

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.

White Sox Little Sluggers Camp

This beginner program is open to boys and girls ages 5 & 6. The purpose of the Little Sluggers program is to introduce this age group to the game of baseball. In addition to focusing on the basics of the game, players will also learn practice leads to improvement and the best way to have more fun playing baseball. Our student-to-instructor ratio of 10:1 or less assures every player of getting the attention they deserve.

Age: 5-6 year olds
Location: Westwood Park
(75th & Fairview Ave.)

Instructors: Collegiate Coaches & ex-pro players
Note: Fee includes a training center T-shirt & hat, & 6 ticket vouchers to a White Sox game.

Code #	Day	Date	Time	R/NR Fee
220329-A	M-F	June 14-18	8:30-11:00am	\$159/\$169

White Sox Training Center Camp

More than 50,000 youth baseball players have attended one of our Training Centers to focus on essential individual aspects of baseball including: throwing, hitting, bunting, fielding, pitching and base-running. Throughout the week of fundamentals will be reinforced by using fun skill games. On the final day all players will get the opportunity to judge their improvement by playing a game. Student instructor ratio will be 10:1 or less.

Age: 7-8 year olds
Location: Westwood Park
(75th & Fairview Ave.)

Instructors: Collegiate Coaches & ex-pro players
Note: Fee includes a training center T-shirt & hat, & 6 ticket vouchers to a White Sox game.

Code #	Day	Date	Time	R/NR Fee
220328-A	M-F	June 14-18	8:30-11:30am	\$199/\$209

White Sox Advanced Camp

Attention players! This Advanced Camp from the White Sox is just for you. You have special, more advanced needs, and the Advanced Camp is just the ticket to prepare you for trying out for a travel team someday. This camp will build on the basic taught in our STC 1 camps. Depending on the skill level of the players, this camp will touch on advanced hitting and throwing techniques, as well as team play, advanced base running and other techniques that could be used on the field this season. Just because you are in-season doesn't mean that you can stop learning the game.

Age: 9-12 year olds
Location: Westwood Park
(75th & Fairview Ave.)

Instructors: Collegiate Coaches & ex-pro players
Note: Fee includes a training center T-shirt & hat, & 6 ticket vouchers to a White Sox game.

Code #	Day	Date	Time	R/NR Fee
220332-A	M-F	June 14-18	8:30-11:30am	\$199/\$209



Chicago Bulls Basketball Camp

More than 50,000 youth basketball players have attended at least one of our Basketball Schools to focus on essential individual aspects of basketball including: ball handling, passing, shooting, rebounding, individual moves, footwork, and team concepts. We will work on every part of your child's game. On the final day all participants will receive an evaluation form and graduation certificate. Student to instructor ratio will be 10:1 or less.

Age: 5-12 year olds
Location: Darien Park District Community Center

Rookies (age 5-8)

Code #	Day	Date	Time	R/NR Fee
220331-A	M-F	Aug. 2-6	8:30-11:30am	\$199/\$209

Veterans (age 9-12)

Code #	Day	Date	Time	R/NR Fee
220331-B	M-F	Aug. 2-6	1:00-4:00pm	\$199/\$209

Learn to Bowl

Suburbanite Bowl in Westmont is offering a one-week summer program for anyone who is looking to learn how to bowl. Price includes shoe rental & instruction.

Age: 6-18 year olds
Location: Suburbanite Bowl
Ogden & Washington St - Westmont (630) 968-2200

Code #	Day	Date	Time	R/NR Fee
220309-A	M-F	July 19-23	12:00-1:00pm	\$48/\$53

Elite Soccer Academy

Ages: 3-12 year olds
Location: Darien Sportsplex 451 Plainfield Road
Instructor: Jordan Rossi, Darien Sportsplex Head Trainer
Note: *No class 5/31, 6/21

Junior Elite (Ages 6-9)

A continued building of confidence with the ball; the class will start to introduce different turns with the ball and start to develop foot speed and quickness. Again, proper technique and balance will be stressed through a series of fun games and activities that will conclude with a 3v3 or 4v4 game at the end of each session.

Code #	Day	Date	Time	R/NR Fee
729991-A	M	Apr. 26-June. 28*	4:00-4:55pm	\$75/\$85

Elite (Ages 10-12)

A polishing of all the basic skills of the game, while also introducing individual attacking and defending principles. The individual attacking will focus on developing confidence on the ball, risk taking, and taking on defenders. This will introduce feints, moves to beat an opponent, and also focus on finishing the ball. The individual defending will focus on proper stance and balance, tackling technique, and closing down the space of an opponent. Each session will end with a 4v4 scrimmage game.

Code #	Day	Date	Time	R/NR Fee
729990-A	M	Apr. 26-June. 28*	5:00-5:55pm	\$75/\$85

Tumbling & Gymnastics

Get hooked on Gymnastics with new lesson plans developed for older students. These lessons will incorporate gymnastic events in balance beam, bar, vault, tumbling and air trak equipment. Skill levels for beginners through advanced students. Progressional program: as each skill is learned, new challenges are added so students continue learning at their own pace. Students will receive ribbons throughout the summer as they perfect each skill group.

- Gymnastic Skills (bars, balance beam, vault, tumbling, mini tramp)
- Hand-Eye Coordination skills
- Movement to Music Rhythm Coordination
- Cooperative Activities & Stunts
- Calisthenics & Stretching Activities

Participants should wear comfortable clothing or leotard (no jeans, please), no zippers on clothing, gym shoes & long hair should be tied back.

Age: 5 & up
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Staff from Tumblebear Gymnastics

Code #	Day	Date	Time	R/NR Fee
220325-A	F	Apr. 30-June 4	4:30-5:15pm	\$48/\$53
220325-B	F	Apr. 30-June 4	5:15-6:00pm	\$48/\$53
220325-C	F	June 11-July 16	4:30-5:15pm	\$48/\$53
220325-D	F	July 23-Sept. 3	4:30-5:15pm	\$56/\$61

Gymnastic Camp

Our students will learn exciting skills in the major gymnastic events - Balance Beam, Bar, Vault, and Tumbling. On the last day of class we will hold an awards ceremony.

Age: 5-12 year olds
 Location: Darien Park District Community Center
 Instructor: Staff from Tumblebear Gymnastics

Code #	Day	Date	Time	R/NR Fee
220324-A	F	June 11-Aug. 13	11:45-12:30pm	\$83/\$88

Cheer Camp

Within this program, students will learn cheers, chants, jumps, stunting and touch on the tumbling needed to be successful in Cheerleading. A Cheer Show will be held on the last day of class for family and friends. Students will be presented with their award at the conclusion of the Cheer Show.

Age: 5-12 year olds
 Location: Darien Park District Community Center
 Instructor: Staff from Tumblebear Gymnastics

Code #	Day	Date	Time	R/NR Fee
220327-A	F	June 11-Aug. 13	12:30-1:15pm	\$83/\$88

Youth Golf Lessons

Emphasis will be on posture, grip and alignment, rules and etiquette. Please bring your own clubs if you have them.

Age: 8-12 year olds
 Location: Darien Park District Community Center
 Instructor: Randy Patterson
 Note: *No class 6/9

Code #	Day	Date	Time	R/NR Fee
220321-A	W	June 2-July 21*	5:30-6:30pm	\$42/\$47

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

Go Girl! Go-Sports

Life is tough, especially for girls trying to make it in the world of sports. This camp is a great way to introduce basketball, soccer, hockey, t-ball and much more in an all-girl environment. Basic skills in all sports are taught, and games are played at the end of each class. The camp will be held outside, but will move into the gym in case of inclement weather. Please bring a water bottle.

Age: Girls age 4-7 year olds
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Staff from Sports R Us

Code #	Day	Date	Time	R/NR Fee
220333-A	M	Apr. 19-May 17	5:30-6:15pm	\$39/\$44
220333-B	M	June 7-July 5	5:30-6:15pm	\$39/\$44
220333-C	M	July 19-Aug. 16	5:30-6:15pm	\$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

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)

Pre-Teen Yoga

Designed for students with or without previous yoga experience, this class helps promote self-esteem, cultivate self-discipline, and maintain physical, mental, and spiritual well-being. This class focuses on strengthening, toning and relaxation providing teenagers with an alternative way to redirect their energy. Stretching reduces growing pains, and adolescents feel more comfortable within their own skin. It is a healthy, loving, and challenging way to experiment, play, push boundaries, and gain a sense of achievement. Please bring a mat or towel to lie on.

Age: 8-12 year olds

Location: Darien Park District Community Center

Instructor: Soraya Pourtabib, Yoga Alliance

Code #	Day	Date	Time	R/NR Fee
220361-A	Tu	May 4-June 8	5:00-5:55pm	\$31/\$36
220361-B	Tu	June 15-July 20	5:00-5:55pm	\$31/\$36
220361-C	Tu	July 27-Aug. 31	5:00-5:55pm	\$31/\$36

Roller Skating Lessons

The USA Skate Center offers skating classes for any age, any skill level. Our comprehensive classes are taught by certified professionals with many years of experience. Learn a wide variety of maneuvers from the very basics of balance, to starting, stopping, crossovers, jumps, spins, backward skating and much more. Classes are designed to build coordination, enhance skating skills and to gain confidence, which in turn builds self-esteem and the desire to learn. Skates are available for rent.

Age: 3 & up

Location: USA Skate Center
1303 Naperville Dr., Romeoville (630) 759-1711

Instructor: Staff from USA Skate Center

Code #	Day	Date	Time	R/NR Fee
220311-A	Sa	May 1-29	12:00-1:00pm	\$30/\$35
220311-B	Sa	June 5-26	12:00-1:00pm	\$30/\$35
220311-C	Sa	July 3-31	12:00-1:00pm	\$30/\$35
220311-D	Sa	Aug. 7-28	12:00-1:00pm	\$30/\$35





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

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