



# WINTER/SPRING 2023

Resident registration begins:  
Wednesday, 12/7

Non-resident registration begins:  
Wednesday, 12/14

La Grange & Countryside  
residents get resident rates!

# WELCOME - See pages 20-21 for a detailed program list

## RECREATION CENTER

536 East Avenue, La Grange, Illinois 60525  
 Telephone: (708) 352-1762 • Fax: (708) 352-8591  
**Administrative Office Hours:** 9 am - 5pm ..... Mon. - Fri.  
**Front Desk/Phone Hours:**  
 8 am - 8 pm ..... Mon. - Thur.  
 8 am - 5 pm ..... Friday  
 9 am - 4 pm ..... Sat.  
 9 am - 4 pm ..... Sun.  
**Closed.....11/24, 12/25, 1/1, 4/9, 5/29**  
**(8 am - 12 pm 12/24 & 12/31)** Hours subject to change  
**SEE PAGE 64 FOR FITNESS CENTER HOURS**

## IMPORTANT TELEPHONE NUMBERS

|                                 |              |
|---------------------------------|--------------|
| Administrative Offices          | 708/352-1762 |
| Administrative Fax              | 708/352-8591 |
| Athletic Hotline                | 708/352-0588 |
| Gilbert Park Activity Building  | 708/354-9091 |
| La Grange Fitness               | 708/588-2260 |
| Sedgwick Park Activity Building | 708/354-2205 |

## RECREATIONAL & COMMUNITY SERVICE ORGANIZATIONS

|  |  |
|--|--|
| Aging Care Connections                 | 708/354-1323   |
| American Youth Soccer Org. (AYSO)      | <a href="http://www.ayso300.org">www.ayso300.org</a>                           |
| Chicago White Sox                      | 312/674-1000   |
| Chicago White Sox Academy-La Grange    | 708/588-2275   |
| Boy Scouts of America                  | 312/421-8800   |
| City of Countryside                    | 708/354-7270   |
| Community Diversity Group              | 708/579-5114   |
| Community Park Dist. of La Grange Park | 708/354-4580   |
| Cook County Forest Preserve            | 800/870-3666   |
| DuPage County Forest Preserve          | 630/933-7200   |
| Flagg Creek Golf Course                | 708/246-3336   |
| Girl Scouts of Greater Chicago         | 630/912-6313   |
| Interfaith Community Partners          | 708-354-9328   |
| La Grange Area Newcomers               | <a href="http://www.lgnewcomers.com">www.lgnewcomers.com</a>                   |
| La Grange Art League                   | 708/352-3101   |
| La Grange Babe Ruth League             | 708/354-8730   |
| La Grange Business Association         | 708/352-0494   |
| La Grange Little League                | <a href="http://www.lagrangelittleleague.com">www.lagrangelittleleague.com</a> |
| La Grange Garden Club                  | <a href="http://www.lagrangegardenclub.org">www.lagrangegardenclub.org</a>     |
| La Grange Public Library               | 708/352-0576   |
| La Grange Historical Society           | 708/482-4248   |
| Leader Shop                            | 708/579-5898   |
| NAACP                                  | 708/352-4897   |
| Pleasant Dale Park District            | 630/662-6220   |
| SEASPAR                                | 630/960-7600   |
| Southwest Suburban Sr. Center          | 708/354-1323   |
| Village of La Grange                   | 708/579-2300   |
| Village of La Grange Public Works      | 708/579-2328   |
| Western Springs Rec. Dept.             | 708/246-9070   |
| West Suburban Chamber                  | 708/352-0494   |

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## RESIDENT REGISTRATION

La Grange and Countryside Residents  
 Wednesday, December 7<sup>th</sup> - 8:00 am - 8:00 pm  
 Recreation Center, 536 East Avenue  
 Walk-in registration runs simultaneously to online registration;  
 neither procedure has priority over the other.  
**Residents may only register their own family.**

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PLEASE NOTE: If you are a resident of La Grange or Countryside and are registering with us for the first time you will need to stop in the Recreation Center at 536 East Avenue to provide proof of residency to set up an online account. New accounts set up online default to non-resident status.

The deadline to set up an online account for registration on 12/7 is 12/6. If you already have an online account, it is not necessary to do it again. Your username and password is still valid.

# PDLG BOARD & STAFF

## PARK BOARD MEETINGS

The Board of Commissioners meet at the Park District Recreation Center, 536 East Avenue, on the 2nd Monday of every month at 6:00 pm. *Meeting dates, times and location subject to change.*

## PDLG FACILITIES & CLASS LOCATIONS

**PDLG Recreation Center**  
536 East Avenue

**PDLG Community Center & Park**  
200 South Washington Avenue

**PDLG Denning Park**  
4903 South Gilbert Avenue

**PDLG Gilbert Park & Preschool Building**  
41st Street and Gilbert Avenue

**PDLG Sedgwick Park & Activity/Preschool Building**  
10th Avenue and 48th Street

**PDLG Gordon Park**  
Ogden and Locust Avenue

**PDLG Waiola Park**  
47th Street and Waiola Avenue

**Hanesworth Park**  
26th & Barnsdale Road, La Grange Park

**La Grange Park Recreation Center**  
1501 Barnsdale Road, La Grange Park

**Cossitt School**  
115 W. Cossitt Avenue, La Grange

**Flagg Creek Golf Course**  
6939 Wolf Road, Indian Head Park

**Gurrie/Spring Avenue School**  
1001 South Spring Avenue, La Grange

**Ideal School**  
9901 West 58th Street, Countryside

**Lyons Township High School - South Campus**  
4900 Willow Springs Road, Western Springs

**Park Junior High School**  
325 North Park Avenue, La Grange Park

**Western Springs Grand Avenue Community Center**  
4211 Grand Avenue, Western Springs

**Western Springs Recreation Center**  
1500 Walker Street, Western Springs

**Yena Park**  
29th Street and Harrison Avenue, La Grange Park

**Countryside Park**  
61st Street and Meadow Drive, Countryside

**City Park**  
61st Street and Ashland Avenue, Countryside

## PARK BOARD OF COMMISSIONERS

**President**, Brian Opyd [brianopyd@pdlg.org](mailto:brianopyd@pdlg.org)

**Vice President**, Robert Vear [robertvear@pdlg.org](mailto:robertvear@pdlg.org)

**2<sup>nd</sup> Vice President**, Lynn Lacey [lynnclacey@pdlg.org](mailto:lynnclacey@pdlg.org)

**Commissioner**, Stephanie Posey [stephanieposey@pdlg.org](mailto:stephanieposey@pdlg.org)

**Commissioner**, Michael Chvatal [michaelchvatal@pdlg.org](mailto:michaelchvatal@pdlg.org)

**General** [pdlgcommissioners@pdlg.org](mailto:pdlgcommissioners@pdlg.org)

## BOARD APPOINTMENTS

**Executive Director**, Jenny Bechtold, CPRP [jennybechtold@pdlg.org](mailto:jennybechtold@pdlg.org)

**Board Treasurer**, Cassandra Todd [cassandratodd@pdlg.org](mailto:cassandratodd@pdlg.org)

## IMPORTANT E-MAIL ADDRESSES

**General** [pdlginfo@pdlg.org](mailto:pdlginfo@pdlg.org)

**FOIA Requests** [foiaofficer@pdlg.org](mailto:foiaofficer@pdlg.org)

*FOIA requests are required to be submitted in writing or by email.*

## PARK DISTRICT STAFF

**Executive Director**, Jenny Bechtold, CPRP [jennybechtold@pdlg.org](mailto:jennybechtold@pdlg.org)

## FINANCE STAFF

**Director of Finance & Human Resources**,  
Cassandra Todd [cassandratodd@pdlg.org](mailto:cassandratodd@pdlg.org)

**Administrative Coordinator**, Linda Muth [lindamuth@pdlg.org](mailto:lindamuth@pdlg.org)

**Finance & Personnel Assistant**, Terri Kuzel [terrikuzel@pdlg.org](mailto:terrikuzel@pdlg.org)

## RECREATION/FACILITY STAFF

**Director of Recreation**, Kevin Miller, CPRP [kevinmiller@pdlg.org](mailto:kevinmiller@pdlg.org)

**B.A.S.E. & Camp Manager**, Leanna Hartung [leannahartung@pdlg.org](mailto:leannahartung@pdlg.org)

**B.A.S.E. & Camp Supervisor** Melissa Seaberg [mellisaseaberg@pdlg.org](mailto:mellisaseaberg@pdlg.org)

**Recreation Supervisor**, Teresa Chapman, CPRP [teresachapman@pdlg.org](mailto:teresachapman@pdlg.org)

**Athletic Supervisor**, Zach Price, CPRP [zachprice@pdlg.org](mailto:zachprice@pdlg.org)

**Fitness Supervisor**, Dom Adjoumani, [domadjoumani@pdlg.org](mailto:domadjoumani@pdlg.org)

**Facility & Rental Supervisor**,  
Madonna Giampietro [madonnagiampietro@pdlg.org](mailto:madonnagiampietro@pdlg.org)

**Marketing & Sponsorship Coordinator**,  
Christine Banks [christinebanks@pdlg.org](mailto:christinebanks@pdlg.org)

## PARKS DEPARTMENT STAFF

**Director of Parks, Planning & Maintenance**,  
Blake Ertmanis [blakeertmanis@pdlg.org](mailto:blakeertmanis@pdlg.org)

**Park Operations Manager**, Claudia Galla [claudiagalla@pdlg.org](mailto:claudiagalla@pdlg.org)

**Building Maintenance Supervisor**, Tom Golden [tomgolden@pdlg.org](mailto:tomgolden@pdlg.org)

**Parks & Maintenance Laborers** Ricky Cox, Jose Farias, Vince Gonzalez

*CPRP - Certified Park & Recreation Professional*

# REGISTRATION INFORMATION

## I. RESIDENT REGISTRATION ONLY

Walk-in resident registration for La Grange and Countryside residents will take place on Wednesday, December 7 from 8:00am-8:00pm at the Recreation Center, 536 East Avenue, and continues thereafter during regular office hours. Residents may only register their own family during resident registration on 12/7.

## 2. NON-RESIDENT REGISTRATION

Individuals residing outside of the Park District boundaries may register starting at 8:00am Wednesday, 12/14. This includes Neighborhood Network residents.

## 3. ONLINE REGISTRATION

The Park District of La Grange offers convenient online registration. Online registration runs simultaneously to walk-in registration; neither procedure has priority over the other. Online registration is available 24/7 once registration begins for the season but closes on a program's start date in most cases. Late registration is accepted at the Recreation Center. Please be sure to view/print your receipt to verify that your online transaction processed correctly. New patrons that qualify for Resident or Neighborhood Network rates should visit the Recreation Center to provide proof of address and set up an online account. Patrons may set up their own household account on our website but all transactions will default to the Non-Resident rate until proof of address is provided. To register online visit [www.pdlg.org](http://www.pdlg.org), and select the yellow Online Registration tab at the top of the screen.

## 4. FIRST COME FIRST SERVED

All programs have a minimum and maximum enrollment and will be filled on a first come, first served basis.

## 5. PROGRAM WAITING LISTS

Maximum enrollments for programs ensure quality and safety for you and your children. Wait lists will be taken to allow for dropouts and cancellations prior to the start of a program.

## 6. FALSE INFORMATION/RESIDENT PRIORITY

Persons failing to indicate Non-Resident status, or registering Non-Residents as Park District Residents, will be dropped from the program without refund.

## 7. REFUNDS AND CANCELLATION

Refunds will not be issued after a program's first class date and must be requested no less than 5 days before the first class meeting. A prorated refund will be issued in cases when the Park District receives a written certificate from a physician that a medical condition exists that prohibits participation. The medical note must be received no later than 14 days after the session end date. A prorated refund may also be issued if the registrant moves outside of the District boundaries. A \$5 service charge per class will be deducted from all refunds over \$5, except when a medical certificate is presented in writing or the District cancels a program. Exceptions to this policy will be noted in a program's details in the brochure. If the Park District cancels a program, participants will have a choice of full refund, credit, or class transfer, if available. \*Please note: the BASE (Before & After School Experience program and related activities) may be subject to different refund policies as issued by the Supt. of BASE.

## 8. INSUFFICIENT FUNDS FEE:

In the event that a program is paid for by check, and that check is returned to the District unpaid (due to NSF, account closed, etc.) full payment as well as a \$20.00 penalty will be required in cash or cashiers check before attendance in a class can continue.

## 9. FEE CODE

The fee code used in this brochure is as follows:

- (R) Residents of La Grange & Countryside
- (NR) Non-Resident
- (NN) Neighborhood Network


## 10. PROOF OF RESIDENCY

Proof of La Grange or Countryside residency is required to qualify for resident rates for program registrations, membership passes and facility rentals. A driver's license, state ID or utility bill is acceptable. This policy assures the lowest fees for La Grange residents.

## 11. NEIGHBORHOOD NETWORK (NN)

All communities that border La Grange which include Western Springs, La Grange Park, Brookfield, La Grange Highlands, and McCook will be charged only 10% more than resident rate for all programs. Proof of residency is required. For all co-op programs, non-residents from the co-op district will get the resident rate.

## 12. CO-OP PROGRAMMING

If the graphic symbol  appears next to a program title it is a co-op and resident rate applies for all agencies indicated. All participating agencies must achieve minimum enrollment for a class to be held. Co-op codes: LP-La Grange Park, WS-Western Springs

## 13. SENIOR DISCOUNT

Seniors age 55+ receive a 10% discount for most PDLG adult programs.

## 14. PROOF OF AGE

The Park District of La Grange reserves the right to require proof of age for participants age 3 years and under.

## 15. PAYMENT/ENROLLMENT VERIFICATION

Please review your receipt for accuracy. When in doubt, call the Park District office at (708) 352-1762.

## 16. PAYMENT METHODS

Payment methods accepted are: Visa, MasterCard, Discover, American Express, cash and check.

## 17. REGISTER EARLY!

Early registration is recommended. Classes are subject to cancellation if they do not meet minimum enrollment.

## 18. FEES SUBJECT TO CHANGE WITHOUT NOTICE

Fees are subject to change to correct a brochure misprint or program change.

## 19. ADA ACCOMMODATIONS

A request for ADA accommodations or assistance at a program is required at the time of registration. This includes, but is not limited to, inclusion aides, sign language interpreters, adaptive equipment, and accessible transportation. Early registration, along with a request for accommodation, is strongly suggested to allow accommodations to be secured prior to the start of the program.

### EMERGENCY CLOSING INFORMATION

Please check our website [www.pdlg.org](http://www.pdlg.org) for weather related/emergency closing information.

### WHY ARE THERE INITIALS NEXT TO THE PROGRAMS?

(KM-Kevin Miller, TC-Teresa Chapman, ZP-Zach Price, DA-Dom Adjoumani)

They represent the staff member responsible for that program. This will help you connect with the right person to answer your questions.

### OTHER SYMBOLS:



- Parent/Child Program



- Cooperative Program



- New Class



# LA GRANGE FITNESS



## CONNECT WITH US

[www.pdlg.org](http://www.pdlg.org)



**/ParkDistrictofLaGrange**  
**/LaGrangeFit**



**@pdlgparks**  
**@lagrangefitness**



**@pdlg**

**SUBSCRIBE  
TO OUR  
NEWSLETTER**



# GENERAL INFORMATION

## LATE PICK-UP POLICY

The Park District of La Grange staff will supervise children who are left beyond the scheduled time until a parent or other authorized adult on the pick-up list arrives. However, late pick-ups will result in a fee. Payment of the late fee is to be paid at the Recreation Center located at 536 East Avenue **BEFORE** your child can attend the next day of camp/class. If you have any questions, please call Kevin Miller at 352-1762.

1-15 minutes late = \$5.00

Every additional minute = \$1.00

## IMPORTANT INFORMATION

The Park District of La Grange is committed to conducting its recreation programs and activities in the safest manner possible and holds the safety of participants in the highest regard. Participants and parents registering their child in recreation programs must recognize, however, that there is an inherent risk of injury when choosing to participate in recreation activities.

The Park District of La Grange continually strives to reduce such risks and insists that all participants follow safety rules and instructions which have been designed to protect the participant's safety.

Please recognize that the Park District of La Grange does not carry medical accident insurance for injuries sustained in its programs.

The cost of such would make program fees prohibitive; therefore, each person registering themselves or a family member for a recreation program/activity should review their own medical insurance policy for coverage. It must also be noted that the absence of medical insurance coverage does not make the Park District of La Grange automatically responsible for the payment of medical expenses.

The Park District of La Grange requires that all program participants or legal guardians sign a Liability Waiver and Release form at the time of registration. This form must be signed prior to participation in any Park District program. Your cooperation and understanding is greatly appreciated.

## PARK USAGE RULES

For your Safety and Protection....CERTAIN LOCAL RULES ARE ESTABLISHED BY THE BOARD OF PARK COMMISSIONERS SO THAT ALL MAY ENJOY THE PARKS SAFELY. YOU ARE REQUIRED TO COMPLY WITH THE FOLLOWING RULES.

1. All dogs in the parks must be leashed.
2. No alcoholic beverages are allowed in any park areas.
3. No driving or parking of cars, motorcycles or snowmobiles are allowed in any grass area or sportsfield.
4. No weapons of any type may be carried by anyone in the park except by the police. This includes slingshots, pellet guns or guns which are in a case.
5. No smoking within any Park District buildings.

6. No golfing in the parks. Youth golf program participants are exempt from this rule during scheduled golf lessons.
7. Parks are open from sunrise to sunset unless otherwise posted. Exceptions apply to lighted areas (i.e. courts, fields, etc.)

## PROGRAM CODE OF CONDUCT

To ensure enjoyable and safe programs for all participants, the Park District of La Grange has developed a behavior code. Participants shall:


- Show respect to all participants and staff.
- Refrain from using foul language.
- Refrain from causing bodily harm.
- Show respect to equipment, supplies, and facilities.

Additional rules are developed for specific programs as deemed necessary by staff.

## PROGRAM FINANCIAL ASSISTANCE

The Financial Assistance Policy of the Park District of La Grange is established to provide a fair and equitable system through which District residents may take part in recreation programs when they are unable to pay the required fees. Partial program fee waivers may be granted for Park District of La Grange residents for certain programs. Any family who would like to see if they are eligible for a scholarship may obtain an application from the Park District of La Grange Administration Office at 536 East Avenue, La Grange, IL 60525.

## CO-OP PROGRAMMING

If the graphic symbol  appears next to a program title, it is a CO-OP, and resident rates apply for all agencies indicated. All participating agencies must achieve minimum enrollment for a class to be held.

There are three reasons why park districts and recreation departments typically offer programs in cooperation with another agency. Reason #1 is because individually each agency does not have the population base to support a program. Reason #2 is that one of the agencies does not have the facility to offer a program. Reason #3 is that both agencies can increase the variety of programs offered to their residents.

## AMERICANS WITH DISABILITIES

The Park District of La Grange is committed to accessibility for individuals with disabilities and strives to provide equal, integrated participation in all programs, activities and services. The Park District's policy is to reasonably accommodate all qualified program applicants in accordance with the Americans with Disabilities Act (ADA). We welcome questions, comments and concerns of interested community members regarding District ADA compliance.

To arrange for auxiliary aids or accommodations enabling individuals with disabilities to participate in Park District public meetings, or to request publications in a special format (such as audio cassette or large print), contact the Director of Recreation by calling (708) 352-1762 or mail to 536 East Avenue, La Grange, IL 60525.

# GENERAL INFORMATION

## INCLUSIVE RECREATION PROGRAMS

In a continuing effort to meet the needs of residents with special needs, SEASPAR and the Park District of La Grange provide inclusive recreation services. This means that individuals with disabilities participate in programs offered by the Park District.

This inclusive recreation environment provides residents with disabilities greater choices for their leisure time and allows all residents to learn about one another as they participate together.

Let the Park District and SEASPAR know of your special needs interests so that we can provide the support necessary for successful inclusion. By communicating your needs, the Park District and SEASPAR can be prepared to provide you with appropriate services. Please contact the Director of Recreation to convey your needs.

## PHOTOGRAPHS

The Park District of La Grange uses pictures of participants in its programs and special events to inform others of these recreational opportunities. We do not use any identification in our brochure. If you do not want a picture taken, please tell our photographer.

## GIVE THE GIFT OF FUN!

A gift certificate for a recreation program, membership or activity is the perfect gift for anyone. You can purchase a gift certificate at the Park District at the recreation center front desk or fitness center front desk at 536 East Avenue.

## EMPLOYMENT OPPORTUNITIES

The Park District of La Grange is often looking for qualified, enthusiastic people for a variety of positions. Applications for part time jobs are accepted year round. Persons interested in teaching or supervising a recreation program should contact the recreation department at (708) 352-1762. Applications can be picked up at the Park District office at 536 East Avenue or online at [www.pdlg.org](http://www.pdlg.org). The Park District of La Grange is an equal opportunity employer.

## PARK AND FACILITY RENTAL PERMITS

Need a convenient site to hold an organization or business meeting? Want an indoor space to hold a child's birthday party? Would an outdoor playing field, court or pavilion be the perfect spot for a family reunion? Now is the time to start planning for these events, and the Park District of La Grange can help with your indoor and outdoor facility rental space!

The Park District has both indoor and outdoor facilities that can be rented by the hour for family functions, club and school activities, civic group meetings or athletic events. Facilities, such as the Community Center, Recreation Center, ball fields, tennis courts, picnic shelters and soccer fields can be reserved. Please keep in mind that all facilities may not be available as Park District programs have the first priority for all facilities.

## Be Our Eyes COMMUNITY PARK WATCH



"Be Our Eyes" is the Park District of La Grange's park watch initiative, encouraging our residents and park patrons to serve as another pair of "eyes" for the park district and to report suspicious activity. If you take notice of any of the following activities, or anything that seems "fishy," please call 911 to report it.

## SEE SOMETHING.

### Suspicious activity to watch for and report

- Screaming, yelling or fighting
- Someone looking into parked cars
- People in the park after hours
- Substance abuse
- Solicitors
- Sound of breaking glass
- People exhibiting unusual behavior
- Fire or fireworks

## SAY SOMETHING.

### Information needed when you call

When you call 911, please try to be as specific as possible about the situation and the details.

- What is happening?
- Where is it happening?
- If the situation already occurred, when did it happen?
- Who is involved?
- Is anyone hurt?

### Description of People and Vehicles

If people or vehicles are involved in the incident, be as specific as possible when describing them.

#### People

- Age
- Gender
- Race
- Height
- Weight
- Clothing
- Unique identifying characteristics

#### Vehicles

- License plate state/number
- Make
- Model
- Color
- Damage to vehicle
- Direction of travel
- Unique identifying characteristics

To reserve a facility, both residents and non-residents age 21 or older must complete an application in advance and file the application at the Park District of La Grange administrative offices, 536 East Avenue, during regular office hours. A minimum security deposit of \$100 is due at time of application. Specific cancellation policies and refund fee information is available upon application of site. Reservations are on a first come, first served basis.

For more information about renting a park site or facility, contact the Park District at (708) 352-1762.

*\*Gordon Park splash pad not available for rentals.*

# RENTAL INFORMATION



Have your next event at the Park District of La Grange! We have party rooms, basketball courts and volleyball courts. There are plenty of affordable activities to keep your guests entertained! If you require a refrigerator, sink, and microwave, rooms 105 and 106 are perfect for your party! All other rooms have no kitchen amenities, but renters may bring in coolers, food warmers, sterno, or crock pots to accommodate their needs.

Our DeSitter Room is perfect for large parties of up to 175 people. The DeSitter Room is ideal for showers, baptisms, birthdays, anniversaries, or graduations. Utilize our full kitchen included in rental. Feel free to bring in your favorite food! We do not have any restrictions on caterers. If you seek a quiet place for your next seminar, you can also rent the DeSitter Room which is equipped with a screen. Please visit our website at [www.pdlg.org](http://www.pdlg.org) for more information on booking details. You may also contact Madonna Giampietro at (708) 352-1762 or [madonnagiampietro@pdlg.org](mailto:madonnagiampietro@pdlg.org) to check availability. Please note, we do not hold rooms or accept reservations over the phone or via fax or email. Reservations are accepted in person on a first come, first served basis.

## ROOM RENTALS

If your party is for less than 100 people, we have a variety of rooms to suit your needs. In addition to party rooms, which are adjacent to the indoor playground, we also have rooms that can be rented for small meetings. The rates listed below are for residents and non-resident rentals.

All room fees effective starting December 1, 2022.

### PARTY ROOM 105/PARTY ROOM 106 (fee per room)

|   |                   |
|---|-------------------|
| Res. \$55/hr  | Non-Res. \$75/hr  |
| ROOM 105 & 106 TOGETHER   |                   |
| Res. \$100/hr   | Non-Res. \$135/hr |
| Each room holds a max of 25 people.<br>Can be opened to one large room for 50 people. |                   |

### ROOM 108/ROOM 109 (fee per room)

|  |                   |
|--|-------------------|
| Res. \$55/hr   | Non-Res. \$75/hr  |
| ROOM 108 & 109 TOGETHER  |                   |
| Res. \$100/hr  | Non-Res. \$135/hr |
| Each room holds a max of 50 people.<br>Can be opened to one large room for 100 people. |                   |

### ROOM 112 (Room holds maximum of 45 people)

|              |                  |
|--------------|------------------|
| Res. \$55/hr | Non-Res. \$75/hr |
|--------------|------------------|

### CONFERENCE ROOM 102 (fee per room)

|                                    |                  |
|------------------------------------|------------------|
| Res. \$35/hr                       | Non-Res. \$50/hr |
| Room 102 holds a max of 20 people. |                  |

### AFTER HOURS RENTALS

|   |
|---|
| \$20/hr   |
| Weeknights after 9pm, Saturday after 6pm, Sunday after 5pm. |

## DeSITTER ROOM RENTAL RATES

### Max 175 people

|                               |                 |
|-------------------------------|-----------------|
| MON-FRI (2 HR. MIN.)          |                 |
| Resident . . . . .            | \$ 130 per hour |
| Non-Resident . . . . .        | \$ 175 per hour |
| SAT-SUN (3 HR. MIN.)          |                 |
| Resident . . . . .            | \$ 170 per hour |
| Non-Resident . . . . .        | \$ 220 per hour |
| HOLIDAY WEEKENDS (3 HR. MIN.) |                 |
| Resident . . . . .            | \$ 200 per hour |
| Non-Resident . . . . .        | \$ 260 per hour |

|  |                        |
|--|------------------------|
| Alcohol Permit   | \$205 (1-100 guests)   |
|  | \$215 (101-175 guests) |
| (Beer, Wine Products only - Renter supplies own alcohol) |                        |
| After Hours . . . . .                                    | \$20 per hour extra    |

### RENTAL POLICY

A minimum \$200.00 security deposit is required at the time of booking. All events must be paid in full at least 14 days before the event. Please call for rates and additional information.

### INDOOR PLAYGROUND

|  |                  |
|--|------------------|
| Res. \$50/hr                                       | Non-Res. \$65/hr |
| During room Rental Time only. (2 hour rental time) |                  |

### AFTER HOURS RENTALS

|   |
|---|
| Extra \$20/hr   |
| Weeknights after 9pm, Saturday after 6pm, Sunday after 5pm. |

# The Perfect Room to Celebrate all Occasions!



- Weddings
- Birthdays
- Graduations
- Anniversaries
- Corporate Events



the *De Sitter*  
ROOM



Park District of La Grange  
536 East Avenue, La Grange, IL 60525  
Room Rental Information call 708-352-1762  
[www.pdlg.org](http://www.pdlg.org)

# GYMNASIUM RENTAL/OPEN GYM

## GYM RENTAL

Our gymnasium features wood floors and three full high school size basketball courts. Each court can be divided into a half court using our suspended curtains. The gym can also accommodate four full volleyball courts and may be set up for pickleball. The gym may not be rented for baseball, soccer, lacrosse or football. Gym rentals are available when the Park District is not conducting its own programs on the courts. For party rentals the court rental hours must fall within the room rental hours. Basketball hoops will not be lowered from regulation height for private rentals. All rental applications must be submitted in person at the Park District offices at 536 East Avenue during normal business hours. A \$100 security deposit is required at the time of booking and is non-refundable in the event the renter cancels the reservation.

### Half-Court Rental

|              |           |
|--------------|-----------|
| Resident     | \$40/hour |
| Non-Resident | \$50/hour |

### Full Court Rental

|              |           |
|--------------|-----------|
| Resident     | \$70/hour |
| Non-Resident | \$88/hour |

### Volleyball Court Rental

|              |           |
|--------------|-----------|
| Resident     | \$60/hour |
| Non-Resident | \$75/hour |

## OPEN GYM POLICIES

The Park District makes the gymnasium available for open basketball for participants ages 5 & up at a daily rate or with a 10-punch pass. The hours vary based on court availability and a schedule is issued bi-monthly and published on our website.

*Basketball hoops will not be lowered from regulation height for open gym.*  
**NO DUNKING.**

For a volleyball net to be set up there MUST be a minimum of 8 players. Please call ahead – subject to availability.

*Patrons must bring their own balls for basketball & volleyball*

## PARK DISTRICT ID

Participants of all ages are encouraged to obtain a Park District. Park District ID's are available for free and are valid for a 3-year period. Lost card replacements cost \$3. Daily admission fees apply.

### How can I get a FREE Park District ID?

- Complete an ID card registration form available at the Rec Center or online at [www.pdlg.org](http://www.pdlg.org) on the home page bottom right)
- Minors under age 18 – have your parent/guardian complete an ID form and sign the waiver
- Show proof of address/identity with state-issued photo ID at the Rec Center
- PDLG staff will take your picture and print your ID card
- Patrons with a current yearly membership ID card may have their open gym ID linked to the same card

## COURT DIVIDERS

Curtains may be lowered to divide the courts by Park District staff only. For your safety patrons should keep away from divider during its raising or lowering. Do not hang on divider or go underneath it. Dividers are to be used as a backdrop; players may not throw directly into the dividers.

## CLOTHING/LOSS OF PERSONAL PROPERTY

No headgear may be worn in the gym during open gym hours including bandanas, baseball caps, sweat bands, skullcaps, etc. Shirts must be worn at all times. Non-marking gym shoes are required. Dark soled gym shoes (black, red, gray) damage the gym floor. PDLG reserves the right to refuse any participant whose shoes may damage the gym floor. Not permitted: sandals, cleats/spikes, boots, dress shoes or others deemed inappropriate for athletic activity. Wearing jewelry of any kind is strongly discouraged. Wristbands will be provided at check-in and must be worn on wrists during open gym activities. The Park District is not responsible for the loss of participants' clothing, equipment or valuables. Small lockers are available for use in the gymnasium lobby for a 25¢ fee.

## FOOD/SPITTING/ALCOHOL, DRUGS, & TOBACCO

No food, drink or gum allowed in the gym. Beverages are allowed in the social area ONLY. Spitting is not allowed. Use garbage receptacles for disposal. Patrons are not allowed to be under the influence of alcohol or other drugs. Violators will be asked to leave the facility and may have their Park District privileges suspended or revoked. Chewing tobacco/smoking/vaping is not allowed.

## SPORTSMANSHIP/BEHAVIOR/MUSIC/HEADPHONES

Any patron engaging in a fight or other acts of poor sportsmanship will be removed from the facility without refund for a period of time set by the Supt. of Facilities. This includes inappropriate language, swearing, and showing disrespect to others players or Park District staff. No headphones or amplified music will be allowed during open gym.

## TRACK

The track is for walkers/runners only, ages 5 years and older. No personal belongings or sitting allowed on track.

## OPEN PICKLEBALL

*(please bring your own paddles & balls)*

Open games to be played. Nets will be provided by the Park District.  
**Schedule:** Monday/Wednesday/Friday 9am-12pm and Friday 3pm-5pm  
**Drop-In Fee:** \$5 RES, \$8 NR  
**10-Punch Pass:** \$40 RES, \$64 NN, \$72 NR

## OPEN GYM DAILY & PUNCH PASS FEES - Basketball / Volleyball

For your convenience the Park District offers a 10-punch pass for open gym play. Pay up front and just bring your pass ID card to open gym. The 10 visits are valid for one year from date of issue and are non-transferable. Volleyball is subject to availability with a minimum of 8 players – please call ahead. Check our monthly calendar for specified open gym times. Participants may also pay a daily drop-in fee for open gym – NO REFUNDS.

|               | Resident Fee   |                   | Neighborhood Network |                   | Non-Resident   |                   |
|---------------|----------------|-------------------|----------------------|-------------------|----------------|-------------------|
| Daily Visit   | 5-13 yrs. \$4  | 14 yrs. & up \$7  | 5-13 yrs. \$7        | 14 yrs. & up \$10 | 5-13 yrs. \$7  | 14 yrs. & up \$10 |
| 10-Punch Pass | 5-13 yrs. \$32 | 14 yrs. & up \$56 | 5-13 yrs. \$56       | 14 yrs. & up \$76 | 5-13 yrs. \$63 | 14 yrs. & up \$85 |

# RECREATION CENTER USE/TRACK & PLAYGROUND

The Park District of La Grange offers yearly membership passes. Passes are valid for one year from date of issue and are available for individuals and families. A daily rate is also available for those wishing to use the facility without purchasing a yearly pass. Pass ID cards will be issued for each individual and will be scanned upon entering the facility. Please bring proof of residency when registering for a pass. Individual passes provide unlimited use of the track for one year. Family passes include unlimited track use for each family member plus free admission to the indoor playground and toddler playtime gym for age appropriate children in the household.

## YEARLY MEMBERSHIP & DAILY VISIT RATES

| Daily Visit/Yearly Membership   | Resident       |            | Neighborhood Network |            | Non-Resident   |            |
|---|----------------|------------|----------------------|------------|----------------|------------|
| <b>Indoor Track / Daily</b>   | \$4 per person |            | \$6 per person       |            | \$6 per person |            |
| <b>Indoor Playground / Daily</b><br><i>(Infants under 12 months &amp; adults - Free)</i>    | \$4            | 3-12 yrs.  | \$6                  | 3-12 yrs.  | \$6            | 3-12 yrs.  |
|   | Free           | 1 & 2 yrs. | \$3                  | 1 & 2 yrs. | \$3            | 1 & 2 yrs. |
| <b>Toddler Playtime Gym / Daily</b><br><i>(Infants under 12 months &amp; adults - Free)</i> | \$4            | 1-5 yrs.   | \$5                  | 1-5 yrs.   | \$5            | 1-5 yrs.   |
| <b>Toddler Playtime &amp; Indoor Playground Combo / Daily</b>                               | \$6            | 3-5 yrs.   | \$8                  | 3-5 yrs.   | \$8            | 3-5 yrs.   |
|   | \$4            | 1-2 yrs.   | \$5                  | 1-2 yrs.   | \$5            | 1-2 yrs.   |
| <b>Individual Track / Year</b>  | \$31/year      |            | \$34/year            |            | \$46/year      |            |
| <b>Student Track / Year</b>   | \$26/year      |            | \$30/year            |            | \$41/year      |            |
| <b>Senior Track / Year</b>  | \$26/year      |            | \$30/year            |            | \$41/year      |            |
| <b>Couple Track / Year</b>  | \$44/year      |            | \$49/year            |            | \$57/year      |            |
| <b>Family / Year</b> parent(s) & kids 18 & under<br><i>(Track/Playground/Toddler Gym)</i>   | \$55/year      |            | \$61/year            |            | \$83/year      |            |

### MEMBERSHIP DEFINITIONS

- Individual:** 16 years & older
- Student:** High school/college with student ID max age 22 yrs.
- Senior:** 55 years & better
- Couple:** 2 adults ages 18 yrs. & older in the same household
- Family:** Members of a household living at the same address including parents/legal guardians and their children ages 18 yrs. & under

### RESIDENCY

- Resident:** La Grange & Countryside
- Neighborhood Network:** La Grange Highlands, La Grange Park, Brookfield, Western Springs, McCook
- Non-Resident:** All other towns

### INDOOR TRACK

No strollers are allowed on the track/Please walk at your own risk  
Track users must be 5 years & older

|                   |              |
|-------------------|--------------|
| Monday - Thursday | 8am - 7:30pm |
| Friday            | 8am - 4:30pm |
| Saturday          | 9am - 3:30pm |
| Sunday            | 9am - 3:30pm |

- For your safety, track hours may be restricted during Park District activities in the gym
- Track may close occasionally for certain programs
- Closed 11/24, 12/25, 1/1, 4/9, 5/29

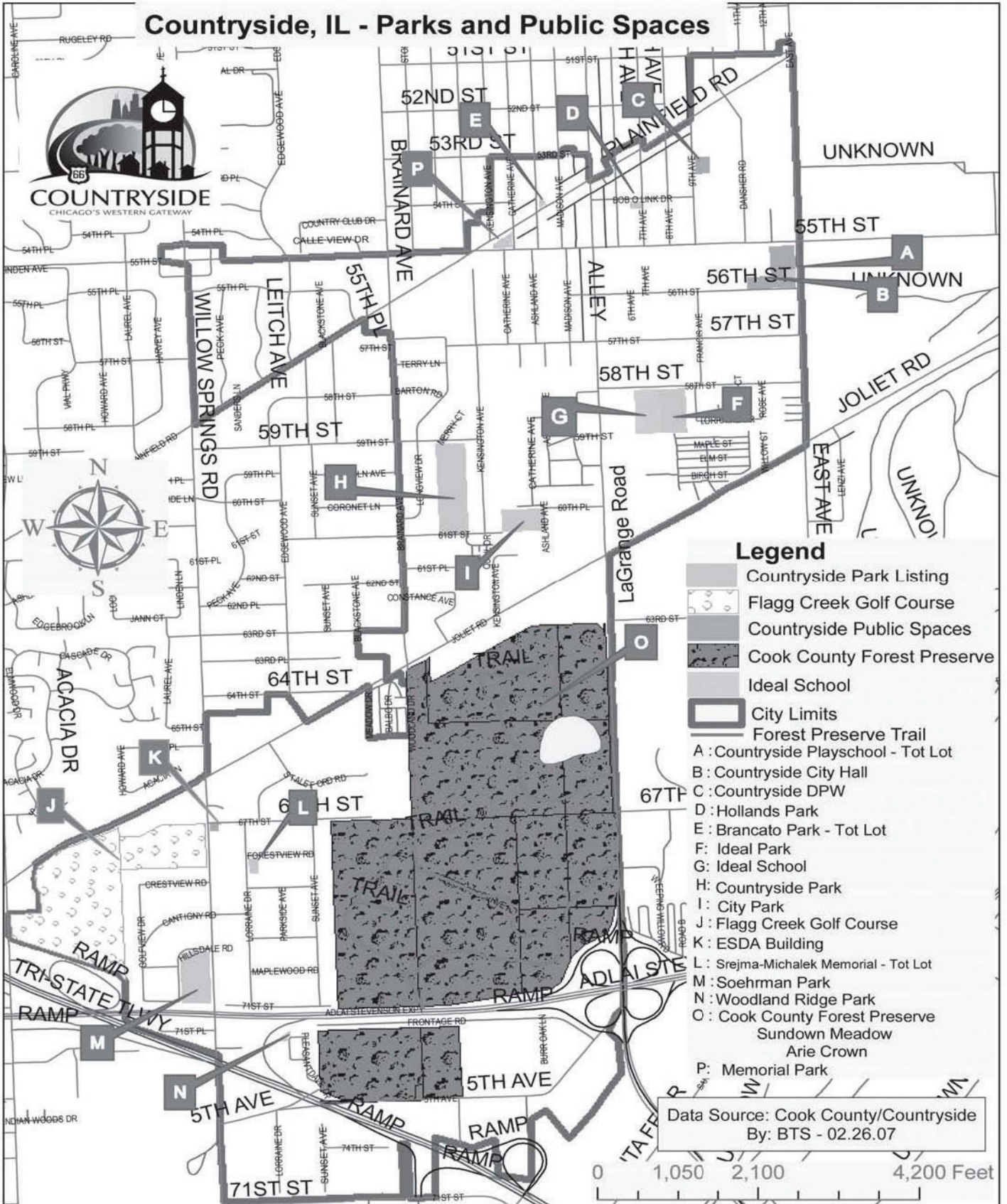
### INDOOR PLAYGROUND

All children must be accompanied by an adult,  
no supervision provided  
*\*\*Hours subject to availability-check monthly calendar for updates*

|                   |              |
|-------------------|--------------|
| Monday - Thursday | 9am - 7:30pm |
| Friday            | 9am - 4:30pm |
| Saturday          | 9am - 3:30pm |
| Sunday            | 9am - 3:30pm |

- Closed 11/24, 12/25, 1/1, 4/9, 5/29
- \*All hours and fees subject to change without notice*







# Facility & Park Information

## Facilities

Map Ref.  
Acres

## Amenities

|  |    |     |   |
|--|----|-----|---|
| Recreation Center<br>536 East Ave.         | A  | -   | Administrative Offices, La Grange Fitness, Indoor Playground, Walking Track, 3 Full Size Basketball Courts, Dance/Aerobic Studio, Banquet Room, Rental Rooms, Chicago White Sox Satellite Training Facility |
| Community Center<br>200 S. Washington Ave. | B  | 1   | Activity Building, Playground, 2 Basketball Courts*   |
| <i>Parks</i>                               |    |     |   |
| Denning Park<br>4903 S. Willow Springs Rd. | 1  | 10  | Activity Building, Playground, Picnic Shelter, Walking/Jogging Path, 1 Soccer Field, Parking Lot, Basketball Court, Community Garden  |
| Elm Park<br>Elm & Stone Ave.               | 2  | 2   | Playground, Half-Court Basketball Court   |
| Gilbert Park<br>41st St. & Gilbert Ave.    | 3  | 6   | Preschool Building, Playground, Half-Court Basketball Court, 2 T-Ball Fields, 4 Tennis Courts*, Walking/Jogging Path  |
| Gordon Park<br>Ogden & Locust Ave.         | 4  | 13  | Picnic Shelter, Playground, 2 Softball Fields*, 3 Handball Courts*, 2 Soccer Fields, Splash Pad, Walking/Jogging Path, Fitness Stations, Skate Spot, Parking Lot  |
| Sedgwick Park<br>10th Ave. & 48th St.      | 5  | 23  | Activity Building, Playground, 2 Basketball Courts, 4 Baseball Fields, 4 Tennis Courts*, Walking/Jogging Path, 2 Sand/Volleyball Courts*, 3 Soccer Fields, Parking Lot                                      |
| Stone Park<br>Bell & Stone Ave.            | 6  | .5  | Playground, Half-Court Basketball Courts  |
| Rotary Centennial Park<br>116 Sawyer Ave.  | 7  | .3  | Playground, Picnic Shelter  |
| Spring Park<br>1108 S. Spring Ave.         | 8  | .85 | Playground, Picnic Shelter  |
| Waiola Park<br>500 S. Waiola Ave.          | 9  | 3.5 | Playground, Basketball Court, 2 T-Ball Fields, Walking/Jogging Path, 1 Soccer Field   |
| Meadowbrook Manor Park<br>339 9th Ave.     | 10 | .25 | Playground  |

\*field and/or courts are lighted



SHOW PRIDE IN YOUR COMMUNITY BY WORKING TO BEAUTIFY AND CLEAN A PARK IN LA GRANGE!

\*adopted parks

PARK DISTRICT OF LA GRANGE

### Facilities

- A RECREATION CENTER 536 East Ave
- B COMMUNITY CENTER \* 200 Washington Ave

### Parks

- 1 DENNING PARK \* 4903 S Willow Springs Rd
- 2 ELM PARK \* Elm & Stone Ave
- 3 GILBERT PARK 41st St & Gilbert Ave
- 4 GORDON PARK Ogden & Locust Ave
- 5 SEDGWICK PARK \* 10th Ave & 48th St
- 6 STONE PARK Bell & Stone Ave
- 7 ROTARY CENTENNIAL PARK \* 116 Sawyer Ave
- 8 SPRING PARK 1108 S Spring Ave
- 9 WAIOLA PARK 500 S Waiola Ave
- 10 MEADOWBROOK MANOR PARK 339 9th Ave



# FINANCIAL REPORT

**Our Fiscal Year: May 1- April 30, 2022**

At the Park District of La Grange, our mission is to provide quality recreation programs, facilities, and parks that enhance the health, happiness, and quality of life of Park District residents and program participants. We appreciate your support and invite you to visit your local parks and facilities.

The Park District has several different revenue sources from taxes and fees to grants and bonds. Charges for services include program activity fees, fitness center memberships and rental fees for the use of Park District facilities. This year, the Park District's revenue for services rebounded from prior year Covid 19 pandemic levels by one million dollars. While still below pre-pandemic levels, recreational activities have resumed.

## Combined Statement of Revenues, Expenditures, and Changes in Fund Balance For the Fiscal Year Ended April 30, 2022

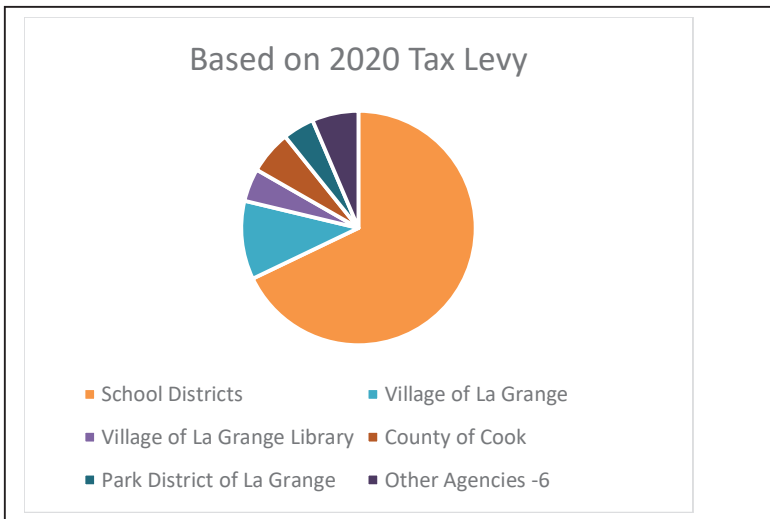
|                                |                   |        |
|--------------------------------|-------------------|--------|
| <u>Revenues</u>                |                   |        |
| Taxes                          | \$ 3,182,261      | 60.1%  |
| Charges for Services           | 2,087,472         | 39.4%  |
| Grants & Donations             | 2,450             | 0.0%   |
| Interest                       | 6,597             | 0.1%   |
| Miscellaneous                  | 13,344            | 0.3%   |
|                                | <hr/>             |        |
|                                | 5,292,124         | 100.0% |
| <u>Expenditures</u>            |                   |        |
| General Government             | 937,145           | 17.7%  |
| Program Expenses               | 2,737,041         | 51.7%  |
| Capital Outlay                 | 94,566            | 1.8%   |
| Debt Service                   | 1,112,953         | 21.0%  |
|                                | <hr/>             |        |
|                                | 4,881,705         | 92.2%  |
| Revenue over Expenditures      | 410,419           | 7.8%   |
| <u>Other Financing Sources</u> |                   |        |
| Debt Issuance                  | 355,700           |        |
|                                | <hr/>             |        |
|                                | 355,700           |        |
| Net Change in Fund Balance     | <u>\$ 766,119</u> |        |

## Park District Fund Balance

The Park District has a fund balance policy to maintain 3 to 4 months of operating expenditures depending on the particular fund. Any excess is generally allocated for capital improvements. As of fiscal year end, each of the individual funds have met the minimum requirement. The capital fund had a fund balance of \$2.5 million which has been budgeted for specific projects.

## What share of your property tax bill goes to the Park District?

Often, residents are not aware that the Park District is a separate taxing body from the Village of La Grange. The Park District is governed by a five-member Board of Commissioners that is elected by the residents. As a separate governmental entity, the Park District can levy and collect taxes on all taxable property within the District. Based on a typical 2020 tax bill approximately 4.5 cents of every tax dollar are for the Park District of La Grange.



The Cook County Assessor's Office calculates the Equalized Assessed Value (EAV) on business and personal properties annually to help determine the amount of property taxes to be paid per business or household. Based on the results of these assessed values, the Park District uses its current tax rate to draw revenue from each property's EAV to support and provide its public service. In 2020, the tax rate for the Park District of La Grange was 37.2 cents.

As of the date of this report, the Cook County Assessor's office has not completed the calculation of the EAV for 2021. Tax rates will not be available until this step is completed.

## Investing in Capital Projects

Each year, the District prepares a capital budget for repairs and/or replacement of equipment or amenities. The capital projects are financed with a combination of non-referendum bond money, grants, and surplus from the operating funds. This year, the District concentrated on preparing the engineering and architectural plans for the development of the property at 610 East Avenue. The focus was also on the preparation of a ten-year master plan which when complete, will assist the District to develop an action plan for future development and programming.

## Debt Administration

General Obligation Park Bonds series 2021 was issued during the year for a total of \$355,700. This is the normal annual rollover that the Park District issues each year to pay the debt service on the alternate revenue bonds series with any remaining balance allocated to capital projects. Overall, there was a net decrease in general obligation park bonds outstanding of \$657,344.

## Excellence in Reporting

At the conclusion of each fiscal year, the Park District prepares an Annual Comprehensive Financial Report (ACFR) that clearly communicates the financial condition of the Park District and provides details on activities and balances for the fiscal year. This report is audited by a professional, independent audit firm whose opinion appears as part of the report.

This report is also submitted to the Government Finance Officers Association's award program. This organization has awarded our report the Certificate of Achievement for Excellence in Financial Reporting every year since 1995. To achieve this award, the District's Annual Comprehensive Financial Report must clearly communicate its financial story to the reader and satisfy all the applicable legal requirements and generally accepted accounting principles. This report is available on our website at [www.pdlg.org](http://www.pdlg.org).



Park District of La Grange

# Commemorative Tree & Bench Program



Dedicate a lasting tribute through our Commemorative Tree & Bench Program. A meaningful way to celebrate and remember an event, organization or a loved one.

## Commemorative Bench

A bench creates a unique space to sit, reflect and enjoy the beauty of our parks. A commemorative bench costs \$1800 + shipping and includes a 6' cast steel bench with a 2" x 10" bronze insert plaque. Staff will assist in the selection of park bench placement and will maintain it.

## Commemorative Trees

Commemorative trees are a living tribute that contribute to the beauty of our parks and are a benefit to the environment. Trees are planted in May by an outside contractor. Your tree will be maintained by PDLG. The cost for a Commemorative Tree is \$350 for a standard 2" - 2.5" diameter tree. A metal leaf will be added to our Living Tribute display in the lobby of the Recreation Center. A plaque installed at the base of the tree may be purchased separately for \$330.



For more information on how to purchase a Commemorative Tree or Bench, contact Claudia Galla at 708-352-1762



# Community GARDEN PLOTS 2023



**\$75 DENNING PARK**  
**/PLOT 4903 S WILLOW SPRINGS RD**

Working your garden plot is an opportunity to grow organic, reduce food expenses and relax in nature. Ready to plant 4'x8' plots are available for La Grange and Countryside residents only. \$75 fee includes \$25 deposit which will be refunded at the end of season (10/13/2023) after gardeners have cleared their plots. Register in-person early, starting December 7, 2022 at the Recreation Center, 536 East Ave. Plots are first-come-first-served until all 30 plots are filled.

ACTIVITY CODES: 490000-01 HANDICAP ACCESSIBLE 490000-02

**FOR MORE INFO CALL CLAUDIA GALLA**  
**(708)352-1762 | WWW.PDLG.ORG**

# PROGRAM LISTING

## ADULT ATHLETICS

|                                      |    |
|--------------------------------------|----|
| Adult/Teen Jujitsu . . . . .         | 60 |
| Advanced Pickleball . . . . .        | 61 |
| Beginner Pickleball . . . . .        | 61 |
| Restorative Gentle Jujitsu . . . . . | 60 |
| Youth/Adult Karate . . . . .         | 51 |

## ADULT SPECIALTY FITNESS

|  |    |
|--|----|
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| Dinosaur Dig. . . . .                                 | 31 |
| I Speak Spanish . . . . .                             | 33 |
| Kiddie Kollege . . . . .                              | 31 |
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| Lego Masters: Extreme Sports . . . . .                | 32 |

|   |    |
|---|----|
| Lego Masters:<br>Structures & Creative Challenges . . . . . | 33 |
| Little Actors Club . . . . .                                | 41 |
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## EARLY CHILDHOOD ATHLETICS

|   |    |
|---|----|
| Junior Basketball . . . . .               | 54 |
| Junior Soccer . . . . .                   | 54 |
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| Kidnastics. . . . .                       | 52 |
| Kid Rock . . . . .                        | 41 |
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|                     |       |
|---------------------|-------|
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|---------------------|-------|

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|                                      |    |
|--------------------------------------|----|
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| Jujitsu Juniors . . . . .            | 49 |
| Parent/Child Karate . . . . .        | 50 |
| Pre-Karate . . . . .                 | 50 |
| Restorative Gentle Jujitsu . . . . . | 60 |
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| Youth/Adult Karate . . . . .         | 51 |

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|                                    |    |
|------------------------------------|----|
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| Discover Dance with Me . . . . .   | 44 |
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# PROGRAM LISTING

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|                                      |    |
|--------------------------------------|----|
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|  |    |
|--|----|
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| Doggie Egg Hunt . . . . .                    | 29 |
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| Easter Egg Hunt . . . . .                    | 29 |
| Family Bingo Night . . . . .                 | 26 |
| Nerf Wars . . . . .                          | 26 |
| Parent/Child Dance . . . . .                 | 27 |
| Touch a Truck . . . . .                      | 27 |
| Tween Flashlight Egg Hunt . . . . .          | 28 |

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|   |    |
|---|----|
| Kids First Basketball Camp . . . . .    | 59 |
| Kids First Flag Football Camp . . . . . | 59 |
| Kids First Multi-Sport Camp . . . . .   | 59 |
| Kids First Soccer Camp . . . . .        | 59 |
| Kids First Track & Field Camp . . . . . | 59 |

## YOUTH ACTIVITIES

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## Summer Day Camp Info: Coming Soon

Please visit [www.pdlg.org](http://www.pdlg.org) in January for updated Summer Camp Info!



# PARK DISTRICT OF LA GRANGE BEFORE & AFTER SCHOOL RECREATIONAL EXPERIENCE

*Open to students in School District 102 and St. Francis Xavier*

As much as we all wish it were different, the workday lasts longer than the school day. Where can your kids go to have fun while you begin or end your workday? BASE! One of the major goals of The Before and After School Program is to create a safe, secure and comforting environment and recreational experience for each child.

The program overlaps with both home and school but has a separate identity. Since the BASE program uses a block of time in which the child would ordinarily be at home, the program strives for more characteristics of home than school. For example, when kids get home they typically want a snack before dinner or parents want their kids to start working on their homework. BASE provides all participants with a delicious snack as well as homework time. But don't worry, there's also plenty of time for socialization and activities.

The key to our program is safe, flexible, and enriched recreational curriculum with age-appropriate activities to meet the developmental needs of children. The BASE program knows kids need to learn to be responsible, independent, and a contributor to the group. The program is designed to emphasize and promote a positive self-concept as well as a sense of responsibility in each child.

The program follows the school year calendars for School District 102 and St. Francis Xavier. We offer specialty camps at the Park District on days off of school. The camps are for families registered in BASE and attending consistently every day, throughout the school year. Registration for school year camps is taken separately from weekly BASE schedules. Parents will receive the specialty camp dates, times and fees when the school year begins in August.

## **Registration Information:**

A non-refundable \$50.00 registration fee is charged per child each school year. Before and After School registration is held at the Park District in the spring. A completed registration form and payment is due upon registering your child. When registering for the upcoming school year, we offer registration first to those families who will use the program full-time (AM & PM care). Two weeks later, open registration begins for those who will use the program on a part-time basis.

The Park District works closely with our partner, SEASPAR, South East Association for Special Parks and Recreation, to provide recreation programs for children with an IEP, 540 plan, physical impairments, mental disabilities, or any other type of disability. Through this partnership, students can participate in the Before and After School Program specifically designed to meet their individual needs with inclusion support.

If your child has a paraprofessional in the classroom, we require one in the Before and After School program at no extra cost to you. When you are completing the Before and After School registration form, please make sure you are answering "yes" if your child requires accommodations. If the information is not provided, it may delay the student attending the program in a timely manner. If you have any questions regarding assistance, please contact the program manager.

**Questions on the BASE program?** BASE & Camp Manager - **Leanna Hartung** – [leannahartung@pdlg.org](mailto:leannahartung@pdlg.org)

BASE & Camp Supervisor - **Melissa Seaberg** – [melissaseaberg@pdlg.org](mailto:melissaseaberg@pdlg.org)

## **BASE Monthly Installment Fees:**

The BASE Program will begin on the first full day in August and will be in operation each day school is open for student attendance. The entire program fee will be divided equally over nine monthly payments. Payments will begin being processed on August 10<sup>th</sup>. Your account will be charged the monthly BASE fee on the 10<sup>th</sup> of every month. The final payment for the school year will be on April 10<sup>th</sup>. If the payment date falls on a weekend, your card will be charged the following business day.

BASE meets at District 102 schools and St. Francis Xavier, not at the Park District. Please note that the monthly fee applies regardless of the number of days your child will attend BASE each week.

## **SCHOOL DISTRICT 102**

### **Locations**

Barnsdale Road School    Cossitt School    Congress Park School  
Forest Road School    Ogden Avenue School

### **Hours of Operation**

Morning 7:00am-8:15am Monday-Friday  
Afternoon 3:15pm-6:00pm Mon, Tue, Thurs, Fri  
Afternoon 2:30pm-6:00pm Wednesday

### **Weekly Fees**

Mornings \$30.00, Afternoons \$60.00  
Mornings & Afternoons \$80.00

## **ST FRANCIS XAVIER**

### **Hours of Operation**

Morning 6:45am-8:15am Monday-Friday  
Afternoon 3:15pm-6:00pm Mon, Tues, Thur, Fri  
Afternoon 2:00pm-6:00pm Wednesday

### **Weekly Fees**

Mornings \$30.00, Afternoons \$60.00  
Mornings & Afternoons \$80.00

# PRESCHOOL

## Learning Ladders Preschool 2023 - 2024 (TC)

Our primary goal at Learning Ladders Preschool is that children learn through socialization and play-based activities. Our secondary goal is that children are exposed to reading readiness skills, the alphabet, numbers, shapes, and colors.

You will receive a handbook which includes the days classes do not meet as well as the payment schedule at the time of registration. The Learning Ladders Preschool program meets from September 5, 2023 through May 3, 2024.

A \$150.00 **non-refundable** deposit is required at the time of registration and will be applied to your tuition. The tuition will be paid using an auto-debit payment plan which can be set up with a credit/debit card or checking account. Payments will be made in eight monthly auto-debit payments from August 15, 2023 through March 15, 2024.

Learning Ladders Preschool classes are offered at three locations: the Gilbert Park building located at 41st Street & Gilbert Avenue, Sedgwick Park building located at 10th Avenue & 48th Street, and the Recreation Center located at 536 East Avenue.



## Registration

**Where:** Recreation Center, 536 East Avenue, La Grange

**When:** Resident registration will begin Wednesday, February 1, 2023 at 8 a.m.

Non-Resident registration will begin on Wednesday, February 8, 2023 at 8 a.m.

A non-refundable \$150 deposit is required at registration. Registration continues until a class has reached its maximum enrollment. If a class has not reached the minimum enrollment by Friday, July 7, 2023 it will be canceled.

## Program Philosophy

Learning Ladders is a recreation program designed to meet the physical, social, intellectual, and creative needs of children ages 2 1/2 to 5 years. It is based on the premise that children learn through play. Play serves as a "child's work", a time when new discoveries and friendships are made. Through play, children learn to communicate with words, express feelings, explore, create, problem solve, make decisions, and much, much more.

In addition to creative free play there will be a balance of teacher directed group activities. Introduction and exposure to letters, numbers, colors, shapes, and other beginning concepts occurs. Our teaching staff creates and implements lesson plans based on Illinois Early Learning Standards.

## Goals and Objectives

Our primary goal at Learning Ladders is that children learn through socialization and play-based activities. Our secondary goal is that children are exposed to reading readiness skills, letters, numbers, shapes and colors.

- Develop a sense of security in group situations.
- Develop respect for others.
- Establish routines, patterns and sharing behavior.
- Learn problem-solving skills.
- Learn correct use, respect and responsibility for materials and equipment.
- Explore the surrounding environment.
- Provide a fun, happy and safe environment for all participants.

We have a variety of play areas and materials to help us accomplish these objectives. A child's first social experience should be positive and enjoyable. Our Learning Ladders Preschool is a happy and safe place for these first experiences to begin. If you have any questions or concerns regarding the program at any time, please contact Teresa Chapman, Assistant Superintendent of Recreation, at (708) 352-1762.

## LEARNING LADDERS OPEN HOUSE

**When:** Wednesday, February 8, 2023 from 6:00-7:00 p.m. or Saturday, February 11, 2023 from 10:00-11:00 a.m.

**Where:**

**Gilbert Park Building**

*Located at 41st Street & Gilbert Avenue*

- Brown Bears (2 ½-3)
- Black Bears (2 ½-3)
- Tall Tigers (4-5)

**Sedgwick Park Building**

*Located at 10th Avenue & 48th Street*

- Little Lions (2 ½-3)
- Leaping Lizards (3-4)
- Eager Eagles (4-5)

**Recreation Center**

*536 East Avenue*

- Playful Penguins (3-4)
- Middle Monkeys (3-4)

**Why:** The open house is a great opportunity to meet the teachers, view the facility, and see what we have to offer your child! If you are considering enrolling your child in the program for the 2023-2024 school year, this is your chance to see what we are all about! Future students and siblings are welcome to attend with parents!



# CLASSES: GILBERT PARK BUILDING



## Brown Bears: Ages 2 ½ to 3 years

Monday & Wednesday..... 9-11 am  
*Min/Max:* ..... 6/12  
*Monthly Fee:*.. \$115/R, \$172/NR, \$127/NN  
*Code:*..... 481201-01

## Black Bears: 2 ½ to 3 years

Tuesday & Thursday..... 9-11 am  
*Min/Max:* ..... 6/12  
*Monthly Fee:*.. \$115/R, \$172/NR, \$127/NN  
*Code:*..... 481201-02



## Tall Tigers: Ages 4 to 5 years

Mon., Wed. & Fri. .... 12:15-2:45 pm  
*Min/Max:* ..... 6/12  
*Monthly Fee:*.. \$196/R, \$292/NR, \$216/NN  
*Code:*..... 481201-05



# CLASSES: SEDGWICK PARK BUILDING

## Little Lions: Ages 2 ½ to 3 years

Tuesday & Thursday..... 9-11 am  
*Min/Max:* ..... 6/12  
*Monthly Fee:*.. \$115/R, \$172/NR, \$127/NN  
*Code:*..... 481201-03



## Leaping Lizards: Ages 3 to 4 years

Mon, Wed. & Fri. .... 9-11:30 am  
*Min/Max:* ..... 6/12  
*Monthly Fee:*.. \$196/R, \$292/NR, \$216/NN  
*Code:*..... 481201-06



## Eager Eagles: Ages 4 to 5 years

Mon, Wed. & Fri. .... 12:15-2:45 pm  
*Min/Max:* ..... 6/12  
*Annual Fee:*.... \$196/R, \$292/NR, \$216/NN  
*Code:*..... 481201-07

# CLASSES: RECREATION CENTER

## Playful Penguins: Ages 3 to 4 years

Mon, Wed. & Fri. .... 9-11:30 am  
*Min/Max:* ..... 6/12  
*Monthly Fee:*.. \$196/R, \$292/NR, \$216/NN  
*Code:*..... 481200-08



## Middle Monkeys: Ages 3 to 4 years

Mon, Wed. & Fri. .... 12:15-2:45 pm  
*Min/Max:* ..... 6/12  
*Monthly Fee:*.. \$196/R, \$292/NR, \$216/NN  
*Code:*..... 481201-04



# SPECIAL EVENTS

**FRIDAY, FEBRUARY 10 | 6-7PM**

# *Family* **BINGO** *Night!*

**\$5 PER  
PERSON**

**AGES  
3+**

**RECREATION CENTER | 536 EAST AVE  
REGISTER ONLINE ACTIVITY CODE 144515-01 WWW.PDLG.ORG  
CHILDREN MUST BE ACCOMPANIED BY AN ADULT  
REGISTRATION DEADLINE FEBRUARY 3RD**

**FRIDAY, FEBRUARY 24**

# **NERF** *Wars*



**TEAM BUILDING GAMES & FREE PLAY**

Come out and engage in some friendly competition! Participants must bring their own Nerf gun with their name on it. Nerf guns must use regular size bullets, not mega bullets. Safety glasses are required.

**GRADE K-2 5:30-6:30PM  
ACTIVITY CODE 132059-01**

**GRADE 3-5 5:30-6:30PM  
ACTIVITY CODE 132059-02**

**GRADE 6-8 6:40-7:40PM  
ACTIVITY CODE 132059-03**

**REGISTER AT WWW.PDLG.ORG  
RECREATION CENTER GYMNASIUM | 536 EAST AVE**

FRIDAY, MARCH 3 | 6-8PM

# Parent CHILD DANCE

AGES 3-10

DJ • REFRESHMENTS • KEEPSAKE PHOTO

*Enjoy a fantastic night out making memories with your little one!*

RECREATION CENTER | 536 EAST AVE  
\$45/R, \$59/NR, \$50/NN PER COUPLE

ACTIVITY CODE 144518-01

\$25 PER ADDITIONAL CHILD | REGISTRATION DEADLINE FEBRUARY 17TH

SATURDAY, APRIL 22 | 10AM-12PM

# TOUCH TRUCK

FREE EVENT



Children of all ages have the opportunity to explore a fire truck, school bus, police car, park district trucks and more! Parent supervision is required.

10-10:30AM IS SENSORY-FRIENDLY, PLEASE NO SIRENS OR HONKING

SEDGWICK PARK (E 48TH ST & 10TH AVE)

# SPECIAL EVENTS

**SUNDAY, MARCH 19 | 9-10AM**

## BREAKFAST

*with the*

# Bunny

**REFRESHMENTS | PHOTOS | CRAFTS**

Breakfast will begin at 9:00am and consists of donuts, yogurt, fruit, coffee, milk or juice. Each child will have an opportunity to have their picture taken with the Easter Bunny and create some holiday crafts. Infants are free with paying sibling. Don't forget to bring your camera!

**RECREATION CENTER | 536 EAST AVE**

**REGISTRATION REQUIRED | DEADLINE MARCH 10TH**

**CHILD ACTIVITY CODE 144025-01 | ADULT ACTIVITY CODE 144025-02**

**AGES  
2+**

**\$5/ADULT  
\$12/CHILD**

**FRIDAY, MARCH 31 | BEGINS @7:30PM**

*Tween*

# FLASHLIGHT EGG HUNT

It's that time of year, so paint those eggs, keep an eye out for the bunny and ... grab a flashlight?! That's right! Get ready for a great night looking for candy and sweet prizes. Each participant must be accompanied by a parent.

**\$5  
PER  
PERSON**

**AGES  
8-14**

**SEDGWICK PARK | E 48TH ST & 10TH AVE**

**REGISTRATION REQUIRED | DEADLINE MARCH 17TH**

**ACTIVITY CODE 132624-01**

SATURDAY, APRIL 1 | 10AM

# Easter EGG HUNT

THE EGG HUNT SCHEDULE

Ages 3 & under: 10am

Ages 4-5: 10:10am

Ages 6-8: 10:20am

Easter eggs will be spread all over and a golden ticket will be hidden amongst them! Each age group will have a designated area. Come early for your pictures with the Easter Bunny! Please bring your own camera for photos. Easter Bunny will take pictures from 9:30-11am.

FREE  
EVENT

ALL  
AGES

**SEDGWICK PARK**  
**E 48TH ST & 10TH AVE**  
**FUN FOR THE WHOLE FAMILY!**

SATURDAY, APRIL 1 | 10:30AM

# EASTER EGG Crawl

*On your mark - get set - CRAWL!*

Calling all crawlers ages 14 months & under for our 2nd Spring Easter Egg Crawl! This fun-filled event will take place after the older kids' egg hunt. Each crawler must be accompanied by two adults. Depending on the number of contestants, there may be more than one heat. Join in the fun as we find out who has the fastest baby around.

AGES  
0-14  
MONTHS  
(CRAWLING)

FREE  
EVENT

**SEDGWICK PARK**  
**E 48TH ST & 10TH AVE**  
**REGISTRATION REQUIRED | DEADLINE MARCH 17TH**

**ACTIVITY CODE**  
**144534-01**

SATURDAY, APRIL 1 | 11AM

\$5  
PER PUP

# Doggie EGG HUNT



*An egg-stra egg-citing treat for our four-legged friends!*

Leash up your pup and have fun at our event where your canine searches for dog-friendly treat-filled eggs. Dogs must be leashed at all times; retractable leashes will be allowed. Please note that treats will be placed inside plastic eggs -- **supervision is a must.** Limited spots are available.

**ACTIVITY CODE**  
**144535-01**

**SEDGWICK PARK**  
**E 48TH ST & 10TH AVE**

**REGISTRATION REQUIRED | DEADLINE MARCH 17TH**



# EARLY CHILDHOOD

## WHY ARE THERE INITIALS NEXT TO PROGRAMS

(DA-Dom Adjoumani, KM-Kevin Miller, TC-Teresa Chapman, ZP-Zach Price)

They represent the staff member responsible for that program. This will help you connect with the right person to answer your questions.

### OTHER SYMBOLS:



- Parent/Child Program |



- Cooperative Program |



- New Class

## Kiddie Kollege (TC)

Moms and Dads, preschool is right around the corner! Is your little one ready for that exciting step? This class is a great prep for preschool. We will provide a variety of activities that will initiate socialization, classroom etiquette, as well as being exposed to numbers, letters, and shapes. This class is for the child only, but if a parent is unsure about how their child will adapt, they are more than welcome to sit in the social area during class time.

**Age:**..... 2-3 years

**Instructor:**..... Staff

**Min/Max:** ..... 5/10

**Location:** ..... Recreation Center

**Fees:** ..... \$75/R, \$98/NR, \$83/NN

**Day:**..... Tuesday & Thursday

| CODE      | DATES     | TIME          |
|-----------|-----------|---------------|
| 131021-01 | 1/24-2/16 | 9:00A-10:15A  |
| 131021-02 | 2/21-3/16 | 9:00A-10:15A  |
| 131021-03 | 4/4-4/27  | 9:00A-10:15A  |
| 131021-04 | 1/24-2/16 | 10:30A-11:45A |
| 131021-05 | 2/21-3/16 | 10:30A-11:45A |
| 131021-06 | 4/4-4/27  | 10:30A-11:45A |



## Dinosaur Dig (TC)

Dig up some fun as children discover dinosaurs! We may even discover dinosaur eggs! Don't miss out on the games, crafts, and snack. All supplies included on this excavation. Co-op WS & LGP

**Age:**..... 3-5 years

**Instructor:**..... Staff

**Min/Max:** ..... 2/3 per agency

**Location:** ..... Recreation Center

**Fees:** ..... \$27/R, \$35/NR, \$30/NN

**Day:**..... Saturday

| CODE      | DATES | TIME          |
|-----------|-------|---------------|
| 131110-01 | 3/4   | 9:30A-10:30A  |
| 131110-02 | 3/4   | 11:00A-12:00P |

## Lucky Leprechauns (TC)

Come to the park district to celebrate St. Patrick's Day! During this afternoon event we will make a creative St. Patrick's Day craft and play games! We may even go on a hunt for a pot of gold! Remember to wear green! A snack and drink is included. Co-op WS & LGP

**Age:**..... 4-7 years

**Instructor:**..... Staff

**Min/Max:** ..... 2/3 per agency

**Location:** ..... Recreation Center

**Fees:** ..... \$27/R, \$35/NR, \$30/NN

**Day:**..... Thursday

| CODE      | DATES | TIME        |
|-----------|-------|-------------|
| 131102-01 | 3/16  | 3:45P-5:00P |



# EARLY CHILDHOOD

## Real World Robotics (TC) NEW

In Snapology's Real World Robotics class, students interested in technology will create robotic models inspired by real life robotic technologies. Students will learn about gear ratio, sensors, simple machines, and programming as they build alarm devices, earthquake detectors, robotic arms, and much more. Your child will have a blast exploring the world of robotic technologies as they build, learn, and play.

**Age:**..... 4-6 years  
**Instructor:**..... Snapology  
**Min/Max:** ..... 5/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$103/R, \$134/NR, \$113/NN  
**Day:**..... Thursday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 131596-01 | 3/23-4/27 | 4:00P-5:00P |



## LEGO Masters: Extreme Sports (TC) NEW

In LEGO Masters: Extreme Sports, students will experiment with inventing and designing a variety of sport-themed projects. Students will build objects such as lego sleds, pinball machines and more. By applying basic physics concepts, students will learn and understand how to bring their inventions come to life.

**Age:**..... 5-6 years  
**Instructor:**..... Kidz2Pros  
**Min/Max:** ..... 10/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$177/R, \$230/NR, \$195/NN  
**Day:**..... Thursday

| CODE      | DATES    | TIME        |
|-----------|----------|-------------|
| 131597-01 | 1/12-3/2 | 4:00P-5:00P |

## Wonder Robotics: Create and Code (TC) NEW

It's never too early for children to learn programming for robotics, through challenges and tasks with DASH, their Wonder robot. Through simple drag-and-drop coding, kids easily and quickly see their code in action! Co-op WS & LGP

**Age:**..... 5-6 years  
**Instructor:**..... Kidz2Pros  
**Min/Max:** ..... 4/6 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$177/R, \$230/NR, \$195/NN  
**Day:**..... Thursday

| CODE      | DATES    | TIME        |
|-----------|----------|-------------|
| 131595-01 | 3/9-4/27 | 5:05P-6:05P |

**LOOK FOR NEIGHBORHOOD NETWORK FEES**  
 Lower fees on programs and facility passes to towns that border La Grange. This includes Brookfield, La Grange Highlands, La Grange Park, McCook and Western Springs. Resident rates apply to Countryside residents.

# EARLY CHILDHOOD



## LEGO Masters: Structures and Creative Challenges (TC)

This course presents kids with specific engineering challenges tailored for young minds, such as making and testing a LEGO bridge. Instructors will emphasize the importance of patience, iteration and utilizing feedback, while helping kids improve their fine motor skills. This is the perfect program to inspire young engineers! Co-op LGP

**Age:**..... 5-6 years  
**Instructor:**..... Kidz2Pros  
**Min/Max:** ..... 5/10 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$177/R, \$230/NR, \$195/NN  
**Day:**..... Thursday

| CODE      | DATES    | TIME        |
|-----------|----------|-------------|
| 131598-01 | 3/9-4/27 | 4:00P-5:00P |

## Creative Arts: Crafting (TC)

Through painting, drawing, sculpting, and crafting, Creative Arts allows budding artists the freedom to express their inner creativity while developing knowledge of various art materials and techniques.

**Age:**..... 5-6 years  
**Instructor:**..... Kidz2Pros  
**Min/Max:** ..... 10/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$177/R, \$230/NR, \$195/NN  
**Day:**..... Thursday

| CODE      | DATES    | TIME        |
|-----------|----------|-------------|
| 131593-01 | 1/12-3/2 | 5:05P-6:05P |

## I Speak Spanish! (TC)

Expand your child's world! Introduce your child to the Spanish language in this Spanish immersion class developed especially for very young learners. Children will be immersed in the Spanish language through fun and educational activities and music. New and exciting materials will be presented each class! Co-op WS

**Age:**..... 3-6 years  
**Instructor:**..... Language in Action, Inc.  
**Min/Max:** ..... 2/4 per agency  
**Location:** ..... Grand Ave Community Center – WSCCA Rm  
**Fees:** ..... \$88/R, \$110/NR, \$97/NN  
**Day:**..... Wednesday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 131536-01 | 1/18-2/22 | 4:30P-5:15P |
| 131536-02 | 3/1-4/12  | 4:30P-5:15P |
| 131536-03 | 4/19-5/24 | 4:30P-5:15P |

*Class will not meet on: 3/29*

For all the latest PDLG news, updates and photos, "like" us on Facebook or "follow" @PDLG on Twitter!



## Masquerade Glam Night (TC)

Come us for a night of glam masquerade style! Staff will give each participant a make-over complete with masquerade mask, neon hair updo, make-up and nail polish colors in Marti Gras style! Each person decorates a wooden photo frame with feathers, paints & sequins as well as designs a beaded bracelet w/ unique charm. Our night ends with a prop filled photo session and fashion show. Parents are welcome to come attend and snap photos. Co-op WS

**Age:**..... 4-10 years  
**Instructor:**..... Glitzy Girz  
**Min/Max:** ..... 4/6 per agency  
**Location:** ..... Western Springs Recreation Center  
**Fees:** ..... \$34/R, \$44/NR, \$37/NN  
**Day:**..... Wednesday

| CODE      | DATES | TIME        |
|-----------|-------|-------------|
| 131111-01 | 4/5   | 6:00P-7:15P |

## Parent/Child: Making Memories for Mom (TC)

Come on this special night and make some memories for MOM! Whether it's an adult coming with a child to make gifts for Mother's Day or Mom spending an evening with that special child. It's a mom's celebration! Each couple will make (3) surprises: Ceramic, Wooden & a Beaded Item with Mom accents and charms. A special gift wrapping/bags station will conceal any surprises to take home and save for Mother Day. Always a cherished time every May for this class! Co-op WS

**Age:**..... 3-10 years with parent  
**Instructor:**..... Glitzy Girz  
**Min/Max:** ..... 3/6 per agency  
**Location:** ..... Western Springs Recreation Center  
**Fees:** ..... \$34/R, \$44/NR, \$37/NN  
 (Additional Child Fee: \$31)  
**Day:**..... Monday

| CODE      | DATES | TIME        |
|-----------|-------|-------------|
| 131108-01 | 5/8   | 6:00P-7:00P |

## Valentine's Day with your American Girl (TC)

Come to this unique Valentines class and bring along your American Girl Doll or any other similar sized doll. Enjoy decorating a special two-piece holiday outfit, adorable pink, red and white jewelry. Then take a trip to the beauty shop where we will add colorful clips and ribbons to your doll's hair just in time for Valentine's Day. Your favorite doll will look simply adorable! 3-5 year old's must be accompanied by an adult. Co-op WS

**Age:**..... 3-10 years  
 (3-5 yr olds must be accompanied by a guardian)  
**Instructor:**..... Ultimate Classes & Parties  
**Min/Max:** ..... 3/6 per agency  
**Location:** ..... Western Springs Recreation Center  
**Fees:** ..... \$36/R, \$47/NR, \$40/NN  
**Day:**..... Friday

| CODE      | DATES | TIME        |
|-----------|-------|-------------|
| 132110-01 | 2/10  | 6:30P-7:30P |

## Smart Start Art (TC)

Every child is an artist" - Pablo Picasso. Explore your artistic side in this class. Discover your creativity and imagination as an artist, developing fine motor skills, style, and vision as we explore different artistic techniques through a variety of inspiring projects. Sketch and draw, shade and color, cut, glue, fold... create! See your imagination come to life! Learn about great artists from throughout history and the present day, through a weekly featured artist and fun, exciting games. Earn ArtBelts as you learn and progress. No experience necessary. Co-op WS

**Age:**..... 5-8 years  
**Instructor:**..... After School Enrichment Solutions  
**Min/Max:** ..... 3/5 per agency  
**Location:** ..... Western Springs Recreation Center  
**Fees:** ..... \$106/R, \$133/NR, \$117/NN  
**Day:**..... Thursday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 132072-01 | 1/19-2/23 | 4:30P-5:30P |
| 132072-02 | 4/13-5/18 | 4:30P-5:30P |

# YOUTH

## Springtime Sweets & Treats (TC)

Do you have a sweet tooth? If so, this is the perfect class!! Each child will use their creative skills to create an entire tray of special cookies and cupcakes. The class will include a baker's hat for your child to decorate, a variety of frosting colors, and a wide array of sprinkles and toppings to add to the fun. We will then add a candy border for a special masterpiece. Each child will go home with enough goodies to feed the entire family. Sign up for this yummy class today! Co-op WS

**Age:**..... 5-10 years  
**Instructor:**..... Ultimate Classes & Parties  
**Min/Max:** ..... 3/6 per agency  
**Location:** ..... Western Springs Recreation Center  
**Fees:** ..... \$34/R, \$44/NR, \$37/NN  
**Day:**..... Friday

| CODE      | DATES | TIME        |
|-----------|-------|-------------|
| 132098-01 | 4/21  | 6:30P-7:30P |

## Scratch Coding: Art (TC)

The Scratch Coding Art course teaches students how to create their own characters and custom backdrops using Scratch coding. Students will study the motion, sound and background effects, learn blocks on the scratch editor, and use coding logic to animate and bring their creations to life.

**Age:**..... 7-11 years  
**Instructor:**..... Kidz2Pros  
**Min/Max:** ..... 10/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$177/R, \$230/NR, \$195/NN  
**Day:**..... Thursday

| CODE      | DATES    | TIME        |
|-----------|----------|-------------|
| 132781-01 | 1/12-3/2 | 4:00P-5:00P |

## Scratch Coding: Storytelling (TC)

In Scratch Coding: Storytelling, students learn how to make interactive stories. Students will study conditional logic, loops and broadcast messages. Students will use these concepts to construct and control a unique story script. By the end of the course students will have the knowledge to create their own unique stories and characters. Co-op WS

**Age:**..... 7-11 years  
**Instructor:**..... Kidz2Pros  
**Min/Max:** ..... 5/10 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$177/R, \$230/NR, \$195/NN  
**Day:**..... Monday

| CODE      | DATES    | TIME        |
|-----------|----------|-------------|
| 132782-01 | 3/13-5/1 | 4:00P-5:00P |

## Angry Birds (TC)

Inspired by Angry Birds®, come on an epic adventure with Red, Chuck, Stella, Terence and their little Piggie friends in this super-fun program. Build, explore and create your favorite Bird adventures while you learn about the physics behind the catapults, levers and slingshots used to make these birds fly.

**Age:**..... 5-12 years  
**Instructor:**..... Snapology  
**Min/Max:** ..... 5/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$103/R, \$134/NR, \$113/NN  
**Day:**..... Wednesday

| CODE      | DATES    | TIME        |
|-----------|----------|-------------|
| 132783-01 | 1/11-2/8 | 4:00P-5:00P |

## Superheroes (TC) NEW

To the Batcave, Snapology fans! Design your own superhero using LEGO® bricks, create your own adventure and comic strip. Have a blast as you create your own fantasy world of superheroes. What kind of superpowers do you have?

**Age:**..... 5-12 years  
**Instructor:**..... Snapology  
**Min/Max:** ..... 5/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$103/R, \$134/NR, \$113/NN  
**Day:**..... Wednesday

| CODE      | DATES    | TIME        |
|-----------|----------|-------------|
| 132784-01 | 1/11-2/8 | 5:15P-6:15P |

## Snapology Ninjas (TC) NEW

Develop presentations involving relevant facts and descriptive details. Engage in topic centered group conversation, develop appropriate, on-task questions, elaborate on stated facts, Sensei Wu needs you! Design a new dojo for Snapology made from LEGO® bricks and train your men to battle with the best. Go through ninja training and earn your black belt, Snapology-style. Get ready to have fun and become a Master Ninja.

**Age:**..... 5-12 years  
**Instructor:**..... Snapology  
**Min/Max:** ..... 5/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$103/R, \$134/NR, \$113/NN  
**Day:**..... Saturday

| CODE      | DATES     | TIME          |
|-----------|-----------|---------------|
| 132785-01 | 1/14-2/11 | 10:00A-11:00A |

## Minecraft: Basic (TC) NEW

Travel to the Nether with Snapology, but watch out for those creepers! Come join us as we bring Minecraft® to life using LEGO® bricks. Create your own world, including animals, creepers, and your very own Minecraft® character. Academic enrichment: develop presentations involving relevant facts and descriptive details, engage in topic centered group conversation, develop appropriate on-task questions, elaborate on stated facts.

**Age:**..... 5-12 years  
**Instructor:**..... Snapology  
**Min/Max:** ..... 5/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$103/R, \$134/NR, \$113/NN  
**Day:**..... Saturday

| CODE      | DATES     | TIME          |
|-----------|-----------|---------------|
| 132789-01 | 1/14-2/11 | 11:15A-12:15P |



# YOUTH

## Sports Science (TC)

In this class children will learn the science behind their favorite sports. Students will learn about momentum, energy, measurement, air pressure, and much more as they perform simple experiments related to sports. Perfect for both sports and science lovers, this fun interactive program exercises both the body and the mind. Co-op WS & LGP

**Age:**..... 7-14 years  
**Instructor:**..... Snapology  
**Min/Max:** ..... 2/5 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$103/R, \$134/NR, \$113/NN  
**Day:**..... Tuesday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 132787-01 | 2/14-3/14 | 4:00P-5:00P |

## Creature Creator Robotics (TC)

Travel to the Nether with Snapology, but watch out for those creepers! Come join us as we bring Minecraft® to life using LEGO® bricks. Create your own world, including animals, creepers, and your very own Minecraft® character. Academic enrichment: develop presentations involving relevant facts and descriptive details, engage in topic centered group conversation, develop appropriate on-task questions, elaborate on stated facts.

**Age:**..... 5-12 years  
**Instructor:**..... Snapology  
**Min/Max:** ..... 5/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$103/R, \$134/NR, \$113/NN  
**Day:**..... Tuesday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 132788-01 | 2/14-3/14 | 5:15P-6:15P |

## Frozen (TC)

Do you want to build a snowman with Elsa and Anna?! Design your own Ice Castle, create your own snowman, like Olaf, and love is an open door is only a snowflake away. Have a blast as you create your own kingdom of Arrendale using LEGO® bricks. For the first time in forever you will be building with LEGO® bricks and Frozen all in one world! Co-op WS

**Age:**..... 5-12 years  
**Instructor:**..... Snapology  
**Min/Max:** ..... 3/7 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$103/R, \$134/NR, \$113/NN  
**Day:**..... Wednesday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 132786-01 | 2/15-3/15 | 4:00P-5:00P |

## Combat Robots (Robot Games) (TC)

Do you think you can build the strongest and most agile robot? Can your robot win a head-to-head combat mission? Come learn engineering strategies for building sturdy structures using LEGO® bricks and then apply that knowledge to build a robot for friendly competition. You'll have a blast as you play robot football and complete the hoop challenge in this fun robotics program.

**Age:**..... 7-14 years  
**Instructor:**..... Snapology  
**Min/Max:** ..... 5/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$103/R, \$134/NR, \$113/NN  
**Day:**..... Wednesday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 132790-01 | 2/15-3/15 | 5:15P-6:15P |



# YOUTH

## Science of Superpowers (TC)

In Snapology's Science of Superpowers program, children will learn about the science behind their favorite heroes' powers. Students will learn about gravity, aerodynamics, forces, motion, and much more as they learn about flight, super villain fights, and superhero vehicles. Academic enrichment: Learn about concepts in physics, including flight forces, collisions, and momentum, explore the importance of physics in everyday life, and utilize problem solving techniques to create new designs.

**Age:**..... 5-14 years  
**Instructor:**..... Snapology  
**Min/Max:** ..... 5/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$103/R, \$134/NR, \$113/NN  
**Day:**..... Saturday

| CODE      | DATES     | TIME          |
|-----------|-----------|---------------|
| 132791-01 | 2/18-3/18 | 10:00A-11:00A |

## Pokemania (TC)

Come join Snapology for Pokemania. Students will build and explore the world of Pokemon as they create their own gyms, battles, and even their very own generation of Pokemon. Children will also learn about real world science as they learn about the habitats of the Pokemon. Your child will have a blast becoming the best Pokemon trainer ever. Co-op LGP

**Age:**..... 5-12 years  
**Instructor:**..... Snapology  
**Min/Max:** ..... 3/7 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$103/R, \$134/NR, \$113/NN  
**Day:**..... Saturday

| CODE      | DATES     | TIME          |
|-----------|-----------|---------------|
| 132792-01 | 2/18-3/18 | 11:15A-12:15P |

## Elementary/Beginner Engineering (TC)

In Snapology's Engineers program children will build super-cool models that use gears, axles and levers. Students will work in teams under guided instruction to build cars, merry-go-rounds, go-cart and catapults. Classes include free-building time to promote creativity.

**Age:**..... 5-10 years  
**Instructor:**..... Snapology  
**Min/Max:** ..... 5/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$103/R, \$134/NR, \$113/NN  
**Day:**..... Wednesday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 132793-01 | 3/22-4/26 | 4:00P-5:00P |

## Amazing Race (TC)

Students will be traveling to Italy, China, Australia, and Iceland while competing in team challenges that will earn them points and help determine which team is the winner of the Amazing Race! As students study and learn about various countries and cultures around the world, they will be exposed to the geography of the places they are traveling. Co-op WS

**Age:**..... 7-14 years  
**Instructor:**..... Snapology  
**Min/Max:** ..... 3/7 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$103/R, \$134/NR, \$113/NN  
**Day:**..... Wednesday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 132794-01 | 3/22-4/26 | 5:15P-6:15P |

Stay in the loop with everything happening at the Park District! Log onto [www.pdlg.org](http://www.pdlg.org) and join the PDLG email list to receive our weekly e-newsletter!



# YOUTH

## Planes, Trains, & Automobiles (TC) NEW

In Snapology's Planes, Trains, and Automobiles program, children will explore the world of transportation. Students will build models of their favorite forms of transportation as they learn about energy, wheels and axles, air resistance, and more. Co-op WS

**Age:**..... 5-10 years  
**Instructor:**..... Snapology  
**Min/Max:** ..... 3/7 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$103/R, \$134/NR, \$113/NN  
**Day:**..... Saturday

| CODE      | DATES     | TIME          |
|-----------|-----------|---------------|
| 132795-01 | 3/25-4/29 | 10:00A-11:00A |

## Snapology Scientists (TC) NEW

Allow your child to cultivate their love of science and experience different domains of science & nature. Students will engage in concepts from astronomy, earth science, biology, chemistry and physics using LEGO® bricks and other interactive learning tools. We make science fun at Snapology! Academic enrichment: Investigate different areas of Earth & space science, biology, chemistry, physics, explore the scientific method and engineering design process, develop appropriate strategies for logical problem solving, and perform experiments.

**Age:**..... 7-14 years  
**Instructor:**..... Snapology  
**Min/Max:** ..... 5/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$103/R, \$134/NR, \$113/NN  
**Day:**..... Saturday

| CODE      | DATES     | TIME          |
|-----------|-----------|---------------|
| 132796-01 | 3/25-4/29 | 11:15A-12:15P |

## Awesome Adventure Robotics (TC) NEW

Take off on a robotics adventure featuring LEGO® models with working motors and sensors! Work in teams under guided instructions to build and program your models, such as giants, soccer players, and boats, for a fun adventure. Build a different model each class! Learning is enhanced through use of a laptop.

**Age:**..... 7-14 years  
**Instructor:**..... Snapology  
**Min/Max:** ..... 5/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$103/R, \$134/NR, \$113/NN  
**Day:**..... Thursday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 132797-01 | 3/23-4/27 | 5:15P-6:15P |

## Harry Potter Science (TC) NEW

Come to Hogwarts School of Witchcraft & Wizardry. Join the Wizardry class and learn how to cast spells and mix potions! We'll be making potions that actually work and we'll be doing experiments and crafts as well! Co-op WS & LGP

**Age:**..... 5-12 years  
**Instructor:**..... The Whole Child  
**Min/Max:** ..... 2/4 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$210/R, \$273/NR, \$231/NN  
**Day:**..... Monday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 132718-01 | 1/23-3/20 | 4:00P-5:00P |



# YOUTH

## Vet Science (TC)

Do you love animals? Come to vet school and learn all about animals! Learn how to perform pet exams, first aid treatments, and mock surgeries. We'll have live pet encounters too! Co-op WS & LGP

**Age:**..... 5-12 years  
**Instructor:**..... The Whole Child  
**Min/Max:** ..... 2/4 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$210/R, \$273/NR, \$231/NN  
**Day:**..... Wednesday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 132726-01 | 1/25-3/22 | 4:00P-5:00P |

## Magic Class! (TC)

Children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading and more. While tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials are provided and each child receives a magic kit to take home. Children are grouped by age and learn age appropriate tricks. Brand new tricks taught at each class. Co-op WS

**Age:**..... 5-12 years  
**Instructor:**..... Magic Team of Gary Kantor  
**Min/Max:** ..... 3/12 per agency  
**Location:** ..... Western Springs Recreation Center  
**Fees:** ..... \$22/R, \$29/NR, \$26/NN  
**Day:**..... Tuesday or Wednesday

| CODE      | DATES | TIME        | DAY       |
|-----------|-------|-------------|-----------|
| 152508-01 | 2/1   | 5:00P-5:55P | Wednesday |
| 152508-02 | 3/14  | 6:45P-7:40P | Tuesday   |
| 152508-03 | 5/17  | 5:00P-5:55P | Wednesday |

## Double the Fun Drawing with Young Rembrandts (TC)

Awaken your Inner Artist! Participants will explore all the basics of visual arts, in a fun and confident setting that ensures success for every child. Basic drawing, portraits, action, and cartooning. Participants will complete several different projects and learn to draw whimsical characters, Animals, everyday objects, and action scenes. Young Artists will gain so much confidence in their creative spirit and art skills. Each month lessons will be different so no repeats. Don't miss out, sign up today! Co-op WS

**Age:**..... 5-12 years  
**Instructor:**..... Young Rembrandts  
**Min/Max:** ..... 3/4 per agency  
**Location:** ..... Western Springs Recreation Center  
**Fees:** ..... \$87/R, \$109/NR, \$96/NN  
**Day:**..... Saturdays

| CODE      | DATES     | TIME          |
|-----------|-----------|---------------|
| 132115-01 | 1/14-1/28 | 10:00A-12:00P |
| 132115-02 | 2/4-2/25  | 10:00A-12:00P |
| 132115-03 | 3/4-3/18  | 10:00A-12:00P |
| 132115-04 | 4/15-4/29 | 10:00A-12:00P |
| 132115-05 | 5/6-5/20  | 10:00A-12:00P |

**Class Will Not Meet On:** 2/18

## Model Ship Building (TC)

Learn to assemble plastic ship models from kits and craft materials. Have fun customizing your model and building a diorama to show it at sea. Each week, a different part of the model ship will be cut out, glued together and painted. Learn how to safely use simple tools, plastic cement and paint supplies (brush and spray).

**Age:**..... 8-12 years  
**Instructor:**..... R. Magin  
**Min/Max:** ..... 2/3 per agency  
**Location:** ..... Western Springs Recreation Center  
**Fees:** ..... \$46/R, \$59/NR, \$51/NN  
**Day:**..... Wednesday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 132026-01 | 4/19-5/24 | 4:00P-5:00P |





# PERFORMING ARTS

## Improv Comedy: Scene Work (TC) NEW

Teamwork is the nature of Improv Comedy: Scene Work. Students will co-operate to tell stories together in shared universes with invisible “props.” These improv games will keep them moving and telling their own stories. Students will have the chance to shine in their own performances.

**Age:**..... 8-14 years  
**Instructor:**..... Kidz2Pros  
**Min/Max:** ..... 10/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$177/R, \$230/NR, \$195/NN  
**Day:**..... Monday

| CODE      | DATES    | TIME        |
|-----------|----------|-------------|
| 152576-01 | 3/13-5/1 | 5:05P-6:05P |

## Beginning Voice (TC)

In a non-competitive, nurturing environment, learn to sing great songs from musical theater, Disney, pop songs, etc. This voice class is perfect for kids who love to sing but may not be ready for private lessons. Young singers learn how to sing together, harmonize, musical traditions, and create beautiful music in a relaxing and healthy environment. Co-op WS & LGP

**Age:**..... 6-12 years  
**Instructor:**..... American Music Institute  
**Min/Max:** ..... 2/3 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$109/R, \$142/NR, \$120/NN  
**Day:**..... Tuesday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 152017-01 | 1/17-2/21 | 4:00P-5:00P |
| 152017-02 | 2/28-4/4  | 4:00P-5:00P |

## Beginning Guitar (TC)

This guitar class is set up for beginning students and will teach them how to play and jam with their peers. Emphasis is placed on having fun while learning! Along with guitar playing essentials, students will learn guitar skills through playing classic pop songs. Essential guitar skills and basic note-reading are taught in a fun, supportive setting that allows students to develop at their own pace. Note: instruments not provided. Co-op LGP

**Age:**..... 6-12 years  
**Instructor:**..... American Music Institute  
**Min/Max:** ..... 3/6 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$109/R, \$142/NR, \$120/NN  
**Day:**..... Tuesday

| CODE      | DATES     | TIME       |
|-----------|-----------|------------|
| 152016-01 | 1/17-2/21 | 5:05-6:05P |
| 152016-02 | 2/28-4/4  | 5:05-6:05P |



For all the latest PDLG news, updates and photos, “like” us on Facebook or “follow” @PDLG on Twitter!



**LOOK FOR NEIGHBORHOOD NETWORK FEES**  
 Lower fees on programs and facility passes to towns that border La Grange. This includes Brookfield, La Grange Highlands, La Grange Park, McCook and Western Springs. Resident rates apply to Countryside residents.



# DANCE

## Innovation Arts Connection

Connecting communities to creative arts--that is what we do at Innovation Arts Connection! Our progressive curriculum focuses on dance concepts and core techniques as well as teaching the importance of respect, positive attitude and hard work. In our classes students will develop grace, rhythm, coordination, creativity, and confidence in a fun, safe and structured environment. IAC's dance classes offer stability, a sense of community, socialization and structure. We look forward to seeing you in class!

Innovation Arts Connection, LLC collaborates with local Chicagoland park districts. For more information about the IAC program including class expectations, dress code, pandemic procedures and more, please visit [www.innovationartsconnection.com](http://www.innovationartsconnection.com) or find us on Instagram or Facebook @innovationartsconnection.

### Seasonal Classes

The seasonal classes invite participants to engage in condensed sessions as a way to experiment, explore or jump-start their involvement in the park studio dance program. All classes are held at Park District of La Grange's Recreation Center. In the event of inclement weather or Covid-19 shut downs classes will be held virtually on Zoom.

### Discover Dance with Me (TC)

Explore the joy of movement with your child and discover the many benefits of early childhood dance classes. We will dance, sing, and play in both one-on-one activities and group activities. Through circle activities, open exploration, and gross motor development exercises, children will blossom with class as they grow with their caregiver during this precious time together. Please wear comfortable, form-fitted clothing and bare feet.

Age:..... Walking-3 years with guardian

Instructor:..... Innovation Arts Connection

Min/Max: ..... 4/8

Location: ..... Recreation Center

Fees: ..... \$60/R, \$78/NR, \$66/NN (01 & 02)  
\$48/R, \$62/NR, \$44/NN (03 & 04)

Day:..... Thursday or Friday

| CODE      | DATES     | TIME          | DAY      |
|-----------|-----------|---------------|----------|
| 151525-01 | 1/12-3/16 | 3:50P-4:20P   | Thursday |
| 151525-02 | 1/13-3/17 | 11:05A-11:35A | Friday   |
| 151525-03 | 4/6-5/25  | 3:50P-4:20P   | Thursday |
| 151525-04 | 4/7-5/26  | 11:05A-11:35A | Friday   |

### Discover Dance Tots (TC)

Watch your child's independence and confidence soar, as our dancers explore and discover the benefits of a more structured dance class. Following directions, waiting for our turn, and collectively problem-solving will encourage emotional and social development. Live singing, musical play, and sensory props will have these little ones moving and grooving with their friends and eager to return to class each week! Please wear comfortable, form-fitted clothing and bare feet. **\*\*2 yr olds are Strongly Encouraged to have previous experience in Discover Dance with Me prior to joining DDT.**

Age:..... 2-3 years with Guardian Participation

Instructor:..... Innovation Arts Connection

Min/Max: ..... 4/6

Location: ..... Recreation Center

Fees: ..... \$60/R, \$78/NR, \$66/NN(01)  
\$48/R, \$62/NR, \$44/NN (02)

Day:..... Friday

| CODE      | DATES      | TIME          |
|-----------|------------|---------------|
| 151524-01 | 1/13-/3/17 | 10:25A-10:55A |
| 151524-02 | 4/7-5/26   | 10:25A-10:55A |

### Discover Dance A (TC)

Discover the magic of imaginative play with live singing, structured explorations, and skill development. Our Discover Dance classes offer an outlet for creative expression, physical growth, and social interaction. Children will explore the essence of movement that will lead to the discovery of multiple styles of dance. Please wear comfortable, form-fitted clothing and bare feet.

Age:..... 3-6 years

Instructor:..... Innovation Arts Connection

Min/Max: ..... 4/8

Location: ..... Recreation Center

Fees: ..... \$90/R, \$117/NR, \$99/NN(01)  
\$72/R, \$94/NR, \$79/NN(02)

Day:..... Friday

| CODE      | DATES     | TIME          |
|-----------|-----------|---------------|
| 151538-01 | 1/13-3/17 | 11:45A-12:30P |
| 151538-02 | 4/7-5/26  | 11:45A-12:30P |





# GYMNASTICS



## Gymnastics 101 (ZP)

Four events will be covered in this introductory class. Age-appropriate tricks for bar, vault, floor and rings will be introduced. Students can learn the basic movements for each event in a well-supervised and safe environment. Co-op WS & LGP

**Age:**..... 4-6 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 2/8 per agency  
**Location:** ..... L.T. South Campus Building  
**Fees:** ..... \$80/R, \$104/NR, \$88/NN  
**Day:**..... Monday or Thursday

| CODE      | DATES     | TIME        | DAY |
|-----------|-----------|-------------|-----|
| 112612-01 | 1/9-2/6   | 6:30P-7:30P | Mon |
| 112612-02 | 1/12-2/9  | 6:30P-7:30P | Thu |
| 112612-03 | 2/13-3/13 | 6:30P-7:30P | Mon |
| 112612-04 | 2/16-3/16 | 6:30P-7:30P | Thu |
| 112612-05 | 3/20-4/24 | 6:30P-7:30P | Mon |
| 112612-06 | 3/23-4/27 | 6:30P-7:30P | Thu |

*Class will not meet on: 3/27 & 3/30*

## Gymnastics 102 (ZP)

This class is an advancement from Gymnastics 101 with more technique. Pre-requisite for this class is to perform a successful cartwheel, swing and supports on the bars, and squat on the vault. Co-op WS & LGP

**Age:**..... 5-7 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 2/8 per agency  
**Location:** ..... L.T. South Campus Building  
**Fees:** ..... \$80/R, \$104/NR, \$88/NN  
**Day:**..... Monday or Thursday

| CODE      | DATES     | TIME        | DAY |
|-----------|-----------|-------------|-----|
| 112613-01 | 1/9-2/6   | 6:30P-7:30P | Mon |
| 112613-02 | 1/12-2/9  | 6:30P-7:30P | Thu |
| 112613-03 | 2/13-3/13 | 6:30P-7:30P | Mon |
| 112613-04 | 2/16-3/16 | 6:30P-7:30P | Thu |
| 112613-05 | 3/20-4/24 | 6:30P-7:30P | Mon |
| 112613-06 | 3/23-4/27 | 6:30P-7:30P | Thu |

*Class will not meet on: 3/27 & 3/30*

## Boys Beginner Gymnastics (ZP)

This beginner class will cover basic skills and safety techniques for each event. Boys will cover the 6 Olympic Events: floor, parallel bars, low bar, vault, pommel horse, and rings.

**Age:**..... 7-10 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 6/20  
**Location:** ..... L.T. South Campus Building  
**Fees:** ..... \$80/R, \$104/NR, \$88/NN  
**Day:**..... Monday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 112614-01 | 1/9-2/6   | 7:30P-8:30P |
| 112614-02 | 2/13-3/13 | 7:30P-8:30P |
| 112614-03 | 3/20-4/24 | 7:30P-8:30P |

*Class will not meet on: 3/27*

Stay in the loop with everything happening at the Park District! Log onto [www.pdlg.org](http://www.pdlg.org) and join the PDLG email list to receive our weekly e-newsletter!



# GYMNASTICS

## Girls Beginner Gymnastics (ZP)

Basic skills on the vault, bars, floor, low beam and more. Many lead-up progressions will be taught to help a gymnast have a good core knowledge of the sport.

**Age:**..... 7-10 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 6/20  
**Location:** ..... L.T. South Campus Building  
**Fees:** ..... \$80/R, \$104/NR, \$88/NN  
**Day:**..... Thursday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 112648-01 | 1/12-2/9  | 7:30P-8:30P |
| 112648-02 | 2/16-3/16 | 7:30P-8:30P |
| 112648-03 | 3/23-4/27 | 7:30P-8:30P |

*Class will not meet on: 3/30*

## Tumbling for Beginners (ZP)

Start out learning the proper way to perform rolls, handstands, and cartwheels. A great way to have an introduction to tumbling and to open the door to gymnastics possibilities.

**Age:**..... 7-18 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 6/20  
**Location:** ..... L.T. South Campus Building  
**Fees:** ..... \$80/R, \$104/NR, \$88/NN  
**Day:**..... Thursday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 112617-01 | 1/12-2/9  | 6:30P-7:30P |
| 112617-02 | 2/16-3/16 | 6:30P-7:30P |
| 112617-03 | 3/23-4/27 | 6:30P-7:30P |

*Class will not meet on: 3/30*

## Tumbling On (ZP)

This class continues the tumbling skills past handstands and cartwheels to limbers, walkovers, handsprings, and possibly flip-flops. Round-offs and pirouettes will also be included.

**Age:**..... 9-18 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 6/20  
**Location:** ..... L.T. South Campus Building  
**Fees:** ..... \$80/R, \$104/NR, \$88/NN  
**Day:**..... Monday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 112618-01 | 1/9-2/6   | 7:30P-8:30P |
| 112618-02 | 2/13-3/13 | 7:30P-8:30P |
| 112618-02 | 3/20-4/24 | 7:30P-8:30P |

*Class will not meet on: 3/27*

## Tumbling for Cheerleading (ZP)

The focus for this group will be on tumbling skills, specifically for cheerleading. Round-offs, walkovers, flip-flops, standing back tucks, and running tumbling. Students must have basic tumbling skills before entering this class: bridges, cartwheels, and handstands. Students will work according to their level.

**Age:**..... 9-18 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 6/20  
**Location:** ..... L.T. South Campus Building  
**Fees:** ..... \$80/R, \$104/NR, \$88/NN  
**Day:**..... Thursday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 112619-01 | 1/12-2/9  | 7:30P-8:30P |
| 112619-02 | 2/16-3/16 | 7:30P-8:30P |
| 112619-03 | 3/23-4/27 | 7:30P-8:30P |

*Class will not meet on: 3/30*

# MARTIAL ARTS

## Jujitsu Mighty Mites (ZP)

Danzan Ryu Jujitsu is a character development program; students are taught how to be a leader and role model in their classes. Danzan Ryu is dedicated to the development of our children. Our youth program lays the groundwork and instills the values necessary for your child to succeed as a teenager and as an adult. Promoting the time-honored principles of respect, discipline, perseverance, self-control and integrity. Our martial arts program is the template in which your child will develop themselves into a successful adult, armed with the tools to handle life's challenges. Additional fees include uniform (optional to purchase) and insurance fee (six months \$20, 1 year \$30) paid to the instructor.

**Age:**..... 4-7 years  
**Instructor:**..... Filiberto Gutierrez  
**Min/Max:** ..... 5/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$145/R, \$189/NR, \$160/NN – One Day  
                                   \$190/R, \$247/NR, \$209/NN – Two Day  
                                   \$230/R, \$299/NR, \$286/NN – Three Day  
**Day:**..... Tuesday, Thursday or Saturday

| CODE      | DATES     | TIME          | DAY        |
|-----------|-----------|---------------|------------|
| 112600-01 | 1/3-2/21  | 5:00P-6:00P   | Tue        |
| 112600-02 | 1/5-2/23  | 5:00P-6:00P   | Thu        |
| 112600-03 | 1/7-2/25  | 10:00A-11:00A | Sat        |
| 112600-04 | 1/3-2/25  | Times Vary    | Two Days   |
| 112600-05 | 1/3-2/25  | Times Vary    | Three Days |
| 112600-06 | 3/7-4/25  | 5:00P-6:00P   | Tue        |
| 112600-07 | 3/9-4/27  | 5:00P-6:00P   | Thu        |
| 112600-08 | 3/11-4/29 | 10:00A-11:00A | Sat        |
| 112600-09 | 3/7-4/29  | Times Vary    | Two Days   |
| 112600-10 | 3/7-4/29  | Times Vary    | Three Days |

*Class will not meet on: 3/28, 3/30 & 4/1*



## Jujitsu Juniors (ZP)

Danzan Ryu Jujitsu is a character development program; students are taught how to be a leader and role model in their classes. Danzan Ryu is dedicated to the development of our children. Our youth program lays the groundwork and instills the values necessary for your child to succeed as a teenager and as an adult. Promoting the time-honored principles of respect, discipline, perseverance, self-control and integrity. Our martial arts program is the template in which your child will develop themselves into a successful adult, armed with the tools to handle life's challenges. Additional fees include uniform (optional to purchase) and insurance fee (six months \$20, 1 year \$30) paid to the instructor.

**Age:**..... 8-12 years  
**Instructor:**..... Filiberto Gutierrez  
**Min/Max:** ..... 5/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$145/R, \$189/NR, \$160/NN – One Day  
                                   \$190/R, \$247/NR, \$209/NN – Two Day & Advanced  
                                   \$230/R, \$299/NR, \$286/NN – Three Day  
**Day:**..... Tuesday, Thursday, Friday and/or Saturday

| CODE      | DATES     | TIME          | DAY            |
|-----------|-----------|---------------|----------------|
| 112550-01 | 1/3-2/21  | 6:00P-7:00P   | Tue            |
| 112550-02 | 1/5-2/23  | 6:00P-7:00P   | Thu            |
| 112550-03 | 1/7-2/25  | 11:00A-12:00P | Sat            |
| 112550-04 | 1/6-2/24  | 6:00P-7:00P   | Fri - Advanced |
| 112550-05 | 1/3-2/25  | Times Vary    | Two Days       |
| 112550-06 | 1/3-2/25  | Times Vary    | Three Days     |
| 112550-07 | 3/7-4/25  | 6:00P-7:00P   | Tue            |
| 112550-08 | 3/9-4/27  | 6:00P-7:00P   | Thu            |
| 112550-09 | 3/11-4/29 | 11:00A-12:00P | Sat            |
| 112550-10 | 3/10-4/28 | 6:00P-7:00P   | Fri - Advanced |
| 112550-11 | 3/7-4/29  | Times Vary    | Two Days       |
| 112550-12 | 3/7-4/29  | Times Vary    | Three Days     |

**Note: Advanced participants attend on Friday and one other day of their choice.**

*Class will not meet on: 3/28, 3/30, 3/31 & 4/1*



# MARTIAL ARTS

## WHY ARE THERE INITIALS NEXT TO PROGRAMS

(DA-Dom Adjoumani, KM-Kevin Miller, TC-Teresa Chapman, ZP-Zach Price)

They represent the staff member responsible for that program. This will help you connect with the right person to answer your questions.

### OTHER SYMBOLS:



- Parent/Child Program |



- Cooperative Program |



- New Class

## Youth/Adult Karate (ZP)

ISKC's Youth/Adult Karate classes will put children in touch with their bodies and offers a good mix of strength training, with cardiovascular and flexibility exercises. Children increase their coordination, agility and poise, as well as learn lasting personal safety skills. They also benefit from the mental stimulation of learning the choreographed moves of the kata and the discipline of conforming to the class rules. Adult participants will release tension, develop total body fitness and build stamina and overall productivity! In addition to self-defense skills, karate increases flexibility, cardiovascular endurance and muscle tone, while improving core strength. Please note that youth, parent/child and adult classes may train together. Beginner students will not be permitted to register into the current sessions after the second class has met. Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required. Co-op WS

**Age:**..... 7 years & older

**Instructor:**..... Shotokan Karate

**Min/Max:** ..... 3/5 per agency

**Location:** ..... Recreation Center

**Fees:** ..... \$218/R, \$283/NR, \$240/NN (01-02)  
\$286/R, \$372/NR, \$315/NN (03)

**Day:**..... Monday

| CODE      | DATES    | TIME        | LEVEL                     |
|-----------|----------|-------------|---------------------------|
| 112518-01 | 1/9-4/24 | 6:25P-7:25P | Beg/Nov White-Yellow Belt |
| 112518-02 | 1/9-4/24 | 7:30P-8:30P | Inter Blue-Purple Belt    |
| 112518-03 | 1/9-4/24 | 7:30P-9:00P | Advance Brown-Black Belt  |

## Tae Kwon Do (ZP)

Students will learn this art of self defense. Mr. Bill will assist your child in building confidence, flexibility and self-control, amongst many other life tools. Tae Kwon Do teaches kicks, strikes and blocks for both self-defense and offense. A physical fitness class which also develops sense of confidence and focus. Returning students may qualify for their next belt/rank.

**Age:**..... 3-18 years

**Instructor:**..... Bill De Jesus

**Min/Max:** ..... 4/15

**Location:** ..... Recreation Center

**Fees:** ..... \$105/R, \$137/NR, \$116/NN

**Day:**..... Friday

| CODE      | DATES     | TIME        | AGE  |
|-----------|-----------|-------------|------|
| 112562-01 | 1/13-3/3  | 4:00P-5:00P | 3-7  |
| 112562-02 | 1/13-3/3  | 5:05P-6:05P | 5-18 |
| 112562-03 | 3/10-4/28 | 4:00P-5:00P | 3-7  |
| 112562-04 | 3/10-4/28 | 5:05P-6:05P | 5-18 |

Please see page 60  
for Teen/Adult Jujitsu

For all the latest PDLG news, updates and photos, "like" us on Facebook or "follow" @PDLG on Twitter!





# EARLY CHILDHOOD ATHLETICS

## Tot Track, Field & Fitness (ZP)

This unique class will combine stretching, movement and other fitness concepts with running, jumping, throwing and other skills used in track and field. Children will work on body coordination, agility, balance and self-confidence. The session will conclude with a fun-filled track and field meet on the last day of class.

**Age:**..... 3-6 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 6/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$60/R, \$78/NR, \$66/NN  
**Day:**..... Thursday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 112686-01 | 3/23-4/27 | 4:00P-4:45P |

*Class Will Not Meet On: 3/30*

## Parent & Tot Triple Play Sports (ZP)

You and your youngster can experience the sports of a lifetime together. This program will teach you how to interact with your child on the court and keep things fun while your child learns the basics of several different sports. Children will develop hand-eye coordination and movement skills through fun and challenging drills and games in a safe and structured environment. Age appropriate equipment will be provided.

**Age:**..... 2-3 years with parent  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 6/16  
**Location:** ..... Recreation Center  
**Fees:** ..... \$36/R, \$47/NR, \$40/NN  
**Day:**..... Thursday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 112746-01 | 3/23-4/27 | 4:45P-5:15P |

*Class Will Not Meet On: 3/30*

## Preschool Sports (ZP)

This class is designed specifically for kids to play sports and burn some energy. Various sports such as soccer, lacrosse, t-ball, and basketball will be played to give participants a brief introduction to the selected sport. Please bring a labeled water bottle.

**Age:**..... 3-6 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 6/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$60/R, \$78/NR, \$66/NN  
**Day:**..... Wednesday

| CODE      | DATES     | TIME          |
|-----------|-----------|---------------|
| 112752-01 | 1/11-2/8  | 11:30A-12:15P |
| 112752-02 | 2/15-3/15 | 11:30A-12:15P |
| 112752-03 | 3/22-4/26 | 11:30A-12:15P |

*Class Will Not Meet On: 3/29*



**LOOK FOR NEIGHBORHOOD NETWORK FEES**  
 Lower fees on programs and facility passes to towns that border La Grange. This includes Brookfield, La Grange Highlands, La Grange Park, McCook and Western Springs. Resident rates apply to Countryside residents.



# EARLY CHILDHOOD ATHLETICS

## Junior T-Ball (ZP)

This class covers the basics of baseball in a fun and safe environment where no one stands around. Throwing, catching, hitting and fielding will be taught as well as running the bases and how to play the game. Games will be played every week. Please bring your own glove.

**Age:**..... 3-5 years  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 6/16 – Section 03  
 ..... 6/10 – Sections 01 & 02  
**Location:** ..... Recreation Center or Community Center  
**Fees:** ..... \$65/R, \$85/NR, \$72/NN (01-02)  
 ..... \$85/R, \$111/NR, \$94/NN (03)  
**Day:**..... Saturday

| CODE      | DATES     | TIME          | LOCATION          |
|-----------|-----------|---------------|-------------------|
| 112637-01 | 1/14-2/11 | 11:00A-11:45A | Community Center  |
| 112637-02 | 2/18-3/18 | 11:00A-11:45A | Community Center  |
| 112637-03 | 4/8-5/20  | 11:00A-11:45A | Recreation Center |

## Junior Soccer (ZP)

This program is designed to teach children the basics of soccer in a fun and exciting way. Dribbling, passing, and shooting will be covered through fun games that keep everyone moving. This class is great for coordination and self-esteem. The main objective is to have fun!

**Age:**..... 3-6 years  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 6/16 – Section 03  
 ..... 6/10 – Sections 01 & 02  
**Location:** ..... Recreation Center or Community Center  
**Fees:** ..... \$65/R, \$85/NR, \$72/NN (01-02)  
 ..... \$85/R, \$111/NR, \$94/NN (03)  
**Day:**..... Saturday

| CODE      | DATES     | TIME          | LOCATION          |
|-----------|-----------|---------------|-------------------|
| 112636-01 | 1/14-2/11 | 10:00A-10:45A | Community Center  |
| 112636-02 | 2/18-3/18 | 10:00A-10:45A | Community Center  |
| 112636-03 | 4/8-5/20  | 10:00A-10:45A | Recreation Center |



## Junior Basketball (ZP)

This program will introduce your children to the game of basketball if they are beginners and offer continued instruction if they need to know how to get to the next level. Basic skills of dribbling, passing, shooting and defense will be taught. Games will be played to show the importance of teamwork in game situations.

**Age:**..... 3-6 years  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 6/16 – Sections 03, 05 & 06  
 ..... 6/10 – Sections 02 & 04  
**Location:** ..... Recreation Center or Community Center  
**Fees:** ..... \$65/R, \$85/NR, \$72/NN (01-02 & 04)  
 ..... \$85/R, \$111/NR, \$94/NN (03, 05 & 06)  
**Day:**..... Thursday or Saturday

| CODE      | DATES     | TIME          | AGE | DAY | LOCATION    |
|-----------|-----------|---------------|-----|-----|-------------|
| 112645-01 | 1/12-2/9  | 4:00P-4:45P   | 3-4 | Thu | Rec Center  |
| 112645-02 | 1/14-2/11 | 12:00P-12:45P | 3-5 | Sat | Comm Center |
| 112645-03 | 2/16-3/23 | 4:00P-4:45P   | 3-4 | Thu | Rec Center  |
| 112645-04 | 2/18-3/18 | 12:00P-12:45P | 3-5 | Sat | Comm Center |
| 112645-05 | 4/6-5/18  | 4:00P-4:45P   | 3-4 | Thu | Rec Center  |
| 112645-06 | 4/8-5/20  | 12:00P-12:45P | 3-5 | Sat | Rec Center  |





# YOUTH ATHLETICS

## Kids First Multi Sports (ZP)

Kids First certified coaches plan a combination of sports and games ranging from competitive to non-competitive and leisure. Sports include: baseball, softball, soccer, track & field events, dodgeball, badminton, flag football, basketball, volleyball, kickball, and more. Participants should bring a water bottle.

**Age:**..... 5-13 years  
**Instructor:**..... Kids First  
**Min/Max:** ..... 6/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$100/R, \$130/NR, \$110/NN  
**Day:**..... Sunday

| CODE      | DATES    | TIME        |
|-----------|----------|-------------|
| 112671-01 | 1/8-1/29 | 3:30P-5:00P |
| 112671-02 | 2/5-2/26 | 3:30P-5:00P |
| 112671-03 | 3/5-3/26 | 3:30P-5:00P |
| 112671-04 | 4/2-4/30 | 3:30P-5:00P |

*Class Will Not Meet On: 4/9*



## Kids First Flag Football (ZP)

This class combines flag football fundamental preparation with flag football games. Coaches will teach football player techniques with body balance safety positioning giving a player confidence to enjoy the game of football. The first two weeks are dedicated to understanding the game through team competitive drills of how to play various positions. Flag football games will be played once the coach feels everyone is ready.

**Age:**..... 5-13 years  
**Instructor:**..... Kids First  
**Min/Max:** ..... 6/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$100/R, \$130/NR, \$110/NN  
**Day:**..... Sunday

| CODE      | DATES    | TIME         | AGE  |
|-----------|----------|--------------|------|
| 112722-01 | 1/8-1/29 | 8:30A-9:45A  | 5-7  |
| 112722-02 | 1/8-1/29 | 9:45A-11:00A | 8-13 |
| 112722-03 | 2/5-2/26 | 8:30A-9:45A  | 5-7  |
| 112722-04 | 2/5-2/26 | 9:45A-11:00A | 8-13 |
| 112722-05 | 3/5-3/26 | 8:30A-9:45A  | 5-7  |
| 112722-06 | 3/5-3/26 | 9:45A-11:00A | 8-13 |
| 112722-07 | 4/2-4/30 | 8:30A-9:45A  | 5-7  |
| 112722-08 | 4/2-4/30 | 9:45A-11:00A | 8-13 |

*Class Will Not Meet On: 4/9*

## Kids First Track & Field (ZP)

Coaches will focus on teaching sprints, hurdles, jumps, distance running and throws in a safe and fundamental way. The program consists of body balance techniques including speed, quickness, and agility drills, which will help produce a quicker, safer, more powerful performer. A wide variety of timed events will take place each day.

**Age:**..... 5-13 years  
**Instructor:**..... Kids First  
**Min/Max:** ..... 6/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$90/R, \$117/NR, \$99/NN  
**Day:**..... Sunday

| CODE      | DATES    | TIME          |
|-----------|----------|---------------|
| 112569-01 | 1/8-1/29 | 11:00A-12:00P |
| 112569-02 | 2/5-2/26 | 11:00A-12:00P |
| 112569-03 | 3/5-3/26 | 11:00A-12:00P |
| 112569-04 | 4/2-4/30 | 11:00A-12:00P |

*Class Will Not Meet On: 4/9*

# YOUTH ATHLETICS

## Kids First Basketball (ZP)

This basketball program focuses on fundamentals! Players will be taught new basketball skills and safety techniques to make them game ready. Skills contests and a championship basketball game will be offered. Plus techniques on shooting, dribbling, passing, floor spacing, basketball awareness and sportsmanship.

**Age:**..... 5-13 years  
**Instructor:**..... Kids First  
**Min/Max:** ..... 6/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$100/R, \$130/NR, \$110/NN  
**Day:**..... Sunday

| CODE      | DATES    | TIME         | AGE  |
|-----------|----------|--------------|------|
| 112780-01 | 1/8-1/29 | 12:00P-1:15P | 5-7  |
| 112780-02 | 1/8-1/29 | 1:15P-2:30P  | 8-13 |
| 112780-03 | 2/5-2/26 | 12:00P-1:15P | 5-7  |
| 112780-04 | 2/5-2/26 | 1:15P-2:30P  | 8-13 |
| 112780-05 | 3/5-3/26 | 12:00P-1:15P | 5-7  |
| 112780-06 | 3/5-3/26 | 1:15P-2:30P  | 8-13 |
| 112780-07 | 4/2-4/30 | 12:00P-1:15P | 5-7  |
| 112780-08 | 4/2-4/30 | 1:15P-2:30P  | 8-13 |

*Class Will Not Meet On: 4/9*



## Kids First Soccer (ZP)

This class teaches fundamentals that all players need to understand when kicking the ball. Coaches will demonstrate ball handling, goalie positioning, first step directional movements, kicking, player positioning, and how to play the game with fundamentals. This program is ideal for beginners to advanced players that will enjoy learning through fun team competitive soccer drills. A championship game will conclude the program.

**Age:**..... 5-12 years  
**Instructor:**..... Kids First  
**Min/Max:** ..... 6/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$90/R, \$117/NR, \$99/NN  
**Day:**..... Sunday

| CODE      | DATES    | TIME        |
|-----------|----------|-------------|
| 112781-01 | 1/8-1/29 | 2:30P-3:30P |
| 112781-02 | 2/5-2/26 | 2:30P-3:30P |
| 112781-03 | 3/5-3/26 | 2:30P-3:30P |
| 112781-04 | 4/2-4/30 | 2:30P-3:30P |

*Class Will Not Meet On: 4/9*

## VolleyKidz USA (ZP)

Improve your volleyball skills with 90 minutes of drills in setting, passing, overhand serving and spiking. The lesson plan directs the use of self-mastery training and groups that help each student reach a new level. You will also develop a good understanding of each position on offense and defense. Instructors organize short games at the end of each class.

**Age:**..... 7-14 years  
**Instructor:**..... EVP Academies  
**Min/Max:** ..... 6/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$100/R, \$130/NR, \$110/NN  
**Day:**..... Thursday

| CODE      | DATES    | TIME        | AGES  |
|-----------|----------|-------------|-------|
| 112530-01 | 1/5-1/26 | 4:00P-5:30P | 7-10  |
| 112530-02 | 1/5-1/26 | 5:30P-7:00P | 11-14 |
| 112530-03 | 2/2-2/23 | 4:00P-5:30P | 7-10  |
| 112530-04 | 2/2-2/23 | 5:30P-7:00P | 11-14 |
| 112530-05 | 3/2-3/23 | 4:00P-5:30P | 7-10  |
| 112530-06 | 3/2-3/23 | 5:30P-7:00  | 11-14 |
| 112530-07 | 4/6-4/27 | 4:00P-5:30P | 7-10  |
| 112530-08 | 4/6-4/27 | 5:30P-7:00P | 11-14 |



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# SPRING BREAK CAMPS

## Kids First Multi-Sport Camp (ZP)

Coaches plan a combination of sports and games ranging from competitive to non-competitive and leisure. Sports include: basketball, baseball, softball, soccer, dodgeball, flag football, track, ultimate frisbee, and more!

**Age:**..... 5-13 years  
**Instructor:**..... Kids First Sports  
**Min/Max:** ..... 6/28  
**Location:** ..... Recreation Center  
**Fees:** ..... \$100/R, \$130/NR, \$110/NN  
**Day:**..... Monday-Thursday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 112671-05 | 3/27-3/30 | 1:00P-2:30P |

## Kids First Soccer Camp (ZP)

This camp teaches fundamentals that all players need to understand when kicking the ball. Coaches will demonstrate ball handling, goalie positioning, first step directional movements, kicking, player positioning, and how to play the game with fundamentals. This program is ideal for beginners to advanced players that will enjoy learning through fun team-competitive soccer drills.

**Age:**..... 5-13 years  
**Instructor:**..... Kids First Sports  
**Min/Max:** ..... 6/28  
**Location:** ..... Recreation Center  
**Fees:** ..... \$90/R, \$117/NR, \$99/NN  
**Day:**..... Monday-Thursday

| CODE      | DATES     | TIME         |
|-----------|-----------|--------------|
| 112781-05 | 3/27-3/30 | 12:00P-1:00P |

## Kids First Flag Football Camp (ZP)

This camp combines flag football fundamental preparation with flag football drills. Coaches will teach football player techniques with body balance safety positioning, giving a player confidence to enjoy the game of football.

**Age:**..... 6-12 years  
**Instructor:**..... Kids First Sports  
**Min/Max:** ..... 6/28  
**Location:** ..... Recreation Center

**Fees:** ..... \$100/R, \$130/NR, \$110/NN  
**Day:**..... Monday-Thursday

| CODE      | DATES     | TIME        |
|-----------|-----------|-------------|
| 112722-09 | 3/27-3/30 | 8:30A-9:45A |

## Kids First Track & Field Camp (ZP)

Coaches will focus on teaching sprints, hurdles, jumps, distance running, and throws in a safe and fundamental way. The program consists of body balance techniques; speed, quickness and agility drills, which will help produce a quicker, safer, more powerful performer. A wide variety of timed events will take place each day, concluding with an event Championship Series on the final day.

**Age:**..... 5-13 years  
**Instructor:**..... Kids First Sports  
**Min/Max:** ..... 6/24  
**Location:** ..... Recreation Center  
**Fees:** ..... \$90/R, \$117/NR, \$99/NN  
**Day:**..... Monday-Thursday

| CODE      | DATES     | TIME         |
|-----------|-----------|--------------|
| 112569-05 | 3/27-3/30 | 9:45A-10:45A |

## Kids First Basketball Camp (ZP)

Spring to the basket! Players will learn and improve their basketball skills which will help prepare them for playing in games. Camp includes a skills contest and championship game.

**Age:**..... 5-13 years  
**Instructor:**..... Kids First Sports  
**Min/Max:** ..... 6/28  
**Location:** ..... Recreation Center  
**Fees:** ..... \$100/R, \$130/NR, \$110/NN  
**Day:**..... Monday-Thursday

| CODE      | DATES     | TIME          |
|-----------|-----------|---------------|
| 112780-09 | 3/27-3/30 | 10:45A-12:00P |



# ADULT ATHLETICS

## Teen/Adult Jujitsu (ZP)

Danzan Ryu Jujitsu is a Japanese martial art developed in Hawaii. When translated into English, jujitsu means gentle, pliable, or flexible art. The gentleness of the art is expressed in the execution of the techniques, and is not reflected in the effect upon the attacker, except at the discretion of the person executing the technique. Using these techniques, a person may either control an attacker with minimum pain (neutralization), or use a technique designed to produce a great deal of pain. Additional fees include uniform (optional to purchase) and insurance fee (six months \$20, 1 year \$30) paid to the instructor.

**Age:**..... 13 years & older

**Instructor:**..... Fil Gutierrez

**Min/Max:** ..... 5/15

**Location:** ..... Recreation Center

**Fees:** ..... **Adult:** \$155/R, \$202/NR, \$170/NN – One Day  
 \$200/R, \$220/NR, \$260/NN – Two Day  
 \$240/R, \$264/NR, \$312/NN – Three Day  
**Teen:** \$145/R, \$189/NR, \$160/NN – One Day  
 \$190/R, \$247/NR, \$209/NN – Two Day  
 \$230/R, \$299/NR, \$286/NN – Three Day

**Day:**..... Tuesday, Thursday or Saturday

| CODE      | DATES     | TIME         | AGE        | DAY   |
|-----------|-----------|--------------|------------|-------|
| 112007-01 | 1/3-2/21  | 7:00P-8:00P  | Tue        | Teen  |
| 112007-02 | 1/3-2/21  | 7:00P-8:30P  | Tue        | Adult |
| 112007-03 | 1/5-2/23  | 7:00P-8:00P  | Thur       | Teen  |
| 112007-04 | 1/5-2/23  | 7:00P-8:30P  | Thur       | Adult |
| 112007-05 | 1/7-2/25  | 12:00P-1:00P | Sat        | Teen  |
| 112007-06 | 1/7-2/25  | 12:00P-1:30P | Sat        | Adult |
| 112007-07 | 1/3-2/25  | Time Vary    | Two Days   | Teen  |
| 112007-08 | 1/3-2/25  | Times Vary   | Two Days   | Adult |
| 112007-09 | 1/3-2/25  | Times Vary   | Three Days | Teen  |
| 112007-10 | 1/3-2/25  | Times Vary   | Three Days | Adult |
| 112007-11 | 3/7-4/25  | 7:00P-8:00P  | Tue        | Teen  |
| 112007-12 | 3/7-4/25  | 7:00P-8:30P  | Tue        | Adult |
| 112007-13 | 3/9-4/27  | 7:00P-8:00P  | Thur       | Teen  |
| 112007-14 | 3/9-4/27  | 7:00P-8:30P  | Thur       | Adult |
| 112007-15 | 3/11-4/29 | 12:00P-1:00P | Sat        | Teen  |
| 112007-16 | 3/11-4/29 | 12:00P-1:30P | Sat        | Adult |
| 112007-17 | 3/7-4/29  | Time Vary    | Two Days   | Teen  |
| 112007-18 | 3/7-4/29  | Times Vary   | Two Days   | Adult |
| 112007-19 | 3/7-4/29  | Times Vary   | Three Days | Teen  |
| 112007-20 | 3/7-4/29  | Times Vary   | Three Days | Adult |

**Class Will Not Meet On:** 3/28, 3/30, & 4/1



## Restorative Gentle Jujitsu (ZP)

Why martial arts for seniors? Healthy living, healthy aging, and living longer, as we grow older we find ourselves limited by the years of wear and tear and the pain associated with it. Simple answer: reversing or slowing the effects of age and pain. In addition to acquiring the benefits of self-defense and self-protection, Danzan Ryu Jujitsu is a Japanese Martial Art developed in Hawaii, when translated into English, jujitsu means gentle, pliable, or flexible art. The gentleness of the art is expressed in the execution of the techniques, and is not reflected in the effect upon the attacker, except at the discretion of the person executing the technique. Please note: All participants will need to purchase additional insurance for \$35 for 6 months or \$60 for 1 year on the first day of class.

**Age:**..... 55 years & older

**Instructor:**..... Fil Gutierrez

**Min/Max:** ..... 5/15

**Location:** ..... Recreation Center

**Fees:** ..... \$58/R, \$75/NR, \$64/NN (One Day)  
 \$70/R, \$91/NR, \$77/NN (Two Day)

**Day:**..... Tuesday and/or Thursday

| CODE      | DATES    | TIME         | DAY      |
|-----------|----------|--------------|----------|
| 133641-01 | 1/3-2/21 | 9:30A-11:00A | Tue      |
| 133641-02 | 1/5-2/23 | 9:30A-11:00A | Thur     |
| 133641-03 | 1/3-2/23 | 9:30A-11:00A | Tue/Thur |
| 133641-04 | 3/7-4/25 | 9:30A-11:00A | Tue      |
| 133641-05 | 3/9-4/27 | 9:30A-11:00A | Thur     |
| 133641-06 | 3/7-4/27 | 9:30A-11:00A | Tue/Thur |

# ADULT ATHLETICS

## WHY ARE THERE INITIALS NEXT TO PROGRAMS

(DA-Dom Adjoumani, KM-Kevin Miller, TC-Teresa Chapman, ZP-Zach Price)

They represent the staff member responsible for that program. This will help you connect with the right person to answer your questions.

### OTHER SYMBOLS:



- Parent/Child Program |



- Cooperative Program |



- New Class

## Adult Beginner Pickleball (ZP)

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.

**Age:**..... 18 years & older

**Instructor:**..... Sports Kids Inc.

**Min/Max:** ..... 6/10

**Location:** ..... Recreation Center

**Fees:** ..... \$80/R, \$104/NR, \$88/NN

**Day:**..... Tuesday & Saturday



| CODE      | DATES     | TIME          | DAY      |
|-----------|-----------|---------------|----------|
| 113537-01 | 3/21-4/25 | 5:15P-6:15P   | Tuesday  |
| 113537-02 | 3/25-4/29 | 11:00A-12:00P | Saturday |

**Class Will Not Meet On:** 3/28 & 4/1



## Adult Advanced Pickleball (ZP)

Join the pickleball craze! Pickleball, a game that combines elements of tennis, badminton and ping pong, is sweeping the country. 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.

**Age:**..... 18 years & older

**Instructor:**..... Sports Kids Inc.

**Min/Max:** ..... 4/8

**Location:** ..... Recreation Center

**Fees:** ..... \$80/R, \$104/NR, \$88/NN

**Day:**..... Tuesday & Thursday

| CODE      | DATES     | TIME        | DAY      |
|-----------|-----------|-------------|----------|
| 113528-01 | 3/21-4/25 | 6:15P-7:15P | Tuesday  |
| 113528-02 | 3/23-4/27 | 5:15P-6:15P | Thursday |

**Class Will Not Meet On:** 3/28 & 3/30

**Interfaith Community Partners** provides older adults with safe, accompanied transportation to medical appointments, therapies, and life-enhancing errands including the grocery store, bank, hairdresser and more. Interfaith Community Partners is a non-profit organization whose mission is to maximize the independence and well-being of older adults in their community.

ICP also provides friendly phone calls to check in on our clients, deliver their library materials, and brighten their days through our Petal Pusher program and by mailing birthday and holiday cards. Our generous donors and amazing network of volunteers allow us to provide these services at no cost to the grateful older adult clients we serve.

Learn about our services and clients, volunteer with us, and support our mission of helping older adults in our community by visiting our website at [InterfaithCommunityPartners.org](http://InterfaithCommunityPartners.org), liking and following us on Facebook and Instagram or calling our office at 708-354-9328.

[InterfaithCommunityPartners.org](http://InterfaithCommunityPartners.org) | 708-354-9328



## SENIORS

### St. Patrick's Day Social (TC)

Seniors, put on your green and come on over to the park district to celebrate St. Patrick's Day!!! We will spend the afternoon in a leprechaun's paradise with games, food, socializing, fun, and green! Bring your friends and get ready to party! This is a free event, but please register so we can get enough refreshments for everyone.

**Registration deadline is March 1st.**

*Age:*..... 55 years & older

*Instructor:*..... Staff

*Min/Max:* ..... 25/50

*Location:* ..... Recreation Center

*Fees:* ..... FREE

*Day:*..... Wednesday

| CODE      | DATES | TIME         |
|-----------|-------|--------------|
| 133000-01 | 3/15  | 12:00P-2:00P |

### Grandparent & Grandchild BINGO (TC)

Enjoy a fun filled afternoon of Bingo with your grandkids! Lucky winners will win all kinds of great prizes. This is not a cash bingo. Snacks and refreshments will be provided. Parent must register the child, sign the waiver and pay the \$8 fee. Grandparent accompanies grandchild to event.

**Registration deadline is March 11th. Co-op WS**

*Age:*..... 3-16 years with grandparent

*Instructor:*..... Staff

*Min/Max:* ..... 7/25 per agency

*Location:* ..... Recreation Center

*Fees:* ..... \$8 per person

*Day:*..... Saturday

| CODE      | DATES | TIME          |       |
|-----------|-------|---------------|-------|
| 133031-01 | 4/15  | 10:00A-11:00A | Child |

Stay in the loop with everything happening at the Park District! Log onto [www.pdlg.org](http://www.pdlg.org) and join the PDLG email list to receive our weekly e-newsletter!



For all the latest PDLG news, updates and photos, "like" us on Facebook or "follow" @PDLG on Twitter!





# SENIORS

## How to use Life insurance to Pay for Retirement, College & Weddings (TC)

Learn about the two types of life insurance: term and universal life. Did you know that you can use life insurance as an investment vehicle to pay for retirement, college and weddings? Join us as we explore how life insurance works.

*Age:*..... 55 years & older  
*Instructor:*..... Maribeth Fencil  
*Min/Max:* ..... 5/15  
*Location:* ..... Recreation Center  
*Fees:* ..... FREE  
*Day:*..... Thursday

| CODE      | DATES | TIME        | LOCATION          |
|-----------|-------|-------------|-------------------|
| 133665-01 | 3/23  | 7:00P-8:30P | Via Zoom          |
| 133665-02 | 3/30  | 7:00P-8:30P | Recreation Center |

## HELP! How Do I Read My Home & Auto Policies? (TC)

Are you confused about your home and auto insurance policies? Have you wondered if you have enough coverage? Or too much coverage? Join us to learn how these policies work.

*Age:*..... 55 years & older  
*Instructor:*..... Maribeth Fencil  
*Min/Max:* ..... 5/15  
*Location:* ..... Recreation Center  
*Fees:* ..... FREE  
*Day:*..... Thursday

| CODE      | DATES | TIME        | LOCATION          |
|-----------|-------|-------------|-------------------|
| 133672-01 | 4/20  | 7:00P-8:30P | Via Zoom          |
| 133672-02 | 4/27  | 7:00P-8:30P | Recreation Center |

## Pinochle Tuesdays (TC)

Come to the park district for some fun! Bring a friend or meet new people while playing pinochle. This is a friendly and intermediate pinochle mix. Tables will be made up as players arrive. Participant check in is from 11:30am-11:45am and the game starts promptly at 11:45am.

*Age:*..... 55 years & older  
*Location:* ..... Recreation Center  
*Fees:* ..... \$12 Annual Membership  
*Day:*..... Tuesday

| DATES     | TIME         |
|-----------|--------------|
| 1/10-5/23 | 11:30A-3:00P |

## Mahjong (TC)

Bring your friends or meet new ones and play hours of Mahjong! Tables will be made up as players arrive. Participant check in is from 12:15pm-12:30pm and the game starts promptly at 12:30pm. Mahjong sets are not provided and we recommend you bring your own.

*Age:*..... 55 years & older  
*Location:* ..... Recreation Center  
*Fees:* ..... \$12 Annual Membership  
*Day:*..... second and fourth Wednesday of the month

| DATES     | TIME         |
|-----------|--------------|
| 1/12-4/27 | 12:30P-3:00P |

**LOOK FOR NEIGHBORHOOD NETWORK FEES**  
Lower fees on programs and facility passes to towns that border La Grange. This includes Brookfield, La Grange Highlands, La Grange Park, McCook and Western Springs. Resident rates apply to Countryside residents.

# LA GRANGE FITNESS

Start your fitness and wellness journey at La Grange Fitness, a state-of-the-art fitness facility that hosts a variety of services provided by friendly and knowledgeable staff

- Unlimited access to La Grange Fitness 9000 sq. ft fitness center and walking track
- Precor cardio equipment
- Precor strength training equipment
- Queenax Functional Fitness Equipment
- Complimentary fitness equipment orientation
- Complimentary Kick-start consultation with Personal Trainer
- Two group fitness studios
- Locker rooms with shower facilities
- Personal lockers free for daily use
- Group fitness classes weekly included with membership (*see schedule online*)
- Fee based Specialty Classes

## MEMBERSHIP DEFINITIONS

**Individual:** 18 years or older

**Couple:** 2 members of the same household

**Additional Member:** For members who have more than 2 members in the household

**Senior:** 55 years & better

**Senior Couple:** 2 members of the same household ages 55 years & better (both members must be 55 years & better)

**Student:** Individuals age 16-24 with current student ID

**Youth Memberships:** 14 & 15-year old's, must be on membership with a parent or guardian.

**Corporate Memberships:** Corporate Memberships are available to companies and corporations in La Grange and the surrounding areas of La Grange Fitness. Employees will receive the rate in which their employer's address falls. Paperwork from employer and employee required.

**Resident:** Individuals residing in La Grange and Countryside

**Neighborhood Network:** All communities that border La Grange which include, La Grange Highlands, Western Springs, La Grange Park, Brookfield & McCook

**Non-Resident:** Individuals residing outside of the village of La Grange and neighborhood network.

**LOCATION** **PHONE: 708-588-2260**

Located within the Recreation Center, 536 East Avenue in La Grange

## FITNESS HOURS OF OPERATION

Monday-Thursday 5:00am to 9:00pm

Friday 5am - 7pm

Saturday 6:00am to 3pm

Sunday 7:00am to 1pm

## SHORTENED HOURS

4th of July 7:00am to 12:00 pm

Labor Day 7:00am to 12:00 pm

Memorial Day 7:00am to 12:00 pm

Christmas Eve 7:00am to 12:00 pm

New Years Eve 7:00am to 12:00 pm

## CLOSED

Christmas Day

New Year's Day

Thanksgiving

Easter Sunday

## REGISTRATION

Membership registration can only be done, in person, at La Grange Fitness during normal business hours. Proof of residency is required to qualify for resident rates. A driver's license, state ID or utility bill is acceptable. This policy assures the lowest fees for La Grange & Countryside residents.

## GUEST VISITS (ID REQUIRED)

*\*Includes use of the fitness center, locker room and walking track.*

*Group Fitness classes not included.*

\$10 per day

*Guests ages 18 and over:* Must complete a signed waiver and valid photo identification with birthdate.

*Guests ages 16 & 17:* Parent or legal guardian must sign waiver and provide valid photo identification for guest with birthdate.

*Guests ages 15 & under:* Not available at this time.

## ADDITIONAL FEES

*Initiation Fee:* \$25 per membership

## INDIVIDUAL PERSONAL TRAINING FEES

### MEMBER/NON-MEMBER RATES

*1 session:* \$55/\$80

*3 sessions:* \$150/\$225

*5 sessions:* \$235/\$350

*10 sessions:* \$450/\$670

## GROUP PERSONAL TRAINING FEES

### 2 or More Participants: MEMBER/NON-MEMBER RATES

*(Fee Per Person, Members must form group):*

*1 session:* \$40/\$58

*3 sessions:* \$115/\$170

*5 sessions:* \$180/\$260

*10 sessions:* \$340/\$500

## \*PRICING SUBJECT TO CHANGE

## MEMBERSHIP RATES

| Membership        | Monthly Resident | Monthly Non-Resident | Monthly Neighborhood Network | Year Resident | Year Non-Resident | Year Neighborhood Network |
|-------------------|------------------|----------------------|------------------------------|---------------|-------------------|---------------------------|
| Individual        | \$33             | \$48                 | \$40                         | \$372         | \$471             | \$408                     |
| Couple            | \$56             | \$71                 | \$63                         | \$647         | \$822             | \$707                     |
| Additional Member | \$23             | \$33                 | \$28                         | \$252         | \$316             | \$274                     |
| Student           | \$28             | \$38                 | \$33                         | \$306         | \$386             | \$336                     |
| Senior            | \$28             | \$38                 | \$31                         | \$306         | \$386             | \$333                     |
| Senior Couple     | \$46             | \$61                 | \$53                         | \$472         | \$592             | \$512                     |

# PERSONAL TRAINING

Studies show having a personal trainer increases results by 80% and 3X faster!

Our team of certified personal trainers are here to assist you with your health and fitness goals. Our expert trainers will work with you to develop a personalized fitness regimen that will help you to see results.

**REGISTRATION REQUIRED:** Personal training is not included with membership fees and requires pre-registration. All personal training sessions are one hour in length.

**One-on-One Training:** Our team of certified personal trainers will design a customized workout routine for you in a safe, effective and highly motivating environment.



## LISE GORAJSKI

Personal Trainer

A self-proclaimed exercise “junkie”, Lise has been heavily involved in fitness since her teens. She is a Tae Kwon Do black belt, has been an avid jogger “forever” and also enjoys hiking and bicycling. Her mantra is that “exercise is medicine”, and her approach includes a holistic view of integrating functional exercise with nutrition and life balance. Whether your goals are getting off the couch (she does have “couch sitting” routines!), getting in shape for your favorite sport, or just refusing to age, she has a program for you.

**Availability:** Monday, Tuesday and Thursday mornings; Weekends scheduled as available



## RUDY LUNA

Personal Trainer

Rudy is certified through International Sports Science Association (ISSA), as well as a high school athletic coach. His love for sports has drawn him deeper into the physical fitness world working with athletes. His focus started off with speed and agility training before branching off into strength and conditioning training. As he continues to grow and build his knowledge in the field, he aspires to help athletes achieve their goals, and anyone looking for a happier healthier life. He focuses on physical training, but he will test your mental toughness by challenging you and motivating you with passion! He is a strong believer in the 5 P's: patience, positivity, persistence, perseverance, and passion while stressing that how hard you work will determine how successful you will be!

**Availability:** Tuesday and Thursday mornings; Evenings and weekends scheduled as available



## CINDY MCAULIFFE

Personal Trainer

Cindy has been a fitness enthusiast for 30 plus years. She has a passion for taking care of herself and others. Cindy is certified through the International Sports Science Association (ISSA) and has a Precision Nutrition Level 1 Certification in exercise nutrition. Together you will set goals for fitness and nutrition. Cindy will create a unique personalized plan that will help you realize those goals. Whether it be building muscle, losing weight, toning, improving mobility or creating a happier lifestyle, Cindy will help you to achieve your fitness and nutritional goals. You will not find a more positive and determined personal trainer/nutrition coach that will make you feel better about yourself.

**Availability:** Monday thru Friday 8:00 AM to 2:00pm



# FITNESS CLASSES

## SPECIALTY FITNESS CLASS MAKE UP POLICY

Missed specialty fitness classes may be made up during the same session in which you are registered. All you need to do when you want to make up the in-person class is sign in with the instructor at the classroom - write the DATE and NAME of the class you missed on the Make-up Attendance Sheet each instructor will have. For missed Zoom classes, please email [domadjoumani@pdlg.org](mailto:domadjoumani@pdlg.org) to request your make-up date and the Zoom link for that class will be sent to you.

### Please Note:

- Classes can only be made up *after* the missed classed date
- Classes can only be made up during the current session. There are NO carry overs to the next session.
- Email [domadjoumani@pdlg.org](mailto:domadjoumani@pdlg.org) to check if the class you want to attend is running.
- Space and equipment is limited. Registered participants have priority over make up class participants.
- Missed classes are verified by the Program Supervisor on a weekly basis.
- Does not include La Grange Fitness classes.

## DROP-IN CLASS PASS NEW

We are now offering drop-in class passes for in-person specialty fitness classes! Classes at maximum capacity cannot be attended with the Drop-In Class Pass.

| PASS TYPE    | FEES                 | REGISTRATION CODE |
|--------------|----------------------|-------------------|
| 1 Class Pass | \$15 per participant | 123699-01         |

### Please Note

Participant must email [domadjoumani@pdlg.org](mailto:domadjoumani@pdlg.org) to notify staff of which class participant is attending.

## VIRTUAL CLASS PASS

Our Specialty Fitness Virtual Class Pass offers you the flexibility to attend classes, at your convenience, without the 5 to 8 week commitment of having to be in class at the same day and time! Register for your Virtual Class Pass today!

| PASS TYPE     | FEES                  | REGISTRATION CODE |
|---------------|-----------------------|-------------------|
| 1 Class Pass  | \$15 per participant  | 123692-01         |
| 5 Class Pass  | \$65 per participant  | 123692-02         |
| 10 Class Pass | \$120 per participant | 123692-03         |

### Please Note:

- Zoom class links for the week will be emailed out weekly within 2-4 days of the class
- Passes only pertain to Specialty Fitness classes. La Grange Fitness Center classes are not included in the Virtual Class Pass
- You may attend any Specialty Fitness class listed in the brochure via Zoom as long as a minimum enrollment of 3 participants has been met
- Senior Discounts and La Grange Fitness Member Discounts do not apply to the Virtual Class Pass
- Once you have reached your allotted classes on your Virtual Class Pass, you will be removed from the emails containing the Zoom links unless a new Pass is purchased
- Classes must be used within a given season (fall, winter, spring or summer) and may not carry over into a new season

- Hybrid classes offer the flexibility of virtual participation or in-person attendance.

# WORKSHOPS

## Restorative Yoga Workshop (DA)

Restorative Yoga is a gentle, meditative practice that uses props to fully support the body in each pose which allows the body to rest, revitalize and restore energy as well as release tension. Enjoy the results of letting go both physically and mentally so you can unwind, restore and finish class feeling wonderful. No yoga experience necessary. Please bring a yoga mat and two small blankets.

**Age:**..... 16 years & older  
**Instructor:**..... Freya Smith  
**Min/Max:** ..... 4/16  
**Location:** ..... Recreation Center & Virtual  
**Fees:** ..... \$25 per person  
**Day:**..... Thursday

| CODE      | DATES | TIME        | TYPE   |
|-----------|-------|-------------|--------|
| 123652-01 | 1/12  | 7:00P-8:15P | Hybrid |
| 123652-02 | 2/9   | 7:00P-8:15P | Hybrid |
| 123652-03 | 3/9   | 7:00P-8:15P | Hybrid |
| 123652-04 | 4/6   | 7:00P-8:15P | Hybrid |

## Sound Journey & Gong Wash Meditation (DA) NEW

Join us for a meditative experience where participants are fully immersed in a healing soundscape. Sound waves assist in washing away tension and provide an energetic cleanse at a cellular level. Journey through a cosmic soundscape of singing bowls, drums, didgeridoo, flute, rattles, handpan and gong. By allowing yourself to fall into a deep state of relaxation, you will feel the tension in the physical body melt away. Please bring a yoga mat, blanket and pillow.

**Age:**..... 16 years & older  
**Instructor:**..... Francesca Gervasio & Suzy Bircher  
**Min/Max:** ..... 5/16  
**Location:** ..... Recreation Center  
**Fees:** ..... \$30 per person  
**Day:**..... Sunday

| CODE      | DATES | TIME        |
|-----------|-------|-------------|
| 123706-01 | 1/22  | 3:00P-5:00P |

# YOGA CLASSES

## Gentle Yoga (DA)

This class is ideal for people of all sizes, ages, and fitness levels. Gain added flexibility, strength and calmness while doing basic standing and seated yoga poses. This class is great for those new to yoga. Students should be able to get up and down from the floor. Dress comfortably and bring a yoga mat.

**Age:**..... 16 years & older  
**Instructor:**..... Marianne Mohrhusen  
**Min/Max:** ..... 6/16  
**Location:** ..... Recreation Center & Virtual  
**Fitness Member Fee:** ..... \$87  
**Non Fitness Member Fees:**..... \$92  
**Day:**..... Tuesday or Friday

| CODE      | DATES     | TIME         | DAY | TYPE   |
|-----------|-----------|--------------|-----|--------|
| 123506-01 | 1/10-2/28 | 9:45A-10:45A | Tue | Hybrid |
| 123506-02 | 3/7-4/25  | 9:45A-10:45A | Tue | Hybrid |
| 123506-03 | 1/13-3/3  | 9:45A-10:45A | Fri | Hybrid |
| 123506-04 | 3/10-4/28 | 9:45A-10:45A | Fri | Hybrid |

## Yoga (DA)

Move mindfully while building flexibility, strength and balance. Discover for yourself the many benefits of combining breath work with classic yoga poses in a calming environment. Please wear comfortable clothing and bring your own yoga mat.

**Age:**..... 16 years & older  
**Instructor:**..... Marianne Mohrhusen (01-02);  
 Freya Smith (03-06)  
**Min/Max:** ..... 6/16  
**Location:** ..... Recreation Center & Virtual  
**Fitness Member Fee:** ..... \$87  
**Non Fitness Member Fees:**..... \$92  
**Day:**..... Monday, Tuesday or Saturday

| CODE      | DATES     | TIME          | DAY | TYPE   |
|-----------|-----------|---------------|-----|--------|
| 123520-01 | 1/9-2/27  | 10:30A-11:30A | Mon | Hybrid |
| 123520-02 | 3/6-4/24  | 10:30A-11:30A | Mon | Hybrid |
| 123520-03 | 1/10-2/28 | 6:30P-7:30P   | Tue | Hybrid |
| 123520-04 | 3/7-4/25  | 6:30P-7:30P   | Tue | Hybrid |
| 123520-05 | 1/14-3/4  | 9:30A-10:30A  | Sat | Hybrid |
| 123520-06 | 3/11-4/29 | 9:30A-10:30A  | Sat | Hybrid |



# WORKSHOPS

## YOGA CLASSES

### Flow Yoga (DA)

Flow yoga refers to any style of yoga asana that focuses on creating a connection between movement, breath, and the mind. In this 60-minute class, students will learn to move between poses fluidly and will experience a balance between a variety of poses that will help strengthen the body along with relaxing and calming the mind. Each class will follow a different focus allowing students to deepen their yoga practice. Please bring a yoga mat and water bottle.

**Age:**.....16 years & older  
**Instructor:**.....Marie Kittler  
**Min/Max:** .....6/16  
**Location:** .....Recreation Center & Virtual  
**Fitness Member Fee:** .....\$87  
**Non Fitness Member Fees:**.....\$92  
**Day:**.....Sunday

| CODE      | DATES     | TIME          | TYPE   |
|-----------|-----------|---------------|--------|
| 123539-01 | 1/15-3/5  | 10:30A-11:30A | Hybrid |
| 123539-02 | 3/12-4/30 | 10:30A-11:30A | Hybrid |

### Chair Yoga for Everyone (DA)

This class is designed to provide traditional yoga to those with less mobility. Seated and standing poses will help you improve breathing, balance, posture, strength, range of motion and mindfulness. We will use chairs and the wall in this class for support and stability. Please bring a yoga mat and water bottle.

**Age:**.....16 years & older  
**Instructor:**.....Theresa Mikuls  
**Min/Max:** .....6/16  
**Location:** .....Recreation Center & Virtual  
**Fitness Member Fee:** .....\$87  
**Non Fitness Member Fees:**.....\$92  
**Day:**.....Monday or Wednesday

| CODE      | DATES    | TIME          | DAY | TYPE   |
|-----------|----------|---------------|-----|--------|
| 123653-01 | 1/9-2/27 | 11:00A-12:00P | Mon | Hybrid |
| 123653-02 | 3/6-4/24 | 11:00A-12:00P | Mon | Hybrid |
| 123653-03 | 1/11-3/1 | 11:00A-12:00P | Wed | Hybrid |
| 123653-04 | 3/8-4/26 | 11:00A-12:00P | Wed | Hybrid |

## CYCLE CLASSES

### Cycle, Sculpt & Yoga (DA)

Achieve your best overall fitness results with the perfect balance of cardio, strength and flexibility in one class! In this studio format class, we'll combine high energy spin intervals and full body strength conditioning with lengthening and releasing yoga postures. Please bring a yoga mat and water bottle.

**Age:**.....16 years & older  
**Instructor:**.....Freya Smith  
**Min/Max:** .....6/10  
**Location:** .....Recreation Center  
**Fitness Member Fee:** .....\$93  
**Non Fitness Member Fees:**.....\$98  
**Day:**.....Tuesday

| CODE      | DATES     | TIME         | TYPE   |
|-----------|-----------|--------------|--------|
| 123642-01 | 1/10-2/28 | 9:15A-10:30A | Hybrid |
| 123642-02 | 3/7-4/25  | 9:15A-10:30A | Hybrid |

### Cycle (DA)

Indoor cycle is a fun, exhilarating cardio workout designed to improve overall fitness with a focus on endurance, strength, interval and all-terrain training. Enjoy the many benefits of indoor cycling while having a blast in a lively atmosphere set to great motivating music. We will finish class with some quick abdominal exercises and stretches to complete your workout. This class is suitable for all fitness levels and no experience is necessary.

**Age:**.....16 years & older  
**Instructor:**.....Mindy Levato  
**Min/Max:** .....6/10  
**Location:** .....Recreation Center  
**Fitness Member Fee:** .....\$84  
**Non Fitness Member Fees:**.....\$89  
**Day:**.....Tuesday

| CODE      | DATES     | TIME        | TYPE      |
|-----------|-----------|-------------|-----------|
| 123696-01 | 1/10-2/28 | 6:30P-7:30P | In-Person |
| 123696-02 | 3/7-4/25  | 6:30P-7:30P | In-Person |

# WORKSHOPS

## STRENGTH & CONDITIONING CLASSES



### Barre Sculpt & Core (DA) NEW

We do all the fun of Barre, but this is not a dance class. We work with light weights to sculpt, improve balance, and work your core while improving your posture. Barre is an amazing workout that anyone can do. Join us and feel how this workout changes your body!

*Age:*.....16 years & older

*Instructor:*.....Laura Mungai

*Min/Max:* .....6/16

*Location:* .....Recreation Center & Virtual

*Fitness Member Fee:* .....\$79

*Non Fitness Member Fees:*.....\$84

*Day:*.....Wednesday

### Pilates, Strength & Stretch (DA)

This class emphasizes the core, strength and flexibility that will be achieved through a combination of strength exercises, as well as a series of Pilates physical movements designed to tone, stretch and balance the body. The work we do in class will create long, lean muscle tone, a strong core, improved posture and the perfect balance between strength and flexibility. All experience levels are welcome. Please bring a mat and water bottle.

*Age:*.....16 years & older

*Instructor:*.....Nancy Hite

*Min/Max:* .....6/16

*Location:* .....Recreation Center

*Fitness Member Fee:* .....\$79

*Non Fitness Member Fees:*.....\$84

*Day:*.....Monday

| CODE      | DATES    | TIME        | DAY | TYPE   |
|-----------|----------|-------------|-----|--------|
| 123700-01 | 1/9-2/27 | 7:40P-8:30P | Mon | Hybrid |
| 123700-02 | 3/6-4/24 | 7:40P-8:30P | Mon | Hybrid |

| CODE      | DATES    | TIME         | DAY | TYPE   |
|-----------|----------|--------------|-----|--------|
| 123708-01 | 1/9-2/27 | 9:00A-10:00A | Mon | Hybrid |
| 123708-02 | 3/6-4/24 | 9:00A-10:00A | Mon | Hybrid |
| 123708-03 | 1/11-3/1 | 6:00P-7:00P  | Wed | Hybrid |
| 123708-04 | 3/8-4/26 | 6:00P-7:00P  | Wed | Hybrid |



# WORKSHOPS

## STRENGTH & CONDITIONING CLASSES

### Zumba Toning & Abs (DA) NEW

Zumba Toning combines targeted body-sculpting exercise and high energy cardio work with Latin-infused Zumba moves to create a calorie torching, strength-training dance fitness party. Light weights are used to enhance rhythm and tone all target zones, including arms, abs, glutes and thighs. Perfect for those who want to party, and put extra emphasis on toning and sculpting to define those muscles. All fitness levels are welcome and no prior dance experience is necessary.

*Age:*.....16 years & older  
*Instructor:*.....Kenya Madison-Gabler  
*Min/Max:*.....6/16  
*Location:*.....Recreation Center & Virtual  
*Fitness Member Fee:*.....\$79  
*Non Fitness Member Fees:*.....\$84  
*Day:*.....Thursday

| CODE      | DATES    | TIME        | TYPE   |
|-----------|----------|-------------|--------|
| 123705-01 | 1/12-3/2 | 6:00P-7:00P | Hybrid |
| 123705-02 | 3/9-4/27 | 6:00P-7:00P | Hybrid |

### Golden Barre Above (DA)

This class is for active adults or anyone who wants to improve balance, flexibility, core strength and posture. We will use a barre, as necessary, as we move through a comfortable but challenging workout. Please bring a yoga mat.

*Age:*.....50 years & older  
*Instructor:*.....Linda Guggenheim  
*Min/Max:*.....6/16  
*Location:*.....Recreation Center  
*Fitness Member Fee:*.....\$79  
*Non Fitness Member Fees:*.....\$84  
*Day:*.....Thursday

| CODE      | DATES    | TIME        | TYPE      |
|-----------|----------|-------------|-----------|
| 123629-01 | 1/12-3/2 | 8:30A-9:30A | In-Person |
| 123629-02 | 3/9-4/27 | 8:30A-9:30A | In-Person |

### Zumba Gold (DA)

Zumba Gold mixes low intensity moves and easy to follow dance fitness choreography that focuses on balance, range of motion and coordination. This class is specially designed for active older adults, beginners and those requiring a lower impact workout. Move and groove to Latin and world rhythms!

*Age:*.....50 years & older  
*Instructor:*.....Marianne Mohrhussen  
*Min/Max:*.....6/16  
*Location:*.....Recreation Center & Virtual  
*Fitness Member Fee:*.....\$79  
*Non Fitness Member Fees:*.....\$84  
*Day:*.....Wednesday

| CODE      | DATES    | TIME         | TYPE   |
|-----------|----------|--------------|--------|
| 123577-01 | 1/11-3/1 | 9:30A-10:20A | Hybrid |
| 123577-02 | 3/8-4/26 | 9:30A-10:20A | Hybrid |

### Ballet Fitness for All (DA) NEW

Develop long, lean lines and explore your body's expressive nature practicing this classic art form. While learning the basics of ballet, you'll gain strength, stamina, flexibility and great posture. It's a great workout, fun and easy to follow. No dance experience necessary.

*Age:*.....16 years & older  
*Instructor:*.....Dot Kane  
*Min/Max:*.....6/16  
*Location:*.....Recreation Center  
*Fitness Member Fee:*.....\$79  
*Non Fitness Member Fees:*.....\$84  
*Day:*.....Thursday

| CODE      | DATES    | TIME        | TYPE      |
|-----------|----------|-------------|-----------|
| 123709-01 | 1/12-3/2 | 1:00P-2:00P | In-Person |



**SEASPAR** (the South East Association for Special Parks and Recreation) enriches the lives of people through recreation by providing programs and services for individuals with disabilities served by the **Park District of La Grange** and eleven other communities.

**SEASPAR** offers a wide variety of year-round recreational opportunities for all ages, including:

- Physical Fitness
- Creative Programs
- Social Activities
- Trips and Community Outings
- Day Camps
- Adapted Sports
- Special Olympics Training
- Adult Day Program
- Multi-Sensory Rooms

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 **PATRICK M.**  
SEASPAR Participant



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- Darien Park District
- Downers Grove Park District
- Village of Indian Head Park
- **Park District of La Grange**
- Community Park District of La Grange Park
- Lemont Park District
- Lisle Park District
- Village of Western Springs
- Westmont Park District
- Woodridge Park District



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# VOLUNTEER INFORMATION



## Volunteers Wanted!

### Interested in volunteering?

We are looking for people who are interested in getting involved with the Park District of La Grange by volunteering. There are many opportunities throughout the year.

You can volunteer for the many special events we have during the year.

If interested, please fill out this form and send or drop off to Kevin Miller, Director of Recreation, 536 East Ave., La Grange, IL 60525.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_



Bella Terra and The Grove is proud to offer guests a wide range of healthcare services. Whether you're in need of short-term post-hospital care and rehab, or residential skilled nursing care, the attentive staff and warmly appointed accommodations offer comfortable and appealing living space.

#### Rehabilitation and clinical services\* include:

- Physical, occupational and speech therapy up to 7 days a week
  - BIPAP and CPAP therapies
  - Cardiac care
  - Cardiology programming
  - Complex medical patients
  - Gastrostomy tube feeding (G-Tube)
  - Hospice/Palliative care
  - Infectious disease
  - In-house dialysis
  - IV therapy
  - Lymphedema care
  - Oncology care
  - Post-stroke rehabilitation
  - Psychology/Psychiatry care
  - Pulmonary care
  - Respiratory services
  - Secured memory unit
  - Specialized wound care
  - Stroke and other neurological conditions
  - Tracheostomy care
- \*Clinical services varies by location

#### Amenities include:

- Flat-screen TVs with cable
- High-speed Wi-Fi
- Inviting family lounges and outdoor patios to relax and visit\*\*+
- On-site salon services\*\*
- Spacious private and semi-private suites with private bathrooms, wardrobes, refrigerators, and nightstands+

\*\*We adhere to all guidelines and regulations provided by public health officials and governmental agencies, regarding COVID-19.  
+ Availability varies by location



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To learn more or schedule a tour or visit:  
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**HOP INTO SPRING  
WITH**

# *Easter* **EVENTS**

SEE PAGES 28-29



EASTER EGG HUNT ● EASTER EGG CRAWL

BREAKFAST WITH THE EASTER BUNNY

TWEEN FLASHLIGHT EGG HUNT ● DOGGIE EGG HUNT

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