

PHOTOGRAPHY 101**Age: 16 years & up**

Understand your digital camera and it's capabilities for both video and stills. Learning Outcomes: participants will learn to use their camera and its accessories to the best advantage, understand the Big 3 - ISO, Shutter, Aperture, learn to set up the shot, understand light and be prepared to capture the actions. Create wonderful videos using a mix of stills and video (fusion). Bring your camera and charged batteries! This is a contractual program. **(KR)**

Location: Recreation Center Conference Room
Fee: \$64 Res. / \$80 Nonres.
Instructor: Steve Neilson - Eminjayin Productions
Min / Max: 5 / 12
Register By: Mar. 15 & Apr. 3

Code:	Date:	Time:
720115C	Monday, Mar. 20	6:00 - 9:00pm
720115D	Monday, Apr. 10	6:00 - 9:00pm

**DOG OBEDIENCE TRAINING****Age: 18 years & up**

You and your dog will not want to miss this fun, reward-oriented course! This is a great class for dogs that have never taken a class before or dogs needing to brush up on rusty obedience skills. We cover the basic commands: heel, sit, down, stand, stay, come, polite greetings, and attention. Classes are taught on-leash at all times, utilizing praise, treats, games and encouragement. Come without your dog the first week for orientation. Class includes: handouts, homework and certificate of completion. Open to all dogs over 16 weeks of age who are people friendly and dog friendly. **Please bring veterinary records documenting immunizations and or titers to the first class.** This is a contractual program. **(KR)**

Location: Recreation Center MPA
Fee: \$100 Res. / \$125 Nonres.
Instructor: Kathleen Appleton - Doggy Day Camp, Inc.
Min / Max: 5 / 10
Register By: March 29

Code:	Date:	Time:
720104B	Wed., Apr. 5 - May 24	7:30 - 8:45pm

WHOLE30 SPRING KICKOFF**Age: 18 years & up**

Learn what Whole30 is all about to detox and reset your diet. We'll discuss the program, benefits of detoxing and re-evaluating your diet. We'll provide a Whole30 shopping list along with suggested meal plans, recipes and samples for each daily meal and snacks. Each student will learn more about seasonal fruits and vegetables, food science and healthy living just in time for Summer! This is a contractual program. **(SR)**

Location: Recreation Center MPUL
Fee: \$25 Res. / \$31 Nonres.
Instructor: Joelen Tan - What's Cooking Chicago
Min / Max: 5 / 12
Register By: March 25

Code:	Date:	Time:
720136A	Saturday, April 1	9:00 - 10:00am

DON'T WORRY, BE HAPPY!**Age: 16 years & up**

Do you feel stressed and anxious with daily life pulling you from all sides? Come have an "ahhhh moment" and learn how plant extracts can bring back your happy. Learn which extracts are great to have in your pantry. Plant extracts bring us back to a healthy, happy, positive state of mind where we can accomplish anything from a business goal to a personal goal with excitement, no stress, no anxiety, peace and joy. Each participant will leave with their own personal spray bottle. This is a contractual program. **(KR)**

Location: Recreation Center MPA
Fee: \$27 Res. / \$34 Nonres.
Instructor: Amy Cohen - Strongest Minds
Min / Max: 5 / 10
Register by: March 28

Code:	Date:	Time:
720137B	Tuesday, April 4	7:00 - 8:30pm

ADULT WILDERNESS SURVIVAL**Age: 18 years & up**

Find out what it takes to survive with this outdoor workshop. We'll be dissecting an experienced professional's survival kit as well as learning the fundamental skills needed to survive. You will then execute the skills you just learned as if you were in a real-life survival situation under the guidance of a professional. By the end of class, you'll know what it takes to survive an unexpected night in the wilderness. This is a contractual program lead by Great Outdoors Group LLC. **(SR)**

Location: Central Park Fishing Pier Shelter
Fee: \$70 Res. / \$88 Nonres.
Min / Max: 4 / 12
Register by: March 29

Code:	Date:	Time:
820139A	Saturday, May 6	9:00am - 1:00pm

SUMMER SOFTBALL LEAGUES**Age:** 18 years & up

Get the bats out, let's play ball! All games will be officiated using A.S.A. rules. A minimum 10 week season will be played including play-offs. Team awards will be given to the top finishing teams. Call Brice Walsh at (847) 223-7529 for more information or email him at bwalsh@glpd.com (BW)

Date: Games begin May 3rd & May 5th**Time:** Game times - 6:00, 7:00, 8:00 & 9:00pm**Location:** Alleghany Park - Fields 1 & 5**Team Fee:** \$525 Resident / \$595 Nonresident**Min / Max:** 4 / 8 per league**Register By:** April 26

Code:	League:	Day:
830105A	Men's 14" Mush	Wednesdays
830105B	Co-Rec 14" Mush	Fridays

STAND UP PADDLE BOARD CLASS**Age:** 12 years & up

Stand Up Paddle boarding is one of the fastest-growing sports in the country, offering a great low-stress core workout. Gray's Lake is an ideal paddling spot, with calm waves and warm water and this basic skills class will get you up and paddling (literally!) in next to no time. We provide the board and paddle, you provide swimwear (or appropriate clothes for getting wet) and a sense of fun! This is a contractual program. (BW)

Location: Jones Island Beach**Fee:** \$69 Res. / \$85 Nonres.**Min / Max:** 5 / 12**Register By:** May 28 & July 2

Code:	Date:	Time:
930103A	Sunday, June 4	3:00 - 5:00pm
930103B	Sunday, July 9	3:00 - 5:00pm

BASIC KAYAK CLASS**Age:** 12 years & up

Our basic three-hour kayaking class will teach you what you need to know to take a kayak and get the maximum of SAFE enjoyment from the boat. We start with the basic elements (how to properly get into a kayak, the forward paddle stroke, steering techniques) and build out from there to include bracing techniques to help provide more stability on the water, and solo and partnered rescue techniques, so you know how to get back in the boat from the water. The class includes all equipment. This is a contractual program. (BW)

Location: Jones Island Beach**Fee:** \$99 Res. / \$119 Nonres.**Min / Max:** 5 / 12**Register By:** August 13

Code:	Date:	Time:
930104A	Sunday, August 20	3:00 - 6:00pm

OPEN BADMINTON

March 3rd- April 28th



Fridays
7:30-10:30pm

Location: Grayslake Rec Center
Door Fee: \$6 Res/\$10 Non Res
OPEN AGES 16 YEARS AND UP
Please bring your own racket

GLPD WALKING CLUB**Age:** 50 years & up

Walking is one of the most aerobic sports and is widely promoted for its cardiovascular benefits, improved circulation, stress release, calorie burning (weight loss) and overall boost to mental and physical energy levels, while improving your health and self-esteem. Participants can get an aerobic workout by simply putting one foot in front of the other. In this walking club, all participants will walk at their own pace in the Recreation Center Gym. Registration/Release Waiver Forms must be completed and turned into the participating facility coordinator. Participants are encouraged to seek the advice of their physician before beginning any exercise program.

The GLPD Walking Club is free to all walkers. This is available on Monday, Wednesday & Fridays beginning February 22nd - April 14th from 11:45 - 12:45pm.

Please check the open gym schedule on the website at www.glpd.com for exact dates. Days and times are subject to change.