

## Childcare Service

Our childcare service is available to patrons who are participating in park district programs or working out in our Fitness Center.

This service is available Monday thru Friday from 9:00am-6:00pm by reservation only. Reservations are accepted on a first-come, first-served basis and must be made at least one (1) day in advance, either in person at the Fitness Center or by calling 630-968-6400 x107.

Age limits: Six months to twelve years old.

Fees: \$4 per/hr (R)  
\$5 per/hr (NR)

10 Visit Punch Card

\$35 (R)  
\$45 (NR)



## Start a Website

Have you always wanted to get a website up and running for yourself or your business but you don't know where to start or what you need? Your presenter, Bill Casey, is an elementary school teacher who also owns a web development company. Bill has taught computer classes and given individual instruction to people since the household advent of the internet in the 1990's. This presentation will give you all the information you need to know when it comes to getting a website started. Bill will show you the many options that you have so that this will take the scare out of moving forward and getting your own site online.

Age: 18 & up  
Location: Westmont Park District  
75 E. Richmond

Instructor: Bill Casey

Note: **Registration deadline September 27**

Code #	Day	Date	Time	R/NR Fee
230752-A	M	Oct. 4	7:00-8:00pm	\$10/\$15

## New! Google Advertising

Getting your website noticed is one of the most difficult things to do if you don't know where to start. Our expertise in using Google Adwords, Analytics and other tools will help you maximize your effort in order to get the best results locally and nationally. Learn how you can get your website ranked and displaying much higher in the search engines.

Age: 18 & up  
Location: Westmont Park District 75 E. Richmond  
Instructor: Bill Casey  
Note: **Registration deadline October 11**

Code #	Day	Date	Time	R/NR Fee
230762-A	M	Oct. 18	7:00-8:00pm	\$10/\$15

## Social Networking

There is an abundance of sites and tools for communicating these days. Facebook, Twitter and LinkedIn are a few of the popular web tools used by millions of people. We will show you how to create an account and how to use many of the features of these popular programs. Whether you are familiar and want some added tricks, or you want to keep up with your friends and family to see what they are up to, this class is for you.

Age: 18 & up  
Location: Westmont Park District 75 E. Richmond  
Instructor: Bill Casey  
Note: **Registration deadline October 18**

Code #	Day	Date	Time	R/NR Fee
230759-A	M	Oct. 25	7:00-8:00pm	\$10/\$15

## New! Keyboard & Word Processing

This class will provide students with an overview and practice in using keyboard keys. Students will learn about the word processing menu bar, toolbars, and document window. During class students will practice formatting text, using the copy, cut, and paste commands, inserting clip art into a document and saving and opening documents. Students will work in already created documents.

Age: 18 & up  
Location: Westmont Park District 75 E. Richmond  
Instructor: Staff from Total PC Services  
Note: **Registration deadline November 2**

Code #	Day	Date	Time	R/NR Fee
230764-A	Tu	Nov. 9	7:00-8:30pm	\$21/\$26

## New! Quick Fixes & Computer Tips

Windows has many built in tools to keep a computer running smoothly and to troubleshoot and fix computer problems. Most people just don't know about them. You will learn tools for cleaning up, backing up and maintaining files; updating software programs, troubleshooting hardware/software problems, what to do if your computer won't start normally, how to work in Safe Mode, and more!

Age: 18 & up  
Location: Westmont Park District 75 E. Richmond  
Instructor: Staff from Total PC Services  
Note: **Registration deadline November 9**

Code #	Day	Date	Time	R/NR Fee
230765-A	Tu	Nov. 16	7:00-8:30pm	\$21/\$26

## Health & Wellness Seminars

The following seminars are all FREE but registration is required.

Age: 15 & up

Location: Darien Park District Community Center

### Surviving Menopause Naturally

Ladies, come hear how to successfully survive the menopause phase of life without prescription hormones. Everybody is welcome!

Presenter: Dr. Alan Tang, Family Care Wellness & Rehab

Code #	Day	Date	Time
220709-J	Th	August 12	7:00pm

### Reducing Foot/Knee Pain

Fallen arches/pronation or supination can cause foot and knee problems. Come in for a free demo and find out how custom stabilizers could help support your body.

Presenter: Robert Surrusco, Corporate Wellness Consultant, Clarendon Chiropractic

Code #	Day	Date	Time
220709-K	Sa	August 14	8:30-10:30am

### Understanding Gluten/Eating Gluten Free

Free workshop on the potentials dangers of gluten and the medical conditions associated with this protein. Learn why your family may want to live a gluten-free lifestyle.

Presenter: Robert Surrusco, Corporate Wellness Consultant, Clarendon Chiropractic

Code #	Day	Date	Time
220709-L	Tu	September 21	7:00-9:00pm

### Balancing Hormones Naturally

Balancing Hormones Naturally A Holistic Approach to Women's Hormone-Related Health Concerns - Over 80 million women in the U.S. currently suffer with PMS and symptoms of menopause. Many of these women are confused as to what health options are available or even right for them. This lecture will educate the audience about natural alternatives to address problems related to hormone imbalances and menopause.

Presenter: Robert Surrusco, Corporate Wellness Consultant, Clarendon Chiropractic

Code #	Day	Date	Time
230709-A	Tu	Oct. 5	7:00pm



### Natural Solutions for Growing Children/Families

This presentation covers the basics that all families should be aware of in order to raise a healthy family in today's environment: Nutrition, Environmental Toxicity, Exercise and Proper Function. From the birth process to high school sports, from learning to walk to carrying a backpack, children are subjected to health problems and trauma that can affect the well-being of their lives. Infantile colic, ear infections, tonsillitis, scoliosis, adolescent low back pain and even so-called "ADD" can all be related to treatable health problems such as allergies, low blood sugar, nutritional deficiency and impurities in the body. The purpose of this workshop is to educate parents on safe, natural alternatives to treating family health problems that don't involve drugs or surgery.

Presenter: Robert Surrusco, Corporate Wellness Consultant, Clarendon Chiropractic

Code #	Day	Date	Time
230709-B	Tu	Oct. 26	7:00pm

### Understanding Fibromyalgia

People who are suffering with fibromyalgia are desperate for relief from the constant nagging symptoms, pain and fatigue. Dr. Surrusco will educate the audience about safe, effective and natural alternative methods for addressing Fibromyalgia and chronic pain symptoms.

Presenter: Robert Surrusco, Corporate Wellness Consultant, Clarendon Chiropractic

Code #	Day	Date	Time
230709-C	Tu	Nov. 16	7:00pm

### Five Secrets to Permanent Weight Loss

This presentation will educate the audience about how the body and metabolism works, why most diets don't work, the true value of being healthy and fit, how food, water, and medication play a roll in their health and how pain limits a person from achieving their full health potential!

Presenter: Robert Surrusco, Corporate Wellness Consultant, Clarendon Chiropractic

Code #	Day	Date	Time
230709-D	Tu	Dec. 7	7:00pm

## File of Life

File of File is provided by the Downers Grove Township.

It is a card which lists your vital medical information to assist emergency response personnel. The card fits inside a magnetic pouch which is placed on your refrigerator door for immediate access. A pocket size card is also provided to keep in your purse/wallet. The card then accompanies you to the hospital if necessary.

Stop the the Darien Park District office to purchase one.

**Cost: \$1.00**



## Book Exchange

Nothing to read at home? Why not use the Darien Park District book exchange. Just bring in any book that you would like to share (no textbooks please) & exchange it for any book of your choice. When you are finished reading the book bring it back for another!

## Beauty Workshops

Discover the secrets to great eyes, skin, hands and feet. Each workshop is filled with creative techniques to enhance your beauty. The skills you learn you will take home and be able to continue using every day. Enjoy hands on activities and come to class with clean, bare nails and/or makeup-free eyes. Please bring a towel for the foot spa and a head band for the spa facial.

Age: Women age 12-55  
 Location: Darien Park District Community Center  
 7301 Fairview Ave.  
 Instructor: Annmarie Vlastnik of Beauticontrol

Code #	Day	Date	Time	R/NR Fee
230738-A	Sa	Sept. 25	9:00-10:00am	\$24/\$29

### Foot Spa

230738-B	Sa	Sept. 25	10:00-11:00am	\$24/\$29
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### Facials

230738-C	Sa	Oct. 9	9:00-10:00am	\$24/\$29
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### Eye Magic

230738-D	Sa	Oct. 9	10:00-11:00am	\$24/\$29
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## Women's Self Defense Anti-Rape Seminar

We will introduce you to the cutting edge of self defense training that is out there today. You don't want to miss this experience. Due to the sensitive subject matter the utmost respect and discretion will be exhibited. Please dress comfortably as we will be on the ground at times and also be prepared to have fun!

Age: Women age 14 & up  
 Location: Darien Park District Community Center  
 7301 Fairview Ave.  
 Instructor: Pete Juska - Chicago Combat Club

Code #	Day	Date	Time	R/NR Fee
230749-A	Sa	Sept. 25	10:00-12:00pm	\$30/\$35
230749-B	Sa	Oct. 23	10:00-12:00pm	\$30/\$35

## Women's Self Defense Street Safety Seminar

We will be covering a wide variety of cutting edge self defense material that will guarantee to give you a workout as well as the tools to protect your self out on the streets. Dress comfortably and prepare to have fun. You don't want to miss this experience!

Age: Women age 14 & up  
 Location: Darien Park District Community Center  
 7301 Fairview Ave.  
 Instructor: Pete Juska - Chicago Combat Club

Code #	Day	Date	Time	R/NR Fee
230748-A	Sa	Nov. 20 & Dec. 4	10:00-12:00pm	\$90/\$95

## Holiday Spa Retreat

Relax and enjoy total bliss. You deserve it! Come and pamper yourself at the "Spa Retreat" or treat someone that needs de-stressing with the gift of a spa. Enjoy the experience of this relaxing evening, which includes a mini facial, foot treatment, and hand and lip facials, plus techniques you can learn to do at home. Please wear comfortable clothing and bring a towel and washcloth.

Age: Women age 18 & up  
 Location: Darien Park District Community Center  
 7301 Fairview Ave.  
 Instructor: Annmarie Vlastnik of Beauticontrol

Code #	Day	Date	Time	R/NR Fee
230735-A	F	Dec. 17	7:00-8:15pm	\$24/\$29

## Reverse Mortgage

A reverse mortgage is a unique loan that helps seniors and families use the equity in their home to pay for such things as medical expenses, home healthcare, travel, property taxes, or home improvements. You will become informed on all aspects of the HUD Government loan program. This program allows seniors to remain in their homes and provides additional income to live comfortably in retirement. Pre-registration is required.

Age: Adults  
 Location: Darien Park District Community Center  
 7301 Fairview Ave.  
 Instructor: Jerry Pearson, Reverse Mortgage Specialist

Code #	Day	Date	Time	R/NR Fee
230755-A	F	Oct. 22	1:00-2:00pm	FREE

## Your Identity & "Is this a Scam or Not?"

The program will discuss what steps and procedures are needed to protect your identity and personal information and what you need to do if your identity is stolen. The program will also discuss how the internet is involved in your identity protection.

The second half of the seminar will deal with scam artists. You've read or heard about people being duped out of their life savings. This seminar will give you some tips to look out for so you aren't the next victim of a scam artist. Scam artists are very skilled at what they do & Officer Skweres will advise you on what to watch out for. **Pre-registration is required.**

Age: Adults  
 Location: Darien Police Station  
 1710 Plainfield Rd.  
 Instructor: Darien Police Officer Nick Skweres

Code #	Day	Date	Time	R/NR Fee
230757-A	W	Sept. 29	6:30-9:30pm	FREE

## Internet Safety

The terms sound safe enough, "Facebook", "My Space" and other social networking sights but are they really safe? Officer Skweres will shed some light on possible dangers lurking beyond that computer screen your child is typing at. Officer Skweres takes you into cyberspace!! If you would like to bring a laptop computer, internet access will be available for those in attendance. **Pre-registration is required.**

Age: Adults  
 Location: Darien Police Station  
 1710 Plainfield Rd.  
 Instructor: Darien Police Officer Nick Skweres

Code #	Day	Date	Time	R/NR Fee
230758-A	M	Oct. 25	6:30-9:30pm	FREE

## AKC S.T.A.R. Puppy Class

Note: The first class is Orientation. Please do not bring your puppy to the first day. Bring your puppy's current vaccination records to the first day. Current vaccinations are required. Each puppy must be accompanied by at least one adult handler.

The S.T.A.R. Puppy program was developed by the AKC and is designed to get dog owners and their puppies off to a great start. This class is an incentive program for loving dog owners who are willing to take the time to bring their puppies through a basic training class. Evaluations will be given throughout this 6 week class and a final test will be given on the last day. You will be given the opportunity to send for the official AKC certificate upon completion of the program if you and your puppy have passed all test items and you have attended all 6 classes. The cost of the certificate is separate from the class and is paid directly to the AKC. The current cost for the certificate is \$10.00.

Age: Puppies under 1 year of age & their handler  
(Children 14 & younger must have adult supervision)

Location: Darien Park District Community Center  
7301 Fairview Ave.

Instructor: Liz Huskey

Code #	Day	Date	Time	R/NR Fee
230725-A	Tu	Sept. 14-Oct. 19	7:00-8:00pm	\$120/\$125

## Dog Obedience

Note: The first class is Orientation. Please do not bring your dog to the first day. Bring your dog's current vaccination records to the first day. Current vaccinations are required. Each dog must be accompanied by at least one adult handler.

Through positive reinforcement methods, this class will teach you how to gain reliable responses from your dog in all types of situations. You will learn 2 to 3 basic commands each week. Time will also be given to discuss approaches to manage and change negative behaviors such as JUMPING, BARKING, HOUSETRAINING and much more!

Age: Dogs 6 months & older & their handler  
(Children 14 & younger must have adult supervision)

Location: Darien Park District Community Center  
7301 Fairview Ave.

Instructor: Liz Huskey

Code #	Day	Date	Time	R/NR Fee
230726-A	Tu	Nov. 2-Dec. 7	7:00-8:00pm	\$102/\$107

## Intermediate Dog Obedience

Note: You and your dog must have attended any Puppy or Dog Obedience class or your dog responds reliably to Sit, Down, Stay and Come. Please bring your dog AND your dog's current vaccination records to the first day. Current vaccinations are required.

This class takes your Basic Training to the next level. Focus is given to expanding the Basic Commands into a higher level of reliability and new intermediate commands are introduced.

Age: Dogs 6 months & older & their handler  
(Children 14 & younger must have adult supervision)

Location: Darien Park District Community Center  
7301 Fairview Ave.

Instructor: Liz Huskey

Code #	Day	Date	Time	R/NR Fee
230727-A	Th	Oct. 7-Nov. 4	7:00-8:00pm	\$114/\$119



## Walking on a Leash

This 3 week class is geared toward finding out the best techniques for you and your dog so you can learn to enjoy nice, long walks together. Walking is an important part of bonding with your dog and socializing your dog to all types of distractions. Walking provides structured exercise time for your dog, both physically and mentally. You will learn the type of dog that you have (such as timid, curious, excited, anxious, etc.) and tailor a plan that will meet your needs for obtaining a nice controlled walk.

Age: Dogs 6 months or older & their handler  
(Children 14 & younger must have adult supervision)

Location: Darien Park District Community Center  
7301 Fairview Ave.

Instructor: Liz Huskey

Note: Dog's DO come to the 1st class. Dog's should be on flat buckle collars or martingales with a 6 foot leash. NO chain/prong collars or flexi-leads.

Code #	Day	Date	Time	R/NR Fee
230729-A	Th	Sept. 9-23	7:00-8:00pm	\$78/\$83

## New Dog or Puppy Seminar

If you recently brought a new dog or puppy into your home or you are thinking about getting one, this seminar will teach you the best methods for setting basic grounds rules and will guide you through what you can expect from your new companion. Whether you are rescuing a dog or buying a puppy from a breeder, basic principles of how to introduce your new dog or puppy into your home will be covered. We discuss in depth the common problem behaviors that manifest as your dog or puppy settles into their new home. You will learn to apply safe and healthy techniques right from the start to ensure a smooth transition for everyone.

Age: Dog owners age 18 & up

Location: Darien Park District Community Center  
7301 Fairview Ave.

Instructor: Liz Huskey

Note: Dog's DO NOT attend this seminar, Adults only

Code #	Day	Date	Time	R/NR Fee
230750-A	Th	Nov. 18	7:00-8:30pm	\$48/\$53
230750-B	Th	Dec. 2	7:00-8:30pm	\$48/\$53

