

## Co-Rec Sand Volleyball Leagues

We may not have a beach in Darien but that doesn't keep us from offering one of the hottest sports played on the lakefront! You'll play 10 games + playoffs. There are cash awards for 1st and 2nd place teams. Individuals looking to play on a team can call the park district office at (630) 968-6400. If 3 or more players on your team are not Darien park districts residents you are considered a non-resident team. Rosters are due the first night of play.

Age: 18 or older  
Location: Westwood Park  
75th & Fairview

### Co-Rec League Age 30 & older

Code #	Day	Date	Time	R/NR Fee
220820-A	W	Starts May 19	6:30pm	\$140/\$160

### Co-Rec League Age 18 & older

Code #	Day	Date	Time	R/NR Fee
220820-B	Th	Starts May 20	6:30pm	\$140/\$160

## 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  
7301 Fairview Ave.

### **Fridays:**

The Chalet  
8300 S. Wolf Road  
Willow Springs

Instructor: Staff from Illinois Shotokan Karate Club  
Note: \*No class 7/2

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

Code #	Day	Date	Time	R/NR Fee
210810-B	Tu	Apr. 6-June 8	8:35-9:30pm	\$83/\$103
220810-A	Tu	June 15-Aug. 24	8:35-9:30pm	\$99/\$119

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

Code #	Day	Date	Time	R/NR Fee
210810-D	Tu	Apr. 6-June 8	8:35-9:45pm	\$99/\$119
220810-C	Tu	June 15-Aug. 24	8:35-9:45pm	\$115/\$135

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

Code #	Day	Date	Time	R/NR Fee
210810-F	F	Apr. 2-June 4	8:40-9:40pm	\$83/\$103
220810-E	F	June 11-Aug. 27*	8:40-9:40pm	\$99/\$119

### Advanced (Brown-Black Belt)

Code #	Day	Date	Time	N/NR Fee
210810-H	F	Apr. 2-June 4	8:40-10:00pm	\$99/\$119
220810-G	F	June 11-Aug. 27*	8:40-10:00pm	\$115/\$135

## Softball Leagues

A \$200 non-refundable deposit is required at the time of registration. The rest of the balance is DUE April 15 at the mandatory captain's meeting or sooner. Weeknight games will begin at 6:30pm and Sunday night games will begin at 4:00pm All teams are registered with the Amateur Softball Association and there are cash awards for the 1st and 2nd place teams (final standings and playoffs). Individuals looking to play on a team can call the park district office at (630) 968-6400.

Age: 18 or older  
Location: Darien Community Park  
Note: Returning teams will have priority in securing a spot in the league.  
(R) - Live in Darien  
(NR) - 6 or more players who are non-residents

### Men's 16"

(16 games & a single-elimination tournament)

Code #	Day	Date	R/NR Fee
220804-A	Tu/Th	Starts May 11	\$950/\$1050

### Men's 12"

(10 games & a single-elimination tournament)

Code #	Day	Date	R/NR Fee
220802-A	Su	Starts May 2	\$650/\$750
220805-A	F	Starts May 7	\$650/\$750

### Co-Rec. 16"

(10 games & a single-elimination tournament)

Code #	Day	Date	R/NR Fee
220803-A	M	Starts May 3	\$650/\$750

## Open Basketball

Looking for a workout while having fun at the same time? Join us every Saturday afternoon for open basketball. Pick-up games will be organized. A great way to let off some steam after your hectic work week. No pre-registration required. Just pay as you come. There is no childcare available so please do not bring young children.

Age: 21 or older  
Location: Darien Park District Community Center  
7301 Fairview Ave.

Day	Time	R/NR Fee
Sa	2:00-4:30pm	\$5/\$8 per week

**10 visit punch card: \$40/\$70**

## Open Volleyball

If you love to play volleyball then join us on Sunday afternoons. Pick-up games will be organized. No pre-registration required. Just pay as you come. There is no childcare available so please do not bring young children.

Age: 21 or older  
Location: Darien Park District Community Center  
7301 Fairview Ave.  
Note: \*No play 7/4

Day	Time	R/NR Fee
Su	2:00-4:30pm	\$5/\$8 per week

**10 visit punch card: \$40/\$70**

## Golf Lessons

These lessons will concentrate on instilling proper swing mechanics, stance, and golf etiquette. Please bring your own clubs if you have them.

Age: 18 & older  
 Location: Darien Park District Community Center  
 7301 Fairview Ave.  
 Instructor: Randy Patterson  
 Note: \*No class 6/9

Code #	Day	Date	Time	R/NR Fee
220811-A	W	June 2-July 21*	6:30-7:30pm	\$70/\$80

## 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

### Children's Advanced lessons:

Thursdays: 4:30pm  
 Sundays: 11:00am

### Adult Advanced lessons:

Saturdays: 10:30am

### Beginner

Code #		R/NR Fee
230346-A	Five 1 hour lessons	\$145/\$155
230347-A	Ten 1 hour lessons	\$270/\$280

### Intermediate/Advanced

Code #		R/NR Fee
230348-A	Five 1 hour lessons	\$175/\$185
230349-A	Ten 1 hour lessons	\$320/\$330

## Horseback Riding Camp

These camps are held at New Traditions Riding Academy at 10100 S. Kean in Palos Hills. Camps are open to anyone age 7 and older. All riders must wear a safety helmet and are available to rent for \$5 per week. Riders should not wear shorts or sandals. Riders must bring their own lunch daily. Riders will ride in a show at the end of the week to demonstrate their skills.

### Beginner Camp

All riders will ride 1½ hours per day as well as learn basic control of the horse, turning, circling and posting to the trot. Lectures, videotapes and discussions will be used to explain saddling and bridling techniques.

Code #	Day	Date	Time	R/NR Fee
220308-A	M-F	June 14-18	10:00-4:00pm	\$225/\$230
220308-B	M-F	June 21-25	10:00-4:00pm	\$225/\$230
220308-C	M-F	June 28-July 2	10:00-4:00pm	\$225/\$230
220308-D	M-F	July 12-16	10:00-4:00pm	\$225/\$230
220308-E	M-F	July 19-23	10:00-4:00pm	\$225/\$230
220308-F	M-F	Aug. 2-6	10:00-4:00pm	\$225/\$230

### Advanced Beginner Camp

If you have limited prior riding experience this camp is for you. Riders will gain more experience and confidence as proper techniques are learned throughout the week.

Code #	Day	Date	Time	R/NR Fee
220308-G	M-F	June 14-18	10:00-4:00pm	\$225/\$230
220308-H	M-F	June 21-25	10:00-4:00pm	\$225/\$230
220308-I	M-F	July 12-16	10:00-4:00pm	\$225/\$230
220308-J	M-F	Aug. 2-6	10:00-4:00pm	\$225/\$230

### Intermediate Camp

Must have prior experience. Riders must be able to post the trot, and have some experience with the canter. Riders will explore the world of equitation patterns and learn how to execute individual workouts.

Code #	Day	Date	Time	R/NR Fee
220308-K	M-F	June 28-July 2	10:00-4:00pm	\$225/\$230
220308-L	M-F	July 19-23	10:00-4:00pm	\$225/\$230
220308-M	M-F	July 26-30	10:00-4:00pm	\$225/\$230

### Advanced Camp

Must have prior experience. Riders must be able to post the trot, and have some experience with the canter. Riders will expand their knowledge and practice riding the gaits of the horse.

Code #	Day	Date	Time	R/NR Fee
220308-N	M-F	July 26-30	10:00-4:00pm	\$225/\$230

### Teen Camp

Offered to teens 13 & older, experienced and inexperienced. An opportunity to learn to ride with your peers.

Code #	Day	Date	Time	R/NR Fee
220308-O	M-F	July 5-9	10:00-4:00pm	\$225/\$230