

TEEN / ADULT RECREATION

NEW! FOCUSED FITNESS

BY HAIRY TAILS PET EDUCATION

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. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee:
970037A	Sa	July 13-Aug. 3	10-10:45am	\$120

Location: Recreation Center Multi-Purpose Room B
Instructor: Hairy Tails Pet Education, LLC
Min / Max: 1 / 1
Register By: July 6

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:
920105A	Tu	July 23	6-8pm	\$25-\$45*

* Fee varies depending on the design selected

Location: Recreation Center Multi-Purpose Room A
Min / Max: 5 / 20
Register By: July 16

NEW! EXPLORE ARCHERY

Age: 12 years & up

Come and have fun learning Archery with a USA Archery certified coach! Through a safe, step-by-step program, individuals will learn how to release arrows using proper form, how to safely retrieve arrows, and begin learning how to aim. (TP)

Age:	Code:	Day:	Date:	Time:
18 yrs+	930038A	W	June 19-July 24 (No class: July 3)	10:45-11:45am
12-17 yrs	930038C	W	June 19-July 24 (No class: July 3)	1:15-2:15pm

Fee: \$100 R / \$125 NR
Location: Alleghany Park Softball Field 5
Min / Max: 6 / 12
Register By: June 12

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):
920115A	W	July 24-Aug. 14	10-11am	\$58/\$72

Location: Recreation Center Multi-Purpose Room A
Instructor: Z Shots Photography
Min / Max: 5 / 10
Register By: July 17

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):
920116A	W	July 24-Aug. 14	11:15am-12:15pm	\$58/\$72

Location: Recreation Center Multi-Purpose Room A
Instructor: Z Shots Photography
Min / Max: 5 / 10
Register By: July 17

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 don't require constant practice or years of training to master. Learn to anticipate and avoid potentially dangerous situations and how to defend yourself against a physical attack including; grabs, punches, chokes, bear hugs, headlocks, kicks, knives, guns, and more from a much bigger and stronger attacker. Participants will also receive 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):
920103A	W	June 26	6-8pm	\$26/\$33
920103B	W	July 17	6-8pm	\$26/\$33
920103C	W	Aug. 14	6-8pm	\$26/\$33

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