

### CONCRETE LEAF BIRDBATH

In this class you will learn to create a decorative concrete birdbath seen at upscale gardening centers. Leaves from rhubarb or hosta plants are used to form the concrete. Instructor Christina Bystry-Busch will provide all supplies needed.

Wednesday, May 26  
6:00-7:30pm  
HS-adult  
Pioneer Park Shelter  
\$20



### MAY DAY BASKETS

Let us put together the supplies and all you have to do is help your child create special baskets that will be filled and ready for delivery on May 1st. Cary Gawel will provide the instruction for this program.

Thursday, April 29  
6:00pm  
Preschoolers-K (with an adult)  
HCB  
\$10



### POWER YOGA

Allison Williams offers this dynamic yoga practice. It links movements, strength, balance, and breath. Core strength is developed and concentration is honed through a thoughtful sequencing of strong standing poses, challenging balancing poses, and concentrated seated poses. There is meditation & relaxation at the end of each class. This class is adaptable for all levels of students. Participants should wear loose clothing and bring a mat or blanket.

\*\*\*you may register for this program the first night of attendance and you may join at anytime during the session.

Wednesdays, March 3-May 26  
6:00-7:00pm  
Saturdays, March 13, April 10 & 24, May 8 & 22  
9:30-10:30am

HCB  
High School-Adult  
\$43 for an 8 session punch card or  
\$7 (checks only) drop in fee per night



### INTRODUCTION TO KARATE

Master Rocky Troutman, a 5th degree black belt teach you basic punches and kicks which develop balance and coordination. Martial Arts training promote discipline and confidence.

Wednesdays, April 14-May 19  
3:30-4:30pm  
7-15 yrs.  
HCB auditorium  
\$43



### FIRST AID/CPR/AED CERTIFICATION

This class is offered by the American Red Cross Office in DeKalb. Participants who successfully complete this one day program will receive certification in all three areas. (30 min. lunch break)

REGISTRATION DEADLINE: Friday, April 30  
There is a maximum enrollment for this program. Register early if you plan on participating.

Saturday, May 8  
8:30-4:00pm  
16yr-adult  
location TBA  
\$80



### JR HIGH YOGA

Students will be given an over view of what yoga is about, some basic positions, and how yoga can benefit their lives. Classes will meet every other Saturday for 4 weeks. Students should wear comfortable clothing and bring a mat or blanket.

Saturdays, April 10 & 24, May 8 & 22  
10:45-11:45  
Grades 6-8  
HCB  
\$25



### SPOTLIGHT PERFORMANCE CLASSES

Thursdays, April 8-May 6  
Hinckley Community Building

### TOT AND ME DANCE

This class is for moms who with their toddlers will learn stretching and keeping beats through music and songs.

3-5 yrs. 2:00-2:30pm \$35



### PRE-BALLET/TAP I

Children will be able to try both ballet and tap in the same class. Basic ballet positions and tapping rhythms will be learned.

4-6yrs 2:45-3:15pm \$35

### FUNKY HIP HOP

Participants will learn funky styles of dancing in combination with basic jazz moves.

6-8 yrs. 3:30-4:15pm \$40



### DANCE POMS

Participants will combine dance steps and movement to music in this contemporary program.

Ages 8-10 yrs. 4:30-5:30pm \$45