



Adult Special Interest

Take Time FOR YOU



Adventure Programs for Youth & Adults

These programs introduce you to new challenges, and let you explore your own limits! Early registration is DEFINITELY recommended! New programs are offered every season. Ages for each trip are listed in the program description.

Orienteering & Hiking at Waterfall

Glen (Ages 10+) **JG**

Orienteering is a challenging activity that involves navigating through the outdoors with just a map and a compass. Learn the basics of orienteering on a day hike at Waterfall Glen Forest Preserve in Darien. Your group can go off on your own and hike at your own pace or stay with the trip leader as you explore the hilly terrain while viewing a diversity of plant and animal habitats and learning about the history of the area. Participants may drive themselves (directions & info will be e-mailed a few days prior to the trip) or register for transportation with the park district.

Tu, Jun 16	\$10/\$15
9am-4pm	#363349-12
	Min 8/Max 13
Transportation to/from Fox Center	\$5/\$10
Departs at 8am, returns at 4pm	#363349-15
	Min 10/Max 13

Rock Climbing and Teams Course

(Ages 8-14 or 18+) **JG**

Join us as we travel to Camp Winnebago in the Rock River Valley in Rockford and spend the day rock climbing and on the teams course. The 24 foot climbing wall features three sides with an overhang. The routes vary in difficulty to allow one to choose their challenge. The activity allows individuals to experience support, trust and taking a risk. Please bring a sack lunch and a water bottle. Participants should wear clothes that can get dirty. Boots are highly recommended. A signed waiver form is required to participate. These forms will be sent to all registered participants prior to the day of trip.

Ages 8-14

Th, Jun 11	\$50/\$75
10am-6:30pm	#363349-14

Ages 18 +

Th, Jul 23	\$50/\$75
10am-6:30pm	#363349-13
	Min 10/Max 13

Overnight Canoe Trip

(Ages 12-18) **ES**

Looking for a trip you'll never forget? Join teens from across the state on a 2-day adventure tackling the Wisconsin River. We're teaming up with park districts from all over Illinois to conquer 21 miles of scenic paddling northwest of Madison. During the day, you'll have plenty of time to hang out with your friends, meet new people, and enjoy the great outdoors. At night, you'll help set up camp along the river, play games, have a great dinner, make s'mores, and hang out around the campfire. Prior experience is not necessary and everyone will receive instruction before the trip begins. All food, equipment, transportation, and supervision costs are included in the trip - teens only need to bring their own personal supplies. **Sign up by July 28 and save \$10!**

Trip departs from/returns to Stevenson Center	
W, Aug 12 at 6am through	\$95/\$137
Th Aug 13 at 4pm (Overnight)	#333270-01
	Min 4/Max 12

Biker's Smarts & Traffic Tips

(Ages 18+) **CD**

Get More out of your bike! The Chicagoland Bicycle Federation's professional cycling instructors will teach you to ride confidently on any street at any time of the day. Be aware of traffic all around you, as well as the road ahead. Adjust and maintain your bicycle for control and comfort. Easily choose equipment that helps you ride safely and more often.

Location: Longfellow Park	
Tu, 6-8pm	\$25/\$38
Jul 7 - Jul 14	#343621-01
# of weeks: 2	Min 6/Max 12

**BE SURE TO CHECK OUT
Derby Lite Demonstration
Day on Page 55 !**

Cheney Cooks! Cooking Classes

Classes cover a wide culinary curriculum, from basic techniques to intriguing ethnic cuisine. All sessions are taught by professional chefs, and are a combination of hands-on and demonstration. Students enjoy the convivial mood and social interaction in addition to the culinary instruction, but the best part of all is always the tasting! A minimum of 5 participants must be registered for a class to proceed. A max of 8 participants allowed in each class. For the latest class schedule, please call the Mansion at (708) 383-2612.

Location: Cheney Mansion Catering Kitchen, 220 N. Euclid in Oak Park
7-9:30 pm on various weeknights
\$60/\$70 per class

Goin' To The Dogs

Dog Obedience - Taught by the Oak Park Animal Care League **JG**

Instruction on training and exercises leading to basic obedience skills will be taught. We will also provide instruction on dog care and behavior information. Dogs will learn sit, down, heel, stay and come commands. Teach your dog how to become a good family member and neighbor. Puppy Kindergarten is for puppies under five months old. The Beginners Dog Obedience is for those dogs over 5 months with little or no obedience training. This Advanced Beginning Dog Obedience class is for those dogs that have already taken the Beginner Class. Non-Residents who adopt from the Oak Park Animal Care League will get the resident rate. **REGISTRANTS MUST SHOW PROOF OF ADOPTION DURING THE REGISTRATION PROCESS IN ORDER TO RECEIVE THE RESIDENT RATE.** For first day of program, do not bring your dog with you!

Location: Andersen Center	
<u>Sa, Jun 27 - Aug 15</u>	\$126/\$189
9-10am	Advanced Beginners #382230-05
10-11am	Beginning Obedience #382230-06
<u>11am-Noon</u>	Puppy Kindergarten #382230-07
# of weeks: 8	Min 6/Max 12
<u>M, Jun 29 - Aug 17</u>	\$126/\$189
7-8pm	Beginning Obedience #382230-08
# of weeks: 8	Min 6/Max 12