

## Goldfish

| Day                                      | Date          | Time       | E.B. Cost   Deadline  | Cost   Deadline       | Code |
|--|---------------|------------|-----------------------|-----------------------|------|
| MW                                       | Jan 2-27      | 4-4:30pm   | \$35R/\$70NR   Dec 19 | \$44R/\$88NR   Dec 27 | 8722 |
|  |               | 5-5:30pm   | \$35R/\$70NR   Dec 19 | \$44R/\$88NR   Dec 27 | 8755 |
| <i>No class Jan 16. Make up Jan 27.</i>  |               |            |                       |                       |      |
|  | Jan 30-Feb 22 | 4-4:30pm   | \$35R/\$70NR   Jan 16 | \$44R/\$88NR   Jan 23 | 8723 |
|  |               | 5-5:30pm   | \$35R/\$70NR   Jan 16 | \$44R/\$88NR   Jan 23 | 8756 |
| <i>No class Feb 20. Make up Feb 17.</i>  |               |            |                       |                       |      |
|  | Feb 27-Mar 28 | 4-4:30pm   | \$35R/\$70NR   Feb 13 | \$44R/\$88NR   Feb 20 | 8724 |
|  |               | 5-5:30pm   | \$35R/\$70NR   Feb 13 | \$44R/\$88NR   Feb 20 | 8734 |
| <i>No class Spring Break Mar 19-23.</i>  |               |            |                       |                       |      |
|  | Apr 2-25      | 4-4:30pm   | \$35R/\$70NR   Mar 19 | \$44R/\$88NR   Mar 26 | 8757 |
|  |               | 5-5:30pm   | \$35R/\$70NR   Mar 19 | \$44R/\$88NR   Mar 26 | 8758 |
| TuTh                                     | Jan 3-26      | 4-4:30pm   | \$35R/\$70NR   Dec 20 | \$44R/\$88NR   Dec 27 | 8760 |
|  |               | 5-5:30pm   | \$35R/\$70NR   Dec 20 | \$44R/\$88NR   Dec 27 | 8759 |
|  | Jan 31-Feb 23 | 4-4:30pm   | \$35R/\$70NR   Jan 17 | \$44R/\$88NR   Jan 24 | 8761 |
|  |               | 5-5:30pm   | \$35R/\$70NR   Jan 17 | \$44R/\$88NR   Jan 24 | 8762 |
|  | Feb 28-Mar 29 | 4-4:30pm   | \$35R/\$70NR   Feb 14 | \$44R/\$88NR   Feb 21 | 8763 |
|  |               | 5-5:30pm   | \$35R/\$70NR   Feb 14 | \$44R/\$88NR   Feb 21 | 8764 |
| <i>No class Spring Break Mar 19-23.</i>  |               |            |                       |                       |      |
|  | Apr 3-26      | 4-4:30pm   | \$35R/\$70NR   Mar 20 | \$44R/\$88NR   Mar 27 | 8769 |
|  |               | 5-5:30pm   | \$35R/\$70NR   Mar 20 | \$44R/\$88NR   Mar 27 | 8770 |
| Sa                                       | Jan 7-Feb 18  | 10-10:30am | \$30R/\$60NR   Dec 23 | \$38R/\$76NR   Dec 30 | 8765 |
|  |               | 11-11:30am | \$30R/\$60NR   Dec 23 | \$38R/\$76NR   Dec 30 | 8766 |
| <i>No class Jan 14 due to swim meet.</i> |               |            |                       |                       |      |
|  | Mar 3-Apr 21  | 10-10:30am | \$30R/\$60NR   Feb 24 | \$38R/\$76NR   Mar 2  | 8767 |
|  |               | 11-11:30am | \$30R/\$60NR   Feb 24 | \$38R/\$76NR   Mar 2  | 8768 |
| <i>No class Mar 24 and Mar 31.</i>       |               |            |                       |                       |      |

## Sun Fish - TigerShark

| Day                                      | Date          | Time       | E.B. Cost   Deadline  | Cost   Deadline        | Code |
|--|---------------|------------|-----------------------|------------------------|------|
| MW                                       | Jan 2-27      | 4-4:45pm   | \$45R/\$90NR   Dec 19 | \$56R/\$112NR   Dec 27 | 8725 |
|  |               | 5-5:45pm   | \$45R/\$90NR   Dec 19 | \$56R/\$112NR   Dec 27 | 8735 |
| <i>No class Jan 16. Make up Jan 27.</i>  |               |            |                       |                        |      |
|  | Jan 30-Feb 22 | 4-4:45pm   | \$45R/\$90NR   Jan 16 | \$56R/\$112NR   Jan 23 | 8736 |
|  |               | 5-5:45pm   | \$45R/\$90NR   Jan 16 | \$56R/\$112NR   Jan 23 | 8737 |
| <i>No class Feb 20. Make up Feb 17.</i>  |               |            |                       |                        |      |
|  | Feb 27-Mar 28 | 4-4:45pm   | \$45R/\$90NR   Feb 13 | \$56R/\$112NR   Feb 20 | 8738 |
|  |               | 5-5:45pm   | \$45R/\$90NR   Feb 13 | \$56R/\$112NR   Feb 20 | 8739 |
| <i>No class Spring Break Mar 19-23.</i>  |               |            |                       |                        |      |
|  | Apr 2-25      | 4-4:45pm   | \$45R/\$90NR   Mar 19 | \$56R/\$112NR   Mar 26 | 8740 |
|  |               | 5-5:45pm   | \$45R/\$90NR   Mar 19 | \$56R/\$112NR   Mar 26 | 8741 |
| TuTh                                     | Jan 3-26      | 4-4:45pm   | \$45R/\$90NR   Dec 20 | \$56R/\$112NR   Dec 27 | 8742 |
|  |               | 5-5:45pm   | \$45R/\$90NR   Dec 20 | \$56R/\$112NR   Dec 27 | 8743 |
|  | Jan 31-Feb 23 | 4-4:45pm   | \$45R/\$90NR   Jan 17 | \$56R/\$112NR   Jan 24 | 8744 |
|  |               | 5-5:45pm   | \$45R/\$90NR   Jan 17 | \$56R/\$112NR   Jan 24 | 8745 |
|  | Feb 28-Mar 29 | 4-4:45pm   | \$45R/\$90NR   Feb 14 | \$56R/\$112NR   Feb 21 | 8746 |
|  |               | 5-5:45pm   | \$45R/\$90NR   Feb 14 | \$56R/\$112NR   Feb 21 | 8747 |
| <i>No class Spring Break Mar 19-23.</i>  |               |            |                       |                        |      |
|  | Apr 3-26      | 4-4:45pm   | \$45R/\$90NR   Mar 20 | \$56R/\$112NR   Mar 27 | 8752 |
|  |               | 5-5:45pm   | \$45R/\$90NR   Mar 20 | \$56R/\$112NR   Mar 27 | 8753 |
| Sa                                       | Jan 7-Feb 18  | 10-10:45am | \$34R/\$68NR   Dec 23 | \$43R/\$86NR   Dec 30  | 8748 |
|  |               | 11-11:45am | \$34R/\$68NR   Dec 23 | \$43R/\$86NR   Dec 30  | 8749 |
| <i>No class Jan 14 due to swim meet.</i> |               |            |                       |                        |      |
|  | Mar 3-Apr 21  | 10-10:45am | \$34R/\$68NR   Feb 24 | \$43R/\$86NR   Mar 2   | 8750 |
|  |               | 11-11:45am | \$34R/\$68NR   Feb 24 | \$43R/\$86NR   Mar 2   | 8751 |
| <i>No class Mar 24 and Mar 31.</i>       |               |            |                       |                        |      |





### Killer Core

Bored with plain old crunches? So are we. Try scissor twists, crunchy frogs, and oblique v-ups, instead. Each class is different and works to tone, improve posture and add strength to your midsection.

| Age          | Day                   | Time                 | Location                   |
|--------------|-----------------------|----------------------|----------------------------|
| 15 and up    | MWF                   | 3:45-4:15pm          | Phillips Recreation Center |
| Date         | E.B. Cost   Deadline  | Cost   Deadline      | Code                       |
| Jan 9-Mar 2  | \$30R/\$60NR   Dec 27 | \$45R/\$90NR   Jan 9 | 8775                       |
| Mar 5-Apr 27 | \$30R/\$60NR   Feb 20 | \$45R/\$90NR   Mar 5 | 8776                       |

### Boot Camp

We'll get you pumped and fit the old fashioned way—with total body exercise. Come prepared to do some sweating and to work all your major muscle groups during this intense way to work off that mid-workday stress. Using your own body weight you'll get an all around tough workout.

| Age          | Day                    | Time                  | Location           |
|--------------|------------------------|-----------------------|--------------------|
| 15 and up    | MWF                    | 12-12:50pm            | Brookens Gymnasium |
| Date         | E.B. Cost   Deadline   | Cost   Deadline       | Code               |
| Jan 9-Mar 2  | \$60R/\$120NR   Dec 27 | \$75R/\$150NR   Jan 9 | 8777               |
| Mar 5-Apr 27 | \$60R/\$120NR   Feb 20 | \$75R/\$150NR   Mar 5 | 8778               |

### Group Personal Training

Join in ever-changing workouts structured to meet the needs of the individual exercisers. A trainer can help you focus your workouts in the right way to meet your personal fitness goals. Get the benefits of a personal trainer with the added bonus of a class of peers to keep you striving toward your goals.

| Age          | Day                   | Time                   | Location           |
|--------------|-----------------------|------------------------|--------------------|
| 15 and up    | TuTh                  | 11-11:50am             | Brookens Gymnasium |
| Date         | E.B. Cost   Deadline  | Cost   Deadline        | Code               |
| Jan 10-Mar 1 | \$48R/\$96NR   Dec 27 | \$63R/\$126NR   Jan 10 | 8779               |
| Mar 6-Apr 26 | \$48R/\$96NR   Feb 21 | \$63R/\$126NR   Mar 6  | 8780               |

### Butts & Guts

Join us for an energetic workout that includes squats, lunges, leg lifts, crunches, and much more. Focus on the muscles that shape your abdomen, lower back, hips, and glutes.

| Age          | Day                    | Time                  | Location                   |
|--------------|------------------------|-----------------------|----------------------------|
| 15 and up    | MWF                    | 4:45-5:25pm           | Phillips Recreation Center |
| Date         | E.B. Cost   Deadline   | Cost   Deadline       | Code                       |
| Jan 9-Mar 2  | \$60R/\$120NR   Dec 27 | \$75R/\$150NR   Jan 9 | 8781                       |
| Mar 5-Apr 27 | \$60R/\$120NR   Feb 20 | \$75R/\$150NR   Mar 5 | 8782                       |

### Cardio Kickboxing

Punch and kick the calories away. Combine the basic skills of kickboxing with heart pumping moves and you have one challenging and body toning workout. Punch and kick the calories away.

| Age          | Day                    | Time                  | Location                   |
|--------------|------------------------|-----------------------|----------------------------|
| 15 and up    | MWF                    | 6-6:50am              | Phillips Recreation Center |
| Date         | E.B. Cost   Deadline   | Cost   Deadline       | Code                       |
| Jan 9-Mar 2  | \$60R/\$120NR   Dec 27 | \$75R/\$150NR   Jan 9 | 8783                       |
| Mar 5-Apr 27 | \$60R/\$120NR   Feb 20 | \$75R/\$150NR   Mar 5 | 8784                       |

### Fit for Life

Practice aerobics, strength training and stretching to increase muscle tone and flexibility and to enhance cardiovascular endurance. Older adults, prenatal patients, cardiac rehab patients and first-time exercisers can all benefit from this well-balanced exercise program. Practice aerobics, strength training and stretching to increase muscle tone and flexibility and to enhance cardiovascular endurance.

| Age          | Day                    | Time                  | Location                   |
|--------------|------------------------|-----------------------|----------------------------|
| 15 and up    | MWF                    | 9-9:50am              | Phillips Recreation Center |
| Date         | E.B. Cost   Deadline   | Cost   Deadline       | Code                       |
| Jan 9-Mar 2  | \$60R/\$120NR   Dec 27 | \$75R/\$150NR   Jan 9 | 8785                       |
| Mar 5-Apr 27 | \$60R/\$120NR   Feb 20 | \$75R/\$150NR   Mar 5 | 8786                       |

### Hi-Lo Let's Go

With great music, high energy and a skilled instructor, this fun workout promises to burn fat and get your heart pumping. This class offers a mixture of high and low impact moves that let you choose the level of intensity.

| Age          | Day                    | Time                  | Location                   |
|--------------|------------------------|-----------------------|----------------------------|
| 15 and up    | MWF                    | 5:30-6:20pm           | Phillips Recreation Center |
| Date         | E.B. Cost   Deadline   | Cost   Deadline       | Code                       |
| Jan 9-Mar 2  | \$60R/\$120NR   Dec 27 | \$75R/\$150NR   Jan 9 | 8787                       |
| Mar 5-Apr 27 | \$60R/\$120NR   Feb 20 | \$75R/\$150NR   Mar 5 | 8788                       |



### Low Impact Aerobics

This class is a great low-impact way to kick off your day and help you keep fit. Each class is loaded with fun and has a spirited new routine every morning.

| Age          | Day           | Time     | Location                   |      |
|--------------|---------------|----------|----------------------------|------|
| 15 and up    | MWF           | 8-8:50am | Phillips Recreation Center |      |
| Date         | E.B. Cost     | Deadline | Cost   Deadline            | Code |
| Jan 9-Mar 2  | \$60R/\$120NR | Dec 27   | \$75R/\$150NR   Jan 9      | 8789 |
| Mar 5-Apr 27 | \$60R/\$120NR | Feb 20   | \$75R/\$150NR   Mar 5      | 8790 |

### Senior Strengtheners

Using light weights, work every major muscle at each class and end with a relaxing routine of stretches. Increase your muscle strength, tone your body, and work on improving balance and flexibility.

| Age          | Day          | Time         | Location                   |      |
|--------------|--------------|--------------|----------------------------|------|
| 15 and up    | TuTh         | 9:30-10:20am | Phillips Recreation Center |      |
| Date         | E.B. Cost    | Deadline     | Cost   Deadline            | Code |
| Jan 10-Mar 1 | \$48R/\$96NR | Dec 27       | \$63R/\$126NR   Jan 10     | 8791 |
| Mar 6-Apr 26 | \$48R/\$96NR | Feb 21       | \$63R/\$126NR   Mar 6      | 8792 |

### Strength & Conditioning

Before work or after, mix up your workout and add strength training to your cardio! Strengthen and tone all of your major muscle groups with a total body weight-training program. This class will help firm all areas and build stamina by using hand weights, resistance bands and the stability ball.

| Age             | Day          | Time        | Location                   |      |
|-----------------|--------------|-------------|----------------------------|------|
| 15 and up       | TuTh         | 6-6:50am    | Phillips Recreation Center |      |
| 15 and up       | TuTh         | 4:45-5:35pm | Phillips Recreation Center |      |
| Date            | E.B. Cost    | Deadline    | Cost   Deadline            | Code |
| AM Jan 10-Mar 1 | \$48R/\$96NR | Dec 27      | \$63R/\$126NR   Jan 10     | 8793 |
| PM Jan 10-Mar 1 | \$48R/\$96NR | Dec 27      | \$63R/\$126NR   Jan 10     | 8795 |
| AM Mar 6-Apr 26 | \$48R/\$96NR | Feb 21      | \$63R/\$126NR   Mar 6      | 8794 |
| PM Mar 6-Apr 26 | \$48R/\$96NR | Feb 21      | \$63R/\$126NR   Mar 6      | 8796 |



### Yoga Principles

Breathing techniques and relaxation with guided meditation are a focus of this balanced yoga class that is safe and appropriate for all ages and skill levels. You'll learn Yoga fundamentals with a special emphasis on alignment, balance and core awareness. Newcomers and more experienced practitioners are welcome to deepen their understanding by adding detail to classic poses.

| Age          | Day           | Time     | Location                   |      |
|--------------|---------------|----------|----------------------------|------|
| 15 and up    | MW            | 12-1pm   | Phillips Recreation Center |      |
| Date         | E.B. Cost     | Deadline | Cost   Deadline            | Code |
| Jan 9-Feb 29 | \$51R/\$102NR | Dec 27   | \$66R/\$132NR   Jan 9      | 8797 |
| Mar 5-Apr 25 | \$51R/\$102NR | Feb 20   | \$66R/\$132NR   Mar 5      | 8798 |

### Flow Yoga

Join our certified Astanga Yoga Instructors as they help you to enhance your body's strength, flexibility, breathing and balance with the physical and emotional approach of Yoga.

| Age          | Day          | Time     | Location                   |      |
|--------------|--------------|----------|----------------------------|------|
| 15 and up    | TuTh         | 8-9:15am | Phillips Recreation Center |      |
| Date         | E.B. Cost    | Deadline | Cost   Deadline            | Code |
| Jan 10-Mar 1 | \$48R/\$96NR | Dec 27   | \$63R/\$126NR   Jan 10     | 8799 |
| Mar 6-Apr 26 | \$48R/\$96NR | Feb 21   | \$63R/\$126NR   Mar 6      | 8800 |

### Power Yoga Strength

Using adapted yoga postures and current fitness principles, we'll challenge you to extend your range and increase your level of conditioning. Have fun with fitness tools like stability balls and light hand weights, traditional yoga 'props' including blocks and straps, and one's own body weight to seriously enhance flexibility and strength. More seasoned yoga practitioners will enjoy a fresh approach in this mindful yoga/fitness fusion. Previous Yoga experience will be helpful.

| Age          | Day           | Time        | Location                   |      |
|--------------|---------------|-------------|----------------------------|------|
| 15 and up    | MW            | 1:15-2:15pm | Phillips Recreation Center |      |
| Date         | E.B. Cost     | Deadline    | Cost   Deadline            | Code |
| Jan 9-Feb 29 | \$51R/\$102NR | Dec 27      | \$66R/\$132NR   Jan 9      | 8801 |
| Mar 5-Apr 25 | \$51R/\$102NR | Feb 20      | \$66R/\$132NR   Mar 5      | 8802 |

## Pilates Conditioning

Pilates is a system that emphasizes the important principles of alignment, breathing, concentration, control, and precision movement. When correctly performed, this series of exercises can improve balance, flexibility, muscular conditioning, and postural awareness. All levels of ability are welcome as modifications of exercises can be given to accommodate.

| Age       | Day | Time        | Location                   |
|-----------|-----|-------------|----------------------------|
| 15 and up | MW  | 2:30-3:30pm | Phillips Recreation Center |

  

| Date         | E.B. Cost   Deadline   | Cost   Deadline       | Code |
|--------------|------------------------|-----------------------|------|
| Jan 9-Feb 29 | \$51R/\$102NR   Dec 27 | \$66R/\$132NR   Jan 9 | 8803 |
| Mar 5-Apr 25 | \$51R/\$102NR   Feb 20 | \$66R/\$132NR   Mar 5 | 8804 |

## Tai Chi

This class is designed to reduce stress and enhance meditation through the ancient, passive martial art of Tai Chi. This art form will strengthen your mental well-being, balance, coordination and flexibility. Our Black Belt Instructors will guide you through easy lessons that will strengthen your mind and body. As students advance through sessions, they will learn: Chi Kung, Stances, kicks, and Tai Chi I, 24 movements.

| Age       | Location                   | Session 1 | weeks of Jan 9-Mar 8   |
|-----------|----------------------------|-----------|------------------------|
| 15 and up | Phillips Recreation Center | Session 2 | weeks of Mar 12-May 10 |

  

| Session 1 | Day  | Time          | E.B. Cost              | Cost                   | Code |
|-----------|------|---------------|------------------------|------------------------|------|
| AM 1      | TuTh | 10:30-11:30am | \$50R/\$100NR   Dec 27 | \$63R/\$126NR   Jan 9  | 8806 |
| AM 2      | TuTh | 10:30am-12pm  | \$59R/\$118NR   Dec 27 | \$74R/\$148NR   Jan 9  | 8811 |
| PM 1      | MW   | 6:30-7:30pm   | \$50R/\$100NR   Dec 28 | \$63R/\$126NR   Jan 10 | 8805 |
| PM 2      | MW   | 6:30-8pm      | \$59R/\$118NR   Dec 28 | \$74R/\$148NR   Jan 10 | 8812 |

  

| Session 2 | Day  | Time          | E.B. Cost              | Cost                   | Code |
|-----------|------|---------------|------------------------|------------------------|------|
| AM 1      | TuTh | 10:30-11:30am | \$50R/\$100NR   Feb 27 | \$63R/\$126NR   Mar 12 | 8810 |
| AM 2      | TuTh | 10:30am-12pm  | \$59R/\$118NR   Feb 27 | \$74R/\$148NR   Mar 12 | 8809 |
| PM 1      | MW   | 6:30-7:30pm   | \$50R/\$100NR   Feb 28 | \$63R/\$126NR   Mar 13 | 8808 |
| PM 2      | MW   | 6:30-8pm      | \$59R/\$118NR   Feb 28 | \$74R/\$148NR   Mar 13 | 8807 |

## Deep Water Aerobics

Are you looking for a low impact exercise routine that tones your muscles, and strengthens your heart? Why not jump in the deep end and give Deep Water Aerobics a try! Our trained instructor will lead you through a fun routine using floating dumbbells and ankle weights. You will be pleasantly surprised how regular attendance and a healthy lifestyle will change the way you feel and look. Please register one week before each session begins.

| Age       | Location                     |
|-----------|------------------------------|
| 15 and up | Urbana Indoor Aquatic Center |

  

| Day | Date          | Time     | E.B. Cost   Deadline   | Cost   Deadline        | Code |
|-----|---------------|----------|------------------------|------------------------|------|
| MWF | Dec 19-Feb 10 | 6-6:50am | \$69R/\$138NR   Dec 5  | \$84R/\$168NR   Dec 19 | 9028 |
| MW  | Dec 19-Feb 8  | 6-6:50pm | \$45R/\$90NR   Dec 5   | \$60R/\$120NR   Dec 19 | 9030 |
| F   | Dec 23-Feb 10 | 6-6:50pm | \$18R/\$36NR   Dec 9   | \$33R/\$66NR   Dec 23  | 9032 |
| MWF | Feb 13-Apr 6  | 6-6:50am | \$69R/\$138NR   Jan 30 | \$84R/\$168NR   Feb 13 | 9029 |
| MW  | Feb 13-Apr 4  | 6-6:50pm | \$45R/\$90NR   Jan 30  | \$60R/\$120NR   Feb 13 | 9031 |
| F   | Feb 17-Apr 6  | 6-6:50pm | \$21R/\$42NR   Feb 3   | \$36R/\$72NR   Feb 17  | 9033 |

## Basic Water Exercise

This invigorating exercise routine takes place in shallow water—no swimming skills are necessary. Join us for a fun way to burn fat, tone your muscles and keep your heart healthy. Sample aerobic moves, water walking, water strengthening and much more.

| Age       | Location                     |
|-----------|------------------------------|
| 15 and up | Urbana Indoor Aquatic Center |

  

| Day  | Date         | Time     | E.B. Cost   Deadline  | Cost   Deadline        | Code |
|------|--------------|----------|-----------------------|------------------------|------|
| TuTh | Dec 20-Feb 9 | 6-6:50am | \$48R/\$96NR   Dec 6  | \$60R/\$120NR   Dec 20 | 9034 |
| TuTh | Dec 20-Feb 9 | 6-6:50pm | \$48R/\$96NR   Dec 6  | \$60R/\$120NR   Dec 20 | 9035 |
| TuTh | Feb 14-Apr 5 | 6-6:50am | \$48R/\$96NR   Jan 31 | \$60R/\$120NR   Feb 14 | 9036 |
| TuTh | Feb 14-Apr 5 | 6-6:50pm | \$48R/\$96NR   Jan 31 | \$60R/\$120NR   Feb 14 | 9037 |

## Fitness Punch Card Sale

Dec 12-16 & Jan 3-6  
Take \$5 off the regular price of a punch card

Why not treat yourself to better fitness this holiday season? Fitness punch cards can help you take control of your fitness by giving you the ability to attend classes on YOUR schedule. Each card is good for 10 classes. Just give your card to the instructor at the beginning of class to get it punched.

### Flexible Fitness Punch Card

SALE PRICE \$29R/\$58NR  
Code: 8772

### Yoga/Pilates Flexible Punch Card

SALE PRICE: \$39R/\$78NR  
Code: 8773

### Water Exercise Flexible Punch Card

SALE PRICE: \$38R/\$76NR  
Code: 8774

Send a  
**FRIEND**

Everyone should be able to have enriching experiences. But not every family can afford to **send a child** to summer **camp**, to a **dance** class, or to a **sport** like soccer. The UPD **scholarship fund** lets the Urbana Park District provide fee waivers for those with financial need and lets you help send a friend to these great programs...whether it's a friend you know, or one you've never met.

**Call 367-1544 to learn about the scholarship fund: how to donate and how to apply.**



### Pony Baseball

Pony League is designed for competitive play with players of all ability levels. Volunteer coaches schedule practice times. Games are held on weekday evenings throughout the summer, located in Urbana and neighboring communities.

Participants must be the correct age for participation by August 1, 2012. Present the participant's birth certificate at registration.

| Age   | League                | Practice Starts        | Games Begin    |
|---|-----------------------|------------------------|----------------|
| 13 & 14   | Pony                  | Week of Apr 2          | Week of Apr 30 |
| <b>Pony Assessment Day/Time/Location</b> Apr 2/5:30pm/AMBUCS Baseball |                       |                        |                |
| League  | E.B. Cost   Deadline  | Cost   Deadline        | Code           |
| Pony  | \$70R/\$82NR   Mar 19 | \$88R/\$100NR   Mar 26 | 8822           |

### Open Gym- Basketball

Play pick-up games, one-on-one, even HORSE! Remember to bring a photo ID and follow all Urbana Park District rules and regulations. Open gym may be cancelled occasionally for special events. Signs will be posted at Brookens Gym no less than one week prior to the cancellation. Visit the Sports Programs section of [www.urbanaparks.org](http://www.urbanaparks.org) for a complete schedule.

| Ages      | Time  | Dates        | Fee             |
|-----------|-------|--------------|-----------------|
| 5-14      | 1-3pm | Jan 8 -May 6 | \$1 at the door |
| 15 and up | 3-5pm | Jan 8 -May 6 | \$1 at the door |

### Volunteer Coaches Needed

The Urbana Park District is looking for adults to coach youth sports programs such as basketball, soccer, and T-Ball. The return on your investment of time is immeasurable. Learn more on page 29.

### Girls Softball

Practices begin the week of May 7 at either Canaday or AMBUCS West and are scheduled by the coach. Games are double-headers on weekdays in Champaign. Girls will develop and fine-tune softball skills including hitting, fielding and pitching. Teams will use an 11" softball. Registration is based on the participant's age as of May 1, 2012. The season begins the week of May 29, with the possibility of extension depending on rainouts or make-up games. A copy of each participant's birth certificate must be presented at registration.

| Practice Begins | Season Begins           | Location             |      |
|-----------------|-------------------------|----------------------|------|
| Week of May 14  | Week of May 29          | Canaday              |      |
| Age             | E.B. Cost   Deadline    | Cost   Deadline      | Code |
| 8-10            | \$49R/\$61NR   April 30 | \$60R/\$72NR   May 7 | 8823 |
| 11-12           | \$49R/\$61NR   April 30 | \$60R/\$72NR   May 7 | 8824 |

### Co-recreational Winter Volleyball League

Set and spike your way to victory! Games are played Monday evenings starting at 6:00 pm. The season will end April 16 pending the number of teams. If we have an odd number of teams, the season may be extended to get every team their allotted 10 games prior to the tournament. Get your team together for a 10-game round robin regular season. The winning team will get a League Champion t-shirt and bragging rights. Then play a single elimination, first-round consolation tournament. Tournament champions will hoist their trophy as the season concludes. Teams must submit a completed roster and full payment with registration. **Mandatory Managers Meeting:** 6pm Wed, Jan 18, Brookens Gym.

| Age       | Day                          | Date                          | Time   | Location     |
|-----------|------------------------------|-------------------------------|--------|--------------|
| 15 and up | M                            | Jan 23-Apr 16                 | 6-11pm | Brookens Gym |
|           | E.B. Cost   Deadline         | Cost   Deadline               | Code   |              |
| Team      | \$150/team + \$10/NR   Jan 9 | \$187/team + \$10/NR   Jan 16 | 8825   |              |

### Open Gym- Volleyball

Bring your enthusiasm and equipment to Brookens Gym on Friday evenings for some volleyball action! Practice for an upcoming game with your team, or just come out solo and join others with the same love of the game in a casual atmosphere.

All must follow Urbana Park District rules and regulations and bring a photo ID. Open gym may be cancelled occasionally for special events. Signs will be posted at Brookens Gym no less than one week prior to the cancellation. Visit the Sports Programs section of [www.urbanaparks.org](http://www.urbanaparks.org) for a schedule.

| Ages      | Time        | Dates         | Fee             |
|-----------|-------------|---------------|-----------------|
| 15 and up | 5:30-8:30pm | Jan 6 - May 4 | \$1 at the door |



### Earth Day Celebration

Happy Earth Day! It's a fitting time to come explore and marvel at the wonders of nature. The nature center staff will be on hand to help you celebrate. Learn about why this day is worth celebrating. Enjoy a take home food chain craft made from recyclables, a hike through Busey Woods, or simply spend time exploring the nature center's Field Station. Free!

| Age      | Day | Dates  | Time  | Location                   |
|----------|-----|--------|-------|----------------------------|
| All ages | Sa  | Apr 21 | 1-3pm | Anita Purves Nature Center |

*(under 15 with adult)*

### Pizza Garden (New!)

Learn to grow the fresh organic ingredients for pizza sauce in unconventional containers like old milk cartons, plastic jugs, and more. Each group plants and decorates a pizza garden to take home. All supplies are provided. Register two people and a third person registers for free.

| Age      | Day | Time      | Location                        |
|----------|-----|-----------|---------------------------------|
| 4 and up | Sa  | 10am-noon | Meadowbrook Interpretive Center |

*(under 15 with a registered adult)*

| Date  | E.B. Cost   | Deadline | Cost        | Deadline | Code |
|-------|-------------|----------|-------------|----------|------|
| May 5 | \$7R/\$14NR | Apr 21   | \$8R/\$16NR | Apr 28   | 8889 |

### Gardens Galore Gathering

Whether you like to walk, run, rollerblade, bird, photograph, or just sit and enjoy the scenery, Meadowbrook Park offers opportunities for all. Explore all that this popular park has to offer while taking a look at its history and future plans. We will hike a bit, chat awhile, and enjoy the newly renovated Meadowbrook Interpretive Center while sampling refreshments. Find this event's limited edition letterbox and receive a VIP pass to the event (see page 51 for details).

| Age      | Day | Time     | Location                        |
|----------|-----|----------|---------------------------------|
| 8 and up | Th  | 6:30-8pm | Meadowbrook Interpretive Center |

*(under 15 with a registered adult)*

| Date   | E.B. Cost   | Deadline | Cost        | Deadline | Code |
|--------|-------------|----------|-------------|----------|------|
| May 17 | \$7R/\$14NR | May 3    | \$8R/\$16NR | May 10   | 8888 |

### Meadowbrook Organic Garden Service

Delight in the harvest of food grown by your own hands while being healthy for yourself and the environment. We provide the plot, water, wheelbarrows and hoses. You supply your own tools, seeds and labor. A garden supervisor is available to assist with questions or concerns. For more information, call 384-4062 or see the garden service manual at [www.urbanaparks.org/documents](http://www.urbanaparks.org/documents).

| Age       | Location         | Growing Season |
|-----------|------------------|----------------|
| 18 and up | Meadowbrook Park | Mar 4-Nov 4    |

  

| Plots                    | Size      | Cost          | Code |
|--------------------------|-----------|---------------|------|
| Raised Plot              | 11'x3'    | \$30R/\$60NR  | 8892 |
| Full Plot                | 17' x 30' | \$50R/\$100NR | 8891 |
| Half Plot                | 17' x 15' | \$30R/\$60NR  | 8892 |
| Perennial Gardening Plot | 17' x 30' | \$60R/\$120NR | 8893 |

*(for returning gardeners only)*

### Garden Service Registration:

- Register for the garden plots by calling 367-1544 or completing the registration form on page 55.
- There is a \$30 deposit for full, half, and raised plots and a \$45 deposit for perennial plots required. The deposit is returned at the end of the growing season, provided the gardener abides by the Urbana Park District's gardening guidelines in the member manuals. Returning gardeners with good standing receive a discounted deposit.
- New gardeners must attend one of the following garden meetings at the nature center. Garden plot selection will take place during this time. You must register prior to attending a meeting.

### Organic Garden Meetings

| Day | Date   | Time    | Cost | Register by |
|-----|--------|---------|------|-------------|
| Sa  | Feb 11 | 10-11am | Free | Feb 10      |
| Th  | Feb 16 | 7-8 pm  | Free | Feb 15      |
| Sa  | Mar 3  | 10-11am | Free | Mar 2       |
| Th  | Mar 8  | 7-8 pm  | Free | Mar 7       |
| Th  | Mar 29 | 7-8pm   | Free | Mar 28      |
| Sa  | Apr 14 | 10-11am | Free | Apr 13      |

### Vegetable Seed Starting

Garden season is approaching, and March is a perfect time to start seeds indoors and prepare your vegetable beds for direct planting. Learn some tried and true seed starting techniques from a local FS Farmtown Plant Technician and get a jump on the 2012 season! All participants will take home a planted seed tray. Tray, soil and seeds will be provided by FS Farmtown in Urbana.

| Age           | Day | Time      | Location                   |
|---------------|-----|-----------|----------------------------|
| Age 15 and up | Sa  | 10am-12pm | Anita Purves Nature Center |

  

| Date   | E.B. Cost    | Deadline | Cost         | Deadline | Code |
|--------|--------------|----------|--------------|----------|------|
| Mar 17 | \$16R/\$32NR | Mar 2    | \$20R/\$40NR | Mar 9    | 8896 |

*\$14 for registered organic gardeners (no early bird discounts apply)*

### School Tour Leader Training

Make a difference to more than 3,000 children who visit the nature center each year! As a volunteer school tour leader, you will help get kids excited about the environment. Join the talented team of volunteers and staff and share the excitement of teaching while exploring Busey Woods. Volunteer naturalists learn to lead many fun and easy nature activities and lead tours. To be a leader, your schedule must allow you to lead tours on a weekday morning or afternoon. Please register at least two days beforehand by calling 384-4062. Free!

| Age   | Day | Dates | Time  | Register By |
|---|-----|-------|-------|-------------|
| 18 and up   | M   | Apr 2 | 1-4pm | Mar 31      |
| <i>(under 15 with adult) - Meet at the Anita Purves Nature Center</i> |     |       |       |             |



### Educator Workshops

Growing Up Wild and Project Learning Tree's Environmental Experiences for Early Childhood are educational programs that build on children's sense of wonder about nature and invite them to explore the world around them. Growing Up Wild focuses on animal discovery while PLT's Environmental Experiences for Early Childhood focuses on plants, trees, and growth in our living world. These workshops are for adults who work with children ages 3-7. Take home activity guides filled with hands-on nature based activities. Expect indoor/outdoor transitions and active play so dress accordingly. Register for either or both workshops. For more information call 384-4062.

#### Growing Up Wild

| Age           | Day      | Time     | Location                   |
|---------------|----------|----------|----------------------------|
| Age 18 and up | Sa       | 9am-12pm | Anita Purves Nature Center |
| Date          | Cost     | Deadline | Code                       |
| Mar 10        | \$25R/NR | Mar 2    | 8897                       |

#### Project Learning Tree's

#### Environmental Experiences For Early Childhood

| Age           | Day      | Time     | Location                   |
|---------------|----------|----------|----------------------------|
| Age 18 and up | Sa       | 1-4pm    | Anita Purves Nature Center |
| Date          | Cost     | Deadline | Code                       |
| Mar 10        | \$25R/NR | Mar 2    | 8898                       |

# Girls Softball

Ages 8-12

Girls will develop and fine-tune softball skills including hitting, fielding and pitching. Teams will use an 11" softball.

**Season begins the week of May 29**

See **Page 31** for details.



register by calling • (217) 367-1544



### Adult Beginning Tap

Energize both your body and your soul! No previous tap experience is necessary. Learn basic steps and rhythm, choreography and style. This is the perfect class for the beginning dancer who would love to try tapping. No class February 14 or March 20.

| Age           | Day           | Time        | Location                   |      |
|---------------|---------------|-------------|----------------------------|------|
| 14 and up     | Tu            | 6:45-7:40pm | Phillips Recreation Center |      |
| Date          | E.B. Cost     | Deadline    | Cost   Deadline            | Code |
| Jan 17-Apr 17 | \$78R/\$156NR | Jan 3       | \$98R/\$196NR   Jan 10     | 8962 |

### Adult Intermediate/Advanced Tap

This class expands on the choreography and rhythms taught in Adult Beginning Tap. It is for students with at least three years of tap experience. No class February 14 or March 20.

| Age           | Day           | Time        | Location                   |      |
|---------------|---------------|-------------|----------------------------|------|
| 14 and up     | Tu            | 7:45-8:40pm | Phillips Recreation Center |      |
| Date          | E.B. Cost     | Deadline    | Cost   Deadline            | Code |
| Jan 17-Apr 17 | \$78R/\$156NR | Jan 3       | \$98R/\$196NR   Jan 10     | 8964 |

### Adult Beginning Ballet

It's never too late to dance. In this class, we'll be teaching beginning ballet skills to those with up to 4 semesters of training. What a great time to try something new and tone your muscles and mind! These shorter sessions are perfect for busy schedules! No class April 7.

| Age           | Day           | Time     | Location                   |      |
|---------------|---------------|----------|----------------------------|------|
| 14 and up     | Sa            | 12-1pm   | Phillips Recreation Center |      |
| Date          | E.B. Cost     | Deadline | Cost   Deadline            | Code |
| Jan 21-Feb 25 | \$78R/\$156NR | Jan 7    | \$98R/\$196NR   Jan 21     | 8969 |
| Mar 31-May 5  | \$65R/\$130NR | Mar 17   | \$78R/\$156NR   Mar 24     | 8972 |



### Solo Latin Dance 101

Learn the basics to the art of Latin dances such as Bachata, Cha Cha, Meringue, and Salsa. This class offers an easy-to-follow, lighthearted atmosphere that encourages comfort while focusing on the development of fluid footwork. No partnering or dance experience required. Please wear comfortable shoes that do not have rubber/plastic soles.

| Age          | Day          | Time     | Location                   |      |
|--------------|--------------|----------|----------------------------|------|
| 12 and up    | M            | 6-7pm    | Phillips Recreation Center |      |
| Date         | E.B. Cost    | Deadline | Cost   Deadline            | Code |
| Jan 16-Feb 6 | \$22R/\$44NR | Jan 9    | \$27R/\$54NR   Jan 16      | 8970 |

### Solo Latin Dance 102

After mastering the basic steps and turns in Solo Latin Dance 101 of Bachata, Cha Cha, Merengue and Salsa, you will be comfortable and ready to learn to integrate and add transitions and numerous spin combinations in succession. Previous Latin dance experience recommended; no partnering required.

| Age           | Day          | Time     | Location                   |      |
|---------------|--------------|----------|----------------------------|------|
| 12 and up     | M            | 6-7pm    | Phillips Recreation Center |      |
| Date          | E.B. Cost    | Deadline | Cost   Deadline            | Code |
| Feb 20-Mar 12 | \$22R/\$44NR | Feb 13   | \$27R/\$54NR   Feb 20      | 8971 |

### Solo Latin Dance 103

This class is for those who want to progress further with their Latin Dance skills in Bachata, Cha Cha, Meringue, and Salsa. After mastering Latin Dance 101 and 102, you will learn to maintain a faster rate of consistent movement that will prepare you to explore going out Latin dancing with confidence. No partnering required. Previous Latin dance experience is required.

| Age           | Day          | Time     | Location                   |      |
|---------------|--------------|----------|----------------------------|------|
| 12 and up     | M            | 6-7pm    | Phillips Recreation Center |      |
| Date          | E.B. Cost    | Deadline | Cost   Deadline            | Code |
| Mar 26-Apr 16 | \$22R/\$44NR | Mar 19   | \$27R/\$54NR   Mar 26      | 8973 |

### Belly Dance 101

If you are curious about belly dance, this introductory session is a great opportunity to have fun trying out the basics like hip shimmies, drops and lifts and infinity loops, plus snake arms, shoulder shimmies, some turns and traveling. Then, you will learn to connect individual movements into small combinations. Veils may also be explored. Classes will incorporate a fusion of numerous Belly Dance styles and build confidence, body comfort, coordination and awareness. This beautiful art form celebrates women of all shapes, sizes, and ages, in a comfortable and energizing atmosphere.

| Age          | Day          | Time        | Location                   |             |
|--------------|--------------|-------------|----------------------------|-------------|
| 12 and up    | Tu           | 5:30-6:30pm | Phillips Recreation Center |             |
| Date         | E.B. Cost    | Deadline    | Cost   Deadline            | Code        |
| Jan 17-Feb 7 | \$22R/\$44NR | Jan 10      | \$27R/\$54NR               | Jan 17 8974 |

### Belly Dance 102

Journey further into the world of belly dance and find adventure in every turn. Jewels, pendulums, egyptians, myas, and swivels are just a few of the moves you will delight in learning. Explore more movements, combinations and transitions, with a focus on fluid connections in succession, adding arm embellishments. Belly Dance is a fun way to enhance your physical health, and can be a deeply enriching experience beyond measure. Previous Belly Dance experience recommended.

| Age           | Day          | Time        | Location                   |             |
|---------------|--------------|-------------|----------------------------|-------------|
| 12 and up     | Tu           | 5:30-6:30pm | Phillips Recreation Center |             |
| Date          | E.B. Cost    | Deadline    | Cost   Deadline            | Code        |
| Feb 21-Mar 13 | \$22R/\$44NR | Feb 14      | \$27R/\$54NR               | Feb 21 8975 |

### Belly Dance 103

Continue to build movement vocabulary from Belly Dance 101 and 102. Explore more combinations and traveling steps. You will begin to learn how to put together your own favorite movements and combinations. Learn a routine you can perform for your friends or just for yourself.

| Age           | Day          | Time        | Location                   |             |
|---------------|--------------|-------------|----------------------------|-------------|
| 12 and up     | Tu           | 5:30-6:30pm | Phillips Recreation Center |             |
| Date          | E.B. Cost    | Deadline    | Cost   Deadline            | Code        |
| Mar 27-Apr 17 | \$22R/\$44NR | Mar 20      | \$27R/\$54NR               | Mar 27 8976 |

### Intermediate Steps, Layers, Turns & Combos (NEW!)

Take it to the next level and explore more intricate techniques. Practice a variety of fun turns, combinations and layers that encourage refinement of basic movements and traveling steps that incorporate the whole body. This class builds memory of movement within muscles and greatly enhances expression of movements with ease. Previous Belly Dance experience required.

| Age           | Day          | Time        | Location                   |             |
|---------------|--------------|-------------|----------------------------|-------------|
| 12 and up     | Tu           | 6:30-7:30pm | Phillips Recreation Center |             |
| Date          | E.B. Cost    | Deadline    | Cost   Deadline            | Code        |
| Jan 17-Feb 7  | \$22R/\$44NR | Jan 10      | \$27R/\$54NR               | Jan 17 8977 |
| Feb 21-Mar 13 | \$22R/\$44NR | Feb 14      | \$27R/\$54NR               | Feb 21 8978 |
| Mar 27-Apr 17 | \$22R/\$44NR | Mar 20      | \$27R/\$54NR               | Mar 27 8979 |



### Belly Dance with Veil Workshop

Explore your inner goddess in this veils instructional workshop. It's presented in user friendly fashion, uncovering great veil tricks, basic veil wraps and wonderful traveling steps. Learn arabesques, turning at various speeds, veil cascades, and much more. Find yourself drifting away with your beautiful veil- a pliable, invisible, flowing, dance partner at your command, lured away by the enchanting music. Veils supplied. *Previous Belly Dance experience recommended, but not required.*

| Age       | Day          | Time        | Location                   |             |
|-----------|--------------|-------------|----------------------------|-------------|
| 12 and up | Tu           | 5:30-7:30pm | Phillips Recreation Center |             |
| Date      | E.B. Cost    | Deadline    | Cost   Deadline            | Code        |
| May 8     | \$12R/\$24NR | May 3       | \$14R/\$28NR               | May 10 8980 |



### Modern Dance

Students will be encouraged to explore their own creative movement as well as work collaboratively. Explore various Modern/Contemporary dance movements inspired by current trends such as Hip Hop, Dancehall, Alexander Technique, Cunningham Technique, Authentic Movement, Improvisation, and Bartenieff Fundamentals. You'll find it aerobically challenging as well as contemplative. If this course sounds interesting to you but you are worried about not being fit enough, creative, or rhythmic, instructor Katie Insolia would love to have you in this course! If you already have a background in Modern/Contemporary dance, it will be a joy to challenge you!

| Age            | Day           | Time        | Location                   |             |
|----------------|---------------|-------------|----------------------------|-------------|
| Ages 14 and up | Sa            | 1:30-2:30pm | Phillips Recreation Center |             |
| Date           | E.B. Cost     | Deadline    | Cost   Deadline            | Code        |
| Jan 21-Mar 10  | \$78R/\$156NR | Jan 14      | \$98R/\$196NR              | Jan 21 8985 |

### Bharata Natyam 101

Bharata Natyam is an ancient dance style from South India with its origins in temples and palaces. Think classical ballet meets Tai Chi. Yes, it is tough to do...but it is also beautiful! Learn a variety of basic dance steps, including control of body positioning, elegant movements, and hand mudras.

| Age           | Day          | Time     | Location                   |             |
|---------------|--------------|----------|----------------------------|-------------|
| 12 and up     | Th           | 6-7pm    | Phillips Recreation Center |             |
| Date          | E.B. Cost    | Deadline | Cost   Deadline            | Code        |
| Jan 26-Mar 15 | \$44R/\$88NR | Jan 19   | \$53R/\$106NR              | Jan 26 8983 |

### Bharata Natyam 102

This class will help you to further develop your skills and abilities in the beautiful dance of Bharata Natyam. Previous experience or participation in Bharata Natyam 101 is required.

| Age            | Day          | Time     | Location                   |             |
|----------------|--------------|----------|----------------------------|-------------|
| Ages 12 and up | W            | 6-7pm    | Phillips Recreation Center |             |
| Date           | E.B. Cost    | Deadline | Cost   Deadline            | Code        |
| Jan 25-Mar 14  | \$44R/\$88NR | Jan 18   | \$53R/\$106NR              | Jan 25 8984 |

### Poi/Voi Spinning Workshop

Poi spinning is gaining popularity. Join us for a fun-filled introduction to poi and voi spinning, an art originally performed by the Maori in New Zealand. First learn specific moves and the transitions between them, as each new skill is offered in a natural and effortless way, first on one hand, then both if time permits, taking the mystery out of the moves. By adding a veil, poi becomes voi and can simulate a hypnotic and colorful dynamic similar to Fire Poi spinning. This workshop will establish the base of skills building to the next level. Each trick is broken down in easy-to-understand segments and learning is quick and easy. Take this workshop and amaze and delight your friends and family. All materials will be provided.

| Age       | Day          | Time            | Location                   |             |
|-----------|--------------|-----------------|----------------------------|-------------|
| 12 and up | Sa           | 10:30am-12:30pm | Phillips Recreation Center |             |
| Date      | E.B. Cost    | Deadline        | Cost   Deadline            | Code        |
| Feb 11    | \$12R/\$24NR | Feb 4           | \$14R/\$28NR               | Feb 11 8981 |
| Apr 14    | \$12R/\$24NR | Apr 7           | \$14R/\$28NR               | Apr 14 8982 |



## Tango Classes

Since 2001, weekly tango classes have been taught at the Phillips Recreation Center by resident Tango Society instructors, Ron Weigel and Susana Vázquez Weigel, who have been trained by expert tango instructors in Argentina, Europe, and around the U.S. Unless specifically stated, partners are not required. After the registration deadline has passed, admission to classes may be limited to achieve gender balance. **The Tango Society of Central Illinois** is an affiliate group of the park district that offers a complete educational and social program for tango, a dance born in Argentina but popular worldwide. For an introductory taste of tango, attend an Introduction to Tango workshop. For more extensive instruction, sign up for a class. The Tango Society also holds regular social dances (milongas) and offers workshops taught by resident and visiting tango instructors. For complete information, visit [www.centragtango.com](http://www.centragtango.com) or e-mail [Tango.Society@gmail.com](mailto:Tango.Society@gmail.com).

### Tango Workshops & Practice Sessions

These are self-contained instructional units, serving as an introduction to tango, or for continuing tango education. Except for workshops designated specifically for couples, partners are not required.

**Introduction to Tango:** Learn basic steps and the rhythm of tango and how to connect to your partner. Follow up with our Foundations of Tango course. Stay for the subsequent milonga and practice what you have learned.

**Tango Fundamentals Workshop:** Workshops reviewing and expanding on materials covered in Foundations of Tango courses are given prior to the milongas. Specific topics announced at [www.centragtango.com](http://www.centragtango.com).

| Age       | Day | Time        | Location                   |
|-----------|-----|-------------|----------------------------|
| 18 and up | Sa  | 7:30-8:45pm | Phillips Recreation Center |
| 18 and up | Th  | 8:30-9:45pm | Phillips Recreation Center |
| 18 and up | M   | 8:30-9:45pm | Phillips Recreation Center |

| Workshop  | Day | Date   | Cost             |
|---|-----|--------|------------------|
| Introduction to Tango   | Th  | Jan 19 | \$10 at the door |
| Introduction to Tango   | Sa  | Jan 21 | \$10 at the door |
| Introduction to Tango   | Sa  | Feb 18 | \$10 at the door |
| <i>(all workshops includes admission to the milonga that follows)</i> |     |        |                  |
| Tango Fundamentals Workshop   | Sa  | Mar 10 | \$10 at the door |
| Tango Fundamentals Workshop   | M   | Mar 26 | \$10 at the door |
| Tango Fundamentals Workshop   | Th  | Mar 29 | \$10 at the door |
| Tango Fundamentals Workshop   | Sa  | Apr 14 | \$10 at the door |
| Tango Fundamentals Workshop   | Sa  | Apr 28 | \$10 at the door |
| <i>(all workshops include admission to the milonga that follows)</i>  |     |        |                  |

## Milongas

This is the tango social dance. Some people dress elegantly and some dress casually. A variety of classic tango music in different rhythms (tango, milonga, and vals) is played.

| Age       | Day | Time     | Location                   |
|-----------|-----|----------|----------------------------|
| 18 and up | Sa  | 9pm-12am | Phillips Recreation Center |

| Dates                              | Cost            |
|------------------------------------|-----------------|
| Jan 21, Feb 18, Mar 10, Apr 14, 28 | \$7 at the door |

## Foundations of Tango

Learn basic tango movements and how to connect to your partner and to the different rhythms of tango music – tango, milonga, and vals. You will acquire skills for leading and following and navigating around the dance floor. There are two Foundations of Tango courses (A & B). The syllabus is different in each one. You may start with either course. No partners or experience required. Registration in Foundations of Tango courses provides free admission to Milongas and Pre-milonga lessons.

| Age       | Day | Time        | Location                   |
|-----------|-----|-------------|----------------------------|
| 18 and up | Th  | 8:30-9:45pm | Phillips Recreation Center |

| Date            | E.B. Cost    | Deadline | Cost         | Deadline | Code |
|-----------------|--------------|----------|--------------|----------|------|
| A Jan 26-Feb 16 | \$28R/\$56NR | Jan 12   | \$35R/\$70NR | Jan 19   | 8986 |
| B Feb 23-Mar 15 | \$28R/\$56NR | Feb 9    | \$35R/\$70NR | Feb 16   | 8987 |

## Introduction to Tango for Couples

Bring your special partner or a good friend with whom you want to learn tango. Register together and work with the same partner throughout the course. The course syllabus is similar to the Foundations of Tango course but focuses more on developing a partnership in tango. Individual couples will be permitted to progress at a faster or slower pace as it suits them. Course is limited to 8 couples, allowing the instructors to spend some time working individually with each couple.

| Age       | Day | Time     | Location                   |
|-----------|-----|----------|----------------------------|
| 18 and up | Th  | 7-8:15pm | Phillips Recreation Center |

| Date          | E.B. Cost    | Deadline | Cost          | Deadline | Code |
|---------------|--------------|----------|---------------|----------|------|
| Jan 26-Feb 16 | \$48R/\$96NR | Jan 12   | \$60R/\$120NR | Jan 19   | 8994 |

*\*Price per couple*

## Tango Development

Tango Development courses build upon skills developed in Foundations of Tango courses, preparing students for Intermediate Tango courses. This consists mostly of expanding the repertoire of movements that dancers can use in tango, and how to match these movements to the music. There are three Tango Development courses (A, B & C) throughout the year. The syllabus is different in each one. Pre-requisite: Foundations of Tango A and B, or consent of instructor.

|       | Age       | Day | Time        | Location                   |
|-------|-----------|-----|-------------|----------------------------|
| A   B | 18 and up | M   | 8:30-9:45pm | Phillips Recreation Center |
| C     | 18 and up | Th  | 8:30-9:45pm | Phillips Recreation Center |

|   | Date          | E.B. Cost    | Deadline | Cost         | Deadline | Code |
|---|---------------|--------------|----------|--------------|----------|------|
| A | Jan 23-Feb 13 | \$28R/\$56NR | Jan 9    | \$35R/\$70NR | Jan 16   | 8989 |
| B | Feb 20-Mar 12 | \$28R/\$56NR | Feb 6    | \$35R/\$70NR | Feb 13   | 8988 |
| C | Apr 5-26      | \$28R/\$56NR | Mar 22   | \$35R/\$70NR | Mar 29   | 8993 |

## Intermediate Tango

This course increases one's musicality, navigation, and improvisation skills. A different syllabus will be used in each offering. Expand upon skills learned in Foundations of Tango and become a more confident social dancer. Pre-requisite: Tango Development A, B & C, or consent of instructor.

| Age       | Day | Time        | Location                   |
|-----------|-----|-------------|----------------------------|
| 18 and up | M   | 8:30-9:45pm | Phillips Recreation Center |

| Date         | E.B. Cost    | Deadline | Cost         | Deadline | Code |
|--------------|--------------|----------|--------------|----------|------|
| Apr 2-Apr 30 | \$36R/\$72NR | Mar 19   | \$45R/\$90NR | Mar 26   | 8992 |

## Evenings of American Country Dance

### With The Urbana Country Dancers

Join us for FUN energetic dances with great live string-band music on a beautiful sprung-wood floor. All dances are taught by our callers. Experienced dancers will welcome you and other new dancers. No partner or experience is necessary. Contra Dancing is the American descendant of English Country Dancing and has figures similar to those from square dancing (swing, do-si-do, etc).

Bring an additional pair of clean, soft-soled shoes to protect the floor. Please refrain from wearing perfume or cologne. Admission fee pays for our callers, bands, and dance hall. Be sure to arrive in time for our 7:30pm New Dancer Orientation.

For more information and updates about dances, workshops, musician jams, pre-dance potluck dinners, and special events, sashay to website: <http://urbana-contra.org/> or call the UCD Hotline: (217) 359-8225.

| Age      | Location                   | Fee   |
|----------|----------------------------|---|
| All Ages | Phillips Recreation Center | \$5 at the door/ \$4 Student & Seniors<br>young children must be directly supervised at all times |

| Day | Date                  | Time   |
|-----|-----------------------|--------|
| Fri | Jan 20                | 8-11pm |
| Fri | Jan 27                | 8-11pm |
| Fri | Feb 3                 | 8-11pm |
| Fri | Feb 10 @ Illini Union | 8-11pm |
| Fri | Feb 17                | 8-11pm |
| Fri | Mar 2 – Dan Jam!      | 7-11pm |
| Sat | Mar 3- Dan Jam!       | 6-11pm |
| Fri | Mar 16                | 8-11pm |
| Fri | Mar 30                | 8-11pm |
| Fri | Apr 13                | 8-11pm |
| Fri | Apr 20                | 8-11pm |



## English Country Dancing With the Central Illinois English Country Dancers

English Country Dancing was popular in England, Europe and the Colonies during the 17th and 18th centuries. A forerunner of American square dance and contra dance, it has been featured in movie adaptations of Jane Austen's books. Programs will consist primarily of the dances and music from England in the 1600s and 1700s and from the American Colonial and Revolutionary periods.

All dances will be taught at these social and recreational programs where there are always live music provided by the Flatland Consort. Partners, costumes and experience are not necessary. Wear comfortable clothes and bring a separate pair of clean, soft-soled, non-marking, non-street shoes to help protect the floor. Unless otherwise noted, all dances are held at the Phillips Recreation Center. For more information, call Jonathan Sivier at 359-8225 or visit [www.CentrallllinoisECD.org](http://www.CentrallllinoisECD.org).

| Age       | Location                   | Fee             |
|-----------|----------------------------|-----------------|
| 14 and up | Phillips Recreation Center | \$2 at the door |

| Day     | Date                     | Time   |
|---------|--------------------------|--------|
| Sun     | Jan 22                   | 2-5pm  |
| Fri-Sun | Feb 10-12 @ Illini Union | 8-11pm |
| Sun     | Feb 26                   | 2-5pm  |
| Sat     | Mar 24                   | 7-10pm |
| Sat     | Apr 21                   | 7-10pm |
| Fri     | May 11                   | 7-10pm |
| Sat     | May 19 @ Anderson's Barn | 7-10pm |
| Sat     | Jun 9                    | 8-11pm |



# FIFTY PLUS PROGRAMS



## Urbana Park District Senior Citizens Club

The Urbana Park District Senior Citizens Club meets on the second Tuesday of every month at the Phillips Recreation Center for a potluck luncheon, meeting and entertainment. Past programs have included Trivia, singers Paul Hansen and Caitlin Caruso-Dobbs, BINGO, and a Hawaiian Luau competition. All seniors are welcome to join us for fun, fellowship and a great meal. The Club also offers a variety of one-day and extended trips throughout the year. Members get great entertainment and create friendships at regular meetings and these great trips. In addition, members gather each year for a special Christmas lunch at the Round Barn Banquet Center with special holiday entertainment.

For more information about the Club or to become a member (\$12 resident of Urbana and Champaign Park Districts, \$15 nonresident), please call Janet at 367-1544, extension 207.

| Age | Day                    | Time | Location                   |
|-----|------------------------|------|----------------------------|
| 50+ | Second Tu of the month | Noon | Phillips Recreation Center |

## Lifelong Leisure-Senior News

The Urbana Park District's free senior newsletter is your source for information regarding senior activities. With a monthly calendar, you can stay updated on all upcoming trips, events and programs offered through both the District and the Club. Call the Recreation Office at 367-1544 to get your name on our mailing list.

## Rules of the Road FREE

This free review of Illinois traffic laws and signs, held in cooperation with the Illinois Secretary of State's Office, allows experienced drivers to polish their skills and keep on top of changing traffic laws. Registration is not necessary, just drop in!

| Age | Day | Dates | Time      | Location                   |
|-----|-----|-------|-----------|----------------------------|
| 50+ | Th  | Mar 1 | 10am-Noon | Phillips Recreation Center |

## Navy Pier Chicago Flower and Garden Show Trip

The theme for this year's Garden Show is "Hort Couture". The 2012 show's 25-plus gardens will draw inspiration from textures and colors found in plants and fabrics, as well as alluring and beautiful elements found in nature.

You can buy anything and everything for your garden and home at the show's extensive selection of vendors. Have lunch on your own in your choice of restaurants at the Pier. Fee includes bus trip, snack, and admission to the show.

| Age       | Day | Time          | Location                   |
|-----------|-----|---------------|----------------------------|
| 21 and up | M   | 7:30am-6:30pm | Anita Purves Nature Center |

| Date   | Cost     | Deadline | Code |
|--------|----------|----------|------|
| Mar 12 | \$50R/NR | Feb 17   | 8995 |

*(no discounts apply to this program)*