



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

Fridays: 8:30pm

Adult Beginner lessons

Mondays: 8:30pm

Wednesdays: 12:00pm

Saturdays: 2:30pm

Sundays: 12:15pm

Children's Intermediate lessons

Sundays: 1:30pm

Adult Intermediate lessons

Saturdays: Noon

Beginner

Code #		R/NR Fee
220346-A	Five 1 hour lessons	\$145/\$155
220347-A	Ten 1 hour lessons	\$270/\$280

Intermediate/Advanced

Code #		R/NR Fee
220348-A	Five 1 hour lessons	\$175/\$185
220349-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 11-15	10:00-4:00pm	\$225/\$230
220308-B	M-F	June 18-22	10:00-4:00pm	\$225/\$230
220308-C	M-F	June 25-29	10:00-4:00pm	\$225/\$230
220308-D	M-F	July 9-13	10:00-4:00pm	\$225/\$230
220308-E	M-F	July 16-20	10:00-4:00pm	\$225/\$230
220308-F	M-F	July 30-Aug. 3	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 11-15	10:00-4:00pm	\$225/\$230
220308-H	M-F	June 18-22	10:00-4:00pm	\$225/\$230
220308-I	M-F	July 9-13	10:00-4:00pm	\$225/\$230
220308-J	M-F	July 30-Aug. 3	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 25-29	10:00-4:00pm	\$225/\$230
220308-L	M-F	July 16-20	10:00-4:00pm	\$225/\$230
220308-M	M-F	July 23-27	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 23-27	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 9-13	10:00-4:00pm	\$225/\$230

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

Beginner/Continuer (White-Yellow Belt)

Code #	Day	Date	Time	R/NR Fee
210810-B	Tu	Apr. 3-June 5	8:35-9:30pm	\$88/\$108
220810-A	Tu	June 12-Aug. 21	8:35-9:30pm	\$96/\$116

Intermediate/Advanced (Blue belt & up)

Code #	Day	Date	Time	R/NR Fee
210810-D	Tu	Apr. 3-June 5	8:35-9:45pm	\$103/\$123
220810-B	Tu	June 12-Aug. 21	8:35-9:45pm	\$113/\$133

Beginner/Intermediate (White-Purple Belt)

Code #	Day	Date	Time	R/NR Fee
210810-F	F	Apr. 6-June 8	8:40-9:40pm	\$90/\$110
220810-C	F	June 15-Aug. 24	8:40-9:40pm	\$99/\$119

Advanced (Brown-Black Belt)

Code #	Day	Date	Time	N/NR Fee
210810-H	F	Apr. 6-June 8	8:40-10:00pm	\$105/\$125
220810-D	F	June 15-Aug. 24	8:40-10:00pm	\$116/\$136

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.**

Summer Session Registration Deadline: 6/4/2012

729920-A	Th	June 7-July 26	5:50-6:30pm	\$110/\$120
729920-B	Sa	June 9-July 28	11:50-12:30pm	\$110/\$120

Back to School Session Registration Deadline: 8/20/2012

759920-A	Th	Aug. 23-Oct. 11	5:50-6:30pm	\$110/\$120
759920-B	Sa	Aug. 25-Oct. 13	11:50-12:30pm	\$110/\$120

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-B	W	Apr. 4-June 6	7:10-8:00pm	\$90/\$100
220818-A	W	June 13-Aug. 22	7:10-8:00pm	\$90/\$100

Adult Fit Tennis

This class is designed to improve your game through drills, tennis specific fitness and match play. In addition, this class will incorporate doubles strategy and movement.

Age: 15 & older

Location: Darien Community Park

Director: Marcy Hendricks, USPTA Certified &
a USTA regional Training Center Coach

Note: *No class 7/4

Rain make-ups will be held the Friday after any missed class.

Make-ups are for rain-outs only.

Beginners

Code #	Day	Date	Time	R/NR Fee
220815-A	M	June 11-Aug. 6	6:00-7:00pm	\$108/\$113

Intermediates

Code #	Day	Date	Time	R/NR Fee
220815-B	W	June 6-Aug. 8*	6:00-7:00pm	\$108/\$113

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 6/27, 7/4

Code #	Day	Date	Time	R/NR Fee
220811-A	W	June 6-Aug. 8*	6:30-7:30pm	\$70/\$80



12th Annual Darien Dash 10K, 5K & 1-Mile Run/Walk

Darien Community Park
Sunday, May 20, 2012

7:00am Registration, 8:30am Race Starts

visit www.DarienDash.com for more information

Code#: 220800

To register, complete in full

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Payment Type: Master Card Visa American Express Check

Credit Card #: _____ Exp. Date: _____ Security Code (3 or 4 digits): _____

Cardholder Signature: _____

Sex: Male Female T-Shirt Size: Child Large Small Medium Large X-Large XX-Large

Event (pre registry/same day): 10K Run \$40/\$45 5K Run \$30/\$35 1 Mile Walk/Run \$25/\$30 Age on Race Day: _____

Would you like to receive future information about the Darien Dash? Y / N Email: _____

School Name: _____ Organization: _____

**Make checks payable and mail to Darien Park District, 7301 Fairview Ave., Darien, IL 60561
or register online at www.dariendash.com. Advanced entry by mail must be postmarked by May 8th.**

Waiver: I know that running/walking a road race is a potentially hazardous activity. I should not enter and run or walk unless I agree to abide by any decisions of a race official relative to my ability to safely complete the course. I assume all risk associated with running and walking in this event, including but not limited to: falls, contact with other participants, the effects of weather, including high heat and or humidity, traffic and conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of this entry, I hereby waive for myself, heirs, executors and administrators any and all claims I have against the Darien Chamber of Commerce, the city of Darien, the Darien Park District, contributors, event contributor sponsors, donors, and their representatives and successors for any and all damages and any and all injuries suffered by me in connection with this event, including pre and post race activities. I hereby grant permission to the Darien Chamber of Commerce and its authorized agents to use my name and photographs, videotapes, motion pictures, recording or any other record of my participation in the event for any purpose. Race results for all participants will be posted on the Internet.

Participant Signature: _____

Parent/Guardian Signature (if under 18): _____

*Please note that this is not a school sponsored event.

