

## Horseback Riding Lessons

Staff will teach riders to ride for pleasure or for show. All riders must sign a release waiver and wear a safety helmet. Helmets are available for \$1.00 per ride. All lessons are fully supervised BUT riders are reminded that all riding is done at their own risk. Call 708-598-7718 to find out the intermediate and advanced class schedule. For more information go to [www.newtraditionsridingacademy.com](http://www.newtraditionsridingacademy.com)

Age: 7 thru Adult  
 Location: New Traditions Riding Academy, LLC  
 10100 S. Kean Palos Hills 708-598-7718

### Children's Beginner lessons:

Wednesdays: 4:30pm  
 Saturdays: 1:30pm  
 Sundays: 2:30pm

### Adult Beginner lessons:

Mondays: 8:30Pm  
 Wednesdays: 12:00pm  
 Saturdays: 1:30pm  
 Sundays: 12:15pm

### Children's Intermediate lessons:

Fridays: 4:30pm  
 Sundays: 1:30pm

### Adult Intermediate lessons:

Wednesdays: 8:30pm  
 Saturdays: Noon

### Beginner

Code #		R/NR Fee
210346-A	Five 1 hour lessons	\$145/\$155
210347-A	Ten 1 hour lessons	\$270/\$280

### Intermediate/Advanced

Code #		R/NR Fee
210348-A	Five 1 hour lessons	\$175/\$185
210349-A	Ten 1 hour lessons	\$320/\$330

## American Red Cross Pet First Aid/CPR

Skills you will learn include basic wound care, bleeding management, the Heimlich maneuver, rescue breathing, and CPR. You will learn how to recognize early warning signs of illness, how to stay safe while helping your pet, what to do if your pet is hit by a car or ingests something poisonous, how to create a pet first aid and disaster preparedness kit... and much more. The training includes lecture, demonstration, and hands-on skill practice using dog & cat manikins. Each person will also receive their choice of either the American Red Cross Cat or Dog First Aid book and DVD set to take home. At the completion of the course, each participant will receive an American Red Cross Dog & Cat First Aid completion certificate. Come to class wearing comfortable clothes and expect to have an enjoyable experience.

Age: 16 or older  
 Location: Woodridge Park District Community Center  
 2600 Center Dr. (630) 353-3300  
 Instructor: Frances Wilkerson

Code #	Day	Date	Time	N/NR Fee
210769-A	Sa	Mar. 10 & 17	9:00-11:00am	\$70/\$75



## 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.

Learn the best method for teaching your puppy to be reliable with the basic commands every dog should know. In addition, your puppy will be evaluated for early signs of potential problem behaviors. You will be given techniques on how to manage these issues as your puppy advances into adolescence and then into adulthood. You will be given the opportunity to send for the official AKC certificate upon completion of the program.

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

Location: Darien Park District Community Center

Instructor: Liz Huskey

Note: \*No class 3/29

Code #	Day	Date	Time	R/NR Fee
210725-A	Th	Jan. 19-Feb. 23	7:30-8:30pm	\$120/\$125
210725-B	Th	Mar. 8-Apr. 19*	7:30-8:30pm	\$120/\$125

## Family Dog Class

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. NO AGGRESSIVE DOGS!!

Once your dog enters adolescence and advances into maturity, it is important to make sure they are reliable. You will be given the tools to train your dog how to be reliable when responding to your basic commands. As your dog advances with age, new behaviors may arise that are making it difficult for your dog to be responsive to you and behave appropriately with both humans and animals. You will be given techniques to address the problem behaviors head-on based on your dog's personality and temperament.

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

Location: Darien Park District Community Center

Instructor: Liz Huskey

Note: \*No class 3/29

Code #	Day	Date	Time	R/NR Fee
210726-A	Th	Jan. 19-Feb. 23	6:15-7:15pm	\$102/\$107
210726-B	Th	Mar. 8-Apr. 19*	6:15-7:15pm	\$102/\$107



### Digital Photography I - Learning Your Digital Camera

Are you still wondering about all the features of your newly purchased digital camera? This class will teach you digital camera basics, including pictures as pixels, memory, resolution and exposure control. Soon you will be taking photos digitally and emailing them to friends and family as well as creating beautiful memories to come. Bring your cameras and questions with you to our class.

Age: 16 & older  
 Location: Darien Park District Community Center  
 Instructor: Laura Piton

Code #	Day	Date	Time	R/NR Fee
210710-A	F	Jan. 13-Feb. 3	7:00-8:30pm	\$60/\$65
210710-B	F	Apr. 13-May 4	7:00-8:30pm	\$60/\$65

### Photo I - Learn to Use a 35mm or Digital Camera

This introductory course in 35mm photography utilizing traditional film or digital SLR is designed for Users who want to expand their camera knowledge. Topics include proper exposure, action photos, depth of field, close-up flower photo, methods of focus, camera parts, use of flash, proper maintenance, film speeds, and selection of lens. Note: Participants must bring film and 35mm camera that will work in manual mode or digital SLR (removable lens). Bring your cameras and questions with you to our class.

Age: 16 & older  
 Location: Darien Park District Community Center  
 Instructor: Laura Piton

Code #	Day	Date	Time	R/NR Fee
210768-A	F	Feb. 17-Mar. 9	7:00-8:30pm	\$60/\$65

### Digital Photography II

This class is an extension of the Digital Photography I. You will explore in depth photo editing techniques discussed in Digital I. The following topics will be covered: color correction, brightness and contrast, replacing one part of the image with another, blurring an area of the photo which is in focus already, correcting for improper white balance, sharpening a blurred photo, creating a card in word using a photo. Participants need to bring a laptop computer to class.

Age: 16 & older  
 Location: Darien Park District Community Center  
 Instructor: Laura Piton

Code #	Day	Date	Time	R/NR Fee
210782-A	F	Mar. 16-Apr. 6	7:00-8:30pm	\$60/\$65



### American Heart Association First Aid

Participants learn to recognize and care for a variety of first aid emergencies, such as burns, cuts and scrapes, sudden illnesses, head, neck and back injuries, and heat and cold emergencies.

Age: 18 & up  
 Location: Darien Park District Community Center  
 7301 Fairview Ave.  
 Instructor: Bob Robertson

Code #	Day	Date	Time	R/NR Fee
210704-A	W	Feb. 22	6:30-9:30pm	\$36/\$41

### Heartsaver CPR & AED

Heartsaver CPR & AED is a classroom, video-based, instructor-led course that teaches adult CPR and AED use, as well as how to relieve choking on an adult, child & infant. This course teaches skills with American Heart Association's research-proven Practice-While-Watching technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills.

Age: 18 & up  
 Location: Darien Park District Community Center  
 7301 Fairview Ave.  
 Instructor: Bob Robertson

Code #	Day	Date	Time	R/NR Fee
210705-A	W	Apr. 25	6:30-9:30pm	\$36/\$41