

ADULT / TEEN RECREATION PROGRAMS



DIY SIGN PAINTING WORKSHOP

Age: 18 years & up

Ready to get crafty? Join us for a DIY Sign Painting Workshop. Not an artist? No worries – it's so easy that anyone can do it! Signs range from \$25-\$45 each.

Registration for this program has two steps - first, register for the class using the code below. Then, once you register you will receive an email with a link to a website where you can both select the custom design you want to paint and pay for the workshop by credit card. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee:
220105C	Sa	Mar. 10	9:30-11:30am	\$25-\$45 *
320105A	F	Apr. 20	6-8pm	\$25-\$45 *

* Fee varies depending on the design selected

Location: Recreation Center Multi-Purpose Room A
Min / Max: 5 / 20
Register By: Mar. 3 & Apr. 13

BRAVE WAY SELF DEFENSE

Age: 12 years & up

Originally certified by the State of Illinois to teach police officers, this is one of the easiest to learn and most effective self-defense classes that you can take. The techniques we teach don't require constant practice or years of training to master. The class is targeted at teens and adults, but 8-11 year olds can also take the class with an adult. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
320103A	W	Apr. 18	7-9pm	\$26/\$33
320103B	Sa	May 12	9:15-11:15am	\$26/\$33
420103A	W	June 20	7-9pm	\$26/\$33
420103B	Sa	July 14	9:15-11:15am	\$26/\$33
420103C	W	Aug. 8	7-9pm	\$26/\$33

Location: Recreation Center Multi-Purpose Room A
Min / Max: 6 / 12
Register By: One week prior

FRESH START TO SPRING WITH ESSENTIAL OILS

Age: 16 years & up

Grab some friends and gear up for a fast-paced, ground-up lecture on everything essential oils. You'll also have some fun in the process! This 1.5 hour class will introduce you to what essential oils are, how essential oils work and how you can use them safely to help support healthy physical and emotional systems in your body. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
320140A	W	Apr. 11	7-8:30pm	\$13/\$17
320140B	W	Apr. 25 *	9:30-11am	\$13/\$17

* Babysitting available for \$2 per child

Location: Recreation Center Multi-Purpose Room A
Min / Max: 2 / 6
Register By: Apr. 4 & Apr. 18

TEEN VOLUNTEER INCENTIVE PROGRAM (VIP)

Attention junior high and high school students (ages 12-15 years)! Are you looking for community service hours? Enjoy helping your community?

Become a VIP through our Volunteer Incentive Program and earn rewards (like movie passes or gift cards) based on the number of hours you volunteer! Opportunities include helping at special events, coaching your favorite sport and much more.

Gain valuable experience and get a foot in the door if you're interested in working at Summer Camp or in another role at the Park District!

The more you volunteer, the more cool rewards you get!

Hours:	Earned Items:
10-29	1 movie pass
30-39	\$25 mall or restaurant gift card
40-49	4 movie passes
50 & up	1 free program (up to a \$75 value)

Hours valid for two years.

Interested in volunteering? Download an application at www.glpd.com or contact Patty Anderson at (847) 223-7529 or panderson@glpd.com.