

# ENVIRONMENTAL & PICKLEBALL



## Forest Immersion (Adult, or 12 & up with Adult)

Reweave our wholeness in the golden glow of Autumn. Connect with life under the canopy of trees. Experience Forest Immersion, also known as Forest Bathing or Shinrin Yoku. This program will focus on mental health, mental energy, and physical health. Participants will develop strategies to de-stress, unplug, and be present with beauty and inner knowing, consider trees and their role in sustaining life - their own and ours, and create gifts only you can give your loved ones. This course is conducted outside. Learn more at [www.forestimmersion.com](http://www.forestimmersion.com). Instructed by Kathleen Skoller, Certified Nature and Forest Therapy Guide.

**Sept. 15 - Oct. 27**

**Sun, 1:00 p.m. - 4:00 p.m.**

Brierwoods Preserve

Fees: \$250/Res; \$290/Non-Res

Code: 2675

## Beginner Pickleball (Ages 55+)

This class is for those who have never played pickleball before or who have very limited experience with the sport. It will focus on pickleball basics such as forehand and backhand shots, serving, and court positioning. Players will also learn scoring and the rules of the game through drills and playing time. The slower pace of this class will give players the opportunity to develop the skills needed to play this fun and energetic game. All equipment will be provided. Instructed by SportsKids Inc.

**Session 1: Sept. 10 – Oct. 15**

**Tues, 9:30 a.m. – 10:30 a.m.**

Mundelein Community Center

Fees: \$60/res; \$70/non-res

Code: 2670

**Session 2: Oct. 22 – Dec. 3 (no class 11/26)**

**Tues, 9:30 a.m. – 10:30 a.m.**

Mundelein Community Center

Fees: \$60/res; \$70/non-res

Code: 2671



## Hawthorn Woods at Night (All Ages)

Enjoy the lovely night sky while exploring the joys of stargazing. This class will be spent outside just after sunset at Community Park. All ages and families are welcome! In this program you will learn about constellations, how to navigate using the night sky, the impact of light pollution, and why Hawthorn Woods is in application to become an International Dark Sky Community. Instructed by Alex Casler.

**Sept. 26 - Oct. 24**

**Thurs, 8:15 p.m. - 9:00 p.m.**

Community Park

Fees: \$40/Res; \$46/Non-Res

Code: 2676

## Advanced Beginner Pickleball (Ages 55+)

This class is for advancing beginners who have some experience and want to move at a faster pace to improve their basic shots and strategy. Players will participate in challenging drills to work on consistency in forehand and backhand shots, serving, volleying, dinks and lobs. Through matches played each week, players will get the chance to take their game to the next level by learning how to play smarter, not harder. All equipment will be provided. Instructed by SportsKids Inc.

**Session 1: Sept. 10 – Oct. 15**

**Tues, 10:30 a.m. – 11:30 a.m.**

Mundelein Community Center

Fees: \$60/res; \$70/non-res

Code: 2672

**Session 2: Oct. 22 – Dec. 3 (no class 11/26)**

**Tues, 10:30 a.m. – 11:30 a.m.**

Mundelein Community Center

Fees: \$60/res; \$70/non-res

Code: 2673