



2023

WINTER

LINCOLN TRAIL COLLEGE COMMUNITY EDUCATION CATALOG



iecc.edu/ltc
618-544-8657
11220 STATE HWY 1
ROBINSON, IL 62454



WATER AEROBICS

JANUARY 9-MARCH 13

MWF, 8:30-9:20 AM | \$45 | LINDA BRANCH

MWF, 10:00-10:50 AM | \$45 | MARILYN NICHOLS

TF, 2:00-2:50 PM | \$35 | JUDY ADAMS

MW, 6:00-6:50 PM | \$35 | SUE MYERS

REGISTER BY JANUARY 13

This course will provide a fun, high-energy physical conditioning program consisting of continuous, rhythmic movements performed in the water in order to improve your overall fitness level. Aqua aerobics provides an excellent workout for your heart and lungs. Aqua Aerobics allows you to strengthen and tone your muscles. No previous water aerobics experience required.



TAEKWONDO

MONDAYS & WEDNESDAYS JANUARY 9-MAY 5, 7-9 PM | \$105 | ANDY BRADBURY

REGISTER BY JANUARY 13

A practical study of the origin, history and basic fundamental skills of Korean Karate including analysis and practice of blocking, punching and kicking. Advanced classes emphasize offensive and defensive skills and strategies of free-sparring and self-defense.



KARATE FOR KIDS

KARATE I: MONDAYS JANUARY 9-MAY 5, 6-7 PM | \$70 | ANDY BRADBURY

KARATE II: MONDAYS JANUARY 9-MAY 5, 7-9 PM | \$90 | ANDY BRADBURY

REGISTER BY JANUARY 13

This class will cover basic martial art concepts, self-defense and movement in a program that will provide students with improved confidence and self-esteem. The instructor brings many years of instruction to the classroom and will provide a fun atmosphere for the children.



EAGLETON READING CIRCLE

MEETS THE 4TH WEDNESDAY OF EACH MONTH | FREE | RENA GOWER

REGISTER BY JANUARY 23

Read and discuss books of interest to the group. Books the group has chosen to read thus far:
Dressmakers of Auschwitz by Lucy Adlington
Memphis by Tara M. Stringfellow
The Overnight Guest by Heather Gudenkauf



GROCERY SHOPPING: HOW TO GET MORE BANG FOR YOUR BUCK

FEBRUARY 7, 5:30-6:30 PM | FREE | MARY LIZ WRIGHT

REGISTER BY FEBRUARY 1

Is it really more expensive to eat healthy? In this lesson, we will show you how to reduce food waste, find affordable yet healthy options, and get the most bang for your buck. This is a great class, especially at this time with grocery prices rising.



BASIC AMERICAN SIGN LANGUAGE

THURSDAYS MARCH 2-23, 6-8 PM | \$45 | TONY AUSTIN

REGISTER BY FEBRUARY 18

Learn the basics of American Sign Language: ABC's, counting, days of the week, words, basic greetings, and phrases.



GROWING YOUR GARDEN FROM SEEDS

TUESDAYS FEBRUARY 28-MAY 9 | \$65 | KRISTI RAWLINGS

REGISTER BY FEBRUARY 21

Start your own vegetables or flowers from seed. This is a fun class for all gardeners or want to be gardeners.



CROCHET FOR BEGINNERS

MONDAYS MARCH 13-APRIL 17 | \$45 | RACHEL CARTER

REGISTER BY MARCH 6

Enjoy sitting by the fireplace while learning a new skill

An introduction for beginners and a review of basic techniques for those wanting a refresher. Participants should bring a size H or I hook and Red Heart yarn in a solid color.

PSYCHOLOGY OF A
SERIAL KILLER



PSYCHOLOGY OF A SERIAL KILLER

\$25 PER CLASS | MARCIA THORSEN

PSYCHOLOGY OF A SERIAL KILLER II
JANUARY 19, 2023 • 6-8 PM • \$25

REGISTER BY FEBRUARY 18

PSYCHOLOGY OF A SERIAL KILLER III
FEBRUARY 16, 2023 • 6-8 PM • \$25

REGISTER BY FEBRUARY 10

PSYCHOLOGY OF A SERIAL KILLER IV
MARCH 16, 2023 • 6-8 PM • \$25

REGISTER BY MARCH 10

PSYCHOLOGY OF A SERIAL KILLER V
APRIL 20, 2023 • 6-8 PM • \$25

REGISTER BY APRIL 14

When murders happen, people want to know why and what causes someone to become a serial killer. Marcia Thorsen will delve into the psyche of well-known and lesser-known serial killers.

You can enroll in all of the sessions or pick the ones that work for you. Either way, we think you'll enjoy Marcia Thorsen's sessions in 2023.

HOW TO REGISTER

The easiest way to register is to call 618-544-8657, ext. 1425.

You can also register by visiting the Lincoln Trail College Library.

Early registration is recommended because class sizes are limited.

TUITION AND FEES

Classes require pre-registration and payment. Registrations are not valid until payment is received.

ACCURACY

All information listed in this catalog is accurate at the time of printing and may be subject to change. Please inquire with the College for the most up-to-date information.

ENROLLMENT AND CANCELLATION

Classes and workshops are subject to cancellation if the minimum enrollment is not attained. In the event of cancellation, participants will be notified. Some classes may have limited enrollment due to space or other limitations.

