

# Adults

## ARTS

### Journaling Your Life Stories

This class will help you exercise your mind and strengthen your memory, and at the same time this technique helps to reduce stress by releasing the intensity of your feelings. You will use questions from the book "Journaling, The footprints of Your Life." Each week, a specific life event will be introduced. An outline created by the instructor will walk you through the process of remembering details of the specific topic being discussed and help you write in a creative and detailed manner about each topic. Your memories will be stored in your guidebook in a chronological order making it very easy for others to read and cherish. With instructor Kim Jackson's help, stories from your life will emerge. She will help you create a keepsake and legacy for future generations. Included in the fee is the book "Journaling, The footprints of Your Life." KW

Program #	Day	Date	Time	Location
34100A1	W	Mar. 3-17	7-8:30 pm	RECAD

No class March 10.  
Ages 18 & up  
R \$72/NR \$108  
Min. 5/Max. 15

**Resident Registration Begins  
Friday, Dec. 11, 6-8 p.m.  
Online & In-Person!**

### Looming

Learn how to knit on a loom. It's fun, fast and EASY! Using the Knifty Knitter looms, you can now learn everything you thought you would never be able to make. You can make flat projects and round projects. You can make things from new born to extra large. In the very first class, you will be able to knit in the round and make a hat. Anyone can do this! The best part is it's easy on the hands and wrists. Included in the class is a Knifty Knitter set. Each participant must bring 2 skeins of number four worsted weight yarn. KW

Program #	Day	Date	Time	Location
34111A1	Sa	Jan. 16-Feb. 6	10:45-11:30 am	STREA
34111B1	Sa	Mar. 6-27	10:45-11:30 am	STREA

Ages 13 & up  
R \$57/NR \$85  
Min. 4/Max. 10

### Beginning Guitar

This easy instruction for beginners will have you playing your favorite songs in no time! The goal of this course is to provide students with the ability to tune the instrument as well as play basic chords, strum patterns and finger-picking techniques. The course will focus on the fundamentals of the guitar so that students may enjoy playing as a life-long activity. Students must supply their own guitar. Instructor: Craig Cohen. KW

Program #	Day	Date	Time	Location
33300A1	W	Jan. 20-Mar. 10	6:30-7:30 pm	INDTR
33300B1	W	Mar. 24-May 19	6:30-7:30 pm	INDTR

No class March 31.  
Ages 13 & up  
R \$60/NR \$90  
Min. 4/Max. 12

### Intermediate Guitar

The focus of this course is learning strum patterns, scales, barre chords, picking methods and a bit of music theory for playing a variety of songs. Students should be familiar with open chords before enrolling in this class. There will be some extra tips and tricks as well! Students must supply their own guitar. Instructor: Craig Cohen. KW

Program #	Day	Date	Time	Location
33301A1	W	Jan. 20-Mar. 10	7:45-8:45 pm	INDTR
33301B1	W	Mar. 24-May 19	7:45-8:45 pm	INDTR

No class March 31.  
Ages 13 & up  
R \$60/NR \$90  
Min. 4/Max. 12

### Location Key

- CENSQ Lockport Central Square Gym  
222 E. 9th St., Lockport
- CHARL Charles Reed E.S. \* 2110 Clublands Prkwy.
- EAGLE Eagle Pointe E.S. \* 24562 Norwood Dr.
- GLISS Glisson's Archery Range  
22900 East Main Street (Rt. 126)
- INDTR Indian Trail M.S. \* 14723 S. Eastern Ave.
- RECAD Rec./Admin. Center \* 23729 W. Ottawa St.
- STREA Streams Rec. Center \* 24319 Cedar Creek Ln.
- WALGR Walker's Grove E.S. \* 24810 W. 135th St.

## Adults

### FOR THE HOME

#### Stage it, List it, Sold

Are you thinking of selling your home? Is your home currently on the market and not getting traffic? Certified Staging Professional Heather Klein of Emmy & Me Interiors, Inc. will teach you how to design a positive visual home showing that will draw potential buyers. Receive tips on the top 7 buyer turnoffs, home staging techniques, the real meaning of "depersonalizing your house" and how to create the "Wow" factor in any type of market. KW

Program #	Day	Date	Time	Location
34108A1	Tu	Feb. 16	7-9 pm	RECAD

Ages 18 & up  
R \$30/NR \$45  
Min. 3/Max. 12

#### Rev It Up With Redesign

Instructor Heather Klein of Emmy & Me Interiors, Inc. introduces you to the new twist in home decorating called redesign. In this three-part class, you will learn basic design principles through hands-on techniques and industry tips. Topics covered include color selection, furniture placement, artwork, lighting and accessories. The end result will have you understanding how each part works together to reflect your lifestyle and a home decor you've always dreamed of. Part 1 - Color Theory - how to make your home flow with color; Part 2 - Design Principles - the harmony of focal points and furniture placement; Part 3 - The Frosting - adding the finishing touch with artwork, lighting and accessories; Part 4 - Putting It All Together. KW

Program #	Day	Date	Time	Location
34103A1	Tu	Mar. 2-23	7-9 pm	RECAD

Ages 18 & up  
R \$100/NR \$150  
Min. 3/Max. 12

#### A Passion for Color

Do you like color but are afraid of making the wrong choice? Have you ever painted a room and the color just didn't seem right? Certified Color Specialist Heather Klein of Emmy & Me Interiors will teach how colors work together to bring cohesiveness to your rooms and your belongings, leaving you with the confidence to color your home in style. KW

Program #	Day	Date	Time	Location
34107A1	Tu	Apr. 13	7-9 pm	RECAD

Ages 18 & up  
R \$30/NR \$45  
Min. 3/Max. 12

#### Food Safety In Your Home

The Center for Disease Control and Prevention reports that more than 30% of food borne illnesses occur at home! Learn how to protect your family from the dangers of food borne illnesses by attending this informative, fun workshop. You will learn the secret of identifying the foods that are potentially hazardous to your family and how to safely select, handle, store and prepare foods from the grocery store to your dining table. You'll also learn key practices of food preparation that will keep food safe for our family everyday. Plus: The H1N1 Virus - learn how to keep your family healthy during the H1N1 flu season. This workshop is lead by Ben Olson, who has authored an accredited Illinois State Food Safety and Sanitation training course, holds both state and national certifications as a food safety training instructor, and has taught food safety practices to thousands of people across the United States. Make your home "food safe" in 2010 by attending this important two-hour workshop! KW

Program #	Day	Date	Time	Location
34106A1	Th	Jan. 21	7-9 pm	RECAD
34106B1	Tu	Mar. 23	7-9 pm	RECAD

All Ages  
R \$30/NR \$45  
Min. 4/Max. 15

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## Adults

### DANCE

#### Hip Hop for Adults

Adults of all ages will learn hip hop steps and combinations. Please wear comfortable clothing and gym shoes.

Program #	Day	Date	Time	Instr.	Location
38319A1	W	Jan. 13-May 5	8-8:45 pm	Jeri	STREA

No class March 31.

Ages 18 & up

R \$86/NR \$129

Min. 5/Max. 10

#### Belly Dancing Beginners

Tone up your body while enjoying an ancient art form combined with modern and trendy dance flair! The grace and fluidity of belly dancing is an excellent tension reliever and fantastic for toning your body from head to toe and improving flexibility. Choreographer and professional dance instructor Daisy Raihani studied this diversified cultural feminine mystery in Egypt, Saudi Arabia and Morocco and taught dance classes in California for more than 15 years. KW

Program #	Day	Date	Time	Location
34304A1	Tu	Jan. 19-Feb. 16	7:15-8:15 pm	STREA
34304B1	Tu	Mar. 2-30	7:15-8:15 pm	STREA
34304C1	Tu	Apr. 13-May 18	7:15-8:15 pm	STREA

Ages 16 & up

R \$52/NR \$78

Min. 5/Max. 12

#### Belly Dancing Intermediate

Tone up your body while enjoying an ancient art form combined with modern and trendy dance flair! The grace and fluidity of belly dancing is an excellent tension reliever and fantastic for toning your body from head to toe and improving flexibility. Choreographer and professional dance instructor Daisy Raihani studied this diversified cultural feminine mystery in Egypt, Saudi Arabia and Morocco and taught dance classes in California for more than 15 years. KW

Program #	Day	Date	Time	Location
34305A1	Tu	Jan. 19-Feb. 16	8:15-9:15 pm	STREA
34305B1	Tu	Mar. 2-30	8:15-9:15 pm	STREA
34305C1	Tu	Apr. 13-May 18	8:15-9:15 pm	STREA

Ages 16 & up

R \$52/NR \$78

Min. 5/Max. 12

#### Splendid Ballroom

Discover the wonderful world of ballroom dancing. Improve your skills, learn new steps and how to lead and follow in this introductory/refresher session. You will have fun learning the sophisticated Waltz, Cha Cha, Foxtrot, and Swing. Join us for these enjoyable dances that are simply timeless. Couples are recommended, but not necessary. Singles are not guaranteed a partner. Couples will not rotate partners. Please wear comfortable clothing and shoes. Instructor: Dance Techs. CK

Program #	Day	Date	Time	Location
34310A1	Tu	Apr. 13-May 11	7:30-9 pm	STREA

Ages 16 & up

R \$48/NR \$72

Min. 8/Max. 16

#### DON'T DELAY!

**Programs that fail to reach minimum enrollment  
5 business days prior to the first class meeting  
will be canceled.**

#### A Taste of Latin and Ballroom

Discover the wonderful world of Ballroom and Latin dancing in this introductory course. Improve your skills, learn new steps and how to lead and follow. You will have fun dancing the Waltz, Salsa, Tango and Rumba with just a few hours of enjoyable instruction. Couples are recommended, but not necessary. Couples will not rotate partners. Singles are not guaranteed a partner. Please wear comfortable clothing and shoes. Instructor: Dance Techs. CK

Program #	Day	Date	Time	Location
34311A1	Tu	Jan. 19-Feb. 16	7:30-9 pm	STREA

Ages 16 & up

R \$48/NR \$72

Min. 8/Max. 16

#### Location Key

RECAD Recreation/Administration Center  
23729 W. Ottawa St.

STREA Streams Recreation Center  
24319 Cedar Creek Ln.

## Adults

### FITNESS

#### Moms on the Move

During this FUN fitness class, we will power walk approximately 1 mile along the Fort Beggs Trail with fitness stops along the way to help tone our arms, abs and bottoms. Our new 1-hour class includes time for warm ups and stretching at the end. You will have so much fun enjoying the fresh air and chatting with the other moms that you'll forget you're working out! This is a great way for you to enjoy some quality time with your little one while doing something special for yourself! This is also the perfect class for moms with older children who are busy at school during this time! With or without a stroller, come on out and have some fun! Comfortable walking shoes and water bottle are all you need! Instructor: Janna Heritage. MB

Program #	Day	Date	Time	Location
34200A1	M/W/F	Apr. 19-May 14	9:30-10:30 am	STREA

All Ages  
R \$60/NR \$90  
Min. 6/Max. 15

**Resident Registration Begins  
Friday, Dec. 11, 6-8 p.m.  
Online & In-Person!**

#### Biggest Loser Personal Fitness

Ready to challenge yourself physically and reach those fitness goals you have been logging year after year? Join us for an 8-week program that will change you mentally and physically and help you realize your personal fitness goals. You will receive a total of three hours of 1-on-1 instruction, weekly Q & A sessions, full access to the Hometown Fitness club, group classes and kids room. Allow us to help you achieve physical fitness and gain a healthier perspective toward nutrition through customized fitness programming, nutritionist and trainer consults, an all-access pass to one of the newest clubs in Plainfield, and a program designed around you and your physical abilities! Participants will schedule appointments with training staff the first week of the program and the final week of the program for progress consultations. Childcare is available Monday - Friday 9-11 am and 5-8 pm, Saturday 9-11 am. Contracted service provided by Hometown Fitness. KW

Program #	Day	Date	Time	Location
34209A1	M-Su	Jan. 11-Mar. 6	9 am-9 pm	HOME

Ages 14 & up  
R \$90/NR \$135  
Min. 6/Max. 50

#### Total Body Conditioning

Want to firm up without bulking up? Toning your body, challenging core and lower body muscles and targeting abdominal muscles will be your total body workout. This course will improve your posture and give you a more slender look while increasing strength, flexibility and balance within the body using bands, balls, steps, weights and more. This class is for all fitness levels. Please carry your fitness shoes in and bring a water bottle. Instructor: Staci Krnac. KW

Program #	Day	Date	Time	Location
34204A1	M/W/Th	Jan. 11-Mar. 18	7:30-8:30 pm	RECAD
34204B1	M/W/Th	Mar. 22-May 27	7:30-8:30 pm	RECAD

No class January 27, March 29.  
Ages 16 & up  
R \$108/NR \$162  
Min. 9/Max. 12

#### Overall Fitness

Increase cardio endurance, muscle strength and tone. With the use of weights, step, and fitness accessories with aerobic activity, this class is excellent for all fitness levels. Exercises are set to music for an enjoyable workout. Please carry fitness shoes in and bring a water bottle. Instructor: Staci Krnac. KW

Program #	Day	Date	Time	Location
34205A1	M/W/Th	Jan. 11-Mar. 18	6:30-7:30 pm	RECAD
34205B1	M/W/Th	Mar. 22-May 27	6:30-7:30 pm	RECAD

No class January 27, March 29.  
Ages 16 & up  
R \$112/NR \$168  
Min. 9/Max. 12

#### Group Fitness All Access Pass

Yoga, Boot Camp, Pilates, Step, Kick Boxing, Core Ab Group. Exercise does not discriminate by age, gender, or fitness level. Each class brings together people who are interested in learning how to have a safe, effective and fun workout! Our group exercise classes are a great way to relieve stress, lose excess fat, tone muscles and provide a renewed sense of well-being, both emotionally and physically! Get a full access pass to over 140 classes! Classes are offered at various times throughout the day for all levels of fitness. With this pass, you can enjoy the advantages of being a Hometown Fitness member, which include covered indoor parking (great for escaping the cold pre and post workout) as well as child care during various hours and an atmosphere of health, cleanliness and wellness. KW

Program #	Day	Date	Time	Location
34211A1	M-Su	Jan. 11-Mar. 6	8 am-8 pm	HOME

Ages 16 & up  
R \$80/NR \$120  
Min. 6/Max. 20

## Adults

### 1-on-1 Personal Training

For 8 weeks, get the focused attention you want and need with a personal trainer, combined with a program designed to meet your needs. Offers you a wonderful way to set your goals and stay motivated. A personal trainer will help you progress at rates that are realistic for you. Your workouts are more consistent and you are shown the proper techniques for maximum benefits. You start with a complete body composition evaluation (% of body fat), a full set of body measurements, a cardiovascular fitness test and a target heart rate. Your specific goals are identified and a personalized training program is established to help you attain them. Nutritional assessment is also a component of personal training. Information on meal planning and supplements is available to help you meet your needs. The trainers are recognized by the industry's top certifying bodies, and many hold multiple certifications. Eight 60-minute sessions. KW

Program #	Day	Date	Time	Location
34212A1	M-Su	Jan. 11-Mar. 6	12-12 am	HOME

All Ages  
R \$384/NR \$480  
Min. 0/Max. 0

### Yoga

Yoga enhances flexibility, strengthens muscles, and offers a new outlook on life. This class is designed to ease mature adults into a discipline that will help refresh their bodies and minds. Instructor Melissa Walter-Hart is a registered and certified yoga instructor with more than 18 years of teaching experience. Participants should bring a yoga mat and refrain from eating at least two hours before class. KW

### Beginning

Program #	Day	Date	Time	Location
34250A1	M	Jan. 4-Feb. 8	7-8 pm	STREA
34250A3	W	Jan. 6-Feb. 10	10-11 am	PTWN
34250A4	F	Jan. 8-Feb. 12	10-11 am	PTWN
34250B1	M	Feb. 15-Mar. 22	7-8 pm	STREA
34250B3	W	Feb. 17-Mar. 24	10-11 am	PTWN
34250B4	F	Feb. 19-Mar. 26	10-11 am	PTWN
34250C1	M	Apr. 5-May 10	7-8 pm	STREA
34250C3	W	Apr. 7-May 12	10-11 am	PTWN
34250C4	F	Apr. 9-May 14	10-11 am	PTWN

### Intermediate

Program #	Day	Date	Time	Location
34250A2	M	Jan. 4-Feb. 8	8-9 pm	STREA
34250B2	M	Feb. 15-Mar. 22	8-9 pm	STREA
34250C2	M	Apr. 5-May 10	8-9 pm	STREA

Ages 14 & up  
R \$67/NR \$77  
Min. 5/Max. 15

## ATHLETICS

### Men's Summer Softball

Leagues consist of a 12-game regular season with a post-season single-elimination tournament for the top 8 teams. Double-headers may be scheduled. Teams with 6 or more non-resident players will be considered a non-resident team and will pay the non-resident team fee. Full registration fee is due at time of registration. A captain's meeting will take place Ap. 20 at 7 pm at the Rec./Admin. Center, 23729 W. Ottawa St. Players looking to join a team can contact Adam at (815) 436-8812 to be put on a free agent list. AS

Program #	Day	Date	Time	Location
34202A1	M	Apr. 26-Aug. 2	6-10 pm	FS
34202A2	Tu	Apr. 27-Aug. 3	6-10 pm	FS
34202A3	W	Apr. 28-Aug. 4	6-10 pm	FS

No games May 31, July 5.  
Ages 18 & up  
R \$620/NR \$700  
Min. 6/Max. 10

### Coed Summer Softball

Leagues consist of a 12-game regular season with a post-season single-elimination tournament for the top 8 teams. Double-headers may be scheduled. Teams with 6 or more non-resident players will be considered a non-resident team and will pay the non-resident team fee. Full registration fee is due at time of registration. A captain's meeting will take place Ap. 22 at 7 pm at the Rec./Admin. Center, 23729 W. Ottawa St. Players looking to join a team can contact Adam at (815) 436-8812 to be put on a free agent list. AS

Program #	Day	Date	Time	Location
34203A1	Th	Apr. 29-Aug. 5	6-10 pm	FS
34203A2	F	Apr. 30-Aug. 6	6-10 pm	FS

Ages 18 & up  
R \$620/NR \$700  
Min. 6/Max. 10

#### Location Key

FS	Four Seasons Park Lockport St. west of I-55
HOME	Hometown Fitness Club 16108 S. Rt. 59
PTWN	Plainfield Township Building 22525 W. Lockport St.
RECAD	Recreation/Administration Center 23729 W. Ottawa St.
STREA	Streams Recreation Center 24319 Cedar Creek Ln.

## Adults

### Adult Golf Lessons

In cooperation with the Lockport Township Park District, we are able to offer golf lessons at Prairie Bluff Golf Course. Lessons are open to every level from beginner to advanced, junior to senior golfer. Times may change if classes do not meet minimum enrollment. Lessons are taught by the Prairie Bluff teaching staff. AS

Program #	Day	Date	Time	Location
34207A1	W	Apr. 7-May 12	6-7 pm	PRAIR
34207A2	Sa/Su	Apr. 17-May 2	3:30-4:30 pm	PRAIR
34207B1	W	May 19-Jun. 23	6-7 pm	PRAIR
34207B2	Sa/Su	May 8-23	3:30-4:30 pm	PRAIR

Ages 18 & up  
R \$70/NR \$80  
Min. 8/Max. 18

### Roller/Inline Skating

Skating can be fun and easy for kids and adults! Whether a beginner or a more advanced skater, we have something for everyone. We cover safety, starting, stopping, forward cross over, hockey stops, backward skating, skating with a partner, simple jumps and spins and basic jam moves. Parents may skate the warm up times with their kids for FREE! All Saturday class members may stay to skate the public session immediately following class for FREE! For more information, call Skate Aurora at (630) 898-5830. AS

Program #	Day	Date	Time	Location
37202A1	Sa	Jan. 2-Feb. 6	12-1 pm	SKTAU
37202A2	Sa	Feb. 13-Mar. 20	12-1 pm	SKTAU
37202A3	Sa	Mar. 27-May 1	12-1 pm	SKTAU

All Ages  
R \$44/NR \$66  
Min. 8/Max. 20

#### Location Key

CENSQ	Lockport Central Square Gym 222 E. 9th St., Lockport
CHARL	Charles Reed Elementary School 2110 Clublands Prkwy.
EAGLE	Eagle Pointe Elementary School 24562 Norwood Dr.
GLISS	Glisson's Archery Range 22900 East Main Street (Rt. 126)
PRAIR	Prairie Bluff Golf Course 19433 Renwick Rd., Lockport
SKTAU	Skate Aurora * 34W113 Montgomery Rd., Aurora
WALGR	Walker's Grove Elementary School 24810 W. 135th St.

### Beginners Archery

Classes concentrate on range rules, safety rules and fundamentals of archery. Class covers eye dominance, archery safety rules, warm-up exercises, archery tackle sized to archer, proper shooting techniques "9 Steps", grouping and consistency, and scoring. The beginner session is appropriate for those who have never shot a bow, or for those with some previous experience that are seeking a refresher session. Participants should not wear baggy clothing. Recommend short-sleeve shirts be worn. All safety gear and equipment will be provided (bow, arrows, arm guard). Master Instructor: Bill Burger. CK

Program #	Day	Date	Time	Location
37203A1	Tu	Jan. 12-Feb. 2	6:30-7:30 pm	GLISS
37203B1	Tu	Feb. 16-Mar. 9	6:30-7:30 pm	GLISS
37203C1	Tu	Mar. 23-Apr. 13	6:30-7:30 pm	GLISS
37203D1	Tu	Apr. 27-May 18	6:30-7:30 pm	GLISS

Ages 8 & up  
R \$50/NR \$75  
Min. 8/Max. 13

### Advanced Fencing

Advanced Fencing will offer students the basic understanding of attacks and defenses in fencing. Students will have fun learning different moves and combinations of moves that will help them develop their fencing game. Each class will have conditioning, drilling, and bouting (actual fencing). Time will be set aside during each class for individual instruction. This program is designed for all fitness levels. Fencing equipment will be provided. Instructor: Sergey Shevtsov. CK

Program #	Day	Date	Time	Location
37273A1	W	Jan. 6-Feb. 24	8-9 pm	WALGR
37273B1	W	Mar. 17-May 12	8-9 pm	WALGR

No class March 31.  
Ages 13 & up  
R \$96/NR \$144  
Min. 6/Max. 14

### Fencing Club

The Fencing Club is for participants with previous fencing experience and who are looking to spar with other fencers on a regular basis and/or train for upcoming tournaments. Equipment will be provided. Time will be set aside each class for individual instruction. Instructor: Sergey Shevtsov. CK

Program #	Day	Date	Time	Location
37272A1	W	Jan. 6-Feb. 24	7-8 pm	WALGR
37272B1	W	Mar. 17-May 12	7-8 pm	WALGR

No class March 31.  
Ages 8 & up  
R \$96/NR \$144  
Min. 6/Max. 14

## Adults

### Adult Karate

This program offers a variety of benefits for the student. Karate is ideal for releasing tension and developing cardiovascular fitness. Karate movements develop poise and agility while improving overall muscle tone. Please note that Parent/Child, Youth and Adult classes may train together. Instructor: Illinois Shotokan Karate Club. CK

Program #	Day	Date	Time	Level
34210A1	M	Jan. 4-Mar. 22	8-9 pm	Beg./Cont.
34210A2	Tu	Jan. 5-Mar. 23	6:50-7:45 pm	Beg./Cont.
34210A3	Tu	Jan. 5-Mar. 23	7:50-8:45 pm	Int./Adv.
34210A4	W	Jan. 6-Mar. 24	8:30-9:30 pm	Beg./Cont.
34210B1	M	Apr. 5-May 24	8-9 pm	Beg./Cont.
34210B2	Tu	Apr. 6-May 25	6:05-7:45 pm	Beg./Cont.
34210B3	Tu	Apr. 6-May 25	7:50-8:45 pm	Int./Adv.
34210B4	W	Mar. 31-Jun. 9	8:30-9:30 pm	Beg./Cont.

No class Jan. 18, Feb. 2, Feb. 15, May 19.

Ages 14 & up

Session 1

M @ CHARL R \$80/NR \$120

Tu @ EAGLE R \$88/NR \$132

W @ CENSQ R \$96/NR \$144

Session 2

M @ CHARL R \$64/NR \$96

Tu @ EAGLE R \$64/NR \$96

W @ CENSQ R \$80/NR \$120

Min. 12/Max. 30

### Adult Taekwondo

Taekwondo, one of the newest Olympic sports, is a 2000-year-old martial art offering a variety of benefits for people of all ages and physical abilities. Students have the opportunity to improve concentration and self esteem, achieve lifelong physical fitness, and learn self-defense skills. Classes are taught under the direction of Grand Master Ki Hong Kim, 8th Dan World Tae Kwon Do Federation. A \$45 uniform fee is required at the first class. Restricted to high school students and older, this program concentrates on Taekwondo techniques through the study of forms, stances, and the skills of punching, kicking, and blocking. Please note, P/C will train with Adult classes. CK

Program #	Day	Date	Time	Location
32243A1	Th	Jan. 7-May 27	7:30-8:20 pm	EAGLE

No class March 11 & April 1.

Ages 14 & up

R \$171/NR \$256.50

Min. 5/Max. 12

### Parent/Child Karate

PLEASE REGISTER PARENT AND CHILD SEPARATELY. Spend time with your child while developing muscle tone, coordination and cardiovascular fitness. Regardless of age or physical condition, Karate can put your family on the right track to physical well-being. Please note that Parent/Child, Youth and Adult classes may train together. Instructor: Illinois Shotokan Karate Club. CK

Program #	Day	Date	Time	Level
32210A1	M	Jan. 4-Mar. 22	6:05-7 pm	White-Or.
32210A2	M	Jan. 4-Mar. 22	7-8 pm	Yellow&up
32210A3	Tu	Jan. 5-Mar. 23	6:50-7:45 pm	Beg./Cont.
32210A4	Tu	Jan. 5-Mar. 23	7:50-8:45 pm	Or. & up
32210A5	W	Jan. 6-Mar. 24	5:35-6:30 pm	Beg./Cont.
32210A6	W	Jan. 6-Mar. 24	6:35-7:30 pm	Or.-Yellow
32210A7	W	Jan. 6-Mar. 24	7:35-8:30 pm	Blue & up
32210B1	M	Apr. 5-May 24	6:05-7 pm	Beg./Cont.
32210B2	M	Apr. 5-May 24	7-8 pm	Yellow&up
32210B3	Tu	Apr. 6-May 25	6:50-7:45 pm	Beg./Cont.
32210B4	Tu	Apr. 6-May 25	7:50-8:45 pm	Or. & up
32210B5	W	Mar. 31-Jun. 9	5:35-6:30 pm	Beg./Cont.
32210B6	W	Mar. 31-Jun. 9	6:35-7:30 pm	Or.-Yellow
32210B7	W	Mar. 31-Jun. 9	7:35-8:30 pm	Blue & up

No class Jan. 18, Feb. 2, Feb. 15, May 19.

Ages 7 & up

Session 1

M @ CHARL R \$80/NR \$120

Tu @ EAGLE R \$88/NR \$132

W @ CENSQ R \$96/NR \$144

Session 2

M @ CHARL R \$64/NR \$96

Tu @ EAGLE R \$64/NR \$96

W @ CENSQ R \$80/NR \$120

Min. 12/Max. 30

### Parent/Child Taekwondo

Taekwondo, one of the newest Olympic sports, is a 2000-year-old martial art offering a variety of benefits to people of all ages and physical abilities. Students will improve concentration and self esteem, achieve lifelong physical fitness, and learn self-defense skills. Classes are taught under the direction of Grand Master Ki Hong Kim, 8th Dan World Tae Kwon Do Federation. A \$45 uniform fee is required at the first class. Spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics, and Taekwondo techniques including punching, kicking, and blocking. Parent/Child & Adult classes will train together. CK

Program #	Day	Date	Time	Location
32242A1	Th	Jan. 7-May 27	7:30-8:20 pm	EAGLE

No class March 11 & April 1.

Ages 7 & up

R \$171/NR \$256.50

Min. 5/Max. 12