

### New Traditions Adult Horseback Riding (Age: 16 & up)

Come and fall in love with horses all over again and master the skill of horseback riding! Lessons will be offered in cooperation with the New Traditions Riding Academy at Palos Hills Riding Stables. All lessons are one hour in length. Riders must wear long pants; shoes with heels no higher than 1 inch and wear a helmet. Helmet rental is one dollar per lesson. After registration is completed at the Oak Lawn Park District, call the riding school to arrange your schedule and bring your receipt to your first lesson. **PDNA** (sg) New Traditions Riding Academy 10100 So. Kean Avenue, Palos Hills, IL 60465 708-598-7718.

**Location:** New Traditions Riding Academy  
**Instructor:** New Traditions Riding Academy

Code	Days	Res/NR
502401-1	M-Su	\$210/\$210
502401-2	M-Su	\$330/\$330
502401-3	M-Su	\$240/\$240
502401-4	M-Su	\$380/\$380

### HeartSaver CPR (Age: 16 & up)



This course is designed for those non-professional healthcare providers who have a duty to respond to a cardiac emergency on the job. Or those that would like

to learn to use at home. This course teaches you how to recognize an emergency. Adult, Child and Infant CPR techniques are taught in addition to rescue techniques for choking victims. AED use will also be covered. Completion of this course gives a 2-year certification in accordance with the American Heart Association's guidelines. All participants will be issued a Heartsaver Student Workbook and a certification card. (mc)

**Location:** Administration

Code	Day	Dates	Time	Res/NR
302011-01	Th	1/09	5:00-9:00P	\$65/\$79
302011-02	Sa	2/01	9:00A-12:30P	\$65/\$79
302011-03	Th	2/20	5:00-9:30P	\$65/\$79
302011-04	Th	3/12	5:00-9:30P	\$65/\$79

### Rubberstamping (Age: 16 & up)

Want to learn how to create some beautiful handmade greeting cards to send to all of your family and friends? This class is for you! This popular class will increase your creative side as you learn different techniques using the art of stamping. The prep work is done, so you will have the opportunity for several projects. Each class is different so sign up for all of them! Bring color pencils, adhesive, and scissors to class. All other materials will be supplied. **PDNA** (sg)

**Location:** Oak View Center  
**Instructor:** Barbara Kamenczak

Code	Days	Date	Time	Res/NR
302201-1	Tu	1/21-1/21	7:00-9:30P	\$10/\$10
302201-2	Tu	2/18-2/18	7:00-9:30P	\$10/\$10
302201-3	Tu	3/17-3/17	7:00-9:30P	\$10/\$10

### Spanish For Adults (Age: 16 & up)



Have you always wanted to learn a foreign language, but never had the opportunity? In this relaxed, small-class environment you will learn Spanish conversation, grammar, and phonetics which you can immediately begin using. This class will be tailored to fit the needs of the students enrolled. **No class 2/17 & 3/02.** **PDNA** (sg)

**Location:** Oak View Center

**Instructor:** Language In Action, INC

Code	Days	Date	Time	Res/NR
302203-1	M	1/27-3/16	10:00-11:00A	\$86/\$86

### Health Academy

Struggling with your weight? This program is for you. The Little Company of Mary Hospital Health Education Center presents: Tools for Successful Weight Management. This FREE multidisciplinary panel presentation covers weight management for all including nutrition counseling, medical weight management and bariatric surgery. For more information and to register call 708-423-5774. CEUs for nurses. (co)

**Location:** Community Pavilion

Days	Date	Time	Res/NR
Sa	1/11	11:00A-12:00P	Free

### Gardening Without Pesticides

Get Ready for next year's flower and vegetable garden now, by planning to garden pesticide free. Planning to garden chemical and pesticide free will benefit you, your garden and the pollinators that visit. Join this class to learn strategies and alternatives to using pesticides in your garden and yard. (DF)

**Location:** Oak View Center

Code	Days	Date	Time	Res/NR
TBA	M	11/04	6:30-8:30P	\$10

### Winter Sowing/ Seed Collecting

Winter seed sowing is a new way to start seeds at home. Not in the house but outside! This is a method of plant propagation by seed, outdoors in winter. This method gives the seeds a natural frost period and higher germination rates. This method saves space in the house. Whether you want to grow your own organic vegetables or you want to grow organic food/flowers for caterpillars/pollinators, this is a great method. Winter sowing demonstration and seed collecting will be discussed. (DF)

**Location:** Oak View Center

Code	Days	Date	Time	Res/NR
327102-01	Sa	1/18	10:00A-12:00P	\$10

### The Secret Lives of Butterflies

When we see butterflies in the garden we often see them sipping nectar and flying. Butterflies have many interesting behaviors that we may never notice unless we know what to look for. We will be discussing butterfly life cycle, mating and feeding habits and how to start your own garden or enhancing your existing garden! (DF)

**Location:** Oak View Center

Code	Days	Date	Time	Res/NR
TBA	M	2/03	6:30-8:30P	\$10

### Gardening for Butterflies and Bees

Did you know that there are more bees out there than honey bees and yellow jackets? In Illinois we have 400 native bee species but they are rapidly losing habitat. Our home gardens and parks can be wonderful habitat for bees. When you garden for butterflies, you are inviting bees to the table too. Learn how to enhance your garden ecology to feed many insects and organisms. (DF)

**Location:** Oak View Center

Code	Days	Date	Time	Res/NR
TBA	M	3/09	6:30-8:30P	\$10



New! Canvases can be purchased at the Oak View Center for all Art classes. We have 2 sizes available. 11x14 canvases will be available for \$5, and 16x20 canvases will be \$7. Please note: Canvases can only be purchased during Oak View front desk office hours.

### Mindful Meditation Art (Age: 14 & up)

For some, traditional meditation can be a challenge. In these sessions, we will combine Art with focused breathing, relaxation, and stress-free art activities. This is known as proactive meditation. Students can choose from pre-printed designs, draw their own, or choose a simple drawing task to complete each week. Our weekly practice will include: learning relaxation techniques, focused breathing, and brief centering/visualization techniques while you work on the project of your choosing. These classes are taught by our Meditation/Art instructor, and will take place in the Art Room. All art and meditation materials will be provided. No previous experience required. PDNA (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Days	Date	Time	Res/NR
328235-01	Tu	1/14-2/18	6:45-7:30P	\$35/\$45

### Amazing Art Club (Age: 5-7)

Art club for our younger artists! Spend the entire fall season discovering the amazing and fun things art has to offer! This club is designed for enthusiastic young artists, who would like to experience different mediums such as paint, graphite, charcoal, colored pencils, markers, pastels, and collage to create our favorite things in art. Everyone will have fun learning about art techniques through hands-on experience. Dress for active art. All materials supplied. PDNA (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Day	Date	Time	Res/NR
328230-01	Th	1/16-2/20	5:15-6:00P	\$54/\$63

### Watercolor Pencil Painting (Age: 7 & up)

Kid's love painting with watercolor color pencils! They are easy to use and allow artists to create brilliant colorful watercolor paintings. Students will learn the do's and don'ts of watercolors and how to transfer designs. Everyone will be painting with ease and confidence in no time! Original drawings and compositions are encouraged once students have a grasp of the medium. PDNA (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Day	Date	Time	Res/NR
328238-01	Tu	1/14-2/18	5:15-6:00P	\$54/\$63

### Learn To Draw- Everything! (Age: 8-16)

Graphite, Charcoal & Colored Pencils. Is drawing "your thing"? Do you want to really expand your knowledge and advance your skills? This class is fun, but also designed with the serious art student in mind. Learn basic/advanced composition skills to utilize in your drawings. Expand your knowledge of balance and proportion. Explore how to work in colored pencils, and try combining graphite & charcoal. This course is both basic and comprehensive, with mini-lectures, demonstrations, and student projects. Students will work independently on subjects and mediums of their choice. Options will be discussed in first class. We supply all materials. PDNA (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Day	Date	Time	Res/NR
328227-01	Th	1/16-2/20	6:00-6:45P	\$54/\$63

## Check out our new art & craft birthday parties on page 9!

### Creepy & Interesting Creatures w/ Mrs. Sue (Age: 5-10)

**Winter Theme will be "North America's Most Fearsome Predators."** Interested in bugs and animals? Ones that look scary, or creepy, or even gross? Then join Mrs. Sue for one or all of these fun, new classes that explore some of nature's creepy and interesting creatures! Let your child discover the unexpected pleasure of exploring nature thru observation time, crafts, experiments, and games. These programs designed especially for kids are guaranteed to open your little one's eyes to the beauty of nature and inspire them to become nature explorers by introducing them to a new nature theme each class! A snack will be served each class. **New this winter- Join us for a family nature walk at Wolfe Wildlife Refuge. Parents, grandparents, and siblings are all welcome to join our class on 3/13.** PDNA (ms)

Location: Oak View Center

Instructor: Sue Palka

Code	Days	Date	Time	Res/NR	Theme
327201-01	F	1/10	4:00-6:00P	\$17/\$21	Bears
327201-02	F	1/17	4:00-6:00P	\$17/\$21	Badgers/Wolverines
327201-03	F	1/31	4:00-6:00P	\$17/\$21	Bobcats
327201-04	F	2/14	4:00-6:00P	\$17/\$21	Coyotes/Wolves
327201-05	F	2/28	4:00-6:00P	\$17/\$21	Great White Sharks
327201-06	F	3/13	4:00-6:00P	\$17/\$21	Family Nature Walk
327201-07	F	1/10-3/13	4:00-6:00P	\$82/\$101	All Season Discount

### Youth Spanish (Age: 6-11)

Learning a second language can open a world of possibilities for your child. In this class, students will learn Spanish conversation and some Spanish grammar, reading, and writing skills through interactive and engaging activities. Each session covers new material! **No class 2/17 & 3/02.** PDNA (sg)

Location: Oak View Center

Instructor: Language In Action, INC

Code	Day	Date	Time	Res/NR
326605-1	M	1/27-3/16	6:50-7:45P	\$86/\$86

### Draw, Paint & Create (Age: 5-7)

For our younger aspiring artist! Learn the basics of how to draw, paint, and create works of art! Our subjects will be animals, flowers, insects, and more. Begin to learn terminology and techniques. Students will be given step-by-step instruction in a group setting. Everyone is encouraged to expand on the central theme and complete their work with individual ideas. Introduce your child to art in a positive, non-competitive environment. All materials supplied. PDNA (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Day	Date	Time	Res/NR
328208-01	W	1/15-2/19	5:30-6:15P	\$54/\$63

### Family Jungshin Fitness (Age: 8 & up)

Parent/Grandparent/Guardian & Child Class. Do you want to work out with your family members? Well now is the chance to share the physical and mental health benefits of Jungshin Fitness with one of your family members. This class is for all participants that want to have fun, get physically fit, and become a warrior of life! A wooden sword is utilized (Nerf sword for younger participants) as our momentum tool to provide a great workout. Each strike, stance, and block will build your upper body and strengthen your legs in this fun and unique class. Only one registration required per household (2 family members per registration). (ms)

Location: Oak View Center

Instructor: Marion Hunt

Code	Day	Date	Time	Res/NR
307242-01	F	1/10-3/20	7:10-8:00P	\$63/\$74
307242-02	Su	1/12-3/22	2:15-3:05P	\$63/\$74