

Workshops

Stepping With Style

Want to learn how to step? Then this workshop is for you! This workshop will introduce you to the synchronized movement of Stepping. Stepping is an organized form of rhythmic dance. Students will learn basic steps and turns of stepping. No longer will you be on the outside looking in. You will be able to join in with all of the other steppers in the Chicagoland Area. Salaam's Productions presented the award for "Favorite Stepping Class" in the South Suburban area to the Matteson Community Center. This is a free workshop but you need to pre-register.

PROGRAM #: 39058-01 (I)
39058-02 (II)
LOCATION: Oakwood Recreation Center
AGE: 16 & older
TIME: 6:30 p.m. to 8:00 p.m.
DAY: Tuesday
DATES: Workshop I: January 17
Workshop II: March 6
REG. DEADLINE: Workshop I: January 14
Workshop II: March 3
FEE: FREE
LIMIT: Min. 8 / Max. 30
INSTRUCTORS: Henry Meade and Jerylyn Talley



LuuLuu's Belly Dance Fitness

This workshop is a full body workout that uses a combination of light calisthenics and belly dance movements in isolation to tighten and tone the body. Emphasis is on fusion Turkish and Egyptian belly dance with a little African and Latin dance. Attire: socks, ballet or jazz slippers and fitted clothing. Please bring a long scarf or hip wrap to tie around your hips or hip scarves will be available for purchase. This is a free class, but please call the community center to pre-register.

PROGRAM # 39043-01 (I)
39043-02 (II)
LOCATION: Matteson Community Center
AGE: 18 & Over
TIME: 7:15 p.m. to 8:15 p.m.
DAY: Monday
DATES: Workshop I: January 23
Workshop II: March 12
REG. DEADLINE: Workshop I: January 21
Workshop II: March 10
FEE: FREE
LIMIT: Min. 8 / Max. 20
INSTRUCTOR: Kim Simmons

Resident Registration Begins Saturday, January 7, 2012



RC Car Racing Fundamentals

Have you ever dreamed of being a race car driver? Do you love radio controlled cars? If the answer is yes then this is a workshop for you! This workshop will introduce you to the exciting hobby and sport known as On-road Road Controlled Car Racing. Participants will learn how to prepare race cars and drive them on a closed circuit race course. You will learn major turn configurations such as hairpin, 30/45/90 degree, chicane, switchback, and sweeper to name a few. Aerodynamics, suspension, drive train, battery technology and related technical topics will be discussed and reinforced during track time. Professional grade 1/14 scale electric radio controlled cars are used. This is a free workshop but pre-register is required.

PROGRAM #: 39093-01 (I)
39093-02 (II)
LOCATION: Oakwood Recreation Center
AGE: 10 to 18
TIME: 12 p.m. to 1:30 p.m.
DAY: Saturday
DATES: Workshop I: January 21
Workshop II: March 17
REG. DEADLINE: Workshop I: January 14
Workshop II: March 10
FEE: FREE
LIMIT: Min. 4 / Max. 15
INSTRUCTOR: Kenneth Echols

The McNabb Challenge Pro Style Football Clinic

This workshop is an off season conditioning, agility fundamental and advanced structured football clinic. This clinic has been designed to teach, instruct and coach each participant who desires to become the complete athlete in the game of football. This workshop will be divided into manageable session periods that will address essential techniques and position fundamentals in a clinic setting comparable to the collegiate and professional football players organized training activities (OTA's). The object of this workshop is to make football both an enjoyable and rewarding sport for the serious collegiate minded student athlete.

PROGRAM #: 320101
LOCATION: Matteson Community Center
AGE: 10 to 14yrs
TIME: 6:00 p.m. to 8:00 p.m.
DAY: Friday
DATE: Workshop: April 13
REG. DEADLINE: Workshop: April 7
FEE: FREE
LIMIT: Min. 5 / Max. 10

New!

Coupon Madness

Would you love to save hundreds of dollars a year? Are you tired of watching your money fly out of the window? Would you like to save money on the products you buy? Do you dread going to the checkout line knowing you are spending more than you can afford? How would you like to cut your food bill in half? I can show you how! The coupon workshop will show you how to save hundreds of dollars a year in your spare time.

PROGRAM #: 340901-01
340901-02
340901-03
LOCATION: Oakwood Recreation Center
AGE: 18 & older
TIME: 1:00 pm to 3:00 pm
DAY: Saturday
DATES: Workshop I: February 18
Workshop II: March 17
Workshop III: April 21
REG. DEADLINE: Workshop I: February 13
Workshop II: March 12
Workshop III: April 16
FEE: \$12.50 / NR \$17.50 per workshop
LIMIT: Min. 5 / Max. 25
INSTRUCTOR: Monique Tarleton

Workshops

Line Dancing Workshop

Line Dance for your health! Here's your exercise and dance lesson combined into one. Come out and learn the new Slides as you dance and exercise your pounds away! Be ready for the upcoming events in your life which may include Weddings, Graduations, White Parties, Birthdays, Cruises, Social engagements etc..... You do not want to miss this class! In-person or phone registration (748-1080) is required by the registration deadline. Space is limited.

PROGRAM #: 39089-01
LOCATION: Oakwood Recreation Center
AGE: 16 & older
TIME: 6:30 p.m. to 8:30 p.m.
DAY: Thursday
DATE: January 12
REG. DEADLINE: Jan. 11
FEE: FREE
LIMIT: Min. 20 / Max. 25
INSTRUCTOR: Bridgette Sheppard

Creative Jewelry Design Workshop

This is a free demonstration for the upcoming Beginning Creative Jewelry Design program. This workshop will be for 30 minutes to show techniques in earring design. In the actual class, we will be designing earrings, bracelets and necklaces and you will learn about tools, bead stringing and more!

PROGRAM #: 390040-01
LOCATION: Oakwood Recreation Center
AGE: 16 & older
TIME: 6:30 p.m.-7:00 p.m.
DAY: Tuesday
DATES: January 17
REG. DEADLINE: January 13
FEE: FREE
LIMIT: Min. 4 / Max. 12
INSTRUCTOR: Elizabeth Love



New!

Intro to Robotics

Hey get ready for Robotics!! This is not your ordinary Robotics this is applied science concepts. Participants will apply science and learning concepts to design, engineer, and create robots using Lego NTX Systems. Also included in this Robotics class is an intermediate version of Robotics called VEX. If you are interested in science and technology than this class is for you! Projects will include programming, ultra sound, light, sound, touch and other robotic sensors. This class will also allow you to prepare for a robot upcoming events and competitions.

PROGRAM #: 39094-01 (I)
 39094-02 (II)
LOCATION: Oakwood Recreation Center
AGE: 6 to 13 years old
TIME: 6:00 p.m. to 8:00 p.m.
DAY: Thursday
DATES: **Workshop I:** January 19
Workshop II: March 15
REG. DEADLINE: **Workshop I:** January 14
Workshop II: March 8
FEE: FREE
LIMIT: Min. 4 / Max. 15
INSTRUCTOR: Bernard Key

New! Learn What Makes Relationships Prosper

Relationships are Life! Whatever situation you are in, single, married, divorced, a nuclear or blended family, employed or unemployed, healthy relationships are what hold us together. Healthy relationships also help us to live much healthier lives - relationships give us reasons to live. These workshops will show you how to build, recover and sustain healthy relationships. They will also help you to restore relationships, get rid of unhealthy relationships, and show you how to maintain a healthy relationship even with those you don't care about. Having healthy relationships among members of our community also play an important role in motivating stronger social relationships between people in the community. Let's make our time together a community affair. Hors d'oeuvre will be served.

PROGRAM #: 340902-01
 340902-02
 340902-03
LOCATION: Oakwood Recreation Center
AGE: 17 & older
TIME: 7:00 p.m. to 8:00 p.m.
DAY: Wednesday
DATE: **Workshop I:** February 8 & 15
REG. DEADLINE: February 2
DATE: **Workshop II:** March 7 & 14
REG. DEADLINE: March 1
DATE: **Workshop III:** April 18 & 25
REG. DEADLINE: April 12
FEE: \$50.00 / NR \$55.00 per workshop
LIMIT: Min: 10 / Max. 25
INSTRUCTOR: Dr. Taffe, Emax, Family Choices, Inc.

New! Scholarship Strategy Workshop

How does one gain access to and find scholarships? This workshop will provide students and parents with the skills and strategies needed for students to be in the best position to obtain scholarships. The instructor Brenda High has helped many students in finding full tuition scholarships.

PROGRAM #: 330901-01
LOCATION: Oakwood Recreation Center
AGE: Grades 8-11
TIME: 10:30 a.m. to 12:00 p.m.
DAY: Saturday
DATES: February 4
REG. DEADLINE: January 30
FEE: FREE
LIMIT: Min. 5 / Max. 25
INSTRUCTOR: Brenda High MS, GCDF

Calling All Youth!

Embark on Positive Youth Development Experiences. These interactive sessions will emphasize the importance of academic achievement, graduating from high school, furthering educational training, and building positive leadership qualities. Youth participants will experience fun peer interaction and group activities that will influence youth to foster positive peer relationships and provoke youth to make decisions that produce successful outcomes. Come one come all! Raise the bar to produce positive self-growth and development. No Deposit, No Return. Dare to Be Different!

PROGRAM#: 39098-01 (I)
 39098-02 (II)
 39098-03 (III)
 39098-04 (IV)
LOCATION: Oakwood Recreation Center
DAY: Saturdays
AGE: 8 to 12 year olds
TIME: 2:00 p.m. to 3:00 p.m.
DATES: **Workshop I:** March 17
Workshop II: April 21
AGE: 13 to 17 year olds
TIME: 3:00 p.m. to 4:00 p.m.
DATES: **Workshop III:** March 17
Workshop IV: April 21
FEE: \$10.00 / NR \$15.00 per workshop
INSTRUCTOR: Sheva Franklin