

Toning With Weights

All ages and fitness levels will benefit from this body shaping class. The workout will emphasize all of the major muscle groups of the upper body, lower body, and abdominals with exercises that vary from toning, interval training, and cardio workouts. Please bring a set of 3 to 8 pound weights, a water bottle, a mat, and a towel to class.

Ages: 16 - Adult
 Time: 6:30 - 7:30 pm
 Fee: \$35 R / \$43.75 NR / 6 sessions
 Location: Lincoln-Way North Dance Studio
 Please use the Aquatic Center entrance

107194-01 Day/Dates: Tues, Jan 10 - Feb 14

107194-02 Day/Dates: Tues, Mar 6 - Apr 10

Hatha Yoga

Discover the unique way to shape your body and your mind. This beginning yoga class introduces asanas (yoga postures), breathing, meditation, and relaxation. Please bring a water bottle, a mat, and towel to class.

Ages: 16 - Adult
 Time: 7:30 - 8:30 pm
 Fee: \$35 R / \$43.75 NR / 6 sessions
 Location: Lincoln-Way North Dance Studio
 Please use the Aquatic Center entrance

107021-01 Day/Dates: Tues, Jan 10 - Feb 14

107021-02 Day/Dates: Tues, Mar 6 - Apr 10

Muscle Madness - New!

Join the madness by shocking your muscles in this intense workout. Training with free weights, bands, circuits, and intervals will burn calories fast and tone your whole body. We will improve on muscle strength, flexibility, and balance, and have fun doing it. This isn't the same old workout, this is MUSCLE MADNESS! Please bring a set of 5 to 8 pound weights, a water bottle, a mat, and a towel to class.

Ages: 16 - Adult
 Time: 6:30 - 7:30 pm
 Fee: \$35 R / \$43.75 NR / 6 sessions
 Location: Lincoln-Way North Dance Studio
 Please Use the Aquatic Center Entrance

104091-01 Day/Dates: Thurs, Jan 12 - Feb 16

104091-02 Day/Dates: Thurs, Mar 8 - Apr 12

Cardio Kickboxing

This class introduces beginning aerobic workouts using basic moves from the sport of kickboxing. Jabs, uppercuts, and kicks will be a primary focus in this class. Choreography is basic, and coordination and rhythm will not be stressed. At the end of each class, we will focus on abdominal and lower back muscles, as well as cool down exercises and stretching. Please bring a towel, mat, water bottle, and 8 oz. boxing gloves (optional) to class.

Ages: 16 - Adult
 Time: 6:30 - 7:30 pm
 Fee: \$35 R / \$43.75 NR / 6 sessions
 Location: Lincoln-Way North Dance Studio
 Please use the Aquatic Center entrance

107010-01 Day/Dates: Mon, Jan 16 - Feb 20

107010-02 Day/Dates: Mon, Mar 12 - Apr 16

107010-03 Day/Dates: Wed, Jan 18 - Feb 22

107010-04 Day/Dates: Wed, Mar 14 - Apr 18

Rubber Stamping

Learn the fun, beautiful, and easy art of rubber stamping. Each participant will complete several projects to take home, each showing different techniques. The projects will include greeting cards, gift bags, and other unique items. If you are a scrapbooker, these techniques can easily be used to accent your pages. All supplies included.

Ages: 16 - Adult
 Time: 7:00 - 9:00 pm
 Fee: \$12 R / \$15 NR
 Location: Park District Administration Building

107110-01 Day/Date: Thurs, Jan 12

107110-02 Day/Date: Thurs, Feb 9

107110-03 Day/Date: Thurs, Mar 15

107110-04 Day/Date: Thurs, Apr 19



Teen and Adult Martial Arts

Martial arts is a form of exercise that you can enjoy for your entire life. This program offers a diverse martial arts and self defense workout that incorporates the forms of joint lock grappling (Jujitsu), throwing (Judo), and karate. Release tension and work to improve your physical fitness and agility with the help of strength and meditation exercises.

Ages: 13 - Adult
Time: 7:45 - 8:45 pm
Location: Lincoln-Way North Wrestling Room
Please use the Aquatic Center Entrance

Fee: \$50 R / \$65.50 NR / 6 sessions

103071-01 Day/Dates: Mon, Jan 23 - Feb 27

103071-02 Day/Dates: Mon, Mar 19 - Apr 30
(No class Apr 9)

103071-03 Day/Dates: Fri, Jan 20 - Feb 24

103071-04 Day/Dates: Fri, Mar 9 - May 4
(No class Mar 16, Apr 6,
Apr 13)

Fee: \$85 R / \$106.25 NR / 12 sessions

103071-05 Day/Dates: Mon & Fri, Jan 20 - Feb 27

103071-06 Day/Dates: Mon & Fri, Mar 9 - May 4
(No class Mar 12, Mar 16,
Apr 6, Apr 9, Apr 13)

Social Dance

Grab your partner and put on your dancing shoes! Have fun learning a wonderful array of ballroom dances including the fox trot, 2-step, waltz, rumba, cha-cha, polka, and swing. This class is a great way to get ready for all those upcoming events, such as weddings, reunions, and parties. Our instructor combines the joy of movement with the romance of ballroom dancing. Instruction will be taught in a friendly and relaxed atmosphere. You will need to register with a partner.

Ages: 16 - Adult
Time: 7:00 - 8:00 pm
Fee: \$35 R / \$40 NR / 6 sessions
Location: Frankfort Founders Center
140 Oak Street

107060-01 Day/Dates: Tues, Jan 24 - Mar 6
(No class Feb 14)

107060-02 Day/Dates: Tues, Mar 20 - May 1
(No class Apr 10)

Dance the Salsa!

Join us as we learn a popular dance craze...the salsa! You will have fun learning the basic salsa steps of how to lead and follow, dips, spins, and other exciting moves in this beginner class. Rule the dance floor with this fast, fiery Latin motion! You will need to register with a partner.

Ages: 16 - Adult
Time: 8:00 - 9:00 pm
Fee: \$35 R / \$40 NR / 6 sessions
Location: Frankfort Founders Center
140 Oak Street

107061-01 Day/Date: Tues, Jan 24 - Mar 6
(No class Feb 14)

107061-02 Day/Date: Tues, Mar 20 - May 1
(No class Apr 10)

Vintage Rock at School of Rock - New!

Vintage rockers of all skill levels will join together with professional music teachers to learn, play, and perform in a fun and casual setting. This is an opportunity for adults to learn a new instrument, brush up on past skills, record in our sound studio, and jam with other like-minded music enthusiasts. Lessons are offered in guitar, bass, drums, keyboard and vocals.

Ages: 16 & Up
Day/Dates: Thurs, Jan 26 - Mar 15
Time: 7:30 - 8:30 group lessons
8:30 - 9:30 jam session
Fee: \$250 / 8 sessions
Location: Mokena School of Rock
9613 W. 194th Street

Beginner Rock

104210-01 Guitar

104210-02 Bass

104210-03 Drums

104210-04 Keyboard

104210-05 Vocals



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America's Boating Course

This is an exciting, in-depth safety course that provides the knowledge needed to obtain a boat license or safety certification in many states. The Calumet Power Squadron will discuss the basics you need to know to safely and legally operate and navigate your boat. Since boating is often a family activity, the course is of value to all members of a family. The more educated a boater becomes, the more likely that boater will be a safe boater. Children ages 9 - 11 are welcome to take the class with a parent at an additional cost of \$10 each. They must share the manual and won't be fully certified until age 12.

104092-01

Ages: 12 - Adult
 Day/Dates: Wed, Feb 1 - 29
 Time: 7:00 - 9:00 pm
 Fee: \$40 R / \$45 NR / 5 sessions
 Location: Park District Administration Building

GPS Fundamentals Seminar

Global Positioning System (GPS) navigation skills are a part of a complete knowledge base required for safe boating. New and seasoned skippers, anglers, and interested mariners will benefit from this fun, informative overview of the GPS system, and how it can be used effectively for marine navigation. Practical examples will be emphasized throughout the seminar, culminating in an interactive demonstration of the planning and navigation of a typical Lake Michigan cruise.

110145-01

Ages: 12 - Adult
 Day/Dates: Wed, Mar 7 and Mar 14
 Time: 7:00 - 9:00 pm
 Fee: \$35 R / \$40 NR / 2 sessions
 Location: Park District Administration Building

Women's Self-Defense Class

The Women's Self-Defense course employs a mind and body training approach to maximize a woman's abilities to be safe in her life. The course goes beyond an accumulation of attack defenses to assist in crafting an attitude of personal safety. Safety mindedness includes the awareness of an attacker's methods and opportunities, and being able to respond to intrusions to one's personal space. Safety first is the core attitude emphasized in preparation and action.

110143-01

Ages: 16 - Adult
 Day/Dates: Wed, Mar 21 and Mar 28
 Time: 6:30 - 8:30 pm
 Fee: \$42 R / \$52.50 NR / 2 sessions
 Location: Lincoln-Way North Wrestling Room
 Please use the Aquatic Center entrance

Junior Navigation - New!

Junior Navigation is the first of a two-course program of Offshore Navigation for the recreational boater in which students learn about current offshore navigation electronic tools and software, as well as conventional route planning techniques. Students also learn traditional celestial navigational skills to determine position, using these techniques to check their electronics and as the backup navigation technique in the event electronics fail.

107070-01

Ages: 12 - Adult
 Day/Dates: Wed, Mar 21 - Sept 12 (No class July 4)
 Time: 7:00 - 9:00 pm
 Fee: \$135 R / \$140 NR / 25 sessions
 Location: Park District Administration Building

Scouts

Boy Scouts of America

Boy Scout Troop 237

In addition to rank advancement and merit badges, we offer a vast outdoor program such as monthly campouts, hiking and fishing trips, summer camp and so on. For more information, contact Mr. McCully at (815) 469-1461, or Mr. Toppett at (815) 469-9101.

Cub Pack 237, Grades: 1st - 5th

Contacts: Jeremy Kubik (708) 692-4938
 Rebecca Eisel (708) 691-5088

Girl Scouts USA

Are you looking to become a Girl Scout? We have troop leaders ready to accept new girls (ages 5 - 17) into their troops, which meet on a variety of days and times. For more information, please contact the individual leaders below or serviceunit742@hotmail.net.

- Arbury Hills - Lisa Gilbert (708) 479-8720
- Indian Trail - Camille Allen (815) 922-4727
- Daisy - Jennifer Cornfield (708) 602-1858
 Pat Huntoon (708) 651-1389
- Hilda Walker - Pat Huntoon (708) 651-1389
- Mary Drew - Erin Richardson (708) 278-6000
- Rogus - Shari Holt (708) 267-8801
- Summit Hill - Karen Faber (815) 464-6919
- Lincoln-Way North - Patti Moore (815) 464-5802

Venture Crew

Co-ed scouting for ages 14 - 21
venturecrew237@gmail.com
 Rich McCully-Advisor (815) 469-1461
 Gayle Wolcott-Committee Chair (815) 690-2926