



Cross Country Ski Rentals



Cross Country Skis can be rented at the Perry Farm House this winter when there is four inches of snow or more on the ground. Skis can be used at the Perry Farm Park or at other locations. Rentals will begin on December 10th and end on February 25th and includes skis,

bindings, boots and poles. All renters must have a valid credit card and must pay a security deposit of \$25 per set.

Date(s): December 10 - February 25
(weather permitting; 4" of snow on the ground)
Time(s): Weekdays, 10:00 a.m.-4:30 p.m.
Saturdays, 10:00 a.m.-2:00 p.m. (skis due back following Tuesday by noon)
Location: Perry Farm House
Fee: \$15 per pair per day (Cash or Credit Card only)

Intro to Digital Photography

In this six week course students will be instructed in how to expose photographs, compose photos and familiarize themselves with camera equipment. The class also provides hands on experience where students will learn camera settings and its functions, which lens are best used, camera care and flash photography. Participants must own a digital camera. At the end of class students will be able to go out to a Park District park and shoot their best nature photo to be displayed on the BTPD website and possible future advertisement.

Instructor: Wayne Baranowski
Age(s): 18 years & older
Date(s): Wednesdays, January 11 - February 8
Time(s): 6:00-7:30 p.m.
Location: Recreation Station
Fee: Residents \$48/Non-Resident \$58
Min/Max: 6/12
Prog. Number: 341945-A

SNOW Softball Tournament

SOFTBALL IN FEBRUARY? YOU BET!

Get your adult softball team together for this one day, double elimination tournament at Diamond Point Park, snow or shine. Rules will be modified and can be found on our website at www.btpd.org. Hot chocolate and other concessions will be available for players and spectators!

Date(s): Saturday, February 4
Time(s): 1st game begins at 10:00 a.m.
Location: Diamond Point Park
Fee: \$120/Team
Min/Max: 6/8
Prog. Number: 341435-A

NEW!

Getting Smart about Money

If there are assets you want to protect, risks you want to address, income you need to grow or plans for genuine financial security that you need to make, you won't want to miss this no-nonsense, down-to-earth, practical and put-you-in-charge presentation by an area professional in the insurance and financial services industry. This seminar workshop will be an examination of several strategies to help you get from where you are today to where you want to be in the future. Young and old, experienced with money and inexperienced, will find something of value. Please pre-register if you plan on attending this free seminar.

Instructor: Randy Van Fossan, Country Financial
Age(s): 18 years & older
Date(s): Monday February 20
Time(s): 6:00-8:00 p.m.
Location: Recreation Station
Fee: Residents \$5/Non-Residents \$7
Min/Max: 2/24
Prog. Number: 341951-A

Stress Management

NEW!

Stress is too often a common companion these days. Unfortunately, stress is something that many of us cannot avoid; however, there are ways to deal with our stress. This class will help you understand and give you methods to control your stress through breathing, guided imagery, sensory imagery, isometric squeezing, meditation, yoga and stretching. This will be a low impact class that is easy to participate in.

Instructor: Melissa Martin
Age(s): 18 & older
Date(s): Tuesdays & Thursdays, January 10 - 26
Time(s): 6:30-7:30 p.m.
Location: Recreation Station
Fee: Residents \$30/Non-Resident \$36
Min/Max: 10/20
Prog. Number: 341853-A

Pilates Mat Class

This is a fun and invigorating workout that teaches a series of controlled movements utilizing the body's "core" – abdomen, back and hips. This exercise regimen is designed to create long, lean muscles while enhancing strength, flexibility and balance with an emphasis on posture. This class is taught with different levels of exercises, using modifications so beginners are welcome.

Instructor: Kristin Birch
Age(s): 18 years & older
Date(s): January 7 - February 11 **Saturdays**
Time(s): 8:00-8:45 a.m.
Location: Recreation Station
Fee: Residents \$40/Non-Residents \$48
Min/Max: 6/15
Prog. Number: 341835-A

Get Fit

In this class you will be using step up blocks to tone and define your muscles while using resistant bands. Our certified aerobics instructor and personal trainer will provide the opportunity everyone is looking for to tighten their upper and lower body while improving confidence and self-esteem with a positive and enthusiastic atmosphere. Whether you are a beginner or advanced, this workout is for everyone! Steps do not have to be used by everyone.

Instructor: TBA

Age(s): 18 years & older

Date(s): Tuesdays & Thursdays

Session I - December 6 - 29

Session II - January 10 - February 2

Session III - February 14 - March 8

Time(s): 5:45 – 6:30 p.m.

Location: Recreation Station

Fee: Residents \$25/Non-Residents \$30

Min/Max: 6/20

Prog. Number Session I - 341422-A

Session II - 341422-B

Session III - 341422-C

Zumba

Zumba combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries. It is based on the principle that a workout should be “fun and easy to do” while achieving long-term health benefits. Zumba is a “feel happy” workout that is great for both the body and the mind.

Instructor: Tara Wells

Age(s): 18 years & older

Date(s): January 18 - February 22 **Wednesdays**

Time(s): 6:30-7:30 p.m.

Location: Recreation Station

Fee: Residents \$45/Non-Residents \$54

Min/Max: 6/15

Prog. Number: 341846-A



Yoga Basics

This five week course aims to master the fundamentals and principles of forward folds, backbends, and twists while starting your deeper understanding of yoga.

Appropriate for all skill levels. These classes are great if you have never done yoga before, if you are returning to yoga after a break, or if you are a regular student interested in strengthening the foundation of your practice. Every class ends with pranayama (breathing exercises) and an extended, deeply relaxing guided Meditation. Please bring a yoga mat and light blanket.

Instructor: Kalyani (Amy Eley)

Age(s): 16 years & older

Date(s): Mondays,

Session I - January 2 - 30

Session II - February 13 – March 12

Time(s): 6:00-6:45 p.m.

Location: Recreation Station

Fee: Residents \$32/Non-Residents \$42

Min/Max: 6/25

Prog. Number: Session I - 341807-A

Session II - 341807-B

Vinyasa Flow Basics

This is a vigorous multi level yoga class which builds heat and stamina through sun salutations and standing poses. Creative and stimulating, these classes include the vinyasa form and more challenging postures such as inversions and lotus poses. Options are offered that can make the poses more or less challenging, but students need some experience with yoga to be able to understand the options offered and decide which is appropriate for them. This class is for those with some yoga experience in asana (poses) or for those who are physically fit. Classes include Asana (postures), Pranayama (breaching exercises), Meditation and Deep Relaxation. Topics on Yogic Lifestyle, Diet, Cleansing Techniques and Energy Anatomy will also be introduced. Please bring yoga mat and shawl/light blanket.

Instructor: Kalyani (Amy Eley)

Age(s): 16 years & older

Date(s): Mondays,

Session I - January 2 - 30

Session II - February 13 - March 12

Time(s): 7:00-8:30 p.m.

Location: Recreation Station

Fee: Residents \$42/Non-Residents \$52

Min/Max: 6/25

Prog. Number: Session I - 341838-A

Session II - 341838-B

