

CSS ACADEMY PROGRAMS

Course Catalog—Summer and Fall 2017



Register today in person or online at <https://CSSservices.gosignmeup.com>



Cover artwork is a recreation of Gustav Klimt's "Portrait of Adele Bloch-Bauer I." It was created by CSS Academy Artists and sold at CSS' Beat the Odds fundraiser.

CSS ACADEMY PROGRAMS

CSS Academy Programs are taught to build community through social and educational opportunities for people with and without disabilities. Classes, workshops, and special field trips are offered for people with Intellectual/Developmental Disabilities (I/DD), their families, caregivers, and other community members who just want to learn something new. Classes are offered in the areas of life skills, the arts, and health & wellness.

CSS LOCATIONS

CSS Academy

3732 Grand Boulevard
Brookfield, IL 60513
708.354.4547 ext. 268

CSS Family Support Center

5416 W. 25th Street
Cicero, IL 60804
708.354.4547 ext. 109

CSS Administrative Office

9021 Ogden Avenue
Brookfield, IL 60513
708.354.4547 ext. 110

CSS Academy Programs are offered Community Support Services (CSS), which is a non-profit organization dedicated to improving the lives of children and adults with intellectual/developmental disabilities and their families. CSS fosters independence by helping those we serve recognize their own abilities and envision a brighter future. Then, we help them achieve it. Whether we're providing in-home assistance to families in need or helping young adults find and transition into jobs, our services help keep our communities strong and our families empowered.

Some classes are appropriate for people of all abilities and provide a fun and progressive community learning environment. Courses are offered at CSS Academy and CSS' Family Support Center.

Trained CSS staff provides people with I/DD the right support to be successful. Programming is available with daytime, evening, and weekend classes.

To sign up for classes, use the form inside this booklet, and return it to the address below. You may also register online at <https://CSSservices.gosignmeup.com>. All classes are on a first come first served basis.

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Visit us online www.CSSservices.org to learn more about our programs.



REGISTRATION

All paper registration forms must be submitted to Community Support Services, Inc., 9021 Ogden Ave, Brookfield IL, 60513 one (1) week prior to the session start date. Please make certain that your selected class location is legible when returning the form. When registering for classes with age restrictions, the registrant must be the required age when class begins. There will be a \$30 fee for each returned check. Online registration is available 24 hours a day, seven days a week for all CSS Academy Programs. To register online, you must establish a user name and password. You must have the latest version of your web browser in order to use the online registration tool. Please note, should you use a credit card as a form of payment, it will be charged immediately during check out. If your class is cancelled due to low enrollment or weather, a full refund will be issued back to the credit card used during the transaction. Lastly, when registering for any Health and Wellness classes at CSS Academy, no two registrants are allowed to use the same punch card for any class. Each registrant is required to purchase a punch card.

REFUNDS

Refunds will be reviewed and awarded on a case by case basis. Refunds will be given in the event of a prolonged illness (physician statement required) or death in the family, unavoidable circumstances such as moving, etc. (Proof may be required in writing). Refunds may be requested no later than 48 hours before the first class meeting. No refunds will be given if requested less than 48 hours before the first class meeting. No refunds will be given once the class has started. A \$5.00 processing fee will be deducted from any refund. Refunds will be given in the form of a check and will be issued approximately twenty (20) days from date of remittance.

ABSENCES/CANCELLATIONS

CSS reserves the right to cancel any program based on weather conditions or where enrollment is insufficient. CSS reserves the right to cancel, postpone, combine classes, change rooms, or change instructors as needed. Early registration is encouraged to help prevent course cancellation. If a class or program is cancelled, you will be notified and offered an alternative choice, if available. If no alternative is available, a full refund will be issued. Severe weather may prevent classes from occurring, which includes, but is not limited to a heat index of 100 degrees or higher, a tornado watch, and a severe thunderstorm warning. CSS will make every effort to give adequate notice of class cancellations. CSS staff will contact registrants within 24 hours prior to a class' scheduled start date. If a class is cancelled due to weather conditions, classes are made up the week following the end of the class session. If this is not possible, a credit will be issued for the cancellation.

MEDICATION DISPENSATION

CSS will not dispense any medications to registrants in any CSS class.

PICK UP/DROP OFF

We ask that registrants arrive for class no earlier than 10 minutes prior to class start time and leave the building promptly at the end of class. Prior to the start of the class, parents must identify persons authorized to pick up youth registrants. Unidentified persons will not be allowed to pick up the youth registrant. Parents are required to notify CSS if a person is not authorized to pick up their child(ren).

SERVICE ANIMALS

Service animals are permitted except when its presence constitutes a fundamental hindrance to services and safety of CSS staff and participants. If the service animal has to be removed the participant is still welcome.

CODE OF CONDUCT

CSS requires that all registrants are familiar with and observe the following code of conduct:

- Respect all registrants, staff, and general public
- Listen to staff and comply with program rules
- Allow others in the program and the facility to enjoy activity without disruption
- No foul language, sexually explicit language, inappropriate touching, rude gestures, or any other sort of offensive behavior
- Do not cause other individuals any bodily harm or exhibit aggressive physical behavior
- Show respect for equipment, supplies and facilities. We reserve the right to dismiss a registrant who cannot follow these guidelines.

Should you have questions or concerns about these requirements, please call (708) 354-4547 ext. 267.

CSS ACTIVITIES AND EVENTS

SPECIAL UPCOMING EVENTS:

To view all upcoming CSS activities, view the calendar at www.CSSservices.org.

TEAM UP – OAK PARK RESIDENTS

Team Up is a program made possible through the Community Mental Health Board of Oak Park Township. It is geared toward young adults who have aged out of high school and provides a great opportunity for socialization while teaching the importance of health, fitness, art, and staying active in the community. Attend one or both days. Art class occurs on Wednesdays: participants are transported from Oak Park for classes at Scamp Studios in River Grove, IL. Health & Wellness class occurs on Thursdays: participants are transported from Oak Park to Franklin Park Community Center to work with a certified fitness instructor from West Suburban Special Recreation Association (WSSRA) on the treadmill, step machine, basketball, and walking. Additional curriculum includes lunch preparation, using iPads, basic money management, dance, and yoga classes. Field trips are taken to enhance learning. Lunch is provided. An activity fee of \$20 per day applies. Call (708) 354-4547 ext.138 or email respites@CSSservices.org for more information or to see if your child qualifies for this program.

Who: Individuals with I/DD

Dates: Ongoing, Wednesdays and Thursdays

Time: 8:30 a.m. – 1:30 p.m.

Fee: \$20 per day

Location: Oak Park & other locations (See above)

BRIDGES ON THE JOB TRAINING EXPERIENCE AT THE BROOKFIELD ZOO

The Bridges Volunteer Program is a partnership between the Chicago Zoological Society and CSS designed to help adults with Intellectual/Developmental Disabilities (I/DD) to develop employment skills through volunteering. This 10-week program is held onsite at the Brookfield Zoo's Hamill Family Play Zoo. Participants will develop customer service skills and work with children. Each participant is supported by a CSS Job Coach to ensure their success.

Contact: supportedemployment@CSSservices.org or (708) 354-4547 ext. 267

Fee: There is a \$45 per week participation fee for this program. Payment plans are available on a case by case basis.

Location: Hamill Family Play Zoo at Brookfield Zoo, 3300 Golf Road, Brookfield, IL 60513

ART360: ART AND SOCIAL INCLUSION GROUP AT THE BROOKFIELD ZOO

Community Support Services, Inc., Art360 brings art, learning, creativity and social inclusion full circle. This innovative new program will engage young adults in hands on, therapeutic, and social activities through the creative arts and the social atmosphere of the Chicago Zoological Society-Brookfield Zoo. The summer Art360 session will be a 10 week community based art program. Individuals will be able to observe various animals in their habitats, while enhancing social skills and discovering new forms of self-expression through art techniques. The program will culminate with individuals showcasing their works of art in a final exhibition. Art360 is geared toward teens and young adults between the ages of 15 - 25 with Intellectual/Developmental Disabilities (I/DD). An activity fee of \$25 per day applies. Grant funds may be available. For more information call (708) 354-4547 ext. 191 or email academy@CSSservices.org.

Who: Individuals with I/DD, must be living at home with parents & not receiving Medicaid waiver services.

Ages: 15 - 25

Dates: Thursdays: June 15 – August 24

Artist Exhibition: August 31

Time: 4:00 p.m. – 5:30 p.m.

Fee: \$25 per day

Location: Chicago Zoological Society: Brookfield, 3300 Golf Road, Brookfield IL 60513 and CSS Academy, 3732 Grand Boulevard, Brookfield, IL 60513



COMMUNITY360 DAY PROGRAM

Community Support Services' new day program – Community360 – offers adults with I/DD both center- and community-based activities where individuals can choose meaningful ways to spend their day. Some of these activities include: structured volunteer work; creative classes in art, music and dance; activities of daily living; health and wellness classes; group exercise; classes structured around developing job skills and job searching; etc. The site in Cicero that we have chosen for our day program is smaller than other more traditional large day programs in the area. This gives us the ability to be more specialized and able to better support people who will benefit from smaller groups, including those who benefit from more individualized attention because of their diagnoses and/or behavioral needs. Additionally, this location has a number of bilingual English/Spanish speaking staff, so we are able to communicate with parents/guardians whose first language is Spanish. Interested individuals can complete an intake application at: <http://cssservices.org/intake> or call 1-708-354-4547 ext. 142.

Who: Adults diagnosed with intellectual/developmental disability & Approved for “developmental training” funding through DHS/DDD

Dates: Monday – Friday

Time: 9:00 a.m. – 3:00 p.m.

Fee: \$10 per day for Individuals without Medicaid waiver funding

Location: CSS Family Support Center (& various community locations) 5416 W. 25th Street, Cicero, IL 60804

TUESDAY NIGHT GROUP

Tuesday Night Group is a social group for individuals with I/DD. The group meets the first four (4) Tuesdays of the month. Every week, the group goes to a different location with CSS trained staff to dine and have fun. Examples of outings include Dave & Buster's, Palmer Place, Haunted Trails, the La Grange Summer Concert Series, etc. The schedule is created a month in advance with client input. Registration is required weekly. To register or for more information, please call (708) 354-4547 ext.138 or email respite@CSSservices.org.

Note: Limited to 10 people per outing. Individuals should be able to handle basic cutlery usage.

Who: Individuals with I/DD Ages 18 & older

Dates: Tuesdays

Time: 5:45 p.m. – 9:30 p.m.

Fee: Clients bring \$20 - \$25 to cover the cost of their meal/games

Location: Meet at CSS, 9021 Ogden Avenue, Brookfield, IL 60513



PARENTS' NIGHT OUT (PNO)

For parents with young children (ages 3-13), the Parents Night Out program is a great choice. This program takes place on Friday and Saturday evenings for three hours. CSS trained staff provide onsite activities at various community locations including Park Districts, churches and community centers throughout our service area. PNO is open to the child with the disability as well as his/her siblings. It is affordably priced.

For information, visit www.CSSservices.org/Respite



Follow CSS on Facebook and Twitter to stay up on fun and informative activities.



COMMUNITY CONVERSATIONS

The following sessions are open to the public. Pre-Registration is suggested.

A note for workshops geared toward Caregivers and Professionals only: UIC – Institute for Disability and Human Development, a licensed continuing education sponsor in the state of Illinois, will be the CEU provider for this workshop. CEU's available for: Advanced Practice Nurses, Registered Nurses, and Licensed Practical Nurses, Clinical Psychologists, Illinois Teachers Professional Development (PD) (formerly CPDUs), LCSW's, LSW's, LPC's, LCPC's, Licensed Dietitian Nutritionists (RD), Nursing Home Administrators, Occupational Therapists, Physical Therapists, Qualified Intellectual Disabilities Professionals (formerly QMRP) & Speech Language Pathologists.

ENCOURAGING HEALTHY RELATIONSHIPS 101 (CAREGIVERS AND PROFESSIONALS)

As caregivers and professionals working with individuals with Intellectual/Developmental Disabilities (I/DD), we want nothing more than to see them cultivate their own healthy relationships with others. Making decisions regarding what kinds of relationships they want and deciphering the feelings they have can be confusing for all involved. Taking into account socio-emotional development, this workshop will examine the challenges and opportunities for supporting healthy relationships for individuals with I/DD. This workshop is geared toward parents, caregivers, and staff working with individuals with intellectual and developmental disabilities. Please join us as Linda Sandman, MSW, LCSW provides practical suggestions to develop and support healthy relationships.

Note: Seating is limited to 30 participants with a minimum enrollment of 10 registrants per workshop to move forward.

Who: Caregivers and or staff of individuals with I/DD

Fee: \$60 per workshop

Location: CSS Academy, Brookfield

Please see website for information on dates and times:
<https://cssservices.gosignmeup.com/public/course/browse>

HEALTHY RELATIONSHIPS 101 (FOR INDIVIDUALS WITH I/DD)

Everyone desires healthy relationships and connection with others. This topic is sometimes overlooked or avoided when it comes to caring for and working with individuals with intellectual and developmental disabilities. This workshop is geared toward individuals with I/DD. The individuals will explore topics such as their own values, friendships, dating, and choice-making. Please join us for this interactive session as Linda Sandman, MSW, LCSW guides participants in thinking through some of the basics of healthy relationships.

Note: Seating is limited to 30 participants with a minimum enrollment of 10 registrants per workshop to move forward.

Who: Adults with I/DD (Ages 18 & older)

Fee: \$50 per workshop

Location: CSS Academy, Brookfield

Please see website for information on dates and times:
<https://cssservices.gosignmeup.com/public/course/browse>

MOVING FROM FRIENDSHIP TO DATING (FOR INDIVIDUALS WITH I/DD)

Making decisions regarding what kind of relationship we want with another person and deciphering what types of feelings we have for another person can be confusing. Knowing how to move into a dating relationship that is safe, accepting and fun is a goal for most people. Knowing how to advocate for yourself with staff and family members can also be a challenge. This interactive discussion will explore the path of moving from friendships into dating relationships. Topics during this discussion will include healthy communication, boundary setting, and decision-making in these various types of relationships.

Note: Seating is limited to 30 participants with a minimum enrollment of 10 registrants per workshop to move forward.

Who: Adults with I/DD (Ages 18 & older)

Fee: \$50 per workshop

Location: CSS Academy, Brookfield

Please see website for information on dates and times:
<https://cssservices.gosignmeup.com/public/course/browse>

MOVING FROM FRIENDSHIP TO DATING (CAREGIVERS AND PROFESSIONALS)

Approaching the topic of dating without loved ones can be difficult and we may feel unprepared to have these conversations. As caregivers and professionals working with individual with Intellectual/Developmental Disabilities (I/DD), we know relationships are ever changing. This discussion will explore how we can help our individuals better understand their responsibilities and rights as they move from friendships into dating relationships. Topics during this discussion will include self-advocacy skills, healthy communication, boundary setting, and decision-making. Please join us as Linda Sandman, MSW, LCSW provides insight, tools and resources so that we can best support our individuals as they develop deeper and more meaningful relationships.

Note: Seating is limited to 30 participants with a minimum enrollment of 10 registrants per workshop to move forward.

Who: Caregivers and or staff of individuals with I/DD

Fee: \$60 per workshop

Location: CSS Academy, Brookfield

Please see website for information on dates and times:
<https://cssservices.gosignmeup.com/public/course/browse>

COMPASSIONATE CARE CONNECTING WITH THE INDIVIDUAL BEFORE THE TASK (FOR CAREGIVERS AND PROFESSIONALS)

This workshop is ideal for families and professionals who participate in the care of an individual. It is so easy to get caught up in overwhelming number of tasks that need to get done for those we are serving. We have to be intentional to connect to the heart and soul of the individual in front of us in order to best meet their needs while completing tasks. Lack of intentionality can lead to negative experiences for both the person and for the one providing support. Participants will be energized and refocused on connecting with the individual in front of them rather than a task to complete or another situation to deal with. They will have new awareness to different abilities and increased self-awareness to the affect verbal & non-verbal communication has on interactions. Burn out and stress management will be discussed and a time for problem solving real life situations will occur.

Note: Seating is limited to 40 registrants with a minimum enrollment of 10 registrants to move forward.

Who: Caregivers and or staff of individuals with I/DD

Fee: \$55 per workshop

Location: CSS Academy, Brookfield

Please see website for information on dates and times: <https://cssservices.gosignmeup.com/public/course/browse>

UNDERSTANDING THE MEANING BEHIND BEHAVIORS (CAREGIVERS AND PROFESSIONALS)

This workshop is ideal for families and professionals who work with individuals that display expressive behaviors. Display of physical, verbal, and sexual behaviors is often a form of communication indicating an unmet need. You are the private investigator that has to interpret these signs and find ways to meet the need. Participants will learn and problem solve in a supportive environment. During workshops, Marti Hannon CTRS, Founder of World Changer Consulting, will guide participants through the signs of escalating behavior and effective techniques to validate, redirect, and engage.

Note: Seating is limited to 40 registrants with a minimum enrollment of 10 registrants to move forward.

Who: Caregivers and or staff of individuals with I/DD

Fee: \$55 per workshop

Location: CSS Academy, Brookfield

Please see website for information on dates and times: <https://cssservices.gosignmeup.com/public/course/browse>

RESTORING BALANCE (CAREGIVERS AND PROFESSIONALS)

Taking care of you, while caring for others, is one of the biggest challenges caregivers face. It is also one of the most vital skills to learn and share with others. Explore the signs, causes, and harmful effects of stress, anxiety, burnout, and

negativity. Marti Hannon CTRS, Founder of World Changer Consulting, will take participants through learning practical methods for restoring balance to better care for others. Participants will experience relaxation techniques and expressive art exercises that can be used for themselves and the individuals they serve.

Note: Seating is limited to 40 registrants with a minimum enrollment of 10 registrants to move forward.

Who: Caregivers and or staff of individuals with I/DD

Fee: \$55 per workshop

Location: CSS Academy, Brookfield

Please see website for information on dates and times: <https://cssservices.gosignmeup.com/public/course/browse>



Etsy



Artwork created by CSS Academy artists is available at www.etsy.com search: CSSAcademy

CREATIVE ARTS

BEGINNING ART EXPLORATION FOR INDIVIDUALS WITH (I/DD)

This five-week class is geared toward teens and adults with I/DD. Come explore the variety of art materials in this introductory art making class. From the basics of drawing and painting to building sculptures and working with clay.

Note: Limited to 12 people per class. Individuals should also feel comfortable getting messy with clay, glue, paint, and other art materials, and handling basic cutting tools such as scissors.

Who: Teens & Adults (Ages 16 & older)

Dates: Mondays

Time: 11:00 a.m. – 12:00 p.m.

Fee: \$50 per session

Location: CSS Academy, Brookfield

Session I: June 5 – July 10 (no class 7/03)

Session II: July 17 – August 14

Session III: August 28 - October 2 (no class 9/04)

Session IV: October 9 – November 6

Session V: November 27 – January 8 (no class 12/25 & 1/1)

ART EXPLORATION FOR INDIVIDUALS WITH (I/DD)

This all abilities five-week exploratory art class is geared toward teens and adults with I/DD. If you are a budding artist and want to learn new methods of art making, this class is for you. Artists will work with a variety of traditional and nonconventional materials to grow in their artistry.

Note: Limited to 12 people per class. Individuals should also feel comfortable getting messy with clay, glue, paint, and other art materials, and handling basic cutting tools such as scissors.

Who: Teens & Adults (Ages 16 & older)

Dates: Wednesdays

Time: 3:00 p.m. – 4:30 p.m.

Fee: \$75 per session

Location: CSS Academy, Brookfield

Session I: June 7 – July 12 (no class 7/05)

Session II: July 19 – August 16

Session III: August 30 - September 27

Session IV: October 11 – November 8

Session V: November 29 – January 3 (no class 12/27)

ADVANCED ART FOR INDIVIDUALS WITH (I/DD)

This all abilities five-week advanced art class is geared toward teens and adults with I/DD. Artists interested in learning new methods of art making and enhancing their own artistic identities and talents would be a great fit for this class.

Note: Limited to 12 people per class. Individuals should feel comfortable getting their hands dirty with materials such as paint, glue, or clay. Participants should also be able to handle basic cutting tools such as scissors, needle and thread, x-acto knives, and other sharp objects.

Who: Adults (Ages 18 & older)

Dates: Fridays

Time: 1:30 p.m. – 3:30 p.m.

Fee: \$100 per session

Location: CSS Academy, Brookfield

Session I: June 9 – July 7

Session II: July 21 – August 18

Session III: September 1 – October 6 (no class 9/15)

Session IV: October 13 – November 17 (no class 11/10)

Session V: December 1 – January 5 (no class 12/22)

SCRAP IT! – SCRAPBOOK MAKING

This five-week class will start with the basics of photo organizing, choosing an album theme, page layout strategies and journaling techniques. Students are encouraged to bring about 20-30 photos. Class fee includes 12x12 scrapbooking paper to complete one 6 page album, tape runner, and use of tools during class session.

Note: Limited to 12 people per class. Individuals should be able to handle basic cutting tools such as scissors, wire cutters, and sharp objects.

Who: Teens & Adults (Ages 15 & older)

Dates: Tuesdays

Time: 6:15 p.m. – 7:15 p.m.

Fee: \$50 per session

Location: CSS Academy, Brookfield

Session I: June 6 - July 11 (no class 7/4)

Session II: July 25 – August 22

Session III: August 29 – September 26

Session IV: October 10 – November 14 (no class 11/7)

Session V: November 28 – January 9 (no class 12/26 & 1/2)

SHINING STARS

In this five-week class, learn confidence through ad lib scenes and fun theater games. This class will cover both comedic and dramatic theatre. The final class will be an open performance of work developed together in front of friends and family.

Note: Limited to 12 people per class. Individuals should feel comfortable interacting in a group setting and be able to handle moderate to loud noise levels.

Who: Teens & Adults (Ages 15 & older)

Dates: Thursdays

Time: 4:30 p.m. – 5:30 p.m.

Fee: \$50 per session

Location: CSS Academy, Brookfield

Session I: June 8 - July 6

Session II: July 20 – August 17

Session III: August 31 – September 28

Session IV: October 12 – November 9

Session V: November 30 – January 4 (no class 12/28)

SIT AND KNIT – CROCHET CLUB!

Get hooked! In this five-week needlework class learn the basics of knitting and crocheting. This group is perfect for the individual who wants to sample the different materials and processes that the fiber world has to offer.

Note: Limited to 15 people per class. Individuals should also feel comfortable working and holding needles.

Who: Teens & Adults (Ages 16 & older)

Dates: Mondays

Time: 10:00 a.m. – 11:30 a.m.

Fee: \$75 per session

Location: CSS Academy, Brookfield

Session I: June 5 – July 17 (no class 7/03 & 7/10)
Session II: July 24 – August 21
Session III: August 28 - October 2 (no class 9/04)
Session IV: October 16 – November 13
Session V: November 27 – January 8 (no class 12/25 & 1/1)

POLYMER JEWELRY MAKING

During this six-week class, design and create your very own clay beads! Jewelry makers will learn how to roll clay, create a design, and then string it all together to make a final product that looks store bought. Supplies included in the price.

Note: Limited to 12 people per class. Individuals should be able to handle basic cutting tools such as scissors, wire cutters, and sharp objects.

Who: Teens & Adults (Ages 13 & older)

Dates: Saturdays

Time: 2:00 p.m. – 4:00 p.m.

Fee: \$120 per session

Location: CSS Academy, Brookfield

Session I: June 3 - July 8

Session II: July 22 - August 26

Session III: September 9 -October 14

Session IV: October 28 – December 9 (no class 11/25)

HEALTH AND WELLNESS

YOGA NIGHTS

Yoga Nights will introduce the practice of yoga. Yoga means “union.” When practicing yoga, students work to unify their hearts, minds, and bodies. It is believed and proven, that when these three parts are truly in sync, people feel their best. This class will introduce poses and movement in a safe and supportive environment.

Note: Limited to 8-12 people per class. Individuals should be able to participate in physical activity without medical concerns. Come dressed in comfortable exercise attire and bring a yoga mat, towel, water bottle.

Who: Teens & Adults (Ages 15 & older)

Dates: Tuesdays

Time: 7:30 p.m. – 8:30 p.m.

Fee: \$7 walk-in rate; \$60 for a 10 class punch card

Location: CSS Academy, Brookfield

Classes Start: June 6, 2017 and are ongoing through catalog cycle (no class 7/4, 7/18, 9/19, 11/21, 11/23, 12/26, 1/1)

GENTLE YOGA

Stretch, strengthen and relax the body in this nurturing practice. This practice is designed to restore the nervous system and help release deeply held tensions from the body and mind. We may use props such as blocks and belts to support the postures, while gently stretching and strengthening the body. This class is appropriate for students of all levels.

Note: Limited to 20-25 people per class. Come dressed in comfortable exercise attire and bring a yoga mat, towel, water bottle. If you have a Yoga Block and Belt, please feel free to bring those items to class.

Who: Teens & Adults (Ages 16 & older)

Dates: Saturdays

Time: 10:00 a.m. – 11:00 a.m.

Fee: \$7 walk-in rate; \$60 for a 10 class punch card

Location: CSS Academy, Brookfield

Classes Start: June 3, 2017 and are ongoing through catalog cycle (no class 11/25, 12/23, 12/30)

ZUMBA®

Zumba features easy-to-follow Latin and international rhythms, that will get you moving and energized. It's a total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Easy to do, effective and totally exhilarating! This class is appropriate for students of all levels. Each class incorporates a routine or two with light hand weights. You may bring your own 1-3 pound dumbbells.

Note: Limited to 30 people per class. Come dressed in comfortable exercise attire, including tennis shoes.

Who: Teens & Adults (Ages 16 & older)

Dates: Saturdays

Time: 9:00 a.m. – 9:50 a.m.

Fee: \$7 walk-in rate; \$60 for a 10 class punch card

Location: CSS Academy, Brookfield

Classes Start: June 3, 2017 and are ongoing through catalog cycle (no class 7/29, 11/25, 12/23, 12/30)

ZUMBA GOLD®

Zumba Gold® classes provide modified, low impact moves for beginners, and active older adults. This unique Zumba® formula has longer warm up and cools down sessions and allows participants a chance to improve balance, flexibility and cardiovascular health.

Note: Limited to 20-25 people per class. Come dressed in comfortable exercise attire and bring a yoga mat, towel, water bottle. If you have a Yoga Block and Belt, please feel free to bring those items to class.

Who: Adults (Ages 18 & older)

Dates: Mondays & Wednesdays

Time: 6:45 p.m. – 7:45 p.m.

Fee: \$7 walk-in rate; \$60 for a 10 class punch card

Location: CSS Academy, Brookfield

Classes Start: June 5, 2017 and are ongoing through catalog cycle (no class 7/26, 7/31, 9/4, 11/22, 12/25, 1/1)

LIFE SKILLS

COOKING & KITCHEN BASICS

Learn how to become comfortable in the kitchen during this five-week class. Start with the basics like fire safety, operating the oven & stove, and cutting safety and end with the confidence to maneuver your way around food and the kitchen by yourself.

Note: Limited to 10 people per class. Individuals should be comfortable learning to operate basic kitchen supplies such as oven, stovetop, and cutting tools. Food cost included in price of class.

Who: Teens & Adults (Ages 16 & older)

Dates: Tuesdays

Time: 3:30 p.m. – 5:00 p.m.

CSS ACADEMY CLASSES

Fee: \$90 per session

Location: CSS Academy, Brookfield

Session I: June 6 – July 11 (no class 07/04)

Session II: July 18 – August 15

Session III: August 29 – September 26

Session IV: October 10 – November 7

Session V: November 28 – January 9 (no class 12/26 & 1/2)

COOKING EXPLORATION

Get creative with your cooking. You already know the basics; expand your current knowledge in this cooking exploration class. Learn a number of different cooking methods including baking, braising and sautéing. Over the course of this five-week class you will prepare meats and vegetables using these various cooking methods.

Note: Limited to 10 people per class. Individuals should be comfortable using basic kitchen items such as oven, stove top, and cutting tools and have general knowledge of cooking processes.

Who: Teens & Adults (Ages 16 & older)

Dates: Wednesdays

Time: 1:30 p.m. – 3:00 p.m.

Fee: \$90 per session

Location: CSS Academy, Brookfield, IL

Session I: June 7 – July 12 (no class 07/05)

Session II: July 19 – August 16

Session III: August 30 – September 27

Session IV: October 11 – November 8

Session V: November 29 – January 3 (no class 12/27)

BASIC MONEY CONCEPTS

By the end of this five-week course, participants will gain an increased understanding of monetary values, including the amounts of various bills and coins, how to count money, and making correct change. This class is aimed to focus on the very basics of having and spending money.

Note: Limited to 12 people per class. Individuals should have a basic understanding of math in order to participate fully in this class. (At least sixth grade level math skills are recommended for participation in this class.)

Who: Teens & Adults (Ages 16 & older)

Dates: Fridays

Time: 4:00 p.m. – 5:15 p.m.

Fee: \$62.50 per session

Location: CSS Academy, Brookfield, IL 60513

Session I: June 9 – July 7

Session II: July 21 – August 18

Session III: September 1 – September 29

Session IV: October 13 – November 10

Session V: December 1 – January 5 (no class 12/23)

TECHNOLOGY

APPLE IPAD EXPLORATION

In this five-week class, participants will learn about the unique functions and features of the iPad. Additionally, participants will examine a variety of applications, learn how to download applications, and explore methods for using the iPad in their everyday lives.

Note: Limited to 12 people per class. Feel free to bring your own iPad. However, it is not necessary to own an iPad in order to take this class. iPads will be provided for classroom use only, but will not be allowed to be taken outside of the Academy.

Who: Teens & Adults (Ages 13 & older)

Dates: Wednesdays

Time: 5:15 p.m. – 6:15 p.m.

Fee: \$50 per session

Location: CSS Academy, Brookfield

Session I: June 7 – July 12 (no class 7/5)

Session II: July 19 – August 16

Session III: August 30 – September 27

Session IV: October 11 – November 8

Session V: November 29 – January 3 (no class 12/27)

COMPUTER BASICS

The Computer Basics course offers the beginner an opportunity to explore the uses of the computer as you learn about the parts of the computer, the difference between hardware and software, what an operating system is and how to store files. In this five-week class, get practice using the keyboard and the mouse and accessing computer software programs.

Note: Limited to 12 people per class. Laptops will be provided for all participants. The Laptops utilize Windows 8 programming and will be available for classroom use only.

Who: Teens & Adults (Ages 16 & older)

Dates: Tuesdays

Time: 6:00 p.m. – 7:15 p.m.

Fee: \$75 per session

Location: CSS Academy, Brookfield

Session I: June 6 - July 18 (no class 7/4 & 7/11)

Session II: July 25 – August 22

Session III: August 29 – October 3 (no class 9/19)

Session IV: October 10 – November 7

Session V: November 28 – January 9 (no class 12/26 & 1/2)

ONE STOP WORKSHOPS

FLORAL ARRANGING

Learn how to make your floral arrangements look beautiful and professional in our once a month Floral Arrangement Workshop. You will learn floral basics, tips on floral pairing, and innovative ways to arrange flowers. Join our expert florist as he guides you through and gives you a great foundation for making a wonderful centerpiece to take home by the end of class!

Note: Supply cost is included in price. Seating is limited to 15 per workshop with a minimum enrollment of at least 6 registrants per workshop to move forward. Registrants should be able to handle basic cutting tools such as scissors, wire cutters, and sharp objects.

Who: Teens & Adults (Ages 16 & older)

Dates: Mondays

Time: 3:00 p.m. – 4:30 p.m.

Fee: \$24 per workshop

Location: CSS Academy, Brookfield

Workshop I: June 19, 2017

Workshop II: July 17, 2017

Workshop III: August 14, 2017

Workshop IV: September 18, 2017
Workshop V: October 23, 2017
Workshop VI: November 13, 2017
Workshop VII: December 18, 2017

If interested in attending a weekend floral arrangement class, email nmills@cssservices.org for more details.

DO-IT-YOURSELF FLORAL WEDDING SERIES

Are you planning a wedding? Do you want to save money and design your own flowers for the special occasion? Come and join us for our Floral Wedding Series and learn different techniques for wedding flowers, floral pairing, tips that expert floral designers depend on and how to keep the flowers looking fresh. You will leave with a beautiful and stunning arrangement and all the knowledge you need to go and design flowers for the joyous occasion!

Note: Supply cost is included in price. Seating is limited to 15 per workshop with a minimum enrollment of at least 6 registrants per workshop to move forward. Registrants should be able to handle basic cutting tools such as scissors, wire cutters, and sharp objects.

Who: Adults (Ages 18 & older)

Dates: Sundays

Time: 1:00 p.m. – 3:00 p.m.

Fee: \$50 per workshop

Location: CSS Academy, Brookfield

Workshop I: June 18, 2017

Workshop II: July 16, 2017

Workshop III: August 13, 2017

Workshop IV: September 17, 2017

Workshop V: October 22, 2017

Workshop VI: November 12, 2017

Workshop VII: December 17, 2017

FINE ARTS WITH FRIENDS

Art Making for All! Come to CSS Academy and let your creative spirit fly. This BYOB event is a fun-loving environment, where you can channel your inner artist. Registrants have the option to follow along as our artist-instructor guides you through a specific artwork, or create to the beat of their own drum. Either way you will take home a masterpiece. Bring a friend and we will provide the rest. Now, let's get creative!

Note: This is a BYOB (Bring Your Own Bottle) event.

Art material charges included in price of workshop. Seating is limited to 20 per workshop with a minimum enrollment of at least 8 registrants per workshop to move forward.

Who: Adults (Ages 18 & older)

Dates: Fridays or Saturdays

Time: 6:00 p.m. – 8:00 p.m.

Fee: \$30 per workshop

Location: CSS Academy, Brookfield

Workshop I: June 30, 2017

Workshop II: July 15, 2017

Workshop III: August 26, 2017

Workshop IV: September 29, 2017

Workshop V: October 21, 2017

Workshop VI: November 18, 2017

Workshop VII: December 16, 2017

EVENING DELIGHT

Explore the art of cooking with non-conventional foods! This class will focus on pairing unexpected aphrodisiacs to create a totally new culinary experience. Our wonderful chef will show you how to prepare a meal focused around aphrodisiac and sensual foods. The first workshop highlights the following ingredients: steamed artichoke, lemon pepper butter and chocolate truffles.

Note: Feel free to bring your favorite beverage. Supply cost is included in price. Seating is limited to 10 per workshop with a minimum enrollment of 6 participants per workshop to move forward. Bring Tupperware to take leftovers home in.

Who: Adults (Ages 18 & older)

Dates: Saturdays

Time: 6:00 p.m. – 8:30 p.m.

Fee: \$40 per workshop

Location: CSS Academy, Brookfield

Workshop I: June 10, 2017

Workshop II: July 15, 2017

Workshop III: August 19, 2017

Workshop IV: September 16, 2017

Workshop V: October 21, 2017

Workshop VI: November 11, 2017

Workshop VII: December 9, 2017

SATURDAY MEATLESS SENSATIONS SERIES

Are you tired of eating the same old boring meals day to day? Here's a healthy option that will leave your taste buds surprised and satisfied! Each class will explore a new recipe and focus on having a fresh delicious meal on the table in a reasonable amount of time. You will prepare dishes that will appeal to the non-meat eater as well as the carnivore that wants to try something new.

Note: Seating is limited to 8 per workshop with a minimum enrollment of at least 5 participants per workshop to move forward. Participants should be comfortable using basic kitchen supplies such as oven, stove top, and cutting tools and have a general knowledge of the cooking process. Cost of supplies and ingredients has been included in the class fee.

Who: Adults (Ages 18 & older)

Dates: Saturdays

Time: 4:30 p.m. – 6:15 p.m.

Fee: \$40 per workshop

Location: CSS Academy, Brookfield

Workshop I: June 17, 2017 – Tofu Tostada

Workshop II: July 15, 2017 – Vegetable Enchiladas

Workshop III: August 19, 2017 – Whole Wheat Linguini

Workshop IV: September 16, 2017 – Class on Kale

Workshop V: October 21, 2017 – Meatless Burgers

Workshop VI: November 18, 2017 - Cultural Cuisines

Workshop VII: December 16, 2017 – Vegetable Surprise

SMART PHONE PHOTOGRAPHY

Most of us now capture images using our cellphones. Cellphone technology has reached a point where the creativity has been put back in the hands of the photographer and is no longer a simple point-and-shoot process. In this class students will learn the fundamentals of composition, lighting,

(course description continued on back cover)



CSS Academy – Brookfield
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CSS ACADEMY CLASSES

(continued from page 10)

and raster photo apps like Snapseed. We'll look at the camera phone as a photographic tool and you'll create an album full of photos that are sure to amaze!

Note: Students are expected to find and operate the camera on their own phones and download apps. Class is limited to 15 per workshop with a minimum enrollment of 6 participants per workshop to move forward. Individuals are responsible for their own transportation to and from all designated locations.

Who: Teens & Adults (Ages 14 & older)

Dates: Sundays

Time: 10:00 a.m. – 12:30 p.m.

Fee: \$30 per workshop

Location: CSS Academy, Brookfield

Workshop I: June 11, 2017

Workshop II: July 9, 2017

Workshop III: August 13, 2017

Workshop IV: September 10, 2017

Workshop V: October 8, 2017

Workshop VI: November 12, 2017

Workshop VII: December 10, 2017

CREATIVE CRAFT CORNER

Veronica Young, of Ronnie's Elegant Touch will teach you how to make your own keepsake item. Through hands on learning from our professional instructor, this advanced workshop will enhance your craft skills to create your own

homemade treasures. This affordable workshop provides a lifetime of rewarding crafts. Centerpieces, designer wreaths, greeting cards and balloon creations are just a few examples of the things you will learn to make with us. Each workshop is designed to teach you a skill that you can develop so you can learn to make unique crafts that will impress.

Note: This class is geared toward the seasoned crafter. It is not a beginner's course. Participants should be aware of any allergies they may have before participating in the workshop. All supplies are included in the cost of workshop. Seating is limited to 10 per workshop with a minimum enrollment of at least 6 participants per workshop to move forward.

Who: Teens & Adults (Ages 16 & older)

Days: Monday & Wednesday

Time: 5:30 p.m. – 6:30 p.m.

Fee: \$50 per workshop

Location: CSS Academy, Brookfield

Workshop I: June 12 & 14 – Party Centerpieces

Workshop II: July 24 & 26 – Balloon Columns

Workshop III: August 21 & 23 – Designer Wreaths

Workshop IV: September 11 & 13 – Party Centerpieces

Workshop V: October 16 & 18 – Balloon Columns

Workshop VI: November 6 & 8 – Candy Cakes/Bouquets

Workshop VII: December 11 & 13 – Designer Wreaths