



CHICAGO STATE UNIVERSITY

Continuing Education

The Program of Choice for Life-Long Learning

Next session starts: July 27, 2024

Classes at Main Campus

9501 S. King Drive

continuinged@csu.edu

773.995.4466

This is a great time to consider

Options

The Program of Choice

Take advantage of the tremendous opportunities available to you through the **Options** Program and start this year with a commitment to enhance and enrich your life.

We have prepared an exciting array of classes to meet your vocational and recreational needs, and we encourage you to refresh your dreams and redefine your destiny.

*For more information, please call
773.995.4466 or
Visit Our Website at
<https://www.csu.edu/continuingeducation/>*

Fitness

FT001. Martial Arts for Kids (Ages 5-10)

Children can apply the physical and mental skills learned in martial arts into all aspects of life. The class is jam-packed with excitement and fun to keep students interested and motivated. Learn the fundamentals of mixed martial arts and get physically fit!

Instr. Dr. Larry C. Tankson

Saturday: July 27, Aug 3, 10, 17, 24, 31, 2024

Time: 11:00 a.m. – 12:00 p.m.

Location: Main Campus: Room: JDC 102 Dance Studio

Fee: \$75.00

FT002.Total Body Fitness (Adults)

Watch those pounds melt away! This class is designed for all fitness levels. You will work your whole-body using weights and machines. It incorporates strength training for fitness, health and body conditioning.

Instr: Mr. John Mammie

Saturday: July 27, Aug 3, 10, 17, 24, 31, 2024

Time: 8:00 a.m. - 9:30 a.m.

Location Main Campus: Room: JDC 210 Fitness Ctr.

Fee: \$99.00

FT003. Strength Conditioning (Adults)

This class will focus on fundamental exercises essential for everyday life, sports, and recreational activities. Students will improve their cardiovascular, strength, resistance, balance, flexibility, and endurance. This will increase circulation throughout the body, increase mobility and help relieve stiffness from head to toe.

Instr. Mr. John Mammie

Saturday: July 27, Aug 3, 10, 17, 24, 31, 2024

Time: 9:30 a.m. – 11:00 a.m.

Location: Main Campus: Room JDC 210 Fitness Ctr.

Fee \$99.00



iDance Chicago (IDC) Performing Arts Team

Formerly CSU Jr. Dance Team

iDance Chicago Performing Arts Team is made up of energetic, and talented youth who love to dance. This highly motivated team will train dedicated members in the various aspects of performing arts (ballet, contemporary, ethnic, inspirational, character, acrobatics, hip hop dancing and drama). Team members receive semi- professional training as they gradually prepare for dance productions, performances, competitions, and other events throughout the year. All students/IDC team members are required membership enrollment for Amateur Athletic Union (AAU) of \$25.00 for FY 2024-2025 to be paid to the instructor after enrollment. Additional fees will be required to be paid to the instructor for team t-shirts/jackets, costumes, and dance competitions to perform.

Team members will display their learned talents in special performances and competitions throughout the year and perform in an annual dance production in the spring. Course Length (Hours) approximately 2.5 hours per week at Chicago State University Dance Studio (Athletic Bldg.). Open to Boys and Girls – Grades 2nd through 12th

Location: Main Campus, Jacoby Dickson Building, Room 102

Thursdays - 5:30-8:00: Ongoing program beginning 8-8-24 through Schedule:

- Session I: 8-8-24 – 9-26-24
- Session II: 10-3-24 – 11-21-24
- Session III: 12-5-24 -2-6-25 (holiday break 12-26-24 and 1-2-25)
- Session IV: 2-13-25 – 4-3-25
- Annual Dance Production: Rehearsal 4-12-25 and show 4-13-25 – CSU Theater

Music

Piano

If you really want to be heard, make some music, not noise! Learn to play the piano in an electronic piano lab setting. Previous musical background is helpful but not required. Includes book fee!

Instr. Mr. R. Darryl Thomas

Saturday: July 27, Aug 3, 10, 17, 24, 31, 2024

MU001.YouthAges 6-12: **Time:** 10:00 a.m. – 12:00 p.m.

MU002.Teens & Adults: **Time:** 12:00 p.m. – 2:00 p.m.

Location: Main Campus: Harold Washington Hall, Room 107

Fee: \$85.00

*“WE MUST USE TIME
CREATIVELY... AND
FOREVER REALIZE THAT
THE TIME IS ALWAYS RIPE
TO DO GREAT THINGS.”
--MARTIN LUTHER KING JR.*

Summer Reading Skills

PROGRAMS



CLASSES OFFERED IN PALOS HEIGHTS and ON CAMPUS

Program for 4-Year-Olds and Entering Kindergartners

In this fun summer program, your child will learn to read. Children learn letter recognition, beginning phonics, and easy sight words. Your child will learn to read simple words and short sentences and get excited about books and reading.

Program for Entering 1st Graders

In this fun summer program, your child will learn to read independently. Children learn phonics and sight words and build comprehension skills. Your child will develop a love of books and reading and get off to a great start in first grade.

Program for Entering 2nd Graders

In this fun summer program, your child will become a confident, fluent reader. Children build solid phonics and word-attack skills, develop reading fluency, and improve comprehension. Your child will develop a love of reading and get off to a great start in second grade.

Program for Entering 3rd Graders

In this fun summer program, your child will become a strong, confident reader. Children improve fluency and comprehension, build long-word decoding skills, and expand vocabulary. Your child will develop a lifelong love of reading and get off to a great start in third grade.

Programs for Entering 4th and 5th Graders

In these fun single-grade programs, your child will become a skilled, confident reader with strong comprehension in fiction, nonfiction, and textbooks. Students expand their vocabulary and learn to read more fluently and rapidly. As a result, your child will complete homework more quickly and easily, get better grades, and enjoy reading more.

Programs for Entering 6th, 7th, and 8th Graders

In these single-grade programs, your son or daughter will make substantial gains in comprehension and reading speed in fiction, nonfiction, and textbooks. Students expand vocabulary and learn the best way to take notes. As a result, your child will complete homework more quickly and easily, get better grades, and build confidence as a reader.

Programs for Entering 9th and 10th Graders

In these single-grade programs, students learn the skills they need to succeed in high school. Your child will double reading speed and improve comprehension and focus in fiction, textbooks, and nonfiction. Students expand their academic vocabulary and learn study strategies to complete work efficiently, get better grades, and score higher on exams.

FOR MORE INFORMATION OR TO REGISTER

Call 1-800-903-0162

Mon.-Fri. 7am-8pm, Sat. 7am-6pm, and Sun. 9am-5pm

PLEASE SEE REVERSE SIDE FOR CLASS SCHEDULE

CHICAGO STATE
UNIVERSITY

Continuing Education &
Non-Traditional Programs

Phonics
Fluency
Comprehension
Love of Reading
Study Skills
Reading Speed

Source Code: 999-14-99904



Class Schedule

All programs meet once each week. Tuition varies by grade level. Please ask about our family discount.

Programs meet in **Chicago (south side) (S)** on campus at Chicago State University,
and in **Palos Heights (P)** at Trinity Christian College.

4-Year-Olds & Entering Kindergartners:

Sun. June 9-July 7, 9:00am-10:15am (P)
Sun. July 14-August 11, 9:00am-10:15am (P)
Tue. July 16-August 13, 9:00am-10:15am (S)

Entering 1st Graders:

Sun. June 9-July 7, 10:45am-12:00pm (P)
Sun. July 14-August 11, 10:45am-12:00pm (P)
Tue. July 16-August 13, 10:45am-12:00pm (S)

Entering 2nd Graders:

Sun. June 9-July 7, 1:00pm-2:15pm (P)
Sun. July 14-August 11, 1:00pm-2:15pm (P)
Tue. July 16-August 13, 2:45pm-4:00pm (S)

Entering 3rd Graders:

Sun. June 9-July 7, 2:45pm-4:00pm (P)
Sun. July 14-August 11, 2:45pm-4:00pm (P)
Tue. July 16-August 13, 1:00pm-2:15pm (S)

Entering 4th Graders:

Wed. June 12-July 10, 10:45am-12:00pm (P)
Sat. July 13-August 10, 10:45am-12:00pm (P)
Wed. July 17-August 14, 9:00am-10:15am (S)

Entering 5th Graders:

Wed. June 12-July 10, 1:00pm-2:15pm (P)
Sat. July 13-August 10, 1:00pm-2:15pm (P)
Wed. July 17-August 14, 10:45am-12:00pm (S)

Entering 6th Graders:

Wed. June 12-July 10, 9:00am-10:15am (P)
Sat. July 13-August 10, 9:00am-10:15am (P)
Wed. July 17-August 14, 1:00pm-2:15pm (S)

Entering 7th Graders:

Wed. June 12-July 10, 2:45pm-4:00pm (P)
Thu. July 18-August 15, 9:00am-10:15am (S)

Entering 8th Graders:

Wed. June 12-July 10, 2:45pm-4:00pm (P)
Thu. July 18-August 15, 9:00am-10:15am (S)

Entering 9th Graders:

Sat. July 13-August 10, 2:45pm-4:00pm (P)
Thu. July 18-August 15, 10:45am-12:00pm (S)

Entering 10th Graders:

Sat. July 13-August 10, 2:45pm-4:00pm (P)
Thu. July 18-August 15, 10:45am-12:00pm (S)

ILLUSTRATION: DEBBY HARRISON



Programs available at other locations and online—call to learn more.

FOR MORE INFORMATION OR TO REGISTER

Call 1-800-903-0162

Mon.-Fri. 7am-8pm, Sat. 7am-6pm, and Sun. 9am-5pm

INQUIRE EARLY! CLASS SIZE IS LIMITED.

Vocational

Earn While You Learn

Prepare for a Career in Semiconductors and Microelectronics

The Chicagoland
Partnership for
Semiconductors and
Microelectronics
Experiential Learning
(Mic2ExL)



Accepting Applications for Paid Internships Starting May 20, 2024

- 100 hours hands-on classroom learning
- 100 hours project at national laboratory
- 50 hours practicum at employer
- Mentoring Program

Qualifications

- High school diploma or equivalent
- U.S. citizen or permanent resident
- Adult age 18 or older
- Member of a group that is underrepresented in STEM (race, ethnicity, gender or ability)

Scan to Apply



Argonne
National Laboratory

For more information visit <https://www.csu.edu/cas/CINSER/mic2exl.htm> or email [cinscr@csu.edu](mailto:cinser@csu.edu)

Workforce Development WIOA Approved Courses

The Workforce Innovation and Opportunity Act (WIOA) is designed to assist unemployed and underemployed individuals in returning to the workforce. To qualify for the grant applicants must meet eligibility and suitability criteria. Students that qualify for WIOA can receive a tuition waiver.

More than 300 online courses available through our partners!

[Agility4Life](#)

[Career Step](#)

[CLS By Barbri](#)

[Condensed Curriculum](#)

[Ed2Go](#)

[AAPC](#)

**Summer 2024
Options**

No/Sec.	Course Title	Day	Time	Fee

Student's Name _____

Is this your first Options class? _____

Are you attending CSU? _____

If a minor, parent's name _____

Is parent currently attending CSU? _____

Email address: _____

Address _____

City _____ State _____

Zip _____

Day phone _____ Evening phone _____

If I decide to withdraw from the above class(es), I must notify the Division of Continuing Education before the first-class meeting. I understand that I am voluntarily engaging in activities offered under the Options Program and in so doing assume all risk of injury, illness, damage, or loss that may be associated with such activity.

Signature _____ Date _____

REGISTRATION INFO

BY MAIL: Complete the attached registration form, sign and mail with your check. Make checks/money orders payable to Chicago State University. Note in Memo: Options and name of the Course. Mail registration form and payment to Options Program – JDC 201, CSU, 9501 S. King Drive, Chicago, IL 60628. Please use one registration form for each person registering.

BY PHONE: Register by phone at 773 995- 4466 with a Visa, MasterCard, Discover, or American Express. Be sure to have all the requested information on your registration form when you call.

BRING IN YOUR REGISTRATION: Register in–person at the CSU Cashier’s Office: Cook Administration Building – Room 212 or visit the Options Program office, Jacoby Dickens Athletic Center, Room 201. Office hours are 9:00 am - 4:00 pm, Mon. through Fri.

GENERAL INFORMATION

COURSE FEES: Refer to course description for fees. Fees are payable by check, money order, American Express, Discover, Visa, or MasterCard. *CTC/CSU Alumni Association members, Seniors and CSU Employees receive 15% off registration!*

Refunds

A full refund is given if we cancel your class. If you officially withdraw before the first-class meeting, submit your original receipt to the cashier’s office. No refunds after the first-class session. Processing may take six to eight weeks.

PARKING DECALS Parking decals are available for \$10.00, ONLY for students enrolled in Options classes on the Main Campus. Otherwise, there is a \$5.00 fee to enter the campus. Decals can be purchased at the parking booths after students have registered. Seniors, 60 and over, enrolled in Options courses, receive FREE parking decals.

CLASS SIZE: The university reserves the right to limit the size of classes and to cancel classes due to insufficient enrollment.

CANCELING YOUR REGISTRATION: In the event that you must cancel your course registration, we encourage you to send someone in your place by simply informing the Options department of the name change. Registration cancellations by phone or in writing must be received at least 7 days prior to the course start date. Cancellation requests received before the seven-day deadline will result in fees being refunded, less a \$10 administration fee. Processing may take 6-8 weeks. We regret that no refund is available when a course registration is cancelled after the seven-day deadline. Failure to read the information contained in this schedule does not constitute exemption from stated regulations.

FOR MORE INFORMATION

CALL US 773-995-4466 or

VISIT OUR WEBSITE at

<https://www.csu.edu/continuingeducation/programs.htm>



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