

# TEEN / ADULT RECREATION

## NEW! FOCUSED FITNESS BY HAIRY TAILS PET EDUCATION, LLC

**Age: 18 years & up**

Balanced workouts which provide both mental and physical exercise are a major benefit to all living creatures, humans included. Bringing fitness into an animal's life is proven to provide better health benefits than just walking alone. Canine total health includes these 5 aspects: mental, balance, strength, cardiorespiratory fitness, as well as flexibility. Pets should be cleared by the veterinarian prior to physical activity if pet shows signs of fatigue. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee:
770037C	Sa	Apr. 6-Apr. 27	10-10:45am	\$120
<b>Location:</b>	Recreation Center Multi-Purpose Room B			
<b>Instructor:</b>	Hairy Tails Pet Education, LLC			
<b>Min / Max:</b>	1 / 1			
<b>Register By:</b>	Mar. 30			

## INTRO TO DSLR PHOTOGRAPHY

**Age: 16 years & up**

Do you know what your DSLR is capable of? What do all those buttons mean? Bring your camera and learn to make your DSLR work for you in a class taught by a professional photographer. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
820115A	Th	Apr. 4-Apr. 25	5-6pm	\$58/\$72
<b>Location:</b>	Recreation Center Multi-Purpose Room B			
<b>Instructor:</b>	Z Shots Photography			
<b>Min / Max:</b>	5 / 10			
<b>Register By:</b>	Mar. 28			

## PHOTOGRAPHY COMPOSITION & TECHNIQUE

**Age: 16 years & up**

Bump up your photography game. Learn how to compose your image in this class taught by a professional photographer. A few easy to learn techniques can help you take better pictures and make photography even more fun. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
820116A	Th	Apr. 4-Apr. 25	6:15-7:15pm	\$58/\$72
<b>Location:</b>	Recreation Center Multi-Purpose Room B			
<b>Instructor:</b>	Z Shots Photography			
<b>Min / Max:</b>	5 / 10			
<b>Register By:</b>	Mar. 28			

## DIY SIGN PAINTING WORKSHOP

**Age: 16 years & up**

Ready to get crafty? Join us for a DIY Sign Painting Workshop. Not an artist? No worries – everything is broken down so easily, anyone can do it. There are a variety of designs to choose from and signs range from \$25-\$45 each.

Registration for this program has two steps. First, register for the class with the Park District using the program 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:
820105A	Tu	Apr. 9	6-8pm	\$25-\$45*
820105B	Tu	May 7	6-8pm	\$25-\$45*

\* Fee varies depending on the design selected

**Location:** Recreation Center Multi-Purpose Room A  
**Min / Max:** 5 / 20  
**Register By:** Apr. 2 & Apr. 30

## NEW! GO GREEN LARGE MARKET BASKET

**Age: 18 years & up**

Create this market basket and take it to your local farmers market this summer. No more plastic bags, use this beautiful basket instead! Accessory not included. Instructor Carolyn Miller will discuss during the first class where to find accessories. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
720106B	W	Mar. 27 & Apr. 3	6-9pm	\$46/\$58

**Location:** Recreation Center Multi-Purpose Room A  
**Min / Max:** 4 / 8  
**Register By:** Mar. 20

## 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. Participants will also be given a take home Personal Safety Guide to help make you safer in all areas of your lives. 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):
720103C	Th	Mar. 14	6-8pm	\$26/\$33
820103A	Sa	May 4	9:15-11:15am	\$26/\$33

**Location:** Recreation Center Multi-Purpose Room A  
**Min / Max:** 6 / 12  
**Register By:** Mar. 7 & Apr. 27