**Gentle Yoga**

A slower paced class for older adults using yoga poses to maintain health and slow 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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>322212-A</td>
<td>W</td>
<td>10:30-11:30am</td>
<td>1/8-2/26*</td>
</tr>
<tr>
<td>322212-B</td>
<td>W</td>
<td>10:30-11:30am</td>
<td>3/4-4/29*</td>
</tr>
</tbody>
</table>

*A 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

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**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.

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<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>323212-A</td>
<td>M</td>
<td>10:30-11:30am</td>
<td>1/6-2/24*</td>
</tr>
<tr>
<td>323212-B</td>
<td>M</td>
<td>10:30-11:30am</td>
<td>3/2-4/27*</td>
</tr>
</tbody>
</table>

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

**Ages:** 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 or in the event of inclement weather)

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

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**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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>T, W, TH</td>
<td>8:45-9:45am</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>322248-A</td>
<td>F</td>
<td>10:30-11:30am</td>
<td>1/10-2/21</td>
</tr>
<tr>
<td>322248-B</td>
<td>F</td>
<td>10:30-11:30am</td>
<td>2/28-4/10</td>
</tr>
<tr>
<td>322248-C</td>
<td>F</td>
<td>10:30-11:30am</td>
<td>4/17-5/29</td>
</tr>
</tbody>
</table>

**Age:** 50 years and up  
**Fee:** $75R/$90NR for a 10 punch card  
**Location:** The Community House  
**Max:** 4 (Co-Op)

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**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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>322246-A</td>
<td>SAT</td>
<td>8:00am-Noon</td>
<td>1/4</td>
</tr>
<tr>
<td>322246-B</td>
<td>SAT</td>
<td>8:00am-Noon</td>
<td>2/1</td>
</tr>
<tr>
<td>322246-C</td>
<td>SAT</td>
<td>8:00am-Noon</td>
<td>3/7</td>
</tr>
<tr>
<td>322246-D</td>
<td>SAT</td>
<td>8:00am-Noon</td>
<td>4/4</td>
</tr>
<tr>
<td>322246-E</td>
<td>SAT</td>
<td>8:00am-Noon</td>
<td>5/2</td>
</tr>
</tbody>
</table>

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

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**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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>M, W</td>
<td>10:00-11:00am</td>
<td>Ongoing</td>
</tr>
<tr>
<td>TU</td>
<td>7:00-8:00pm</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

**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)

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**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 322060-C
- **Day:** SAT
- **Time:** 9am-Noon
- **Dates:** 1/11-2/22
- **Register By:** 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 322060-D
- **Day:** SAT
- **Time:** 9am-Noon
- **Dates:** 3/7-4/25
- **Register By:** 3/2
- **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.

### Code 332190-A
- **Day:** TH
- **Time:** 6:30-7:45pm
- **Dates:** 1/16-2/27
- **Register By:** 1/6
- **Ages:** 18 years and up
- **Fee:** $120R/$125NR
- **Location:** The Lodge Ballroom
- **Min/Max:** 2/6 (Co-Op)

**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 322190-A
- **Day:** M
- **Time:** 7:00-8:30pm
- **Dates:** 1/6-5/18
- **Register By:** 1/6
- **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 322195-A
- **Day:** TH
- **Time:** 6:30-7:45pm
- **Dates:** 1/16-2/27
- **Register By:** 1/6
- **Ages:** 18 years and up
- **Fee:** $160R/$192NR
- **Location:** The Lodge Ballroom
- **Min/Max:** 2/6 (Co-Op)

### Code 322195-B
- **Day:** TH
- **Time:** 7:00-8:30pm
- **Dates:** 1/16-2/27
- **Register By:** 1/6
- **Ages:** 18 years and up
- **Fee:** $160R/$192NR
- **Location:** The Lodge Ballroom
- **Min/Max:** 2/6 (Co-Op)

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 322190-B
- **Day:** M
- **Time:** 8:30-10:00pm
- **Dates:** 1/6-3/9
- **Register By:** 1/6
- **Ages:** 16 years and up
- **Fee:** $40R/$50NR per person
- **Location:** The Lodge Ballroom
- **Min/Max:** 2/6 (Co-Op)

**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 332190-D
- **Day:** M
- **Time:** 6:45-7:30pm
- **Dates:** 4/20-6/1
- **Register By:** 4/20
- **Ages:** 18 years and up
- **Fee:** $54R/$68NR per person
- **Location:** KLM Park
- **Min/Max:** 6/8 (Co-Op)

*No class 5/25
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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>31370-A</td>
<td>W</td>
<td>7:00-8:15pm</td>
<td>1/15</td>
</tr>
</tbody>
</table>

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 overall body fitness, and build stamina and endurability of muscles, while improving cardiovascular endurance and muscle tone, while improving core strength.

<table>
<thead>
<tr>
<th>Code</th>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>32220-A</td>
<td>Beg./Cont. (White-Blue)</td>
<td>TUE</td>
<td>7:40-8:40pm</td>
<td>1/3-3/17</td>
<td>$121</td>
</tr>
<tr>
<td>32220-B</td>
<td>Int./Adv. (Green-Black)</td>
<td>TUE</td>
<td>7:40-9:10pm</td>
<td>1/3-3/20</td>
<td>$160</td>
</tr>
<tr>
<td>32220-C</td>
<td>Beg./Cont. (White-Blue)</td>
<td>TUE</td>
<td>7:40-8:40pm</td>
<td>4/7-6/9</td>
<td>$110</td>
</tr>
<tr>
<td>32220-D</td>
<td>Int./Adv. (Green-Black)</td>
<td>TUE</td>
<td>7:40-9:10pm</td>
<td>4/7-6/9</td>
<td>$145</td>
</tr>
</tbody>
</table>

Location: Darien Park District, 7301 Fairview Ave, Darien
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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>31204-A</td>
<td>W</td>
<td>7:15-8:10pm</td>
<td>1/8-3/18</td>
</tr>
<tr>
<td>31204-B</td>
<td>W</td>
<td>7:15-8:10pm</td>
<td>4/1-6/10</td>
</tr>
</tbody>
</table>

*All 1/8 and 4/22 classes at Burr Ridge Community Center, 1SW400 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!

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>322310-A</td>
<td>Mon/Wed</td>
<td>1:00pm-2:00pm</td>
<td>4/15-4/22</td>
</tr>
<tr>
<td>322310-B</td>
<td>Mon/Wed</td>
<td>1:00pm-2:00pm</td>
<td>5/4-5/13</td>
</tr>
</tbody>
</table>

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!

<table>
<thead>
<tr>
<th>Code</th>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>322256-A</td>
<td>Intermediate</td>
<td>Mon/Wed</td>
<td>1:00-2:00pm</td>
<td>4/15-4/22</td>
</tr>
<tr>
<td>322256-B</td>
<td>Advanced</td>
<td>Mon/Wed</td>
<td>2:30-3:30pm</td>
<td>4/15-4/22</td>
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<tr>
<td>322256-C</td>
<td>Intermediate</td>
<td>Mon/Wed</td>
<td>1:00-2:00pm</td>
<td>5/4-5/13</td>
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<tr>
<td>322256-D</td>
<td>Advanced</td>
<td>Mon/Wed</td>
<td>2:30-3:30pm</td>
<td>5/4-5/13</td>
</tr>
</tbody>
</table>

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

Stay tuned for more information on upcoming Pickleball social events, tournaments, and lessons on the brand new Brook Park Pickleball Courts!
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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>312312-A</td>
<td>W</td>
<td>6:30-10:30pm</td>
<td>4/15-5/27</td>
</tr>
</tbody>
</table>

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. No game requests will be taken.

<table>
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<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>312312-B</td>
<td>SAT</td>
<td>3:00-6:00pm</td>
<td>4/18-6/18*</td>
</tr>
</tbody>
</table>

*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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
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<th>Dates</th>
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<tbody>
<tr>
<td>124000-00</td>
<td>M &amp; W</td>
<td>6:30, 7:30, or 8:30pm</td>
<td>6/10</td>
</tr>
</tbody>
</table>

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

Twitter: @HinsdaleParks
Instagram: @hinsdaleparks