive, inviting and collaborative

atmosphere. The program has enhanced these students' foundational mathematics knowledge and problem-solving skills—to rave reviews from students and parents.

■ **Parisa Fayeizadeh, Fernando Gonzalez, Gabriela Medina, Violeta Reyes, Sheila Rudden-Shorey and Belen Uriostegui, Rolling Meadows High School:** The Latino Family Outreach Team works to engage and empower Latino students and families and ensure access to and utilization of resources and programs—to close the "opportunity gap" for these often first-generation students. Parents connect with bilingual staff members who can help navigate District technology, summer enrichment programs, career discovery options and college information. This past school year, the team offered a career pathways overview, and a program about the District's dual-credit and internship opportunities.

■ **Kristie Allen, Megan Baker, Elizabeth Christell, Elizabeth Delgado and Natalie De Meo, Wheeling High School:** REACH—Reimagine Education and Cultivate Hope—is an alternative learning program designed for students whose needs have not been met through the traditional high school model. The goal is to service these students in their home school, offering them an opportunity to recover credits with a different curriculum, in a warm and supportive space and with activities that build connections and teamwork. In its first year, REACH served 29 WHS juniors. These students, in general, have increased their attendance and are experiencing high levels of success in terms of passing current courses, earning credit in deficient courses, getting back on track to graduate on time, and ultimately finding a sense of purpose for school and their futures.

DISCOVER:

Our Incredible Programs

Arts Unlimited

Sometimes, all it takes is one person's passion and vision to launch an idea that takes root, steadily grows and bears fruit for decades to come. So it was nearly 50 years ago with former Elk Grove High School teacher and division head Richard Calisch. He so highly valued the fine and performing arts and so much appreciated his students' creativity in these arenas that he looked for ways to give broader District and community exposure to student voice and creative expression.

District 214 this year marked the 48th anniversary of Arts Unlimited, which celebrates student talent, creativity and voice in the fine and performing arts.

To learn more about Arts Unlimited, its work and annual events, please visit the Arts Unlimited website.

■ **Calisch found like-minded people to join the effort**, leading to the creation of Arts Unlimited 214. Its mission? "To provide exposure to alternative, process-oriented perspectives through an ongoing celebration of the fine and performing arts. Arts Unlimited 214 strives to inspire imagination and creativity amongst the District's diverse student body and foster awareness of the arts within our community."

■ **Arts Unlimited consists of three primary components.** One element is made up of ongoing fine and performing arts programs to serve all students. A second is the eagerly anticipated annual spring reception, recognizing outstanding student achievement in the arts and honoring someone in the community who has made a significant impact in supporting the arts. The reception is also noteworthy as it features the unveiling of the third primary element: the annual Arts Unlimited Anthology.

■ **The Arts Unlimited Anthology.** Those who appreciate visual art, poetry, essays or short stories can easily lose themselves for hours in this year's 64 pages. Thoughtful. Humorous. Challenging. Intimate and deeply personal. Universal. Whimsical. Reflective. Sad. Laugh-out-loud funny. Insightful. Culturally and intellectually diverse. All of these descriptions and more fit The Anthology, an annual treasure for the ways in which it celebrates student voice and perspective.

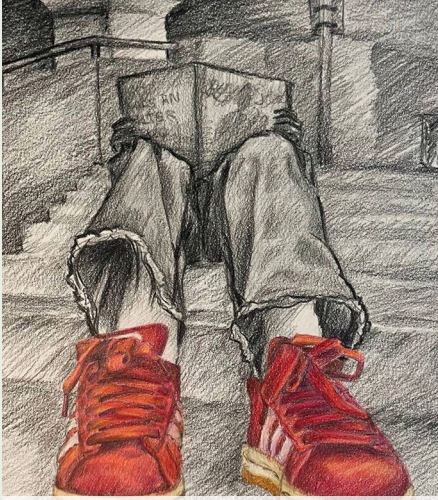
■ **"Fostering awareness of the arts within our community"** is part of the Arts Unlimited mission, and one that the Arts Unlimited Community takes seriously. Toward that end, Arts Unlimited has partnered with the Daily Herald, which each year sponsors the Community Art and Writing contest - another avenue for celebrating creative expression. A panel of judges awards first, second and third place honors in three categories: Art, Poetry and Prose. This year's winning entries, as always, merit attention and may be found on either the Arts Unlimited or Daily Herald website.



Personal Surrealism | Daria Gross

Anthology 2024

Discover: Our Incredible Programs



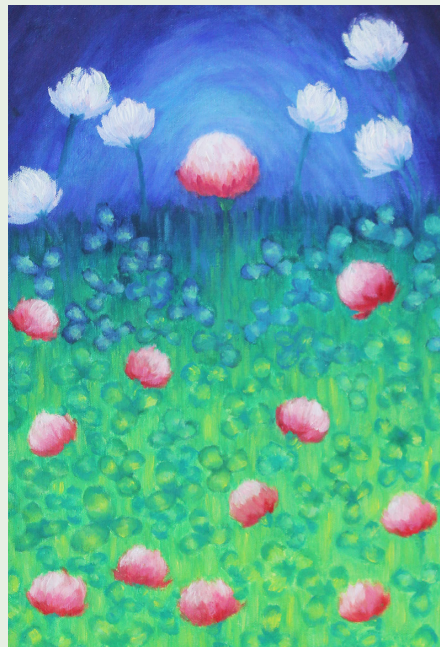
The Sneakers | Polina Dembitska

■ Her heart is broken
scars on her face
they will tell you
more
about her history
the green grove
became a black hell
everything dear to me was pelted with a
hail of steel
her warm hugs
will remain in
children's memory and now only the roar
of the wind
will wrap around
your shoulders
warm summer
the smell of flowers
and first trees planted with grandfather
endless sky like
endless childhood
my dearest I will
protect your dreams
remember your silent nights and loud carols
the most famous
in the world
which were born
under the bright Christmas sky of Lviv
smiling through the tears and pain
my beauty
black soil is only
for grain and poppies not for your heroes
my darling
the clear and deep
blue sky
is not for out
souls
oh the dearest place to my heart

Ukraine | Anastasiia Rusnak

■ I will never pick up a ping-pong paddle
without thinking
of you.
A warm spring evening moves us down
to the basement's cool air.
Mom's still setting up
karaoke, but
you're already leaning on the black table
holding a paddle as faded as your red shirt.
With a confident smirk, you beckon me over.
And I accept your challenge, smiling back.
We swing and shuffle and scramble
back and forth in worn house slippers.
It feels like we are pros
who just happen to miss often
and whose "power shots" fly straight over
somehow diving into a toilet bowl.
We lay our paddles down with
sweaty hands and goofy grins
and realize no one kept score.

Power Shots | Joaquin Valdecantos



Floral Sky | Noemi Sanchez



Expressive Hands | Matthew Neswold



Blow Out the Candles | Haley Gayle



Ancient | Miguel Suarez



Grumpy | Anna Kartel

DISCOVER:

D214 Community Education Travel

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



Greek Island Hopper!

■ April 29 to May 9, 2025

Spring 2025 is the perfect time to visit Greece with its perfect Mediterranean climate! On this tour of Athens and the Greek Isles, you will explore the ancient city of gold, silver, and bronze before setting sail for the iconic blue and white islands of Santorini and Mykonos. Three nights on each allows for guided sightseeing plus plenty of time to enjoy the scenery. In Athens, explore the heart of ancient Greece at the Acropolis, the most striking and complete ancient Greek monument. On the Greek Island of Santorini, classic Cycladic architecture (whitewashed buildings with blue-domed roofs) makes this archipelago one of the most stunning and frequented of all of the Greek isles. On Mykonos, discover the perfect Greek mix of sophistication, relaxation and jubilation. Discover the silky sand beaches and see the sights such as the Church of Agia Kiriaki and the Mykonos windmills.

Extended Tours



Christmas in Newport, Boston & New York City

■ December 4-10, 2024

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



St. Augustine, Florida

■ **March 1-7, 2025**

St. Augustine, Florida is a treasure trove of Spanish colonial history. The carefully preserved historic district features quaint brick streets, Spanish-influenced architecture with red-tiled rooftops and towers, the classic Bridge of Lions, charming St. George Street and magnificent churches all amidst stately palm trees and majestic oaks.

Founded in 1565, St. Augustine is the oldest, continuously inhabited established settlement in the contiguous United States. Marvel at the Spanish influenced architecture on your guided tour of Old Town. Your five night stay will provide plenty of opportunity to relax on the beach and enjoy tranquil sunsets while sipping a complimentary cocktail each night at the resort.

EXTENDED TOURS

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



Day Tours

Wandering Tree Estate & Dover Straits

■ **Thursday September 12, 2024** | \$128

At Wandering Tree Estate in North Barrington, visit the incredible home of Elaine Silets, internationally recognized artist, designer and manufacturer of Model Railroads & Garden Railways. Her work has been featured in the John Hancock Center and the Christmas windows at Tiffany & Co., and she has appeared on the Oprah Winfrey Show. This morning you'll be transported into one of the most uniquely beautiful private event venues in the country. In this 10-acre garden you will experience: The Shabui Railway Garden; a Japanese water garden and its amazing Railway Gardens, which includes 1500 feet of linear track, bridges, trestles and waterfalls all amongst beautiful flower gardens. The grounds also feature a greenhouse and an incredible miniature railroad display in a recreated train depot. Later enjoy a fabulous lunch at Dover Straits in Mundelein.



“Harry Potter and the Cursed Child” at the Nederlander Theatre

■ **Wednesday November 13, 2024** | \$245

Broadway's spellbinding sensation Harry Potter and the Cursed Child is coming to Chicago on its first-ever North American tour. Join the next adventure and experience the wizarding world like never before at this record-breaking, Tony Award-winning hit, hailed by Forbes Magazine as “one of the most defining pop culture events of the decade”. When Harry Potter's head-strong son Albus befriends the son of his fiercest rival, Draco Malfoy, it sparks an unbelievable new journey for them all—with the power to change the past and future forever. Prepare for a mind-blowing race through time, spectacular spells and an epic battle, all brought to life with the most astonishing theatrical magic ever seen on stage! Enjoy a great lunch before the matinee at Chicago's Weber Grill, where you Indulge In the flavors of perfectly grilled dishes.



DISCOVER:

Arts

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



Dance

Line Dancing - Beginning

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

Instructor: Elena Soultanska

Location: FVEC

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

6/10-7/29 | 8 sessions | \$79

Line Dancing - Intermediate

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

Instructor: Elena Soultanska

Location: FVEC

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

6/10-7/29 | 8 sessions | \$79

Latin Dance - Beginning

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

Instructor: Elena Soultanska

Location: FVEC

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

6/10-7/29 | 8 sessions | \$79

Latin Dance - Intermediate

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

Instructor: Elena Soultanska

Location: FVEC

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

6/10-7/29 | 8 sessions | \$79

Arts & Crafts

Crochet & Knitting

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

Instructor: Zee Wang

Location: FVEC

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

6/11-8/20 | 11 sessions | \$109

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

6/11-8/20 | 11 sessions | \$109

01301-03 | Ages 18+ | Wed | 6:30-9 p.m.

6/12-8/21 | 11 sessions | \$109

DISCOVER:

Fitness and Athletics

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



Yoga

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

Instructor: Kathleen Tracy

Location: FVEC

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

6/18-8/20 | 10 sessions | \$119

Instructor: Sandy Moore

Location: ONLINE

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

6/12-7/31 | 7 sessions | \$89

Instructor: Kathleen Tracy

Location: FVEC

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

6/20-8/22 | 9 sessions | \$109

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

6/20-8/22 | 9 sessions | \$109

Chair Yoga

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

Instructor: Sandy Moore

Location: ONLINE

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

6/11-7/30 | 8 sessions | \$99

Gentle Yoga

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

Instructor: Sandy Moore

Location: ONLINE

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

6/12-7/31 | 7 sessions | \$89

Belly Dance Fusion Fitness

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

Instructor: Jennifer Shafer, Sue Garcia Fitness

Location: FVEC

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

6/13-8/22 | 10 sessions | \$119

Location: ONLINE

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

6/15-8/24 | 11 sessions | \$129

Deep Stretching

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

Instructor: Sue Labbe, Sue Garcia Fitness

Location: FVEC

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

6/10-8/19 | 11 sessions | \$129

Location: ONLINE

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

6/13-8/22 | 10 sessions | \$119

Pilates Barre Fusion

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

Instructor: Sue Labbe, Sue Garcia Fitness

Location: FVEC

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

6/10-8/19 | 11 sessions | \$129

Location: ONLINE

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

6/15-8/24 | 11 sessions | \$129

Small Group Personal Training

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

Instructor: Sue Garcia Fitness

Location: PHS

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

6/11-7/9 | 5 sessions | \$99

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

7/16-8/20 | 6 sessions | \$119

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

6/11-7/9 | 5 sessions | \$99

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

7/16-8/20 | 6 sessions | \$119

Yogalates

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

Instructor: Sue Labbe, Sue Garcia Fitness

Location: FVEC

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

6/12-8/21 | 10 sessions | \$119

Zumba Gold Toning

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

Instructor: Carolyn Alexander, Sue Garcia Fitness

Location: ONLINE

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

6/11-8/20 | 11 sessions | \$129

DISCOVER:

Health and Wellness

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

Tai Chi

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

■ Tai Chi - Beginning

Instructor: Eric Peden

Location: FVEC

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

6/18-8/13 | 9 sessions | \$79

■ Tai Chi - Intermediate

Instructor: Eric Peden

Location: FVEC

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

6/18-8/13 | 9 sessions | \$79

■ Tai Chi - Advanced

Instructor: Stefan Panzilius

Location: FVEC

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

6/18-8/27 | 9 sessions | \$109

Shotokan Karate for Teens and Adults

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

Instructor: Gary Koelbel

Location: FVEC

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

6/12-8/21 | 10 sessions | \$129



DISCOVER:

Professional Development

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

■ In today's fast-paced career marketplace, acquiring new professional skills and certifications has never been more important. Whether you're looking to switch careers, improve your technology skills or move up the ladder in your current industry, we have a solution for you. Our wide range of affordable online classes allows you to improve your professional marketability while working from the convenience and comfort of your own home. We offer online coursework in the following categories:

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

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



ce.d214.org > Adult Enrichment

DISCOVER:

Special Interests

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

Gardening & Floral

Ohara Ikebana - Intermediate

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

Instructor: E-Ling Lou

Location: FVEC

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

6/17-7/8 | 4 sessions | \$69

06102-02 | Ages 18+ | Mon | 7:30-9 p.m.

7/15-8/5 | 4 sessions | \$69

Technology

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

How to Use Venmo Safely in 2024

06901-01 | Ages 18+ | Thu | 12-1 p.m.

6/6 | 1 session | \$25

Create Social Media Content without Panicking

06914-01 | Ages 18+ | Tue | 12-1 p.m.

6/11 | 1 session | \$25

Canva for Awesome Beginners

06915-01 | Ages 18+ | Thu | 12-1 p.m.

6/13 | 1 session | \$25

Practical ChatGPT Training for Everyone

06913-01 | Ages 18+ | Tue | 12-1 p.m.

6/18 | 1 session | \$25



DISCOVER:

Youth & Family

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



Core Aquatics Swim Team

The Core Aquatics Swim Team is a USA Swimming competitive swim team for young athletes ages 6+.

We believe in starting from the foundation and focusing on stroke proficiency while incorporating all aspects of racing. The team centers on maximizing efficiency as the foundation to competitive racing while building speed through technique precision. Swimming with Core Aquatics promotes teamwork, cultivates individual responsibility, and encourages personal goal achievement – all while encouraging a lifelong love of swimming. Our season begins June 3 and runs through July 25. All new Age Group members must go through our evaluation process prior to registering.

Please note: All Core Aquatics Swim Team members must also register with USA Swimming, which comes with an additional \$87 fee.

Orange Squad – broken into Orange 1 and Orange 2

Proper mechanics are required with an emphasis on racing and competing. This squad is open to graduates from our Swim Team Prep program or swimmers who can demonstrate ability to swim all four competitive strokes as well as show confidence diving from the blocks. In order to qualify for our Orange practice, squad swimmers will be asked to demonstrate a broken 400 swim (100 easy free, 100 kick, 100 pull and 100 IM) with ease and technically correct.

Blue Squad – broken into Blue 1 and Blue 2

The Blue Squad focuses on stroke technique and endurance as key aspects for advancing all four competitive strokes. This practice squad is open to swimmers who can demonstrate an ability to legally swim all four competitive strokes for 100+ yards, including proper turns and diving off the blocks. Blue swimmers spend 75% of their practices working on stroke technique and 25% building both aerobic and anaerobic endurance. Swimmers must demonstrate drill knowledge and be able to read a workout with guidance.

Continued on page 16.

Discover: Youth & Family

Silver Squad – broken into Silver 1 and Silver 2

The Silver Squad features continued race training and development of advanced swim techniques. Silver is open to swimmers who can demonstrate an ability to legally swim all four competitive strokes for 200+ yards, including proper turns, streamline and diving off the blocks. Silver swimmers spend about 50% of their practices working on stroke technique and the other 50% working on both aerobic and anaerobic sets, with an emphasis on power and precision. Dryland workouts will be incorporated into daily swim practices. To be considered for our Silver practice squad, swimmers must be able to demonstrate all competitive swim components, be legal in all 4 strokes, read and understand a workout with ease, be familiar with swim meet structure and events, and have former team experience.

Navy Squad – broken into Navy 1, 2 & 3

The elite Navy Squad is for senior level and advanced swimmers training for success at the high school level and beyond. This practice squad is on an invitation only from the Head Coach and Lead Senior Coaches. Our Navy squad requires additional commitment to training and dryland opportunities. Swimmers are expected to be on time for all practices and committed to train at a high level for the duration of the season.

Youth Aquatics

Learn 2 Swim

This class focuses on water adjustment, float and breathing, all while building water confidence in new swimmers. Each swimmer will progress through our robust curriculum individualized to their own skill level.

We maintain a 3:1 swimmer to instructor ratio at our lower levels and 4:1 ratio in our last three levels. Through our program:

- Swimmers will develop comfort with water on their face, submersion and moving through the water on their own.
- Swimmers will learn to rise and float on both their fronts and backs and will eventually incorporate kicking and movement.
- Swimmers will be introduced to breathing techniques while maintaining the float position and breathing comfortably and with ease.
- Swimmers will master strong propulsion for recreation and pre-competitive swimming.
- Swimmers will learn basic water safety and the dos/don'ts of recreational swimming.

Upon completion of our seven-level program your swimmer will be able to complete 50 yards of freestyle with technical proficiency, 25 yards of backstroke with technical proficiency, 25 yards of breaststroke with technical proficiency and 12.5 yards of butterfly with technical proficiency.

Each of our seven levels incorporates a series of primary and secondary skills that ready our swimmers for the next level. We maintain records using a progress report that outline specific skills necessary to master prior to moving to the next level.

■ This summer we will run 4 two-week sessions:

Location: Wheeling High School

Session 1 | Mon, Tue, Wed, Thu | 6/3-6/13
4:30-5 p.m. and 5:10-5:40 p.m.

Session 2 | Mon, Tue, Wed, Thu | 6/17-6/27
4:30-5 p.m. and 5:10-5:40 p.m.

Session 3 | Mon, Tue, Wed, Thu | 7/1-7/11
4:30-5 p.m. and 5:10-5:40 p.m.

Session 4 | Mon, Tue, Wed, Thu | 7/15-7/25
4:30-5 p.m. and 5:10-5:40 p.m.

Registration for Summer Learn 2 Swim will be available beginning May 8, 2024 at 10 a.m.

Water Polo

Our Core Aquatics Water Polo summer season is focused on developing newcomers as well as more seasoned players who want to gain knowledge, technique and skills. Coaches will divide players based on age and skill level while using drills and practice routines aligned with the best practices to help prepare athletes for success.

Age Group: Our age group practices focus on developing newcomers between the ages of 10 - 14 years old who have limited to no water polo experience. Athletes will learn basic skills of the game such as the egg-beater kick, ball handling, swimming comfortably head up, changing direction in the water, treading, using the body effectively on offense and defense, general game awareness and the rules of the game. Coaches will group players by experience with competitions being divided into 14U and 12U groups.

High School Boys and Girls: Our High School teams focus on developing players with at least one season of high school competition. General rules of the game is a prerequisite. Practices will revolve around conditioning and advanced game play.

■ Our tentative Summer Schedule is as follows:

Location: Elk Grove High School

Ages 12U | Mon, Tue, Wed, Thu | 6/3-7/25 | 5-6:30 p.m.

Ages 14U | Mon, Tue, Wed, Thu | 6/3-7/25 | 6-7:30 p.m.

HS Boys | Mon, Tue, Wed, Thu | 6/3-7/25 | 7-9 p.m.

HS Girls | Mon, Tue, Wed, Thu | 6/3-7/25 | 7-9 p.m.

Swim Team Prep

Our Swim Team Prep members focus and prepare to be future competitive swimmers. Members must have made it to the Swordfish level of our Learn 2 Swim class or be proficient in both freestyle and backstroke and can swim at least 25 yards of each stroke without stopping. Skills and drills are taught to enhance stroke technique and teach breaststroke and butterfly, starts, turns, streamlines, and the rules of racing. Practices are run in a swim team style with sets, drills, starts, and finishes. All new members must go through our evaluation process or invited from our Learn to Swim program prior to registering. Evaluation signup can be found in our season information packet.

Information regarding team policy and scheduling can be found in our season information packet. Please scan the QR code to access our packet.





Youth Summer Camp

Wheeling High School STEM Camp

Our Wheeling High School STEM camps are a great way for children entering grades 1-8 to explore the fascinating world of science, technology, engineering and math in a fun and engaging environment! Choose from a variety of classes to create your custom camp experience.
Location: Wheeling High School

30005-FULL CAMP | Grades 1-8 | Mon-Thu | 1-4:15 p.m.
6/10-6/13 | 4 sessions | \$100 (\$30 for Wheeling High School district resident)

30005-SESSION 1 HALF CAMP | Grades 1-8 | Mon-Thu | 1-2:30 p.m.
6/10-6/13 | 4 sessions | \$50 (\$15 for Wheeling High School district resident)

30005-SESSION 2 HALF CAMP | Grades 1-8 | Mon-Thu | 2:45-4:15 p.m.
6/10-6/13 | 4 sessions | \$50 (\$15 for Wheeling High School district resident)

Skyhawks Multi-Sport Camp: Baseball - Basketball - Soccer

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship, inclusion and teamwork. Participants should wear appropriate athletic attire and bring a water bottle, two snacks and a lunch to each session. Every child receives an award certificate, Skyhawks t-shirt and ball.
Location: FVEC

30006 | Ages 7-12 | Mon-Thu | 9 a.m.-noon | 6/10-6/13 | 4 sessions | \$160

Skyhawks STEM and Basketball

This program combines strategic STEM-based activities with traditional Skyhawks basketball instruction and a focus on life skills such as teamwork and sportsmanship. The STEM Sports basketball curriculum educates children on subjects including velocity and acceleration, basketball shoe design, tracking with technology and much, much more. Participants will also learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based drills and scrimmages. Skyhawks puts the Sports in STEM! Participants should wear appropriate athletic attire and bring a water bottle, two snacks and a lunch to each session. Every child receives an award certificate, Skyhawks t-shirt and ball.
Location: FVEC

30007 | Ages 7-12 | Mon-Thu | 9 a.m.-noon | 6/24-6/27 | 4 sessions | \$160

Black Rocket - Online STEAM Camps

Community Education partners with Black Rocket to bring online STEAM camps to our community.

The magic in every student comes to life as never before when they are empowered to be as creative as they were all born to be! Black Rocket has more than 20 years of experience designing courses in the STEAM (science, technology, engineering, arts and math) fields. Every program is powered by the child's innate imagination and designed to bring their ideas to life in a fun, hands-on learning environment. All Black Rocket programs mirror real-life experiences and the collaborative nature of the design process. Online classes provide a more independent experience, but with an emphasis on peer-to-peer feedback to enhance the creative process.
Location: ONLINE

Please use the QR code for Black Rocket class details including dates and times.



Record number of applicants for scholarships this year



Kudos to: District 214's record number of applicants this year for scholarships. And thanks to the incredibly generous gifts of an ever-increasing number of individuals, families and organizations, this year the Foundation awarded a record amount in scholarships - nearly \$110,000! Among the many awards are opportunities for students who:

- Are pursuing certificates in the trades or specific courses of collegiate study
- Have demonstrated outstanding citizenship and leadership through activities and academic pursuits
- Participate in the annual Redefining Ready! competition by producing a 30-second video describing why they are college, career and life-ready beyond the value of test scores.

A heartfelt thanks to the supporters who have helped the Foundation establish more than 10 new scholarships in the past two years. And we are always eager to create more! Contributions for new or existing scholarships are always welcome. For more information, please contact Brooke Snell at brooke.snell@d214.org.



Community Education

Registration Information

How To Register

We have 4 easy ways to register!

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

Registration Policies

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

Contact Us

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

Phone: 847-718-7700

Email: ce@d214.org

Website: ce.d214.org

▶ Enter through door 30.

Summer Office Hours: 6/3/24-8/5/24; Mon-Thur: 8 a.m.-4 p.m.



**High School District 214
Community Education**
2121 South Goebbert Road
Arlington Heights, IL 60005
phone: 847-718-7700 ■ ce.d214.org

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

Registration Form

Participant Information

First Name: _____ Last Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

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

Email: _____

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

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

Payment Information

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

Credit Card (check one): Visa Mastercard Discover

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

Cardholder Signature: _____

Card Number: _____

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

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

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

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

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

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

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

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

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

Signature of Parent/Guardian/Participant 18+

(Must sign to process registration)

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**Register
Online @
ce.d214.org**

Culinary
*Coming back
this Fall!*

**Health &
Wellness**
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**Youth and
Family**
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Arts
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Languages
*Coming back
this Fall!*

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