



FIT4MOM®

Stroller Strides®/Stroller Barre®

NEW!

Stroller Strides® and Stroller Barre® are total fitness classes that moms can do WITH their stroller-aged children. Taught by certified fitness instructors (who are also moms), they are great workouts for ANY level of exerciser. Instructors weave songs and activities into the routine in order to engage and entertain baby, so mom is able to enjoy her 60-minute workout.

Tuesday focus—Stroller Strides®: power walking/jogging and intervals of strength and body toning using exercise tubing, your stroller, and the environment.

Thursday Focus—Stroller Barre®: a unique blend of ballet, Pilates, barre, yoga, and stroller-based exercises designed to help moms build strength and muscle tone and improve posture.

Code	Days	Dates	Time
117179A	TU & TH	5/09 - 8/31	11:00 am – 12:00 pm

Age: 18 years and up; Moms at least 6 weeks postpartum or with physician approval;
 -Pregnant moms welcome
 -Children of any age welcome but must remain in the stroller

Location: Burns Field

Fee R/NR: \$119R/\$143NR for a 10 Class Pass (No physical pass, attendance monitored by instructor) Price includes the purchase of resistance band to be used in class.



Bring: Any stroller with adequate support for baby's head. Umbrella Strollers are discouraged. We recommend using a car seat attachment for babies until at least 6 months of age. Bring water and a yoga mat, as well as any nut/peanut free snacks and toys to keep kiddos entertained.

Want to try out the class before purchasing a 10-class pass? Come to our FREE Grand Opening Class on Tuesday, May 2nd from 11 am -12 pm! Prizes and goodies will be given away to attendees, and a chance to register in-person with staff.

Gentle Yoga

A slower paced class for older adults using yoga poses to maintain health and slow down the effects of aging. The gentle yoga poses and breathing promote wellness, flexibility and strength. The benefits of yoga include an increase in energy level and stamina, improved joint health and flexibility. **Please bring a mat and a towel to class.**

Code	Day	Time	Dates
121168A	TH	10:30 – 11:30 am	6/08 – 7/20
121168B	TH	10:30 – 11:30 am	7/27 – 9/07

Fee: \$65R/\$80NR

Location: KLM Lodge Ballroom



Ageless Yoga

This class is designed primarily for those with limited mobility. By modifying classic yoga exercises to easy standing poses and low impact work in a chair, students will have the chance to improve strength and flexibility in a way that is approachable and fun! No materials or prior experience required.

Code	Day	Time	Dates	Fee
121169A	F	9:30 – 10:30 am	6/02 – 6/23	\$32R/\$42NR
121169B	F	9:30 – 10:30 am	7/07 – 8/04	\$40R/\$50NR

Ages: 50 years and older

Location: The Community House

Check out the WEBTRAC ON-LINE REGISTRATION SYSTEM at www.villageofhinsdale.org for any changes to class dates or times



NEW!

Sit and Get Fit

Work on increasing range of motion, circulation, flexibility, balance and strength with easy to follow moves. We sometimes use light weights or toning bands to improve strength.

Code	Day	Time	Dates
121170A	M & W	11:30 am – 12:30 pm	On-going No classes 5/29 & 9/4

Ages: 50 years and older
 Fee: \$70R/\$85NR (for a 10 class punch card)
 Location: The Community House

Pilates Mat Mash-Up and Barre Above

Toning, flexibility, better posture, increased core strength and the body/mind connection are achieved through our Mat Mash-Up work. A variety of equipment adds interest and “mash-up” the workout so class is always exciting. An exceptionally good workout to provide the foundation for a lifetime of healthy habits.

As part of our Pilates program, we are launching our new Barre Above classes on Thursday nights. These classes blend the best of ballet, strength, yoga and pilates, providing an exciting and effective class for all fitness levels. It is the new hottest program in fitness. One punch card good for all classes.

Code	Day	Time	Dates
122061A	M & W	10:00 – 11:00 am	On-going*
122061B	TU & TH	7:00 – 8:00 pm	On-going*

*No class 5/29, 7/3, 7/4, 9/4

Ages: 18 years and older
 Fee: Purchase a 15-punch card for \$128R/\$148NR
 Location: The Community House
 Min/Max: 6/15

Heart Saver CPR

The Heart Saver AED (Automatic External Defibrillator) class is intended for people who need or desire certification in CPR but **are not** healthcare professionals.

Code	Day	Time	Date
125007A	SAT	8:00 am – Noon	6/03
125007B	SAT	8:00 am – Noon	7/08
125007C	SAT	8:00 am – Noon	8/05

Fee: \$30R/\$40NR
 Location: Hinsdale Fire Dept.
 Min/Max: 4/12



Twitter:
@HinsdaleParks



Instagram:
@hinsdaleparks

NEW!

Canvas and Cocktails

Gather your friends together for a fun night of painting. Heather Kostal from No Corner Suns will lead the group in creating your own masterpiece. No experience needed – just a desire to create and have a great time.

The fee includes a 16” X 20” canvas, instruction, and use of all supplies, including aprons – and a piece of art to take home. Refreshments will be available for purchase.

Code	Day	Time	Date
124001A	M	6:30 – 8:30 pm	7/24

Ages: 18 years and older
 Fee: \$32R/\$40NR
 Location: Talley’s Kitchen & Bar, Clarendon Hills
 Min/Max: 6/15 {Co-Op}

Ballroom Dance

You are invited to come and try a complimentary ballroom dance class the first evening of each session, with no obligation with the coupon below. We think you will enjoy it and consider joining us for the entire session.

Mark Harvey is a third generation dance teacher and has been teaching Ballroom at Hinsdale for over 25 years continuing a tradition of learning and having fun.

The **BEGINNER** class is an introduction to Ballroom Dance with an emphasis on proper technique while learning foxtrot, waltz, swing and a little polka. Our goal is to give you the ability and confidence to enjoy what you have learned.

Code	Day	Time	Dates
121194A	M	7:00 – 8:30 pm	6/05 – 8/14 No class 7/3

The **INTERMEDIATE** class is for those who want to build on their dance knowledge by learning the Latin dances of Cha Cha, Tango and Rumba. More advanced steps in the beginner dances, will also be taught. The pace of this class is a little faster and is an ongoing study which may be taken many times. Limited singles sign up.

Code	Day	Time	Dates
121194B	M	8:30 – 10:00 pm	6/05 – 8/14 No class 7/3

Fee per class: \$40R/\$50NR
 Location: KLM Lodge Ballroom



Good for
ONE FREE
Ballroom Dance Class

Expires: 6/6/2017
 No photo copies accepted.

Adult Karate (Age: 15 years and older)

These adult classes release tension, develop total body fitness and build stamina and overall productivity. In addition to self-defense skills, karate increases flexibility, cardiovascular endurance and muscle tone, all while improving core strength.

Code	Level	Time	Day	Dates	Fee
116111A	Beg/Cont (White-Yellow)	8:35 – 9:30 pm	TU	6/13 – 8/29	\$113
116111B	Inter/Adv (Blue belt & Up)	8:35 – 9:45 pm	TU	6/13 – 8/29	\$129

No Class 7/4

Location: Park District Community Center (Gym), 7301 Fairview Ave, Darien

116111C	Begin/Int (White-Purple)	8:40 – 9:40 pm	F	6/16 – 8/25	\$113
116111D	Advanced (Brown-Black)	8:40 – 10:00 pm	F	6/16 – 8/25	\$129

Location: Burr Ridge Community Center, 15W400 Harvester Drive, Burr Ridge

Max: 5 {Co-Op}



NOTE: Beginning students will not be permitted to register into the current session after the second class has met. Registration for Continuers through Advanced students will be accepted after the start date, but full class fee will be required.

Adult Taekwondo

Age: 14 years and older
All Belt Levels

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. This is a great program for those looking to maintain and improve their physical fitness.

Code	Day	Time	Dates
116115E	W	7:10 – 8:00 pm	6/14 – 8/23

Fee: \$121R/\$132NR

Location: KLM Lodge

Min/Max: 4/15

NEW!

A.C.T. F.A.S.T – Self Defense For Teens

A.C.T. (A Course Teaching) **F.A.S.T.** (Female Assault Survival Tactics). Whether moving away to college, moving into your own place, or joining the working world, every young female should be ready, aware of and prepared for not only the great opportunities, but also the very real dangers that exist in our world. In this single session seminar, you will learn: how to tap into powerful survival instincts that we all possess, tactics and techniques critical to personal safety, and situational awareness to help increase your ability to avoid or respond to a violent attack. True stories and personal experiences illustrated in the seminar are told to help you avoid deadly judgment mistakes. You'll also have an opportunity (optional) to test what you've learned in a "1-minute blitz."

Code	Day	Time	Date
121175A	W	5:30 – 8:30 pm	7/12

Ages: 15 - 25 years

Fee: \$72R/\$86NR

Location: Clarendon Hills Park District

Min/Max: 10/12 {Co-Op}

A.C.T. F.A.S.T. Women's Self Defense Seminar

NEW!

A.C.T. (A Course Teaching) **F.A.S.T.** (Female Assault Survival Tactics). In this single session seminar, you will learn: how to tap into powerful survival instincts that we all possess, tactics and techniques critical to personal safety, situational awareness and the ability to avoid or respond to a violent attack, hear true stories that can help you avoid deadly judgment mistakes. You'll also have an opportunity (optional) to test what you've learned in a "1-minute blitz."

Code	Day	Time	Date
121175B	SAT	9:00 am – 12:00 pm	6/24

Ages: 18 years and up

Fee: \$72R/\$86NR

Location: Clarendon Hills Park District

Min/Max: 10/12 {Co-Op}

Men's 30 and Over 12" Softball League

Get your team organized and come out this summer for softball. We play on Mondays and Wednesdays in June, July and August. Rosters and payments must be in by May 6. Each team will play once per week and there is a Double Elimination Tournament at the end of the season. Please contact Sammy at shanzel@villageofhinsdale.org with any questions. League begins June 5.

Code	Days	Time	Dates
124000-00	M & W	6:30, 7:30 or 8:30 pm	6/05 – 8/16

Ages: 30 and over

Fee: \$700

Location: Veeck Park

Max: 8 Teams



Pickleball

Pickleball has arrived at The Community House and Hinsdale Parks and Recreation's new outdoor courts at the Robbins Park tennis courts!

Open Play

Pickleball players looking for friendly competition and camaraderie with fellow pickleball enthusiasts. Players will play games and rotate throughout the session.

Code	Day	Time	Level
322255A	TH	1:00 – 3:00 pm	Beginners and Intermediate
322255B	F	10:00 am – 12:00 pm	Advanced
322255C	M	7:00 – 9:00 pm	Adult Social Play

Fee: \$50R/\$60NR for a 10 punch card
\$6R/\$8NR per visit

Location: The Community House

Learn to Play Pickleball

Introductory workshops for players new to the game. Basic rules, technique and strategy are taught in a relaxed setting. A great way to learn this fast growing sport while meeting new friends!

Code	Day	Time	Dates
116120A	TU	10:00 – 11:00 am	5/02 – 5/23
116120B	TU	10:00 – 11:00 am	5/30 – 6/20
116120C	TU	10:00 – 11:00 am	6/27 – 7/18
116120D	TU	10:00 – 11:00 am	7/25 – 8/15
116120E	TU	10:00 – 11:00 am	8/22 – 9/12

Fee: \$50R/\$60NR

Location: The Community House

Min/Max: 4/8

NEW!

Pickleball Workshops for Tennis and Paddle Players

Introductory workshops for players proficient in racquet sports. Basic rules, technique and strategy taught as players learn to adapt their racquet skills and game strategy to pickleball – “the fastest growing sport in America.”

Code	Day	Time	Dates
116121A	TU	11:00 am – 12:00 pm	5/02 – 5/23
116121B	TU	11:00 am – 12:00 pm	5/30 – 6/20
116121C	TU	11:00 am – 12:00 pm	6/27 – 7/18
116121D	TU	11:00 am – 12:00 pm	7/25 – 8/15
116121E	TU	11:00 am – 12:00 pm	8/22 – 9/12

Fee: \$50R/\$60NR

Location: The Community House

Min/Max: 4/8

NEW!

Better Body. Better Court Performance - Pickleball, Paddle, and Tennis

Train like a pro! Improve your fitness with a small class personal training workshop designed to improve your pickleball, paddle, or tennis game and reduce your risk of injury. Off-court training impacts your on-court performance. A professional certified personal trainer will help you improve your core, agility, quickness, footwork, strength, and other skills through purposeful training and fun on-court drills. All levels welcome.

Code	Day	Time	Dates
116122A	TU	1:30 – 2:30 pm	5/02 – 5/23
116122B	TU	1:30 – 2:30 pm	5/30 – 6/20
116122C	TU	1:30 – 2:30 pm	6/27 – 7/18
116122D	TU	1:30 – 2:30 pm	7/25 – 8/15
116122E	TU	1:30 – 2:30 pm	8/22 – 9/12

Fee: \$150R/\$160NR

Location: The Community House

Min/Max: 4/8

NEW!

Private Pickleball Lessons

Learn and expand your skills in the fastest growing sport in America. Private lessons with Pickleball instructors Bill Voigt and Patty McKay will help you develop the skills needed to be a successful player. Sign up with a friend, spouse or partner, up to two people per lesson is allowed! Register with Hinsdale Parks and Recreation and then coordinate with Bill Voigt for dates.

Code	Day	Time	Date
116123A	TU	2:30 – 3:30 pm	Begins 6/13

Fee: \$50 per hour (max of 2)

Location: outdoor courts at Robbins Park

