

ADULT SPECIAL INTEREST/ INSTRUCTIONAL



MLB Bus Trips

All bus trips will depart from Read Park on deluxe charter buses.

MIN/MAX: 40/49

	Day	Departure Time	Game Time	Date	Location	R/NR Fee	Code #
Cubs Vs. Cardinals	Sa	10:30A	3:10P	05/29	Wrigley Field	\$100/105	210012-01
Cubs Vs. White Sox	Sa	10:30A	3:10P	06/12	Wrigley Field	\$115/120	210012-02
Cubs Vs. Phillies	Sa	8:30A	12:05P	07/17	Wrigley Field	\$85/90	210012-03
White Sox Vs. Yankees	Sa	2:30P	6:10P	08/28	US Cellular Field	\$85/90	210012-04

Tai Chi

Tai Chi Chuan is a gentle form of exercise and relaxation. Tai Chi can help balance stress, physical aches and pains and keep your system strong. Researchers have found that long-term Tai Chi practice shows some favorable effects on the promotion of balance control, flexibility and cardiovascular fitness and reduced the risk of falls in elderly patients. Instructor Bruce Brei has been teaching Tai Chi classes for over 10 years. Please wear loose fitting clothing and tennis shoes and bring plenty of water.

**Location: KRAPE COMM BLDG-M
Read Park Pavilion-TU/TH**

MIN/MAX: 2/16

Age	Day	Time	Date	Register By	R/NR Fee	Code #
Adult	M	7:00-08:15P	04/26-06/14	04/23	\$40/45	203021-01
Adult	Tu	9:00-10:15A	04/27-06/15	04/23	\$40/45	203021-02
Adult	Th	9:00-10:15A	04/29-06/17	04/23	\$40/45	203021-03
Adult	M	7:00-08:15P	06/21-08/09	05/28	\$40/45	203021-04
Adult	Tu	9:00-10:15A	06/22-08/10	06/18	\$40/45	203021-05
Adult	Th	9:00-10:15A	06/24-08/12	06/18	\$40/45	203021-06

DRAWING BASICS

Join local artist, Rick Sherman, of Sherman Art, as he teaches an all ages class on the basics of drawing. Impress your family and friends with the new skills you learn when you draw them as a caricature or as a superhero. Please bring 2 drawing pencils, and eraser, and a drawing pad to class.

Location: MOGLE

MIN/MAX: 5/30

Age	Day	Time	Date	Register By	R/NR Fee	Code #
All	W,F	10:00-12:00P	07/14-07/23	07/02	\$50/57	205011-01
All	W,F	10:00-12:00P	08/11-08/20	08/04	\$50/57	205011-02

WOMEN & THE WILD: AN OUTDOOR SKILLS WORKSHOP

This unique event offers women the opportunity to learn new ways to enjoy the outdoors. Women choose four of the variety of hands-on sessions. Each session lasts 1.5 hours. Sessions include:

- Canoeing Basics
- A Chicken in Every Pot, Harvesting Your Own
- Knives at Their Best
- Making Soft Cheeses, 1-2-3
- Finding Balance: Using Nature As Our Guide
- Introduction to Archery
- Waiter, There's a Worm in My Compost!
- Women's Self Defense
- Basic Bicycle Maintenance
- Photography in Nature

A great mother and daughter day. Gift certificates are available. For a registration form, call the Park District, stop in for a Registration Brochure or see www.freeportparkdistrict.org to print one.

Fee of \$40 includes all instruction, materials, use of equipment for four sessions, a hearty local foods lunch and refreshments (\$30 early bird fee if registered by April 16).

Coordinating agencies: Freeport Park District/Oakdale Nature Preserve and the University of IL Extension.

Location: Oakdale Nature Preserve

MIN/MAX: 25/60

Age	Day	Time	Date	Register By	R/NR Fee	Code #
Adult	Sa	8:00A-5:00P	05/08	5/3	\$40/40	206071-01

DRUM CIRCLES

Drum Circles are informal, hands-on, interactive gatherings for all ages. A variety of hand drums, shakers, and ethnic music makers will be available for use or bring your own. Taylor Rockwell PhD and Dan Metzger, of New Directions in Freeport are the facilitators who guide you in playing catchy rhythms. The group then follows suit and where the rhythm leads is a mystery. Refreshments at each event.

Oakdale Nature Preserve

Friday, May 21

7:00 – 9:00 PM

Please RSVP by calling 235-6114 ext. 115 or e-mailing rminkwitz@freeportparkdistrict.org

\$4 per person, \$2 ages 5 - 11

DISCOVER PADDLING

A selection of different styles and sizes of kayaks will be available for use. Paddling professionals from Paddle and Trail, Inc. will demonstrate getting in the boat (and staying in the boat), correct paddle maneuvers and safety tips. Great opportunity for experienced and novice paddlers.

Saturdays, 1:00-4:00 PM

June 26 (Pretzel City Festival)

July 24

August 28

Location: Krape Park Boat Docks

\$8 per person (18 years and older)

Those under 18 years must be with a Guardian and comfortable in the water.