

## Adults

### Parent's Night Out

Pizza, games, movies and friends...what more could a kid ask for?! Parents can drop their children off for age-appropriate, supervised games, crafts, activities and a whole lot of fun. This program will give you the opportunity to run errands, tryout one of the many wonderful restaurants in downtown Plainfield, shopping at one of the many shops, or just have some quiet time. Pizza and juice will be provided. Children must be potty trained. Instructor: Kellie Gergits. MB

Program #	Day	Date	Time	Location
32415A1	F	Mar. 16	6-9 pm	HPC
32415B1	F	May 4	6-9 pm	HPC

Ages 4-11  
 R \$25/NR \$37.50  
 R sibling \$10/NR sibling \$22.50  
 Min. 10/Max. 20

### Landscape Design

Green up your landscape! Learn basic techniques to draw a beautiful landscape plan for an area of your property. You will learn to turn your yard into a garden using balance, flow and form with walkways and complimentary plants. Bring a copy of your plat of survey showing existing plants, paper, pencil, eraser, 12" ruler of straight edge, French curves, circle template, Sharpie fine point, and pictures of plants that you like. Instructor: Darcy Berg. KW

Program #	Day	Date	Time	Location
34131A1	Sa	Feb. 11	9 am-12 pm	AINSW

Ages 15 & up  
 R \$60/NR \$90  
 Min. 3/Max. 15

### Butterfly Garden Design

Bring the magic of butterflies to your home. Learn basic techniques to create a beautiful landscape plan that will attract butterflies for an area of your property. You will learn to turn your yard into an environmentally beneficial garden using native and ornamental plants. Bring a copy of your plat of survey showing existing plants, paper, pencil, eraser, 12" ruler of straight edge, French curves, circle template, Sharpie fine point, and pictures of plants that you like. Instructor: Darcy Berg. KW

Program #	Day	Date	Time	Location
34132A1	Sa	Feb. 25	9 am-12 pm	AINSW

Ages 15 & up  
 R \$60/NR \$90  
 Min. 3/Max. 15

### Learning Your Digital Camera

Are you still wondering about all the features of your newly purchased digital camera? This class will teach you digital camera basics, including pictures as pixels, memory, resolution, and exposure control. Soon you will be taking photos digitally and emailing them to friends and family as well as creating beautiful memories to come. Instructor, Laurie Piton a working professional, uses her experience of on-location assignments to aid the students in real life photographic situations. KW

Program #	Day	Date	Time	Location
34120A1	Tu	Jan. 17-Feb. 7	1-2:30 pm	RECAD

Ages 18 & up  
 R \$48/NR \$72  
 Min. 5/Max. 12

### Learn to Use 35mm Camera

This introductory course in 35mm photography utilizing traditional film or digital SLR is designed for Users who want to expand their camera knowledge. Topics include proper exposure, action photos, depth of field, close-up flower photo, methods of focus, camera parts, use of flash, proper maintenance, film speeds, and selection of lens. Note: Participants must bring film and 35mm camera that will work in manual mode or digital SLR (removable lens). Instructor, Laurie Piton a working professional, uses her experience of on-location assignments to aid the students in real life photographic situations. KW

Program #	Day	Date	Time	Location
34121A1	Tu	Feb. 21-Mar. 6	1-2:30 pm	RECAD

Ages 18 & up  
 R \$48/NR \$72  
 Min. 5/Max. 12

### Learn To Fix Your Digital

Digital Photography II is the extension of Digital Photography I. You will explore in depth photo editing techniques discussed in Digital I. The following topics will be covered: color correction, brightness and contrast, replacing one part of the image with another, blurring an area of the photo which is in focus already, correcting for improper white balance, sharpening a blurred photo. Participants need to bring a laptop computer to class. Instructor, Laurie Piton a working professional, uses her experience of on-location assignments to aid the students in real life photographic situations. KW

Program #	Day	Date	Time	Location
34122A1	Tu	Mar. 20-Apr. 10	1-2:30 pm	RECAD

Ages 18 & up  
 R \$48/NR \$72  
 Min. 5/Max. 12

## Adults

### Watercolor Painting

Learn watercolor techniques such as wet-in-wet, negative paint, use of masking fluid, spattering or color sponging, salt scraping, and lifting out to enable you to produce exciting paintings in this very popular medium with various subject matters. This class is geared for beginning to intermediate students. Special attention will be made to color mixing, good composition and perspective. Supply list available at registration. Instructor: Mary Trusdale. KW

Program #	Day	Date	Time	Location
34126A1	Tu	Jan. 10-Feb. 21	7-9 pm	HPC
34126B1	Tu	Mar. 6-Apr. 17	7-9 pm	HPC

Ages 18 & up  
R \$70/NR \$85  
Min. 5/Max. 12

### Quilting Techniques

In this four week class we teach beginning to intermediate quilting techniques. Students will build a sampler from "stitch in the ditch" to free motion quilting. Some sewing knowledge is required. Students should bring a sewing machine, the manual for the sewing machine, contrasting thread, 2 yards of muslin, 1 yard of batting, an edge foot and a darning foot. This workshop is limited to 10 students. KW

Program #	Day	Date	Time	Location
34130A1	Tu	Jan. 10-31	6:30-8:30 pm	AINSW

Ages 16 & up  
R \$110/NR \$130  
Min. 3/Max. 10

### Wire Worked Jewelry Workshop

Learn to bend, twist, shape and hammer ordinary copper wire into extraordinary jewelry. Many techniques will be explored in this beginner level class to create earrings, bracelets, and rings that students will be able to wear home! Bring along small round nose and flat nose jewelry pliers. All other material will be provided. Instructor: Darcy Berg. KW

Program #	Day	Date	Time	Location
34133A1	Sa	Mar. 10	10 am-12 pm	AINSW

Ages 14 & up  
R \$45/NR \$67  
Min. 3/Max. 15

### Marbling Fabric

Ever wonder how textile manufactures get that great marbled design on fabric? In this workshop you will learn to create that marbled effect on fabric with textile paints and, of all things, shaving cream. Students should bring a plastic bag to bring their work home. All other supplies are included. Instructor: Darcy Berg. KW

Program #	Day	Date	Time	Location
34134A1	Sa	Mar. 24	9:30-11 am	GALL7

Ages 10 & up  
R \$45/NR \$67  
Min. 3/Max. 15

**DON'T DELAY!**  
Programs that fail to reach minimum enrollment  
5 business days prior to the first class meeting  
will be canceled.

### Egg Dying Naturally

Using dyes prepared from beets, red cabbage, turmeric and other natural materials, create the most beautiful Easter eggs ever! Inventive decorating techniques will also be explored. Bring one dozen hared boiled eggs in their carton. All other materials will be supplied. Instructor: Darcy Berg. KW

Program #	Day	Date	Time	Location
34135A1	W/Sa	Apr. 4	11 am-1 pm	GALL7

Ages 7 & up  
R \$40/NR \$60  
Min. 3/Max. 15

### Old Fashioned Silhouette

Silhouette portraits originated in 17th century France when artists were hired to create intricate portraits of aristocrats wearing their fine clothes and wigs, using the "look and cut" method. These fine artists simply would look at their subject and cut the silhouette without any other assistance. In this workshop however, we will make it easier for you by using the shadow method and you will leave with a silhouette portrait suitable for framing. Each student is invited to bring along a human subject to work from. Also bring a sharp, pointed pair of scissors. All other materials will be provided. Instructor: Darcy Berg. KW

Program #	Day	Date	Time	Location
34136A1	Sa	Apr. 21	10 am-12 pm	GALL7

Ages 14 & up  
R \$40/NR \$60  
Min. 3/Max. 15

**Adult Location Key**  
See page 67!

## Adults

### Mosaic Candle Holders

Using glass and/or ceramic pieces, students in this class will learn the basics of mosaics. Each student will choose one glass candle-holder to create a beautiful mosaic masterpiece of their own. The first day will be an introduction of mosaic materials along with safety precautions then include the layout and design of the candle-holders. Students will begin gluing their tiles onto their glass candle-holder. The second day will be finishing up their glue (if required) then learning about grout, options of colors and completing their candle-holder. Instructor: Art Cube Studio. MB

Program #	Day	Date	Time	Location
34400A1	Sa	Mar. 3-10	10 am-12 pm	ARTCU

Ages 14 & up  
\$68  
Min. 3/Max. 8

### Drawing Basics

This introductory drawing class teaches the basics of drawing for the very beginner and for those that just feel they might need a refresher course or practice. Learning the cores such as composition, gridding, site measurement, shading techniques, gesture drawing, and sketching, the class lesson plans are open and will focus on what each student would like to learn through various exercises. Instructor: Art Cube Studios. MB

Program #	Day	Date	Time	Location
34401A1	M	Apr. 9-30	7-9 pm	ARTCU

Ages 14 & up  
\$136  
Min. 3/Max. 8

### Claymation Moviemaking-Family

Claymation isn't just for youngsters anymore! Each family group (friends welcome) will work together to create characters out of clay and bring their creations to life using digital cameras and animation software. The themes for this session are "Winter Wonderland" and "Fun in the Snow." Each group will film its own movie, take home clay models from class, and receive a copy of their claymation film on a CD-ROM. Instructor: Computer Explorers Staff. MB

Program #	Day	Date	Time	Location
36406A1	F	Feb. 3	6:30-9 pm	STREA

Ages 5 & up  
Each group must have at least 1 adult and 3-4 children.  
R \$62/NR \$93 per group  
Min. 4/Max. 6

### DON'T WAIT IN LINE - REGISTER ONLINE!

Register your household on our web site,  
[www.painfieldparkdistrict.com](http://www.painfieldparkdistrict.com)  
by Wednesday, Dec. 7 to use online registration  
starting Friday, Dec. 9 at 6 p.m.

### Drum Lessons

Chicago's #1 Drum Lessons is ready to make you the drummer you always wanted to be. If it is just for fun, or to make it big in the music business, we can do it! We will teach you the following, technique, drum separation, timing, stick control, double bass, soloing, patterns, workouts and exercises, original fills and beats. Students are also taught to read beginner sheet music. All lessons are recorded on professional video to take home. Students will be contacted by instructor two days prior to class regarding specific lesson time. For semi-private lessons, each participant will get 15 minutes of one-on-one and 15 minutes of observation. Please bring drumsticks to class. The method book is sold through instructor on the first day of class. Instructor: Chicago's #1 Drum Staff. MB

### Semi-Private - R \$80/NR \$120 Min. 2/Max. 2

Program #	Day	Date	Time	Location
32316A1	Th	Jan. 12-Mar. 15	4:30-5 pm	STREA
32316A2	Th	Jan. 12-Mar. 15	5:30-6 pm	STREA
32316A3	Th	Jan. 12-Mar. 15	6:30-7 pm	STREA
32316A4	Th	Jan. 12-Mar. 15	7:30-8 pm	STREA
32316C1	Th	Mar. 29-Jun. 7	4:30-5 pm	STREA
32316C2	Th	Mar. 29-Jun. 7	5:30-6 pm	STREA
32316C3	Th	Mar. 29-Jun. 7	6:30-7 pm	STREA
32316C4	Th	Mar. 29-Jun. 7	7:30-8 pm	STREA

### Private - R \$156/NR \$234 Min. 1/Max. 1

Program #	Day	Date	Time	Location
32316B1	Th	Jan. 12-Mar. 15	5-5:30 pm	STREA
32316B2	Th	Jan. 12-Mar. 15	6-6:30 pm	STREA
32316B3	Th	Jan. 12-Mar. 15	7-7:30 pm	STREA
32316B4	Th	Jan. 12-Mar. 15	8-8:30 pm	STREA
32316B5	Th	Jan. 12-Mar. 15	8:30-9 pm	STREA
32316D1	Th	Mar. 29-Jun. 7	5-5:30 pm	STREA
32316D2	Th	Mar. 29-Jun. 7	6-6:30 pm	STREA
32316D3	Th	Mar. 29-Jun. 7	7-7:30 pm	STREA
32316D4	Th	Mar. 29-Jun. 7	8-8:30 pm	STREA
32316D5	Th	Mar. 29-Jun. 7	8:30-9 pm	STREA

No class Apr. 5.  
Ages 5 & up

### Adult Location Key

See page 67!

## Adults

### Beg Guitar for Teens & Adults

This guitar course is designed for teens and adults who are interested in learning how to play the guitar or established players interested in gaining more knowledge of the instrument. Students will study basic chords, chord progressions and strumming techniques as well as some basic music theory in a friendly and calm atmosphere. Students will need to bring an acoustic or electric guitar with them to each class. Class fee includes book. Instructor: Steev Custer. KW

Program #	Day	Date	Time	Location
33324A1	W	Jan. 18-Mar. 7	7-8 pm	HPC
33324B1	W	Mar. 21-May 9	7-8 pm	HPC

Ages 13 & up  
R \$115/NR \$150  
Min. 3/Max. 8

### Private Guitar and Bass Lessons

Private lessons are offered for students of all ages in a fun, teacher and student setting. The lessons are offered at 30 minutes weekly for 8 weeks and the cost is \$75. The focus of the lessons will be tailored to the pupil's needs, interests and musical preference. Private lessons are an excellent option for those who are beginning on the instrument, or established players seeking a fresh approach to their music. For more information call the Plainfield Park District at 815-436-8812 x 13.

### Splendid Ballroom

This is the perfect class for anyone with any type of upcoming social engagement. You will be prepared to dance to any type of music, such as: Live Rock band, Top 40, Latin, or Big Band. This class will introduce you to the Waltz, Cha Cha, and Swing dances. You will also learn slow dancing and how to move to the groove. Couples are recommended. Couples will not rotate partners. Singles are not guaranteed a partner. Please wear comfortable clothing and shoes. Instructor: Dance Techs. CO

Program #	Day	Date	Time	Location
34310A1	Tu	Jan. 17-Feb. 21	7:30-8:30 pm	STREA

No class Feb. 14.  
Ages 16 & up  
R \$48/NR \$72  
Min. 8/Max. 16

### A Taste of Latin and Ballroom

Discover the wonderful world of ballroom and Latin dancing in this introductory / refresher course. Improve your skills, learn new steps and how to lead & follow. You will have fun dancing the Waltz, Salsa, and Tango with just a few hours of enjoyable instruction. 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 CO

Program #	Day	Date	Time	Location
34311A1	Tu	Apr. 10-May 8	7:30-8:30 pm	STREA

Ages 16 & up  
R \$48/NR \$72  
Min. 8/Max. 16

### Belly Dancing Beginners

Tone up your body while enjoying an ancient art form combined with modern and trendy dance fair! 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
34314A1	Tu	Mar. 6-Apr. 3	7-8 pm	STREA
34314B1	Tu	Apr. 10-May 8	7-8 pm	STREA

Ages 16 & up  
R \$52/NR \$78  
Min. 5/Max. 12

**Conservation Plainfield**  
**Spring Environmental Expo**  
**Saturday, May 5, 2012 | 10 am - 3 pm**  
**Plainfield Village Hall**



This FREE event is held annually and features a range of informative environmental education displays; vendors offering sustainable products & services; and fun games, activities and entertainment for all ages.

**Other events and projects taking place in 2012:**

- Plainfield Spring (May 5-12) and Fall (Oct. 14-21) Clean-Up Weeks
- Summer (June 23) and Fall (Sept. 15) Environmental Enhancement Projects
- DuPage River & Tributary Land Sweep (May 12)

For more information on these events/projects and other programs, go to [www.conservationplainfield.com](http://www.conservationplainfield.com). You can also find us on Facebook.

## Adults

### Seated Yoga

You don't need to stand up to reap the benefits of yoga! Instead of using a yoga mat, a chair is used for the different postures. Excellent for people with limited mobility and or recovering from illness or injury. Benefits include increased strength, flexibility, improved circulation and experience in breathing and relaxation techniques. KW

Program #	Day	Date	Time	Location
34249A1	W	Jan. 11-Feb. 15	9-9:45 am	PTWN
34249B1	W	Feb. 22-Mar. 28	9-9:45 am	PTWN
34249C1	W	Apr. 11-May 16	9-9:45 am	PTWN
34249D1	F	Jan. 13-Feb. 17	9-9:45 am	PTWN
34249E1	F	Feb. 24-Mar. 30	9-9:45 am	PTWN
34249F1	F	Apr. 13-May 18	9-9:45 am	PTWN

Ages 20 & up  
R \$52/NR \$62  
Min. 4/Max. 15

**DON'T WAIT IN LINE - REGISTER ONLINE!**  
Register your household on our web site,  
[www.plainfieldparkdistrict.com](http://www.plainfieldparkdistrict.com)  
by Wednesday, Dec. 7 to use online registration  
starting Friday, Dec. 9 at 6 p.m.

### 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

Program #	Day	Date	Time	Location
34251A1	M	Jan. 9-Feb. 13	7-8 pm	STREA
34251A2	W	Jan. 11-Feb. 15	10-11 am	PTWN
34251A3	F	Jan. 13-Feb. 17	10-11 am	PTWN
34251A4	W	Jan. 11-Feb. 15	7:30-8:30 pm	RECAD
34251B1	M	Feb. 20-Mar. 26	7-8 pm	STREA
34251B2	W	Feb. 22-Mar. 28	10-11 am	PTWN
34251B3	F	Feb. 24-Mar. 30	10-11 am	PTWN
34251B4	W	Feb. 22-Mar. 28	7:30-8:30 pm	RECAD
34251C1	M	Apr. 9-May 14	7-8 pm	STREA
34251C2	W	Apr. 11-May 16	10-11 am	PTWN
34251C3	F	Apr. 13-May 18	10-11 am	PTWN
34251C4	W	Apr. 11-May 16	7:30-8:30 pm	RECAD

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

### Lunch Time Yoga

Yoga enhances flexibility, strengthens muscles, and offers a new outlook on life. 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 lunch until after class. KW

Program #	Day	Date	Time	Location
34253A1	W	Jan. 11-Feb. 15	11:30 am-12:15 pm	RECAD
34253B1	W	Feb. 22-Mar. 28	11:30 am-12:15 pm	RECAD
34253C1	W	Apr. 11-May 16	11:30 am-12:15 pm	RECAD

Ages 14 & up  
R \$52/NR \$62  
Min. 5/Max. 15

### Lunch Time Boot Camp

Challenge yourself with great aerobic training and boot camp drills. Blast your abs and boost the calorie burn while having fun cross training. You will increase your strength by alternating step aerobics, weight resistance, and low impact moves. Participants will learn the correct way to warm-up, stretch, and condition the major muscle groups. Additional equipment used will include the bosu ball, flex ball, and small weights. Instructor: Clete Richardson KW

Program #	Day	Date	Time	Location
34252A1	M/W/F	Jan. 9-Mar. 2	12-1 pm	STREA
34252B1	M/W/F	Mar. 5-Apr. 27	12-1 pm	STREA

Ages 16 & up  
R \$92/NR \$138  
Min. 6/Max. 12

### Step / Sculpt Class

Come and increase your cardio endurance, muscle strength and tone your body with intervals of low-impact cardio and strength training exercises. With the use of step, weights, bands and more you will challenge your mind and body to a better you. This class is for all fitness levels. Don't forget your water bottle and a clean pair of shoes. Instructor: Tricia Manibog KW

Program #	Day	Date	Time	Location
34270A1	M	Jan. 9-Feb. 27	6:15-7 pm	STREA
34270B1	M	Mar. 5-Apr. 23	6:15-7 pm	STREA

Ages 16 & up  
R \$35/NR \$52  
Min. 6/Max. 15

# Adults

## Hometown Winter Membership

Enroll this winter into a state of the art fitness center that is designed for people who are looking for a fun, affordable facility. We have the best upscale adult fitness club in the area with attentive and knowledgeable staff, a large variety of the most current workout equipment that is clean and comfortable. Enjoy access 7 days a week for 4 weeks. You will also receive 1 free personal training session and nutrition assessment with membership. Contracted service provided by Hometown Fitness. KW

Program #	Date	Location
34254A1	Jan. 1-31	HOME
34254B1	Feb. 1-29	HOME
34254C1	Mar. 1-31	HOME
34254D1	Apr. 1-30	HOME

Ages 12 & up  
R \$60/NR \$80  
Min. 1/Max. 15

## Biggest Loser Personal Fitness

Ready to challenge yourself physically and reach those fitness goals you have been logging year after year? You can lose up to 30lbs! 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 hours of instruction, team group exercises classes, weekly Q & A sessions, full access to Home Town Fitness club 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. Team group exercise classes meet Wednesdays at 8 pm and Saturdays at 11 am. 1-on-1 by appointment only. KW

Program #	Date	Location
34260A1	Jan. 21-Mar. 17	HOME

Ages 18 & up  
R \$99/NR \$135  
Min. 1/Max. 12

## Total Body Conditioning

You will burn calories, build confidence, and mold you body with this superior cardio fitness workout! Alternate between powerful cardio moves that keep you sweating and weight lifting for strong and toned body. Class includes abdominal and back exercises along with stretching to increase flexibility. This is a 4-week program. Contracted service provided by Hometown Fitness. KW

Program #	Day	Date	Location
34257A1	Tu/Th/Sa	Jan. 3-31	HOME
34257B1	Tu/Th/Sa	Feb. 2-28	HOME
34257C1	Tu/Th/Sa	Mar. 1-31	HOME
34257D1	Tu/Th/Sa	Apr. 3-28	HOME

Class times: Tu 7-8 am; Th 7-8 am & 6-6:45 pm; Sa 8:45-9:45 am  
Ages 15 & up  
R \$60/NR \$80  
Min. 1/Max. 12

**DON'T DELAY!**  
Programs that fail to reach minimum enrollment 5 business days prior to the first class meeting will be canceled.

## New Year's Resolution

The focused attention you get 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. By arranging your workout schedules and holding you accountable for your progress, your workouts are more consistent and you are shown the proper techniques for maximum benefits. Nutritional assessment is also a component of personal training. Information on meal planning and supplements is available to help you meet your needs. Our trainers hold degrees in Physical Education, Kinesiology, Sport Management, and Exercise Physiology. By appointment only beginning Jan. 10. 60 day program - 20 Personal Training Sessions - Unlimited Access to HomeTown Fitness & Studio Classes. KW

Program #	Date	Location
34255A1	Jan. 10-Mar. 9	HOME

Ages 18 & up  
R \$599/NR \$699  
Min. 1/Max. 10

**Adult Location Key**  
See page 67!

**Participants who sign up for Hometown Fitness classes must sign a facility waiver/release form at Hometown Fitness before they can attend the class or classes they are registered for.**

## Adults

### Zumba

When members see a Zumba class in action, they can't wait to give it a try. When they do, they feel their body surge with energy. This Latin-inspired, easy-to-follow, dance-fitness party exhilarates their senses and works all their major groups in a high-energy cardio blast that leaves them invigorated, refreshed and full of life. Zumba classes feature exotic rhythms like salsa, merengue, cumbia and samba set to sexy Latin and international beats. Before participants know it, their abs, arms and thighs are toned up and their energy level is soaring! There's no other fitness class like the Zumba. It's easy to do, effective and totally exhilarating. It achieves the perfect balance of a progressive core workout, full-body cardio and strength training, and a stress-relieving, energy-producing fitness experience. Contracted service provided by Hometown Fitness. KW

Program #	Day	Date	Location
34258A1	Tu/Th/Sa	Jan. 3-31	HOME
34258B1	Tu/Th/Sa	Feb. 2-28	HOME
34258C1	Tu/Th/Sa	Mar. 1-31	HOME
34258D1	Tu/Th/Sa	Apr. 3-28	HOME

Class times: Tu 10-11 am & 6-7 pm; Th 7-8 pm; Sa 10-11am  
 Ages 18 & up  
 R \$40/NR \$60  
 Min. 1/Max. 20

### Intro Into Bodybuilding

Learn to put on muscle fast, efficiently and naturally. Join us for a 4 week course that details what is necessary to obtain the body that you have been wishing for. This class is a crash course into both the diet and training that goes into both bodybuilding as well as living a healthy and fulfilling lifestyle. During the four week class members will be trained by competitive bodybuilders two times per week. Nutrition and meal plans will be given to each member to be followed during the four week course. Emphasis on strict training and eating habits will be taught to members giving each the tools to take with them the knowledge to push themselves towards future goals. Sessions by appointment. Once enrolled in the program, a Hometown Fitness employee will contact you. Contracted service provided by Hometown Fitness. KW

Program #	Date	Location
34259A1	Jan. 1-Feb. 28	HOME
34259B1	Feb. 1-29	HOME
34259C1	Mar. 1-29	HOME
34259D1	Apr. 1-28	HOME

Ages 16 & up  
 R \$150/NR \$199  
 Min. 5/Max. 12

### Kettle Bell Group Class

Learn how to use kettle bells to blast fat and burn calories. The art of kettle bell training has been around for ages and is a tried and true method for obtaining the ideal figure. Kettle bell training targets every muscle group during each workout while incorporating cardiovascular fitness. These full body workouts are guaranteed to transform your body while increasing strength and endurance. Classes are 1 on 1 and meet twice a week for one month, each class is 45 minutes. Sessions by appointment. Contracted service provided by Hometown Fitness. KW

Program #	Date	Location
34261A1	Jan. 1-28	HOME
34261B1	Feb. 1-29	HOME
34261C1	Mar. 1-29	HOME
34261D1	Apr. 1-28	HOME

Ages 13 & up  
 R \$150/NR \$199  
 Min. 4/Max. 15

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[www.plainfieldparkdistrict.com](http://www.plainfieldparkdistrict.com)  
 by Wednesday, Dec. 7 to use online registration  
 starting Friday, Dec. 9 at 6 p.m.

### Lose Weight The Healthy Way

Start the New Year off with some realistic lifestyle changes. Forget the diet. Forget the resolutions that get broken by February! Lose weight the healthy way. One step at a time. This class will teach you how and what to eat to help you feel great have energy and lose weight. You will learn how to make slight changes in your diet (with tips, recipes and handouts) to finally lose those extra pounds and keep them off. Instructor Debbie Slutzky is a Certified Holistic Health Counselor and Founder of Nutrition and Health Counseling. KW

Program #	Day	Date	Time	Location
34123A1	Tu	Jan. 24	6-7:30 pm	RECAD

Ages 16 & up  
 R \$35/NR \$52  
 Min. 3/Max. 12

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# Adults

## Suffering From Sugar Blues

Are you constantly craving sweets and want to understand why? Do you want to gain control without deprivation? Get ready to be in charge of your candy intake! Eating too much sugar zaps your energy, piles on the pounds and leads to all kinds of health problems. You will learn the many names of sugar and where it lurks, why so many of us are addicted to sugar, how to say no to sweets, why it's so important to get this added sugar out of our bodies, what are some natural sweeteners, and the skinny on artificial sweeteners. Instructor: Debbie Slutzky, Nutrition Coach, Nutrition & Health Counseling. KW

Program #	Day	Date	Time	Location
34124A1	W	Feb. 29	6-7:30 pm	RECAD

Ages 16 & up  
R \$35/NR \$52  
Min. 3/Max. 12

## Spring into Health

Looking to feed your family simple, healthy and delicious dinners, but running out of ideas? This class will teach you how to shop for, prepare and cook weekday meals that the whole family will enjoy. You will learn how to cook once and eat multiple times, and how to integrate health and nutrition into your every-day lifestyle. Sign up for this class now and avoid the drive-thru's later. Instructor Debbie Slutzky is a Certified Holistic Health Counselor and Founder of Nutrition and Health Counseling. KW

Program #	Day	Date	Time	Location
34125A1	W	Mar. 21	6-7:30 pm	RECAD

Ages 16 & up  
R \$35/NR \$52  
Min. 3/Max. 12

### Adult Location Key

- AINSW Ainsworth Gallery | 721 Taylor St., Joliet
- ARTCU Art Cube | 24044 W. Main St.
- CENSQ Central Square Gym | 222 E. 9th St., Lockport
- CHARL Charles Reed E.S. | 2110 Clublands Prkwy.
- EAGLE Eagle Pointe E.S. | 24562 Norwood Dr.
- FS Four Seasons Park | Lockport St. just west of I-55
- GALL7 Gallery 7 | 116 N. Chicago St., Suite 102, Joliet
- GLISS Glisson's Archery | 22900 E. Main St. (Rt. 126)
- HOME Hometown Fitness | 16108 S. Rt. 59
- HPC Heritage Center | 24023 W. Lockport St.
- INDTR Indian Trail M.S. | 14723 S. Eastern Ave.
- PRAIR Prairie Bluff Golf | 19433 Renwick Rd. Lockport
- PTWN Plainfield Township | 22525 W. Lockport St.
- RECAD Rec./Admin. Center | 23729 W. Ottawa St.
- STREA Streams Rec. Center | 24319 Cedar Creek Ln.

## Men's Summer Softball

Leagues will 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 player will be considered a non-resident team and will pay the non resident team fee. Full registration fee is due at the time of registration. A captain's meeting will take place Apr. 18 at 7pm at Recreation Administration Center. 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. 23-Jul. 30	6:30-10:30 pm	FS
34202A2	Tu	Apr. 24-Jul. 31	6:30-10:30 pm	FS
34202A3	W	Apr. 25-Aug. 1	6:30-10:30 pm	FS

No class May 28, July 4.  
Ages 18 & up  
R \$620/NR \$700  
Min. 6/Max. 8

## Coed Summer Softball

Leagues will 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 player will be considered a non-resident team and will pay the non resident team fee. Full registration fee is due at the time of registration. A captain's meeting will take place Apr. 18 at 7pm at Recreation Administration Center. 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. 26-Aug. 2	6:30-10:30 pm	FS
34203A2	F	Apr. 27-Aug. 3	6:30-10:30 pm	FS

Ages 18 & up  
R \$620/NR \$700  
Min. 6/Max. 8

## Coed Adult Volleyball

Intended for casual pick-up games, this is a great way to have fun and stay in shape! Stop by the Recreation Administration Center to purchase your daily admission passes. Each pass is good for one night of volleyball fun. Sorry but passes must be purchased in advance; no payments will be taken at the door. Dates are subject to change. AS

Program #	Day	Date	Time	Location
34213a1	Th	Jan. 12-May 17	7-9 pm	INDTR

No class Mar. 15, Apr. 5.  
Ages 18 & up  
R \$4/NR \$8  
Min. 1/Max. 40

## Adults

### Adult Golf Lessons

In Cooperation with the Lockport Township Park District, the Plainfield Park District is able to offer our residents golf lessons at Prairie Bluff Golf Course. These lessons are open to every level of golf from beginner to advanced, junior to senior golfer. Times are subject to change if classes do not meet minimum enrollment. Participants will need to pay a \$10 range fee to the instructor at the first class. Lessons will be taught by the Prairie Bluff teaching staff. AS

Program #	Day	Date	Time	Location
34207A1	W	Apr. 11-May 16	6-7 pm	PRAIR
34207A2	Sa/Su	Apr. 14-29	2:30-3:30 pm	PRAIR
34207B1	W	May 23-Jun. 27	6-7 pm	PRAIR
34207B2	Sa/Su	May 5-20	2:30-3:30 pm	PRAIR

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

**DON'T DELAY!**

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

### Boxing

Four 1-on-1 sessions or 1-on-2 instruction will allow for individualized programming around specific postures, specific muscle strengths and weaknesses, and modifications to provide maximum challenge. This training is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide. Get results guaranteed! Unlike most traditional gym routines, where a certain number of sets or reps are completed without a major concern for time, these training workouts are always performed with a running clock or some kind of scoring system. They are highly varied. Even the movements in your workouts vary greatly from day to day. Not only will your workouts never become monotonous, but the highly-varied nature of the workouts will keep your body constantly adapting and your fitness improving. 4-week program by appointment only. KW

Program #	Date	Location
34256A1	Jan. 1-28	HOME
34256B1	Feb. 1-29	HOME
34256C1	Mar. 1-29	HOME
34256D1	Apr. 1-28	HOME

Ages 18 & up  
R \$99/NR \$150  
Min. 1/Max. 10

### 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. Please note P/C classes will train with Adult classes. AD

### Parent/Child Taekwondo

This class provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics, and traditional Taekwondo techniques including punching, kicking, and blocking.

R \$121/NR \$182

Program #	Day	Date	Time	Location
32242A1	Th	Jan. 12-Mar. 29	7:35-8:25 pm	EAGLE

R \$77/NR \$116

Program #	Day	Date	Time	Location
32242B1	Th	Apr. 12-May 24	7:35-8:25 pm	EAGLE

Ages 7 & up  
Min. 4/Max. 20  
No class Mar. 15

### Adult Taekwondo

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.

R \$121/NR \$182

Program #	Day	Date	Time	Location
32243A1	Th	Jan. 12-Mar. 29	7:35-8:25 pm	EAGLE

R \$77/NR \$116

Program #	Day	Date	Time	Location
32243B1	Th	Apr. 12-May 24	7:35-8:25 pm	EAGLE

Ages 14 & up  
Min. 4/Max. 10  
No class Mar. 15

# Adults

## Adult Karate

This program offers a variety of benefits for the student. This program 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 train together. Instructor: Illinois Shotokan Karate Club. AD

### Winter

Program #	Day	Date	Time	Ages	Level
32211A1	M	Jan. 9-Mar. 26	8-9 pm	14 & up	Beg./Cont.
32211A3	Tu	Jan. 10-Mar. 20	6:50-7:45 pm	14 & up	White-Red
32211A4	Tu	Jan. 10-Mar. 20	7:50-8:45 pm	14 & up	Orng.&Up
32211A5	W	Jan. 4-Mar. 21	8:30-9:30 pm	15 & up	Beg./Cont.

M - CHARL R\$88/NR \$132  
Tu - EAGLE R \$88/NR \$132  
W - CENSQ R \$105/NR \$158

### Spring

Program #	Day	Date	Time	Ages	Level
32211B1	M	Apr. 9-May 21	8-9 pm	14 & up	Beg./Cont.
32211B3	Tu	Apr. 10-May 22	6:50-7:45 pm	14 & up	White-Red
32211B4	Tu	Apr. 10-May 22	7:50-8:45 pm	14 & up	Orng.&Up
32211B5	W	Apr. 4-Jun. 13	8:30-9:30 pm	15 & up	Beg./Cont.

M - CHARL R\$62/NR \$93  
Tu - EAGLE R \$62/NR \$93  
W - CENSQ R \$88/NR \$132

No class Jan. 16, Feb. 20, Feb. 21, May 16.  
Min. 1/Max. 15

## 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 & consistency, scoring. The beginner session is appropriate for those who have never shot a bow, or 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. AS

Program #	Day	Date	Time	Location
37203A1	Tu	Jan. 17-Feb. 7	6:30-7:30 pm	GLISS
37203B1	Tu	Feb. 21-Mar. 13	6:30-7:30 pm	GLISS
37203C1	Tu	Mar. 27-Apr. 17	6:30-7:30 pm	GLISS
37203D1	Tu	May 1-22	6:30-7:30 pm	GLISS

Ages 8 & up  
R \$50/NR \$75  
Min. 8/Max. 12

## Parent/Child Karate

Karate skills put children in touch with their bodies and helps build coordination, agility, strength and poise, as well as personal safety skills all in a well-supervised setting. Karate skills release tension brought on by school and peers. The confidence gained through Karate helps foster a strong positive self-image. The mental aspect of this program is both enjoyable and beneficial. Karate can improve your child's sports, school and social activities. Please note that Parent/Child, Youth and Adult classes train together. Contracted service taught by Illinois Shotokan Karate Club. Fees are per person. AD

### Winter

Program #	Day	Date	Time	Ages	Level
32210A1	M	Jan. 9-Mar. 26	6:05-7 pm	8-13	White-Or.
32210A2	M	Jan. 9-Mar. 26	7-8 pm	8-13	Yellow&Up
32210A3	Tu	Jan. 10-Mar. 20	6:50-7:45 pm	8-13	White-Red
32210A4	Tu	Jan. 10-Mar. 20	7:50-8:45 pm	8-13	Orng.&Up
32210A5	W	Jan. 4-Mar. 21	5:35-6:30 pm	8-14	White-Red
32210A6	W	Jan. 4-Mar. 21	6:35-7:30 pm	8-14	Or.-Yellow
32210A7	W	Jan. 4-Mar. 21	7:35-8:30 pm	8-14	Blue&Up

M - CHARL R\$88/NR \$132  
Tu - EAGLE R \$88/NR \$132  
W - CENSQ R \$105/NR \$158

### Spring

Program #	Day	Date	Time	Ages	Level
32210B1	M	Apr. 9-May 21	6:05-7 pm	8-13	White-Or.
32210B2	M	Apr. 9-May 21	7-8 pm	8-13	Yellow&Up
32210B3	Tu	Apr. 10-May 22	6:50-7:45 pm	8-13	White-Red
32210B4	Tu	Apr. 10-May 22	7:50-8:45 pm	8-13	Orng.&Up
32210B5	W	Apr. 4-Jun. 13	5:35-6:30 pm	8-14	White-Red
32210B6	W	Apr. 4-Jun. 13	6:35-7:30 pm	8-14	Or.-Yellow
32210B7	W	Apr. 4-Jun. 13	7:35-8:30 pm	8-14	Blue&Up

M - CHARL R\$62/NR \$93  
Tu - EAGLE R \$62/NR \$93  
W - CENSQ R \$88/NR \$132

No class Jan. 16, Feb. 20, Feb. 21, May 16.  
Min. 12/Max. 30

**Adult Location Key**  
See page 67!