



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	#of classes	Day	Time	Fee
117179-A	10	T & TH	11:00am-Noon	\$119R/\$143NR
117179-B	5	T & TH	11:00am-Noon	\$75R/\$90NR

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.

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 stroller

Location: The Community House (November – April or in the event of inclement weather)
Robbins Park, 7th and Vine Street (May - October)

**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 the previous season, you do not need to purchase a new pass until you've run out.*



Gentle Yoga

A slower paced class for older adults using yoga poses to maintain health and slow does the effects of aging. The poses and breath control promote wellness for mind, body, and spirit. The benefits include increased energy, improved balance, flexibility, joint stability, and an overall sense of well-being. Warm-up done seated on a chair and standing poses include chair access for balance. Cool down avoids any poses on the knees and belly. Please bring a mat and towel for support under your head.

Code	Day	Time	Dates
322212-A	W	10:30-11:30am	1/8-2/26*
322212-B	W	10:30-11:30am	3/4-4/29*

**No class 2/12, 4/8 or 4/22*

Ages: 50 years and up

Fee: \$65R/\$80NR

Location: The Lodge Ballroom

Min/Max: 6/20

*1/8 class held at
Hinsdale Public Library*

NEW • Mindful Vinyasa Flow Yoga

A beginner friendly slow flow class linking breath to movement to achieve full mind, body, and spirit alignment. The class will include traditional Sun Salutations and a mix of flowing and holding poses to gain strength and stability. Each class will include balance postures, core-focused movements and a full range of motion for healthy joints. A variety of poses will be offered including kneeling and on the belly. No previous yoga experience required. Classes will have options so anyone from a beginner to an intermediate yoga student can enjoy the flow. No chair access. Please bring a mat and towel for knee support.

Code	Day	Time	Dates
323212-A	M	10:30-11:30am	1/6-2/24*
323212-B	M	10:30-11:30am	3/2-4/27*

**No class 2/10, 4/6 or 4/20*

Ages: 18 years and up

Fee: \$65R/\$80NR

Location: The Lodge Ballroom

Min/Max: 6/20

Discount fee if registering for both Gentle Yoga and Mindful Vinyasa Flow Yoga classes in a session \$120R/\$150NR

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, balance, and flexibility. We are dedicated to enhancing your fitness by promoting health and well-being through exercise.

Day	Time	Dates
TU, W, TH	8:45-9:45am	Ongoing

Ages: 50 years and up

Fee: \$60R/\$80NR for a 10 visit punch card
(Purchase in person at Village Hall)

Location: The Community House

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
322248-A	F	10:30-11:30am	1/10-2/21
322248-B	F	10:30-11:30am	2/28-4/10
322248-C	F	10:30-11:30am	4/17-5/29

Ages: 50 years and up
Fee: \$70R/\$80NR
Location: The Community House
Max: 4 {Co-Op}

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
322246-A	SAT	8:00am-Noon	1/4
322246-B	SAT	8:00am-Noon	2/1
322246-C	SAT	8:00am-Noon	3/7
322246-D	SAT	8:00am-Noon	4/4
322246-E	SAT	8:00am-Noon	5/2

Fee: \$50R/\$60NR
Location: Hinsdale Fire Department
Min/Max: 4/12

Pilates Mat Mash-Up – Barre Above

Toning, flexibility, better posture, increased core strength, and the mind/body connection are achieved through our Mat Mash-Up Work. A variety of equipment adds interest and “mashes up” the workout so class is always interesting. Our classes blend the best of ballet, strength, yoga, and Pilates, providing an exciting and effective class for all fitness levels. Hit the barre and see results! One punch card good for all classes. Please bring a mat to each class.

Day	Time	Dates
M, W	10:00-11:00am	Ongoing
TU	7:00-8:00pm	Ongoing

Ages: 18 years and up
Fee: \$135R/\$155NR for a 15-visit punch card
 (Purchase in person at Village Hall)
Location: The Community House
Min/Max: 5/20 {Co-Op}



Sit & Get Fit

For older adults and individuals with physical limitations or injuries. Our seated classes are for people who want to stay active and mobile but want someone gentle on the body and easy to do. You'll be amazed what you can do while seated in a chair! Work on increasing range of motion, circulation, flexibility, balance, and strength. Classes start 1/6.

Day	Time	Dates
M, W	11:30am-12:30pm	Ongoing*
<i>*No class 2/3, 2/10, 2/17, 2/24, 3/25, 5/25</i>		

Age: 50+ years
Fee: \$75R/\$90NR for a 10 punch card
 (Purchase in person at Village Hall)
Location: The Community House
Min/Max: 6/15

NEW • Zumba

Dance fitness for all exercise levels. This is a dynamic class with energetic music blending Latin and world rhythms with easy to dance moves to provide a fun total body workout. Come join the party! Classes start Friday, January 17 and are ongoing.

Day	Time	Dates
M, F	9:00-9:45am	Ongoing*
<i>*No class 5/25</i>		

Age: 18+
Fee: \$150R/\$175NR for a 10 punch card
 (Purchase in person at Village Hall)
Location: The Community House
Min/Max: 6/15

DON'T MISS OUT
 Nothing ruins a great program more than waiting until the last minute to register for a program or class. Decisions about classes are made 3 business days before the class - don't wait until the day a program starts to sign-up - it may be too late!

Basic Photography

Start your photography adventure here! Discover the fundamentals of camera settings, composition, and exposure before learning some of the technical aspects of photography such as selecting memory cards. You'll gain a full understanding of how to use depth of field, resolution, white balance, color adjustment, compression, and file formats. Bring your own DSLR camera and manual to class. There are weekly photo assignments, requiring six 8x10 prints per assignment.

Code	Day	Time	Dates	Register By
322060-C	SAT	9am-Noon	1/11-2/22	1/6

Ages: 18 years and up
Fee: \$120R/\$125NR
Location: Darien Park District
Min/Max: 2/7 {Co-Op}

Intermediate Photography

Continue your journey into photography and dive deeper into many of the concepts from Beginning Photography. Assignments will be given at each class session to build your skills in composition control, exposure, lighting, and more! Professional photographer Mike Smith will introduce key techniques to grow your skillset and offer helpful critiques of your work. Bring your own DSLR camera and manual to class. There are weekly photo assignments, requiring six 8x10 prints per assignment.

Code	Day	Time	Dates	Register By
322060-D	SAT	9am-Noon	3/7-4/25*	3/2

**No class 3/14 or 4/11*

Ages: 18 years and up
Fee: \$120R/\$125NR
Location: Darien Park District
Min/Max: 2/7 {Co-Op}

Illinois Billiards Club Pool Classes

Illinois Billiards Club (IBC) is a private club in a historic pool and banquet hall. We have special arrangements with the club to use the facility for the class. This class will focus on fundamentals and is perfect for beginners and a great review for more advanced players. There will be lots of one-on-one time with the instructors and the class will be highly interactive.



Intermediate/Advanced Pool Class

Code	Day	Time	Dates
313110-B	SUN	12:00-2:00pm	3/1-3/29

Fee: \$160R/\$192NR
Min/Max: 4/8

Beginning/Intermediate Pool Class

Code	Day	Time	Dates
313110-A	SUN	3:00-5:00pm	3/1-3/29

Fee: \$130R/\$156NR
Min/Max: 4/8

NEW • Not Your Mother's Line Dancing

Love to dance, but don't have a partner? Learn to line dance to country, pop, rock, oldies, and current hits using a pattern of steps that repeats throughout a song.

Code	Day	Time	Dates
322195-A	TH	6:30-7:45pm	1/16-2/27*
322195-B	TH	6:30-7:45pm	3/5-4/16*
322195-C	TH	6:30-7:45pm	4/23-6/4*

**No class 2/20, 4/9, or 5/21*

Ages: 16 years and up
Fee: \$50R/\$55NR
Location: Darien Park District
Min/Max: 2/6 {Co-Op}

Ballroom Dance

Mark Harvey is a third generation dance teacher and has been teaching Ballroom in 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
322190-A	M	7:00-8:30pm	1/6-3/9
322190-B	M	7:00-8:30pm	3/16-5/18

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
322191-A	M	8:30-10:00pm	1/6-3/9
322191-B	M	8:30-10:00pm	3/16-5/18

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

NEW • Adult Archery

Learn the basics of archery including how to handle a bow, a 9-step program for shooting an arrow from a bow, and range safety in this adults-only class. We teach proper technique and vary target distances so that adults can participate at their own ability levels. Exciting games will also be played thereby offering lots of fun for everyone. Discover this relaxing and rewarding sport that will give you a lifetime of enjoyment! Recurve bows, arrows, and targets will be provided, but you may use your own equipment with instructor approval.

Code	Day	Time	Dates
312190-D	M	6:45-7:30pm	4/20-6/1*

**No class 5/25*

Ages: 18 years and up
Fee: \$54R/\$68NR
Location: KLM Park
Min/Max: 6/8 {Co-Op}

NEW • Five Strategies for College Application Success

Confused by crazed media stories about college admissions? Join us in this overview of how college admissions really work. Former college administrators will share tips for effectively preparing for your college search, researching colleges, selecting where to apply, admissions strategies, critical points of essay preparation, and more. This 75-minute presentation is intended for parents of high schoolers and their students.

Code	Day	Time	Date
313170-A	W	7:00-8:15pm	1/15

Ages: 16 years and older
Fee: \$5R/\$7NR
Location: Westmont Park District Community Center
Min/Max: 5/10 {Co-Op}



Adult Karate

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, while improving core strength.

Code	Level	Day	Time	Dates	Fee
322020-A	Beg./Cont. (White-Blue)	TU	7:40-8:40pm	1/7-3/17	\$121
322020-B	Int./Adv. (Green-Black)	TU	7:40-9:10pm	1/7-3/17	\$160
322020-C	Beg./Cont. (White-Blue)	TU	7:40-8:40pm	4/7-6/9	\$110
322020-D	Int./Adv. (Green-Black)	TU	7:40-9:10pm	4/7-6/9	\$145

Location: Darien Park District, 7301 Fairview Ace, Darien

Code	Level	Day	Time	Dates	Fee
322020-E	Beg./Int. (White-Purple)	F	6:40-7:35pm	1/3-3/20	\$132
322020-F	Adv. (Brown-Black)	F	7:40-9:10pm	1/3-3/20	\$174
322020-G	Beg./Int. (White-Purple)	F	6:40-7:35pm	4/3-6/12*	\$110
322020-H	Adv. (Brown-Black)	F	7:40-9:10pm	4/3-6/12*	\$145

*No class 4/10

Location: Burr Ridge Community Center
 15W400 Harvester Dr, Burr Ridge
Max: 5 {Co-Op}



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
312024-A	W	7:15-8:10pm	1/8-3/18*
312024-B	W	7:15-8:10pm	4/1-6/10*

*All 1/8 and 4/22 classes at Burr Ridge Community Center, 15W400 Harvester Dr, Burr Ridge

Fee: \$121R/\$132NR
Location: The Lodge at KLM

Pickleball at Brook Park

USAPA Ambassador Bill Voigt and Instructor Patty McKay have been instrumental in the development of pickleball in the Hinsdale and surrounding communities. They are dedicated to providing opportunities for people to learn and develop their skills in this lifelong sport.



Small Group Pickleball Workshop —LEARN TO PLAY

Join USAPA Ambassador Bill Voigt, and Patty McKay in this small group pickleball workshop! Learn the basic rules, strokes, scoring and strategy in a friendly small group setting. In two fun filled weeks you will be part of the “fastest growing sport in America!” Equipment provided. Limit of four players per session, so act fast and register today!

Code	Day	Time	Dates
322310-A	Mon/Wed	1:00pm-2:00pm	4/13 - 4/22
322310-B	Mon/Wed	1:00pm-2:00pm	5/4 - 5/13

4 classes per session

Ages: 18 years +
Max: 4 players per session
Fee: \$100 per person
Location: Brook Park Pickleball Courts
Instructor: Bill Voigt/Patty McKay

Small Group Pickleball Workshop —DRILLS

Take it up a level with an active, fun and purposeful drills workshop. We will match you with players of your skill level. Experienced tennis and paddle players welcome too! Limited to 3 players per session, so act fast and register today!

Code	Level	Day	Time	Dates
322256-A	Intermediate	Mon/Wed	1:00-2:00pm	4/13 - 4/22
322256-B	Advanced	Mon/Wed	2:30-3:30pm	4/13 - 4/22
322256-C	Intermediate	Mon/Wed	1:00-2:00pm	5/4 - 5/13
322256-D	Advanced	Mon/Wed	2:30-3:30pm	5/4 - 5/13

4 classes per session

Ages: 18 years +
Max: 3 players per session
Fee: \$100 per person
Location: Brook Park Pickleball Courts
Instructor: Bill Voigt/Patty McKay

Pickleball private lessons available at \$50/hour per person.

For more information contact the Parks and Recreation Department at 630-789-7090 or parkrec@villageofhinsdale.org



NEW • Suburban Adult Athletic League (SAAL)

The Suburban Adult Athletic League (SAAL) is a collaboration association concept between the Parks and Recreation organizations of Westmont, Woodridge, Clarendon Hills, Hinsdale, Pleasantdale, Oak Brook Terrace, and Lisle. Through the collective efforts of these organizations, athletic program offerings will increase in each community and we will be able to run more leagues together rather than if we operated independently. The concentration of these efforts is to provide more recreational athletic leagues for our residents to participate in. We hope that you enjoy participating in the leagues offered in SAAL!

Adult Floor Hockey League

Get a team together and join the SAAL Floor Hockey League this spring! Games will be played on Wednesday evenings in April and May at the Westmont Park District Community Center gym. A deposit of \$100 is due at the time of registration with full payment due prior to the first game. All teams are required to provide their own team shirts with visible numbers and hockey sticks. Westmont Park District will provide goalie equipment if needed. All players must be at least 18 years of age. Rosters are due before the first game. No game requests will be taken.

Code	Day	Time	Dates
312312-A	W	6:30-10:30pm	4/15-5/27

Ages: 18+ years
Fee: \$400R/NR
Location: Westmont Park District Gym
Min/Max: 6/10

Co-Ed Adult Kickball

Come play one of the oldest recess games in the books! Our SAAL recreational co-ed kickball league is geared towards adults looking to have some childhood fun. Everyone in the league wins with a special drink offer from Scallywag Brewery- After your game, stop in and have a pint! A deposit of \$100 must be made at the time of registration with full payment due prior to the first game. All players must be at least 18 years of age. Rosters are due before the first game. Teams must have 50/50 males and females. No game requests will be taken.

Code	Day	Time	Dates
312312-B	SAT	3:00-6:00pm	4/18-6/13*

*No games 5/23

Ages: 18+ years
Fee: \$300R/NR
Location: Diane Main Park, Field 1
 200 W. 59th St, Westmont
Min/Max: 4/8

Co-Ed 16" Softball League

Grab some friends, family, and/or co-workers and get a team together to participate in the SAAL Co-Ed 16" Softball League! A deposit of \$100 must be made at the time of registration with full payment due before the first



game. All players must be 18 years of age. Rosters are due by the first game. Teams must have 50/50 males and females. No game requests will be taken.

Code	Day	Time	Dates
312312-C	W	6:00-9:00pm	4/15-6/10

Ages: 18+ years
Fee: \$400R/NR
Location: Diane Main Park, Field 1
 200 W. 59th St, Westmont
Min/Max: 4/8



2019 First Place League Champions, The Raging Bulls.

Men 30 & Over 12 Inch 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 4th. Each team will play once per week and there is a Double Elimination Tournament at the end of the season. Please contact the Parks and Recreation Department at parkrec@villageofhinsdale.org with any questions. League begins June 1st.

Code	Days	Time
124000-00	M & W	6:30, 7:30, or 8:30pm

Ages: 30 years and over
Fee: \$700
Location: Veeck Park
Max: 12 Teams



Twitter:
 @HinsdaleParks



Instagram:
 @hinsdaleparks