



# FIT4MOM®

## Stroller Strides®/Stroller Barre®

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.

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, 320 N Vine Street

Instructor: Certified Fit4Mom Instructor

Code	# of classes	Day	Dates	Time	Fee
117179A	10	TU & TH	9/05 -10/31	11:00 am – 12:00 pm	\$119R/\$143NR
117179B	5	TU & TH	9/05 -10/31	11:00 am – 12:00 pm	\$75R/\$90NR



No physical pass, attendance monitored by instructor. Price includes the purchase of resistance band to be used in class. If you still have classes left from summer, you do not need to purchase a new pass until you've run out.

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.

### 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
222210A	TH	10:30 – 11:30 am	9/14 – 10/26
222210B	TH	10:30 – 11:30 am	11/02 – 12/28*

**\*NO CLASS 11/23**

Fee: \$65R/\$80NR

Location: KLM Lodge, 2nd Floor

### 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
222261A	SAT	8:00 am – Noon	9/02
222261B	SAT	8:00 am – Noon	10/07
222261C	SAT	8:00 am – Noon	11/04
222261D	SAT	8:00 am – Noon	12/02

Fee: \$30R/\$40NR

Location: Hinsdale Fire Dept.

Min/Max: 4/12

### Barre Above/Pilates Mash-Up

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. Hit the barre and see results!

Code	Days	Time	Dates
222214A	M & W	10:00 – 11:00 am	On-going
222214B	TU & TH	7:00 – 8:00 pm	On-going

**NO CLASSES 9/4, 11/23, 12/25, 1/1**

Fee: \$128R/\$148NR for a 10 Class Punch Card to be picked up at The Community House

Location: The Community House

Min/Max: 6/15

**NEW!**

### Prime Time A+

This is an easy to follow ongoing class that welcomes new members. Enjoy a low-impact workout designed to improve your cardiovascular fitness, strength and flexibility. We are dedicated to enhancing your fitness by promoting health and well-being through exercise.

Code	Days	Time	Dates
222225A	T - TH	8:45 – 9:45 am	On-going

**NO CLASS 11/23**

Age: Older adults

Fee: \$60R/\$80NR for a 10 Class Punch Card to be picked up at The Community House

Location: The Community House

Min/Max: 6/15

### 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
222190A	M	7:00 – 8:30 pm	10/02 – 12/04

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 class with new content every session, so it can be taken many times.

Code	Day	Time	Dates
222191A	M	8:30 – 10:00 pm	10/02 – 12/04

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

### 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	Days	Time	Dates
222226A	M & W	11:30 am – 12:30 pm	On-going

**NO CLASSES 9/4, 11/22, 12/25 & 1/1**

Age: Older adults  
 Fee: \$70R/\$85NR for a 10 Class Punch Card to be picked up at The Community House  
 Location: The Community House  
 Min/Max: 6/15

### 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
222211A	F	10:30 – 11:30 am	9/15 – 10/27
222211B	F	10:30 – 11:30 am	11/03 – 12/22

**NO CLASS 11/24**

Age: Older adults  
 Fee: \$56R/\$66NR  
 Location: The Community House  
 Min/Max: 6/15



Good for  
**ONE FREE**  
 Ballroom Dance Class

Expires: 10/2/2017  
 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	Fee
222020A	Beg/Cont (White-Yellow)	8:35 - 9:30 pm	\$154
222021A	Inter/Adv (Blue Belt & up)	8:35 - 9:45 pm	\$176

Day: Tuesday  
 Dates: 9/05 – 12/19 **NO CLASS 10/31**  
 Location: Park District Community Center (Gym), 7301 Fairview Ave, Darien

222022A	Beg/Interm (White-Purple)	8:40 - 9:40 pm	\$133
222023A	Advanced (Brown-Black)	8:40 - 10:00 pm	\$153

Day: Friday  
 Dates: 9/08 – 12/15 **NO CLASSES 10/27 AND 11/24**  
 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
222011A	W	7:10 – 8:00 pm	9/06 – 12/20

Fee: \$176R/\$192NR  
 Location: KLM Lodge  
 Min/Max: 4/15

## Pickleball

Pickleball has arrived at The Community House! Come join the fastest growing sport in America and see what all the fun is about. All ages, genders and skill levels are welcome.

### Learn to Play Pickleball -- Beginners

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	Dates	Time
222305A	TU	9/05 – 9/26	10:00 – 11:00 am
222305B	TU	10/03 – 10/24	10:00 – 11:00 am
222305C	TU	10/31 – 11/21	10:00 – 11:00 am
222305D	TU	11/28 – 12/19	10:00 – 11:00 am

Instructors: Bill Voigt – USAPA Ambassador and Patty McKay – Certified Personal Trainer

Fee: \$50R/\$60NR

Location: The Community House

Min/Max: 4/8

### Workshops for Paddle and Tennis 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.

Code	Day	Dates	Time
222306A	TU	9/05 – 9/26	11:00 am – 12:00 pm
222306B	TU	10/03 – 10/24	11:00 am – 12:00 pm
222306C	TU	10/31 – 11/21	11:00 am – 12:00 pm
222306D	TU	11/28 – 12/19	11:00 am – 12:00 pm

Instructors: Bill Voigt – USAPA Ambassador and Patty McKay – Certified Personal Trainer

Fee: \$50R/\$60NR

Location: The Community House

Min/Max: 4/8

### Pickleball Drills and Strategy – Advanced

Workshops for advanced players who would like to improve on-court skills and learn winning strategies. Fun and fast-paced interactive drills and play provide a workout while improving your skill level.

Code	Day	Dates	Time
222308A	TU	9/05 – 9/26	1:30 – 2:30 pm
222308B	TU	10/03 – 10/24	1:30 – 2:30 pm
222308C	TU	10/31 – 11/21	1:30 – 2:30 pm
222308D	TU	11/28 – 12/19	1:30 – 2:30 pm

Fee: \$60R/\$70NR

Location: The Community House

Min/Max: 4/8

### Private Pickleball Lessons

Learn and expand your skills in the fastest growing sport in America! Private lessons with Pickleball instructors Bill Voigt—USAPA Ambassador and Patty McKay—Certified Personal Trainer, will help you develop the skills needed to be a successful player. Sign up by yourself or with a friend for one-hour private or semi-private lessons. Private Lessons can be held at The Community House or on the outdoor courts at Robbins Park based on your preference.

Code	Day, Dates and Time
222309A	Set up with the instructor through the Community House

Fee: \$140 per hour

Location: Indoor at TCH or outdoor at Robbins Park (express your preference to the instructors)

NEW!

### Pickleball Drills and Strategy -- Intermediate

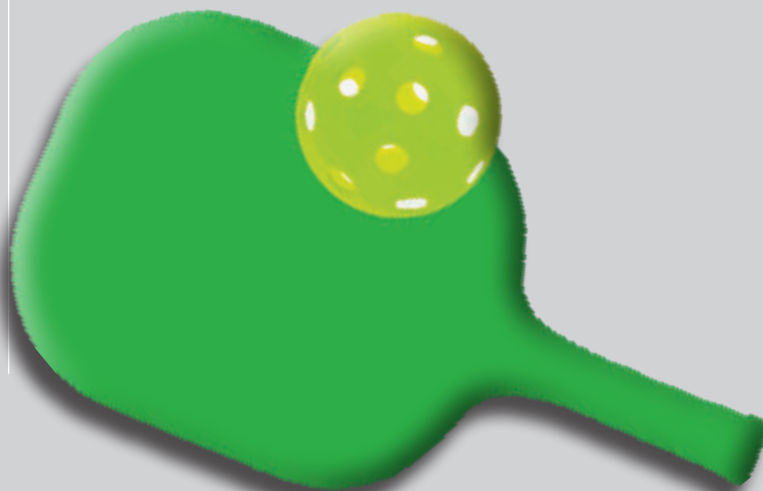
Workshops for intermediate players who would like to improve on-court skills and learn winning strategies. Fun and fast-paced interactive drills and play provide a workout while improving your skill level.

Code	Day	Dates	Time
222307A	W	9/06 – 9/27	1:45 – 2:45 pm
222307B	W	10/04 – 10/25	1:45 – 2:45 pm
222307C	W	11/01 – 11/22	1:45 – 2:45 pm
222307D	W	11/29 – 12/20	1:45 – 2:45 pm

Fee: \$60R/\$70NR

Location: The Community House

Min/Max: 4/8



Come join what many players are already talking about: the fun of platform tennis. Enjoy the fastest growing Midwest sport and year-round activity in your own backyard at beautiful Katherine Legge Memorial Park.

### SEASON PASSES - EARLY RATE

Platform tennis passes entitle holders to unlimited play on the KLM and Burns courts. Members can reserve courts 14 days in advance. Memberships are valid September 1, 2017 through August 30, 2018. For more information, call the Parks and Recreation Department at 630-789-7090. Fee includes renewal of the current key FOB's. New key FOB's for the paddle hut can be purchased for \$25.

Platform tennis memberships CAN be renewed online beginning August 7. If your membership is changing in any way or you are adding members, then you must mail or fax your registration to the Parks and Recreation office to renew. All current members were assigned a permanent number that will be used for court reservations. If you were assigned a pass number and you are not changing the type of membership, then you can renew your membership online. All memberships, including lifetime memberships must be renewed for the current season. All members of the family that have a pass number must be included on the registration form. **Passes will only be issued to children ages five and over.** Adult children that do not live with you cannot be included on the membership. You can also renew your membership by fax or mail.

*Please indicate on your registration form if you are renewing a current key FOB.*

Pass Type	Fee
Resident Individual .....	\$200
Resident Family .....	\$250
Non-Resident Individual .....	\$300
Non-Resident Family .....	\$375
Resident one-time use .....	\$10
Non-Resident one-time use .....	\$15

**NEW - A late fee of \$50 will apply on all memberships beginning November 1<sup>st</sup>**

### Reservations

Season pass holders may reserve a court online through the online reservation system once the registration form with signed waiver is received. You must have a current membership; know your pass number and the name of all four players in order to make a reservation. Further information regarding the online reservation system will be sent with your membership. Lifetime memberships must also fill out and sign a registration form in order to make reservations.

A membership with the Parks and Recreation Department is required for any league or travel play. Register with the Hinsdale Parks and Recreation Dept. by mail, fax, or online at [www.villageofhinsdale.org/pr](http://www.villageofhinsdale.org/pr)



### Hinsdale Platform Tennis Association (HPTA) Board

The HPTA Board coordinates the Men's and Women's leagues and social events held at Village Courts. All participants in the Leagues are required to purchase a membership through the Village.

Marty Brennan, chairman  
Ed Usher, Treasurer  
Rick Larsen

Brian Freel  
Joanne Williams  
Patty Doolas

Cathleen Robinson - Women's League Coordinator • Marty Brennan - Men's League Coordinator

# Platform Tennis Lessons

Come join what many players are already talking about: the fun of platform tennis. Enjoy the fastest growing sport and year-round activity at beautiful Katherine Legge Memorial Park in Hinsdale. Paddles are available to purchase or demo during all drills. Programs are coordinated by Mary Doten, 6-time Women's National Champion and 2015 Finalist. Membership is not required for beginner drills.



All class registration is done through Mary Doten.

Questions and all signups: Contact Mary Doten, [mhdoten@gmail.com](mailto:mhdoten@gmail.com) or 708-261-5779

[www.HPDpaddle.com](http://www.HPDpaddle.com)

## Beginner/Advanced Beginner Drills

The basic skills of platform tennis will be taught; including grips, backhand volley, lobs, drives, serve and volley and screens. Point play will conclude each drill. Courts will be divided by ability level.

### Session 1:

Sept. 16 – Oct. 27 Fee: \$159

**No lessons Oct. 6** Fee: \$132

### Session 2:

Oct. 28 – Dec. 15 Fee: \$159

**No lessons Nov. 20 – 26** Fee: \$132

Day	Time
SAT	1:30 – 2:45 pm
SAT	2:45 – 4:00 pm
SUN	12:30 – 1:45 pm
SUN	1:45 – 3:00 pm
M	10:30 – 11:45 am
M	5:45 – 7:00 pm
M	7:15 – 8:30 pm
TU	9:15 – 10:30 am
TU	10:30 – 11:45 am
W	9:00 – 10:15 am
W	10:15 – 11:30 am
F	9:00 – 10:15 am

## Intermediate Drills

Experienced paddle players and highly skilled tennis players will drill each week honing their paddle skills. We will focus on strategy, positioning, shot placement, and screen play. **Instructor approval required.**

**Session 1:** Sept. 19 – Oct. 27

**Session 2:** Oct. 31 – Dec. 15

Day	Time	Fee
TU	10:30 – 11:45 am	\$159
W	10:30 – 11:45 am	\$159
F	10:15 – 11:30 am	\$159

## Junior Paddle and Pizza

Come join other future paddle players for a fun afternoon of instruction, games, and pizza. Ages 7+ are welcome and will be divided by age and ability.

**Session 1:** Oct. 16 – Dec. 18

Ages	Day	Time	Fee
7 – 9 yrs	Mon	4:00 – 5:15 pm	\$162
10+	Mon	4:00 – 5:15 pm	\$162

# Travel Teams

The Hinsdale Platform Tennis Association proudly sponsors 7 women's teams and 18 men's travel teams in the Chicago Platform Tennis League for players at all levels. This is the fastest way to improve your paddle game. Spots are still available.

## Women's North Shore

### Series 1-9

Additional fee for league play and team drill. Contact: [mhdoten@gmail.com](mailto:mhdoten@gmail.com)

## Men's Local

### Series 28 level, (beginner)

Practice on Sundays 8:30 - 10:00 pm; League matches during the week at KLM and local clubs. Additional fee for league play. Contact: [bill.obrien@att.net](mailto:bill.obrien@att.net)

## Women's Local

### (Beginner- Advanced Beginner)

Tuesday drill, 12:30 – 2 pm

Thursdays, 9:30 – 11 am matches

Players will drill weekly with Mary Doten and her staff on Tuesdays, beginning September 19th, 12:30 – 2 pm. Then, on Thursday mornings you will put those drills into practice and compete for the Hinsdale Park District against local clubs (Butterfield CC, Hinsdale Golf Club, Highlands CC, Ruth Lake, Edgewood and Salt Creek Club). Contact Mary Doten for more information. [Mhdoten@gmail.com](mailto:Mhdoten@gmail.com)

## **NEW!** Women's Monday Night Alternating Doubles league

Beginner, Advanced Beginner and Intermediate players will enjoy meeting other paddle players and competing in our in-house league. No partner necessary as players rotate partners weekly. This is a fun and social way to exercise and enjoy this great game. September- December \$150

## Women's Non-Travel League

Experienced paddle players at all levels compete for the Hinsdale Parks and Recreation Dept. against local clubs.

Mondays, 12:15 pm

October - December

Fee: \$100 (paid to Mary Doten)

**A paddle membership with the Village of Hinsdale is required for all league play.**