

2024-2025

ACTIVE ADULT

THE GUIDE TO ACTIVE ADULT PROGRAMS



BALLROOM DANCE



PICKLEBALL

TENNIS



GENERAL PROGRAMS

PROGRAMS RUN FROM
MAY 2024-APRIL 2025

WINTER '24 SPRING '25

Beginner Ballroom Dance

Learn how to ballroom dance. This is your opportunity to "Dance Like the Stars!" If you ever thought that learning how the professionals move would be fun, this is definitely the class for you. By Dance Instructor, Jeanette Ibarra.

Ages: 18+

12664 Jan 6 - Feb 10 M
7:00 - 8:00pm \$50/55

12665 Feb 24 - Mar 31 M
7:00 - 8:00pm \$50/55

12666 Apr 14 - May 19 M
7:00 - 8:00pm \$50/55

Intermediate Ballroom Dance

Learn how to ballroom dance. This is your opportunity to "Dance Like the Stars!" If you ever thought that learning how the professionals move would be fun this is definitely the class for you. By Dance Instructor, Jeanette Ibarra. Must have instructor approval before registration.

Ages: 18+

12667 Jan 6 - Feb 10 M
8:00 - 9:00pm \$50/55

12668 Feb 24 - Mar 31 M
8:00 - 9:00pm \$50/55

12669 Apr 14 - May 19 M
8:00 - 9:00pm \$50/55

NEW Ready, Set, Sit! Fitness Class

Can you get a great workout while seated? Yes! This class covers strength and balance using a variety of equipment like light weights, gliders, balls, and resistance bands. The low-impact exercises are perfect for seniors and/or those coming back to fitness after an injury or illness. Caregivers are welcome to attend and assist, if needed. Come get fit while you sit!

Ages: 18+

12679 Jan 8 - Feb 12 W
9:00 - 10:00am \$50

12680 Feb 19 - Mar 19 W
9:00 - 10:00am \$42

12681 Apr 9 - May 14 W
9:00 - 10:00am \$50

NEW STRONG HIIT Fitness Class

Stop counting reps and train to the beat! This class syncs every squat, burpee, and lunge to music. You'll burn calories while toning your arms, legs, core, and glutes using just your bodyweight. Get ready for results!

Ages: 16+

12676 Jan 11 - Feb 15 Sa
9:30 - 10:30am \$50

12677 Feb 22 - Mar 22 Sa
9:30 - 10:30am \$42

12678 Apr 26 - May 17 Sa
9:30 - 10:30am \$35

Zumba Fitness

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party! Zumba Fitness utilizes the principles of fitness interval training to maximize caloric output, fat burning and total body toning. Add some red-hot international music and contagious steps such as salsa, merengue, cumbia, hip hop and a few others - and you've got yourself a "fitness-party"! Who knew exercise could be so much FUN! Ages 13 and up. *Dates are subject to change.

Ages: 13+

12658 Jan 7 - Feb 11 Tu
6:30 - 7:30pm \$42

12659 Feb 18 - Mar 25 Tu
6:30 - 7:30pm \$42

12660 Apr 8 - May 13 Tu
6:30 - 7:30pm \$42

Zumba Toning

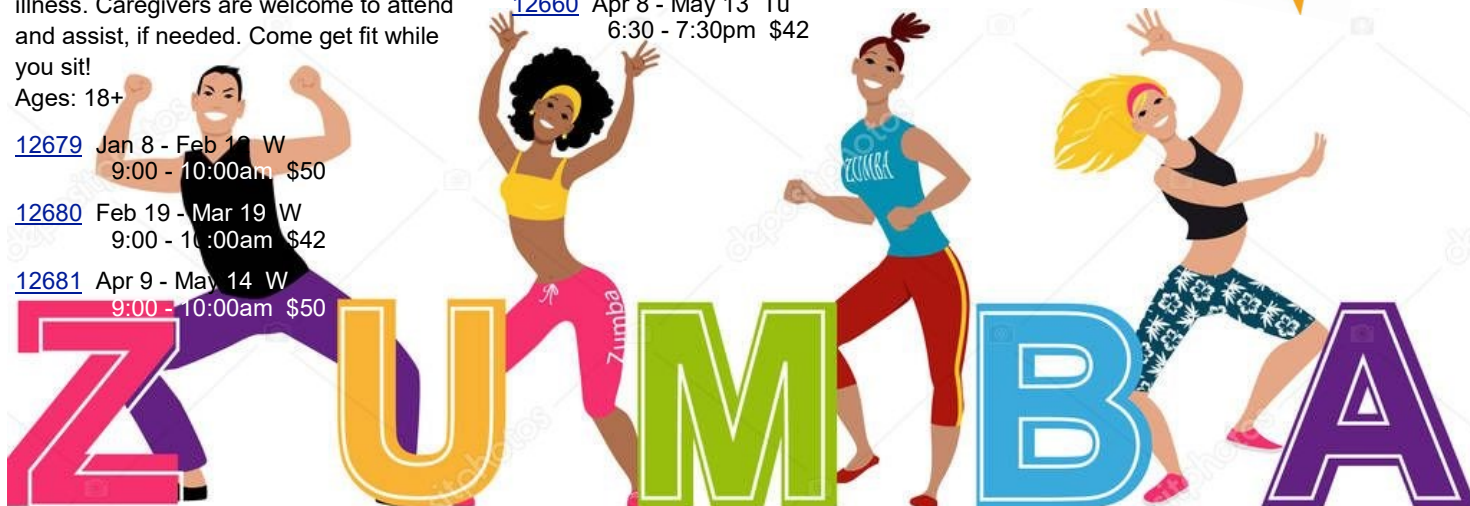
Zumba Toning Ditch the workout and join the original dance-fitness party! With Zumba Toning, you can just lose yourself in the music and find yourself in shape. Zumba dance workout classes feature exotic rhythms and high-energy Latin international beats. This specialty class will also include Zumba Toning body sculpting routines. Learn how to use lightweight weights or maraca-like Toning Sticks to enhance rhythm and tone all your target zones, including arms, abs and thighs. Before you know it, you'll be getting fit and your energy levels will be soaring! *Optional: Bring a pair of light weights 1-3lbs *Dates are subject to change.

Ages: 13+

12661 Jan 8 - Feb 12 W
6:30 - 7:30pm \$42

12662 Feb 19 - Mar 26 W
6:30 - 7:30pm \$42

12663 Apr 9 - May 14 W
6:30 - 7:30pm \$42




 Butterfield
PARK DISTRICT



COFFEE CLUB

JOIN US

Are you looking to socialize with friends. We will have the coffee brewing, card games playing, bingo playing, and lunch will be provided. Come join us at

Christ Church
2S 361 Glen Park Road
Lombard, IL

Ages: 55+

<u>12860</u> JAN 8 W	9:00-12:00PM	FREE
<u>12861</u> FEB 12 W	9:00-12:00PM	FREE
<u>12862</u> MAR 12 W	9:00-12:00PM	FREE
<u>12863</u> APR 9 W	9:00-12:00PM	FREE

New! Funway Bowling 12374

Join us for a good, old-fashioned game of bowling at Fenway! First, we will eat lunch at Harner's Bakery Restaurant in North Aurora, then continue on to Funway to bowl two games! Lunch is on your own. The price includes transportation and bowling. Ages: 18+

Nov 20 W 10:30am - 3:30pm \$30

New! Hollywood Aurora Casino 12675

Test your Luck! Enjoy the day with friends at the casino. Lunch is NOT included in the price of the trip. Meet at the Butterfield Park District at least 10 minutes before departure. Please make sure you have a valid 21+ ID with you. Ages: 21+

Feb 4 Tu 10:00am - 3:00pm \$20

New! Rivers Casino Des Plaines 12674

Test your Luck! Enjoy the day with friends at the casino. Lunch is NOT included in the price of the trip. Meet at the Butterfield Park District at least 10 minutes before departure. Please make sure you have a valid 21+ ID with you. Ages: 21+

Mar 4 Tu 10:00am - 3:00pm \$20



WINTER '24 SPRING '25

Tennis - Red Ball (5-7) 12682

Red Class is an introduction to the basic strokes of tennis and emphasizes having fun and continuing athletic development. Red classes are for children ages 5-7. Classes are played with an oversized, lower compression red ball with a lower bounce that is easier to hit. A 19-23 inch racquet is recommended. Taught by HealthTrack Tennis Pros! *No Class 4/19
Ages: 5 - 7

Apr 12 - May 24 Sa
9:00 - 10:00am \$180

Tennis - Orange Ball (8-10) 12683

Orange Classes are designed to teach students the strokes and strategies of tennis on a modified court. Classes are for children ages 8-10 and are played with an orange ball that is 50% slower than regular tennis balls. These tennis balls bounce lower and are easier to hit, allowing kids to learn faster and have more fun! A 23-25 inch racquet is recommended. Taught by HealthTrack Tennis Pros! *No Class 4/19
Ages: 8 - 10

Apr 12 - May 24 Sa
9:00 - 10:30am \$180

Tennis - Green Ball (9-12) 12684

Green Class is a class designed to teach students the strokes and strategies of tennis. Green Classes are for those ages 9-12 and are played with a green-dot ball that is about 25% slower than regular tennis balls. These tennis balls are more forgiving which allow continued development of technique, movement, and strategy. A 26-inch racquet is recommended. Taught by HealthTrack Tennis Pros! *No Class 4/19
Ages: 9 - 12

Apr 12 - May 24 Sa
10:30am - 12:00pm \$180



Tennis - Teen Beginner (12-18) 12685

Teen Beginner is an introductory tennis class. This class equips players with the fundamentals of tennis, and is designed to prepare them for entry into high school teams. *No Class 4/19
Ages: 12 - 18

Apr 12 - May 24 Sa
10:30am - 12:00pm \$180

Adult Recreational Tennis 12686

This tennis program consists of drills and instruction on Monday evening plus open game play. Taught by HealthTrack Tennis Pros!
Ages: 16+

Apr 7 - May 12 M
6:00 - 7:30pm \$150

Pickleball Johnny Learn to Play

This 2-hr clinic is for anyone that wants to learn to play pickleball. We cover all the strokes, how to score, basic court positioning, and you'll play a game to practice what you learned. Our goal is to have you leave the clinic feeling comfortable enough to play recreational pickleball games with family, friends, or at open play. Paddles and balls will be provided. Please bring a water bottle and tennis shoes.

Ages: 18+

12695 Jan 5 Su
10:00am - 12:00pm \$60

12696 Jan 12 Su
10:00am - 12:00pm \$60

12697 Jan 19 Su
10:00am - 12:00pm \$60

12698 Jan 26 Su
10:00am - 12:00pm \$60

12699 Feb 2 Su
10:00am - 12:00pm \$60

12700 Feb 9 Su
10:00am - 12:00pm \$60

12701 Feb 16 Su
10:00am - 12:00pm \$60

12702 Feb 23 Su
10:00am - 12:00pm \$60

Pickleball Johnny Learn to Play 2 12703

This class is designed for those who have already completed our learn to play beginner class or have been taught the basic pickleball shots. We will focus on reviewing all the shots so that you can continue to develop consistency in executing the serve, return of serve, dinking, drop shots, and volleys. This clinic is all about shot development.

Mar 2 - Mar 23 Su
10:00 - 11:30am \$200

Pickleball Johnny Skills & Drills

Work on your game by improving your stroke technique. Each week, we'll focus on a different shot to help you get the correct technique, build muscle memory, and develop consistency. These drills are for all skill levels.

Ages: 18+

12692 Jan 5 - Jan 26 Su
9:00 - 10:00am \$80

12693 Feb 2 - Feb 23 Su
9:00 - 10:00am \$80

12694 Mar 2 - Mar 23 Su
9:00 - 10:00am \$80

