



SOUTH
SUBURBAN
COLLEGE

This is Success.

SUMMER 2024

2024 Summer Classes
Online & In Person
ssc.edu
(708) 596-2000, ext. 2231

NON-CREDIT CLASS SCHEDULE



**Register
Now!**

**Classes
Start June
3, 2024**

Summer Classes are Now Open!

Corporate Training

Continuing, Corporate, & Community Education (C3)



C3 offers high-quality training to business and industry to help companies optimize their workforce. We provide traditional facilitator-led training, technology-based learning, or a combination of both to ensure customized training solutions that work!

Essential Skills

While technical skills are important, most often, employers cite essential skills as reasons for not hiring, not promoting, and even firing promising employees. With C3, expertise and an employer's investment in training can produce results.

- Time/Stress Management
- Train The Trainer
- Customer Service
- Communication
- Effective Teams
- Sales
- Leadership/Supervisor/Management
- Problem Solving

Computer Training & Applications

C3 offers computer workshops that range from introductory through advanced, as well as highly specialized software applications.

- MS Office Applications
- QuickBooks
- Project Management
- CAD
- Social Media



Manufacturing

The South Suburban region is a source of manufacturing jobs opportunities and career upgrades. C3 experts can train, retrain and remediate for employee skill improvement.

- Hazard Analysis and Critical Control Point (HACCP)
- ISO-Audit & Updates
- Lean Solutions
- Maintenance
- Welding-Stick, MIG & TIG
- Safety Quality Forklift
- Manufacturing Skill Standard Council (MSSC)
- PLC
- Blueprint Reading
- OSHA

Human Resource Services

Human Resources departments handle many responsibilities. C3 has the resources you need to stay on top of essential HR functions.

- Performance Evaluations
- Diversity/Discrimination/Harassment
- Policy and Procedure Manuals
- Hiring and Onboarding

For more information, contact Gervaise Edwards: (708) 596-2000, Ext. 5723 or gedwards@ssc.edu.

Contents

Class Beginning and Ending Dates:4
 Barber6
 Business & Management Expertise6
 Drama.....6
 Food Service Sanitation6
 Forklift7
 Golf Basic7
 Health Technology Program7
 Law7
 International Language7
 Makeup Artistry7
 Music Programs-Private Applied Music8
 Physical Education.....8
 Psychology.....8
 College for Kids.....10
 Academic Enrichment10
 Academic Enrichment (High School StudentsNon-Credit Classes).....10
 Maker Lab11
 Foreign Language.....11
 Physical Education.....11

How to Read this Schedule

Course Code	Section	Time	Day	Site & Room	Instructor	Date
ART E02	701	8:00-8:50a	MWF	MA-4340	Fleischman	1/13-5/16

M=Monday T=Tuesday W=Wednesday TH=Thursday F=Friday S=Saturday

Extension Center Legend for Site Locations

MA= South Suburban College
 15800 South State Street
 South Holland, IL 60473
 FC= Fitness Center
 South Suburban College
 Main Campus

ON= Main Campus, To Be Determined
 OF= Off Campus, To Be Determined
 OFC= Oak Forest Center
 16333 S. Kilbourn Ave.
 Oak Forest, IL 60452

Symbol Key:

Online: Clinical: Internship: Cross-Listed: (This is a college credit class with limited seating for non-credit students.)

Class Beginning and Ending Dates:

Credit & Workshops:

*June 3 through July 25, 2024,
unless otherwise indicated*

C3 Courses:

*June 3 through August 9, 2024,,
unless otherwise indicated.*

Most non-credit classes require a minimum of four students, and some classes do have a maximum limit. All registration is on a first-come, first-served basis. We ask that students enroll at least one week before the start of class. By registering early, we can avoid disappointment by having to cancel classes.

Summer 2024 – Academic Calendar

<i>Monday, June 3</i>	<i>2023 Summer Classes begin</i>
<i>Monday, June 19</i>	<i>Juneteenth Day Observed - Both Campuses Closed-No Classes</i>
<i>Thursday, July 4</i>	<i>Independence Day Observed-Both Campuses Closed-No Classes</i>
<i>Wednesday, July 17</i>	<i>Last day to withdraw (In-Person-Only) from classes and receive a “W” grade.</i>
<i>Thursday, July 25</i>	<i>Last meeting of day and evening classes</i>

Free Tuition for Senior Citizens:

Any District 510 resident 62 years of age or older is eligible to take Continuing Education courses tuition-free. The student must pay all course-related fees. Available classroom space must exist, and tuition-paying students must constitute the minimum number of required students for the particular class. Senior citizens living outside District 510 boundaries must pay full tuition and fees.

Refund Policy:

NOTE: South Suburban College cannot authorize withdrawals based on information received by telephone.

- ◆ *Refund checks are issued approximately 7 to 10 days after the stated deadline-(see below.)*
- ◆ *Refunds of tuition and fees will occur only after the student has completed a “drop” through their portal during designated “drop” periods.*
- ◆ *Attendance in any class and receipt of a grade is subject to official enrollment in and payment of the full tuition for the class.*

- ◆ *No registration changes are allowed after the 10th day of the term for the particular class.*
- ◆ *The college will issue 100% refunds for any non-credit course or workshop canceled due to insufficient enrollment.*
- ◆ *For mini-courses or workshops beginning after June 3rd, the student must complete a “drop” through their portal or in person 48 hours before the first class session. There will be no refunds after the class begins. Failure to attend class does not result in a refund.*
- ◆ *Refund checks will be mailed approximately three weeks after the stated deadline.*

Tell Us What You Think

You can contact our office by email. Tell us what you like about our class offerings, what you'd like to see, and how we can improve our services to you. Send your email to: C3@ssc.edu

South Suburban College serves the residents of District 510 which includes all or portions of these communities:

Blue Island • Burnham • Calumet City • Country Club Hills
Dixmoor • Dolton • East Hazel Crest • Harvey • Hazel Crest
Homewood • Lansing • Lynwood • Markham • Midlothian
Oak Forest • Phoenix • Posen • Riverdale • South Holland
Thornton • Tinley Park

Check out our web page at: www.ssc.edu

Payment & General Information

How to Pay

Payment can be made by using cash, check, Visa, Discover, MasterCard, or FACTS deferred payment plan. Proof of residency must be provided at the time of registration. As a payment alternative, the College offers the FACTS interest-free monthly payment plan. The cost to budget the payment plan is a \$25 per semester non-refundable FACTS enrollment fee. Payments are electronically processed on the 5th of each month and will continue until the balance is paid in full. Payments may be made from savings, checking or credit card accounts. For more information or to enroll in the FACTS payment plan, please go online to www.ssc.edu and follow the instructions.

**The South Suburban College Board of Trustees reserves the right to change/adjust tuition and fees. Please refer to the College Catalog for additional information regarding tuition and fees.*

Campus Locations & Contact Information

Main Campus:
(708) 210-5718

15800 S. State St., South Holland IL 60473

Oak Forest Center:

(708) 225-6000

16333 S. Kilbourn Ave., Oak Forest, IL

For Indiana residents:

(219) 931-0096 or 0098

Class Schedules Available Online

Our Non-Credit & Credit class schedules are accessible online in a dynamic format. This online format provides the most up-to-date class information. Visit www.ssc.edu to get started.

Who We Are.

The Office of C3 offers a wide selection of personal interest and professional development courses throughout the year with a variety of start dates, class times, and course lengths that make these non-credit classes extremely accessible.

Therefore, the C3 Department welcomes you and thanks you for your participation in our programs. For more information regarding our programs and services, please feel free to contact:

Continuing, Corporate, and Community Education (C3):
(708) 596-2000, ext. 2231

Corporate Training

SSC is your regional headquarters for workforce preparation, employee training and business development. SSC works with a number of industries throughout the Chicago Southland including agriculture, business & information, construction, education, health services, hospitality, manufacturing, and transportation.

Contact: (708) 596-2000, Ext. 5723

FEEDBACK

**Have a comment or question about
our classes or services? Or a suggestion
for this schedule?**

Contact C3@ssc.edu

Barber**BAR E99–Barber Instructor**

Tuition \$2,500.00

Prerequisite: Licensed barbers 3 years or over

The Barber Instructor training course is designed to prepare licensed barbers for the Illinois Department of Financial and Professional Regulations Barber Instructor licensing exam. The course offers training in lesson planning and its practical applications, preparing graduates for entry-level employment as an instructor in a barber school. Required Texts and Materials: Milady Standard Barbering, 2017 6th Edition ISBN-13: 978-1305100558

📖 BAR E99 740 MA-1259 500 hours

BAR E99–Barber Instructor

Tuition \$5,000.00

Prerequisite: Licensed barbers 3 Years or Less

The Barber Instructor training course is designed to prepare licensed barbers for the Illinois Department of Financial and Professional Regulations Barber Instructor licensing exam. The course offers training in lesson planning and its practical applications, preparing graduates for entry-level employment as an instructor in a barber school. Required Texts and Materials: Milady Standard Barbering, 2017 6th Edition ISBN-13: 978-1305100558

📖 BAR E99 741 MA-12591000 hours

Business & Management Expertise**RES E05–Real Estate Principles**

Fee \$249

This course is designed to meet the 75-hour pre-licensing curriculum requirements for real estate brokers, set forth by the State of Illinois. The course covers topic areas such as Illinois license law, agency, state and federal law, relationships with employing brokers, working with sellers and buyers, real property, fair housing, ownership, contracts, real estate valuation, environmental issues, construction, real estate closings, advertising, property management, and commercial real estate. The course mixes presentation of facts, concepts, and key terms with real-life scenarios to illustrate the topics taught; as well as opportunities for assessment to help you apply your new knowledge.

📖 RES E05 701 Online Sarrett 06/4-08/7

Drama**DRM C02–Introduction to Voiceovers-(Getting Started in Voice Acting)**

Fee \$49

Explore the fun, rewarding possibilities of the voiceover industry! Discover current trends and how they make it easy and affordable for just about anyone to get involved. You'll learn about different types of voiceovers and the tools you'll need to find success. Your instructor, a professional voice actor from Voices-for-All, will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. You'll receive a professional voiceover evaluation later. One-time, 90-minute, introductory class. The instructor will contact registered students by telephone/email to schedule class time.

📖 DRM C02 701 Online (June)

📖 DRM C02 702 Online (July)

Food Service Sanitation**FDS E10–Food Service Certification**

Fee \$119

This course in food safety covers sanitation practices designed to maintain a safe and sanitary environment. The class will cover regulating agencies, cross-contamination, personal hygiene, kinds of contaminants, purchasing practices, and viruses related to food safety (pathogens). The class will also cover methods and types of sanitation, equipment requirements, and pest control. Students who pass the course will be able to obtain their State of Illinois Food Managers License. The license is valid for five years. Students MUST attend all class sessions to be eligible to take exams no exceptions. The required textbook-(7-Edition Servsafe Manager-with Answer Sheet) is available on Amazon.com.

FDS E10 701 10:00-2:00p MT MA-3159 Jamison 06/03-06/04

FDS E10 702 10:00-2:00p MT MA-3159 Jamison 07/22-07/23

Forklift

TQM E50–Forklift

Fee \$179

This Certification course covers the basic forklift driving skills to make the workplace safe, prevent lift truck incidents, and help employers train and authorize lift truck operators on the job needed to obtain your Forklift Operator Certification, a certification card from the National Safety Council.

TQM E50 701 8:00-4:30p	S	OFC-5150	Smith	06/15
TQM E50 702 5:00-9:00p	TW	OFC-5150	Smith	06/25-26
TQM E50 703 8:00-4:30p	S	OFC-5150	Smith	07/20
TQM E50 704 5:00-9:00p	TW	OFC-5150	Smith	07/30-31
TQM E50 705 8:00-4:30p	S	OFC-5150	Smith	08/3

Golf Basic

PE E01–The A-B-Cs of Golf (In Person/Hands On)

\$99 for 4-session 1 hour

This tiered Golf Instruction program is designed to introduce golf to the beginning golfer, weekend player, and seasoned golfer who's looking to improve a specific part of their game. Sections 1-3 will run for 4 weeks and will include: a brief short lecture, Q & A, Instructor demonstration, and hands-on class participation. Each section will provide students with the building blocks needed to improve their knowledge of the game and the confidence to swing a golf club for the very first time. Class is held off-site. The Fairways 503 W. Taft Drive, South Holland, IL 60473

PE E01 701 4:00-5:00p	M	Off-site		06/3-24
PE E01 702 4:00-5:00p	W	Off-site		07/3-24

Health Technology Program

HLT E14–Dialysis Technician Basic

Fee \$279

This course prepares students for basic entry-level education in Hemodialysis Training. The contents include anatomy & physiology, renal function, and medical terminology, principles of hemodialysis, medical roles, and infection control. The required textbook is Curriculum for the Dialysis Technician – 6th Edition.

HLT E14 701 6:00-8:00p	MW	MA-3159	Snyder	06/10-07/10
------------------------	----	---------	--------	-------------

Law

LWN C02–How to Expunge/Seal a Criminal Record

Fee \$29

This course will educate you on the eligibility requirements to expunge or seal your criminal arrest record. Clearing your arrest record will help stabilize your life by removing or preventing barriers to employment, and education, strengthening families, assessing safe and affordable housing, and more.

LWN C02 731 6:00-7:00p	M	MA-3224	Dixon	07/22
LWN C02 732 6:00-7:00p	M	OFC-5700	Dixon	07/29

LWN C03–DUI: Road to Restoring Your Driving Privileges

Fee \$29

This course will provide you with facts about how getting a DUI can change the direction of your life. The class will answer questions such as "Am I at risk for getting a DUI? What are the consequences of getting a DUI? How will getting a DUI affect my life and the lives of my family and friends?"

LWN C03 701 6:00-7:00p	M	MA-3224	Dixon	06/17
LWN C03 702 6:00-7:00p	M	OFC-5700	Dixon	06/24

International Language

COM E47–Spanish I–Conversational

Fee \$109

¡Bienvenidos! This Conversational Spanish course covers basic vocabulary, conversation, pronunciation, and frequently used expressions. Students will practice speaking, listening, reading, and writing in class; they will also learn interesting facts about culture and customs. Upon completion of the course, students should be able to communicate effectively in Spanish, using basic words and phrases learned during the course. The required textbook is available in the College bookstore.

COM E47 701 6:00-8:00p	W	MA-3448	Gonzalez	06/05-8/7
------------------------	---	---------	----------	-----------

Makeup Artistry

COS E11–Makeup Artistry

Fee \$79

Makeup Artistry is a hands-on class for beginners or for anyone who wants to perfect their makeup technique. Upon completion of these two-day workshops, students will feel more confident choosing and applying makeup that enhances their natural beauty. (Please bring makeup that you are currently using to class).

COS E11 701 6:00-7:30p	TH	MA-4340	Holmes	06/20 & 27
COS E11 702 6:00-7:30p	TH	MA-4340	Holmes	07/11 & 18

Music Programs-Private Applied Music

MUS E28–MUS E61: Private Applied Music Lessons for Adults

Fee \$218

If one-on-one instruction is more your style, then enroll in one of our many private applied music classes. Private applied lessons are provided in eight-week units; students desiring a full semester should register for both classes in the following pairs. Students may register for voice or instrument lessons. For more information regarding the scheduling of music lessons please call (708) 596-2000, ext. 2316. Instructors will contact registered students by telephone to schedule lessons. Summer Music lessons begin the week of 06/03/24 and end on 7-26-24.

MUS	E27-701	Modern Guitar	Harris	1102
MUS	E28-701	Bass Guitar	Harris	1102
MUS	E31-701	Piano	Chou	1110
MUS	E31-702	Piano	Lee	1106
MUS	E32-701	Voice	Lee	1108
MUS	E32-702	Voice	Chou	1110
MUS	E32-703	Voice	Carter	1108
MUS	E38-702	Classical Guitar	Harris	1102
MUS	E60-701	Violin	Howard	1104
MUS	E61-701	Viola	Howard	1104
MUS	E62-701	Cello	Krizan	1108
MUS	E63-701	Double Bass	Romane	1135

Physical Education

PE E11–Step Aerobics/Xtreme Hip-Hop

Fee \$119

This class will acquaint students with basic knowledge and understanding of physical conditioning programs such as Xtreme Hip Hop. The instructor develops a personalized fitness program with the use of an aerobic step platform. An aerobic workout is performed to hip-hop and R&B music for 1 hour.

PE E11 703 6:00-7:00p MW FC-0125 Graham 6/10-7/22

Psychology

PSY E85–Life Skills & Anger Management

Fee \$29

This course will teach you how to master the art of taking back control of your life and finding the peace you deserve. In this course, you will learn how to handle anger effectively, turn anger into forgiveness, and defuse the anger by handling stress.

PSY E85 701 6:00-7:00p M MA-3155 Dixon 08/05
South Suburban College's
Courses for Young Learners



SOUTH SUBURBAN COLLEGE

WORKFORCE DEVELOPMENT DEPARTMENT

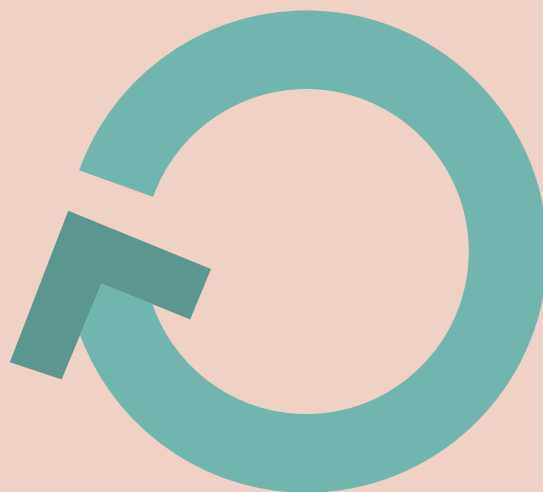
WORKFORCE INNOVATION & OPPORTUNITY ACT (WIOA) PROGRAMS

- **Dislocated Worker Program (ages 18+)**
Individuals who are eligible for or have exhausted unemployment insurance
- **Adult Program (ages 18+)**
Priority of services are given to public assistance recipients or other low-income individuals
- **Youth Program (ages 17-24)**
Low income individuals with a barrier to employment

Funding for WIOA programs are made possible through the Chicago Cook Workforce Partnership.



Noncredit classes are updated frequently! Check ssc.edu often to keep up with the latest classes.



UPDATE



Work with a professional Graphic Design Artist!

Two Week Session of Learning: Adobe Illustrator & Photoshop! NEW Graphic Design Lab, Prints, Animations & So Much More! Find out how to enroll in this exciting career!

ART E51-701 Graphic Design I (Non-Credit)

June 3 -13, 2024

9:00am -11:45am Mon-Thurs in room 4431

Enrollment fee: \$99

Session Limit is 20 Students

To register and pay over the phone, please call (708) 596-2000, ext. 2231.

If you have any questions, please contact:

Pamela Planera

South Suburban College

Graphic Design & Visual Communications Coordinator

pplanera@ssc.edu



College for Kids

South Suburban College's Courses for Young Learners

The college is now offering five-week courses. The materials covered in the sessions do not repeat but enhance your child's learning method of reviewing and introducing new course materials. All of our instructors are certified teachers who are looking forward to adding to your child's development.

Most of the classes require a minimum of five students and some classes have a maximum limit. All registration is on a "first-come, first, serve" basis. We ask that students enroll at least one week before the start of class.

PARENT ALERT!!!

Parents or Guardians are expected to walk their children to the classroom and to meet them there five minutes before the end of the class. Children are not to walk the campus unaccompanied by an adult. On Thursday, July 4, 2024, the campus will be closed for the holiday.

Academic Enrichment

KFK C75—Jam Session (5 Week session)

Fee: \$299

This summer enrichment program will provide students with an all-day academics and fun time. Starting with a review of instructional basic math at the student's grade level. In addition to reading, and writing, the students will enjoy a variety of other stimulating activities such as Spanish and Art. Students must bring their lunch each day. The instructor will supervise students in the lunchroom for 30 minutes.

KFK C75-701	9:00-3:00p	M/W	MA-TBA	Grade 2-3	6/24-7/24
KFK C75-701	9:00-3:00p	M/W	MA-TBA	Grade 4-5	6/24-7/24
KFK C75-701	9:00-3:00p	M/W	MA-TBA	Grade 6-8	6/24-7/24
KFK C75-701	9:00-3:00p	T/TH	MA-TBA	Grade 2-3	6/25-7/25
KFK C75-701	9:00-3:00p	T/TH	MA-TBA	Grade 4-5	6/25-7/25
KFK C75-701	9:00-3:00p	T/TH	MA-TBA	Grade 6-8	6/25-7/25

KFK C44—Reading Refresher

Fee: \$79

This course is designed for students reading one to two years below grade level. Students will explore various reading strategies to improve vocabulary and comprehension. This will include understanding story themes, main ideas, and summarization skills. Vocabulary will consist of looking up and defining words, and creating sentences, paragraphs, or short stories using the words. Emphasis will be on building

critical thinking skills through the use of worksheets, oral discussions, and written assignments. Students will work in groups with others performing at about the same grade level.

KFK C44 701	9:00-10:30a	M/W	MA-3240	Grade: 2-3	6/24-7/24
KFK C44 702	10:45-12:15p	M/W	MA-3240	Grade: 4-5	6/24-7/24
KFK C44 703	12:30-2:00p	M/W	MA-3240	Grade: 6-7	6/24-7/24

KFK C45—Math Refresher

Fee: \$79

This course is designed for students working one to two years below grade level. These sessions will consist of review and instruction of basic arithmetic skills for student's grade level. Conceptual as well as computational skills will be emphasized. Students will work in groups with others performing at about the same grade level.

KFK C45 701	9:00-10:30a	T/TH	MA-3238	Grade: 2-3	6/25-7/25
KFK C45 702	10:45-12:15a	T/TH	MA-3238	Grade: 4-5	6/25-7/25
KFK C45 703	12:30-2:00p	T/TH	MA-3238	Grade: 6-7	6/25-7/25

KFK C98—Pre-Algebra

Fee: \$79

Pre-Algebra is designed to prepare students for Algebra. Topics included a review of math operations and mathematical principles, signed numbers, exponents, and solving equations.

KFK C98 701	1:00-2:30p	T/TH	MA-3365	Grade: 5-6	6/25-7/25
KFK C98 702	2:45-4:15p	T/TH	MA-3365	Grade: 7-8	6/25-7/25

KFK C46—Conversational Spanish I

Fee: \$79 (Ages 9 to 13)

This introduction Spanish course for young people is a great way for students to take part in a unique cultural experience that will help them learn the Spanish language. Through a variety of activities and games incorporated into this creative program, students will learn simple greetings, numbers, time, courtesy phrases, and basic words. Simple grammatical structures and pronunciation use will be shown.

KFK C46 701	1:00-2:30p	W	MA-3244	Staff	6/26-7/24
-------------	------------	---	---------	-------	-----------

Academic Enrichment (High School Students Non-Credit Classes)

KFK C29—Well-Written Essays

Fee: \$79 (Ages 14 to 16)

How do I start? Why doesn't it say what I thought? Writing essays can be an art and drawing stick figures will not pass. Learn the requirements for a well-written essay and the steps needed to succeed. This course will cover the topics you need beginning with pre-writing and finishing with publishing.

KFK C29 701	12:00-1:30p	W	MA-3252	Staff	6/26-7/24
-------------	-------------	---	---------	-------	-----------

KFK C48—Introduction to Algebra

Fee: \$79 (Ages 14 to 18)

Students will study a variety of topics in the course. Linear equations in one variable will be a focus. Equation-solving and Problem-Solving will be the primary goals using equations with positive and negative numbers, parentheses, proportions, and variables on both sides of the equal sign. The Distributive Property will be given a major focus. Polynomials will be studied with an emphasis on factoring for the solutions of quadratic equations and manipulation.

KFK C48 701 10:15-11:45p W MA-3252 Staff 6/26-7/24

KFK C98—Pre-Algebra/Geometry I

Fee: \$79 (Ages 14 to 18)

Students will master algebraic expressions, radicals, and coordinates while investigating geometric ideas and relationships. A project-centered approach uses algebraic equations to solve simple geometry problems.

KFK C98 703 1:45-3:15p W MA-3252 Staff 6/26-7/24

Maker Lab

ART E79—Arts & Crafts

Fee: \$89 (Ages 10-18)

We will design and make t-shirts, mugs, and cards using Cricut design space. Students will create their designs and will learn the difference between HTV and sublimation. Each student will learn how to design, cut, and apply their design to either a t-shirt, mug, glass, or card. Each student will learn the functions of Cricut explore2 and Cricut Maker. Students will be allowed to bring their items to design.

ART E79 701 10am-11:30a T-TH OFC-5160 Staff 6/25-7/25

KFK C09—Game Creator

Fee: \$109 (Ages 10-18)

We will code, and design characters, maps, and audio. The class will also include, free software students can use at home. Students will make with a 2D program and the class will explore 3D designs. Class size is limited, 8 max.

KFK C09 7019:00 am-1:30p M-TH OFC-5160 Staff 7/8-7/11

Foreign Language

KFK C46—Conversational Spanish I

Fee: \$79 (Ages 14 to 18)

This introduction Spanish course for young people is a great way for students to take part in a unique cultural experience that will help them learn the Spanish language. Through a variety of activities and games incorporated into this creative program, students will learn simple greetings, numbers, time, courtesy phrases, and basic words. Simple grammatical structures and pronunciation use will be shown.

KFK C46 702 1:00-2:30p TH MA-3244 Staff 6/27-7/25

Physical Education

PE E11—Step Aerobics/Xtreme Hip Hop

Fee: \$49

To acquaint the student with basic knowledge and understanding of physical conditioning programs such as Xtreme Hip Hop. Development of a personalized fitness program with the use of an aerobic step platform. An aerobic workout performed to hip hop and R&B music for 1 hour.

PE E11 701 3:00-4:00p W FC-0125 Ages 10-13 6/26-7/24

PE E11 702 4:30-5:30p W FC-0125 Ages 14-17 6/26-7/24

Looking For New Opportunities?

Looking to use your skills to earn some extra cash?

Consider bringing your expertise to SSC's Continuing, Corporate, and Community Education (C3) Department. Help others learn while you earn in this unique and rewarding side gig. Experience in your subject matter is required. *Subjects can include but are not limited to:*

- Arts & Crafts
- Building Construction & Trades
- Business Management & Expertise
- Information Technology
- Office Administration
- All Types of Dance
- CPR
- Safety and Home Health
- Foreign Languages (other than Spanish)
- Music
- Drama
- Law
- Writing & Publishing
- Personal & Professional Development
- Sports & Physical Fitness, and more!

For more information call (708) 596-2000, ext. 2398.



SOUTH
SUBURBAN
COLLEGE
Department of
CONTINUING, CORPORATE &
COMMUNITY EDUCATION (C3)

This is Success.