



## Karate

Through a variety of fun and creative activities, young children will be able to develop coordination, strength and personal safety skills in a well-supervised setting. This program will give your child the edge he/she needs when it comes to developing memory and agility skills. The confidence gained through karate helps to foster a strong positive self-image. All classes are taught by instructors of the Illinois Shotokan Karate Club under the direction of John DiPasquale. For all first time students there will be a parent meeting during your child's first class. Karate uniforms are not mandatory, but strongly encouraged. Forms will be available at the first class for ordering - cost is approximately \$50. Parents are encouraged to stay & observe your child's class, but any siblings must be seated & quiet.

Age: 4-14 year olds  
 Location: **Tuesdays:** Darien Park District Community Center, 7301 Fairview Ave.  
**Fridays:** The Chalet - 8300 S. Wolf Road, Willow Springs  
 Instructor: Staff from Illinois Shotokan Karate Clubs, 847-359-0666

### Pre-Karate (ages 4- 7)

Code #		Day	Dates	Time	R/NR Fee
210301-A	Beginner./Continuer	Tuesdays	1/3-3/20	4:00-4:45pm	\$105/\$125
210301-B	Inter/Adv. (3 or more sessions)	Tuesdays	1/3-3/20	4:50-5:35pm	\$105/\$125
210301-C	Beginner./Continuer	Fridays	1/6-3/23	4:00-4:45pm	\$108/\$128
210301-D	Int/Adv. (2 or more sessions)	Fridays	1/6-3/23	4:50-5:35pm	\$108/\$128
210301-E	Beginner./Continuer	Tuesdays	4/3-6/5	4:00-4:45pm	\$88/\$108
210301-F	Inter/Adv. (3 or more sessions)	Tuesdays	4/3-6/5	4:50-5:35pm	\$88/\$108
210301-G	Beginner./Continuer	Fridays	4/6-6/8	4:00-4:45pm	\$90/\$110
210301-H	Int/Adv. (2 or more sessions)	Fridays	4/6-6/8	4:50-5:35pm	\$90/\$110

### Youth Karate (ages 8- 14)

Code #		Day	Dates	Time	R/NR Fee
210302-A	Beg/Cont. (white -orange belts)	Tuesdays	1/3-3/20	5:40-6:35pm	\$105/\$125
210302-B	Intermediate (yellow-green belts)	Tuesdays	1/3-3/20	6:40-7:35pm	\$105/\$125
210302-C	Advanced (purple-black belts)	Tuesdays	1/3-3/20	7:40-8:35pm	\$105/\$125
210302-D	Beg/Cont. (white-orange belts)	Fridays	1/6-3/23	5:40-6:35pm	\$108/\$128
210302-E	Intermediate (yellow-green belts)	Fridays	1/6-3/23	6:40-7:35pm	\$108/\$128
210302-F	Advanced (purple & up/Inst. Perm)	Fridays	1/6-3/23	7:40-8:35pm	\$108/\$128
210302-G	Beg/Cont. (white -orange belts)	Tuesdays	4/3-6/5	5:40-6:35pm	\$88/\$108
210302-H	Intermediate (yellow-green belts)	Tuesdays	4/3-6/5	6:40-7:35pm	\$88/\$108
210302-I	Advanced (purple-black belts)	Tuesdays	4/3-6/5	7:40-8:35pm	\$88/\$108
210302-J	Beg/Cont. (white-orange belts)	Fridays	4/6-6/8	5:40-6:35pm	\$90/\$110
210302-K	Intermediate (yellow-green belts)	Fridays	4/6-6/8	6:40-7:35pm	\$90/\$110
210302-L	Advanced (purple & up/Inst. Perm)	Fridays	4/6-6/8	7:40-8:35pm	\$90/\$110

### Parent/Child (ages 8 & up)

Code #		Day	Dates	Time	R/NR Fee
210303-A	Beg/Cont. (white-orange belts)	Tuesdays	1/3-3/20	5:40-6:35pm	\$105/\$125
210303-B	Beg/Cont. (white-orange belts)	Tuesdays	4/3-6/5	5:40-6:35pm	\$88/\$108 per person

## Taekwondo

Taekwondo, one of the newest Olympic sports, is a 2000-year-old martial art, offering a variety of benefits for people of all ages and physical abilities. Students have the opportunity to improve concentration and self esteem, achieve lifelong physical fitness, and learn self-defense skills. Classes are taught under the direction of G.Master Ki Hong Kim\* (8th Dan World Taekwondo Federation.) A \$45.00 uniform fee is required at the first class. Belt testing is offered through The KH Kim Taekwondo at an additional fee and is held twice a year. All colored belt students are required to have complete sparring gears.

Location: Downers Grove Park District Lincoln Center  
925 Maple Ave.

Instructor: KH Kim Taekwondo Staff.

### Little Dragons: 4-5 year olds

This introductory class is designed to captivate the interest of our youngest students. Skills are developed through gentle instruction and appropriate games for their ability. This class focuses on developing balance, coordination, and respect for the discipline of martial arts training.

Code #	Day	Date	Time	R/NR Fee
210356-A	W	Jan. 4-Mar. 21	4:00-4:40pm	\$108/\$118
210356-B	W	Apr. 4-June 6	4:00-4:40pm	\$90/\$100

### Little Dragons II: 4-5 year olds

This intermediate class is designed to captivate the interest of our youngest Taekwondo students. Skills are developed through gentle instruction and appropriate games for their ability. Class focuses on developing balance, coordination, and respect.

Code #	Day	Date	Time	R/NR Fee
210356-C	W	Jan. 4-Mar. 21	4:45-5:25pm	\$108/\$118
210356-D	W	Apr. 4-June 6	4:45-5:25pm	\$90/\$100

### Early Taekwondo: 6-7 year olds

Designed especially for the younger children of 6-7 years, this program helps kids develop conditioning, coordination, listening skill, and self-confidence through creative activities.

Code #	Day	Date	Time	R/NR Fee
210356-E	W	Jan. 4-Mar. 21	5:30-6:15pm	\$108/\$118
210356-F	W	Apr. 4-June 6	5:30-6:15pm	\$90/\$100

### Youth Taekwondo: 8-13 year olds

This program includes a balanced cardiovascular workout, including punching, kicking, and blocking skills, using the Taekwondo tradition, and self-control. Participants will improve coordination, power of concentration, balance, and both physical and mental discipline.

Code #	Day	Date	Time	R/NR Fee
210356-G	W	Jan. 4-Mar. 21	6:20-7:05pm	\$108/\$118
210356-H	W	Apr. 4-June 6	6:20-7:05pm	\$90/\$100

### Parent/Child Taekwondo: Age 7 & up

This class provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics, and traditional Taekwondo techniques including punching, kicking, and blocking.

Code #	Day	Date	Time	R/NR Fee
210356-I	W	Jan. 4-Mar. 21	7:10-8:00pm	\$108/\$118
210356-J	W	Apr. 4-June 6	7:10-8:00pm	\$90/\$100 per person



## Ski Lessons

Four Lakes offers a 1 hour multiple ski program for children age 4 & up. Children will learn how to use equipment, how to stop, and how to turn through the use of games. **For Beginners only! Skiers must bring gloves.**

**Deadline to register: January 6**

Location: Four Lakes Village Ski Area  
5750 Lakeside Dr., Lisle 630-964-2550

Instructor: Staff from Four Lakes

Note: Arrive at least 45 minutes prior to your lesson to check-in & get your equipment.

### Little Bumper (4-8 year olds)

**With lift tickets and lessons**

Code #	Day	Date	Time	N/NR Fee
210357-A	M	Jan. 16-Feb. 6	6:30-7:30pm	\$130/\$140

**With lift tickets, lessons and equipment rental**

Code #	Day	Date	Time	R/NR Fee
210357-B	M	Jan. 16-Feb. 6	6:30-7:30pm	\$195/\$205

### Ski Now Lessons (Age 9 & older)

**With lift tickets and lessons**

Code #	Day	Date	Time	R/NR Fee
210353-A	M	Jan. 16-Feb. 6	6:30-7:30pm	\$120/\$130

**With lift tickets, lessons and equipment rental**

Code #	Day	Date	Time	R/NR Fee
210353-B	M	Jan. 16-Feb. 6	6:30-7:30pm	\$165/\$175

## Snowboard Lessons

Four Lakes has the CAN DO attitude and can help you learn to snowboard. Four Lakes offers a 1 hour multiple snowboard program. Let our staff introduce YOU to the sport of snowboarding. The ski hill is open until 7:00pm for your use after your lesson. If renting a snowboard a deposit with a credit card and photo ID is required. The card will not be run unless the board is damaged, lost or stolen. **For Beginners only! Skiers must bring gloves.**

**Helmets are available for rent. Deadline to register: January 6**

Age: 4 & up

Location: Four Lakes Village Ski Area  
5750 Lakeside Dr., Lisle 630-964-2550

Instructor: Staff from Four Lakes

Note: Arrive at least 45 minutes prior to your lesson to check-in & get your equipment.

**With lessons only**

Code #	Day	Date	Time	R/NR Fee
210354-A	M	Jan. 16-Feb. 6	6:30-7:30pm	\$125/\$135

**With lessons and snowboard rental**

Any participants renting equipment must weigh at least 60 lbs. Participants under 60 pounds must bring their own approved equipment. No toy snowboards allowed.

Code #	Day	Date	Time	R/NR Fee
210354-B	M	Jan. 16-Feb. 6	6:30-7:30pm	\$225/\$235



## Sportsplex Skate School

### Skate School for Tots

Skate school classes for Tots is a great way for your child to learn the fundamentals of ice skating through this introductory class. They will learn the basic skills of skating taught to them through different techniques with fun and games. Please dress your child in comfortable warm clothing and gloves. If you don't have skates, Skate Rental is available for \$2 each class.

Come practice your skills. Practice Ice times are also included for Registered Students ONLY! Thursday, 10:55-11:15am, 4:30-4:50pm, 5:30-5:50pm and Saturday, 9:35-9:50am, 10:40-10:55am, 11:35-11:50 am.

Age: 3-4 year olds  
Location: Darien Sportsplex, 451 Plainfield Road  
Instructor: Skate School Staff

Note: **there will be a \$5 fee for late registrations. Any registrations taken after the deadline will start the 2nd week of the session.**

### Winter Session Registration Deadline: 1/2/2012

Code #	Day	Date	Time	R/NR Fee
719910-A	Th	Jan. 5-Feb. 23	10:15-10:45am	\$90/\$100
719910-B	Th	Jan. 5-Feb. 23	4:50-5:20pm	\$90/\$100
719910-C	Th	Jan. 5-Feb. 23	5:50-6:20pm	\$90/\$100
719910-D	Sa	Jan. 7-Feb. 25	9:50-10:20am	\$90/\$100
719910-E	Sa	Jan. 7-Feb. 25	10:55-11:25am	\$90/\$100
719910-F	Sa	Jan. 7-Feb. 25	11:50-12:20pm	\$90/\$100

### Spring Session Registration Deadline: 3/5/2012.

**\*No class 4/5, 4/7, 5/3, 5/5**

Code #	Day	Date	Time	R/NR Fee
719910-A1	Th	Mar. 8-May 10*	10:15-10:45am	\$90/\$100
719910-B1	Th	Mar. 8-May 10*	4:50-5:20pm	\$90/\$100
719910-C1	Th	Mar. 8-May 10*	5:50-6:20pm	\$90/\$100
719910-D1	Sa	Mar. 10-May 12*	9:50-10:20am	\$90/\$100
719910-E1	Sa	Mar. 10-May 12*	10:55-11:25am	\$90/\$100
719910-F1	Sa	Mar. 10-May 12*	11:50-12:20pm	\$90/\$100

### Skate School for 5 or Older

Skate school classes is a great way for your child to learn the fundamentals of ice skating. The Darien Sportsplex Skate School is an ISI program that offers a variety of Ice Skating classes for ALL ages and abilities. Skaters will receive an evaluation at the end of the session. Once a level is passed they will be placed into the next level. Please remember to wear comfortable warm clothing and gloves. If you don't have skates, Skate Rental is available for \$2 each class.

Come practice your skills. Practice Ice times are also included for Registered Students ONLY! Thursday, 10:55-11:15am, 4:30-4:50pm, 5:30-5:50pm and Saturday, 9:35-9:50am, 10:40-10:55am, 11:35-11:50 am.

**Pre-Alpha:** No prior class experience required. This class teaches basic forward and backward skills to those who have never taken skating lessons.

**Alpha:** Must have passed Pre-Alpha test. Class builds on Pre-Alpha skills, introduces forward stroking, crossovers and stops.

**Beta:** Must have passed Alpha test. Covers back stroking, back crossovers and t-stops.

**Gamma:** Must have passed Beta test. More advanced skills such as outside 3-turns, mohawk, turns and hockey stops.

**Delta:** Must have passed gamma test. Inside 3-turns, outside and inside edges, lunges and bunny hops.

**Freestyle Levels 1-10:** Advanced Skaters.

**Edge Class:** (Gamma & above levels) Students will work on Forward and Backward edges with emphasis on edge control.

Ages: 5 and up  
Location: Darien Sportsplex, 451 Plainfield Road  
Instructor: Skate School Staff

Note: **there will be a \$5 fee for late registrations.**

**Any registrations taken after the deadline will start the 2nd week of the session.**

**Winter Session Registration Deadline: 1/2/2012**

Code#	Day	Date	Time	R/NR Fee
<b>Pre-Alpha</b>	<b>Alpha</b>	<b>Beta</b>	<b>Gamma</b>	<b>Delta</b>
719912-A	719915-A	719916-A	x	x
719912-B	719915-B	719916-B	719917-A	719918-A
719912-C	719915-C	719916-C	719917-B	719918-B
719912-D	719915-D	719916-D	719917-C	719918-C
719912-E	719915-E	719916-E	719917-D	719918-D
719912-F	719915-F	719916-F	719917-E	719918-E

**Freestyle Levels 1-10**

Level 1	Level 2	Level 3	Level 4	Level 5-10	Day	Date	Time	R/NR Fee
719927-A	719928-A	719929-A	719930-A	719931-A	Th	Jan. 5-Feb. 23	3:50-4:30pm	\$110/\$120
719927-B	719928-B	719929-B	719930-B	719931-B	Sa	Jan. 7-Feb. 25	8:55-9:35am	\$110/\$120

Edge Class	Day	Date	Time	R/NR Fee
719919-A	Th	Jan. 5-Feb. 23	3:30-3:50pm	\$50/\$55
719919-B	Sa	Jan. 7-Feb. 25	8:35-8:55am	\$50/\$55

**Spring Session Registration Deadline: 3/5/2012****\*No class 4/5, 4/7, 5/3, 5/5**

Code#	Day	Date	Time	R/NR Fee
<b>Pre-Alpha</b>	<b>Alpha</b>	<b>Beta</b>	<b>Gamma</b>	<b>Delta</b>
719912-A1	719915-A1	719916-A1	x	x
719912-B1	719915-B1	719916-B1	719917-A1	719918-A1
719912-C1	719915-C1	719916-C1	719917-B1	719918-B1
719912-D1	719915-D1	719916-D1	719917-C1	719918-C1
719912-E1	719915-E1	719916-E1	719917-D1	719918-D1
719912-F1	719915-F1	719916-F1	719917-E1	719918-E1

**Freestyle Levels 1-10**

Level 1	Level 2	Level 3	Level 4	Level 5-10	Day	Date	Time	R/NR Fee
719927-A1	719928-A1	719929-A1	719930-A1	719931-A1	Th	Mar. 8-May 10*	3:50-4:30pm	\$110/\$120
719927-B1	719928-B1	719929-B1	719930-B1	719931-B1	Sa	Mar. 10-May 12*	8:55-9:35am	\$110/\$120

Edge Class	Day	Date	Time	R/NR Fee
719919-A1	Th	Mar. 8-May 10*	3:30-3:50pm	\$50/\$55
719919-B1	Sa	Mar. 10-May 12*	8:35-8:55am	\$50/\$55

**Public Skate Hours**

Monday - Friday:	1:00pm-3:00pm
Saturday	7:20pm-9:20pm
Sunday:	7:00pm-9:00pm
Cost:	\$5 - Residents of the Darien Park District
	\$7 - Non-Residents
	\$2 - Skate Rental

10 Session Punch Card: \$40(R)/\$60(NR)

- Dates and Times subject to change without notice.
- Please call 630-789-6666 to verify dates and times.
- Visit [www.dariensportsplex.com](http://www.dariensportsplex.com) for monthly schedule.

## Little Hawks Hockey

Location: Darien Sportsplex, 451 Plainfield Road

Instructor: Chicago Hawks Hockey Club Coaches

### USA Hockey Registration Fee

All participants must register on line with USA Hockey, [www.usahockey.com](http://www.usahockey.com). It is free to the participants who are under 6 years old. All skaters born before 1/1/2005 are required to pay the USA Hockey Registration Fee of \$43. The 2011-2012 season registration is valid from 9/1/2011 to 8/31/2012.



### Learn to Skate - Ages: 3 to 12 years old

Classes are designed to give the inexperienced skater a solid foundation for developing their hockey skating abilities. Our goal is to develop the students skating abilities to be able to promote them towards the first steps of learning to play hockey.

**Class instruction includes:** the basics for developing confidence in gaining balance and control of the young skater's abilities. The student will learn the art of a push and glide skating stride in a forward motion.

**Equipment Requirements:** USA approved hockey helmet, protective gloves, elbow pads, knee pads, hockey skates.

Code #	Day	Date	Time	R/NR Fee
719984-A	W	Jan. 11-Feb. 15	3:30-4:20pm	\$100/\$110
719984-B	F	Jan. 13-Feb. 17	3:40-4:30pm	\$100/\$110
719984-C	Su	Jan. 8-Feb. 19*	8:00-8:50am	\$100/\$110
719984-D	Su	Jan. 8-Feb. 19*	11:00-11:50am	\$100/\$110

\*No class: 1/15

719984-E	W	Feb. 22-Mar 28	3:30-4:20pm	\$100/\$110
719984-F	F	Feb. 24-Mar. 30	3:40-4:30pm	\$100/\$110
719984-G	Su	Feb. 26-Apr. 1	8:00-8:50am	\$100/\$110
719984-H	Su	Feb. 26-Apr. 1	11:00-11:50am	\$100/\$110

729984-A	W	Apr. 11-May 23*	3:30-4:20pm	\$100/\$110
729984-B	F	Apr. 13-May 25*	3:40-4:30pm	\$100/\$110
729984-C	Su	Apr. 15-May 27*	8:00-8:50am	\$100/\$110
729984-D	Su	Apr. 15-May 27*	11:00-11:50am	\$100/\$110

\*\*No class 4/18, 4/20, 4/22

### Learn to Play I - Ages: 4 to 10 years old

**For the NOVICE Skater:** the student in this class is a Novice Skater.

His/Hers skating abilities do not have to be exceptional, but they must be able to stand with balance and perform Push & Glide Strides across the ice at a consistent rate.

**Class Instruction includes:** the development of proper balance and stopping, the basics of backward skating and some puck control. A number of competition drills verses other students will be introduced to help enhance student's competitive skills. Cross ice games will be used to help promote skill development.

**Equipment Requirements:** USA Hockey approved helmet & face mask, hockey stick, shoulder pads, hockey pants, protective gloves, elbow pads, knee/shin pads, hockey skates and neck guard.

Code #	Day	Date	Time	R/NR Fee
719983-A	Su	Jan. 8-Feb. 19*	9:00-9:50am	\$135/\$150
719983-B	Su	Feb. 26-Apr. 1	9:00-9:50am	\$135/\$150
729983-A	Su	Apr. 15-May 27**	9:00-9:50am	\$135/\$150

\*No class 1/15 \*\*No class 4/22

## Learn to Play II - Ages: 4 to 10 years old

**For the INTERMEDIATE Skater:** students in this class must have the skating ability to confidently perform Right & Left turns, Snowplow stops, and almost go from a forward to backward skating stride.

**Class Instruction includes:** the further development of puck control, passing, shooting, and scoring. Skating skills for performing forward to backward pivots and lateral crossovers at quick speed are taught and developed. Skaters will be introduced to game like situations, through scrimmages and games. **In addition:** students in Learn to Play II can now participate in drills for skills and play on a "Scooter" Pond Hockey team.

**Equipment Requirements:** USA Hockey approved helmet & face mask, hockey stick, shoulder pads, hockey pants, protective gloves, elbow pads, knee/shin pads, hockey skates and neck guard.

Code #	Day	Date	Time	R/NR Fee
719982-A	Su	Jan. 8-Feb. 19*	10:00-10:50am	\$135/\$150
719982-B	Su	Feb. 26-Apr. 1	10:00-10:50am	\$135/\$150
729982-A	Su	Apr. 15-May 27**	10:00-10:50am	\$135/\$150

\*No class 1/15 \*\*No class 4/22

## Scooter Pond Hockey - Ages: 14 years old & Younger

Scooter Pond Hockey Teams are beginning hockey teams created from the students of Little Hawks classes. These students are placed on a new Scooter team every week and emphasis is placed on skill development and fun rather than the score of the game. Our goal is to develop an understanding of team/game play, confidence in puck handling, shooting, passing, and checking skills at the team play level. Learning how to interact with other teammates and developing personalities is part of the learning curve of Scooter Pond Hockey. The basic rules of hockey are not yet taught at this level.

**Equipment Requirements:** USA Hockey approved helmet & face mask, hockey stick, shoulder pads, hockey pants, protective gloves, elbow pads, knee/shin pads, hockey skates and neck guard.

Code #	Day	Date	Time	R/NR Fee
719980-A	W	Jan. 11-Feb. 15	4:30-5:20pm	\$65/\$75
719980-B	W	Feb. 22-Mar. 28	4:30-5:20pm	\$65/\$75
729980-A	W	Apr. 11-May 23*	4:30-5:20pm	\$65/\$75

\*No class 4/18

## Drills for Skills & Power Skate - 14 years old & Younger

The Drills for Skills clinics are designed for both the aspiring House and Travel player. The clinics are high intensity one hour long practices, designed to develop and maintain the skills of the player. High repetition of all drills allows instructors to recognize the needs of each player and provide personalized direction for their further development. The Re-enforcement of Skating, Stick-handling, Passing, Shooting, Checking, and Game skills are continuously taught in these clinics.

**Equipment Requirements:** USA Hockey approved helmet & face mask, hockey stick, shoulder pads, hockey pants, protective gloves, elbow pads, knee/shin pads, hockey skates and neck guard.

Code #	Day	Date	Time	R/NR Fee
719979-A	F	Jan. 13-Feb. 17	4:40-5:30pm	\$135/\$150
719979-B	F	Feb. 24-Mar. 30	4:50-5:50pm	\$135/\$150
729979-A	F	Apr. 13-May 25*	4:50-5:50pm	\$135/\$150

\*No class 4/20

### USA Hockey Registration Fee

All participants must register on line with USA Hockey, [www.usahockey.com](http://www.usahockey.com). It is free to the participants who are under 6 years old. All skaters born before 1/1/2005 are required to pay the USA Hockey Registration Fee of \$43. The 2011-2012 season registration is valid from 9/1/2011 to 8/31/2012.



## In-House Teams

**Mites:** Advanced level players - 8 yrs. old & younger

**Squirts:** Level 9+ yrs. old Player (9 to 10 yrs. old)

**PeeWees:** Level 11+Player (11 to 12 yrs. old)

**Bantams:** Level 12+ yrs. old Player (12 to 13 yrs. old)

In-House teams are for those players that are ready for team play. These players are drafted on In-House teams which play against one another once a week throughout the session. This program is designed to further educate the player with the rules, positioning, and game strategies needed in hockey to become a competitive but fun player. This is also the developing stages for Parent Coaches to further their interests in coaching. Parent coaches will be guided by Hawk coaches towards learning the techniques needed in developing their Coach Teaching skills. Students who sign up for the In-House program will participate in the Saturday practices and Sunday games. Teams will be on a rotating schedule for the Saturday practices and Sunday games. The Basic Rules of hockey are taught at this level.

**Equipment Requirements:** USA Hockey approved helmet & face mask, hockey stick, shoulder pads, hockey pants, protective gloves, elbow pads, knee/shin pads, hockey skates and neck guard.

### Winter 2012 Session

Code #	Level	Day	Date	R/NR Fee
719978-A	Mites	Sa. & Su.	Jan. 21-Apr. 1	\$565/\$625
719978-B	Squirts	Sa. & Su.	Jan. 21-Apr. 1	\$565/\$625
719978-C	PeeWees	Sa. & Su.	Jan. 21-Apr. 1	\$565/\$625
719978-D	Bantams	Sa. & Su.	Jan. 21-Apr. 1	\$565/\$625

### Evaluations: Saturday, 1/7/2012

Mites - 10:00am-10:50am, Squirts - 11:00am-11:50am

PeeWees/Bantams - 12:00pm-12:50pm

### Sunday, 1/8/2012

Mites - 9:10am-10:00am, Squirts - 10:10am-11:00am

PeeWees/Bantams - 11:10am-12:00pm

### Spring 2012 Session

Code #	Level	Day	Date	Fee
729978-A	Mites	Sa. & Su.	April 28-June 17*	\$325
729978-B	Squirts	Sa. & Su.	April 28-June 17*	\$325
729978-C	PeeWees	Sa. & Su.	April 28-June 17*	\$325
729978-D	Bantams	Sa. & Su.	April 28-June 17*	\$325

\*No practices 5/26, No games 5/27

### Evaluations: Saturday, 4/14/2012

Mites - 10:00am-10:50am, Squirts - 11:00am-11:50am

PeeWees/Bantams - 12:00pm-12:50pm

### Sunday, 4/15/2012

Mites - 9:10am-10:00am, Squirts - 10:10am-11:00am

PeeWees/Bantams - 11:10am-12:00pm

## Karate

This is a great way to develop cardiovascular strength and fitness. The self-defense skills will come in handy if you are ever confronted in a dangerous situation. Karate movements develop poise and agility while improving overall muscle tone.

Age: 15-Adult

Location: **Tuesdays:**  
Darien Park District Community Center

**Fridays:**  
The Chalet 8300 S. Wolf Road - Willow Springs

Instructor: Staff from Illinois Shotokan Karate Club

### Beginner/Continuer (White-Yellow Belt)

Code #	Day	Date	Time	R/NR Fee
210810-A	Tu	Jan. 3-Mar. 20	8:35-9:30pm	\$105/\$125
210810-B	Tu	Apr. 3-June 5	8:35-9:30pm	\$88/\$108

### Intermediate/Advanced (Blue belt & up)

Code #	Day	Date	Time	R/NR Fee
210810-C	Tu	Jan. 3-Mar. 20	8:35-9:45pm	\$123/\$143
210810-D	Tu	Apr. 3-June 5	8:35-9:45pm	\$103/\$123

### Beginner/Intermediate (White-Purple Belt)

Code #	Day	Date	Time	R/NR Fee
210810-E	F	Jan. 6-Mar. 23	8:40-9:40pm	\$108/\$128
210810-F	F	Apr. 6-June 8	8:40-9:40pm	\$90/\$110

### Advanced (Brown-Black Belt)

Code #	Day	Date	Time	N/NR Fee
210810-G	F	Jan. 6-Mar. 23	8:40-10:00pm	\$126/\$146
210810-H	F	Apr. 6-June 8	8:40-10:00pm	\$105/\$125

## Taekwondo

Taekwondo, one of the newest Olympic sports, is a 2000-year-old martial art, offering a variety of benefits for people of all ages and physical abilities. Students have the opportunity to improve concentration and self esteem, achieve lifelong physical fitness, and learn self-defense skills. Classes are taught under the direction of G.Master Ki Hong Kim\* (8th Dan World Taekwondo Federation.) A \$45.00 uniform fee is required at the first class. Belt testing is offered through The KH Kim Taekwondo at an additional fee and is held twice a year. All colored belt students are required to have complete sparring gears.

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.

Age: 14-Adult

Location: Downers Grove Park District Lincoln Center  
925 Maple Ave.

Instructor: KH Kim Taekwondo Staff

Code #	Day	Date	Time	R/NR Fee
210818-A	W	Jan. 4-Mar. 21	7:10-8:00pm	\$108/\$118
210818-B	W	Apr. 4-June 6	7:10-8:00pm	\$90/\$100

## Skate School for Adults

Looking for a way to have fun and get some great exercise? Skate school for Adults is a perfect way to learn the basic fundamentals of ice skating. Those with previous experience can be taught new exciting skills. Adult classes are taught to meet your individual needs. Please remember to wear comfortable warm clothing and gloves. If you don't have skates, Skate Rental is available for \$2 each class.

Ages: 13-Adult

Location: Darien Sportsplex, 451 Plainfield Road

Instructor: Skate School Staff

Note: **there will be a \$5 fee for late registrations. Any registrations taken after the deadline will start the 2nd week of the session.**

### Winter Session Registration Deadline: 1/2/2012

Code #	Day	Date	Time	R/NR Fee
719920-A	Th	Jan. 5-Feb. 23	5:50-6:30pm	\$110/\$120
719920-B	Sa	Jan. 7-Feb. 25	11:50-12:30pm	\$110/\$120

### Spring Session Registration Deadline: 3/5/2012

**\*No class 4/5, 4/7, 5/3, 5/5**

719920-A1	Th	Mar. 8-May 10*	5:50-6:30pm	\$110/\$120
719920-B1	Sa	Mar. 10-May 12*	11:50-12:30pm	\$110/\$120

## 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