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*- Resident registration begins: Friday, 4/20*

*- Non-resident registration begins: Friday, 4/27*

**La Grange & Countryside residents get resident rates!**

# WELCOME - See pages 6-7 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.

<b>Front Desk/Phone Hours:</b>	<b>Summer Front Desk/Phone Hours:</b>
8 am - 9 pm ..... Mon.-Fri.	<b>May 27 - Sept. 2</b>
8 am - 6 pm ..... Sat.	8 am - 9 pm ..... Mon., Tue. & Thur.
10 am - 5 pm ..... Sun.	8 am - 5 pm ..... Wed. & Fri.
	8 am - 4 pm ..... Sat.
	Closed ..... Sun.

Closed ..... 5/28, 7/4, 8/25, 8/26, 9/3

See page 66 for fitness center hours

**Gordon Park Splash Pad Hours: Memorial Day - Labor Day** 9 am - 8 pm

## 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
LaGrange Fitness	708/588-2260
Sedgwick Park Activity Building	708/354-2205

## Recreational & Community Service Organizations

Aging Care Connections	354-1323
American Youth Soccer Org. (AYSO)	www.ayso300.org
Boy Scouts of America	708/354-1111
Bulls/Sox Training Academy-LaGrange	708/588-2275
Bulls/Sox Training Academy-Lisle	630/324-8221
City of Countryside	708/354-7270
Community Diversity Group	708/579-5114
Community Park Dist. of LaGrange 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	630/544-5900
La Grange Area Newcomers-Jane Byczek	354-1807
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	www.lagrangelittleleague.com
La Grange Garden Club-Bev Sturtz	630/789-6557
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
Western Springs Rec. Dept.	708/246-9070
West Suburban Chamber	708/352-0494

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## RESIDENT REGISTRATION LaGrange and Countryside Residents Friday, April 20 • 8:00 am - 9:00 pm

Recreation Building, 536 East Avenue

Walk-in and online registration procedures will not have priority over the other, as both will be occurring at the same time.

**Residents may only register their own family.**

PLEASE NOTE: In order to register online you will need to stop in the Rec. Center at 536 East Avenue to set up an online account. There is a form to complete and proof of address is required. You will be emailed a user name and password allowing you to access online registration. The deadline to set up an online account for registration on 4/20 is 4/19. If you have already have an online account it is not necessary to do it again. Your user name 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 7:00 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 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 Gold 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**, Mary Ellen Penicook [maryellenpenicook@pdlg.org](mailto:maryellenpenicook@pdlg.org)

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

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

**Commissioner**, Karel Jacobs [kareljacobs@pdlg.org](mailto:kareljacobs@pdlg.org)

**Commissioner**, Robert Ashby [bobashby@pdlg.org](mailto:bobashby@pdlg.org)

## Board Appointments

**Executive Director**, Dean Bissias, APRP [deanbissias@pdlg.org](mailto:deanbissias@pdlg.org)

**Board Treasurer**, Robert Metzger

## 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**, Dean Bissias, APRP [deanbissias@pdlg.org](mailto:deanbissias@pdlg.org)

## Finance Staff

**Supt. of Finance**, Leynette Kuniej, CPA [leynettekuniej@pdlg.org](mailto:leynettekuniej@pdlg.org)

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

## Recreation/Facility Staff

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

**Assistant Supt. of Recreation**,  
Diana Faught, CPRP [dianafaught@pdlg.org](mailto:dianafaught@pdlg.org)

**Supt. of Facilities**, Chris Finn, PPRP [chrisfinn@pdlg.org](mailto:chrisfinn@pdlg.org)

**Supt. of B.A.S.E.**, Leanna Hartung [leannahartung@pdlg.org](mailto:leannahartung@pdlg.org)

**Marketing & Events Supervisor**,  
Teresa Chapman [teresachapman@pdlg.org](mailto:teresachapman@pdlg.org)

**Recreation Supervisor**, Kyle Madeja, CPRP [kylemadeja@pdlg.org](mailto:kylemadeja@pdlg.org)

**Fitness Center Supervisor**, Jenny Clark [jennyclark@pdlg.org](mailto:jennyclark@pdlg.org)

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

**Maintenance Supervisor**, Josh Wiencek [joshwiencek@pdlg.org](mailto:joshwiencek@pdlg.org)

**Facility Rental Coordinator**, Katie Walsh [katiawalsh@pdlg.org](mailto:katiawalsh@pdlg.org)

**Secretary/Receptionist**, Ginger Zeman [gingerzeman@pdlg.org](mailto:gingerzeman@pdlg.org)

## Parks Department Staff

**Parks Foreman**, Claudia Galla [claudiagalla@pdlg.org](mailto:claudiagalla@pdlg.org)

**Parks & Maintenance Laborers** Ricky Cox, Jose Farias, Ben Linville

*APRP - Associate Park & Recreation Professional*

*CPRP - Certified Park & Recreation Professional*

*PPRP - Provisional Park & Recreation Professional*

# REGISTRATION INFORMATION

## 1. RESIDENT REGISTRATION ONLY

Walk-in resident registration will take place on Friday, 4/20 from 8:00 am-9:00 pm at the Recreation Center, 536 East Avenue, and continues thereafter during regular office hours. Residents can only register their own family during resident registration on 4/20. Countryside residents may also register beginning 4/20.

## 2. NON-RESIDENT REGISTRATION

Individuals residing outside of the Park District boundaries may register starting at 8:00 a.m. Friday, 4/27. This includes Neighborhood Network residents.

## 3. ONLINE REGISTRATION

The Park District of La Grange offers online registration. Come in to the Recreation Center to complete an online registration form to receive the required user name and password for online access. 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. A non-refundable \$2 administration fee applies to online registration transactions. Register online at [www.pdlg.org](http://www.pdlg.org). Please be sure to view/print your receipt to verify that your online transaction processed correctly.

## 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 the 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 will be deducted from all refunds over \$5, except when a medical certificate is presented in writing or the District cancels a program. If the Park District cancels a program, participants will have a choice of full refund, credit or class transfer, if available.

## 8. INSUFFICIENT FUNDS FEE:

In the event that a program is paid for by check, and that check is returned to the District stamped N.S.F., 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, usage 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 and under.

## 15. PAYMENT/ENROLLMENT VERIFICATION

When in doubt, call the Park District office at (708) 352-1762

## 16. ASSESSMENT DESCRIPTION

You will be assessed a \$5 registration fee when signing up for programs. This fee is charged only once per household per season for registrations of \$20 and over. If after your initial registration you decide to enroll in more programs during the same program season, simply alert us to that fact when you register. The assessment fee does not apply to online registrations. Collecting this fee allows the Park District to meet its costs without raising fees for every program.

## 17. PAYMENT METHODS

Payment methods accepted are: Visa, MasterCard, Discover, American Express, cash and check. Driver's license required for checks.

## 18. REGISTER EARLY!

Classes are subject to cancellation if they do not meet minimum enrollments a week before class starts, unless otherwise noted.

## 19. FEES SUBJECT TO CHANGE WITHOUT NOTICE

## 20. 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 in order that appropriate accommodations are secured prior to the start of the program.

## WHY ARE THERE INITIALS NEXT TO THE PROGRAMS?

(DF-Diana Faught, KM-Kevin Miller,  
KJ- Kyle Madeja, TC-Teresa Chapman)

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



- Childcare Offered During This Program



- New Class



# DIGITAL RESOURCES

“Your Fun Destination” at your fingertips!

## Facebook

Our Facebook page is the hub of various different multimedia PDLG content! On it, you will find photo galleries, program and event fliers, videos, as well as pertinent updates and news, links and immediate interaction with the Park District.

In order to take advantage of these features and be updated as soon as we update, log on to Facebook, find our page and “like” us!

PDLG Funbytes, the official eNewsletter of PDLG, comes out every Friday afternoon. It provides subscribers information about upcoming programs and events, as well as important announcements and links to our online photo galleries.

To subscribe, stop by the Recreation Center (536 East Ave., La Grange) or visit [www.pdlg.org](http://www.pdlg.org) and click on the link at the bottom to sign up!

## eNewsletter

## Mobile Website

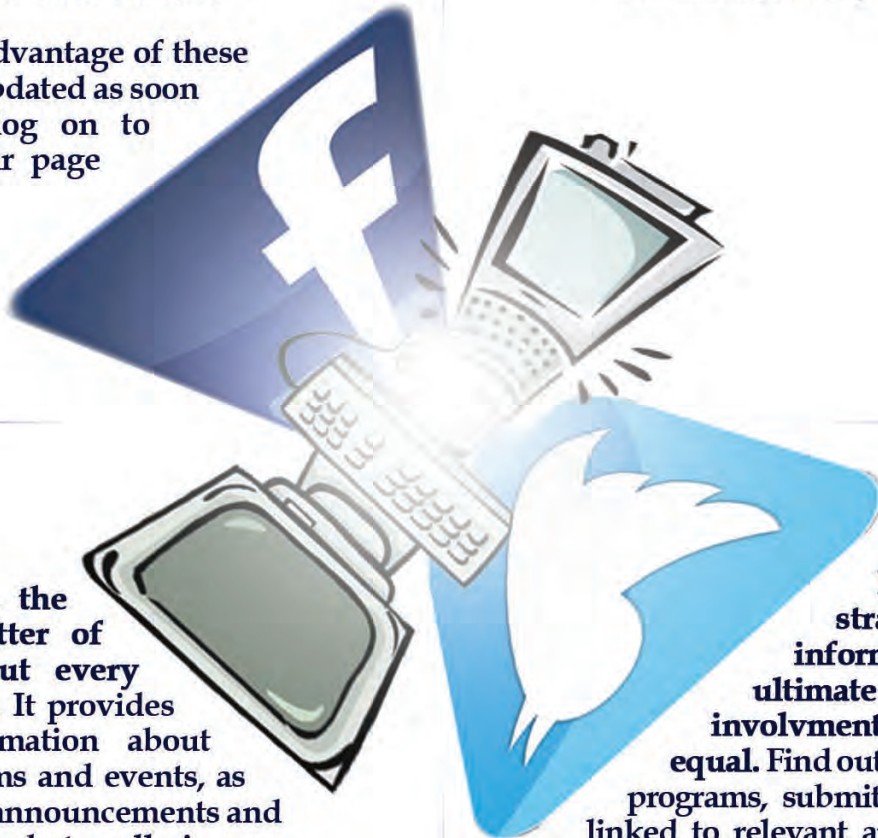
Get all the latest information as well as register for programs on the District’s website [www.pdlg.org](http://www.pdlg.org).

Use the mobile website for easy to find information on your mobile phone.

For fast and straight-to-the-point information and the ultimate community involvement, Twitter has no equal. Find out information about programs, submit questions and be linked to relevant articles – all in 140 characters or less.

To be kept in the loop, make sure to follow @PDLG by visiting [www.twitter.com/pdlg](http://www.twitter.com/pdlg) with your Twitter account

## Twitter



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## Bulls/Sox Youth Athletics

Bulls Basketball Camp . . . . .	55
Bulls/Sox Combo Camp. . . . .	55
White Sox Baseball Camp . . . . .	55

# RENTAL INFORMATION



Have your next event at the Park District of La Grange! We have rooms to accommodate any size group. We have an indoor playground, basketball courts, volleyball courts, and an inflatable fun jump with a slide and obstacle course. 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! These rooms are connected to the indoor playground and are located adjacent to the inflatable fun jump. Room 108 is also near the indoor playground and the fun jump and has a refrigerator. All other rooms have no kitchen amenities, but renters may bring in coolers, food warmers, sterno, or crock pots to accommodate their needs. You may rent access to the indoor playground and fun jump no matter which room your party is in!

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 and convenient pop and ice bar at an affordable rate. 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 Katie Walsh at (708) 352-1762 or [katiawalsh@pdlg.org](mailto:katiawalsh@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 serve 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. For children's birthday parties you can also have exclusive use of our indoor playground. The rates listed below are for residents and non-resident rentals.

### Party Room 105/Party Room 106

*(fee per room, double for both)*

Res. \$30/hr

Non-res. \$38/hr

Each room holds a max of 25 people. Can be opened to one large room for 50 people.

### Room 108/Room 109 *(fee per room, double for both)*

Res. \$30/hr

Non-res. \$38/hr

Each room holds a max of 50 people. Can be opened to one large room for 100 people.

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

Res. \$30/hr

Non-res. \$38/hr

### Conference Room 101 or Room 102 *(fee per room)*

Res. \$20/hr

Non-res. \$25/hr

Room 102 holds a max of 20 people and Conference Room 101 max is 10 people.

### Indoor Playground Access

Non-exclusive during room rental

\$20 flat fee/resident

\$25 flat fee/non-resident

Indoor Playground-Exclusive Use

\$150/hr resident & non-resident

### Fun Jump

The inflatable fun jump has a slide and an obstacle course. *(2 hr minimum)*

Res. \$50/hr

Non-res. \$65/hr

### After Hours Rentals

Weeknights after 9pm, Saturday after 6pm, Sunday after 5pm

Extra \$20/hr

*After hour rates apply to all Sunday rentals in June, July, and August. Summer rentals must be a minimum of three hours.*

### DeSITTER ROOM RENTAL RATES Max 175 people

Resident . . . . . \$ 100 per hour

Non-Resident . . . . . \$ 120 per hour

Kitchen Rental *Res.* \$ 30 per event

*Non-res.* \$ 40 per event

Alcohol Permit . . . . . \$150 per event

*(Beer, Wine Products only - Renter supplies own alcohol)*

After Hours. . . . . \$ 20 per hour extra

### RENTAL POLICY

All rentals are for a minimum of two hours. 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.

# The Perfect Room to Celebrate all Occasions!



- Weddings
- Birthdays
- Graduations
- Anniversaries
- Corporate Events

*Room Capacity - 175 people*



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)

# GYM RENTAL/USAGE INFORMATION

## 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. In addition to basketball, the gym can also accommodate 4 full volleyball courts. Rentals of the gymnasium are available when the Park District is not conducting a program of its own on the courts. For party rentals, court rental hours must fall within the room rental hours.

### Rental Policy

All rental requests must be made in person at the Park District offices located at 536 East Avenue during normal business hours. A non-refundable \$100 deposit is required at the time of booking.

### Rental Rates (per court)

Half-Court Rental		Full Court Rental	
Resident	\$40 per hour	Resident	\$70 per hour
Non-Resident	\$50 per hour	Non-Resident	\$88 per hour

### Volleyball Court Rental

Resident	\$60 per hour
Non-Resident	\$75 per hour

All participants must have a state issued photo ID or a Park District ID to participate in open gym. Park District ID's are available at the front desk free of charge. Basketballs available ONLY with Park District ID.

### NO ADMITTANCE WITHOUT ID

The Park District of La Grange offers yearly user passes. The cards are valid for one year from date of issue and are available for individuals or families. A daily rate is also available for those wishing to use the facility without purchasing a yearly pass. ID cards will be issued for each individual and will be swiped upon entering the facility. Please bring proof of residency when registering for a user card. Individual passes include free use of the track for one year and 24 free admissions to basketball open gym during open gym hours. Free open gym visits expire in one year and are not transferable. Please check our monthly calendar for specified open gym times. Family passes include the above for each family member living at the household address, free admission to the indoor playground for children in the household and 24 free visits per child ages 1-5 for Toddler Playtime Gym.

## RECREATION CENTER USAGE FEES

	Resident Fee	Non-Resident Fee	Neighborhood Network
Daily Indoor Track	\$3 per person	\$5 per person	\$5 per person
Daily Indoor Playground	\$3 per child (3-12 Years) **Free (under 3 Years)	\$5 per child (3-12 Years) \$2 per child (1 & 2 Years)	\$5 per person (3-12 Years) \$2 per child (1 & 2 Years)
Individual Yearly	\$25 per year (16 & Older)	\$38 per year (16 & Older)	\$28 per year (16 & Older)
Family Yearly	\$45 per year	\$68 per year	\$50 per year
Senior Yearly	\$22 per year (55 & Older)	\$34 per year (55 & Older)	\$25 per year (55 & Older)
Student Yearly*	\$22 per year	\$34 per year	\$25 per year

\*Valid high school or college ID required. \*\* Discount does not apply

## INDOOR TRACK

No strollers are allowed on the track - Please walk at your own risk.

Monday - Friday	8:00 a.m. to 8:30 p.m.
Saturday	8:00 a.m. to 5:30 p.m.
Sunday	10:00 a.m. to 4:30 p.m.

### Summer Hours (May 27 - Sept. 2) Hours subject to change.

Mon..... 8:00 a.m. to 8:30 p.m.	Fri..... 8:00 a.m. to 4:30 p.m.
Tues..... 8:00 a.m. to 8:30 p.m.	Sat ..... 8:00 a.m. to 3:30 p.m.
Wed ..... 8:00 a.m. to 4:30 p.m.	Sun..... CLOSED
Thurs..... 8:00 a.m. to 8:30 p.m.	

- For your safety, track hours may be restricted during the Park District activities in the gym
- Track may close occasionally for certain programs

Closed 5/28, 7/4, 8/25, 8/26, 9/3

## INDOOR PLAYGROUND

All children must be accompanied by an adult, no supervision provided.

Monday - Friday	9:00 a.m. to 8:00 p.m.
Saturday	9:00 a.m. to 5:00 p.m.
Sunday	10:30 a.m. to 4:00 p.m.

### Summer Hours (May 27 - Sept. 2) Hours subject to change.

Mon..... 9:00 a.m. to 8:00 p.m.	Fri..... 9:00 a.m. to 4:30 p.m.
Tues..... 9:00 a.m. to 8:00 p.m.	Sat ..... 9:00 a.m. to 3:30 p.m.
Wed ..... 9:00 a.m. to 4:30 p.m.	Sun..... CLOSED
Thurs..... 9:00 a.m. to 8:00 p.m.	

- Playground may close occasionally for private rentals or cleaning
- Please Call: All hours & fees are subject to change without notice.

Closed 5/28, 7/4, 8/25, 8/26, 9/3

All hours & fees are subject to change without notice.

## Open Gym Policies

### Park District ID

All open gym participants are required to show a Park District ID or state-issued photo ID at check-in. This includes residents and non-residents of all ages. 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)-home page bottom right)
- Minors under age 18 —have your parent/guardian complete & sign an ID form
- Show proof of address/identity with state-issued photo ID at the Rec Center, 536 East Avenue, La Grange
- PDLG staff will take your picture and print your ID card
- Patrons with a current yearly membership do not need a new ID card

### Basketballs/Volleyballs

Only patrons presenting a valid Park District ID may check out a Park District basketball/volleyball.

### Courts/Nets/Dividers

For a Volleyball net to be put up there MUST be a minimum of 8 participants. Please call ahead —subject to availability. Curtains can be lowered to divide the courts. Park District staff has a key to lower the dividers and is the only person authorized to do so. The dividers are to be used as a backdrop. No participant is permitted to throw directly into the dividers. No one is allowed to lift a divider to go underneath or hang on a divider during the raising or lowering. This activity throws the cables off their track. NO DUNKING during open gym.

**Basketball hoops will not be lowered for open gym or private rentals.**

### Pick up Games

Games can be played cross-court only. All players must sign in on the list to get a team together to play a game. If a participant plays in a game and they are on the list their name moves to the bottom of the list. The name on the list is considered the team captain, and he picks his five-player team. If your name is called and you are not present you will lose your spot and the next person on the list will take your spot. The first two names on the list will play the first game and it shall be up to 15 points, all other games will be to 12 and teams must win by 2 points with a 16-point cap. Winner of the game stays on the court. If the winning team leaves the court the next two names will play that game.

### Clothing

There is to be no head-gear worn in the gym during open gym hours. No bandanas, baseball caps, sweat bands, skullcaps, etc. can be worn.

All headgear must be removed prior to entering the gymnasium. Participants are required to wear gym shoes while participating in open gym activities. Shirts must be worn at all times. Open Gym participants must wear non-marking shoes on the gym floor. Participants wearing shoes that cause damage to the floor will be asked to change into non-marking shoes. Dark soled gym shoes (black, gray, red) damage the gym floor. The Park District reserves the right to refuse any participant whose shoes may damage the gym floor. The following shoes are not permitted to be worn by participants: sandals, cleats or spikes, boots, dress shoes or others deemed inappropriate for athletic activity. Wearing jewelry (necklaces, bracelets, earrings, etc.) in the gymnasium is strongly discouraged. Wristbands must be worn on wrists during open gym activities.

### Spitting

Spitting is not allowed. Please use garbage receptacles if necessary.

### Food

NO food or drink allowed in the gymnasium. Beverages are allowed in the social area ONLY. Please dispose of empty bottles and wrappers in the garbage receptacles. NO GUM in the gym. Please dispose of gum in receptacles prior to entering the gymnasium.

### Alcohol, Drugs, Tobacco

No one will be allowed to be under the influence of alcohol or other drugs during open gym hours. Violators will be asked to leave the facility immediately and may have their Park District privileges suspended or revoked. No chewing tobacco or smoking is allowed in any Park District facility.

### Loss of Personal Property

The Park District of LaGrange is not responsible for the loss of participants clothing, equipment or valuables.

### Music/Headphones

No headphones or amplified music will be allowed during open gym activities.

### Sportsmanship/Language/Respect

Any participants engaging in a fight or other acts of poor sportsmanship will, without refund, be removed from the Recreation Center for a period of time set by the Recreation Supervisor. Any participants using inappropriate language (NO SWEARING) or showing disrespect towards other participants or Park District Staff will, without refund, be removed from the Recreation Center for a period of time set by the Recreation Supervisor.

### Track

Track for walkers/runners only. No personal belongings or sitting allowed on track.

## OPEN GYM PUNCH PASS

The Park District is offering a punch pass for open gym. Pay up front and just bring your pass to open gym. We are offering 10 passes for your convenience. All open gym participants must follow the open gym policies. Open gym participants must have a Park District ID or valid drivers license or state ID to participate in open gym.

Age	10 Pass
5-13 yrs	\$12/R, \$24/NR
14 yrs & older	\$22/R, \$39/NR

**Basketballs available ONLY with a Park District ID!**

### DAILY OPEN GYM FEES

Age	Fees
5-13 yrs	\$2/R, \$4/NR
14-18 yrs	\$4/R, \$6/NR
19 & up	\$5/R, \$7/NR

**NO REFUNDS**

# COMMEMORATIVE TREE PROGRAM

## Commemorative Tree Program



Trees contribute to the beauty of our parks and are a benefit to the environment.

**A commemorative tree is a perfect way to:**

- Remember a loved one
- Celebrate a marriage, anniversary or birth
- Recognize a special event, organization or person

Trees start at \$340 depending on species.

Tree sizes range from 2" diameter and 5' to 10' in height.

Trees are planted in the spring and maintained by the parks department.

An engraved leaf will be added to the Commemorative Tree located in the Recreation Center lobby.

*A tree plaque can be purchased for an additional \$300.*

Please contact Claudia Galla at 352-1762 with questions or to purchase your tree.

# SPECIAL EVENTS

## Jump Fest NEW

Join us for a night of fun at Jump Fest! A variety of age appropriate inflatables will be set up in the gymnasium at the Recreation Center. Fee is for any child who will be in the inflatables. All jumpers will receive a wristband at the door. Parents are free of charge. Pre-registration is encouraged, however, payment can be made at the door. Light concessions will be available for purchase at an additional cost.

**Age:**..... 1 - 12 years (with adult)

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

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

**Fees:** ..... Pre-Registration: \$5 per participating child  
Payment at the Door: \$7 per participating child

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

CODE	DATES	TIME
244010-01	7/19	6:00P-8:00P



Three Days of Fun! Carnival Rides and Games, Entertainment, Local Food Vendors, Amazing Beer Selection, Awesome Musical Acts and Fantastic Fireworks Display Sunday Evening!

Friday & Saturday Admission fee \$5 (Seniors 60 & Over \$4) beginning at 5:00pm.

### BAND LINE UP

**Friday, Aug. 3:** ARRA 8:00-10:15pm

**Saturday, Aug. 4:** American English 5:00-7:00pm  
Infinity 8:00-10:15pm

**Sunday, Aug. 5:** In The Stix 4:30-6:30pm  
16 Candles 7:30-9:45pm

See the fest website at [www.lagrangeendlesssummerfest.com](http://www.lagrangeendlesssummerfest.com) for more information.

# SPECIAL EVENTS

## MOVIES In The Park



**Zootopia (TC)**  
**Friday, June 15**

From the largest elephant to the smallest shrew, the city of Zootopia is a mammal metropolis where various animals live and thrive. When Judy Hopps (Ginnifer Goodwin) becomes the first rabbit to join the police force, she quickly learns how tough it is to enforce the law. Determined to prove herself, Judy jumps at the opportunity to solve a mysterious case. Unfortunately, that means working with Nick Wilde (Jason Bateman), a wily fox who makes her job even harder. Bring the family to enjoy this FREE movie on a 25-foot screen with FREE POPCORN! Movie starts promptly at sunset.

*Date:* ..... 6/15  
*Day:* ..... Friday  
*Time:* ..... Sunset (Approximately 8:30-8:45pm)  
*Age:* ..... Whole Family  
*Location:* ..... Sedgwick Park  
*Fee:* ..... FREE



**Moana (TC)**  
**Friday, July 13**

An adventurous teenager sails out on a daring mission to save her people. During her journey, Moana meets the once-mighty demigod Maui, who guides her in her quest to become a master way-finder. Together they sail across the open ocean on an action-packed voyage, encountering enormous monsters and impossible odds. Along the way, Moana fulfills the ancient quest of her ancestors and discovers the one thing she always sought: her own identity. Bring the family to enjoy this FREE movie on a 25-foot screen with FREE POPCORN! Movie starts promptly at sunset.

*Date:* ..... 7/13  
*Day:* ..... Friday  
*Time:* ..... Sunset (Approximately 8:30-8:45pm)  
*Age:* ..... Whole Family  
*Location:* ..... Sedgwick Park  
*Fee:* ..... FREE



**Coco (TC)**  
**Friday, August 10**

Despite his family's generations-old ban on music, young Miguel dreams of becoming an accomplished musician like his idol Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead. After meeting a charming trickster named Héctor, the two new friends embark on an extraordinary journey to unlock the real story behind Miguel's family history.

Bring the family to enjoy this FREE movie on a 25-foot screen with FREE POPCORN! Movie starts promptly at sunset.

*Date:* ..... 8/10  
*Day:* ..... Friday  
*Time:* ..... Sunset (Approximately 8:00-8:30pm)  
*Age:* ..... Whole Family  
*Location:* ..... Sedgwick Park  
*Fee:* ..... FREE

# FREE!

# SPECIAL EVENTS

## Senior BINGO (TC)

All Seniors are invited to play round after round of Bingo. Relax, enjoy yourself and socialize with friends. If you are lucky you could win a few dollars or prizes. Donuts and coffee will be served.

**Registration deadline is a week before each bingo.** Fee covers the cost of snacks. Each game is \$1 per card per game, maximum of 5 cards per person.

**Age:**..... 55 years & older  
**Instructor:**..... Staff  
**Min/Max:** ..... 10/50  
**Location:** ..... Recreation Center  
**Fees:** ..... \$5/R, \$7/NR, \$6/NN  
**Day:**..... Thursday

CODE	DATES	TIME
243044-01	6/7	12:00P-1:00P
243044-02	7/12	12:00P-1:00P
243044-03	8/9	12:00P-1:00P

## Park Days: Obstacle Course (TC)

Park Days are a great way to spend some quality time outdoors with friends, old and new! Come on out and try your best at the parks obstacle course set up by the Park District camp staff!

Please bring a water bottle and gym shoes, as you will be sure to work up a sweat while having fun! Event will be cancelled if there is inclement weather. A parent is required to drop off children and provide a phone number in case of inclement weather.

**Time:**..... 2-3P  
**Age:**..... 6-12 years  
**Fee:**..... FREE

PARK	DATE	LOCATION
Gordon Park	6/13	Ogden & Locust Ave.
Denning Park	7/11	4903 S. Gilbert Ave.
Sedgwick Park	8/8	10th Ave. & 48th St.

## Family Bingo Night (TC)

Join us at the Park District for Family Bingo Night! Celebrate the beginning of summer with a fun night of bingo! We have some great prizes which will be awarded to the winners! Children must be accompanied by an adult. Price listed is per person. Must pre-register!

**Registration deadline is June 6th.**

**Age:**..... 3 years & older  
**Instructor:**..... Staff  
**Min/Max:** ..... 10/75  
**Location:** ..... Recreation Center  
**Fees:** ..... \$4/R, \$4/NR, \$4/NN  
**Day:**..... Wednesday

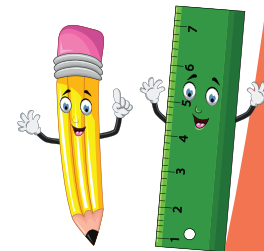
CODE	DATES	TIME
244515-01	6/13	6:00P-7:30P

## Community Garden Plots

If you like to garden or would like to try out your green thumb but you don't have enough space at home, then our Community Garden plots at Denning Park are just what you need. The plots are for residents of La Grange and Countryside only. Plot sizes are 4x8 feet and the fee is \$50 per plot. They are garden ready, filled with rich gardening soil. The concept for the Community Garden is Victory Garden. This means food crops only, such as herbs, vegetables, fruits and leafy greens. In case of an over harvest, leftovers will be donated to local food pantries. Forms are available at the Recreation Center at the front desk. Register early, first come first served until the 30 plots (4 handicap accessible) are filled. So come pick your perfect plot today and plant away. For more information, please call Claudia Galla (708) 352-1762.

## Back to School Supply Drive (TC)

A new school year means new school supplies. There are so many children in our community that need your help so they can go to school with the proper school supplies this year! The Park District and The LeaderShop is helping in-need children by gathering new school supplies. Our goal is to have 200 backpacks filled and distributed. We will accept any items from the list below or a solid color backpack filled with all the items. Drop off your donation(s) at the Recreation Center, 536 East Ave., La Grange. We will be collecting supplies until Friday, July 28th. For information about distribution day, please visit [www.theleadershop.org](http://www.theleadershop.org).



### What is needed:

- 1 Solid color backpack • 1 Pack of pencils • 1 Ruler • 1 Box of crayons • 1 Highlighter • 1 Pack of loose leaf paper •
- 1 3-ring 1" binder • 2 Notebooks • 1 Glue stick • 2 Folders • 1 Pack of colored pencils • 1 Pack of pens • 1 Pair of scissors •
- 1 Pack of markers • 1 Pack of colored pencils

## Learning Ladders Preschool 2018 - 2019 (DF)

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 and payment schedule at the time of registration. Learning Ladders meets from September 4, 2018 through May 10, 2019.

A non-refundable \$100 deposit is required at registration. Please note: The tuition fee will be made in 4 installments over the course of the preschool year. A late fee of \$5.00 will apply for each day past the due date.

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

## Registration

**Where:** Recreation Center, located at 536 East Avenue

**When:** Resident registration began on Thursday, February 1, 2018  
Non-Resident registration began on Thursday, February 8, 2018

A non-refundable \$100 deposit is required at registration. Registration continues until a class has reached its maximum enrollment. If a class has not reached the minimum by Friday, August 3rd, 2018 it will be cancelled.

## Program Philosophy

Learning Ladders is a recreation program that has been designed to meet the physical, social, intellectual, and creative needs of children ages 2 1/2 to 5. 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 as well. 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, ABC's, 123's, shapes and colors.

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

Diana Faught, Assistant Superintendent of Recreation,  
at (708) 352-1762 or via email at [dianafaught@pdlg.org](mailto:dianafaught@pdlg.org)

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



# LEARNING LADDERS MEET 'N GREET

**Wednesday, August 29, 2018**

**5:30 pm - 6:00 pm**

Gilbert Park Building.....*Brown Bears*  
Sedgwick Park Building.....*Little Lions*  
Recreation Center, Room 103.....*Playful Penguins*  
Recreation Center, Room 105.....*Creative Cardinals*

**6:00 pm - 6:30 pm**

Gilbert Park Building.....*Black Bears*  
Sedgwick Park Building.....*Leaping Lizards*  
Recreation Center, Room 105.....*Great Geckos*

**6:30 pm - 7:00 pm**

Gilbert Park Building.....*Middle Monkeys*  
Sedgwick Park Building.....*Curious Kangaroos*  
Recreation Center, Room 105.....*Wonder Wolves*

**7:00 pm - 7:30 pm**

Gilbert Park Building.....*Tall Tigers*  
Sedgwick Park Building.....*Eager Eagles*  
Recreation Center, Room 105.....*Mighty Marlins*

The annual Learning Ladders Preschool Meet 'n Greet is held before the school year begins. This event gives our new and returning students the opportunity to get acquainted with their teachers and the classroom. If you cannot attend during your class time slot feel free to attend another class's time.



## Classes at Gilbert Park Building:



### Brown Bears

#### 2 ½ to 3 Year Old Program

Day:..... Monday & Wednesday  
 Time:..... 9:00 – 11:00 a.m.  
 Teacher: ..... Jessica Korzyniewski  
 Fee:..... \$751/R, \$1,123/NR, \$826/NN

### Black Bears

#### 2 ½ to 3 Year Old Program

Day:..... Tuesday & Thursday  
 Time:..... 9:00 – 11:00 a.m.  
 Teacher: ..... Traci Weyer  
 Fee:..... \$751/R, \$1,123/NR, \$826/NN



### Middle Monkeys

#### 3 to 4 Year Old Program

Day:..... Tuesday & Thursday  
 Time:..... 12:15-2:45 pm  
 Teacher: ..... TBD  
 Fee:..... \$940/R, \$1,386/NR, \$1,034/NN



### Tall Tigers

#### 4 to 5 Year Old Program

Day:..... Mon., Wed. & Fri  
 Time:..... 12:15-2:45 pm  
 Teacher: ..... TBD  
 Fee:..... \$1,290/R, \$1,908/NR, \$1,419/NN



## Classes at Recreation Center:



### CREATIVE CARDINALS

#### 2 ½ to 3 Year Old Program – NEW!

Day:..... Tuesday & Thursday  
 Time:..... 9:00 – 11:00 a.m.  
 Teacher: ..... TBD  
 Fee:..... \$751/R, \$1,123/NR, \$826/NN

### Playful Penguins

#### 3 to 4 Year Old Program

Day:..... Mon., Wed. & Fri  
 Time:..... 9:00 – 11:30 a.m.  
 Teacher: ..... Traci Weyer  
 Fee:..... \$1,290/R, \$1,908/NR, \$1,419/NN



### Great Geckos

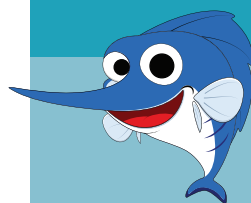
#### 3 – 4 Year Old Program – NEW!

Day:..... Mon., Wed. & Fri  
 Time:..... 9:00 – 11:30 a.m.  
 Teacher: ..... TBD  
 Fee:..... \$1,290/R, \$1,908/NR, \$1,419/NN

### Wonder Wolves

#### 4 – 5 Year Old Program – NEW!

Day:..... Mon., Wed. & Fri  
 Time:..... 12:15 – 2:45 p.m.  
 Teacher: ..... TBD  
 Fee:..... \$1,290/R, \$1,908/NR, \$1,419/NN



### Mighty Marlins

#### 4 – 5 Year Old Program – NEW!

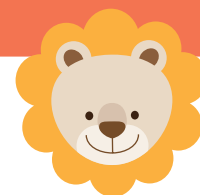
Day:..... Tuesday & Thursday  
 Time:..... 12:15 – 2:45 p.m.  
 Teacher: ..... TBD  
 Fee:..... \$940/R, \$1,386/NR, \$1,304/NN

## Classes at Sedgwick Park Building:

### Little Lions

#### 2 ½ to 3 Year Old Program

Day:..... Tuesday & Thursday  
 Time:..... 9:00 – 11:00 a.m.  
 Teacher: ..... Terri Bogart  
 Fee:..... \$751/R, \$1,123/NR, \$826/NN



### Leaping Lizards

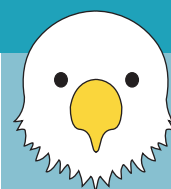
#### 3 to 4 Year Old Program

Day:..... Mon., Wed. & Fri  
 Time:..... 9:00 – 11:30 a.m.  
 Teacher: ..... Terri Bogart  
 Fee:..... \$1,290/R, \$1,908/NR, \$1,419/NN

### Curious Kangaroos

#### 3 to 4 Year Old Program

Day:..... Tuesday & Thursday  
 Time:..... 12:15 – 2:45 p.m.  
 Teacher: ..... TBD  
 Fee:..... \$940/R, \$1,386/NR, \$1,034/NN



### Eager Eagles

#### 4 to 5 Year Old Program

Day:..... Mon., Wed. & Fri  
 Time:..... 12:15 – 2:45 p.m.  
 Teacher: ..... Traci Weyer  
 Fee:..... \$1,290/R, \$1,908/NR, \$1,419/NN



Make sure you and your child are prepared for camp!

# CAMP PARENT NIGHT

Thursday, June 7th, 7-8pm • Recreation Center



- Please note, this is not a formal meeting
- Meet with the camp director and counselors
- Pick up camper T-shirt
- Ask questions
- Fill out and turn in paperwork
- Register for additional sessions







# SUMMER CAMPS

Registration Began February 1st.  
SIGN-UP TODAY!

## Camp Quest (TC)

This camp is a highly structured outdoor and indoor based camp. Children will discover new friendships, participate in group games, learn camp songs, create arts and craft projects and play individual and team sports. Each week will have a different theme. Each day will have a routine schedule of activities. Field trips and swimming are all included in the fee and the fun. The children will go on field trips in a school bus once a week. Trips range from water parks like Pelican Harbor in Bolingbrook to Enchanted Castle in Lombard. Each child will receive a t-shirt to be worn at each field trip. Campers will swim once or twice a week depending on the weather at Westchester Pool. Please send your child to camp prepared to swim every Monday. Campers are to bring a sack lunch, drink, and two snacks. The second child, in one family household, enrolled in Camp Quest will receive a 10% discount on regular camp hours. The same applies for the third child, etc. There are ABSOLUTELY NO PRORATES or REFUNDS for missed days. **Registration deadlines is the Thursday BEFORE each camp session begins.** There will be a \$10 late fee for registrations received after Thursday.

Age:..... 7-12 years  
 Instructor:..... Staff  
 Min/Max: ..... 15/45  
 Location: ..... Sedgwick Park  
 Fees: ..... \$146/R, \$190/NR, \$160/NN  
 \*\$117/R, \$152/NR, \$128/NN (Section 04)  
 Day:..... Monday-Friday

CODE	DATES	TIME
472003-01	6/11-6/15	9:00A-3:00P
472003-02	6/18-6/22	9:00A-3:00P
472003-03	6/25-6/29	9:00A-3:00P
472003-04	7/2-7/6*	9:00A-3:00P
472003-05	7/9-7/13	9:00A-3:00P
472003-06	7/16-7/20	9:00A-3:00P
472003-07	7/23-7/27	9:00A-3:00P
472003-08	7/30-8/3	9:00A-3:00P
472003-09	8/6-8/10	9:00A-3:00P

Class Will Not Meet On: 7/4

## Camp Quest Before Care (TC)

Before care is available between the hours of 7:30 am-9:00 am for any participant enrolled in Camp Quest. Before care is held at the same facility as Camp Quest.

Age:..... 7-12 years  
 Instructor:..... Staff  
 Min/Max: ..... 7/25  
 Location: ..... Sedgwick Park  
 Fees: ..... \$14/R, \$17/NR, \$ 16/NN  
 \*\$13/R, \$14/NR, \$12/NN (Section 04)  
 Day:..... Monday-Friday

CODE	DATES	TIME
472004-01	6/11-6/15	7:30A-9:00A
472004-02	6/18-6/22	7:30A-9:00A
472004-03	6/25-6/29	7:30A-9:00A
472004-04	7/2-7/6*	7:30A-9:00A
472004-05	7/9-7/13	7:30A-9:00A
472004-06	7/16-7/20	7:30A-9:00A
472004-07	7/23-7/27	7:30A-9:00A
472004-08	7/30-8/3	7:30A-9:00A
472004-09	8/6-8/10	7:30A-9:00A

Class Will Not Meet On: 7/4

## Camp Quest After Care (TC)

After care is available between the hours of 3:00 pm-5:30 pm for any participant enrolled in Camp Quest. After care is held at the same facility as Camp Quest.

Age:..... 7-12 years  
 Instructor:..... Staff  
 Min/Max: ..... 7/25  
 Location: ..... Sedgwick Park  
 Fees: ..... \$19/R, \$24/NR, \$21/NN  
 \*\$16/R, \$19/NR, \$17/NN (Section 04)  
 Day:..... Monday-Friday

CODE	DATES	TIME
472005-01	6/11-6/15	3:00P-5:30P
472005-02	6/18-6/22	3:00P-5:30P
472005-03	6/25-6/29	3:00P-5:30P
472005-04	7/2-7/6*	3:00P-5:30P*
472005-05	7/9-7/13	3:00P-5:30P
472005-06	7/16-7/20	3:00P-5:30P
472005-07	7/23-7/27	3:00P-5:30P
472005-08	7/30-8/3	3:00P-5:30P
472005-09	8/6-8/10	3:00P-5:30P

Class Will Not Meet On: 7/4

# EARLY CHILDHOOD & YOUTH ONE DAY EVENTS

## Father and Kids 1st Flight (DF)

Kids, grab your Dad and join us for the sixth annual kite creations day! During this morning event you and your Dad will spend some quality time together. Couples will enjoy pancakes for breakfast. After breakfast, fathers and daughters will design their very own kite! Once kites are created you can fly them out in Sedgwick Park! Come and join the fun! Co-op WS & LP

*Age:*..... 3 & older  
*Instructor:*..... Staff  
*Min/Max:* ..... 4/6 per agency  
*Location:* ..... Sedgwick Park  
*Fees:* ..... \$25/R, \$33/NR, \$28/NN  
 \$18/R, \$23/NR, \$20/NN 2nd Child Fee  
*Day:*..... Saturday

CODE	DATES	TIME
261002-01	6/16	9:00A-10:30A

## Dinosaur Dig (DF)

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 & LP

*Age:*..... 3-5 years  
*Instructor:*..... Staff  
*Min/Max:* ..... 3/7 per agency  
*Location:* ..... Recreation Center  
*Fees:* ..... \$23/R, \$30/NR, \$25/NN  
*Day:*..... Saturday

CODE	DATES	TIME
261001-01	7/14	9:30A-10:30A
261001-02	7/14	11:00A-12:00P

## Summertime Sweeties (DF)

Do you have a sweet tooth? Then this class is for you! Each child will use their creative skills to design an entire tray full of special cookies and cupcakes. We will then add a candy border and decorations to our masterpieces using a variety of frostings, sprinkles and other toppings. Each child will take home enough goodies to share with their family. Don't miss this yummy class! **3-5 year olds must be accompanied by parent.** Co-op WS

*Age:*..... 3-8 years  
*Instructor:*..... Ultimate Classes & Parties  
*Min/Max:* ..... 3/7 per agency  
*Location:* ..... W.S. Rec. Center  
*Fees:* ..... \$32/R, \$42/NR, \$35/NN  
*Day:*..... Thursday

CODE	DATES	TIME
231095-01	6/21	6:30P-7:30P

## Hula Dance Party (DF)

Join the fun at this Hawaiian get-away party! Participants will learn a bit of Hawaiian culture by incorporating language and dance. Everyone will receive a flowered lei and the festivities will end with a yummy Hawaiian refreshment. **3-5 year olds must be accompanied by a parent.** Co-op WS

*Age:*..... 3-9 years  
*Instructor:*..... Ultimate Classes & Parties  
*Min/Max:* ..... 3/7 per agency  
*Location:* ..... W.S. Rec. Center  
*Fees:* ..... \$33/R, \$43/NR, \$36/NN  
*Day:*..... Thursday

CODE	DATES	TIME
231101-01	8/2	6:30P-7:30P

### WHY ARE THERE INITIALS NEXT TO PROGRAMS

(DF-Diana Faught, KM-Kevin Miller, TC-Teresa Chapman, KJ-Kyle Madeja)

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 |  - Childcare Offered During This Program |  - New Class

SUMMER 2018

WWW.PDLG.ORG

## EARLY CHILDHOOD & YOUTH ONE DAY EVENTS

### American Girl Birthday Party (DF)

Girls, let's honor one of your favorite American Girl dolls with a birthday party! (Other similar sized dolls welcome) All participants will enjoy decorating a special birthday outfit, jewels, and crown for their doll! along with a birth certificate. A party wouldn't be complete without decorating yummy cupcakes to enjoy with juice. Sign up today for this VERY POPULAR class! **3-5 year olds must be accompanied by a parent.** Co-op with WS

*Age:*..... 3-10 years (3-5 year olds with parent)  
*Instructor:*..... Ultimate Classes & Parties  
*Min/Max:* ..... 3/7 per agency  
*Location:* ..... W.S. Rec. Center  
*Fees:* ..... \$34/R, \$44/NR, \$37/NN  
*Day:*..... Friday

CODE	DATES	TIME
261574-01	7/20	6:30P-7:30P

### Summer Time Spa Night (DF)

Come enjoy a night of pampering. Participants will learn at-home manicures and pedicures to do with friends. Great polish choices and simple nail art will be offered to each girl. A fruity, fun facial section will give the girls a healthy glow and participants will make a charm anklet to complete their summer wardrobe. A foot/nail brush and spa goodie bag will be provided to take home. Co-op with WS

*Age:*..... 6-11 years  
*Instructor:*..... Glitzy Girls  
*Min/Max:* ..... 3/7 per agency  
*Location:* ..... W.S. Rec. Center  
*Fees:* ..... \$32/R, \$42/NR, \$35/NN  
*Day:*..... Thursday

CODE	DATES	TIME
232618-01	6/28	6:30P-8:00P

### Slime Time! (DF)


Let's create some SLIME together! Each participant will help make their own bag of slime to take home. Co-op LP & WS

*Age:*..... 6-10 years  
*Instructor:*..... Staff  
*Min/Max:* ..... 3/5 per agency  
*Location:* ..... Recreation Center  
*Fees:* ..... \$14/R, \$18/NR, \$15/NN  
*Day:*..... Friday

CODE	DATES	TIME
232094-01	7/27	5:15P-6:15P
232094-02	7/27	6:30P-7:30P



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# EARLY CHILDHOOD PROGRAMS

## Baby Tunes (DF)

Musical play is a wonderful way for baby and family to play together. This class will provide opportunities to help baby develop physically, emotionally, socially and intellectually. Bouncing songs, lullabies, traveling motion and dancing, beat motions using percussion instruments and tickle games and poems will delight your baby and contribute to vital aspects of growth and development at the same time. Parent/caregiver and baby participate in the class together. Co-op LP

**Age:**..... Newborn-16 months with adult  
**Instructor:**..... La Grange Park Staff  
**Min/Max:** ..... 3/5 per agency  
**Location:** ..... 1501 Barnsdale Rd., La Grange Park  
**Fees:** ..... \$57/R, \$74/NR, \$63/NN  
**Day:**..... Friday

CODE	DATES	TIME
231093-01	6/22-7/27	9:00A-9:35A

## Morning Munchkins (DF)

Here is the perfect opportunity to get your young one involved! Children will get the chance to socialize with others, play rhythm instruments, sing songs, and make simple art projects. This class is for children who are ready to stay at class without the assistance of a parent.

**Age:**..... 2-3 years  
**Instructor:**..... Staff  
**Min/Max:** ..... 5/10  
**Location:** ..... Recreation Center  
**Fees:** ..... \$42/R, \$55/NR, \$46/NN  
**Day:**..... Tuesday or Thursday

CODE	DATES	TIME
231003-01	6/5-7/17	10:30A-11:45A
231003-02	7/24-8/28	10:30A-11:45A
231003-03	6/7-7/19	10:30A-11:45A
231003-04	7/26-8/30	10:30A-11:45A

**Class Will Not Meet On:** 7/3 & 7/5

## Kiddie Kollege (DF)

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:** ..... \$63/R, \$82/NR, \$69/NN  
**Day:**..... Monday & Wednesday or Tuesday & Thursday

CODE	DATES	TIME	DAY
231021-01	6/4-7/18	9:00A-10:15A	Mon/Wed
231021-02	7/23-8/29	9:00A-10:15A	Mon/Wed
231021-03	6/5-7/19	9:00A-10:15A	Tues/Thurs
231021-04	7/24-8/30	9:00A-10:15A	Tues/Thurs
231021-05	6/4-7/18	10:30A-11:45A	Mon/Wed
231021-06	7/23-8/29	10:30A-11:45A	Mon/Wed

**Class Will Not Meet On:** 7/2, 7/3, 7/4 and 7/5

## Art Explorations (DF)

This class introduces budding artists to soapy, icy, finger paints and much more! We will explore color mixing and the different tools used to create our own unique art projects. Each week we will discuss a famous artist and the special techniques they used to create treasured masterpieces. Please dress for the exploring experience.

**Age:**..... 3-6 years  
**Instructor:**..... Staff  
**Min/Max:** ..... 5/10  
**Location:** ..... Recreation Center  
**Fees:** ..... \$28/R, \$36/NR, \$31/NN  
**Day:**..... Friday

CODE	DATES	TIME	AGES
231100-01	6/8-6/29	9:00A-10:15A	3-4
231100-02	7/13-8/10	9:00A-10:15A	3-4
231100-03	6/8-6/29	10:30A-11:45A	5-6
231100-04	7/13-8/10	10:30A-11:45A	5-6

**Class Will Not Meet On:** 8/3

# EARLY CHILDHOOD PROGRAMS

## It's an Artsy World (DF)

This is a perfect introduction to art. We will do free art with a variety of supplies including glue, pipe cleaners, glitter, paints and more! We will also include group crafts throughout the summer. All artwork will go home with the participant. Co-op LP

**Age:**..... 3-5 years  
**Instructor:**..... LG. Park Staff  
**Min/Max:** ..... 2/3 per agency  
**Location:** ..... LGPK, 1501 Barnsdale Rd.  
**Fees:** ..... \$37/R, \$48/NR, \$ 41/NN  
**Day:**..... Friday

CODE	DATES	TIME
231545-01	6/15-7/20	1:00P-1:50P

## Spanish for Children (DF)

Join and learn a little Spanish as a second language! Greetings, songs, games and stories are lots of fun as you learn to speak a little and learn about a different culture. Co-op LP

**Age:**..... 5-7 years  
**Instructor:**..... LG. Park Staff  
**Min/Max:** ..... 4/8 per agency  
**Location:** ..... LGPK, 1501 Barnsdale Rd.  
**Fees:** ..... \$35/R, \$46/NR, \$39/NN  
**Day:**..... Tuesday

CODE	DATES	TIME
232536-01	6/12-7/17	1:00P-1:50P

*Class Will Not Meet On: 7/4*

# SPECIALTY CAMPS

## Superfoods of the Rainbow Cooking Camp (DF)

You might already know that carrots can improve your eyesight, but did you know that cherries can help improve your memory? Come join in the cooking fun in this adventurous camp exploring superfoods from all colors of the rainbow! Young chefs will learn about what makes certain ingredients so super for your body and how delicious they can taste, while practicing basic cooking skills and techniques on their way to becoming super chefs! Superfoods of the Rainbow Camp Recipe Teaser: German Black Forest Pancakes + Cherry Glaze, Cheerful Cherry Vanilla 'Soda', (Almost) Hands-Free Butternut Squash Risotto, Best Butternut Salad, Apricoty Squashy Sorbetti.

**Age:**..... 4-10 years  
**Instructor:**..... Sticky Fingers Cooking  
**Min/Max:** ..... 8/12  
**Location:** ..... Recreation Center  
**Fees:** ..... \$195/R, \$254/NR, \$215/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
232710-01	6/18-6/22	9:30A-11:30A

## Full STEAM Ahead Cooking Camp (DF)

Cooking and science are a match made in...the kitchen! Come join our STEAM camp to explore the many connections between cooking and science, technology, engineering, art, and math! We'll be adding spice, subtracting boredom, and multiplying the fun to create culinary masterpieces. Young chefs will not only create delectable dishes but also conduct experiments with edible ingredients in this fascinating and delicious camp. STEAM Cooking Camp Recipe Teaser: Mini Macaroon Lemon Pancakes, Kid-Made Coconutty Butter, Mighty Macaroon Smoothies, Happy Korean Bibimbap, Banana Milk.

**Age:**..... 4-10 years  
**Instructor:**..... Sticky Fingers Cooking  
**Min/Max:** ..... 8/12  
**Location:** ..... Recreation Center  
**Fees:** ..... \$195/R, \$254/NR, \$215/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
232711-01	6/25-6/29	9:30A-11:30A

## SPECIALTY CAMPS



### Global Flavors Cooking Camp (DF) NEW

What better way to explore another culture than through its food? In this delicious camp, young chefs will cook recipes from countries all around the globe and explore customs, songs, geography, and languages associated with each recipe. Young chefs will cook and gobble up tasty, healthy cuisine from South America, Europe, Africa, and Asia! Global Flavors Camp Recipe Teaser: French Apple Cranberry Tarte Tatin Cups, Iced Vanilla Cinnamon Coolers, Indian Sweet Potato Samosas, Mint Chutney, Mint Lemonade.

*Age:*..... 4-10 years  
*Instructor:*..... Sticky Fingers Cooking  
*Min/Max:* ..... 8/12  
*Location:* ..... Recreation Center  
*Fees:* ..... \$195/R, \$254/NR, \$215/NN  
*Day:*..... Monday-Friday

CODE	DATES	TIME
232713-01	7/16-7/20	1:00P-3:00P
232713-02	8/20-8/24	1:00P-3:00P

### Cooks & Books Camp (DF) NEW

Let your favorite books come to life in our delicious and delectable recipes! Love to read as much as you love to cook? In this fun camp, we'll read some of our favorite books and cook up recipes inspired by those stories. Some books will include: Cloudy with a Chance of Meatballs, the Harry Potter series, and Thelonus Monster's Sky-High Fly Pie. Young chefs will bring their imagination to life in this hands-on literary and culinary experience! Cooks & Books Camp Recipe Teaser: Cloudy with a Chance of Spaghetti UnMeatballs, Fastest Tomato Sauce Ever, Italian Peach Granita, Harry Potter's Pumpkin Pasties, Madame Pomfrey's Pumpkin Smoothies.

*Age:*..... 4-10 years  
*Instructor:*..... Sticky Fingers Cooking  
*Min/Max:* ..... 8/12  
*Location:* ..... Recreation Center  
*Fees:* ..... \$195/R, \$254/NR, \$215/NN  
*Day:*..... Monday-Friday

CODE	DATES	TIME
232712-01	7/9-7/13	1:00P-3:00P

### Kids Cooking Network Camp (DF) NEW

In this exciting camp, young chefs will work together in cooking challenges inspired from favorite cooking TV shows such as Master Chef Jr., Cupcake Wars, Chopped Jr., and Cutthroat Kitchen! We will learn how to use different cooking equipment and techniques, explore flavor pairing, and create tasty mouthwatering recipes from scratch each day. Young chefs will get their creative juices flowing in this awesomely fun and delicious cooking adventure! 'Kids Cooking Network' Camp Recipe Teaser: Hawaiian Rainbow Watermelon Poke Bowls, Steamed Rice, Wondrous Watermelon Soda, Spanish Red Pepper Croquetas, Creamy Garlic Sauce, Kid-Friendly Sangria.

*Age:*..... 4-10 years  
*Instructor:*..... Sticky Fingers Cooking  
*Min/Max:* ..... 8/12  
*Location:* ..... Recreation Center  
*Fees:* ..... \$195/R, \$254/NR, \$215/NN  
*Day:*..... Monday-Friday

CODE	DATES	TIME
232714-01	7/23-7/27	1:00P-3:00P

# SPECIALTY CAMPS

## Basic Training Baking Boot Camp (DF)

Aspiring bakers who love to get their hands dirty in the kitchen will love our Basic Training Baking Boot Camp! Young chefs will learn the basics of scratch baking everything from breads, to fresh pastas, to muffins, to cookies, and more! While we will bake using our portable cooking tools in class, all recipes can be recreated at home in your oven for more baking fun! Young chefs will love creating sweet and savory baked goods in this tasty, fun camp! Basic Training Baking Boot Camp Recipe Teaser: Luscious Lemon Tart Cups, Softly Shaken Cream, No-Cook Raspberry Drizzle, Lemon Raspberry Fizz, Kid-Made Cheesy Crackers, Fancy French Mushroom Pate, Cranberry Sparkling Boisson.

**Age:**..... 4-10 years  
**Instructor:**..... Sticky Fingers Cooking  
**Min/Max:** ..... 8/12  
**Location:** ..... Recreation Center  
**Fees:** ..... \$195/R, \$254/NR, \$215/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
232715-01	8/13-8/17	9:30A-11:30A

## World of Amusement Camp (DF)

Get your ticket to ride at Bricks 4 Kidz® very own Amusement Park! Campers will build a new ride each day, learn how to make things spin, turn and rock. Then they will take what they have learned to design their own thrills and challenges. Motorized models made of LEGO® bricks will maximize the action and fun. Each camp day include carnival themed games, group challenges, and more! Co-op LP

**Age:**..... 5-12 years  
**Instructor:**..... Bricks 4 Kidz  
**Min/Max:** ..... 2/10 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$163/R, \$212/NR, \$179/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
232708-01	6/18-6/22	1:00P-3:00P

## Chess Camp (DF)

This summertime week-long camp is designed for both beginners and experienced young players. All participants will learn cool new strategies at the appropriate level from a renowned Chess Scholars coach. Each class will consist of a fun interactive teaching period and guided practice time. There will also be a chess competition with prizes! Each camper will take home a chess set and an award. Please bring your own snacks. Co-op LP

**Age:**..... 5-12 years  
**Instructor:**..... LG. Park Staff  
**Min/Max:** ..... 2/5 per agency  
**Location:** ..... LGPK, 1501 Barnsdale Rd.  
**Fees:** ..... \$141/R, \$183/NR, \$155/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
232032-01	7/23-7/27	9:00A-12:00P

## Tie Dye Art Camp (DF)

Never tie dyed before? Try this popular class! Each day we will tie dye one 100% cotton item (that you provide). Please, no polyester. We will experiment with different tying and color patterns. Some awesome tie dye ideas are: socks, pillowcases, PJ's and of course, t-shirts. Please dress for a mess! Co-op WS

**Age:**..... 5-12 years  
**Instructor:**..... Western Springs Staff  
**Min/Max:** ..... 3/9 per agency  
**Location:** ..... W.S. Rec. Center  
**Fees:** ..... \$55/R, \$72/NR, \$61/NN  
**Day:**..... Tuesday-Thursday

CODE	DATES	TIME
262569-01	8/7-8/9	11:00A-12:15P
262569-02	8/7-8/9	12:45P-2:00P

## SPECIALTY CAMPS

### Super Hero Secret Mission Camp (DF)

Inspired by "Marvel" comic characters. Come be super with us! We will play special super hero games and create fun crafts. Every day we will learn awesome superhero gymnastic moves to help us fight crime. Superhero attire is encouraged but not required. Healthy snacks will be provided daily. Grownups will join us on the final day for our Superhero Graduation Ceremony. Co-op LP

**Age:**..... 3-7 years  
**Instructor:**..... The Music Suite  
**Min/Max:** ..... 4/10 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$143/R, \$186/NR, \$157/NN-Section 01 & 03  
 \$182/R, \$237/NN, \$200/NN-Section 02 & 04  
**Day:**..... Monday-Friday

CODE	DATES	TIME	
231582-01	6/25-6/29	10:00A-12:00P	Camp Only
231582-02	6/25-6/29	10:00A-1:00P	Camp & Lunch Bunch
231582-03	7/16-7/20	1:00P-3:00P	Camp Only
231582-04	7/16-7/20	12:00P-3:00P	Camp & Lunch Bunch

### Princess in Training Camp (DF)

We believe there is a princess inside every little girl. Let yours join us for our fun Princess In Training Camp! Princesses-to-be will spend the week learning princess dances, songs, stories, games and crafts. We will encourage physical health, confidence and creativity. All princesses will demonstrate the essential manners we have learned with a special tea and crowning with our grown-up guests on the final day of camp. Princess attire is encouraged but not required. Healthy snacks will be provided daily. Co-op LP

**Age:**..... 3-7 years  
**Instructor:**..... The Music Suite  
**Min/Max:** ..... 4/10 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$143/R, \$186/NR, \$157/NN-Section 01 & 03  
 \$182/R, \$237/NN, \$200/NN-Section 02 & 04  
**Day:**..... Monday-Friday

CODE	DATES	TIME	
231584-01	6/11-6/15	10:00A-12:00P	Camp Only
231584-02	6/11-6/15	10:00A-1:00P	Camp & Lunch Bunch
231584-03	7/9-7/13	1:00P-3:00P	Camp Only
231584-04	7/9-7/13	12:00P-3:00P	Camp & Lunch Bunch

### Jedi Training Camp (DF)

Attention all parents and padawans... We have the most fun and exciting Jedi Training Camp in the universe! The Force is strong with YOU. Come and join other Padawans as we learn the ways of the Jedi in this fun, interactive program! Our Jedi Camp creates an opportunity for all who are fascinated with the many worlds of Star Wars so they may explore their innermost Jedi. We will explore Light vs Dark / The Hero vs the Villain. What kind of Jedi are you? How do you choose the Path of the Jedi? Which Jedi are you most like? Let us help you awaken your inner hero. Co-op WS & LP

**Age:**..... 3-7 years  
**Instructor:**..... The Music Suite  
**Min/Max:** ..... 2/10 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$143/R, \$186/NR, \$157/NN-Section 01, 03, 05, 07  
 \$182/R, \$237/NN, \$200/NN-Section 02, 04, 06, 08  
**Day:**..... Monday-Friday

CODE	DATES	TIME	
231583-01	6/11-6/15	1:00P-3:00P	Camp Only
231583-02	6/11-6/15	12:00P-3:00P	Camp & Lunch Bunch
231583-03	6/25-6/29	1:00P-3:00P	Camp Only
231583-04	6/25-6/29	12:00P-3:00P	Camp & Lunch Bunch
231583-05	7/9-7/13	10:00A-12:00P	Camp Only
231583-06	7/9-7/13	10:00A-1:00P	Camp & Lunch Bunch
231583-07	7/16-7/20	10:00A-12:00P	Camp Only
231583-08	7/16-7/20	10:00A-1:00P	Camp & Lunch Bunch



# SPECIALTY CAMPS

## Mining and Crafting I Camp (DF)

Minecraft is a game about placing blocks to build anything you can imagine. At night monsters come out, make sure to build a shelter before that happens. Experience the world of Minecraft with LEGO® Bricks in this fun summer camp! Campers will experience hands-on engineering fundamentals as they build motorized models, craft their shelters, mobs, critters and tools using LEGO® Bricks! Students will face new challenges each day, building models and crafting key elements from the popular Minecraft game. Campers will experience hands-on engineering fundamentals as they have fun building motorized models using LEGO® bricks! LEGO® is a registered trademark of the LEGO® Group and Mojang © 2009-2013. "Minecraft" are trademarks of Notch Development AB of companies which does not sponsor, authorize or endorse these programs. Co-op LP

**Age:**..... 5-12 years  
**Instructor:**..... Bricks 4 Kidz  
**Min/Max:** ..... 2/10 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$163/R, \$212/NR, \$179/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
232660-01	6/25-6/29	10:00A-12:00P
232660-02	7/16-7/20	10:00A-12:00P

## Brick Critters Camp (DF)

Ever wonder what your pets do while you are at school? In addition to imagining what pets do when left alone, build various critters, including motorized buzzing bees, fluttering butterflies, a slithering snake and more! Then, dive to the depths of the ocean with Dory to help her search for her family. Co-op LP

**Age:**..... 6-12 years  
**Instructor:**..... Bricks 4 Kidz  
**Min/Max:** ..... 2/10  
**Location:** ..... Recreation Center  
**Fees:** ..... \$163/R, \$212/NR, \$179/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
232695-01	7/9-7/13	1:00P-3:00P

## Mining and Crafting II Camp (DF)

Steve is jumping for joy as he introduces the newest members of his Minecraft® world. Whether your child has attended our first session or not, reward them with the creativity and excitement this camp has to offer. Campers will be challenged to bring their virtual designs to life by building new mob figures, mosaics and custom models, incorporating LEGO® Bricks. So, are you ready for the challenge? Campers will experience hands-on engineering fundamentals as they have fun building motorized models using LEGO® bricks! LEGO® is a registered trademark of the LEGO® Group and Mojang © 2009-2013. "Minecraft" are trademarks of Notch Development AB of companies which does not sponsor, authorize or endorse these programs. Co-op LP

**Age:**..... 5-12 years  
**Instructor:**..... Bricks 4 Kidz  
**Min/Max:** ..... 2/10 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$163/R, \$212/NR, \$179/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
232662-01	7/23-7/27	10:00A-12:00P

## Pocket Brick Monsters Camp (DF)

Get ready for an adventure in the world of Pokemon®! Capture wild Pokemon® creatures and train them for battle. Improve your accuracy and power as you learn new moves and use special abilities. Tap into your inner engineer as we build, using LEGO® bricks, Dratini, Pikachu, Pokeball, and more! Bring your own Pokemon® trading cards if you wish to play and trade at the end of each day. Show off your skills as you battle for power in your journey through the Pokemon® universe. Do you have what it take to become a Pokemon® Master? Campers will experience hands-on engineering fundamentals as they have fun building motorized models using LEGO® bricks! Pokémon © 2002-2014 Pokémon. © 1995-2014 Nintendo/Creatures Inc./GAME FREAK inc. TM, ® and Pokémon character names are trademarks of Nintendo. Co-op LP

**Age:**..... 5-12 years  
**Instructor:**..... Bricks 4 Kidz  
**Min/Max:** ..... 2/10 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$163/R, \$212/NR, \$179/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
232677-01	6/18-6/22	10:00A-12:00P
232677-02	8/6-8/10	1:00P-3:00P

# SPECIALTY CAMPS

## Jurassic Brickland Camp (DF)

Are you ready for the adventure of a lifetime? Put on your hiking boots and camouflage...you're about to enter Jurassic Brickland! We'll learn about amazing dinosaurs that lived during the Jurassic period, and other extinct historic animals that roamed the earth and swam the seas during that era and millions of years later. Show us your building skills using our specialized project kits. Co-op LP

**Age:**..... 6-12 years  
**Instructor:**..... Bricks 4 Kidz  
**Min/Max:** ..... 2/10 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$163/R, \$212/NR, \$179/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
232696-01	7/16-7/20	1:00P-3:00P

## Bat League: Heroes & Villains Camp (DF)

Enter the dark city where a dangerous jokester and other evil villains wreak havoc. Thankfully there is a bat hero who comes out each night to fight against these evil-doers! The good guys will ride into action as campers build motorized models of the bat hero's speedy vehicle and bat girl's sleek cycle. But keep the bat light searching for the evil jokester's motorized low-rider vehicle cruising through the city streets as well. Send the bat hero swinging on his grappling hook technic model from one skyscraper to the next as he fights crime with his trusty super sidekick. Campers will use their imaginations building skills and crime-fighting passion in this thrilling camp of bat heroes and villains! Co-op LP

**Age:**..... 6-12 years  
**Instructor:**..... Bricks 4 Kidz  
**Min/Max:** ..... 2/10 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$163/R, \$212/NR, \$179/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
232697-01	7/9-7/13	10:00A-12:00P

## Galaxy Far Away Camp (DF)

Join us on an adventurous journey through space! Build the Redstone Rocket to blast through the atmosphere into a realm that is truly out of this world. Travel back in time to build NASA's Gemini Capsule. Trust your astronaut's building skills to pilot a spacecraft that will bring you back to Earth safely. We'll build motorized models that represent spacecraft from your favorite popular space movie. Come experience the stellar journey to a Galaxy far away! Co-op LP

**Age:**..... 6-12 years  
**Instructor:**..... Bricks 4 Kidz  
**Min/Max:** ..... 2/10 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$163/R, \$212/NR, \$179/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
232698-01	6/25-6/29	1:00P-3:00P
232698-02	7/23-7/27	1:00P-3:00P

## Transformations Creations Camp (DF)

Get ready to build and discover how your model transforms using LEGO Bricks! Campers will love the mash-up of combination models that can be rebuilt into something different. These awesome 2-in-1 models will include exciting robots, vehicles and more! Follow the step-by-step building plans and ignite your inner engineer by using your imagination to transform your model into something unique. Join us for this fun-filled camp where you'll use your creativity and engineering skills to build and transform! Co-op LP

**Age:**..... 6-12 years  
**Instructor:**..... Bricks 4 Kidz  
**Min/Max:** ..... 2/10 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$163/R, \$212/NR, \$179/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
232709-01	8/6-8/10	10:00A-12:00P



## SPECIALTY CAMPS

### Harry Potter Potions Camp: The Crimes of Grindelwold (DF) NEW

Come to Hogwarts school of witchcraft and wizardry! Go to Ollivander's where your wand will select you. Discover unique creatures. A bowtruckle, anyone? Then, join the wizarding class and discover how to cast spells and create potions that actually work; some of them explode and change color and others you can actually drink. This camp has the option to stay for Lunch Bunch from 12:00-1:00 pm. Kids will have the opportunity to bring their lunch and have free time to play, explore the camp materials and do extra projects!

**Age:**..... 5-12 years  
**Instructor:**..... The Whole Child  
**Min/Max:** ..... 6/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$225/R, \$293/NR, \$248/NN  
 \$290/R, \$377/NR, \$319/NN (Section 02)  
**Day:**..... Monday-Friday

CODE	DATES	TIME	
232718-01	6/18-6/22	9:00A-12:00P	Camp only
232718-02	6/18-6/22	9:00A-1:00P	Camp & Lunch Bunch

### Lego Engineering & Robotics Camp (DF) NEW

Design, build and experiment in this engaging hands-on class. This camp combines Lego building with an introduction to programming with WeDo Robotics. Have a blast building with Legos and an opportunity to learn about the science behind what they're building. This camp has the option to stay for Lunch Bunch from 12:00-1:00 pm. Kids will have the opportunity to bring their lunch and have free time to play, explore the camp materials and do extra projects!

**Age:**..... 5-12 years  
**Instructor:**..... The Whole Child  
**Min/Max:** ..... 6/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$225/R, \$293/NR, \$248/NN  
 \$290/R, \$377/NR, \$319/NN (Section 02)  
**Day:**..... Monday-Friday

CODE	DATES	TIME	
232719-01	6/18-6/22	1:00P-4:00P	Camp only
232719-02	6/18-6/22	12:00P-4:00P	Camp & Lunch Bunch

### Minecraft Camp (DF) NEW

Jump into Minecraft! Build your own worlds. Learn strategies to be a better player whether you are a beginner or more experienced. Games and projects, too. But, beware of the Creeper! The possibilities are endless! This camp has the option to stay for Lunch Bunch from 12:00-1:00 pm. Kids will have the opportunity to bring their lunch and have free time to play, explore the camp materials and do extra projects!

**Age:**..... 5-12 years  
**Instructor:**..... The Whole Child  
**Min/Max:** ..... 6/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$225/R, \$293/NR, \$248/NN  
 \$290/R, \$377/NR, \$319/NN (Section 02)  
**Day:**..... Monday-Friday

CODE	DATES	TIME	
232720-01	7/23-7/27	9:00A-12:00P	Camp only
232720-02	7/23-7/27	9:00A-1:00P	Camp & Lunch Bunch

### Super Slime & Goopy Chemistry (DF) NEW

It's time for SLIME!!! Become a mad scientist! Have a blast and maybe even an explosion or two. Brew up crazy concoctions and create a masterpiece! Be prepared to get messy and have a great time! This camp has the option to stay for Lunch Bunch from 12:00-1:00 pm. Kids will have the opportunity to bring their lunch and have free time to play, explore the camp materials and do extra projects!

**Age:**..... 5-12 years  
**Instructor:**..... The Whole Child  
**Min/Max:** ..... 6/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$225/R, \$293/NR, \$248/NN  
 \$290/R, \$377/NR, \$319/NN (Section 02)  
**Day:**..... Monday-Friday

CODE	DATES	TIME	
232721-01	7/23-7/27	1:00P-4:00P	Camp only
232721-02	7/23-7/27	12:00P-4:00P	Camp & Lunch Bunch

# EARLY CHILDHOOD ATHLETICS

## Parent/Tot Sports (KJ)

This program gives you and your children an opportunity to bond and have fun together while learning a variety of sports. This class is great for simple motor skills such as catching, throwing, batting, shooting, passing and anything that involves hand-eye coordination. Parents participate with the child as we play soccer, basketball, hockey, t-ball and many other sports.

**Age:**..... 2-3 years with parent  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 6/16  
**Location:** ..... Sedgwick Park/Rec Center  
**Fees:** ..... \$66/R, \$86/NR, \$73/NN (01)  
                               \$73/R, \$93/NR, \$80/NN (02)  
                               \$59/R, \$79/NR, \$66/NN (03)  
**Day:**..... Monday, Saturday or Mon/Wed

CODE	DATES	TIME	DAY	LOCATION
212638-01	6/11-7/23	10:00A-10:45A	Monday	Sedgwick Park
212638-02	6/9-7/28	9:00A-9:45A	Saturday	Sedgwick Park
212638-03	8/1-8/20	10:00A-10:45A	Mon/Wed	Recreation Center

## Parent & Tot Gymnastics (KJ)

Parents are an integral part of helping their tots participate in basic sports movement through gymnastics. Join a fun, nurturing environment, while exposing your child to a safe and challenging gymnastics experience. Gymnastics equipment in this class is downsized to benefit this age group.

**Age:**..... 2-3 years with parent  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 5/16  
**Location:** ..... Recreation Center  
**Fees:** ..... \$45/R, \$59/NR, \$50/NN  
**Day:**..... Wednesday or Saturday

CODE	DATES	TIME	DAY
214610-01	6/13-8/8	10:00A-10:45A	Wednesday
214610-02	6/9-8/11	10:15A-11:00A	Saturday

*Class Will Not Meet On: 7/4, 7/7 and 8/4*

## Tot Tumbling (KJ)

Toddlers can develop body awareness, balance, flexibility and coordination while having fun learning and practicing movement, rolls and other tumbling exercises. Toddlers will also learn simple yoga poses that stimulate growing muscles. Parents assist with activities in a safe and caring environment.

**Age:**..... 2-3 years with parent  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 5/16  
**Location:** ..... Recreation Center  
**Fees:** ..... \$30/R, \$39/NR, \$33/NN  
**Day:**..... Tuesday

CODE	DATES	TIME
212701-01	6/12-8/7	9:00A-9:30A

*Class Will Not Meet On: 7/3*

## Adult & Tot Little Gymsters (KJ)

A must for you and your little one! Bond with your child in this program that provides quality time to participate in obstacle courses, parachute play, circle games and other fitness and sports activities. Your child will have fun experiencing a multitude of gym activities that safely challenge his or her abilities in a positive environment. Children will be exposed to learning through trial and error in this class and will therefore be better equipped for future learning.

**Age:**..... 2-3 years with parent  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 6/16  
**Location:** ..... Recreation Center  
**Fees:** ..... \$45/R, \$59/NR, \$50/NN  
**Day:**..... Monday

CODE	DATES	TIME
212683-01	6/11-8/6	4:45P-5:30P

*Class Will Not Meet On: 7/2*

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# EARLY CHILDHOOD ATHLETICS

## Adult & Tot Hoops N' Kicks (KJ)

Get ready to score some hoops and goals in this fun class! Boys and girls learn the basic motor skills necessary to play basketball and soccer while they work one on one and spend quality time with their parents. Skills such as dribbling, running, kicking, catching, shooting and passing will be taught. Toddlers will develop motor, listening and social skills as they participate in a variety of activities designed around these two sports.

**Age:**..... 2-3 years with parent  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 5/16  
**Location:** ..... Recreation Center  
**Fees:** ..... \$30/R, \$39/NR, \$33/NN  
**Day:**..... Monday

CODE	DATES	TIME
212685-01	6/11-8/6	9:00A-9:30A

*Class Will Not Meet On: 7/2*

## Kidnastics (KJ)

Learn the basics of gymnastics in a safe environment with equipment scaled down to an age appropriate size. Balance beam, bar, vault, and floor equipment will be featured. Other movement and rhythmic gymnastics ideas will also be included.

**Age:**..... 3-6 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 5/16  
**Location:** ..... Recreation Center  
**Fees:** ..... \$45/R, \$59/NR, \$50/NN  
**Day:**..... Wednesday or Saturday

CODE	DATES	TIME	DAY	AGE
211609-01	6/13-8/8	11:00A-11:45A	Wednesday	3-5
211609-02	6/13-8/8	1:00P-1:45P	Wednesday	4-6
211609-03	6/9-8/11	11:00A-11:45A	Saturday	3-6

*Class Will Not Meet On: 7/4, 7/7 and 8/4*

## Fit N' Fun for Kids (KJ)

Kids will have a blast as they run, jump, hop, skip and stretch and play to gain strength, flexibility and cardio awareness as well as improve motor development, spatial awareness, cognitive ability and socialization and sharing skills. We'll do all sorts of activities including exercises, bean bag games, relay races, animal movements, throwing soft frisbees, circle games, obstacle courses, parachute play and other fitness and sport games. Make sure to wear comfortable clothes and gym shoes for this action packed class in which children will develop a positive association with fitness.

**Age:**..... 3-6 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 5/16  
**Location:** ..... Recreation Center  
**Fees:** ..... \$45/R, \$59/NR, \$50/NN  
**Day:**..... Tuesday

CODE	DATES	TIME
212684-01	6/12-8/7	9:30A-10:15A

*Class Will Not Meet On: 7/3*

## Dad & Me Fun with Football (KJ)

Enjoy nerf football with your son or daughter. You, along with our accomplished coaches, will help the little athlete learn the proper form and technique of catching, throwing, center skills, hand-offs, kick-offs and more in our fun and friendly setting.

**Age:**..... 3-5 years with parent  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 6/16  
**Location:** ..... Recreation Center  
**Fees:** ..... \$45/R, \$59/NR, \$50/NN  
**Day:**..... Monday

CODE	DATES	TIME
212736-01	6/11-8/6	5:30P-6:15P

*Class Will Not Meet On: 7/2*

## Soccer (KJ)

Taught the All Star way, this program will keep everyone active and engaged both mentally and physically! Our lesson plan is designed to teach the game by hiding drills in fun games and using association techniques that get down to the players level. Soccer is a game that is action packed so there will be no sitting and waiting. Engaging the players at all times, we will cover simple foot skills, dribbling, passing, shooting, basic rules and even work on spreading the field. This class will not only keep the players active but will be a great base to prepare them for the next level of play. All of our programs will focus on teamwork and sportsmanship. Please bring a water bottle and soccer ball, recommended size 3 or 4.

**Age:**..... 3-6 years  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 6/16  
**Location:** ..... Sedgwick Park or Recreation Center  
**Fees:** ..... \$59/R, \$79/NR, \$66/NN (01, 02, 07, 08)  
                       \$73/R, \$93/NR, \$80/NN (03, 04, 05, 06)  
**Day:**..... Wednesday, Thursday, Tue/Thu or Saturday

CODE	DATES	TIME	DAY	AGE	LOCATION
212636-01	6/13-7/25	12:00P-12:45P	Wed	3-4	Sedgwick
212636-02	6/13-7/25	12:45P-1:45P	Wed	4-6	Sedgwick
212636-03	6/7-7/26	10:00A-10:45A	Thu	3-4	Sedgwick
212636-04	6/7-7/26	10:45A-11:45A	Thu	4-6	Sedgwick
212636-05	6/9-7/28	10:00A-10:45A	Sat	3-4	Sedgwick
212636-06	6/9-7/28	10:45A-11:45A	Sat	4-6	Sedgwick
212636-07	8/2-8/21	10:00A-10:45A	Tue/Thu	3-4	Rec Center
212636-08	8/2-8/21	10:45A-11:45A	Tue/Thu	4-6	Rec Center

*Class Will Not Meet On: 7/4*

## T-Ball (KJ)

T-ball can be a boring game if taught the wrong way! The All Star approach to baseball is one that will engage all players no matter their skill level. Our coaching technique will provide basic building blocks in a fun and safe environment. We have created a system that keeps the players moving and learning even while in the dugout! Mechanics and hand-eye coordination are the keys to early success. Players in this program will be more confident in this active class as we work on the proper mechanics of catching, throwing, fielding, base running and battling. This fun and exciting program will prepare each player for the level II, t-ball or coach pitch leagues. All of our programs are based on learning teamwork and sportsmanship. Please bring a water bottle and glove.

**Age:**..... 3-6 years  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 6/16  
**Location:** ..... Sedgwick Park or Recreation Center  
**Fees:** ..... \$59/R, \$79/NR, \$66/NN (01, 02, 07, 08)  
                       \$73/R, \$93/NR, \$80/NN (03, 04, 05, 06)  
**Day:**..... Wednesday, Thursday, Tue/Thu or Saturday

CODE	DATES	TIME	DAY	AGE	LOCATION
212637-01	6/13-7/25	2:00P-2:45P	Wed	3-4	Sedgwick
212637-02	6/13-7/25	2:45P-3:45P	Wed	4-6	Sedgwick
212637-03	6/7-7/26	12:00P-12:45P	Thu	3-4	Sedgwick
212637-04	6/7-7/26	12:45P-1:45P	Thu	4-6	Sedgwick
212637-05	6/9-7/28	12:00P-12:45P	Sat	3-4	Sedgwick
212637-06	6/9-7/28	12:45P-1:45P	Sat	4-6	Sedgwick
212637-07	8/2-8/21	12:00P-12:45P	Tue/Thu	3-4	Rec Center
212637-08	8/2-8/21	12:45P-1:45P	Tue/Thu	4-6	Rec Center

*Class Will Not Meet On: 7/4*

### WHY ARE THERE INITIALS NEXT TO PROGRAMS

(DF-Diana Faught, KM-Kevin Miller, TC-Teresa Chapman, KJ-Kyle Madeja)

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 |



- Childcare Offered During This Program |



- New Class

# EARLY CHILDHOOD ATHLETICS

## All Star All Sports (KJ)

This is for the all-around athlete or for a child who wants to take a shot at different sports! Stay active and work on balance, motor skills and hand-eye coordination all while learning the rules of baseball, football, floor hockey, soccer, basketball and more! We will focus on a new sport each class and work on basic rules and mechanics all while we play games that keep everyone moving. There's no reason to pick a sport when you can play them all!

**Age:**..... 3-6 years  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 6/16  
**Location:** ..... Recreation Center or Sedgwick Park  
**Fees:** ..... \$66/R, \$86/NR, \$73/NN (01-02)  
                                   \$59/R, \$79/NR, \$66/NN (03-04)  
**Day:**..... Monday or Mon/Wed

CODE	DATES	TIME	AGE	DAY	LOCATION
212640-01	6/11-7/23	10:45A-11:30A	3-4	Monday	Sedgwick
212640-02	6/11-7/23	11:30A-12:30P	4-6	Monday	Sedgwick
212640-03	8/1-8/20	10:45A-11:30A	3-4	Mon/Wed	Rec Center
212640-04	8/1-8/20	11:30A-12:30P	4-6	Mon/Wed	Rec Center

## Lil Olympians (KJ)

Calling all young Olympians! Don't let your little Olympian miss out on this fun-filled class. Boys and girls will develop self-confidence, learn about teamwork and sportsmanship and gain a variety of skills as they participate in soccer, gymnastics, basketball, floor hockey, track and field, and other individual and team sports. Participants will get to apply the skills they learn to exciting activities and game situations and finally, showcase their abilities in a Mini Olympic Games Tournament on the last day of the session.

**Age:**..... 4-6 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 5/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$45/R, \$59/NR, \$50/NN  
**Day:**..... Wednesday

CODE	DATES	TIME
212686-01	6/13-8/8	5:15P-6:00P

*Class Will Not Meet On: 7/4*

## Lil Pint Hoops (KJ)

Our instructional program is designed to teach the game of basketball at a basic level while making sure the players stay active and engaged the entire class! Fun basketball-like games will be played to teach the importance of each skill learned. Our foundation technique focuses on basic mechanics to build confidence then adding larger challenges as we progress. Footwork is an extremely important aspect of the game. This means no players will be sitting! We will work on dribbling with each hand, passing and shooting technique, and understanding basic offense and defense. All of our programs are based on learning teamwork and sportsmanship. Please bring a water bottle.

**Age:**..... 3-6 years  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 6/16  
**Location:** ..... Recreation Center  
**Fees:** ..... \$66/R, \$86/NR, \$73/NN (01-02)  
                                   \$59/R, \$79/NR, \$66/NN (03, 04, 05, 06)  
**Day:**..... Monday, Wednesday, or Mon/Wed

CODE	DATES	TIME	AGE	DAY
212645-01	6/11-7/23	1:00P-1:45P	3-4	Monday
212645-02	6/11-7/23	1:45P-2:45P	4-6	Monday
212645-03	6/13-7/25	10:00A-10:45A	3-4	Wednesday
212645-04	6/13-7/25	10:45A-11:45A	4-6	Wednesday
212645-05	8/1-8/20	4:00P-4:45P	3-4	Mon/Wed
212645-06	8/1-8/20	4:45P-5:45P	4-6	Mon/Wed

*Class Will Not Meet On: 7/4*

## Pee Wee Lacrosse (KJ)

Play lacrosse like the big kids. Age appropriate sized sticks and softer balls will be used for safety. Children will learn skills including cradling, stick work, running, passing, shooting, and more.

**Age:**..... 4-6 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 6/16  
**Location:** ..... Recreation Center  
**Fees:** ..... \$45/R, \$59/NR, \$50/NN  
**Day:**..... Monday

CODE	DATES	TIME
212682-01	6/11-8/6	4:00P-4:45P

*Class Will Not Meet On: 7/2*

## Pee Wee Court Sports (KJ)

Try this class that will engage youngsters in traditional and new sports that are played on a court. We will cover the basic skills involved in basketball, badminton, volleyball, floor hockey, tennis, and even unique sports like pickleball and futsal. Friendly games will be played so children can reinforce these skills and build self-confidence and learn about teamwork. All equipment will be provided.

**Age:**..... 4-6 years  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 5/16  
**Location:** ..... Recreation Center  
**Fees:** ..... \$45/R, \$59/NR, \$50/NN  
**Day:**..... Thursday

CODE	DATES	TIME
212705-01	6/14-8/9	4:45P-5:30P

*Class Will Not Meet On: 7/5*

## Tiny Tot Tennis (KJ)

This is an introductory class for beginning students. Focus will be on hand-eye coordination and fun. Low compression balls will be used. Players should bring their own racquets (21 inch racquets are recommended).

**Age:**..... 4-6 years  
**Instructor:**..... Challenge Fitness Tennis  
**Min/Max:** ..... 4/8  
**Location:** ..... Sedgwick Park  
**Fees:** ..... \$45/R, \$59/NR, \$50/NN  
**Day:**..... Monday/Wednesday or Tuesday/Thursday

CODE	DATES	TIME	DAY
212712-01	6/11-6/27	9:30A-10:00A	Mon/Wed
212712-02	6/12-6/28	9:30A-10:00A	Tue/Thu
212712-03	7/9-7/25	9:30A-10:00A	Mon/Wed
212712-04	7/10-7/26	9:30A-10:00A	Tue/Thu
212712-05	7/30-8/15	9:30A-10:00A	Mon/Wed
212712-06	7/31-8/16	9:30A-10:00A	Tue/Thu

## Bumper Bowling (KJ)

Every participant is guaranteed to knock down a pin or two without a chance of a gutter ball. This is a great way to learn to bowl and have fun doing it. Fee includes shoe rental. Co-op LP

**Age:**..... 4-6 years  
**Instructor:**..... D Floto  
**Min/Max:** ..... 3/5 per agency  
**Location:** ..... Eden Lanes, 10159 W. Cermak, Westchester  
**Fees:** ..... \$42/R, \$55/NR, \$46/NN  
**Day:**..... Wednesday

CODE	DATES	TIME
212502-01	6/13-7/18	10:00A-11:00A

*Class Will Not Meet On: 7/4*

## Floor Hockey (KJ)

Learn and play the fastest game in the world. This action packed class will emphasize the importance of teamwork and sportsmanship, while teaching the basic skills of passing, shooting and stickhandling before the skates go on! Bike helmet and gloves are mandatory for this class. Shin pads, knee pads and elbow pads are optional.

**Age:**..... 4-9 years  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 6/16  
**Location:** ..... Recreation Center  
**Fees:** ..... \$59/R, \$79/NR, \$66/NN  
**Day:**..... Wednesday or Tue/Thu

CODE	DATES	TIME	AGE	DAY
212642-01	6/13-7/25	4:00P-5:00P	4-6	Wednesday
212642-02	6/13-7/25	5:00P-6:00P	7-9	Wednesday
212642-03	8/2-8/21	4:00P-5:00P	4-6	Tue/Thu
212642-04	8/2-8/21	5:00P-6:00P	7-9	Tue/Thu

*Class Will Not Meet On: 7/4*

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# EARLY CHILDHOOD ATHLETICS

## Mini-Hawk Sports Camp (KJ)

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball, and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand-eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle specific needs of young athletes. All participants receive a t-shirt, ball and merit award. The participant-to-coach ratio is approximately 8:1. Participants should bring appropriate clothing, two snacks, a water bottle and running shoes.

**Age:**..... 4-6 years  
**Instructor:**..... Skyhawks Academy  
**Min/Max:** ..... 10/28  
**Location:** ..... Sedgwick Park  
**Fees:** ..... \$65/R, \$75/NR, \$69/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
272004-01	7/9-7/13	12:30P-2:00P

## Skyhawks T-Ball Camp (KJ)

Skyhawks baseball staff teach the fundamentals of fielding, catching, throwing, hitting and base running, all in a fun, positive environment. Specifically designed for beginning and intermediate players, this program teaches athletes new baseball skills along with vital life lessons such as respect, teamwork, and responsibility. All participants receive a t-shirt and a merit award. The participant-to-coach ratio is approximately 8:1. Participants should wear appropriate clothing, two snacks, a water bottle, running shoes, a baseball glove and sunscreen.

**Age:**..... 4-7 years  
**Instructor:**..... Skyhawks Academy  
**Min/Max:** ..... 10/28  
**Location:** ..... Sedgwick Park  
**Fees:** ..... \$119/R, \$139/NR, \$127/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
212626-01	6/18-6/22	9:00A-12:00P

# YOUTH ACTIVITIES

## Nature in my Neighborhood (DF)

Did you know there is amazing nature all around you right now? Learn how to find fascinating wildlife and plants in your neighborhood from a Cook County Master Naturalist. This indoor and outdoor camp teaches kids identification skills while nurturing their instinct to connect with the nature around them! Co-op LP

**Age:**..... 5-7 years  
**Instructor:**..... LG Park Staff  
**Min/Max:** ..... 2/3 per agency  
**Location:** ..... LGPK, 1501 Barnsdale Rd.  
**Fees:** ..... \$43/R, \$56/NR, \$47/NN  
**Day:**..... Thursday

CODE	DATES	TIME
232099-01	6/14-7/19	1:00P-1:50P



# YOUTH ACTIVITIES

## Spanish for Youth (DF)

Hola! Como estas? Are you ready to explore a new country? We will learn useful words and phrases and lots of interaction with traditional games and music. This class will conclude with a fiesta! Co-op LP

**Age:**..... 8-10 years  
**Instructor:**..... LG. Park Staff  
**Min/Max:** ..... 2/3 per agency  
**Location:** ..... LGPK, 1501 Barnsdale Rd.  
**Fees:** ..... \$39/R, \$51/NR, \$43/NN  
**Day:**..... Thursday

CODE	DATES	TIME
232084-01	6/14-7/19	1:00P-1:50P

## Magic Class! (DF)

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:** ..... 3/10 per agency  
**Location:** ..... W.S. Rec. Center  
**Fees:** ..... \$21/R, \$27/NR, \$23/NN  
**Day:**..... Monday or Thursday

CODE	DATES	TIME	DAY
252508-01	7/9	6:45P-7:40P	Monday
252508-02	8/9	5:00P-5:55P	Thursday

## Fizz! Bubble! Pop! (DF)

Grab your lab coat and goggles and come prepared for some awesome hands-on experiments. We'll explore pop rock science, build unpopable bubbles and create chemical reactions with fizzing color potions. All allergies should be written on the registration form at the time of registration. Co-op LP

**Age:**..... 7-10 years  
**Instructor:**..... LG. Park Staff  
**Min/Max:** ..... 2/3 per agency  
**Location:** ..... LGPK, 1501 Barnsdale Rd.  
**Fees:** ..... \$45/R, \$55/NR, \$50/NN  
**Day:**..... Monday

CODE	DATES	TIME
232703-01	6/11-7/16	1:00P-1:55P

## Robotics Adventures (DF)

Yes, We CAN learn about Robotics! With the LEGO™ WeDo Robotics System, young children can build and program their own robotic creations. Designed by the experts at MIT, this unique system teaches children about simple machines, engineering, programming and so much more. Young imaginations soar! Students will work together in teams of 2. Co-op LP

**Age:**..... 6-8 years  
**Instructor:**..... Computer Explorers  
**Min/Max:** ..... 2/4 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$111/R, \$144/NR, \$122/NN  
**Day:**..... Monday-Thursday

CODE	DATES	TIME
232598-01	7/16-7/19	9:30A-11:30A

## Woodworks (DF)

Join us for four fun-filled mornings of building and creating! We will learn and work with a variety of woods and finishes. Drilling, latches and hinges are some of the tools we will work with. Completed projects will be made to take home. Safety will be stressed and safety goggles are provided. Hand tools are used. Co-op LP

**Age:**..... 6-9 years  
**Instructor:**..... LG. Park Staff  
**Min/Max:** ..... 2/3 per agency  
**Location:** ..... LGPK 1501 Barnsdale Rd.  
**Fees:** ..... \$45/R, \$59/NR, \$50/NN  
**Day:**..... Monday-Thursday

CODE	DATES	TIME	GRADES
252252-01	7/23-7/26	10:45A-12:00P	Entering 1-3
252252-02	7/23-7/26	12:15P-1:30P	Entering 4-6

# YOUTH ACTIVITIES

## Manners Matter (DF)

Looking to help your child gain the poise and confidence of social etiquette? Children will learn the basic skills needed to help them navigate in various social situations with ease and certainty. The focus is on teaching manners as a demonstration of kindness, consideration and respect toward others. This class offers the “other voice” to convey the common courtesies that parents try to teach at home. Topics include: introductions, conversation, telephone and technology manners, writing thank-you notes, and table manners. Dress code (optional): young ladies-dress/skirt and blouse, and young men-khakis and collared shirt. Co-op WS

**Age:**..... 7-10 years  
**Instructor:**..... Western Springs Staff  
**Min/Max:** ..... 2/4 per agency  
**Location:** ..... W.S. Rec. Center  
**Fees:** ..... \$50/R, \$65/NR, \$55/NN  
**Day:**..... Tuesday

CODE	DATES	TIME
232100-01	6/12-7/17	4:30P-5:30P

Class Will Not Meet On: 7/3

## Rock & Roll Robotics (DF)

Create robots that rock and robots that roll! Using the LEGO™ WeDo Robotics System your robots will include a monkey who plays a drum to a rock & roll beat, a lion that roars, a bird that flaps it wings to create a big wind, a sleeping giant who will awaken on your command and a boat that will rock on the rough seas. This course builds knowledge of simple machines, engineering, programming, and teamwork in an environment full of Rockin’ Fun! Students will work in teams of two. Co-op WS & LP

**Age:**..... 8-12 years  
**Instructor:**..... Computer Explorers  
**Min/Max:** ..... 2/4 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$111/R, \$144/NR, \$122/NN  
**Day:**..... Monday-Thursday

CODE	DATES	TIME
232616-01	7/16-7/19	1:00P-3:00P

## Create & Animate with Scratch 2.0 (DF)

Students will learn the fundamentals involved in creating a video game world, using Scratch, the innovative programming language created just for kids by MIT. In this class, students will be introduced to programming by creating and editing sprites and game opponents. They will learn about sound and video as they “level up” through the building of their own game. Students work in teams and will receive a copy of the software and their game at the end of class. Co-op LP

**Age:**..... 8-12 years  
**Instructor:**..... Computer Explorers  
**Min/Max:** ..... 2/4 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$111/R, \$144/NR, \$122/NN  
**Day:**..... Monday-Thursday

CODE	DATES	TIME
232694-01	7/23-7/26	9:30A-11:30A

## Simply Sewing (DF)

Hand sewing for beginners and those wanting to improve their skills. We will learn about fabric, patterns, measuring, cutting and construction of a simple project. We will be using scissors, needles, pins and a hot iron for pressing. The project is simply a means to practice the skills while creating something useful. This session the project will be an outfit for an 18” doll. You can bring your doll to class the last day for a quick fashion show. All materials and tools are provided. Co-op WS

**Age:**..... 7-12 years  
**Instructor:**..... Western Springs Staff  
**Min/Max:** ..... 2/3 per agency  
**Location:** ..... W.S. Rec. Center  
**Fees:** ..... \$75/R, \$98/NR, \$83/NN  
**Day:**..... Tuesday

CODE	DATES	TIME
252501-01	7/10-7/31	4:00P-5:30P

### 3D Video Game Design (DF)

Learn to create 3D games and challenge your friends. We will be creating games for the PC version of Kodu, Microsoft's award-winning game design platform. Students will learn the art of rapid game design and develop an understanding of underlying game mechanics. Students can choose from 20 different game characters including flying saucers, submarines, and a Pac-Man-like Kodu character, then use an interactive terrain editor, a bridge and path builder, and other tools to create their 3D game world. Kodu is available as a free download for Windows. Bring a USB drive on the last day or games can be emailed to parents. Co-op WS & LP

**Age:**..... 8-12 years  
**Instructor:**..... Computer Explorers  
**Min/Max:** ..... 2/4 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$111/R, \$144/NR, \$122/NN  
**Day:**..... Monday-Thursday

CODE	DATES	TIME
232699-01	6/18-6/21	9:30A-11:30A

### Lights, Camera, Action – Making Your Own Star Wars Movie (DF)

Do you want to be the next George Lucas? We will create our very own Star Wars™ movie using special digital movie making cameras and software. As directors and producers we will work in teams to create our own story and script, build various Star Wars™ Lego® scenes and film our own movie. We will use graphic editing techniques and stop motion animation, add background noise and music, and show our movie at a private screening on the last day of class. All students will get a copy of their movie after class is complete. Co-op WS & LP

**Age:**..... 8-12 years  
**Instructor:**..... Computer Explorers  
**Min/Max:** ..... 2/4 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$111/R, \$144/NR, \$122/NN  
**Day:**..... Monday-Thursday

CODE	DATES	TIME
232569-01	6/18-6/21	1:00P-3:00P

### Up, Up and Away! Building Flying Models (DF)

Learn to make simple flying models from paper, styrofoam and balsa wood. Have fun designing your own model planes, building them to fly, and learning how to fix them when they break. Each week a new model will be formed using scissors, tape, and white glue. Co-op WS

**Age:**..... 8-12 years  
**Instructor:**..... Western Springs Staff  
**Min/Max:** ..... 1/2 per agency  
**Location:** ..... W.S. Rec. Center  
**Fees:** ..... \$37/R, \$48/NR, \$41/NN  
**Day:**..... Wednesday

CODE	DATES	TIME
232026-01	6/13-7/25	4:00P-5:00P

*Class Will Not Meet On: 7/4*



# PERFORMING ARTS

## Little Actors Club (DF)

Children love this innovative drama class that develops their imagination and introduces them to the performing arts in a fun and creative atmosphere. Each week is a new and exciting adventure into the imagination with changing themes, music, costumes, props, and playbills. Participants learn theater terms and a new joke every week, enhance spontaneity, build self-esteem, and have plenty of fun in this delightful class. Most themes are not repeated for two years so “act” now!

**Age:**..... 3-6 years  
**Instructor:**..... Shining Star Productions  
**Min/Max:** ..... 7/16  
**Location:** ..... Recreation Center  
**Fees:** ..... \$73/R, \$95/NR, \$80/NN  
**Day:**..... Friday

CODE	DATES	TIME
251500-01	6/22-8/17	2:30P-3:15P

*Class Will Not Meet On: 7/6 and 8/3*

## Young Actors Club (DF)

Join the fun in this wonderful and fast-paced creative drama class. Each week is a new and exciting adventure into the imagination with changing themes, music, costumes, props, games, and playbills. You’ll even learn a new joke every week! Most themes are not repeated for two years so “act” now! Learn theater terms, enhance spontaneity, build self-esteem, and have a blast! Want to do something fun? Join the club!

**Age:**..... 6-8 years  
**Instructor:**..... Shining Star Productions  
**Min/Max:** ..... 7/16  
**Location:** ..... Recreation Center  
**Fees:** ..... \$73/R, \$95/NR, \$80/NN  
**Day:**..... Friday

CODE	DATES	TIME
252517-01	6/22-8/17	3:30P-4:15P

*Class Will Not Meet On: 7/6 and 8/3*

## Tot Rock (DF)

Maracas and clackers and tambourines, too; it’s musical fun just for you! Tot Rock is a unique music and learning program designed specifically for 1 year olds. Each session focuses on a new educational theme that incorporates hand held instruments, play props, sensory integration, coordination exercises, and socialization. Structured and unstructured time is included in each class. Sing, dance and play today! [www.rockitkids.com](http://www.rockitkids.com) Co-op WS & LP

**Age:**..... 12-24 months with parent  
**Instructor:**..... Rock It Productions  
**Min/Max:** ..... 2/4 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$73/R, \$95/NR, \$80/NN  
**Day:**..... Tuesday

CODE	DATES	TIME
251510-01	6/12-8/7	5:15P-5:55P

*Class Will Not Meet On: 7/3*

## Kid Rock I (DF)

Make it a musical day! Kid Rock is a music and movement program designed to stimulate development through interactive play. Fine and gross motor skills are improved through imagination exercises, and by using rhythm instruments and movement props such as tambourines, maracas, scarves and a parachute. Presented in a structured format, Kid Rock encourages cooperation and following directions. Each session focuses on a new educational theme. Sing, dance and play today! [www.rockitkids.com](http://www.rockitkids.com) Co-op WS & LP

**Age:**..... 24-36 months with parent  
**Instructor:**..... Rock It Productions  
**Min/Max:** ..... 2/4 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$73/R, \$95/NR, \$80/NN  
**Day:**..... Tuesday

CODE	DATES	TIME
251511-01	6/12-8/7	6:00P-6:40P

*Class Will Not Meet On: 7/3*

## Private Piano (DF)

Kinderkeys is a positive and fun approach to the first steps of learning to play the piano. Individual keyboards will be provided for classroom use. Lessons include keyboard and music theory instruction. Books are available from the instructor for \$18.

**Age:**.....4 & Older      **Instructor:**... The Music Suite  
**Location:** ...Recreation Center      **Fees:** ..... \$143/R, \$186/NR, \$157/NN  
**Day:**.....Monday or Tuesday

## Kid Rock II (DF)

Make it a musical day! Kid Rock is a music and movement program designed to stimulate development through interactive play. Fine and gross motor skills are improved through imagination exercises, and by using rhythm instruments and movement props such as tambourines, maracas, scarves and a parachute. Presented in a structured format, Kid Rock encourages cooperation and following directions. Each session focuses on a new educational theme. Sing, dance and play today! [www.rockitkids.com](http://www.rockitkids.com)  
 Co-op WS & LP

**Age:**.....3-5 years without parent  
**Instructor:**..... Rock It Productions  
**Min/Max:** ..... 2/4 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$73/R, \$95/NR, \$80/NN  
**Day:**..... Tuesday

CODE	DATES	TIME
251512-01	6/12-8/7	6:45P-7:25P

*Class Will Not Meet On: 7/3*

## Broadway Boomers (DF)

Fun, silliness and spontaneity includes games, scenes and characters to spark creativity and tickle your funny bone. A wonder introduction to the performing arts using costumes, props and music. A mini-performance from classic children's tales will be presented the last day of class. Co-op LP

**Age:**.....3-5 years  
**Instructor:**..... LG. Park Staff  
**Min/Max:** ..... 3/5 per agency  
**Location:** ..... LGPK, 1501 Barnsdale Rd.  
**Fees:** ..... \$31/R, \$40/NR, \$34/NN  
**Day:**..... Monday

CODE	DATES	TIME
251004-01	6/11-7/16	1:00P-1:50P

MONDAY	PIANO	
CODE	DATES	TIME
252505-01	6/11-7/16	4:30P-5:00P
252505-02	7/23-8/20	4:30P-5:00P
252505-03	6/11-7/16	5:00P-5:30P
252505-04	7/23-8/20	5:00P-5:30P
252505-05	6/11-7/16	5:45P-6:15P
252505-06	7/23-8/20	5:45P-6:15P
252505-07	6/11-7/16	6:15P-6:45P
252505-08	7/23-8/20	6:15P-6:45P
252505-09	6/11-7/16	6:45P-7:15P
252505-10	7/23-8/20	6:45P-7:15P
252505-11	6/11-7/16	7:15P-7:45P
252505-12	7/23-8/20	7:15P-7:45P
252505-13	6/11-7/16	7:45P-8:15P
252505-14	7/23-8/20	7:45P-8:15P

*Class Will Not Meet On: 7/2*

TUESDAY	PIANO	
CODE	DATES	TIME
252505-15	6/12-7/17	4:30P-5:00P
252505-16	7/24-8/21	4:30P-5:00P
252505-17	6/12-7/17	5:00P-5:30P
252505-18	7/24-8/21	5:00P-5:30P
252505-19	6/12-7/17	5:30P-6:00P
252505-20	7/24-8/21	5:30P-6:00P
252505-21	6/12-7/17	6:00P-6:30P
252505-22	7/24-8/21	6:00P-6:30P
252505-23	6/12-7/17	6:30P-7:00P
252505-24	7/24-8/21	6:30P-7:00P
252505-25	6/12-7/17	7:00P-7:30P
252505-26	7/24-8/21	7:00P-7:30P
252505-27	6/12-7/17	7:30P-8:00P
252505-28	7/24-8/21	7:30P-8:00P

*Class Will Not Meet On: 7/3*

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# PERFORMING ARTS

## Summer Shakers (DF)

Dance and sing to your favorite tunes! Play imagination games, dance to music with props like scarves, hula hoops, shakers and more! Participants will also work on classroom skills such as following directions, listening and working with others. Co-op LP

**Age:**..... 3-4 years  
**Instructor:**..... LG. Park Staff  
**Min/Max:** ..... 3/5 per agency  
**Location:** ..... LGPK, 1501 Barnsdale Rd.  
**Fees:** ..... \$37/R, \$48/NR, \$41/NN  
**Day:**..... Thursday

CODE	DATES	TIME
232092-01	6/14-7/19	1:00P-1:50P

## Mystery Theater (DF)

Learn theatre skills through the art of drama. The class will perform a new and exciting play that will test your memory and help you enhance your acting skills. Specific theatre terms and vocabulary, as well as how to develop your characters will be explored. Stage movement and vocal skills will be developed. The play will be presented to an audience on the last day of class. Co-op LP

**Age:**..... 7-14 years  
**Instructor:**..... LG. Park Staff  
**Min/Max:** ..... 2/4 per agency  
**Location:** ..... LGPK, 1501 Barnsdale Rd.  
**Fees:** ..... \$102/R, \$133/NR, \$112/NN  
**Day:**..... Monday-Thursday

CODE	DATES	TIME
252538-01	6/25-7/12	2:30P-4:30P
252538-02	7/16-8/2	2:30P-4:30P

Class Will Not Meet On: 7/4

## Beginning Violin (DF)

Get started on learning violin fundamentals! Group violin classes provide a great introduction and foundation for future music instruction. Students will learn proper violin technique and music-reading skills in a group setting, where they will receive proper personal attention while allowing for small ensemble playing. Note: instruments not provided. Co-op LP

**Age:**..... 6-12 years  
**Instructor:**..... American Music Institute  
**Min/Max:** ..... 2/10 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$104/R, \$135/NR, \$114/NN  
**Day:**..... Wednesday or Saturday

CODE	DATES	TIME	DAY
252015-01	6/6-8/1	6:30P-7:30P	Wednesday
252015-02	6/9-7/28	11:00A-12:00P	Saturday

Class Will Not Meet On: 7/4

## Beginning Guitar (DF)

This guitar class is set up for beginning students and will teach 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.

**Age:**..... 6-12 years  
**Instructor:**..... American Music Institute  
**Min/Max:** ..... 6/12  
**Location:** ..... Recreation Center  
**Fees:** ..... \$104/R, \$135/NR, \$114/NN  
**Day:**..... Wednesday or Saturday

CODE	DATES	TIME	DAY
252016-01	6/6-8/1	4:30P-5:30P	Wednesday
252016-02	6/9-7/28	9:00A-10:00A	Saturday

Class Will Not Meet On: 7/4

## Beginning Voice (DF)

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 LP

**Age:**..... 6-12 years  
**Instructor:**..... American Music Institute  
**Min/Max:**..... 4/10 per agency  
**Location:**..... Recreation Center  
**Fees:**..... \$104/R, \$135/NR, \$114/NN  
**Day:**..... Wednesday or Saturday

CODE	DATES	TIME	DAY
252017-01	6/6-8/1	5:30P-6:30P	Wednesday
252017-02	6/9-7/28	10:00A-11:00A	Saturday

*Class Will Not Meet On: 7/4*



# GYMNASTICS

## Jr. Gymnastics I (KJ)

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.

**Age:**..... 5-6 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:**..... 4/12  
**Location:**..... L.T. South Campus Building  
**Fees:**..... \$62/R, \$81/NR, \$68/NN  
**Day:**..... Monday or Thursday

CODE	DATES	TIME	DAY
212612-01	6/11-8/6	6:30P-7:30P	Monday
212612-02	6/14-8/9	6:30P-7:30P	Thursday

*Class Will Not Meet On: 7/2 and 7/5*

## Jr. Gymnastics II (KJ)

This class is an advancement from Jr Gymnastics I 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.

**Age:**..... 6-8 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:**..... 4/12  
**Location:**..... L.T. South Campus Building  
**Fees:**..... \$62/R, \$81/NR, \$68/NN  
**Day:**..... Monday or Thursday

CODE	DATES	TIME	DAY
2212613-01	6/11-8/6	6:30P-7:30P	Monday
212613-02	6/14-8/9	6:30P-7:30P	Thursday

*Class Will Not Meet On: 7/2 and 7/5*

# GYMNASTICS

## Beginning Tumbling (KJ)

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: ..... 4/12

Location: ..... L.T. South Campus Building

Fees: ..... \$70/R, \$91/NR, \$77/NN

Day:..... Thursday

CODE	DATES	TIME
212617-01	6/14-8/9	6:30P-7:30P

Class Will Not Meet On: 7/5

## Tumbling On (KJ)

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: ..... 4/12

Location: ..... L.T. South Campus Building

Fees: ..... \$70/R, \$91/NR, \$77/NN

Day:..... Monday

CODE	DATES	TIME
212618-01	6/11-8/6	7:30P-8:30P

Class Will Not Meet On: 7/2

## Tumbling for Cheerleading (KJ)

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: ..... 4/12

Location: ..... L.T. South Campus Building

Fees: ..... \$70/R, \$91/NR, \$77/NN

Day:..... Monday or Thursday

CODE	DATES	TIME	DAY
212619-01	6/11-8/6	7:30P-8:30P	Monday
212619-02	6/14-8/9	7:30P-8:30P	Thursday

Class Will Not Meet On: 7/2 and 7/5

## Boys Beginner Gymnastics (KJ)

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: ..... 4/12

Location: ..... L.T. South Campus Building

Fees: ..... \$62/R, \$81/NR, \$68/NN

Day:..... Monday

CODE	DATES	TIME
212614-01	6/11-8/6	6:30P-7:30P

Class Will Not Meet On: 7/2

## Boys Advanced Gymnastics (KJ)

The advanced-beginner group will be able to perform swing and supports on equipment, cartwheels and handstands on the floor, and squat on the vault as a prerequisite. Eleven to thirteen year olds will also attend this class as an intro to gymnastics.

Age:..... 9-13 years

Instructor:..... Sports Kids Inc.

Min/Max: ..... 4/12

Location: ..... L.T. South Campus Building

Fees: ..... \$70/R, \$91/NR, \$77/NN

Day:..... Monday

CODE	DATES	TIME
212615-01	6/11-8/6	7:30P-8:45P

Class Will Not Meet On: 7/2

## Girls Beginner Gymnastics (KJ)

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:..... 7-9 years

Instructor:..... Sports Kids Inc.

Min/Max: ..... 4/12

Location: ..... L.T. South Campus Building

Fees: ..... \$62/R, \$81/NR, \$68/NN

Day:..... Thursday

CODE	DATES	TIME
212539-01	6/14-8/9	7:30P-8:30P

Class Will Not Meet On: 7/5

# YOUTH ATHLETICS

## Youth Developmental 3 on 3 League (KJ)

The Youth Developmental 3 on 3 Basketball League offers instruction as well as a competitive basketball league that allows the players the opportunity to grow and learn the game in a fun and exciting environment. The 3 on 3 format will allow our players to learn and develop at a quicker pace while still being able to focus on the basic individual basketball skills and team concepts that will be taught. All divisions will practice for one hour between 5:30-8:30pm on Tuesdays and Thursdays. Games will begin on Thursday, June 21st. The first practice of the season will be used as a player evaluation day. Players and a parent are asked to arrive 15 minutes prior to the start of the evaluation in order to sign in. Teams will be formed after the evaluation process has been completed and families will be notified immediately. Volunteer parent coaches are needed for the success of the league. If you are interested in coaching please contact Kyle Madeja, Recreation Supervisor.

**Age:**..... 1st-8th Grade

**Instructor:**..... Volunteer Coaches

**Min/Max:** ..... 20/40 per division

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

**Fees:** ..... \$50/R, \$65/NR, \$55/NN – Entering 1st-4th Grade  
\$60/R, \$78/NN, \$66/NN – Entering 5th-8th Grade

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

CODE	DATES	TIME	GRADE
212738-01	6/5-7/26	5:30P-8:30P	1st-2nd
212738-02	6/5-7/26	5:30P-8:30P	3rd-4th
212738-03	6/5-7/26	5:30P-8:30P	5th-6th
212738-04	6/5-7/26	5:30P-8:30P	7th-8th

**Class Will Not Meet On:** 7/3, 7/5, and 7/19



## Youth Golf (KJ)

This non-competitive class is designed to teach boys and girls the fundamentals of golf and to instill in them an enthusiasm for the game. Participants will learn the proper grip, set-up, alignment, swing, golf terminology and etiquette. Students will be placed into age brackets. Be prepared to pick up golf balls with shag bags. Bring a seven iron to the first class. The last class will be held at Fresh Meadows Golf Course. Parents are responsible for transportation. Classes will be cancelled on rainy days. If unsure, call the activity line, 352-0588. Cancelled classes will be made up at the end of the session. Co-op LP & WS

**Age:**..... 6-14 years

**Instructor:**..... Mel Krejci

**Min/Max:** ..... 1-2 per agency

**Location:** ..... Gordon Park

**Fees:** ..... \$43/R, \$55/NR, \$47/NN

**Day:**..... Monday or Tuesday

CODE	DATES	TIME	DAY	AGE
212003-01	6/11-7/9	8:00A-8:45A	Monday	6-8
212003-02	6/11-7/9	9:00A-9:45A	Monday	6-8
212003-03	6/11-7/9	10:00A-10:45A	Monday	9-11
212003-04	6/11-7/9	11:00A-11:45A	Monday	9-14
212003-05	6/12-7/10	8:00A-8:45A	Tuesday	6-8
212003-06	6/12-7/10	9:00A-9:45A	Tuesday	6-8
212003-07	6/12-7/10	10:00A-10:45A	Tuesday	9-11
212003-08	6/12-7/10	11:00A-11:45A	Tuesday	6-8

**Class Will Not Meet On:** 7/2 and 7/3

## Flag Football (KJ)

This class is designed to teach and enhance the skills of our future stars. Proper techniques on passing, receiving, blocking and kicking will be covered. Breakdown of offensive and defensive strategies will also be covered. Teamwork and positive play are highly stressed, but our main objective is to have fun! Knee pads and elbow pads are required.

**Age:**..... 5-10 years

**Instructor:**..... All Star Sports Instruction

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

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

**Fees:** ..... \$66/R, \$86/NR, \$73/NN

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

CODE	DATES	TIME	AGE
212647-01	6/11-7/23	4:00P-5:00P	5-7
212647-02	6/11-7/23	5:00P-6:00P	8-10

# YOUTH ATHLETICS

## All Star Volleyball Skills (KJ)

To play this level of volleyball, players must learn to perfect their skills and continue to improve speed, coordination, and balance. Speed and agility drills will help increase short area quickness, improve defensive range, explosiveness to elevate and finish points and increases power and balance. All skills are covered in detail and games will be played. Defensive and offensive strategies will be taught as well.

**Age:**..... 8-13 years  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 6/16  
**Location:** ..... Recreation Center  
**Fees:** ..... \$73/R, \$93/NR, \$80/NN  
**Day:**..... Thursday

CODE	DATES	TIME	AGE
212707-01	6/7-7/26	3:00P-4:00P	8-10
212707-02	6/7-7/26	4:00P-5:00P	11-13

*Class Will Not Meet On: 7/19*

## Family Archery (KJ)

Learn the basics of a recurve bow or test your skills in our intermediate class in this fun and extremely safe environment. A nationally recognized 9-step program is taught. Blunt tipped arrows, bows and targets are provided. Technique will be stressed. Games will be played during every class.

**Age:**..... 6 years & older  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 4/8  
**Location:** ..... Denning Park  
**Fees:** ..... \$68/R, \$88/NR, \$75/NN  
**Day:**..... Saturday

CODE	DATES	TIME
212742-01	6/9-8/4	9:00A-9:45A

*Class Will Not Meet On: 7/7*

## Cheerleading (KJ)

Enjoy the physical fitness, self-confidence and fun that cheerleading skills and up-to-date dance routines with pom poms can provide. In the event of rain, class will be cancelled. Co-op LP

**Age:**..... 6-11 years  
**Instructor:**..... LG. Park Staff  
**Min/Max:** ..... 2/8 per agency

**Location:** ..... Robinhood Park, 30th Street & Robinhood Lane, La Grange Park  
**Fees:** ..... \$28/R, \$38/NR, \$31/NN  
**Day:**..... Monday

CODE	DATES	TIME
212503-01	6/11-7/9	10:00A-11:00A

## Floor Hockey (KJ)

Learn and play the fastest game in the world. This action packed class will emphasize the importance of teamwork and sportsmanship, while teaching the basic skills of passing, shooting and stick handling before the skates go on! Bike helmet and gloves are mandatory for this class. Shin pads, knee pads and elbow pads are optional.

**Age:**..... 4-9 years  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 6/16  
**Location:** ..... Recreation Center  
**Fees:** ..... \$59/R, \$79/NR, \$66/NN  
**Day:**..... Wednesday or Tue/Thu

CODE	DATES	TIME	AGE	DAY
212642-01	6/13-7/25	4:00P-5:00P	4-6	Wednesday
212642-02	6/13-7/25	5:00P-6:00P	7-9	Wednesday
212642-03	8/2-8/21	4:00P-5:00P	4-6	Tue/Thu
212642-04	8/2-8/21	5:00P-6:00P	7-9	Tue/Thu

*Class Will Not Meet On: 7/4*

## Family Pickleball (KJ)

Come try a sport that was originally developed for families to play! This badminton/tennis/table tennis like sport is the fastest growing sport in the area. We will cover pickleball basics such as forehand, backhand and dink shots, serving, and court positioning. Players will also learn scoring and rules as well as have plenty of time for game play with the family.

**Age:**..... 5 years & older  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 4/8  
**Location:** ..... Recreation Center  
**Fees:** ..... \$68/R, \$88/NR, \$75/NN  
**Day:**..... Thursday

CODE	DATES	TIME
212690-01	6/14-8/9	4:00P-4:45P

*Class Will Not Meet On: 7/5*

## Bowling (KJ)

Join us for a morning of strikes and spares at Eden Lanes. Kids will have a ball playing this very fun activity. Shoe rental is included in the fee. Co-op LP

**Age:**..... 7-13 years

**Instructor:**..... D. Floto

**Min/Max:** ..... 4/7 per agency

**Location:** ..... Eden Lanes, 10159 W. Cermak, Westchester

**Fees:** ..... \$50/R, \$65/NR, \$55/NN

**Day:**..... Wednesday

CODE	DATES	TIME
212567-01	6/13-7/18	10:00A-11:00A

**Class Will Not Meet On:** 7/4

## Kids First Track & Field (KJ)

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. Co-op LP

**Age:**..... 5-14 years

**Instructor:**..... Kids First Sports

**Min/Max:** ..... 2/8

**Location:** ..... Yena Park, La Grange Park

**Fees:** ..... \$64/R, \$84/NR, \$70/NN

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

CODE	DATES	TIME
212569-01	6/14-7/12	2:00P-3:00P
212569-02	7/19-8/9	2:00P-3:00P

## Jr. High Competitors Tennis (KJ)

Players at this level have knowledge of the basic shots and are working on rallies, stroke development and strategy, plus fun. These students will be working on preparing for high school tennis, tournaments and recreational play. Please bring your own tennis racket.

**Age:**..... 11-13 years      **Instructor:**..... Challenge Fitness Tennis

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

**Location:** ..... Gilbert Park

**Fees:** ..... \$90/R, \$117/NR, \$99/NN      **Day:**..... Mon./Wed.

CODE	DATES	TIME
212715-01	6/11-6/27	5:00P-6:00P
212715-02	7/9-7/25	5:00P-6:00P
212715-03	7/30-8/15	5:00P-6:00P

## Orange Ball Youth Tennis (KJ)

Participants will begin to learn the difference between forehands, backhands and volleys. Low compression balls are used in this class, which are 50% slower than regular tennis balls. These tennis balls bounce lower and are easier to hit, allowing kids to learn faster and have more fun. Please bring your own tennis racket.

**Age:**..... 7-10 years

**Instructor:**..... Challenge Fitness Tennis

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

**Location:** ..... Sedgwick Park

**Fees:** ..... \$90/R, \$117/NR, \$99/NN

**Day:**..... Monday/Wednesday or Tuesday/Thursday

CODE	DATES	TIME	DAY
212713-01	6/11-6/27	10:00A-11:00A	Mon/Wed
212713-02	6/12-6/28	10:00A-11:00A	Tue/Thu
212713-03	7/9-7/25	10:00A-11:00A	Mon/Wed
212713-04	7/10-7/26	10:00A-11:00A	Tue/Thu
212713-05	7/30-8/15	10:00A-11:00A	Mon/Wed
212713-06	7/31-8/16	10:00A-11:00A	Tue/Thu

## Green Ball Youth Tennis (KJ)

Players at this level have knowledge of the basic tennis shots and will work on rallies inside the service box leading to development of full court rallies. Green tennis ball will be used, which are 25% slower than regular yellow tennis balls. These tennis balls are more forgiving than yellow tennis which will allow continued development of technique, movement and strategy. Please bring your own tennis racket.

**Age:**..... 8-12 years

**Instructor:**..... Challenge Fitness Tennis

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

**Location:** ..... Sedgwick Park

**Fees:** ..... \$90/R, \$117/NR, \$99/NN

**Day:**..... Monday/Wednesday or Tuesday/Thursday

CODE	DATES	TIME	DAY
212714-01	6/11-6/27	11:00A-12:00P	Mon/Wed
212714-02	6/12-6/28	11:00A-12:00P	Tue/Thu
212714-03	7/9-7/25	11:00A-12:00P	Mon/Wed
212714-04	7/10-7/26	11:00A-12:00P	Tue/Thu
212714-05	7/30-8/15	11:00A-12:00P	Mon/Wed
212714-06	7/31-8/16	11:00A-12:00P	Tue/Thu

# YOUTH ATHLETIC CAMPS

## Archery Camp (KJ)

Learn the basics of a recurve bow in an extremely safe environment in this fun and exciting 4 day camp! A nationally recognized 9-step program is taught. Blunt tipped arrows, bows and targets are provided. Technique will be stressed. Games will be played during every class. Co-op LP & WS

**Age:**..... 7 & older  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 2/6 per agency  
**Location:** ..... Denning Park  
**Fees:** ..... \$47/R, \$61/NR, \$52/NN  
**Day:**..... Monday-Thursday

CODE	DATES	TIME	DAY	LEVEL
212611-01	6/11-6/14	3:00P-4:00P	7-10	Beginner
212611-02	6/11-6/14	4:00P-5:00P	11+	Beginner
212611-03	6/11-6/14	5:00P-6:00P	9+	Advanced
212611-04	7/9-7/12	3:00P-4:00P	7-10	Beginner
212611-05	7/9-7/12	4:00P-5:00P	11+	Beginner
212611-06	7/9-7/12	5:00P-6:00P	9+	Advanced
212611-07	7/30-8/2	3:00P-4:00P	7-10	Beginner
212611-08	7/30-8/2	4:00P-5:00P	11+	Beginner
212611-09	7/30-8/2	5:00P-6:00P	9+	Advanced

## Lacrosse Camp (KJ)

Join us in playing the oldest and fastest growing team sport in North America. Lacrosse is sweeping the nation and the suburbs. Get in on this game that will continue to grow. The camp will cover various lacrosse techniques including cradling, scooping, passing, catching, shooting and goalie skills. Each child should bring a mouth guard to class. Lacrosse sticks will be provided.

**Age:**..... 5-12 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 8/24  
**Location:** ..... Denning Park  
**Fees:** ..... \$47/R, \$61/NR, \$52/NN  
**Day:**..... Monday-Thursday

CODE	DATES	TIME	AGE
212662-01	6/18-6/21	3:00P-4:00P	5-6
212662-02	6/18-6/21	4:00P-5:00P	7-9
212662-05	6/18-6/21	5:00P-6:00P	10-12
212662-03	7/16-7/19	3:00P-4:00P	5-6
212662-04	7/16-7/19	4:00P-5:00P	7-9
212662-06	7/16-7/19	5:00P-6:00P	10-12

## Skyhawks Beginning Golf Camp (KJ)

Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. Golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting and body positioning. To assist in this training, Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. No need to bring your own clubs-all equipment is provided. For safety reasons we utilize special helmets for all campers and keep the instructor-to-camper ratio for this program very low, resulting in limited availability. These programs fill quickly. All participants receive a t-shirt and a merit award. Participants should wear appropriate clothing and running shoes and bring two snacks, a water bottle and sunscreen.

**Age:**..... 6-12 years  
**Instructor:**..... Skyhawks Academy  
**Min/Max:** ..... 10/28  
**Location:** ..... Sedgwick Park  
**Fees:** ..... \$119/R, \$139/NR, \$127/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
212655-01	6/11-6/15	9:00A-12:00P
212655-02	7/9-7/13	9:00A-12:00P

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## Skyhawks Flag Football Camp (KJ)

Skyhawks Flag Football is the perfect program for young athletes who want a complete introduction to “America’s Game” or for those who simply want to brush up on their skills in preparation for league play. Through our “skill of the day” activities, campers will learn skills on both sides of the ball, including the core components of passing, catching, and de-flagging or defensive positioning, all presented in a fun and positive environment. Skyhawks Flag Football is recommended for beginning to intermediate athletes. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron! All participants receive a t-shirt, football, and player evaluation. The participant-to-coach ratio is approximately 12:1. Participants should wear appropriate clothing and running shoes and bring two snacks, a water bottle and sunscreen.

**Age:**..... 6-12 years  
**Instructor:**..... Skyhawks Academy  
**Min/Max:** ..... 10/28  
**Location:** ..... Sedgwick Park  
**Fees:** ..... \$119/R, \$139/NR, \$127/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
212665-01	7/30-8/3	9:00A-12:00P

## Skyhawks T-Ball Camp (KJ)

Skyhawks baseball staff teach the fundamentals of fielding, catching, throwing, hitting and base running, all in a fun, positive environment. Specifically designed for beginning and intermediate players, this program teaches athletes new baseball skills along with vital life lessons such as respect, teamwork, and responsibility. All participants receive a t-shirt and a merit award. The participant-to-coach ratio is approximately 8:1. Participants should wear appropriate clothing and running shoes and bring two snacks, a water bottle and sunscreen.

**Age:**..... 4-7 years  
**Instructor:**..... Skyhawks Academy  
**Min/Max:** ..... 10/28  
**Location:** ..... Sedgwick Park  
**Fees:** ..... \$119/R, \$139/NR, \$127/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
212626-01	6/18-6/22	9:00A-12:00P

## Skyhawks Basketball Camp (KJ)

This fun, skill-intensive program is designed with the beginning to intermediate player in mind. Using our professional curriculum and focusing on the whole player, we teach your child the skills needed both on and off the court to be a better athlete. Our basketball staff will focus on respect, teamwork, and responsibility, starting each day with a “skill of the day” and progressing into drills and games. After a week of passing, shooting, dribbling, and rebounding, your child will show you why this is one of our most popular programs. All participants receive a t-shirt, basketball and a merit award. The participant-to-coach ratio is approximately 10:1. Participants should wear appropriate clothing and gym shoes, and bring two snacks and a water bottle.

**Age:**..... 6-12 years  
**Instructor:**..... Skyhawks Academy  
**Min/Max:** ..... 10/28  
**Location:** ..... Sedgwick Park  
**Fees:** ..... \$119/R, \$139/NR, \$127/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
212625-01	7/23-7/27	9:00A-12:00P

## Skyhawks Cheerleading Camp (KJ)

Skyhawks Cheerleading teaches young athletes the essential skills to lead crowds and support the home team! This entry-level cheer program ensures that each camper learns cheers, proper hand and body movements, and jumping techniques. There is no stunting, just a big focus on fun while each cheerleader learns important life skills such as teambuilding and leadership. The week concludes with a choreographed performance and, when available, a chance to cheer at a Skyhawks Football Camp! All participants will receive pom-poms, a t-shirt, and a merit award. The participant-to-coach ratio is approximately 10:1. Participants should wear appropriate clothing and running shoes, and bring two snacks, a water bottle and sunscreen.

**Age:**..... 6-12 years  
**Instructor:**..... Skyhawks Academy  
**Min/Max:** ..... 10/28  
**Location:** ..... Sedgwick Park  
**Fees:** ..... \$119/R, \$139/NR, \$127/NN  
**Day:**..... Monday-Friday

CODE	DATES	TIME
212664-01	7/30-8/3	9:00A-12:00P

# YOUTH ATHLETIC CAMPS

## Skyhawks Track & Field Camp (KJ)

Skyhawks Track & Field was developed to introduce young athletes to a sport rich in tradition and history. These programs combine technical development and fundamental techniques with safety while keeping a major focus on fun! Using special equipment, our staff teach the standard track & field events: long distance, sprints, soft hurdles, relays, shot put, discus, and standing long jump. Our exercises and drills prepare athletes for a future in cross-country, track & field events, and distance running while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool down techniques are covered in this unique program. Participants will put it all together for one fun-filled day at the end-of-the-week track meet. All participants will receive a t-shirt and a merit award. The participant-to-coach ratio is approximately 14:1. Participants should wear appropriate clothing and running shoes, and bring two snacks, a water bottle and sunscreen.

**Age:**..... 7-14 years

**Instructor:**..... Skyhawks Academy

**Min/Max:** ..... 10/28

**Location:** ..... Gordon Park

**Fees:** ..... \$119/R, \$139/NR, \$127/NN

**Day:**..... Monday-Friday

CODE	DATES	TIME
212667-01	6/25-6/29	9:00A-12:00P

## SMIA Soccer Camp (KJ)

The Aleks Mihailovic Soccer Made in America Training Camp offers a fully integrated program of soccer techniques and tactics. The camp is designed to develop players' skills at all levels and is open to players ages 4 through 17. World-class professional clinicians will provide five consecutive half-day sessions of soccer instruction. Players are divided into groups of ten or less according to ability first, age second. Beginning players will be introduced to the fundamental techniques and apply them in games. Intermediate players who have mastered basic techniques will be challenged and advance to a higher level. Participants are required to bring their own well-marked soccer ball. Shin guards are highly recommended. Co-op LP

**Age:**..... 4-16 years

**Instructor:**..... Soccer Made in America

**Min/Max:** ..... 3/15

**Location:** ..... Yena Park, LaGrange Park

**Fees:** ..... \$119/R, \$150/NR, \$127/NN

**Day:**..... Monday-Friday

CODE	DATES	TIME
272006-01	7/16-7/20	9:30A-12:30P

## Ultimate Frisbee Camp (KJ)

If you have ever wanted to combine soccer, football and frisbee, then Ultimate is the sport for you. This summer camp will teach the fundamental skills needed to be a great Ultimate player, combining a series of drills and games to help all players learn the game. At the end of each day players will split into teams and play a game of Ultimate. Come see why Ultimate is one of the fastest growing team sports in the country! Co-op WS

**Age:**..... 7-18 years

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

**Min/Max:** ..... 4/13

**Location:** ..... Spring Rock Park, Western Springs

**Fees:** ..... \$30/R, \$55/NR, \$40/NN

**Day:**..... Monday-Thursday

CODE	DATES	TIME
212688-01	6/11-6/27	4:00P-5:30P
212688-02	7/9-7/25	4:00P-5:30P

## Kids First Multi Sports Camp (KJ)

Experienced coaches will teach a different sport each day (baseball, soccer, flag football, kick ball & dodgeball) giving kids the chance to find out which sports they like best. General rules of the sport will be explained, including safety and fundamental demonstrations. Each day the game will start once the coach feels that all players understand the sport. Co-op LP

**Age:**..... 5-14 years

**Instructor:**..... Kids First Sports

**Min/Max:** ..... 2/8

**Location:** ..... Yena Park, LaGrange Park

**Fees:** ..... \$126/R, \$146/NR, \$134/NN

**Day:**..... Monday-Thursday

CODE	DATES	TIME
212671-01	6/11-6/14	9:00A-12:00P

## Sand Volleyball Camp (KJ)

This camp provides drills for serving, bumping, setting, spiking, techniques on speed and quickness, along with first step directional movements, volleyball safety awareness and sportsmanship. Trained coaches will plan strategic FUN preparation drills and games that will increase skills and safety through fundamentals. Co-op LP

**Age:**..... 6-14 years

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

**Min/Max:** ..... 2/8

**Location:** ..... Memorial Park, LaGrange Park

**Fees:** ..... \$126/R, \$146/NR, \$134/NN

**Day:**..... Monday-Thursday

CODE	DATES	TIME
272009-01	7/9-7/12	9:00A-12:00P

## Chicago Fire Soccer Camp (KJ)

Get ready to take your soccer performance to the next level this summer with Chicago Fire Summer Camps! Chicago Fire Summer Camps are all about giving players the opportunity to develop their skills in an environment that is positive and rewarding. Our highly qualified and talented staff have unrivalled experience in youth soccer development both in the U.S. and abroad and bring all of this experience to help your child become the next soccer superstar! Whether a player is new to the sport or already a superstar on the field, Chicago Fire Summer Camps will make every participant feel like a winner! Each player will receive a soccer ball, dri-fit jersey, a Chicago Fire DNA Evaluation PLUS a free companion ticket to a Chicago Fire Graduation Night Game! Campers should bring their own ball, shin guards and water bottle each day.

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

**Instructor:**..... Chicago Fire Soccer Staff

**Min/Max:** ..... 10/20

**Location:** ..... Sedgwick Park

**Fees:** ..... \$85/R, \$109/NR, \$94/NN (01)  
\$140/R, \$182/NR, \$154/NN (02-03)

**Day:**..... Monday-Friday

CODE	DATES	TIME	AGE
272015-01	7/30-8/3	8:00A-9:00A	3-5
272015-02	7/30-8/3	9:00A-12:00P	6-9
272015-03	7/30-8/3	9:00A-12:00P	10-16

## Bulls Basketball Camp (KJ)

Nobody can teach basketball better than the Chicago Bulls! This summer, learn from the best and let the Chicago Bulls teach you how to play like a champion! This Chicago Bulls Summer Camp is offered to two age groups. The rookie camp for children ages 6-8 is a beginner camp focused on building fundamentals and fun drills to get the kids to understand the game and improve their play. For the older kids, ages 9-12, coaches work on the "team" concept and refining and advancing the skills for the serious or soon-to-be serious player. You are sure to improve your ball handling, passing, shooting, rebounding and footwork! Each camper will receive a Chicago Bulls duffel bag, Bulls indoor/outdoor basketball, t-shirt, evaluation report and graduation certificate.

**Age:**..... 6-12 years

**Instructor:**..... Chicago Bulls

**Min/Max:** ..... 4/12

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

**Fees:** ..... \$215 per participant

**Day:**..... Monday-Friday

CODE	DATES	TIME
272001-01	6/11-6/15	8:30A-11:30A

## White Sox Baseball Camp (KJ)

For 20 years the Chicago White Sox have brought quality baseball instruction to children throughout Chicagoland! If you want to be the best, you have to train with the best! For the Little Sluggers, our beginner program is open to boys and girls ages 5 & 6 and is designed to introduce this age group to the game of baseball. Our intermediate camp for ages 7 & 8 includes fundamental skills work on throwing, hitting, bunting, fielding, pitching and base-running. The White Sox Summer Camp for ages 9-11 builds upon the basics and is just the ticket to advance your game to the next level. Depending on the skill level of the players, this camp will touch on advanced hitting and throwing techniques, as well as team play, advanced base running and other techniques that could be used on the field this season. Co-op LP & WS

**Age:**..... 5-12 years

**Instructor:**..... Chicago White Sox

**Min/Max:** ..... 4/12

**Location:** ..... Sedgwick Park

**Fees:** ..... \$215 per participant

**Day:**..... Monday-Friday

CODE	DATES	TIME	AGE
272025-01	7/9-7/13	8:30A-11:30A	5-6
272025-02	7/9-7/13	8:30A-11:30A	7-8
272025-03	7/9-7/13	8:30A-11:30A	9-12

## Bulls/Sox Combo Camp (KJ)

This week-long, all day camp gives the two-sport athlete the ability to improve their offensive and defensive game in both basketball and baseball before heading back to school. 6 hours a day...quality instruction in two sports...this truly is a one-of-a-kind camp! Children will be divided by age and ability level. During the camp each player will compete in the Bulls Skills Competition and the White Sox Skills Competition. At the end of the summer, the top scores from all of the summer camps will advance to the finals on the floor at the United Center and/or U.S. Cellular Field. There are also half day options available for each sport. Each camper will receive a variety of Bulls/Sox Academy items based on the camp attended ranging from t-shirts, hats, duffel bags, White Sox game vouchers and more.

Contact Kyle Madeja for details.

**Age:**..... 5-12 years

**Instructor:**..... Bulls/Sox Academy

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

**Min/Max:** ..... 5/20

**Fees:** ..... \$385 per participant – Full Day

\$215 per participant – Half Day

**Day:**..... Monday-Friday

CODE	DATES	TIME	CAMP
212634-01	7/30-8/3	9:00A-4:00P	Full Day
212634-02	7/30-8/3	9:00A-12:00P	Basketball
272025-03	7/9-7/13	8:30A-11:30A	9-12



LA GRANGE SUMMER PROGRAMMING | 536 East Avenue, LaGrange, IL

# WHITE SOX YOUTH ACADEMY



**DAN PASQUA**  
DIRECTOR OF  
SATELLITES

A former White Sox Slugger, Pasqua joined the Bulls/Sox Youth Academy more than six years ago working as a private instructor. Dan runs all programming out of LaGrange and Glen Ellyn, developing ball players through private and semi-private training lessons. Dan Pasqua was a left-handed power-hitting outfielder and first baseman known for hitting tape-measure home runs for the White Sox from 1988 to 1994. In 1988, Pasqua led the White Sox with 20 home runs; in 1989 he hit the second-to-last roof shot at old Comiskey Park and in 1991 hit a home run 484 feet - which still ranks among the top five longest home runs in U.S. Cellular Field history. Over his 10-year major-league career, Pasqua appeared in 905 games with the Yankees and White Sox, where he slugged 117 home runs and 390 RBI.



## PRIVATE LESSONS

Private Lessons are available year-round for ages 7-18 of all ability levels. Private Lessons help a player move forward at his or her own pace in any specific skill of the game. Athletes work one on one with a professional Academy instructor.

	SINGLE RATE	ROOKIE MEMBERSHIP	PRO MEMBERSHIP	HALL OF FAME MEMBERSHIP
		\$30/YEAR	\$60/YEAR	\$120/YEAR
Junior Baseball (5-8 years old)	\$27	--	--	--
Baseball	\$53	\$45	\$40	\$35
Elite Baseball*	\$65	\$56	\$51	\$46
Fastpitch	\$54	\$46	\$41	\$36

\*Elite Baseball lessons only available with Dan Pasqua, LaGrange Academy Director and former Chicago White Sox power hitting outfielder.

Visit our website [BullsSoxAcademy.com](http://BullsSoxAcademy.com) or call (630) 324 - 8221



## CHICAGO WHITE SOX FASTPITCH CAMPS

**WHITE SOX FASTPITCH CAMP \$110**

All prices are subject to change.

### WHITE SOX FASTPITCH HITTING CAMP

Every great hitter follows some basic fundamentals. Your child will learn to maximize power throughout the swing. A strong focus on stance, linear movements, rotation, contact point, extension, and follow through is sure to make your daughter a more confident hitter. Sign up today!

**Date:** 6/18-6/21 **Age:** 9-14 **Day:** Mon-Thu **Time:** 10:00-11:30am

### WHITE SOX FASTPITCH PITCHING CAMP

If you are a pitcher looking to throw harder with better control and keep your skills sharp during the season, then you'll want to take advantage of the Bulls/Sox Academy Fastpitch Pitching Club. This camp will teach you the proper pitching mechanics. Pitchers must bring their own catcher.

**Date:** 6/18-6/21 **Age:** 9-14 **Day:** Mon-Thu **Time:** 12:30-1:00pm

**HOURLY CAMPS | OPEN TO AGES 9 - 14 | ALL ABILITY LEVELS**  
**PROFESSIONAL ACADEMY COACHES | 10:1 STUDENT/INSTRUCTOR RATIO**  
**HITTING | PITCHING | TEAM WORK**





CHICAGO BULLS  
**BASKETBALL CAMPS**

**CHICAGO BULLS SUMMER CAMP \$215**

Prices are subject to change.

**Date:** 6/11-6/15 **Age:** 5-12 **Day:** Monday-Friday **Time:** 8:30-11:30am  
**Date:** 7/30-8/3 **Age:** 5-12 **Day:** Monday-Friday **Time:** 1:00-4:00pm

**5-DAY Bulls Summer Camp** for 5-12 year olds is ONLY \$215  
 Players will be divided by age and ability level.

**EACH CAMPER RECEIVES:**

- Four White Sox ticket vouchers, and two tickets to a Windy City Bulls game\*
- Chicago Bulls Duffel Bag, T-shirt & Basketball
- Chicago Bulls Skills Competition presented by Illinois Eye and Ear with a chance to qualify to compete on the United Center court at our Champions Day event. (Date TBD)
- An EXCLUSIVE United Center Experience at the home of the Chicago Bulls. Along with one guest, campers will have photo opportunities on court and with the Bulls' six NBA World Championship trophies, a tour of the United Center, meet and greets with Bulls entertainers and a shopping experience at the Madhouse Team Store. As a special bonus, campers will participate in a Q&A session with a current or former Bulls player or personality.

\*Restrictions apply to ticket vouchers. Experience dates are to be determined, premium items subject to change.



CHICAGO WHITE SOX  
**BASEBALL CAMPS**

**WHITE SOX SUMMER CAMP \$215**

Prices are subject to change.

**Date:** 7/9-7/13 **Age:** 5-12 **Day:** Monday-Friday **Time:** 9:00-12:00pm  
**Date:** 7/30-8/3 **Age:** 5-12 **Day:** Monday-Friday **Time:** 9:00-12:00pm

**5-DAY White Sox Summer Camp** for 5-12 year olds is ONLY \$215  
 Players will be divided by age and ability level.

**EACH CAMPER RECEIVES:**

- Four (4) upper level tickets to specific game with an additional two (2) 2018 White Sox ticket vouchers that can be used on limited game days\*
- Summer camp t-shirt
- White Sox Youth Academy baseball cap
- Evaluation report
- Graduation certificate
- An EXCLUSIVE Tour of Guaranteed Rate Field! Each camp participant, along with one guest, will have the opportunity to parade around the warning track of the field and go on a behind-the-scenes tour of the Press Box and Magellan Scout Lounge as well as enjoy a Q&A session with a White Sox radio or TV personality, coach and a current White Sox player.

\*Restrictions apply to ticket vouchers. Experience dates are to be determined, premium items subject to change.

B A S K E T B A L L | B A S E B A L L | F A S T P I T C H



**COMBO CAMPS**

**BULLS/WHITE SOX SUMMER CAMP \$385**

All prices are subject to change.

**Date:** 7/30-8/3 **Age:** 5-12 **Day:** Monday-Friday **Time:** 9:00am-4:00pm

**EACH CAMPER RECEIVES:**

- United Center & Guaranteed Rate Field Experience Tour
- Chicago Bulls duffel bag
- Chicago Bulls T-shirt
- Chicago White Sox T-shirt
- Bulls/Sox Youth Academy hat
- Bulls indoor/outdoor basketball
- Graduation certificate
- Bulls & White Sox Skills Competition

\*\* Bulls/Sox Combo Camp participants receive all premium items from both sports which includes four (4) tickets to a specific White Sox game and six (6) ticket vouchers towards a 2018 regular season home game (Restrictions apply). Combo camp participants also receive an exclusive tour experience at Guaranteed Rate Field.

Additional sites are available visit [BullsSoxAcademy.com](http://BullsSoxAcademy.com) or call (630) 324 - 8221

# YOUTH MARTIAL ARTS

## Judo/Jujitsu Summer Camp (KJ)

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. Join us for an exciting week of Judo/Jujitsu training, games, and plenty of activities to keep your kids moving and learning.

Age:..... 4-12 years

Instructor:..... Fil Gutierrez

Min/Max: ..... 5/20

Location: ..... Recreation Center

Fees: ..... \$155/R, \$200/NR, \$170/NN (01-02)  
\$195/R, \$252/NR, \$214/NN (03)

Day:..... Monday-Friday

CODE	DATES	TIME
212691-01	6/18-6/22	9:00A-10:15A
212691-02	6/18-6/22	10:15A-11:30A
212691-03	6/18-6/22	9:00A-11:30A

## Adult and Teen Jujitsu (KJ)

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 the techniques, a person may either control an attacker with minimum of 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 \$35, 1 year \$60) pad to the instructor.

Age:..... 13 years & older

Instructor:..... Fil Gutierrez

Min/Max: ..... 5/20

Location: ..... Recreation Center

Fees: ..... \$120/R, \$156/NR, \$132/NN – One Day  
\$160/R, \$208/NR, \$176/NN – Two Day

Day:..... Tuesday, Thursday, or Saturday – One Day  
Tue/Thu, Tue/Sat, Thu, Sat – Two Day

CODE	DATES	TIME	DAY
213006-01	6/26-8/21	7:30P-9:00P	Tuesday
213006-02	6/28-8/23	7:30P-9:00P	Thursday
213006-03	6/30-8/25	12:00P-1:30P	Saturday
213006-04	6/26-8/25	Time Varies	Two Day

Class Will Not Meet On: 7/26, 7/28 and 8/4

## Jujitsu Mighty Mites (KJ)

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 fee 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: ..... 6/16

Location: ..... Recreation Center

Fees: ..... \$120/R, \$156/NR, \$132/NN – One Day  
\$160/R, \$208/NR, \$176/NN – Two Day

Day:..... Tuesday, Thursday or Saturday – One Day  
Tue/Thu, Tue/Sat, Thu/Sat – Two Day

CODE	DATES	TIME	DAY
211600-01	6/26-8/21	4:30P-5:30P	Tuesday
211600-02	6/26-8/21	5:30P-6:30P	Tuesday
211600-03	6/28-8/23	4:30P-5:30P	Thursday
211600-04	6/28-8/23	5:30P-6:30P	Thursday
211600-05	6/30-8/25	9:00A-10:00A	Saturday
211600-06	6/30-8/25	10:00A-11:00A	Saturday
211600-07	6/26-8/25	Times Vary	Two Days

Class Will Not Meet On: 7/26, 7/28 and 8/4

## Pre Karate (KJ)

Young children will develop agility, strength and coordination skills through fun and creative activities. This program, specifically designed to work with growing minds and bodies, enhances memory and agility skills, too. Watch your child blossom while learning karate and having a blast at the same time!

Age:..... 4-7 years

Instructor:..... Shotokan Karate

Min/Max: ..... 12/20

Location: ..... Recreation Center

Fees: ..... \$116/R, \$148/NR, \$127/NN

Day:..... Monday

CODE	DATES	TIME	LEVEL
212528-01	6/11-8/20	4:00P-4:45P	Beg/Continuer
212528-02	6/11-8/20	4:50P-5:35P	Novice (Instructor Permission)

## Jujitsu Juniors (KJ)

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 as 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:**..... Fil Guiterez

**Min/Max:** ..... 5/20

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

**Fees:** ..... \$120/R, \$156/NR, \$132/NN – One Day  
\$160/R, \$208/NR, \$176/NN – Two Day

**Day:**..... Tuesday, Thursday, or Saturday – One Day  
Tue/Thu, Tue/Sat, Thu, Sat – Two Day

CODE	DATES	TIME	DAY
212550-01	6/26-8/21	6:30P-7:30P	Tuesday
212550-02	6/28-8/23	6:30P-7:30P	Thursday
212550-03	6/30-8/25	11:00A-12:00P	Saturday
212550-04	6/26-8/25	Times Vary	Two Day

**Class Will Not Meet On:** 7/26, 7/28 and 8/4

## Tae Kwon Do (KJ)

Students will learn basic fundamentals of a Korean style art of self-defense including punches, blocks, kicks, and single combination defensive and offensive moves. Sweat pants and a T-shirt should be worn to class. Tae Kwon Do apparel may be purchased from the instructor. Returning students may qualify for the next belt/rank. Co-op WS

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

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

**Min/Max:** ..... 4/12 per agency

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

**Fees:** ..... \$85/R, \$111/NR, \$94/NN

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

CODE	DATES	TIME	AGE
212562-01	6/1-7/13	4:00P-5:00P	3-7
212562-02	6/1-7/13	5:05P-6:05P	5-18
212562-03	7/20-8/24	4:00P-5:00P	3-7
212562-04	7/20-8/24	5:05P-6:05P	5-18

## Parent/Child Karate (KJ)

Parent/Child classes are a great way to spend quality time with your child, while conditioning muscles, developing coordination and improving cardiovascular fitness. 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.

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

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

**Min/Max:** ..... 8/15

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

**Fees:** ..... \$116/R, \$148/NR, \$127/NN per person

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

CODE	DATES	TIME	LEVEL
2212728-01	6/11-8/20	5:45P-6:40P	Beg/Nov (White-Yellow Belt)
212728-02	6/11-8/20	6:45P-7:45P	Intermediate (Blue-Purple Belt)
212728-03	6/11-8/20	7:45P-8:45P	Advanced (Brown-Black Belt)

## Youth/Adult Karate (KJ)

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.

**Age:**..... 8 years & older

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

**Min/Max:** ..... 12/30

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

**Fees:** ..... \$116/R, \$148/NR, \$127/NN

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

CODE	DATES	TIME	LEVEL
212518-01	6/11-8/20	5:45P-6:40P	Beg/Nov (White-Yellow Belt)
212518-02	6/11-8/20	6:45P-7:45P	Intermediate (Blue-Purple Belt)
212518-03	6/11-8/20	7:45P-8:45P	Advanced (Brown-Black Belt)

# TWEEN PROGRAMS

## WHY ARE THERE INITIALS NEXT TO PROGRAMS

(DF-Diana Faught, KM-Kevin Miller, TC-Teresa Chapman, KJ-Kyle Madeja)

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 |  - Childcare Offered During This Program |  - New Class

### Tie Dye Workshop (TC)

Create your one-of-a-kind shirt and bag, and stand out this summer. Bring other items you would like to tie dye and we will provide the rest. Snacks will be provided as you let your inner fashionista out.

**Registration deadline is June 7th.** This is an outdoor class that will meet near the activity building.

*Age:*..... 11-13 years & older  
*Instructor:*..... Staff  
*Min/Max:* ..... 3/6 per agency  
*Location:* ..... Sedgwick Park  
*Fees:* ..... \$15/R, \$20/NR, \$17/NN  
*Day:*..... Thursday

CODE	DATES	TIME
232072-01	6/28	2:00-3:00P

### Dave & Buster's Tween Outing (TC)

Exclusive Games. New Prizes. Extreme Fun! Dave & Buster's is famous for good reason: FUN! They have tons of ways to play, from exclusive new games to classic video games. There's something fun for everyone in the Million Dollar Midway and tons of prizes to take home from the Winner's Circle. Fee includes travel to Dave & Buster's and \$25 gaming card. Bus leaves from 536 East Avenue, La Grange.

**Registration deadline is June 27th.**

*Age:*..... 11-13 years  
*Instructor:*..... Staff  
*Min/Max:* ..... 6/12  
*Location:* ..... Dave & Busters, Orland Park  
*Fees:* ..... \$50/R, \$60/NR, \$55/NN  
*Day:*..... Wednesday

CODE	DATES	TIME
242507-01	7/18	11:00A-2:00P

### Summer Tween Clay Camp (TC)

Kids will have a fun time making unique treasures from clay. Classes include learning the process of hand building by creating a variety of fun forms and using different decorating techniques. The small class size allows for individualized attention by a professional art instructor. All clay, tools, supplies and firings are included in the class. Kids supply the imagination!

*Age:*..... 5th-8th Grade (grade entering Fall 2018)  
*Instructor:*..... La Grange Park Staff  
*Min/Max:* ..... 2/3  
*Location:* ..... Village Potters, 333 N. La Grange Rd., La Grange  
*Fees:* ..... \$180/R, \$234/NR, \$198/NN  
*Day:*..... Monday-Friday

CODE	DATES	TIME
232647-01	6/18-6/22	9:00A-11:30A
232647-02	7/9-7/13	9:00A-11:30A
232647-03	7/16-7/20	9:00A-11:30A
232647-04	7/23-7/27	9:00A-11:30A



# TRIPS

## Polk-a-Dot Drive In on Route 66 (TC)

Bobby socks, poodle skirts, black cows and green rivers! The great atmosphere at this restaurant will instantly transform you back to the 50's. The restaurant offers tableside jukeboxes, photo memorabilia of rock and roll stars, child and adult sized tables and booths, and numerous photo opportunities. Don't visit without trying an order of the restaurant's famous chili cheese fries! Bus leaves from 536 East Avenue, La Grange. Fee includes transportation only. **Registration deadline is Friday, June 1st.**

*Age:*..... 21 years and older

*Instructor:*..... Staff

*Min/Max:* ..... 6/12

*Location:* ..... Polk-a-Dot Drive In on Route 66, Braidwood, IL

*Fees:* ..... \$10/R, \$20/NR, \$15/NN

*Day:*..... Thursday

CODE	DATES	TIME
243047-01	6/14	10:00A-2:00P

## Cantigny Park (TC)

The Gardens at Cantigny beckon you. They tug at your senses, drawing you closer. If you listen carefully, each garden will tell you a story, unfolding with every step. You will feel your body relax as you absorb the landscape and the landscape devours your stress. The hustle of life melts away just a few steps into the 29 acres of flourishing, blooming tranquility. Enjoy the pace of nature here in The Gardens at Cantigny. Bus leaves from 536 East Avenue, La Grange. Fee includes transportation and entrance only. **Registration deadline is Tuesday, June 5th.** Co-op LP

*Age:*..... 21 years and older

*Instructor:*..... Staff

*Min/Max:* ..... 3/6 per agency

*Location:* ..... Cantigny Park, Wheaton, IL

*Fees:* ..... \$10/R, \$20/NR, \$15/NN

*Day:*..... Tuesday

CODE	DATES	TIME
143506-01	6/19	10:00A-3:00P

Refunds for trips will not be granted after the registration deadline, unless your spot can be filled.

\*Senior discount does not apply to trips .

## Fair Oaks Farms (TC)

Escape to the country, explore family farms, and reconnect with nature at the #1 agri-tourism destination in the Midwest. This all-day trip includes the dairy, pig and farm adventures. You will learn about sustainability and modern crop farming, view exciting exhibits, see a 3D movie, and see and touch high-tech farm tools. Take the cow bus to visit a stall barn and a dairy milking carousel, and see a calf being born! Then, take the pig bus to see how piglets grow, check out the breeding and gestation barn to try the virtual sonogram, and witness the miracle of life in the farrowing barn. Round out your day with lunch (included – please choose between a Ham & Swiss or Turkey & Swiss sandwich when you register), a visit to the gift shop and the café for cheese sampling and ice cream. Bus departs from 1501 Barsndale Road, La Grange Park. **Registration Deadline is Thursday, May 31st.** Co-op WS & LP

*Age:*..... 21 years and older

*Instructor:*..... Staff

*Min/Max:* ..... 7/10 per agency

*Location:* ..... Fair Oaks Farms, Indiana

*Fees:* ..... \$77/R, \$81/NR, \$79/NN

*Day:*..... Monday

CODE	DATES	TIME
243049-01	6/14	7:30A-4:00P



# TRIPS



## Atwater's Restaurant in Geneva (TC)

Please join us at Atwater's, an award-winning restaurant located inside of The Herrington Inn & Spa. Offering beautiful views of the courtyard and the lazy flow of the water, their chef creates richly flavored American dishes using the freshest local ingredients in every recipe. Dress is business casual. Bus leaves from 536 East Avenue, La Grange. Fee includes transportation only. **Registration deadline is Tuesday, July 10th.** Co-op WS & LP

*Age:*..... 21 years and older  
*Instructor:*..... Staff  
*Min/Max:* ..... 2/4 per agency  
*Location:* ..... Atwater's Restaurant, Geneva, IL  
*Fees:* ..... \$10/R, \$20/NR, \$15/NN  
*Day:*..... Tuesday

CODE	DATES	TIME
243046-01	7/24	10:30A-2:00P

## Anderson Japanese Gardens (TC)

Construction of Anderson Japanese Gardens began in 1978, when Rockford businessman John Anderson was inspired by a visit to the Portland Japanese Garden in Oregon. With the ongoing assistance of renowned Master Craftsman and designer Hoichi Kurisu, the Andersons' swampy backyard along Rockford's Spring Creek was transformed into a Japanese-style landscape. From groundbreaking to today, the placement of every rock, alignment of every tree, and layout of all paths has been made with careful consideration by Mr. Kurisu. In 1998, John and Linda Anderson donated the Gardens as a supported organization to the Rockford Rotary Charitable Association. It now exists as a not-for-profit entity and continues to grow and change to this day. Bus leaves from 536 East Avenue, La Grange. Fee includes transportation and entrance fee only. **Registration deadline is Tuesday, June 26.** Co-op WS.

*Age:*..... 21 years and older  
*Instructor:*..... Staff  
*Min/Max:* ..... 3/6 per agency  
*Location:* ..... Anderson Japanese Gardens, Rockford, IL  
*Fees:* ..... \$20/R, \$35/NR, \$27/NN  
*Day:*..... Tuesday

CODE	DATES	TIME
243045-01	7/10	9:00A-3:00P

## Two Brothers Brewing Company & Tap House (TC)

Welcome to Two Brothers Tap House, the house that independent craft beer built. This is a full service brewpub restaurant where you can come for true authentic craft beer completed by mouthwatering artisan dishes. Bus leaves from 536 East Avenue, La Grange. Fee includes transportation only. **Registration deadline is Friday, July 31st.** Co-op LP

*Age:*..... 21 years and older  
*Instructor:*..... Staff  
*Min/Max:* ..... 3/6 per agency  
*Location:* ..... Two Brothers Brewing Company & Tap House, Warrenville, IL  
*Fees:* ..... \$10/R, \$20/NR, \$15/NN  
*Day:*..... Tuesday

CODE	DATES	TIME
243048-01	8/14	10:30A-2:00P

Refunds for trips will not be granted after the registration deadline, unless your spot can be filled.  
 \*Senior discount does not apply to trips .

# ADULT ACTIVITIES

## Makeover: Home Edition (KJ)

Considering selling your house? Learn from industry experts on the trends in home updates to get the biggest bang for your buck. Whether it's simply a bathroom remodel or more extensive home makeover, this seminar will discuss the current popular styles and trends that will help sell your house faster. **Pre-Registration required by 6/19.**

*Age:*..... 18 years & older  
*Instructor:*..... Baird & Warner Representative  
*Min/Max:* ..... 6/12  
*Location:* ..... Recreation Center  
*Fees:* ..... FREE  
*Day:*..... Tuesday

CODE	DATES	TIME
233676-01	6/26	10:00A-11:30A

## AARP Driver Safety Program (KJ)

This class is a great driver's review class and certificate of completion may get you a discount on your automobile liability insurance. Advance registration is necessary and payment is due the day of class to AARP instructor (credit cards are not accepted and payment will not be taken at registration) and you must complete both days. The fee is \$20 non-AARP members and \$15 for AARP members.

*Age:*..... 55 years & older  
*Instructor:*..... Richard Josd  
*Min/Max:* ..... 5/30  
*Location:* ..... Recreation Center  
*Fees:* ..... \$20 non-AARP members & \$15 for AARP members  
 Payment taken day of class to instructor  
*Day:*..... Varies

CODE	DATES	TIME
233664-01	5/23-5/24	10:00A-2:00P
233664-02	6/26-6/27	10:00A-2:00P
233664-03	7/26-7/27	10:00A-2:00P

## Choosing a Medicare Supplement (KJ)

This education program will review the gaps in coverage in Medicare A & B, as well as the benefits of Medicare Supplement plans, also called Medigap plans. We will identify the "gaps" in coverage representing what the patient must pay after Medicare plans. Additionally, we will talk about how you can save money by understanding the difference in benefits between plans A to N in choosing the right plan for you and your spouse.

*Age:*..... 55 years & older  
*Instructor:*..... Maribeth FencI  
*Min/Max:* ..... 5/30  
*Location:* ..... Recreation Center  
*Fees:* ..... Free  
*Day:*..... Thursday

CODE	DATES	TIME
233667-01	8/23	7:00P-8:30P

## The Great Debate about Medicare Options (KJ)

Learn how to distinguish between the two Medicare health plan options: Medicare Advantage vs Medicare Supplement. Discover "hidden" costs. Understand the mechanics of how these plans work with premium costs, co-pays, co-insurance, deductibles and maximum out-of-pocket costs. Determine how doctor and provider networks work with these plans. Evaluate how these plans will meet your medical needs. Attendees will benefit from this program if: 1) they will soon be eligible for Medicare; 2) they are already on Medicare, but losing their group retiree benefits; 3) they serve as a caregiver to a Medicare beneficiary; and 4) they would like to learn more about all parts of Medicare. **Registration deadline in 6/14.**

*Age:*..... 55 years & over  
*Instructor:*..... Maribeth FencI  
*Min/Max:* ..... 5/30  
*Location:* ..... Recreation Center  
*Fees:* ..... Free  
*Day:*..... Thursday

CODE	DATES	TIME
233672-01	6/21	7:00P-8:30P

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



# ADULT ATHLETICS

## Adult Self Defense (KJ)

This class is intended to provide you with the basic principles of self-defense and situational awareness. You will learn several techniques for defending yourself if ever faced with an attack. Each session will start with a warm up that includes stretching and cardio. The class will then transition into learning a variety of stances, kicks, punches, blocks, grabs and counters. This class is educational, challenging and fun!

*Age:*..... 18 years & older  
*Instructor:*..... Bill DeJesus  
*Min/Max:* ..... 5/12  
*Location:* ..... Recreation Center  
*Fees:* ..... \$85/R, \$111/NR, \$94/NN  
*Day:*..... Friday

CODE	DATES	TIME
213012-01	6/1-7/13	6:10P-7:10P
213012-02	7/20-8/24	6:10P-7:10P

*Class Will Not Meet On: 7/6 and 8/3*

## Men's 50 & Over 16" Softball (KJ)

The Park District of La Grange will be offering Men's 16" Over 50 ASA sanctioned leagues this summer! Teams will play an 8-10 game regular season schedule, plus playoffs. Registration deadline is April 28th. Please call Kyle Madeja, Recreation Supervisor, at 708-352-1762 for more details. **Sign-up early because space is limited!**

*Age:*..... 50 years & older  
*Min/Max:* ..... 6/8  
*Location:* ..... Gordon Park  
*Fees:* ..... \$575 per team  
*Day:*..... Monday

CODE	DATES	TIME
213009-01	4/23-7/30	6:30P-10:30P

## Adult Beginner Tennis (KJ)

This adult beginner class is for adults wanting to develop proper technique and get to a recreational level of play and/or former players coming back to the game after an extended time period. Please bring your own tennis racket.

*Age:*..... 18 years & older  
*Instructor:*..... Tennis Challenge Fitness  
*Min/Max:* ..... 4/8  
*Location:* ..... Gilbert Park  
*Fees:* ..... \$45/R, \$59/NR, \$50/NN  
*Day:*..... Wednesday

CODE	DATES	TIME
213533-01	6/13-6/27	6:00P-7:00P
213533-02	7/11-7/25	6:00P-7:00P
213533-03	8/1-8/15	6:00P-7:00P

## Adult Intermediate Drill & Play Tennis (KJ)

This class is for intermediate level adults looking to get a workout, play matches and meet new players. Focus will be on movement and match play.

*Age:*..... 18 years & older  
*Instructor:*..... Tennis Challenge Fitness  
*Min/Max:* ..... 4/8  
*Location:* ..... Gilbert Park  
*Fees:* ..... \$68/R, \$88/NR, \$75/NN  
*Day:*..... Wednesday

CODE	DATES	TIME
213534-01	6/13-6/27	7:00P-8:30P
213534-02	7/11-7/25	7:00P-8:30P
213534-03	8/1-8/15	7:00P-8:30P

### 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.

## Co-Rec Sand Volleyball League (KJ)

It's time to get ready for the Park District's Summer Adult Sand Volleyball League. Teams will participate in a round robin play with times varying each week. Each team will play a match consisting of three 25-point games. The league is self-officiated with a court monitor present to keep score. Award money will be given out to the 1st and 2nd place teams.

**Registration deadline is June 1st.**

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

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

**Location:** ..... Sedgwick Park

**Fees:** ..... \$225 per team

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

CODE	DATES	TIME
213008-01	6/7-8/9	6:30P-10:30P

*Class Will Not Meet On: 7/5*

## Youth/Adult Karate (KJ)

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.

**Age:**..... 8 years & older

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

**Min/Max:** ..... 12/30

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

**Fees:** ..... \$116/R, \$148/NR, \$127/NN

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

CODE	DATES	TIME	LEVEL
212518-01	6/11-8/20	5:45P-6:40P	Beg/Nov (White-Yellow Belt)
212518-02	6/11-8/20	6:45P-7:45P	Intermediate (Blue-Purple Belt)
212518-03	6/11-8/20	7:45P-8:45P	Advanced (Brown-Black Belt)

## Adult and Teen Jujitsu (KJ)

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 the techniques, a person may either control an attacker with minimum of 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 \$35, 1 year \$60) paid to the instructor.

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

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

**Min/Max:** ..... 5/20

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

**Fees:** ..... \$120/R, \$156/NR, \$132/NN – One Day

\$160/R, \$208/NR, \$176/NN – Two Day

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

Tue/Thu, Tue/Sat, Thu/Sat – Two Day

CODE	DATES	TIME	DAY
213006-01	6/26-8/21	7:30P-9:00P	Tuesday
213006-02	6/28-8/23	7:30P-9:00P	Thursday
213006-03	6/30-8/25	12:00P-1:30P	Saturday
213006-04	6/26-8/25	Time Varies	Two Day

*Class Will Not Meet On: 7/26, 7/28 and 8/4*



# LA GRANGE FITNESS

Start your 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 a 9000 sq. ft. fitness center and walking track
- 40 pieces of state of the art Precor cardio equipment
- 30 pieces of Precor strength training equipment
- Queenax functional fitness equipment
- Complimentary orientation with fitness membership
- Two climate controlled group fitness studios
- Locker rooms with shower facilities
- Personal lockers free for daily use
- Drop-in childcare for children 1 year to 8 years old (additional fees apply)
- 40+ group fitness classes weekly included with membership (see schedule online)
- Fee based specialty classes with a NEW fitness member rate

## 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

**NEW Youth Memberships:** 14 & 15-year old's, must be on membership with a parent or guardian. Long term contracts only, no daily drop ins or short-term contracts

*Resident:* Individuals residing in La Grange and Countryside

*Neighborhood Network:* Individuals residing in communities which border the Village of La Grange (La Grange Park, La Grange Highlands, Western Springs, Brookfield and McCook)

*Non-Resident:* Individuals residing outside the Village of La Grange, Countryside, and Neighborhood Network towns.

LOCATION PHONE: 708-588-2260

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

## LA GRANGE FITNESS HOURS OF OPERATION

Monday-Friday 5:00am to 10:00pm

Saturday 6:00am to 8:00pm

Sunday 7:00am to 6:00pm

## LA GRANGE FITNESS SUMMER HOURS OF OPERATION

EFFECTIVE MEMORIAL DAY TO LABOR DAY

Monday-Thursday 5:00am to 10:00pm

Friday 5:00am to 9:00pm

Saturday 6:00am to 6:00pm

Sunday 7:00am to 5:00pm

## CHILDCARE HOURS

Monday-Saturday 8:30am to 11:30am

Monday-Thursday 5:00pm to 8:00pm

Childcare for children ages 1 through 8 years is available at La Grange Fitness. Your child will be supervised by qualified staff members and will enjoy a variety of activities. Childcare is offered for parents who are working out or taking classes. Parents must remain in the building while the child is in childcare. \*Note: Park District staff does not change diapers, the parents will be contacted in the case of an accident.

## SHORTENED HOURS

Christmas Eve 7:00am to 2:00 pm

New Year's Eve 7:00am to 2:00 pm

4th of July 7:00am to 2:00 pm

Labor Day 7:00am to 2:00 pm

Memorial Day 7:00am to 2:00 pm

August 25th 6:00am to noon

## CLOSED

Christmas Day

New Year's Day

Thanksgiving

Easter Sunday

August 26th (for floor refinishing)

## 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.

## DAILY DROP IN FEE - (DOES NOT INCLUDE CLASSES OR CHILDCARE)

*Resident:* \$7 / *Senior:* \$5

*Neighborhood Network:* \$8/ *Senior:* \$6

*Non-Resident:* \$10 / *Senior:* \$8.

## ADDITIONAL FEES

*Initiation Fee:* \$25 per member

*Private Locker:* \$200 per year

*Childcare Services:* \$3 per hour per child

**NEW childcare punch cards (10) one-hour visits for \$30 OR (10)**

**one and a half hour visits for \$45**

## PERSONAL TRAINING FEES

*1 session:* \$50     *3 sessions:* \$144

*5 sessions:* \$225     *10 sessions:* \$430

## MEMBERSHIP RATES:

Membership	Monthly Resident	Monthly Non-Resident	Monthly Neighborhood Network	Year Resident	Year Non-Resident	Year Neighborhood Network
Individual	\$30	\$45	\$37	\$336	\$435	\$372
Couple	\$50	\$65	\$57	\$575	\$750	\$635
Additional Member	\$20	\$30	\$25	\$216	\$280	\$238
Student	\$25	\$35	\$30	\$270	\$350	\$300
Senior	\$25	\$35	\$28	\$270	\$350	\$297
Senior Couple	\$40	\$55	\$47	\$400	\$520	\$440
*1 Month (30 days) effective 5/1	\$40	\$55	\$47	N/A	N/A	N/A
*3 Months (90 days) effective 5/1	\$110	\$160	\$135	N/A	N/A	N/A

# 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 approximately 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.



## CHRISTOPHER POSHEK

Personal Trainer

Chris has a certified personal training certification through the National Academy of Sports Medicine, NASM. He played organized sports throughout his childhood and teens, growing up in a training environment. A recurring injury of his shoulder led him to the weight room, where his love of training first took hold. He focuses on knowledge of various training techniques, and trains for functionality, core stabilization and mobility/flexibility. His aim is to enhance the well-being of his clients by empowering them with the knowledge, skills, encouragement, direction and resources to support and motivate them on their journey to a healthier life.

**Availability:** Tuesday and Thursday evening; Saturday from 7am to 1pm



## DAVID SMITH

Personal Trainer

Dave has a Master's of Science degree in Adult and Corporate Fitness from University of Illinois, and is also a certified personal trainer through the National Academy of Sports Medicine. With over 30 years of experience in fitness and personal training, he is a varsity letter winner in basketball and an Ironman triathlon finisher. Dave believes that daily exercise is such an important part of living a long, healthy and capable life. Functional resistance training allows a person to enjoy whatever physical activities they pursue; be it gardening, biking with the grandkids, golfing, tennis etc. Specialty areas: Weight loss, deconditioned adults, sports specific training and conditioning, boxing and martial arts, triathlon and obstacle course training.

**Availability:** Monday, Wednesday, Friday 5 AM to 5 PM; Tuesday & Thursday 9am to 5pm; Saturday 7am to 12pm



## HOLLY KALLAL

Personal Trainer

Holly has been involved in fitness through various platforms including clinical rehabilitation, health clubs and private training for over 20 years. She is certified by the American Council of Exercise and has backgrounds in sports conditioning and stretch therapy. She believes that proper nutrition and daily exercise are the foundation of a healthy lifestyle. Her goal is help individuals see the benefit of exercise not just for weight loss, but as a way of life.

**Availability:** Weekdays mid-morning to early afternoon and evenings; Saturday 9am to 12pm



## RUDY LUNA

Personal Trainer

Rudy is certified through International Sports Science Association (ISSA), and is also 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 the 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:** Weekdays morning, afternoon and evenings; Weekends scheduled as available



## 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 and Thursday evenings; Weekends scheduled as available

Small Group Queenax Training (4-week session \$80 per participant)

Queenax small group training is for fitness members only

See the fitness desk for dates, times and more information!

Sign up at the fitness desk at La Grange Fitness

## MEET YOUR INSTRUCTORS



### NANCY KNOP

#### Fitness Instructor

Nancy has been in the fitness industry for 29 years, certified in Group Fitness and Pilates. She has been certified as a Personal Trainer for 25 years working with clients in their home or workplace. Nancy trained with the National Academy of Sports Medicine, and has her certifications with ACE, AFAA, and SCW. She's lived in the La Grange area all of her life. Nancy is married with two grown children and sharing her passion for fitness with others is truly rewarding.



### MARIANNE MOHRHUSEN

#### Fitness Instructor

Marianne began teaching yoga at the Park District of La Grange in 2005. Since recently retiring from teaching kindergarten after 35 years at La Grange Highlands Elementary School, Marianne received her 200-hour yoga teaching certificate by studying at FocusOm in Brookfield. She currently teaches yoga classes for adults at the Park District of La Grange, as well as in the fitness center, and will be offering Family Yoga and Yoga for Kids starting this summer. Marianne enjoys working with yogis of all ages and abilities. "Yoga is such a wonderful way to find balance and peace for

your body, mind and spirit. I love when students leave a class saying that they feel so much better and that they are ready to take on the day with a sense of calm and flexibility. One of my favorite quotes is 'Give the world good energy,' and we can do that through our yoga practice."



### FREYA SMITH

#### Fitness Instructor

Freya believes exercise can, and should, be enjoyed by everyone regardless of where they are in their fitness journey. Her goal is to make classes fun, challenging and original so that her students feel great and are always looking forward to the next one! Freya has been teaching fitness classes for over 20 years. She is certified in Group Exercise, Cycle (Schwinn and Reebok), Activmotion Bar and Queenax, and has a 200-hour Yoga Teaching Certification from Moksha Yoga. Her experience teaching many fitness disciplines and her knowledge of human physiology allows her to offer a variety of options and modifications to suit all of her students' needs. Some of her recent classes at PDLG include Cycle, Sculpt and Yoga, Full Body Strength, Yoga, and Cycle. Freya hopes to see you in one of her classes soon!

# RECREATION CENTER FITNESS CLASS SCHEDULE

## SUMMER 2018 MORNING/AFTERNOON FITNESS CLASSES (5-8 WEEKS)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Barre Above 8:30-9:00A  Yoga 10:30-11:30A	Women's Strength 8:30-9:30A  Golden Barre 8:30-9:30A  Cycle, Sculpt & Yoga Stretch 9:15-10:30A  Gentle Yoga 9:45-10:45A	Yoga 8:30-9:30A  Zumba Gold 9:45-10:45A  Yoga & More for Kids 11:00A-12:00P	Women's Strength 8:30-9:30A  Chair Yoga for Everyone 9:45-10:40A	Cycle, Sculpt & Yoga Stretch 9:15-10:30A  Gentle Yoga 9:45-10:45A  Tai Chi 11:00A-12:15P	Cycle and Abs 8:00-9:00A  Yoga 8:30-9:30A
 = Childcare available					

## SUMMER 2018 EVENING FITNESS CLASSES (5-8 WEEKS)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Teen Kickboxing 5:15-6:15P  Toned & Strong 6:30-7:30P  Cardio Step & Core 7:40-8:40P	Yoga 6:00-7:00P  Mama Boot Camp 6:00-7:00P  Zumba Dance & Tone 7:00-8:00P  Gentle Yoga 7:15-8:15P	Barre Above 5:00-6:00P  Tai Chi 6:00-7:15P  Tabata Capoeira 7:00-8:00P	STRONG by Zumba 6:00-7:00P  Yoga Level II 6:45-8:00P		
				<b>REGISTER EARLY</b> Classes that do not meet minimum enrollment a week before the program starts will be subject to cancellation.	

### WHY ARE THERE INITIALS NEXT TO PROGRAMS

(DF-Diana Faught, KM-Kevin Miller, TC-Teresa Chapman, KJ-Kyle Madeja)

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 |



- Childcare Offered During This Program |



- New Class

## FITNESS PROGRAMS

### Child Care (KM)

Want to sign up for a fitness class but need someone to watch your child? No problem, you can take your class while your child has fun of their own with the Park District's childcare program! Your child will be supervised by qualified staff members and will enjoy a variety activities. \*Note: the park district staff does not change diapers, the parents will be contacted in the case of an accident. Parents must remain in the Recreation/Fitness Center while their child is in childcare. Childcare is filled on a first-come, first-served basis. Please call the front desk at (708) 352-1762. Payment is due at the time of reservation. No refunds.

Age:..... 1-8 years

Instructor:.. Staff

Location: ... Recreation Center

Fees: ..... Daily Drop-In \$3 per hour/per child  
Punch card 10 one hour visits for \$30  
Punch card 10 1.5 hour visits for \$45

Day:..... Monday - Saturday

Time:..... 8:30am-11:30am Mon-Sat  
5:00pm-8:00pm Mon-Fri

Dates:..... 9/5-12/23



= **CHILDCARE OFFERED DURING THIS PROGRAM**

CHILDCARE IS FILLED ON A FIRST-COME, FIRST-SERVED BASIS.

## 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 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.

### 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.
- Contact the front desk at 708-352-1762 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.

# FITNESS PROGRAMS

## One Day Workshops

### Mother/Daughter Zumba (KM)

Treat yourself and your daughter, niece or granddaughter to one fun hour of dancing, burning calories and bonding in a unique and exciting way. This special Zumba class involves learning basic dance exercise routines to Latin, international and current music. It's easy to follow, energizing and fun! Fee is per couple.

**Age:**..... 12 years & older  
**Instructor:**..... Anna Krueger  
**Min/Max:** ..... 5/10 parent/child couples  
**Location:** ..... Recreation Center  
**Fees:** ..... \$20/R, \$26/NR, \$22/NN per couple  
 Additional children are \$7.00  
**Fitness Member Fee:** .....\$16.00  
**Day:**..... Friday

CODE	DATES	TIME
223658-01	5/11	6:00P-7:00P

### Fix Your Posture! Yikes, Tech Neck (KJ)

You may have FHP (Forward Head Position aka Tech Neck) if you're always reminded to sit straight, or experience back and neck pain or fatigue. Learn simple exercises to help reverse FHP and improve your posture and energy levels!

**Age:**..... 16 years & older  
**Instructor:**..... Loni Alwin  
**Min/Max:** ..... 5/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$15/R, \$20/NR, \$17/NN  
**Fitness Member Fee:** .....\$12.00  
**Day:**..... Thursday, Friday or Saturday

CODE	DATES	TIME	DAY
223655-01	5/26	10:30A-11:30A	Sat
223655-02	7/12	6:30P-7:30P	Thurs
223655-03	8/17	10:00A-11:00A	Fri

### Family Yoga (KM)

This class is a wonderful opportunity for some healthy family bonding time. Yoga poses, breathing exercises, yoga games and relaxation techniques will be a part of this one hour class lead by Marianne Mohrhussen. Children must be accompanied by an adult. We recommend this class for children ages 4 and older. Please bring your yoga mats.

**Age:**..... 4 years & older  
**Instructor:**..... Marianne Mohrhussen  
**Min/Max:** ..... 10/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$10/R, \$13/NR, \$11/NN  
 Additional children are \$7.00  
**Fitness Member Fee:** .....\$8.00  
**Day:**..... Thursday

CODE	DATES	TIME
223574-01	5/31	4:00P-5:00P
223574-02	6/21	4:00P-5:00P
223574-03	7/26	4:00P-5:00P

## Yoga Classes

### Gentle Yoga (KM)

This class is ideal for people of all sizes, ages, and fitness levels. Gain added flexibility, strength and calmness. And, do it with the enjoyment that comes with doing things SLOWLY. Dress comfortably and bring a yoga mat. Co-op LP

**Age:**..... 16 years & older  
**Instructor:**..... Marianne Mohrhussen (01-02 & 05-06); Freya Smith (02); Sue Chilton (03 & 04)  
**Min/Max:** ..... 4/15 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$62/R, \$81/NR, \$68/NN (01, 03, 05)  
 \$55/R, \$72/NR, \$61/NN (02, 04, 06)  
**Fitness Member Fee:** .....\$50 (01, 03, 05, 07); \$44 (02, 04, 06); \$38 (08)

**Day:**..... Tuesday or Friday

CODE	DATES	TIME	DAY
223506-01	5/8-6/26	9:45A-10:45A	Tue
223506-02	7/10-8/21	9:45A-10:45A	Tue
223506-03	5/8-6/26	7:15P-8:15P	Tue
223506-04	7/10-8/21	7:15P-8:15P	Tue
223506-05	5/11-6/29	9:45A-10:45A	Fri
223506-06	7/6-8/24	9:45A-10:45A	Fri

**Class Will Not Meet On:** 8/3

# FITNESS PROGRAMS

## Yoga (KM)

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

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

**Instructor:** Marianne Mohrhussen (01 & 02); Sue Chilton (03 & 04); Kim Kitlica (05 & 06); Theresa Mikuls (07 & 08)

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

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

**Fees:** ..... \$62/R, \$81/NR, \$68/NN (01, 03, 05, 07)  
\$55/R, \$72/NR, \$61/NN (02, 04, 06)  
\$47/R, \$61/NR, \$52/NN (08)

**Fitness Member Fee:** .....\$50 (01, 03, 05, 07); \$44 (02, 04, 06); \$38 (08)

**Day:**..... Monday, Tuesday, Wednesday, or Saturday

CODE	DATES	TIME	DAY
223520-01	5/7-7/2	10:30A-11:30A	Mon
223520-02	7/9-8/20	10:30A-11:30A	Mon
223520-03	5/8-6/26	6:00P-7:00P	Tue
223520-04	7/10-8/21	6:00P-7:00P	Tue
223520-05	5/9-6/27	8:30A-9:30A	Wed
223520-06	7/11-8/22	8:30A-9:30A	Wed
223520-07	5/12-6/30	8:30A-9:30A	Sat
223520-08	7/7-8/18	8:30A-9:30A	Sat

**Class Will Not Meet On:** 5/28 & 8/4

## Yoga Level 2 (KM)

Deepen your practice with this 75 minute Yoga Level 2 class. Build flexibility, strength, and stamina with this dynamic class that connects breath with movement. Designed for the serious yoga student, poses flow together through rhythmic and fluid transitions. Move beyond beginner yoga with more challenging postures such as arm balances, inversions and backbends. Prior yoga experience highly recommended. Please bring a sticky mat.

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

**Instructor:**..... Kim Kitlica

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

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

**Fees:** ..... \$69/R, \$90/NR, \$76/NN (01)  
\$61/R, \$79/NR, \$67/NN (02)

**Fitness Member Fee:** .....\$55 (01); \$49 (02)

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

CODE	DATES	TIME
223539-01	5/10-6/28	6:45P-8:00P
223539-02	7/12-8/23	6:45P-8:00P

## Kids Yoga & More (KM)

Children will learn basic yoga poses and calming techniques. Each class will also include yoga games and stories. Practicing yoga helps children develop strength, flexibility, focus and balance. Join PDLG instructor and former kindergarten teacher, Marianne Mohrhussen for this engaging class!

**Age:**..... 5-10 years

**Instructor:**..... Marianne Mohrhussen

**Min/Max:** ..... 6/12

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

**Fees:** ..... \$62/R, \$81/NR, \$68/NN (01)  
\$55/R, \$72/NR, \$61/NN (02)

**Fitness Member Fee:** .....\$50 (01); \$44 (02)

**Day:**..... Wednesday

CODE	DATES	TIME
223661-01	5/9-6/27	11:00A-12:00P
223661-02	7/11-8/22	11:00A-12:00P

## Tai Chi (KM)

Tai Chi continues to grow in popularity because it offers a way to reduce stress, overcome illness, and increase mental and physical performance. This effective and practical tool enables one to delay the effects of aging. Tai Chi can be done by anyone, male or female, young or old, strong or weak, healthy or ill. Learn how to breathe in a way that both relaxes and invigorates while building coordination through the movements of Tai Chi. Confidence increases with better balance, more focus and heightened alertness. Self-defense applications will be taught in class. Please wear comfortable clothing for easy movement.

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

**Instructor:**..... Tom Wilkens

**Min/Max:** ..... 7/15

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

**Fees:** ..... \$70/R, \$91/NR, \$77/NN (01 & 03)  
\$62/R, \$81/NR, \$68/NN (02 & 04)

**Fitness Member Fee:** .....\$56 (01 & 03); \$50 (02 & 04)

**Day:**..... Wednesday or Friday

CODE	DATES	TIME	DAY
223612-01	5/9-6/27	6:45P-8:00P	Wed
223612-02	7/11-8/22	6:45P-8:00P	Wed
223612-03	5/11-6/29	11:00A-12:15P	Fri
223612-04	7/6-8/24	11:00A-12:15P	Fri

**Class Will Not Meet On:** 8/3

# FITNESS PROGRAMS

## Cycle Classes

### Cycle & Abs (KM)

A strong spin workout followed by intense ab work. Need we say more? Bring an exercise mat and water bottle.

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

**Instructor:**..... Mindy Levato

**Min/Max:** ..... 7/12

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

**Fees:** ..... \$58/R, \$75/NR, \$64/NN (01)  
\$44/R, \$57/NR, \$48/NN (02)

**Fitness Member Fee:** .....\$46 (01); \$35 (02)

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

CODE	DATES	TIME
223514-01	5/12-6/30	8:00A-9:00A
223514-02	7/7-8/18	8:00A-9:00A

**Class Will Not Meet On:** 8/4

### Cycle, Sculpt & Yoga (KM)

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. We'll be using a variety of equipment including hand weights, exercise balls and bands, activmotion bars and yoga props. There's no better way to improve your endurance, strength, core, balance and flexibility with this ideal blend of energizing and relaxing work for both body and mind! This class is suitable for all fitness levels and no experience is necessary. Please bring a yoga mat and a water bottle.

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

**Instructor:**..... Freya Smith

**Min/Max:** ..... 7/14

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

**Fees:** ..... \$42/R, \$55/NR, \$46/NN

**Fitness Member Fee:** .....\$34

**Day:**..... Tuesday or Friday

CODE	DATES	TIME	DAY
223642-01	5/8-6/5	9:15A-10:30A	Tue
223642-02	5/18-6/8	9:15A-10:30A	Fri

## Strength & Conditioning Classes

### Toned N Strong (KM)

Let us help you become toned and strong as we focus on toning and firming all of the muscles. Participants will learn the correct way to warm-up, stretch, and condition the major muscle groups. Xer-tubes and small weights will be provided. Bring a mat and water bottle. Aerobic shoes are recommended. Co-op WS & LP

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

**Instructor:**..... Ruth Rexing

**Min/Max:** ..... 3/10 per agency

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

**Fees:** ..... \$58/R, \$75/NR, \$64/NN (01)  
\$51/R, \$66/NR, \$56/NN (02)

**Fitness Member Fee:** .....\$46 (01); \$41 (02)

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

CODE	DATES	TIME
223518-01	5/7-7/2	6:30P-7:30P
223518-02	7/9-8/20	6:30P-7:30P

**Class Will Not Meet On:** 5/28

### Women's Strength (KM)

Ladies of all ages can join this strength training class. We use resistance balls, weights, tubing and bands and our own body weight. If you are interested in working on bone density, balance, body composition, back and abs and overall toning, this is the class for you. Besides the warm up and the strength portion, we'll finish with mat Pilates and mild stretching. Comfortable clothes, a mat and water bottle are all you need.

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

**Instructor:**..... Nancy Knop (01-03); Linda Guggenheim (04)

**Min/Max:** ..... 7/12

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

**Fees:** ..... \$58/R, \$75/NR, \$64/NN (01 & 03)  
\$51/R, \$66/NR, \$56/NN (02 & 04)

**Fitness Member Fee:** .....\$46 (01 & 03); \$41 (02 & 04)

**Day:**..... Tuesday or Thursday

CODE	DATES	TIME	DAY
223615-01	5/8-6/26	8:30A-9:30A	Tue
223615-02	7/10-8/21	8:30A-9:30A	Tue
223615-03	5/10-6/28	8:30A-9:30A	Thurs
223615-04	7/12-8/23	8:30A-9:30A	Thurs

# FITNESS PROGRAMS

## Barre Above (KM)

Barre Above is a totally unique approach to Barre workouts as you've seen them. Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises that dancers do, Barre Above™ delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape. Designed for a wide range of fitness levels, ages and bodies, complete with progressions so those new to fitness feel successful their first time and seasoned Barre enthusiasts will always feel challenged. Co-op WS & LP

**Age:**..... 16 years & older  
**Instructor:**..... Kimberly Duncan (01-02); Laura Mungai (03)  
**Min/Max:** ..... 3/5 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$58/R, \$75/NR, \$64/NN (01 & 03)  
 \$51/R, \$66/NR, \$56/NN (02)  
**Fitness Member Fee:** .....\$46 (01 & 03); \$41 (02)  
**Day:**..... Monday or Wednesday

CODE	DATES	TIME	DAY
223651-01	5/7-7/2	8:00A-9:00A	Monday
223651-02	7/8-8/20	8:00A-9:00A	Monday
223651-03	5/9-6/27	5:00P-6:00P	Wednesday

## Mama Boot Camp (KM)

Calling all ladies! Mama Boot Camp is for women who want to make fitness FUN! Challenge your mind and body in this class designed as a combination of strength, cardio, endurance and core work. Appropriate for all fitness levels. Please bring a mat and water bottle. Co-op WS & LP

**Age:**..... 16 years & older  
**Instructor:**..... Colleen Smith  
**Min/Max:** ..... 3/5 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$58/R, \$75/NR, \$64/NN (01)  
 \$51/R, \$66/NR, \$56/NN (02)  
**Fitness Member Fee:** .....: \$46 (01); \$41 (02)  
**Day:**..... Tuesday

CODE	DATES	TIME
223644-01	5/8-6/26	6:00P-7:00P
223644-02	7/10-8/21	6:00P-7:00P

## Cardio Classes

### Cardio Step and Core (KM)

Increase your cardio and strength results by alternating step aerobics, weight resistance, and low-impact moves. Calorie-burn high with fast results! Bring a mat and water bottle, all other equipment provided.

**Age:**..... 16 years & older  
**Instructor:**..... Ruth Rexing  
**Min/Max:** ..... 7/12  
**Location:** ..... Recreation Center  
**Fees:** ..... \$58/R, \$75/NR, \$64/NN (01)  
 \$51/R, \$66/NR, \$56/NN (02)  
**Fitness Member Fee:** .....: \$46 (01); \$41 (02)  
**Day:**..... Monday

CODE	DATES	TIME
223523-01	5/7-7/2	7:40P-8:40P
223523-02	7/9-8/20	7:40P-8:40P

*Class Will Not Meet On: 5/28*

### Zumba Dance & Tone (KM)

Groove to the beats of salsa, merengue, cumbia and music from around the world with Zumba! You'll move between high and low intensity dance moves to get your heart rate up and boost cardio endurance. With Zumba Toning light maraca style weights are used to help focus on rhythm plus tone target areas such as arms, abs and thighs. The combination of Zumba Dance and Zumba Toning is the perfect way to sculpt your body naturally while having fun!

**Age:**..... 16 years & older  
**Instructor:**..... Anna Krueger  
**Min/Max:** ..... 6/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$65/R, \$86/NR, \$72/NN (01)  
 ..... \$57/R, \$74/NR, \$63/NN (02)  
**Fitness Member Fee:** .....: \$52 (01); \$46 (02)  
**Day:**..... Tuesday

CODE	DATES	TIME
223502-01	5/8-6/26	7:00P-8:00P
223502-02	7/10-8/21	7:00P-8:00P

## STRONG by Zumba (KM)

STRONG by Zumba combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits to reach your fitness goals faster! Please bring a mat and water bottle.

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

**Instructor:**..... Maria Ruby

**Min/Max:** ..... 6/20

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

**Fees:** ..... \$65/R, \$86/NR, \$72/NN

**Fitness Member Fee:** ..... \$52 (01)

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

CODE	DATES	TIME
223538-01	5/10-6/28	6:00P-7:00P

## Zumba Gold (KM)

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

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

**Instructor:**..... Marianne Mohrhussen

**Min/Max:** ..... 6/20

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

**Fees:** ..... \$65/R, \$86/NR, \$72/NN (01)

\$57/R, \$74/NR, \$63/NN (02)

**Fitness Member Fee:** ..... \$52 (01); \$46 (02)

**Day:**..... Wednesday

CODE	DATES	TIME
223577-01	5/9-6/27	9:45A-10:45A
223577-02	7/11-8/22	9:45A-10:45A

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!



## Tabata Capoeira (KM) NEW

Tabata is the hottest HIIT training there is for men and women. Each workout is only 4 minutes with work/rest intervals built in. From jumping jacks to burpees and push-ups to squats, be prepared to challenge yourself in a variety of sweat inducing exercises. In this special format, the instructor will incorporate simple, yet effective cardio AND strength training moves inspired by capoeira, an Afro-Brazilian martial art. You'll use your body, weights, resistance bands, balls and ActivMotion bars. Please bring a mat and water bottle. Cross-trainer shoes recommended.

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

**Instructor:**..... Cecilia Bravo

**Min/Max:** ..... 6/15

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

**Fees:** ..... \$58/R, \$75/NR, \$64/NN (01)

\$51/R, \$66/NR, \$56/NN (02)

**Fitness Member Fee:** ..... \$46 (01); \$41 (02)

**Day:**..... Wednesday

CODE	DATES	TIME
223659-01	5/9-6/27	7:00P-8:00P
223659-02	7/11-8/22	7:00P-8:00P

## Teen Kickboxing (KM) NEW

Come try a total body workout in a safe environment that encourages power, energy and hard work, all while having fun and building some strength this summer! Kickboxing combines martial arts with the focus & discipline of yoga along with aerobic/cardio exercises. In this class, we will work the mind, body and spirit using focused punches and kicks as well as strengthening and toning movement combinations. You will get a complete workout that also helps to promote balance, flexibility and coordination. Please wear gym shoes and bring a water bottle.

**Age:**..... 12-16 years

**Instructor:**..... Kimberly Duncan

**Min/Max:** ..... 6/15

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

**Fees:** ..... \$58/R, \$75/NR, \$64/NN (01)

\$51/R, \$66/NR, \$56/NN (02)

**Fitness Member Fee:** ..... \$46 (01); \$41 (02)

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

CODE	DATES	TIME
223660-01	5/7-7/2	5:15P-6:15P
223660-02	7/9-8/20	5:15P-6:15P

*Class Will Not Meet On: 5/28*

# FITNESS PROGRAMS

## 50+ Classes

### Golden Barre (KM)

This class is for active adults or anyone who wants to improve balance, flexibility, core strength and posture. We will use chairs to aid in balance. This no-choreography class will use ballet moves to work through a comfortable but challenging workout. No dance experience needed. Please bring a yoga mat.

**Age:**..... 50 years & older  
**Instructor:**..... Linda Guggenheim  
**Min/Max:** ..... 7/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$58/R, \$75/NR, \$64/NN (01)  
                   \$51/R, \$66/NR, \$56/NN (02)  
**Fitness Member Fee:** .....: \$46 (01); \$41 (02)  
**Day:**..... Tuesday

CODE	DATES	TIME
223629-01	5/8-6/26	8:30A-9:30A
223629-02	7/10-8/21	8:30A-9:30A

### Chair Yoga for Everyone (KM) NEW

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:**..... 50 years & older  
**Instructor:**..... Joan Binder  
**Min/Max:** ..... 6/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$62/R, \$81/NR, \$68/NN (01)  
                   \$55/R, \$72/NR, \$61/NN (02)  
**Fitness Member Fee:** .....: \$50 (01); \$44 (02)  
**Day:**..... Thursday

CODE	DATES	TIME
223653-01	5/10-6/28	9:45A-10:40A
223653-02	7/12-8/23	9:45A-10:40A

## Senior Activities

### Hawaiian Social (KJ)

Looking for a fun time with friends? Come on down to the Hawaiian Social at the Park District! You will spend the afternoon in a Hawaiian paradise complete with music, refreshments and games! Win fun prizes! This is a free event, but please register so we can get enough refreshments for everyone. **Registration deadline is Friday, June 29th.**

**Age:**..... 55 years & older  
**Instructor:**..... Staff  
**Min/Max:** ..... 15/60  
**Location:** ..... Recreation Center  
**Fees:** ..... FREE  
**Day:**..... Friday

CODE	DATES	TIME
233000-01	7/13	12:00P-2:00P

### Get Your BINGO On (KJ)

Get out and have some fun playing BINGO. Lucky winners will win all kinds of great prizes. This is not a cash bingo. Snacks and drinks will be provided. All are welcome.

**Age:**..... 55 years & older  
**Instructor:**..... Staff  
**Min/Max:** ..... 10/25  
**Location:** ..... Recreation Center  
**Fees:** ..... \$5/R, \$5/NR, \$5/NN  
**Day:**..... Tuesday

CODE	DATES	TIME
233001-01	6/5	11:00A-12:00P
233001-02	8/14	11:00A-12:00P

### The Surprise Bridge Stakes Club (KJ)

Join others for an afternoon of bridge at the Recreation Center! This is a congenial, intermediate contract bridge mix. No partners needed. Tables will be made up as players arrive. Going for the Gold prizes!

**Age:**..... 55 years & older  
**Location:** ..... Recreation Center  
**Fees:** ..... \$1 at the door  
**Day:**..... Wednesday

CODE	TIME
6/6-8/29	1:00P-4:00P

# SENIOR ACTIVITIES

## Pinochle Tuesdays (KJ)

Come on down 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:* ..... FREE  
*Day:*..... Tuesday

CODE	TIME
6/5-8/28	11:30A-3:00P

## Choosing a Medicare Supplement (KJ)

This education program will review the gaps in coverage in Medicare A & B, as well the benefits of Medicare Supplement plans, also called Medi-gap plans. We will identify the “gaps” in coverage representing what the patient must pay after Medicare plans. Additionally, we will talk about how you can save money by understanding the difference in benefits between plans A to N in choosing the right plan for you and your spouse.

*Age:*..... 55 years & older  
*Instructor:*..... Maribeth Fencil  
*Min/Max:* ..... 5/30  
*Location:* ..... Recreation Center  
*Fees:* ..... Free  
*Day:*..... Thursday

CODE	DATE	TIME
233667-01	8/23	7:00P-8:30P

## The Great Debate (KJ)

Learn how to distinguish between the two Medicare health plan options: Medicare Advantage vs Medicare Supplement. Discover “hidden” costs. Understand the mechanics of how these plans work with premium costs, co-pays, co-insurance, deductibles and maximum out-of-pocket costs. Determine how doctor and provider networks work with these plans. Evaluate how these plans will meet your medical needs. Attendees will benefit from this program if: 1) they will soon be eligible for Medicare; 2) they are already on Medicare, but losing their group retiree benefits; 3) they serve as a caregiver to a Medicare beneficiary; and 4) they would like to learn more about all parts of Medicare. **Registration deadline is 6/14.**

*Age:*..... 55 years & over  
*Instructor:*..... Maribeth Fencil  
*Min/Max:* ..... 5/30  
*Location:* ..... Recreation Center  
*Fees:* ..... Free  
*Day:*..... Thursday

CODE	DATE	TIME
233672-01	6/21	7:00P-8:30P

## Walk for Health (KJ)

Join others for a walk at the Recreation Center. There will be a different speaker each month and refreshments will also be available. Walk what you can; every step you take is “A Step in the Right Direction.” This is a free program sponsored by the La Grange Aging Well Initiative Group.

*Age:*..... 55 years & older  
*Location:* ..... Recreation Center  
*Day:*..... Wednesday

DATES	TIME
6/20, 7/18, 8/15	10:30A-12:00P

## AARP Driver Safety Program (KJ)

This class is a great driver’s review class and certificate of completion may get you a discount on your automobile liability insurance. Advance registration is necessary and payment is due the day of class to AARP instructor (credit cards are not accepted and payment will not be taken at registration) and you must complete both days. The fee is \$20 non-AARP members and \$15 for AARP members.

*Age:*..... 55 years & older  
*Instructor:*..... Richard Josd  
*Min/Max:* ..... 5/30  
*Location:* ..... Recreation Center  
*Fees:* ..... \$20 non-AARP members & \$15 for AARP members  
 Payment taken day of class to instructor  
*Day:*..... Wednesday and Thursday

CODE	DATE	TIME
233664-01	5/23-5/24	11:00A-3:00P
233664-02	7/11-7/12	11:00A-3:00P

# SENIOR ATHLETICS

\*Senior Discount Does Not Apply To Athletics.

## Beginner Pickleball for Seniors (KJ)

Join the pickleball craze! Pickleball, a game that combines elements of tennis, badminton and ping pong, is sweeping the country. Pickleball players use wooden paddles and whiffle balls to play on a badminton-sized court with a slightly modified tennis net. This low-impact sport is easier on the knees and shoulders than tennis as it does not involve as much running or arm strength. Pickleball is a recreational game that is designed to encourage an active lifestyle. We are offering two levels of beginner classes for interested seniors who want to play this easy-to-learn game. 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:..... 55 years & older

Instructor:..... Sports Kids Inc.

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

Location: ..... Recreation Center

\*Fees:..... \$62/R, \$82/NR, \$69/NN

Day:..... Monday

CODE	DATES	TIME
213537-01	6/11-8/6	9:45A-10:45A

Class Will Not Meet On: 7/2

## Advanced/Beginner Pickleball for Seniors (KJ)

Join the pickleball craze! Pickleball, a game that combines elements of tennis, badminton and ping pong, is sweeping the country. Pickleball players use wooden paddles and whiffle balls to play on a badminton-sized court with a slightly modified tennis net. This low-impact sport is easier on the knees and shoulders than tennis as it does not involve as much running or arm strength. Pickleball is a recreational game that is designed to encourage an active lifestyle. We are offering two levels of beginner classes for interested seniors who want to play this easy-to-learn game. 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:..... 55+ years

Instructor:..... Sports Kids Inc.

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

Location: ..... Recreation Center

\*Fees:..... \$62/R, \$82/NR, \$69/NN

Day:..... Monday

CODE	DATES	TIME
213528-01	6/11-8/6	10:45A-11:45A

Class Will Not Meet On: 7/2

## Restorative Gentle Jujitsu (KJ)

Why martial arts for seniors? What a great concept. 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. Additionally, this class will be free of any falling. Please note: All participants will need to purchase additional insurance for \$10 for 6 months or \$15 for 1 year on the first day of class

Age:..... 55+ years

Instructor:..... Fil Gutierrez

Min/Max: ..... 4/12

Location: ..... Recreation Center

\*Fees:..... \$40/R, \$52/NR, \$44/NN (One Day)

\$55/R, \$72/NR, \$61/NN (Two Day)

Day:..... Monday or Wednesday – One Day

Mon/Wed – Two Day

CODE	DATES	TIME	DAY
233641-01	6/25-8/20	9:30A-11:00A	Monday
233641-02	6/27-8/22	9:30A-11:00A	Wednesday
233641-03	6/25-8/22	9:30A-11:00A	Mon/Wed

Class Will Not Meet On: 7/4

## Archery for Seniors (KJ)

Have you been looking for an activity that is relaxing, rewarding and fun? Then, come join the archery craze! Archery can be practiced by virtually anyone regardless of age, gender, skill, ability or experience. In this class for mature adults, instructors will teach the correct way to shoot a bow and arrow as well as emphasize safety and the techniques of archery through practice shooting and exciting games. Archery helps to challenge the mind, build upper body strength, enhance hand-eye coordination, get exercise through walking, and improve self-confidence. Don't miss an opportunity to learn more about this unique sport! All equipment will be provided; however, you may use your own equipment with instructor approval.

Age:..... 55 years & older

Instructor:..... Sports Kids Inc.

Min/Max: ..... 5/12

Location: ..... Gordon Park

\*Fees:..... \$63/R, \$82/NR, \$69/NN

Day:..... Tuesday

CODE	DATES	TIME
213536-01	6/12-8/7	10:45A-11:45A

*Class Will Not Meet On: 7/3*

## VOLUNTEERS INFORMATION



# Volunteers Wanted!!

## Interested in volunteering?

We are looking for people who are interested in getting involved with the Park District of LaGrange 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, Superintendent of Recreation, 536 East Ave., LaGrange, IL 60525.

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

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

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

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

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discover abilities  
achieve potential  
realize dreams

SEASPAR (the South East Association for Special Parks And Recreation) provides recreational programs and services for individuals with disabilities served by the Park District of La Grange and eleven other communities.

**Sports • Trips • Social Programs • Special Events • And More!**

## Summer Day Camps

SEASPAR's day camps are the perfect place for kids, teens, and young adults to spend their summer enjoying creative, social, and physical activities as well as fun community outings!

SEASPAR offers summer day camps for a variety of ages and abilities:

- Kids Camp for ages 5-12
- Teen & Adult Camp for ages 13-22
- Camp Carefree for ages 8-22 with a physical disability or visual impairment
- Adventure Camps for ages 3-15

For more information on day camps and other programs for children and young adults, call SEASPAR at 630.960.7600 or visit SEASPAR.org.



## Golf "Fore" SEASPAR

All are invited to flock to the fairway to support SEASPAR's programs and services this summer!

### Chip In for SEASPAR 9-Hole Event

Friday, May 11  
Downers Grove Golf Course  
\$50/Person (Includes golf and lunch)

### Summer Golf Classic

Friday, July 13  
Village Greens of Woodridge  
\$150/Person (Includes golf, lunch, and dinner)

### Look for our summer program guide in April!

The South East Association for Special Parks And Recreation provides dynamic recreation programs and quality services for individuals with disabilities served by the park districts of Clarendon Hills, Darien, Downers Grove, La Grange, La Grange Park, Lemont, Lisle, Westmont, and Woodridge, and the villages of Brookfield, Indian Head Park, and Western Springs.

4500 Belmont Road  
Downers Grove, IL 60515  
630.960.7600  
630.960.7605 TDD

**Discover Us!**  
**SEASPAR.org**



# 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. No dogs are allowed in the parks.
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 the 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 audiocassette or large print), contact the Superintendent 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 Superintendent 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 or activity is the perfect gift for anyone. You can purchase a gift certificate at the Park District Office at 536 East Avenue, Monday-Friday, 9am-5pm.

## 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

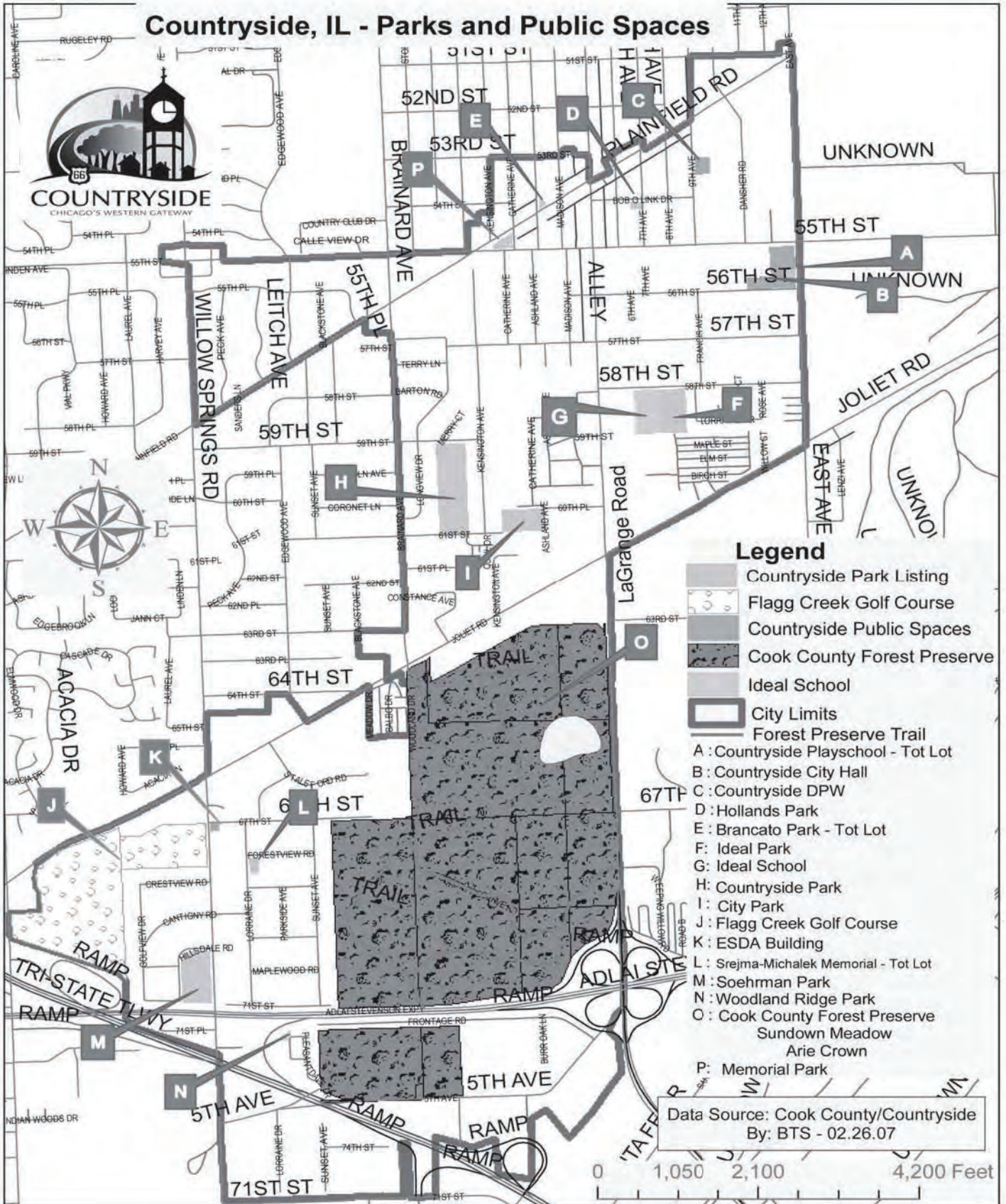
- Age
- Gender
- Race
- Height
- Weight
- Clothing
- Unique identifying characteristics

### Vehicles

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



# COUNTRYSIDE MAP



# PDLG FACILITY & PARK INFORMATION

FACILITIES	Map ref.	Acres	Amenities
Recreation Center 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 200 S. Washington Ave.	B	1	Activity Building, Playground, 2 Basketball Courts*
PARKS			
Denning Park 4903 S. Gilbert Ave.	1	10	Activity Building, Playground, Picnic Shelter, Walking/Jogging Path, 1 Soccer Field, Parking Lot, Basketball Court, Community Garden
Elm Park Elm & Stone Ave.	2	2	Playground, Half-Court Basketball Court
Gilbert Park 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 Ogdon & Locust Ave.	4	17	Picnic Shelter, Playground, 2 Softball Fields*, 1 T-Ball Field, 3 Handball Courts*, 2 Soccer Fields, Splash Pad, Walking/Jogging Path, Fitness Stations, Butterfly Garden, Skate Spot, Parking Lot
Sedgwick Park 10th Ave. & 48th St.	5	25	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 Bell & Stone Ave.	6	0.5	Playground, Half-Court Basketball Courts
Rotary Centennial Park 116 Sawyer Ave.	7	0.3	Playground, Picnic Shelter
Spring Park 53rd St. & Spring Ave.	8	0.85	Playground, Picnic Shelter
Waiola Park 47th St. & Waiola Ave.	9	3.5	Playground, Basketball Court, 1 T-Ball Field, Walking/Jogging Path, 1 Soccer Field
Spring/Gurrie Schools 1001 S. Spring Ave.	10	8	2 Softball Fields, 3 Tennis Courts
Meadowbrook Manor Park 339 9th Ave.	11	0.25	Playground

\* FIELD AND/OR COURTS ARE LIGHTED

# PDLG FACILITY & PARK MAP





Park District of La Grange  
536 East Avenue  
La Grange, IL 60525

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