

## 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.

Age: 5-14 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  
 Note: \*No class 7/2

### Pre-Karate (ages 5- 7)

Code #		Day	Dates	Time	R/NR Fee
210301-E	Beginner./Continuer	Tuesdays	4/6-6/8	4:00-4:45pm	\$83/\$103
210301-F	Inter/Adv. (3 or more sessions)	Tuesdays	4/6-6/8	4:50-5:35pm	\$83/\$103
210301-G	Beginner./Continuer	Fridays	4/2-6/4	4:00-4:45pm	\$83/\$103
210301-H	Int/Adv. (2 or more sessions)	Fridays	4/2-6/4	4:50-5:35pm	\$83/\$103
220301-A	Beginner./Continuer	Tuesdays	6/15-8/24	4:00-4:45pm	\$99/\$119
220301-B	Inter/Adv. (3 or more sessions)	Tuesdays	6/15-8/24	4:50-5:35pm	\$99/\$119
220301-C	Beginner./Continuer	Fridays	6/11-8/27*	4:00-4:45pm	\$99/\$119
220301-D	Int/Adv. (2 or more sessions)	Fridays	6/11-8/27*	4:50-5:35pm	\$99/\$119

### Youth Karate (ages 8- 14)

210302-G	Beg/Cont. (white -orange belts)	Tuesdays	4/6-6/8	5:40-6:35pm	\$83/\$103
210302-H	Intermediate (yellow-green belts)	Tuesdays	4/6-6/8	6:40-7:35pm	\$83/\$103
210302-I	Advanced (purple-black belts)	Tuesdays	4/6-6/8	7:40-8:35pm	\$83/\$103
210302-J	Beg/Cont. (white-yellow belts)	Fridays	4/2-6/4	5:40-6:35pm	\$83/\$103
210302-K	Intermediate (blue-green belts)	Fridays	4/2-6/4	6:40-7:35pm	\$83/\$103
210302-L	Advanced (purple & up/Inst. Perm)	Fridays	4/2-6/4	7:40-8:35pm	\$83/\$103
220302-A	Beg/Cont. (white -orange belts)	Tuesdays	6/15-8/24	5:40-6:35pm	\$99/\$119
220302-B	Intermediate (yellow-green belts)	Tuesdays	6/15-8/24	6:40-7:35pm	\$99/\$119
220302-C	Advanced (purple-black belts)	Tuesdays	6/15-8/24	7:40-8:35pm	\$99/\$119
220302-D	Beg/Cont. (white-yellow belts)	Fridays	6/11-8/27*	5:40-6:35pm	\$99/\$119
220302-E	Intermediate (blue-green belts)	Fridays	6/11-8/27*	6:40-7:35pm	\$99/\$119
220302-F	Advanced (purple & up/Inst. Perm)	Fridays	6/11-8/27*	7:40-8:35pm	\$99/\$119

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

210303-B	Beg/Cont. (white-orange belts)	Tuesdays	4/6-6/8	5:40-6:35pm	\$83/\$103
220303-A	Beg/Cont. (white-orange belts)	Tuesdays	6/15-8/24	5:40-6:35pm	\$99/\$119 each person

## Skatepark

With the recent removal of the Darien skatepark, the Darien Park District Board has approved an incentive that ultimately gives our residents access to the Westmont skatepark at a reduced fee of 50%. Darien Park District residents can purchase an annual pass at the non-resident rate of \$100, & we will reimburse you \$50.

The Westmont skatepark is located on 63rd Street, 3 blocks west of Cass Ave.

It has ¼ pipes ranging from 3ft to 8ft. Bowl corner. Double launchboxes suited for bikes. Spine. Numerous boxes with rails and ledges. Two stand-alone rails. There is a separate beginner section with wide 4ft ¼ pipe, flat banks, grind box and a rail. Helmets are required. The facility is for skateboarders, in-line skaters & bicycles.

**PASSES ARE LIMITED! Call Tim at (630) 968-6400 x126 for more information. You must call Tim to get an authorization number before purchasing a season pass. If you don't, you will not be eligible for the reimbursement.** Season passes are valid March through November.

## Private Softball Lessons

These lessons are perfect for any girl looking to improve their softball skills! All lessons are one hour and are individualized towards your ability. Lessons can focus entirely on hitting, pitching, or defense, or can be a combination of all three. Players must bring their own glove and bat.

Coach Tanouye is a former NCAA Player, MIAA All-Area Player, ACE certified ASA Softball Coach and an ACE Certified Personal Trainer

Age: Girls 8-14 years old

Location: Darien Park District Community Center  
7301 Fairview Ave.

Coach: Laura Tanouye

To schedule a lesson call Laura at (630) 968-6400 x100.

5 Sessions \$100 (R)/\$110 (NR)

10 Sessions \$180 (R)/\$190 (NR)

## Speed & Agility

Are you an athlete looking to stay in shape during the off-season? Are you in search of a way to get an added edge that will translate over to your sport? Then check out our new sports enhancement classes!!! This class will specifically focus on generating speed and enhancing agility. The basis of the class will be plyometrics, footwork patterns and calisthenics. This fast paced class will challenge athletes of all levels.

Age: 12-18 year olds

Location: Darien Park District Community Center  
7301 Fairview Ave.

Instructor: Laura Tanouye

ACE Certified Personal Trainer

Code #	Day	Date	Time	R/NR Fee
220360-A	W	June 16-July 14	2:30-3:30pm	\$72/\$77
220360-B	W	June 16-July 14	3:30-4:30pm	\$72/\$77
220360-C	W	June 16-July 14	4:30-5:30pm	\$72/\$77
220360-D	W	July 21-Aug. 18	2:30-3:30pm	\$72/\$77
220360-E	W	July 21-Aug. 18	3:30-4:30pm	\$72/\$77
220360-F	W	July 21-Aug. 18	4:30-5:30pm	\$72/\$77

## Youth Boot Camp

School is out and summer is here! So what better way to stay active than our new youth boot camp class! Classes will consist of agility, strength, and flexibility. This fun class will leave you with both a great workout and feeling good about yourself.

Age: 10-16 year olds

Location: Darien Park District Community Center  
7301 Fairview Ave.

Instructor: Laura Tanouye

ACE Certified Personal Trainer

### Girls:

220359-A	Tu	June 15-July 13	2:00-3:00pm	\$72/\$77
220359-B	Tu	July 27-Aug. 24	2:00-3:00pm	\$72/\$77

### Boys:

Code #	Day	Date	Time	R/NR Fee
220359-C	Tu	June 15-July 13	3:00-4:00pm	\$72/\$77
220359-D	Tu	July 27-Aug. 24	3:00-4:00pm	\$72/\$77

## Youth Personal Training

Looking for an individualized workout catered towards your exact needs? We are pleased to now offer youth personal training. Get a full and comprehensive workout with a certified personal trainer! All sessions are one hour and will be scheduled through our training staff (630) 968-6400 x100.

Age: 10-18 year olds

Location: Darien Park District Community Center  
7301 Fairview Ave.

5 Sessions \$100 (R)/\$110 (NR)

10 Sessions \$180 (R)/\$190 (NR)

## Sand Volleyball Camp

Bump, Set, SPIKE! These and other skills are learned in this camp for both boys and girls. This class starts off with the basic skills and will advance week to week accordingly. Game strategy is worked in and of course, teamwork, participation, and good sportsmanship are our top priorities! A game

is played at the end of each class. Please bring a water bottle to class.

Age: 9-14 year olds

Location: Westwood Park  
75th & Fairview Ave.

Instructor: Staff from Sports R Us

Code #	Day	Date	Time	R/NR Fee
220343-A	M	June 7-July 5	2:00-3:00pm	\$39/\$44
220343-B	M	July 19-Aug. 16	2:00-3:00pm	\$39/\$44

## Competitive Dodge Ball

Get off the couch and come play some fun dodge ball. In this competitive class you will play various dodge ball games. We use soft, spongy balls and enforce safety issues in each class.

Age: 9-14 year olds

Location: Darien Park District Community Center  
7301 Fairview Ave.

Instructor: Staff from Sports R Us

Code #	Day	Date	Time	R/NR Fee
220337-A	Th	Apr. 22-May 20	5:30-6:30pm	\$39/\$44
220337-B	Th	June 10-July 8	5:30-6:30pm	\$39/\$44
220337-C	Th	July 22-Aug. 19	5:30-6:30pm	\$39/\$44

## Youth Golf League

**This league is for experienced golfers!** Price includes 9 weeks of golf, and an end of the season party. **There are NO make-ups or refunds for missed rounds.** No metal spikes are allowed on the course. Space is limited! **Registration deadline June 9.**

Age: 10-16 year olds

Location: Twin Lakes Golf Course  
400 W. 59th Street Westmont (630) 852-7167

Code #	Day	Date	Time	R/NR Fee
220322-A	W	June 16-Aug. 11	3:00pm	\$150/\$160



## 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

## 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

## New!

## Hapkido

This is a very practical Martial Art which can be used by anyone in real life situations! The first half of the class is a military style workout for health and then it goes into self defense.

Age: 16 & older  
Location: Darien Park District Community Center  
7301 Fairview Ave.  
Instructor: Master Randy Stigall from American Academy of Martial Arts  
Note: \*No class 5/29

Code #	Day	Date	Time	R/NR Fee
220747-A	Sa	May 8-June 26*	1:00-1:45pm	\$99/\$104
220747-B	Sa	July 10-Aug. 21	1:00-1:45pm	\$99/\$104

## 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