

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: \$45 R / \$56.25 NR / 6 sessions

307013-01 Day/Dates: Mon, Aug 23 - Oct 4
(No class Sept 6)

307013-02 Day/Dates: Mon, Oct 18 - Nov 22

307013-03 Day/Dates: Fri, Aug 27 - Oct 1

307013-04 Day/Dates: Fri, Oct 15 - Nov 19

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

307013-05 Days/Dates: Mon & Fri, Aug 23 - Oct 4
(No class Sept 6)

307013-06 Days/Dates: Mon & Fri, Oct 18 - Nov 29
(No class Nov 26)

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 mat and a towel to class.

Ages: 16 - Adult
Time: 6:30 - 7:30 pm
Fee: \$32 R / \$40 NR / 6 sessions
Location: Lincoln Way North Dance Studio
Please use the Aquatic Center entrance

307004-01 Day/Dates: Tues, Sept 7 - Oct 12

307004-02 Day/Dates: Tues, Oct 26 - Nov 30

307004-03 Day/Dates: Thurs, Sept 16 - Oct 21

307004-04 Day/Dates: Thurs, Oct 28 - Dec 9
(No class Nov 25)

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 mat and towel to class.

Ages: 16 - Adult
Time: 7:30 - 8:30 pm
Fee: \$32 R / \$40 NR / 6 sessions
Location: Lincoln Way North Dance Studio
Please use the Aquatic Center entrance

307005-01 Day/Dates: Tues, Sept 7 - Oct 12

307005-02 Day/Dates: Tues, Oct 26 - Nov 30

Ballet Fit & Stretch - New!

Ever wonder why some professional football players study ballet? It's because ballet training increases strength, coordination, stamina, and flexibility. Join us each week as we learn the structure and sequence of a ballet barre routine, as well as how to stretch and work major muscle groups of the body properly and how to improve posture. No previous experience required. Students will not participate in the park district's annual spring recital. Comfortable clothing that does not inhibit movement should be worn for this class. Ballet slippers are recommended.

Ages: 18 - Adult
Time: 7:00 - 8:00 pm
Fee: \$35 R / \$43.75 NR / 6 sessions
Location: Park District Administration Building

305010-01 Day/Dates: Wed, Sept 8 - Oct 13

305010-02 Day/Dates: Wed, Oct 27 - Dec 1

Intermediate Art

Learn about post-modern and modern eras of art history. Create projects based on each era. This class is for those interested in learning about different types of art and how they were introduced, and creating fun and unique projects based on each type. No previous art experience is required.

Ages: 12 - 16
Time: 6:00 - 7:00 pm
Fee: \$36 R / \$45 NR / 6 sessions
Location: Park District Administration Building

301140-01 Day/Dates: Thurs, Sept 9 - Oct 14

301140-02 Day/Dates: Thurs, Oct 28 - Dec 9
(No class Nov 25)

Fundamentals of Art

Learn about post-modern and modern eras of art history. This class will introduce adults to several eras of art and we will create projects based on each era. No previous art experience is required.

Ages: 16 - Adult
 Time: 7:30 - 8:30 pm
 Fee: \$36 R / \$45 NR / 6 sessions
 Location: Park District Administration Building

303090-01 Day/Dates: Thurs, Sept 9 - Oct 14

303090-02 Day/Dates: Thurs, Oct 28 - Dec 9
 (No class Nov 25)

Irish Dance

Learn the beginner techniques of Irish dancing. Come and experience this adult only atmosphere to relax and enjoy the childlike interest of this festive cultural dance. The instructors have been involved in dancing for over twenty years and can help you learn to admire this fun-loving Irish heritage.

Ages: 18 - Adult
 Time: 7:30 - 8:30 pm
 Fee: \$72 R / \$77 NR / 6 sessions
 Location: Frankfort Founders Center
 140 Oak Street

307012-01 Day/Dates: Mon, Sept 13 - Oct 18

307012-02 Day/Dates: Mon, Oct 25 - Dec 6
 (No class Nov 22)

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 per person / 6 sessions
 Location: Founders Center
 140 Oak Street

308110-01 Day/Dates: Tues, Sept 14 - Oct 19

308110-02 Day/Dates: Tues, Nov 2 - Dec 7

Dance the Salsa!

Join us as we learn the latest dance craze...the salsa! You will have fun learning the basic salsa steps 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 per person / 6 sessions
 Location: Founders Center
 140 Oak Street

307000-01 Day/Dates: Tues, Sept 14 - Oct 19

307000-02 Day/Dates: Tues, Nov 2 - Dec 7

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 scrap booker, 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

307008-01 Day/Date: Thurs, Sept 16

307008-02 Day/Date: Thurs, Oct 14

307008-03 Day/Date: Thurs, Nov 11

Using VHF & VHF/DSC Marine Radio

Attention boaters! VHF radio is the mainstay of coastal communication and essential for emergency communications. Digital Selective Calling (DSC) is rapidly becoming a reality as more Coast Guard Rescue 21 System operations go live. This seminar explains basic VHF operation. A CD is included with a DSC Simulator that allows you to practice on your computer at home. A handy waterproof guide is also included with essential radio information.

307016-01

Ages: 12 - Adult
 Day/Date: Wed, Oct 6
 Time: 7:00 - 9:00 p.m.
 Fee: \$40 R / \$45 NR
 Location: Park District Administration Building

Effective Parenting - **New!**

In this class, you will learn effective parenting techniques, and new ways to help manage your child's behavior. Taught by a Licensed Clinical Social Worker, you will learn behavior management techniques based on scientific research, as well as ways to improve bonding and attachment with your child. The structure of this class will be an open forum discussion based off of case examples from the participants. You will learn theory, technique and discuss your implementation efforts from week to week.

Note: Registration is for parents only, one or both parents per family are welcome to attend.

Ages: Parents with children 2 - 11 years old
 Fee: \$40 R / \$50 NR / 4 sessions (per family)
 Location: Park District Administration Building

304011-01 Day/Dates: Thurs, Oct 14 - Nov 4
 Time: 6:30 - 8:00 pm
 OR

304011-02 Day/Dates: Fri, Oct 15 - Nov 5
 Time: 10:00 - 11:30 am

Heart Saver CPR/AED for Coaches - **New!**

This is a great opportunity for youth and adult athletic league coaches to learn how to recognize emergencies that endanger the lives of children and adults. This class covers conscious and unconscious choking, rescue breathing, CPR, and AED (Automated External Defibrillator). Participants will learn how to perform these skills on adults and children, using mannequins. Upon successful completion of the written test and demonstration of techniques on mannequins, you will receive American Heart Association certification in cardiopulmonary resuscitation.

307002-01

Ages: 16 - Adult
 Day/Date: Tues, Oct 19
 Time: 6:30 - 9:30 pm
 Fee: \$27 R / \$33.50 NR
 Location: Frankfort Fire Station # 3
 24420 South La Grange Road

Boating on Rivers, Locks, and Lakes - **New!**

The United States has over 30,000 miles of improved waterways – some of the finest boating to be found anywhere. This seminar introduces boaters to this inland cruising world with such topics as special navigation rules, the Western Rivers System of buoys and marks, river currents, and communicating with lock masters and bridge tenders.

307015-01

Ages: 12 - Adult
 Day/Dates: Wed, Oct 20 & 27
 Time: 7:00 - 9:00 pm
 Fee: \$40 R / \$45 NR / 2 sessions
 Location: Park District Administration Building

Beginning Crochet

Learn the stitches necessary for the art of crochet. Students will work on basic projects using the slip stitch, chain stitch, single, double, and triple crochet methods. Students will finish this class with the confidence and basic skills to complete a variety of projects. Program fee includes a hook, one skein of yarn, and basic crochet instruction.

307011-01

Ages: 16 - Adult
 Day/Dates: Thurs, Nov 4, 11, 18
 Time: 6:30 - 7:30 pm
 Fee: \$16 R / \$20 NR / 3 sessions
 Location: Park District Administration Building

Heart Saver CPR

Learn how to recognize emergencies that endanger the lives of children and adults. This class covers conscious and unconscious choking, rescue breathing, and CPR. Participants will learn how to perform these skills on adults and children, using mannequins. Upon successful completion of the written test and demonstration of techniques on mannequins, you will receive American Heart Association certification in cardiopulmonary resuscitation.

307003-01

Ages: 16 - Adult
 Day/Date: Tues, Nov 16
 Time: 6:30 - 9:00 pm
 Fee: \$22 R / \$27.50 NR
 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.

310030-01

Ages: 16 - Adult
 Day/Dates: Sun, Aug 22 - Sept 26
 Time: 2:00 - 3:00 pm
 Fee: \$42 R / \$52.50 NR / 6 sessions
 Location: Lincoln-Way North Wrestling Room
 Please use the Aquatic Center entrance