

2019

WINTER/SPRING



- Resident registration begins: Thursday, 12/6

- Non-resident registration begins: Thursday, 12/13

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.

Front Desk/Phone Hours:

8 am - 9 pm Mon.-Fri.

8 am - 6 pm Sat.

10 am - 5 pm Sun.

Closed 11/22, 12/25, 1/1, and 4/21

(8:00am-1:00pm) 12/24, 12/31

(10:00am-1:00pm) 5/12

SEE PAGE 62 FOR FITNESS CENTER HOURS

Important Telephone Numbers

Administrative Offices	708/352-1762
Administrative Fax	708/352-8591
Athletic Hotline	708/352-0588
Gilbert Park Activity Building	708/354-9091
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 Thursday, December 6 • 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 12/6 is 12/5. If you 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

Gurie/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, Robert Vear robertvear@pdlg.org

Vice President, Mary Ellen Penicook maryellenpenicook@pdlg.org

2nd Vice President, Lynn Lacey lynnlacey@pdlg.org

Commissioner, Karel Jacobs kareljacobs@pdlg.org

Commissioner, Robert Ashby bobashby@pdlg.org

Board Appointments

Executive Director, Dean Bissias, APRP deanbissias@pdlg.org

Board Treasurer, Robert Metzger

Important E-mail Addresses

General pdlginfo@pdlg.org

FOIA Requests 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

Finance Staff

Supt. of Finance, Leynette Kuniej, CPA leynettekuniej@pdlg.org

Finance & Personnel Assistant, Terri Kuzel terrikuzel@pdlg.org

Recreation/Facility Staff

Supt. of Recreation, Kevin Miller, CPRP kevinmiller@pdlg.org

Assistant Supt. of Recreation,
Diana Faught, CPRP dianaafaught@pdlg.org

Supt. of B.A.S.E., Leanna Hartung leannahartung@pdlg.org

Supt. of Facilities, Chris Finn, PPRP chrisfinn@pdlg.org

Assistant Supt. of B.A.S.E. Melissa Seaberg melissaseaberg@pdlg.org

Marketing & Events Supervisor, Teresa Chapman teresachapman@pdlg.org

Recreation Supervisor, Kyle Madeja, CPRP kylemadeja@pdlg.org

Supt. of LaGrange Fitness, Jenny Clark, CPRP jennyclark@pdlg.org

Administrative Supervisor, Linda Muth lindamuth@pdlg.org

Maintenance Supervisor, Josh Wienczek joshwienczek@pdlg.org

Facility Rental Coordinator, Katie Walsh katiawalsh@pdlg.org

Secretary/Receptionist, Ginger Zeman gingerzeman@pdlg.org

Parks Department Staff

Parks Foreman, Claudia Galla 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 Thursday, 12/6 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 12/6. Countryside residents may also register beginning 12/6.

2. NON-RESIDENT REGISTRATION

Individuals residing outside of the Park District boundaries may register starting at 8:00 a.m. Thursday, 12/13. 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. 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 per class will be deducted from all refunds over \$5, except when a medical certificate is presented in writing or the District cancels a program. 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. PAYMENT METHODS

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

17. REGISTER EARLY!

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

18. FEES SUBJECT TO CHANGE WITHOUT NOTICE

19. ADA ACCOMODATIONS

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.

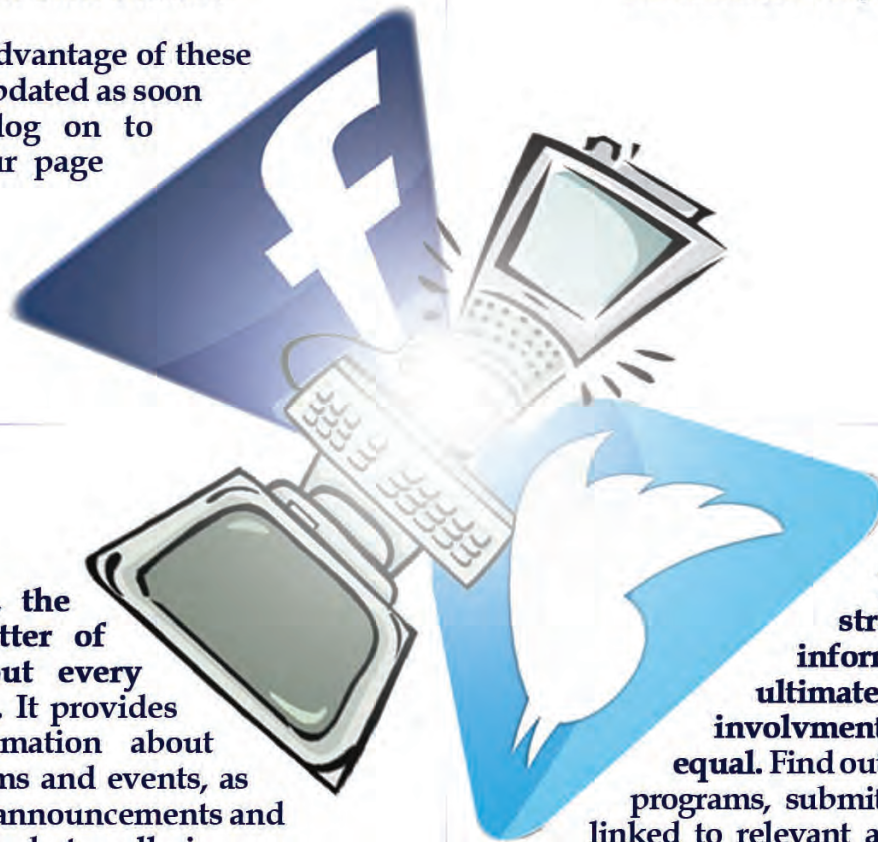
To subscribe, stop by the Recreation Center (536 East Ave., La Grange) or visit www.pdlg.org and click on the link at the bottom to sign up!

eNewsletter

Mobile Website

Get all the latest information as well as register for programs on the District's website www.pdlg.org.

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 with your Twitter account

Twitter

PROGRAM LISTING

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- Early Bird Reg. begins 2/1

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Winter/Spring 2019

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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.pdkg.org for more information on booking details. You may also contact Katie Walsh at (708) 352-1762 or katiwalsh@pdkg.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. 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
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Conference Room 101 or Room 102 *(fee per room)*

Res. \$20/hr	Non-res. \$25/hr
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Room 102 holds a max of 20 people and Conference Room 101 max is 10 people.

Shared Indoor Playground Access

During room rental only

\$20 flat fee/resident	\$25 flat fee/non-resident
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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

Resident	\$ 100 per hour	Max
Non-Resident	\$ 120 per hour	175 people
Kitchen Rental	<i>Res.</i> \$ 30 per event	
	<i>Non-res.</i> \$ 40 per event	
Alcohol Permit	\$150 per event	
<i>(Beer, Wine Products only - Renter supplies own alcohol)</i>		
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



the *De Sitter*
ROOM



Park District of La Grange
536 East Avenue, La Grange, IL 60525
Room Rental Information call 708-352-1762
www.pdlg.org

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, plus free admission to the indoor playground for children in the household and free admission for children 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	\$28 per year (16 & Older)	\$42 per year (16 & Older)	\$31 per year (16 & Older)
Family Yearly	\$50 per year	\$75 per year	\$55 per year
Senior Yearly	\$24 per year (55 & Older)	\$37 per year (55 & Older)	\$28 per year (55 & Older)
Student Yearly*	\$24 per year	\$37 per year	\$28 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.

Closed 12/25, 1/1, and 4/21

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.

Closed 12/25, 1/1, and 4/21

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-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, \$30/NR
14 yrs & older	\$30/R, \$48/NR

Basketballs available ONLY with a Park District ID!

DAILY OPEN GYM FEES

Age	Fees
5-13 yrs	\$2/R, \$5/NR
14 & up	\$5/R, \$8/NR

NO REFUNDS

COMMEMORATIVE TREE PROGRAM



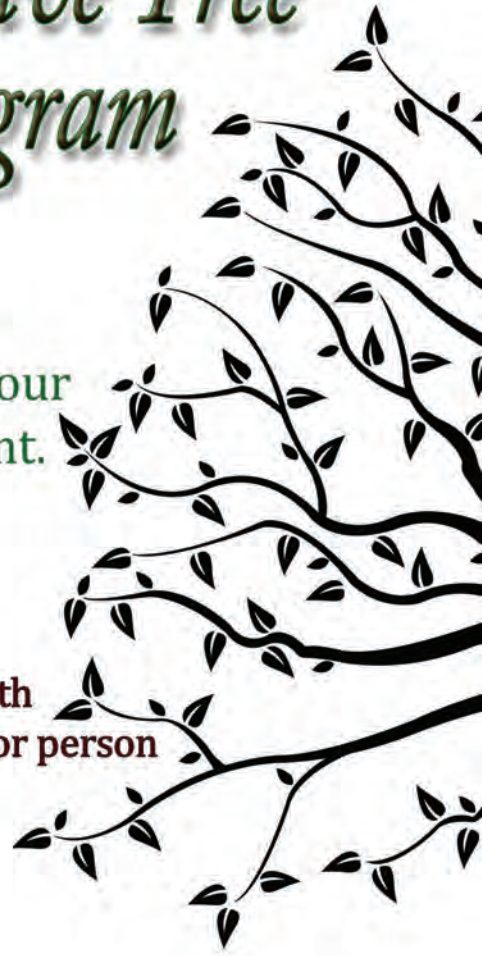
Commemorative Tree Program



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

Family Bingo Night! (TC)

Get out of the house and enjoy an affordable, fun, family night of bingo! We have some great prizes! Children must be accompanied by an adult. Price listed per person. Pre-registration is required. **Registration deadline is January 11th.** Co-op LP

Age:..... 3 years and older
Instructor:..... Staff
Min/Max:..... 10/40 per agency
Location:..... Recreation Center
Fees:..... \$4/R, \$4/NR, \$4/NN per person
Day:..... Friday

CODE	DATES	TIME
144515-01	1/18	6:00P-7:30P

Senior Breakfast & BINGO (TC)

We'll enjoy a breakfast sandwich with fruit and coffee followed by games of BINGO. This is not a cash BINGO, but you can play for prizes. Breakfast is served at 9 a.m. Come and bring a friend. Join the fun and sign up today. **Registration deadline is January 28th.** Co-op LP

Age:..... 21 years & older
Instructor:..... Staff
Min/Max:..... 10/20 per agency
Location:..... Recreation Center
Fees:..... \$9/R, \$11/NR, \$10/NN
Day:..... Monday

CODE	DATES	TIME
133030-01	2/4	9:00A-10:30A

Kids Toy & Garage Sale (TC)

Clean out those closets! Get rid of your old toys, books, and things that you no longer use, and sell them at our Kids Toy and Garage Sale. Your fee includes one table to display your items. Someone must be present at the table throughout the event. A parent must be present for children under 12 years. **Registration deadline is January 30th.** Co-op LP & WS

Age:..... 6-18 years
Instructor:..... Staff
Min/Max:..... 5/20 per agency
Location:..... Recreation Center
Fees:..... \$10/R, \$15/NR, \$13/NN
Day:..... Sunday

CODE	DATES	TIME
144525-01	2/10	10:00A-12:00P

Valentine Candy Carnival (TC)

Join us for a night of fun playing games to win candy. We will have a variety of games for children such as Sweethearts Bag Toss, Ring Toss, Knock Down, Ping Pong Toss, crafts, entertainment, and tons of fun. Co-op LP & WS

Age:..... Children 11 years & under with parent
Min/Max:..... 10/50 per agency
Fees:..... \$8/R, \$8/NR, \$8/NN per child
Instructor:..... Staff
Location:..... Recreation Center
Day:..... Friday

CODE	DATES	TIME
144005-01	2/8	6:00P-7:30P

Mother/Son Dance (TC)

Come to the Recreation Center and enjoy a fantastic night out with your little guy! Dance to your favorite tunes, enjoy refreshments, and leave at the end of the evening with a photo memento and a special surprise. Each additional child is \$20. **Registration deadline is February 25th.** Co-op LP

Age:..... 2-10 years
Instructor:..... Staff
Min/Max:..... 10/25 per agency
Location:..... Recreation Center
Fees:..... \$47/R, \$61/NR, \$54/NN per couple
Day:..... Friday

CODE	DATES	TIME
144518-01	3/8	6:00P-8:00P

Cinderella Ball (TC)

Dress in a magical princess ball gown to dance with Cinderella and her friends. Enjoy a buffet meal, a royal craft, dancing, and more. Parents, please accompany your child. **Registration deadline is February 22nd.**

Age:..... 2-12 years with parent
Instructor:..... Staff
Min/Max:..... 10/20 per agency
Location:..... Recreation Center
Fees:..... \$26/R, \$36/NR, \$31/NN per child
 Parents - free, registration required

CODE	DATES	TIME	INFO
144026-01	3/15	6:00P-7:30P	Children
144026-02	3/15	6:00P-7:30P	Parents Ages 18+

Community Garden Plots (TC)

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. 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. For more information, please call Claudia Galla (708) 352-1762. Sign up for your 2019 garden plot starting December 6th.

SPECIAL EVENTS

Breakfast with The Easter Bunny (TC)

Hop on over to the Recreation Center for breakfast with the Easter Bunny! Breakfast will begin at 8:30 a.m. The menu includes pancakes, sausage, milk, orange juice, and coffee. Each child will have an opportunity to sit on the bunny's lap and create some holiday crafts. Don't forget to bring a camera to capture the moment. Registration will not be available at the door; pre-registration is required. **Registration deadline is March 25th.**

Age:..... 2-17 years with adult
Instructor:..... Staff
Min/Max: 10/50
Location: Recreation Center
Fees: \$17/R, \$22/NR, \$19/NN per child
 Parents-free, registration required
Day:..... Saturday

CODE	DATES	TIME	INFO
144025-01	4/6	8:30A-10:00A	Children
144025-02	4/6	8:30A-10:00A	Parents/Adults Age 18+

Tween Flashlight Egg Hunt (TC)

It's that time of the year, so paint those eggs, keep an eye out for the bunny and.....grab a flashlight??? That's right! Come join us for the 9th Annual Tween Flashlight Egg Hunt at Sedgwick Park! Bring your flashlight and baskets and get ready for a great night looking for eggs filled with candy and tickets that represent prizes too big to fit in an egg. Each participant must be accompanied by a parent. Co-op LP & WS

Age:..... 8-14 years
Instructor:..... Staff
Min/Max: 5/40 per agency
Location: Sedgwick Park
Fees: \$5/R, \$5/NR, \$5/NN
Day:..... Friday

CODE	DATES	TIME
132624-01	4/12	8:00P-8:30P

Park Pride! (DF)

Park Pride is a village-wide volunteer service day dedicated to beautifying our parks and outdoor spaces. Residents donate one morning of their time to help improve our community! Gardens are weeded and planted, trees mulched, small branches picked up, walkways swept, and litter collected. Special projects are also planned for each park location.

REGISTRATION

Please register at the Recreation Center, 536 East Avenue. Registration includes the completion of a waiver for participation. Groups are encouraged to pre-register. To pre-register your large group, please email Diana Faught at dianaFaught@pdlg.org. A parent or guardian must sign a waiver for each minor who chooses to participate. You may also register the day of the event at the Recreation Center beginning at 8:30 a.m. You can pick up a registration form in the lobby of the Recreation Center or download the registration form from our website, www.pdlg.org.

Age:..... Whole Family
Day:..... Saturday

Date:..... May 18th
Time:..... 8:30 am - 11:00 am
 Registration begins at 8:30 a.m. at Recreation Center, 536 East Avenue

Easter Egg Hunt (DF)

Kids, grab your baskets and hop on over to our annual Easter Egg Hunt! Easter eggs will be spread all over, and a golden ticket will be hidden amongst them! Each age group will have a designated area. The egg hunt schedule will be: 3 year olds and under, 10 a.m. / 4-5 year olds, 10:10 a.m. / 6-8 year olds, 10:20 a.m. Come early for your pictures with the Easter Bunny! The Easter Bunny will be on location for pictures from 9:30 a.m. – 10:45 a.m. Please bring your own camera for pictures! *Rain location: Recreation Center, 536 East Avenue.*

Age:..... Whole Family
Location: Sedgwick Park
Fee:..... FREE
Date: April 13
Day:..... Saturday
Time:..... Pictures with the Easter Bunny begin at: 9:30 a.m.
 First Hunt (3 year olds & under): 10:00 a.m.

Mother's Day Breakfast (TC)

Come out for a morning that's all about mom! Enjoy breakfast catered from Blueberry Hill Café. Create some crafts with your kids, and get your picture taken by the photographer. Registration will not be available at the door; pre-registration is required. **Registration deadline is April 12th.**

Age:..... 1-13 years with parent
Instructor:..... Staff
Min/Max: 10/50
Location: Recreation Center
Fees: \$17/R, \$22/NR, \$19/NN per child
 Moms-free, registration required
Day:..... Saturday

CODE	DATES	TIME	INFO
144526-01	5/4	8:30A-10:00A	Children
144526-02	5/4	8:30A-10:00A	Moms



WINTER/SPRING 2019

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Learning Ladders Preschool 2019 - 2020 (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 which includes the payment schedule at the time of registration. The Learning Ladders Preschool Program meets from September 3, 2019 through May 8, 2020.

A non-refundable \$100 deposit is required at registration and is applied to the tuition. 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 begins on Friday, February 1, 2019 at 8 a.m.
Non-Resident registration begins on Friday, February 8, 2019 at 8 a.m.

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 2nd, 2019 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, ABCs, 123s, shapes and colors.

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

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

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





LEARNING LADDERS OPEN HOUSE

When: Wednesday, January 16, 2019 from 6:00-7:00 p.m. or Saturday, January 19, 2019 from 10:00-11:00 a.m.

Where: Gilbert Park Building

Located at 41st Street & Gilbert Avenue

Beginner Brown Bears (2 ½-3), Beginner Black Bears (2 ½-3), Middle Monkeys (3-4) and Tall Tigers (4-5)

Where: Sedgwick Park Building

Located at 10th Avenue & 48th Street

Little Lions (2 ½-3), Leaping Lizards (3-4), Curious Kangaroos (3-4) and Eager Eagles (4-5)

Where: Recreation Center

Located at 536 East Avenue

Room 103 Room 105/106

Creative Cardinals (2 ½-3), Playful Penguins (3-4), Great Geckos (3-4), Mighty Marlins (4-5), and Wonder Wolves (4-5)

Why: The open house is a great opportunity to meet the teachers, view the facility, and see what we have to offer your child! If you are considering enrolling your child in the program for the 2019-2020 school year, this is your chance to see what we are all about! Future students and siblings are welcome to attend with parents!




Classes at Gilbert Park Building:




Brown Bears: Ages 2 ½ to 3 years

Instructor:..... Angela Scaife
Code:..... 481201-01
 Monday & Wednesday 9-11 am
Min/Max:..... 6/12
Fee:..... \$751/R, \$1,123/NR, \$826/NN

Black Bears: 2 ½ to 3 years




Instructor:..... Ashley Crawford
Code:..... 481201-02
 Tuesday & Thursday 9-11 am
Min/Max:..... 6/12
Fee:..... \$751/R, \$1,123/NR, \$826/NN



Middle Monkeys: Ages 3 to 4 years


Instructor:..... TBD
Code:..... 481201-04
 Tuesday & Thursday 12:15-2:45 pm
Min/Max:..... 6/12
Fee:..... \$940/R, \$1,386/NR, \$1,034/NN

Tall Tigers: Ages 4 to 5 years



Instructor:..... TBD
Code:..... 481201-05
 Mon., Wed. & Fri. 12:15-2:45 pm
Min/Max:..... 6/12
Fee:..... \$1,290/R, \$1,908/NR, \$1,419/NN


Classes at Recreation Center:




Creative Cardinals: Ages 2 ½ to 3 years

Instructor:..... Traci Weyer
Code:..... 481201-12
 Tuesday & Thursday 9-11 am
Min/Max:..... 6/12
Fee:..... \$751/R, \$1,123/NR, \$826/NN

Playful Penguins: Ages 3 to 4 years




Instructor:..... Traci Weyer
Code:..... 481201-08
 Mon, Wed. & Fri. 9-11:30 am
Min/Max:..... 6/12
Fee:..... \$1,290/R, \$1,908/NR, \$1,419/NN



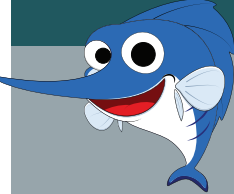
Great Geckos: Ages 3 to 4 years

Instructor:..... Ashley Crawford
Code:..... 481201-10
 Mon, Wed. & Fri. 9-11:30 am
Min/Max:..... 6/12
Fee:..... \$1,290/R, \$1,908/NR, \$1,419/NN

Wonder Wolves: Ages 4 to 5 years



Instructor:..... TBD
Code:..... 481201-13
 Mon, Wed. & Fri. 12:15-2:45 pm
Min/Max:..... 6/12
Fee:..... \$1,290/R, \$1,908/NR, \$1,419/NN




Mighty Marlins: Ages 4 to 5 years


Instructor:..... TBD
Code:..... 481201-11
 Tuesday & Thursday 12:15-2:45 pm
Min/Max:..... 6/12
Fee:..... \$940/R, \$1,386/NR, \$1,034/NN

Classes at Sedgwick Park Building:

Little Lions: Ages 2 ½ to 3 years




Instructor:..... Terri Bogart
Code:..... 481201-03
 Tuesday & Thursday 9-11 am
Min/Max:..... 6/12
Fee:..... \$751/R, \$1,123/NR, \$826/NN




Leaping Lizards: Ages 3 to 4 years

Instructor:..... Terri Bogart
Code:..... 481201-06
 Mon, Wed. & Fri. 9-11:30 am
Min/Max:..... 6/12
Fee:..... \$1,290/R, \$1,908/NR, \$1,419/NN

Curious Kangaroos: Ages 3 to 4 years



Instructor:..... TBD
Code:..... 481201-09
 Tuesday & Thursday 12:15-2:45 pm
Min/Max:..... 6/12
Fee:..... \$940/R, \$1,386/NR, \$1,034/NN



Eager Eagles: Ages 3 to 4 years

Instructor:..... Traci Weyer
Code:..... 481201-07
 Mon, Wed. & Fri. 12:15-2:45 pm
Min/Max:..... 6/12
Fee:..... \$1,290/R, \$1,908/NR, \$1,419/NN



WINTER/SPRING 2019

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Camp Mighty Munchkins Before Care (DF)

Held at camp site

Age:..... 4-6 years
 Instructor:..... Staff
 Min/Max:..... 8/18
 Location:..... Gilbert Park
 Fees:..... \$15/R, \$18/NR, \$17/NN
 *\$9/R, \$11/NR, \$10/NN (Session 04)
 Day:..... Monday-Friday

CODE	DATES	TIME
471003-01	6/10-6/14	7:30A-9:00A
471003-02	6/17-6/21	7:30A-9:00A
471003-03	6/24-6/28	7:30A-9:00A
471003-04	7/1-7/3	7:30A-9:00A*
471003-05	7/8-7/12	7:30A-9:00A
471003-06	7/15-7/19	7:30A-9:00A
471003-07	7/22-7/26	7:30A-9:00A
471003-08	7/29-8/2	7:30A-9:00A
471003-09	8/5-8/9	7:30A-9:00A

Class Will Not Meet On: 7/4 & 7/5

Camp Mighty Munchkins After Care (DF)

Held at Camp site.

Age:..... 4-6 years
 Instructor:..... Staff
 Min/Max:..... 8/18
 Location:..... Gilbert Park
 Fees:..... \$20/R, \$25/NR, \$22/NN
 *\$12/R, \$15/NR, \$13/NN (Session 04)
 Day:..... Monday-Friday

CODE	DATES	TIME
471004-01	6/10-6/14	3:00P-5:30P
471004-02	6/17-6/21	3:00P-5:30P
471004-03	6/24-6/28	3:00P-5:30P
471004-04	7/1-7/3	3:00P-5:30P*
471004-05	7/8-7/12	3:00P-5:30P
471004-06	7/15-7/19	3:00P-5:30P
471004-07	7/22-7/26	3:00P-5:30P
471004-08	7/29-8/2	3:00P-5:30P
471004-09	8/5-8/9	3:00P-5:30P

Class Will Not Meet On: 7/4 & 7/5

Camp Quest Juniors (TC)

This camp is a highly structured outdoor based camp with a focus on group games, arts and crafts, and individual and team sports. Each week will have a different theme, and 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 on a school bus once a week on Wednesdays. Trips range from water parks like Pelican Harbor in Bolingbrook to the Shedd Aquarium in Chicago. Each child will receive a t-shirt to be worn on Wednesdays for the field trips. Campers will have an opportunity to swim once a week in groups of 12, depending on the weather, at Westchester Pool. Please send your child to camp with a swim suit each day as they may participate in water activities on site. Campers are to bring a sack lunch, drink, and two snacks. Camp Quest Juniors is a nut free zone. The second child, in one family household, enrolled in Camp Quest Juniors or Camp Quest Seniors for the same week of camp will receive a 10% discount on regular camp hours. The same applies for the third child, etc. There are ABSOLUTELY NO PRORATED FEES or REFUNDS for missed days. **Registration deadline is the Thursday BEFORE each camp session begins.** There will be a \$10 late fee for registrations received after Thursday.

Age:..... 7-9 years
 Instructor:..... Staff
 Min/Max:..... 15/40
 Location:..... Sedgwick Park
 Fees:..... \$149/R, \$194/NR, \$163/NN
 *\$90/R, \$117/NR, \$98/NN (Section 04)
 Day:..... Monday-Friday
 Class Will Not Meet On: 7/4 & 7/5

CODE	DATES	TIME	THEME
472003-01	6/10-6/14	9:00A-3:00P	Nature
472003-02	6/17-6/21	9:00A-3:00P	Sports
472003-03	6/24-6/28	9:00A-3:00P	Science
472003-04	7/1-7/3*	9:00A-3:00P	4th of July
472003-05	7/8-7/12	9:00A-3:00P	Circus
472003-06	7/15-7/19	9:00A-3:00P	Olympics
472003-07	7/22-7/26	9:00A-3:00P	Under the Sea
472003-08	7/29-8/2	9:00A-3:00P	Animals
472003-09	8/5-8/9	9:00A-3:00P	Party

WINTER/SPRING 2019

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EARLY CHILDHOOD

Spring Break Escape (DF)

No need to spend another Spring Break sitting at home watching TV. Let us entertain you! Our Spring Break Escape will be filled with a variety of games and activities! Escapers will be required to wear play clothes and bring a snack and labeled water bottle to each class. Co-op WS & LP

Age:..... 3-6 years
Instructor:..... Staff
Min/Max: 3/5 per agency
Location: Recreation Center
Fees: \$72/R, \$94/NR, \$79/NN
Day:..... Monday, Wednesday, Friday

CODE	DATES	TIME
171000-01	3/25-3/29	9:00A-11:30A

Krafty Kids Art Camp (DF)

Looking for something fun to do during Spring Break? Let us help! This 2-day art camp will get your creative ideas flowing! We will be making a variety of crafts with paint, glitter, and much more, so be sure to dress for a mess! Co-op LP

Age:..... 3-6 years
Instructor:..... Staff
Min/Max: 3/5 per agency
Location: Recreation Center
Fees: \$37/R, \$48/NR, \$41/NN
Day:..... Tuesday & Thursday

CODE	DATES	TIME
171504-01	3/26 & 3/28	9:00A-11:30A

EARLY CHILDHOOD PROGRAM REQUIREMENTS



- Children must be the correct age by the first day the program meets, unless otherwise specified. In order to provide your child with the best possible recreational and/or learning experience, all of our programs are planned according to the ages listed in our brochure.
- Classes are for child attending only, except for classes with an adult. Parents should not remain in the classroom or gymnasium after dropping off their child. This is in the child's best interest, as continual interruptions tend to affect participant's attention span and inhibit the establishment of peer relationships.
- Please do not bring food to any class, unless previously arranged.
- For your children's safety, all children enrolled in preschool age programs must be picked up from the specific classroom or program site by their parents or designated guardian. No child will be released from the classroom to anyone other than these individuals.
- A mandatory sign in and sign out procedure for all participants is required for all Park District programs.



WINTER/SPRING 2019

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Mighty Music Makers (DF)

Celebrate your child's growing independence through fun music and movement activities. These classes will work on the child's attention and self-expression and include singing, chanting, moving, focused listening, musical games, exploring musical instruments, creative movement, and storytelling. A variety of musical types will be included to widen your child's exposure and appreciation of different musical types. Class is designed for child to participate without parent. Co-op LP

Age:..... 3-5 years
Instructor:..... LG. Park Staff
Min/Max: 2/3 per agency
Location: LGPK, 1501 Barnsdale Rd.
Fees: \$65/R, \$85/NR, \$72/NN
Day:..... Tuesday

CODE	DATES	TIME
131101-01	2/5-3/12	10:45A-11:30A
131101-02	4/2-5/7	10:45A-11:30A

Little Builders (DF)

Come learn, discover, and play with DUPLO® bricks and LEGO® bricks! In this session, children will build a simple model of a different zoo animal each week, practicing essential preschool skills including letter recognition, colors, counting, fine motor skills, and position and ordering. Introduce your preschoolers to the fun of learning, building, and playing the Bricks 4 Kidz® way! Co-op LP

Age:..... 3-5 years
Instructor:..... Bricks 4 Kidz
Min/Max: 3/7 per agency
Location: Recreation Center
Fees: \$75/R, \$98/NR, \$83/NN
Day:..... Monday

CODE	DATES	TIME
131582-01	1/28-3/4	10:00A-10:45A
131582-02	4/8-5/13	10:00A-10:45A

Masterpieces for Munchkins (DF)

Not only will your child learn about the great masters of art, they'll also get cozy with the illustrators of renowned children's literature. We'll dabble with the styles and techniques of artists through the ages. Some free playtime will allow small group instruction. Snack will be served (parents' donation). Co-op WS

Age:..... 4-6 years
Instructor:..... Kimi Briskey
Min/Max: 3/6 per agency
Location: W.S. Rec. Center
Fees: \$86/R, \$112/NR, \$95/NN
Day:..... Monday

CODE	DATES	TIME
131523-01	1/7-2/18	1:00P-3:00P
131523-02	2/25-4/15	1:00P-3:00P
131523-03	4/22-6/3	1:00P-3:00P

Class Will Not Meet On: 3/25

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EC & YOUTH ONE DAY EVENTS

My Funny Valentine (DF)

Nothing says I LOVE YOU like a gift with your own personal touch! Each child will be able to create a valentine gift for someone special! Each valentine will have its own unique touch! A snack and drink is included. Co-op LP

Age:..... 4-7 years
Instructor:..... Staff
Min/Max: 3/5 per agency
Location: Recreation Center
Fees: \$16/R, \$21/NR, \$18/NN
Day:..... Wednesday

CODE	DATES	TIME
131101-01	2/13	3:30P-4:45P



Dr. Seuss' Birthday Bash (DF)

Let's celebrate Dr. Seuss with a birthday bash! From the Cat in the Hat to Horton Hears a Who, we will share our favorites books and have a party to celebrate Dr. Seuss' Birthday! Each participant will create a special Dr. Seuss craft to take home. This is a party not to be missed! A snack and drink is included. Co-op WS & LP

Age:..... 4-7 years
Instructor:..... Staff
Min/Max: 3/5 per agency
Location: Recreation Center
Fees: \$16/R, \$21/NR, \$18/NN
Day:..... Friday

CODE	DATES	TIME
131087-01	3/1	3:30P-4:45P

Lucky Leprechauns (DF)

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

Age:..... 4-7 years
Instructor:..... Staff
Min/Max: 3/5 per agency
Location: Recreation Center
Fees: \$16/R, \$21/NR, \$18/NN
Day:..... Friday

CODE	DATES	TIME
131102-01	3/15	3:30P-4:45P

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.



Bloomin' Bunnies (DF)

Springtime is full of blooming flowers and exciting hop-penings! Do you know how to dance the bunny hop or sing *Here Comes Peter Cottontail*? After this class you will! During this class you will create a bloomin' spring time craft! A snack and drink is included. Co-op LP

Age:..... 4-7 years
Instructor:..... Staff
Min/Max: 3/5 per agency
Location: Recreation Center
Fees: \$16/R, \$21/NR, \$18/NN
Day:..... Wednesday

CODE	DATES	TIME
131103-01	4/17	3:30P-4:45P

Marvelous Moms (DF)

Kids, are you looking for a way to show Mom how much you care? During this one-day event, you will have the chance to create a one of a kind gift that your Mom is sure to love! A snack and drink is included. Co-op WS & LP

Age:..... 4-7 years
Instructor:..... Staff
Min/Max: 3/5 per agency
Location: Recreation Center
Fees: \$16/R, \$21/NR, \$18/NN
Day:..... Wednesday

CODE	DATES	TIME
131104-01	5/8	3:30P-4:45P

Teddy and Me Time (DF)

In this class, participants will enjoy making the cutest bear you have ever seen. First we will stuff your new friend, wish upon a star, and think of a unique name to place on his/her birth certificate. After your new bear comes to life, you will design a special T-shirt and soft cuddly blanket to carry your best friend home in. This is a simply adorable way for mom or dad to enjoy quality time with their child. Sign up today! Co-op WS

Age:..... 3-8 years 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:..... Thursday

CODE	DATES	TIME
131106-01	4/11	6:00P-7:00P

Mother's Day Sweets & Treats (DF)

Kids, treat your Moms to this special night and class! Each child will use their creative skills to create an entire tray of special cookies and cupcakes. The class will include: aprons (to protect clothing), a variety of frosting colors, and a wide of array of sprinkles and toppings to add to the fun. We will then add a candy border for a special masterpiece. Each child will go home with enough goodies to feed the entire family. This is a perfect class for anyone who loves goodies. Sign up for this yummy class today! Co-op WS

Age:..... 3-8 years with Mom
Instructor:..... Ultimate Classes & Parties
Min/Max: 3/7 per agency
Location: W.S. Rec. Center
Fees: \$33/R, \$43/NR, \$36/NN
Day:..... Friday

CODE	DATES	TIME
131105-01	5/10	6:30P-7:30P

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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:..... \$39/R, \$51/NR, \$43/NN (01)
\$31/R, \$39/NR, \$34/NN (02)

Day:..... Tuesday

CODE	DATES	TIME
112685-01	1/8-3/1	9:30A-10:00A
112685-02	4/2-5/21	9:30A-10:00A

Parent & 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:..... 5/12

Location:..... Recreation Center

Fees:..... \$39/R, \$51/NR, \$43/NN

Day:..... Monday

CODE	DATES	TIME
112698-01	1/7-3/11	9:00A-9:30A
112698-02	4/1-5/20	9:00A-9:30A

Class Will Not Meet On: 1/21 and 2/18

Parent & Tot Netters & Putters (KJ)

You and your youngster can experience the sports of a lifetime together. This program will teach you how to interact with your child on the court and keep things fun while your child learns the basics of tennis. We'll work with you and your child to help him or her learn the basics of golf using colorful equipment. Putting, chipping, and tee work will be mixed with easy instruction for proper form. Children will develop hand-eye coordination and movement skills through fun and challenging drills and games in a safe and structured environment. Age appropriate equipment will be provided.

Age:..... 3-4 years with parent

Instructor:..... Sports Kids Inc.

Min/Max:..... 5/12

Location:..... Gordon Park

Fees:..... \$49/R, \$63/NR, \$54/NN

Day:..... Thursday

CODE	DATES	TIME
112744-01	4/4-5/23	4:45P-5:30P





Junior T-Ball (KJ)

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

Age:..... 3-6 years
Instructor:..... All Star Sports Instruction
Min/Max:..... 6/16 – Thursdays
 6/10 – Saturdays
Location:..... Recreation Center, 536 East Avenue or
 Community Center, 200 S. Washington
Fees:..... \$50/R, \$64/NR, \$55/NN (01, 02, 03, 06)
 \$60/R, \$79/NR, \$68/NN (04, 05)
 \$68/R, \$86/NR, \$75/NN (07-09)
Day:..... Monday or Saturday

CODE	DATES	TIME	AGE	DAY	LOCATION
112637-01	1/7-2/4	12:00P-12:45P	3-4	Mon	Rec Center
112637-02	1/7-2/4	12:45P-1:45P	4-6	Mon	Rec Center
112637-03	1/12-2/9	11:00A-11:45A	3-6	Sat	Comm Center
112637-04	2/11-3/18	12:00P-12:45P	3-4	Mon	Rec Center
112637-05	2/11-3/18	12:45P-1:45P	4-6	Mon	Rec Center
112637-06	2/16-3/16	11:00A-11:45A	3-6	Sat	Comm Center
112637-07	4/8-5/20	12:00P-12:45P	3-4	Mon	Rec Center
112637-08	4/8-5/20	12:45P-1:45P	4-6	Mon	Rec Center
112637-09	4/6-5/18	11:00A-11:45A	3-6	Sat	Rec Center

Junior Soccer (KJ)

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

Age:..... 3-6 years
Instructor:..... All Star Sports Instruction
Min/Max:..... 6/16 – Mondays
 6/10 – Saturdays
Location:..... Recreation Center, 536 East Avenue or
 Community Center, 200 S. Washington
Fees:..... \$50/R, \$64/NR, \$55/NN (01, 02, 03, 06)
 \$60/R, \$79/NR, \$68/NN (04, 05)
 \$68/R, \$86/NR, \$75/NN (07-09)
Day:..... Monday or Saturday

CODE	DATES	TIME	AGE	DAY	LOCATION
112636-01	1/7-2/4	10:00A-10:45A	3-4	Mon	Rec Center
112636-02	1/7-2/4	10:45A-11:45A	4-6	Mon	Rec Center
112636-03	1/12-2/9	10:00A-10:45A	3-6	Sat	Comm Center
112636-04	2/11-3/18	10:00A-10:45A	3-4	Mon	Rec Center
112636-05	2/11-3/18	10:45A-11:45A	4-6	Mon	Rec Center
112636-06	2/16-3/16	10:00A-10:45A	3-6	Sat	Comm Center
112636-07	4/8-5/20	10:00A-10:45A	3-4	Mon	Rec Center
112636-08	4/8-5/20	10:45A-11:45A	4-6	Mon	Rec Center
112636-09	4/6-5/18	10:00A-10:45A	3-6	Sat	Rec Center

Junior Hoops (KJ)

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

Age:..... 3-6 years
Instructor:..... All Star Sports Instruction
Min/Max:..... 6/16 – Thursdays
 6/10 – Saturdays
Location:..... Recreation Center, 536 East Avenue or
 Community Center, 200 S. Washington
Fees:..... \$50/R, \$64/NR, \$55/NN (01, 02, 04)
 \$60/R, \$79/NR, \$68/NN (03)
 \$68/R, \$86/NR, \$75/NN (05-06)
Day:..... Thursday or Saturday

CODE	DATES	TIME	AGE	DAY	LOCATION
112645-01	1/10-2/7	3:45P-4:30P	3-6	Thu	Rec Center
112645-02	1/12-2/9	12:00P-12:45P	3-6	Sat	Comm Center
112645-03	2/14-3/21	3:45P-4:30P	3-6	Thu	Rec Center
112645-04	2/16-3/16	12:00P-12:45P	3-6	Sat	Comm Center
112645-05	4/4-5/16	3:45P-4:30P	3-6	Thu	Rec Center
112645-06	4/6-5/18	12:00P-12:45P	3-6	Sat	Rec Center

EARLY CHILDHOOD ATHLETICS

Kids Fit N' Fun (KJ)

Kids will have a blast as they run, jump, hop, skip, stretch, and play to gain strength, flexibility, and cardio awareness as well as improve motor development, spatial awareness, cognitive ability, and socialization skills. We'll do various activities including relay races, circle games, obstacle courses, and other fun fitness games. In this action packed class, kids will develop a positive association with fitness.

Age:..... 3-6 years
Instructor:..... Sports Kids Inc.
Min/Max: 5/16
Location: Recreation Center
Fees: \$49/R, \$63/NR, \$54/NN
Day:..... Tuesday or Wednesday

CODE	DATES	TIME	DAY
112604-01	1/8-3/12	10:00A-10:45A	Tuesday
112604-02	4/3-5/22	5:30P-6:15P	Wednesday

Little Lyons Soccer Program (KJ)

Little Lyons is a fun recreational soccer experience for boys and girls ages 3-8 years old. Little Lyons is aimed at continuing to develop each child's cognitive and motor abilities through dynamic, fun, and engaging soccer activities. Kids will learn the proper technical skills from our innovative coaches who enjoy working with young players and enjoy making everyone feel comfortable during the sessions. All Little Lyons participants also receive a free t-shirt. Every player must bring a soccer ball. Co-op LP

Age:..... 3-8 years
Instructor:..... Lyons Township Soccer Club
Min/Max: 3/8 per agency
Location: Park Jr. High School or Hanesworth Park
Fees: \$45/R, \$55/NR, \$40/NN
Day:..... Wednesday or Saturday

CODE	DATES	TIME	DAY	AGE	LOCATION
112542-01	1/12-2/2	1:00P-2:00P	Sat	3-5	Park Jr. High
112542-02	1/12-2/2	2:00P-3:00P	Sat	6-8	Park Jr. High
112542-03	2/9-3/2	1:00P-2:00P	Sat	3-5	Park Jr. High
112542-04	2/9-3/2	2:00P-3:00P	Sat	6-8	Park Jr. High
112542-05	4/3-4/24	4:00P-5:00P	Wed	3-5	Hanesworth Park
112542-06	4/3-4/24	5:00P-6:00P	Wed	6-8	Hanesworth Park

Lil Olympians (KJ)

Calling all young Olympians! 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, 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: 5/16
Location: Gordon Park
Fees: \$39/R, \$51/NR, \$43/NN
Day:..... Thursday

CODE	DATES	TIME
112750-01	4/18-5/23	4:00P-4:45P

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: 5/20
Location: Denning Park
Fees: \$39/R, \$51/NR, \$43/NN
Day:..... Wednesday

CODE	DATES	TIME
112734-01	4/17-5/22	4:00P-4:45P

YOUTH ACTIVITIES



Elementary Drawing (DF)

Young Rembrandts teaches drawing, the basic of all visual arts, in the fun and nurturing setting that ensures success for every child. Each season we offer workshops that combine basic drawing techniques, portraiture, and drawing skills by exploring different themes and subject matter. Students will improve core learning skills by delving into a favorite subject matter. Co-op LP

Age:..... 6-12 years
Instructor:..... Young Rembrandt
Min/Max:..... 3/10 per agency
Location:..... LGPK, 1501 Barnsdale Rd.
Fees:..... \$45/R, \$59/NR, \$50/NN
Day:..... Monday

CODE	DATES	TIME
132109-01	1/21-2/11	4:00P-4:45P
132109-02	4/1-4/22	4:00P-4:45P

Cartoon Drawing (DF)

Learning to draw can be lots of fun, especially if we're creating silly characters, funny expressions, and drawing sequences that tell jokes! This delightful program combines Young Rembrandts innovative step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor, and their vivid imaginations. All materials are supplied. Giggles guaranteed. All new lessons each session! Co-op LP

Age:..... 6-12 years
Instructor:..... Young Rembrandt
Min/Max:..... 3/10 per agency
Location:..... LGPK, 1501 Barnsdale Rd.
Fees:..... \$45/R, \$59/NR, \$50/NN
Day:..... Monday

CODE	DATES	TIME
132108-01	2/25-3/18	4:00P-4:45P

Jurassic Brickland (DF)

You are about to enter Jurassic Brickland! Students will build a world that comes to life with gentle Brontosaurus, ferocious Velociraptor, terrifying T. Rex, and more. We'll learn about amazing dinosaurs that lived during the Jurassic period and other extinct, prehistoric animals that roamed the earth and swam the seas during that era millions of years ago. Show us your building skills using our specialized project kits! Come learn, build, and play at Jurassic Brickland. Students will work in pairs, and at the end of each session, each child will take home a customized mini-figure. Co-op LP

Age:..... 6-12 years
Instructor:..... Bricks 4 Kidz
Min/Max:..... 4/10 per agency
Location:..... Recreation Center
Fees:..... \$101/R, \$131/NR, \$111/NN
Day:..... Tuesday

CODE	DATES	TIME
132696-01	4/9-5/14	5:00P-6:00P



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Simply Sewing (DF)

This class emphasizes hand sewing for beginners and those wanting to improve their skills. The object is to learn some basic skills such as placing patterns, cutting, marking, measuring, and construction of a simple project. Each 4-week session will complete a fun and useful project to take home. We may use needles, pins, scissors, and a hot iron for pressing. Learn about different fabrics and patterns, and how to follow directions to create your project. All materials and tools are provided. Co-op WS

Age:..... 8-12 years
Instructor:..... Dorothy Bobak
Min/Max:..... 2/3 per agency
Location:..... W.S. Rec. Center
Fees:..... \$75/R, \$96/NR, \$83/NN
Day:..... Tuesday

CODE	DATES	TIME
152501-01	2/5-2/26	4:00P-5:30P
152501-02	3/5-4/2	4:00P-5:30P

Class Will Not Meet On: 3/26

Super Slime & Other Goopy Chemistry (DF)

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! Co-op LP & WS

Age:..... 5-12 years
Instructor:..... The Whole Child
Min/Max:..... 3/7 per agency
Location:..... Recreation Center
Fees:..... \$98/R, \$127/NR, \$108/NN
Day:..... Wednesday

CODE	DATES	TIME
132721-01	1/23-2/27	3:30P-4:30P

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. My 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:..... 6-10 years
Instructor:..... Lisa Geneser
Min/Max:..... 2/4 per agency
Location:..... W.S. Rec. Center
Fees:..... \$50/R, \$65/NR, \$55/NN
Day:..... Thursday

CODE	DATES	TIME
132100-01	1/10-2/7	4:30P-5:30P
132100-02	2/28-4/4	4:30P-5:30P
132100-03	4/25-5/23	4:30P-5:30P

Culinary Science (DF)

Learn the science behind cooking and understanding chemical reactions! Practice knife skills, meal planning, and of course, taste your creations! Each session will feature unique recipes! Co-op LP

Age:..... 5-12 years
Instructor:..... The Whole Child
Min/Max:..... 2/4 per agency
Location:..... Recreation Center
Fees:..... \$117/R, \$152/NR, \$129/NN
Day:..... Monday

CODE	DATES	TIME
132722-01	1/28-3/11	3:30P-4:45P

Class Will Not Meet On: 2/18

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WINTER/SPRING 2019

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YOUTH ACTIVITIES

Medical Science (DF)

So, you want to be a doctor? This is the class for you. Learn about human anatomy, the systems of the body, and perform mock medical procedures. Build models and do chemistry experiments. Learn about first aid and preventive care, too. Co-op LP

Age:..... 6-13 years
Instructor:..... The Whole Child
Min/Max: 3/7 per agency
Location: Recreation Center
Fees: \$98/R, \$127/NR, \$108/NN
Day:..... Tuesday

CODE	DATES	TIME
132723-01	1/22-2/26	3:30P-4:30P

Harry Potter Science (DF)

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. Co-op LP

Age:..... 5-12 years
Instructor:..... The Whole Child
Min/Max: 3/7 per agency
Location: Recreation Center
Fees: \$98/R, \$127/NR, \$108/NN
Day:..... Thursday

CODE	DATES	TIME
132724-01	1/24-2/28	3:30P-4:30P

Brick Critters (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! Students will work in teams of two, and each child will take home a custom mini-figure at the end of the session. Co-op LP

Age:..... 6-12 years
Instructor:..... Bricks 4 Kidz
Min/Max: 5/10 per agency
Location: Recreation Center
Fees: \$101/R, \$131/NR, \$111/NN
Day:..... Tuesday

CODE	DATES	TIME
132722-01	1/29-3/5	5:00P-6:00P



LOOK FOR NEIGHBORHOOD NETWORK FEES

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Chess (DF)

Learn to play chess or improve your game. This program is designed to be maximally conducive to the student's chess growth, as well as to provide a safe, stimulating, and positive structured learning environment. Co-op LP

Age:..... 6-13 years
Instructor:..... Chess Scholars
Min/Max:..... 2/5 per agency
Location:..... LGPK, 1501 Barnsdale Rd.
Fees:..... \$75/R, \$98/NR, \$83/NN
Day:..... Saturday

CODE	DATES	TIME
132528-01	1/19-2/23	9:30A-10:30A
132528-02	3/2-4/13	9:30A-10:30A

Class Will Not Meet On: 3/30

3D Video Game Design (DF)

Learn to create 3D games and challenge your friends. We will create 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 LP & WS

Age:..... 8-12 years
Instructor:..... Computer Explorers
Min/Max:..... 2/4 per agency
Location:..... Recreation Center
Fees:..... \$85/R, \$111/NR, \$94/NN
Day:..... Thursday

CODE	DATES	TIME
132699-01	1/10-1/31	4:30P-6:00P

Superheroes Draw-Along (DF) **NEW**

Children will have a great time as we have a superhero draw-along! Join this class as we draw some of the greats: Batman! Wolverine! Spider-man! Wonder Woman! Black Panther! Iron Man! Captain America! and more....Here's how it works! First, the superhero of the day is presented to the class. Then, step by step, the instructor redraws the picture, as the students draw along. All supplies are provided. You bring you and take home a masterpiece! Co-op WS

Age:..... 8-11 years
Instructor:..... Rick Lundeen
Min/Max:..... 1/3 per agency
Location:..... W.S. Rec Center
Fees:..... \$100/R, \$130/NR, \$110/NN
Day:..... Sunday

CODE	DATES	TIME
132107-01	2/3-2/24	1:00P-3:00P
132107-02	4/7-4/28	1:00P-3:00P

Rock and 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 its 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 LP

Age:..... 8-12 years
Instructor:..... Computer Explorers
Min/Max:..... 2/4 per agency
Location:..... Recreation Center
Fees:..... \$85/R, \$111/NR, \$94/NN
Day:..... Thursday

CODE	DATES	TIME
132616-01	2/14-3/7	4:30P-6:00P

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



YOUTH ACTIVITIES

Lights, Camera, Action - Making Your Own Superhero Movie (DF)

Do you love Superman or Batman? Or are you a Spiderman, Iron Man or Hulk fan? You can create your very own Superhero 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 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. Students are welcome to bring their characters and props from home to use in their movie! All students will get a copy of their movie after class is complete. Co-op LP & WS

Age:..... 8-12 years
Instructor:..... Computer Explorers
Min/Max: 2/4 per agency
Location: Recreation Center
Fees: \$85/R, \$111/NR, \$94/NN
Day:..... Thursday

CODE	DATES	TIME
132568-01	3/21-4/18	4:30P-6:00P

Class Will Not Meet On: 3/28

Model Ship Building (DF)

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

Age:..... 8-12 years
Instructor:..... R. Magin
Min/Max: 1/2 per agency
Location: W.S. Rec. Center
Fees: \$50/R, \$65/NR, \$55/NN
Day:..... Wednesday

CODE	DATES	TIME
132540-01	2/27-4/10	4:00P-5:00P

Class Will Not Meet On: 3/27



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, \$26/NR, \$23/NN
Day:..... Monday, Thursday or Friday

CODE	DATES	TIME	DAY
152508-01	2/8	5:00P-5:55P	Friday
152508-02	3/21	6:45P-7:40P	Thursday
152508-03	5/20	6:45P-7:40P	Monday



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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

YOUTH ONE DAY ACTIVITIES

A Date with a Unicorn (DF)

Does your daughter love UNICORNS? Our staff will give a mini makeover with a unicorn headband, hair sparkle, and nail polish application. Each couple will decorate a wooden photo frame with a wooden unicorn shape and unicorn embellishments and jewels. In addition, participants will design a beautiful beaded bracelet adorned with a unicorn charm. A date sure to be full of fantasy and fun! Co-op WS

Age:..... 3-9 years with parent
Instructor:..... Glitzy Girls
Min/Max: 3/7 per agency
Location: W.S. Rec. Center
Fees: \$34/R, \$44/NR, \$37/NN
 Additional sibling \$31.00
Day:..... Friday

CODE	DATES	TIME
131104-01	3/8	6:00P-7:15P

Winter Blue Glam Spa (DF)

Come join Glitzy Girlz and shake the Winter "Blues"! Dress in your PJ'S and be ready to pamper yourself. Our staff will lead a pedicure and manicure session with soaking, scrubbing, buffing, lotions, and polish application on your nails and toes. Decorate a cute canvas bag to hold your fun take-home goodies like nail polish and jewelry. Then design a beaded dangle to add to anything to bling it up. Come relax with us! Co-op WS

Age:.....5-10 years
Instructor:..... Glitzy Girls
Min/Max: 3/7 per agency
Location: W.S. Rec. Center
Fees: \$31/R, \$40/NR, \$34/NN
Day:..... Friday

CODE	DATES	TIME
132098-01	2/1	6:00P-7:30P

American Girl Doll Valentine's Day (DF)

Come join Glitzy Girlz and shake the Winter "Blues"! Dress in your PJ'S and be ready to pamper yourself. Our staff will lead a pedicure and manicure session with soaking, scrubbing, buffing, lotions, and polish application on your nails and toes. Decorate a cute canvas bag to hold your fun take-home goodies like nail polish and jewelry. Then design a beaded dangle to add to anything to bling it up. Come relax with us! Co-op 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:..... Tuesday

CODE	DATES	TIME
132110-01	2/5	6:30P-7:30P



PERFORMING ARTS

Private Piano (DF)

KinderKeys uses 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 years & older **Instructor:**... The Music Suite
Location: ...Recreation Center **Fees:** \$179/R, \$233/NR, \$197/NN
Day:.....Tuesday

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
151500-01	2/8-3/22	3:45P-4:30P
151500-02	4/5-5/17	3:45P-4:30P

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: 3/6 per agency
Location: Recreation Center
Fees: \$104/R, \$135/NR, \$114/NN
Day:..... Tuesday or Saturday

CODE	DATES	TIME	DAY
152015-01	1/8-2/26	5:30P-6:30P	Tuesday
152015-02	3/5-4/30	5:30P-6:30P	Tuesday
152015-03	1/12-3/2	10:00A-11:00A	Saturday
152015-04	3/9-5/4	10:00A-11:00A	Saturday

Class Will Not Meet On: 3/26 & 3/30

CODE	DATES	TIME
152505-01	1/8-2/19	4:30P-5:00P
152505-02	2/26-4/16	4:30P-5:00P
152505-03	4/23-6/4	4:30P-5:00P
152505-04	1/8-2/19	5:00P-5:30P
152505-05	2/26-4/16	5:00P-5:30P
152505-06	4/23-6/4	5:00P-5:30P
152505-07	1/8-2/19	5:30P-6:00P
152505-08	2/26-4/16	5:30P-6:00P
152505-09	4/23-6/4	5:30P-6:00P
152505-10	1/8-2/19	6:00P-6:30P
152505-11	2/26-4/16	6:00P-6:30P
152505-12	4/23-6/4	6:00P-6:30P
152505-13	1/8-2/19	6:30P-7:00P
152505-14	2/26-4/16	6:30P-7:00P
152505-15	4/23-6/4	6:30P-7:00P
152505-16	1/8-2/19	7:00P-7:30P
152505-17	2/26-4/16	7:00P-7:30P
152505-18	4/23-6/4	7:00P-7:30P

Class Will Not Meet On: 3/26

Beginning Guitar (DF)

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

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

CODE	DATES	TIME	DAY
152016-01	1/8-2/26	6:30P-7:30P	Tuesday
152016-02	3/5-4/30	6:30P-7:30P	Tuesday
152016-03	1/12-3/2	11:00A-12:00P	Saturday
152016-04	3/9-5/4	11:00A-12:00P	Saturday

Class Will Not Meet On: 3/26 & 3/30



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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, explore 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:..... 6/12

Location:..... Recreation Center

Fees:..... \$104/R, \$135/NR, \$114/NN

Day:..... Tuesday or Saturday

CODE	DATES	TIME	DAY
152017-01	1/8-2/26	4:30P-5:30P	Tuesday
152017-02	3/5-4/30	4:30P-5:30P	Tuesday
152017-03	1/12-3/2	9:00A-10:00A	Saturday
152017-04	3/9-5/4	9:00A-10:00A	Saturday

Class Will Not Meet On: 3/26 & 3/30

DANCE

Innovation Arts Connection Presents...

Park District of LaGrange School of Dance

The Park District School of Dance is a community-based program with a studio feel. We provide quality dance instruction to students of all ages and levels. Our progressive curriculum focuses on core techniques needed to be a strong dancer, but also stresses the importance of positive attitude and hard work. Our instructors have an extensive background in dance and education and have participated in our training school. In our classes, students will develop grace, rhythm, coordination, creativity, and confidence. The Park District of LaGrange School of Dance provides a fun, safe, and structured environment and is designed to equip each student with the proper attitude and experience to excel in their future endeavors in dance. We look forward to seeing you in class!

CREATIVE MOVEMENT TRACK

The Creative Movement program track is specifically designed for early-stage dancers looking for a beginner - intermediate level class that offers a way to get a taste of various dance styles while starting out with a low level commitment. This program invites participants to engage in condensed sessions as a way to experiment, explore, or jump-start their involvement in park dance programs.

Dance with Me (DF)

Dance with Me is tailored to our youngest dancers and their parents. This class emphasizes the creative art of dance while working in an exciting new learning environment. Each class will use new props and activities to introduce dance to toddlers. Dancers will gain communication skills, coordination, and develop their memory.

Age:..... 1-3 years with parent

Instructor:..... Innovation Arts Connection

Min/Max:..... 4/10

Location:..... Recreation Center

Fees:..... \$47/R, \$61/NR, \$52/NN

Day:..... Monday

CODE	DATES	TIME
151525-01	1/7-3/4	10:00A-10:25A
151525-02	3/11-5/13	10:00A-10:25A

Class Will Not Meet On: 3/25

Ruby Ballet Basics (DF)

Learn the art of classical ballet. Classes include stretches, introductory barre work, class etiquette, basic technique, games, and choreography. As the foundation of all dance, ballet emphasizes precision, balance, and strong technique and is a great style to learn the basic fundamentals of dance.

Age:..... 3-6 years

Instructor:..... Innovation Arts Connection

Min/Max:..... 4/10

Location:..... Recreation Center

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

Day:..... Monday

CODE	DATES	TIME
151526-01	1/7-3/4	10:30A-11:10A
151526-02	3/11-5/13	10:30A-11:10A

Class Will Not Meet On: 3/25



DANCE



Tip Toe Toddlers (DF)

This class is a perfect introduction to dance and movement for toddlers. This class emphasizes songs, games, props, basic techniques, and tons of fun! It is time to dance!

Age:..... 2-3 years
Instructor:..... Innovation Arts Connection
Min/Max: 4/8
Location: Recreation Center
Fees: \$47/R, \$61/NR, \$52/NN
Day:..... Monday

CODE	DATES	TIME
151524-01	1/7-3/4	9:30A-9:55A
151524-02	3/11-5/13	9:30A-9:55A

Class Will Not Meet On: 3/25

PARK STUDIO TRACK

The Park Studio program track is a studio-quality program designed around the Park District community culture. This track is for dancers of all ages and experience levels who are looking for studio-quality experience within the Park District. Within this program, participants can engage in core studio-level dance classes as well as hybrid, combination classes. All Park Studio classes will participate in a Spring Showcase on Saturday, May 18th at 2:00 p.m. at the Recreation Center. Costume fees are not included. Please contact IAC directly at, lora@innovationartconnection.com with questions.

Ruby Hip Hop (DF)

Jazz music and dance evolved over the years into the popular style of Hip Hop! Dancers will learn basic hip hop techniques along with popping,locking, and many other cool tricks and moves set to energetic hip hop music.

Age:..... 3-6 years
Instructor:..... Innovation Arts Connection
Min/Max: 4/10
Location: Recreation Center
Fees: \$140/R, \$182/NR, \$154/NN
Day:..... Monday

CODE	DATES	TIME
151527-01	1/7-5/13	12:15P-12:55P

Class Will Not Meet On: 3/25

Ruby Essential Combo-Ballet/Jazz (DF)

The Essential Combo class is ideal for dancers looking to learn the flow and grace of ballet, while also learning the countering fast paced movement of jazz. Classes include stretches, barre work, class etiquette, basic technique of each style, games, and learning choreography. As the foundation of all dance, ballet emphasizes precision, balance, and strong technique. Jazz dance, a truly American style of movement, matches the upbeat and exciting rhythms of jazz, rock, and new pop music. Students will learn a variety of styles while focusing on technique & performance.

Age:..... 3-6 years
Instructor:..... Innovation Arts Connection
Min/Max: 4/10
Location: Recreation Center
Fees: \$187/R, \$243/NR, \$206/NN
Day:..... Monday or Wednesday

CODE	DATES	TIME	DAY
151529-01	1/7-5/13	11:15A-12:10P	Monday
151529-02	1/9-5/15	4:30P-5:25P	Wednesday

Class Will Not Meet On: 3/25 & 3/27

Sapphire Essential Combo-Ballet/Jazz (DF)

The Essential Combo class is ideal for dancers looking to learn the flow and grace of ballet, while also learning the countering fast paced movement of jazz. Classes include stretches, barre work, class etiquette, basic technique of each style, games and learning choreography. As the foundation of all dance, ballet emphasizes precision, balance, and strong technique. Jazz dance, a truly American style of movement, matches the upbeat and exciting rhythms of jazz, rock, and new pop music. Students will learn a variety of styles while focusing on technique & performance.

Age:..... 6-8 years
Instructor:..... Innovation Arts Connection
Min/Max: 4/12
Location: Recreation Center
Fees: \$187/R, \$243/NR, \$206/NN
Day:..... Wednesday

CODE	DATES	TIME
152561-01	1/9-5/15	5:30P-6:25P

Class Will Not Meet On: 3/27



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Sapphire Hip Hop (DF)

Jazz music and dance evolved over the years into the popular style of Hip Hop! Dancers will learn basic hip hop techniques along with popping, locking, and many other cool tricks and moves set to energetic hip hop music.

Age:..... 6-8 years
Instructor:..... Innovation Arts Connection
Min/Max:..... 4/12
Location:..... Recreation Center
Fees:..... \$140/R, \$182/NR, \$154/NN
Day:..... Wednesday

CODE	DATES	TIME
152564-01	1/9-5/15	6:30P-7:10P

Class Will Not Meet On: 3/27

Diamond Musical Theatre (DF)

Musical Theatre is a perfect class for the aspiring Broadway star. Incorporating dancing and acting, this class will focus on character development, performance skills, musicality, and telling stories through dance and song. Dancers will learn jazz technique and perfect their theatre dance skills.

Age:..... 9 years & older
Instructor:..... Innovation Arts Connection
Min/Max:..... 4/12
Location:..... Recreation Center
Fees:..... \$187/R, \$243/NR, \$206/NN
Day:..... Wednesday

CODE	DATES	TIME
152563-01	1/9-5/15	7:15P-8:10P

Class Will Not Meet On: 3/27



POP-UPS TRACK

The Pop-Up Track includes day camps offered during weekends that include crafts, games, technique, and performance. Participants of all ages are encouraged to get involved in this camp-style track that is designed to help participants fill their weekend with fun, educational, and movement oriented programming.

Mom & Me Dance Fit (DF) NEW

Moms and their kids come for an afternoon of dance, fitness, and fun.
Age:..... 5-10 years with parent
Instructor:..... Innovation Arts Connection
Min/Max:..... 4/12
Location:..... Recreation Center
Fees:..... \$13/R, \$17/NR, \$14/NN
Day:..... Saturday

CODE	DATES	TIME
151537-01	4/6	10:00A-11:00A

Dad & Daughter Ballet Class (DF) NEW

Daughters bring their dads to dance class to learn the art of ballet. Craft, technique class, mini performance, and photo ops included.
Age:..... 4-8 years with parent
Instructor:..... Innovation Arts Connection
Min/Max:..... 4/12
Location:..... Recreation Center
Fees:..... \$26/R, \$34/NR, \$29/NN
Day:..... Saturday

CODE	DATES	TIME
151536-01	1/26	10:00A-11:00A

Descendants Dance Camp (DF) NEW

Campers focus on Hip Hop skills, dance games, a craft, and all things DESCENDANTS!
Age:..... 5-10 years
Instructor:..... Innovation Arts Connection
Min/Max:..... 4/12
Location:..... Recreation Center
Fees:..... \$26/R, \$34/NR, \$29/NN
Day:..... Saturday

CODE	DATES	TIME
152018-01	2/16	10:00A-12:00P

GYMNASTICS

Gymnastics 101 (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:..... 4-6 years
Instructor:..... Sports Kids Inc.
Min/Max: 4/16
Location: L.T. South Campus Building
Fees: \$69/R, \$89/NR, \$76/NN
Day:..... Monday or Thursday

CODE	DATES	TIME	DAY
112612-01	1/7-3/11	6:30P-7:30P	Mon
112612-02	1/10-3/14	6:30P-7:30P	Thu
112612-03	4/1-5/20	6:30P-7:30P	Mon
112612-04	4/4-5/23	6:30P-7:30P	Thu

Class Will Not Meet On: 1/21 and 2/18

Gymnastics 102 (KJ)

This class is an advancement from Gymnastics 101 with more technique. Prerequisite for this class is to perform a successful cartwheel, swing and supports on the bars, and squat on the vault.

Age:..... 4-7 years
Instructor:..... Sports Kids Inc.
Min/Max: 4/16
Location: L.T. South Campus Building
Fees: \$69/R, \$89/NR, \$76/NN
Day:..... Monday or Thursday

CODE	DATES	TIME	DAY
112613-01	1/7-3/11	6:30P-7:30P	Mon
112613-02	1/10-3/14	6:30P-7:30P	Thu
112613-03	4/1-5/20	6:30P-7:30P	Mon
112613-04	4/4-5/23	6:30P-7:30P	Thu

Class Will Not Meet On: 1/21 and 2/18

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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: 4/16
Location: L.T. South Campus Building
Fees: \$69/R, \$89/NR, \$76/NN
Day:..... Monday

CODE	DATES	TIME
112614-01	1/7-3/11	6:30P-7:30P
112614-02	4/1-5/20	6:30P-7:30P

Class Will Not Meet On: 1/21 and 2/18

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 can also attend this class as an intro to gymnastics.

Age:..... 9-13 years
Instructor:..... Sports Kids Inc.
Min/Max: 4/16
Location: L.T. South Campus Building
Fees: \$76/R, \$96/NR, \$84/NN
Day:..... Monday

CODE	DATES	TIME
112615-01	1/7-3/11	7:30P-8:45P
112615-02	4/1-5/20	7:30P-8:45P

Class Will Not Meet On: 1/21 and 2/18

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.



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Girls Beginner Gymnastics (KJ)

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

Age:..... 7-10 years
Instructor:..... Sports Kids Inc.
Min/Max:..... 4/16
Location:..... L.T. South Campus Building
Fees:..... \$69/R, \$89/NR, \$76/NN
Day:..... Thursday

CODE	DATES	TIME
112648-01	1/10-3/14	7:30P-8:30P
112648-02	4/4-5/23	7:30P-8:30P

Tumbling for Beginners (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:..... 4/16
Location:..... L.T. South Campus Building
Fees:..... \$69/R, \$89/NR, \$76/NN
Day:..... Thursday

CODE	DATES	TIME
112617-01	1/10-3/14	6:30P-7:30P
112617-02	4/4-5/23	6:30P-7:30P



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:..... 4/16
Location:..... L.T. South Campus Building
Fees:..... \$69/R, \$89/NR, \$76/NN
Day:..... Monday

CODE	DATES	TIME
112618-01	1/7-3/11	7:30P-8:30P
112618-02	4/1-5/20	7:30P-8:30P

Class Will Not Meet On: 1/21 and 2/18

Tumbling for Cheer (KJ)

The focus for this group will be on tumbling skills, specifically for cheer-leading. Round-offs, walkovers, flip-flops, standing back tucks, and running tumbling will be covered. 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:..... 4/16
Location:..... L.T. South Campus Building
Fees:..... \$69/R, \$89/NR, \$76/NN
Day:..... Monday or Thursday

CODE	DATES	TIME	DAY
112619-01	1/7-3/11	7:30P-8:30P	Mon
112619-02	1/10-3/14	7:30P-8:30P	Thu
112619-03	4/1-5/20	7:30P-8:30P	Mon
112619-04	4/4-5/23	7:30P-8:30P	Thu

Class Will Not Meet On: 1/21 and 2/18

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





Soccer Skills (KJ) NEW

Skyhawks was founded as a soccer club in 1979 for boys and girls. Thirty years later, we are still the number one choice for parents looking to introduce their children to the fundamentals of the world's most popular sport. Using our progressional curriculum, our sport specific staff will ensure your young athlete will gain the technical skills and knowledge required for their next step into soccer. Designed for beginner and intermediate players, this class focuses on dribbling, passing, shooting, and ball control. By the end of class, your child will have learned new life skills such as teamwork and sportsmanship.

Age:..... 5-12 years
Instructor:..... Skyhawks
Min/Max:..... 10/16
Location:..... Recreation Center
Fees:..... \$69/R, \$90/NR, \$76/NN
Day:..... Wednesday

CODE	DATES	TIME	AGE	LEVEL
112696-01	1/23-2/20	3:30P-4:30P	5-9	Beginner/Intermediate
112696-02	2/27-3/27	3:30P-4:30P	6-12	Elite

Basketball Skills (KJ) NEW

The essentials of basketball are taught in a safe, structured environment with lots of encouragement and a big focus on fun and respect for the game. Our basketball games and activities were designed to allow players to explore balance, movement, hand-eye coordination, and skill development. Elite program will focus more on the theories of defense and offense and faster pace skill learning.

Age:..... 6-14 years
Instructor:..... Skyhawks
Min/Max:..... 10/16
Location:..... Recreation Center
Fees:..... \$69/R, \$90/NR, \$76/NN
Day:..... Wednesday

CODE	DATES	TIME	AGE	LEVEL
112742-01	1/23-2/20	4:30P-5:30P	6-12	Beginner/Intermediate
112742-02	2/27-3/27	4:30P-5:30P	7-14	Elite

Jr. Volleyball Skills & Drills (KJ)

Improve your volleyball skills with 60 minutes of drills in setting, passing, overhand serving, and spiking. The lesson plan directs the use of self-mastery training and groups that help each student reach a new level. You will also develop a good understanding of each position on offense and defense. Instructors organize short games at the end of each class.

Age:..... 8-12 years
Instructor:..... EVP Academies
Min/Max:..... 6/12
Location:..... Recreation Center
Fees:..... \$99/R, \$126/NR, \$109/NN
Day:..... Thursday

CODE	DATES	TIME
112530-01	1/10-2/21	5:00P-6:00P
112530-02	2/28-4/11	5:00P-6:00P
112530-03	4/18-5/30	5:00P-6:00P

Bullseye 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. Co-op LP & WS

Age:..... 7 years and older
Instructor:..... Sports Kids Inc.
Min/Max:..... 4/8 per agency
Location:..... Denning Park
Fees:..... \$59/R, \$76/NR, \$65/NN
Day:..... Monday

CODE	DATES	TIME	AGE
112611-01	4/15-5/20	4:45P-5:30P	7-10
112611-02	4/15-5/20	5:30P-6:15P	11+

YOUTH ATHLETICS

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

Skyhawks Beginning Golf (KJ)

Skyhawks Golf focuses on building the confidence of young athletes through training in proper technique and foundational skills. Golf is a challenging and lifelong sport, so young athletes need proper focus on the essentials of a good swing, putt, and body position. To assist in this training, Skyhawks has adopted the SNAG (Starting New at Golf) technology in its curriculum. SNAG utilizes a set of equipment designed for beginning golfers, including oversized plastic club heads and “mini-tennis balls” to help build confidence. Holes are constructed with preset tee boxes or launching pads and are finished off with velcro targets for greens. This program is perfect for developing a love for the game of golf! Co-op WS & LP

Age:..... 6-12 years

Instructor:..... Skyhawks

Min/Max: 4/8 per agency

Location: Recreation Center

Fees: \$69/R, \$90/NR, \$76/NN

Day:..... Wednesday

CODE	DATES	TIME
112745-01	4/3-5/1	5:30P-6:30P

Youth Lacrosse (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 class 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:..... 7-10 years

Instructor:..... Sports Kids Inc.

Min/Max: 5/20

Location: Denning Park

Fees: \$39/R, \$51/NR, \$43/NN

Day:..... Wednesday

CODE	DATES	TIME
112662-01	4/17-5/22	4:45P-5:30P

Basketball 101 (KJ)

These classes enhance the basics already taught in Junior Hoops. This class will concentrate more on teamwork and game situations. Man-to-man and zone defense will both be taught, along with offensive strategies that are guaranteed to keep the players moving.

Age:..... 7-12 years

Instructor:..... All Star Sports Instruction

Min/Max: 6/16

Location: Recreation Center

Fees: \$50/R, \$64/NR, \$55/NN (01)
\$60/R, \$79/NR, \$68/NN (02)
\$68/R, \$86/NR, \$75/NN (03)

Day:..... Thursday

CODE	DATES	TIME
112641-01	1/10-2/7	4:30P-5:30P
112641-02	2/14-3/21	4:30P-5:30P
112641-03	4/4-5/16	4:30P-5:30P

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 including speed, quickness and agility drills, which will help produce a quicker, safer, more powerful performer. A wide variety of timed events will take place each day, concluding with an event Championship Series on the final day. Co-op LP

Age:..... 5-14 years

Instructor:..... Kids First

Min/Max: 2/7 per agency

Location: Park Jr. High School or Hanesworth Park

Fees: \$64/R, \$82/NR, \$70/NN (01-02)
\$80/R, \$100/NR, \$89/NN (03)

Day:..... Saturday

CODE	DATES	TIME	LOCATION
112569-01	1/12-2/2	3:00P-4:00P	Park Jr. High
112569-02	2/9-3/2	3:00P-4:00P	Park Jr. High
112569-03	4/6-5/11	10:15A-11:15A	Hanesworth

YOUTH ATHLETICS

Fly Fishing Casting & Strategy (KJ)

Learn the basics of casting a fly rod and the effective strategies needed to catch fish. Fly rod, reels, and line are provided for the class sessions. Fly fishing increases attention span, concentration, motor skills, and appreciation in the beauty of natural ecosystems. A National Park ethic of “leaving only footprints” and stream etiquette will also be discussed. An optional, post class local fishing outing may be arranged privately with the instructor. Children age 10 and older can register with parent (for same fee as adult). Co-op WS

Age:..... Adults
 Children 10 years & older with parent
Instructor:..... John Miao
Min/Max: 3/9 per agency
Location: W.S. Rec Center
Fees: \$69/R, \$90/NR/ \$78/NN
Day:..... Sunday

CODE	DATES	TIME
112502-01	3/3-3/17	1:00P-2:00P

Sand Volleyball (KJ)

This class provides drills for serving, bumping, setting, spiking, and 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:..... 7-13 years
Instructor:..... Kids First
Min/Max: 2/7 per agency
Location: Memorial Park, La Grange Park
Fees: \$90/R, \$110/NR, \$98/NN
Day:..... Saturday

CODE	DATES	TIME
112529-0	4/6-5/11	9:45A-11:00A

Skyhawks Multi-Sport Course (KJ)

Our multi sport class is designed to introduce boys and girls to a variety of different sports. For this program, we combine basketball, soccer, and dodgeball into one action packed course. Athletes will learn the rules and essentials of each sport through skill based games and scrimmages. By the end of the class, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline.

Age:..... 7-14 years
Instructor:..... Skyhawks
Min/Max: 10/16
Location: Recreation Center
Fees: \$69/R, \$90/NR, \$76/NN
Day:..... Wednesday

CODE	DATES	TIME
112743-01	4/3-5/1	6:45P-7:45P

BULLS & WHITE SOX YOUTH ATHLETICS

Chicago Bulls Shooting Camp (KJ)

Shooting sessions are designed to teach players the proper way to shoot the basketball. During each session, players will be taught skills to become a better and more effective shooter, including the quick, accurate release that will make them the “go to” shooter when the game is on the line.

Age:..... 5-14 years
Instructor:..... Chicago Bulls Academy
Min/Max: 6/12
Location: Recreation Center
Fees: \$90 per participant
Day:..... Wednesday



CODE	DATES	TIME	AGE
172020-01	3/6-3/27	5:30P-6:30P	5-8
172020-02	3/6-3/27	6:30P-7:30P	9-14



WINTER/SPRING 2019

WWW.PDLG.ORG

White Sox Pitching Club (KJ)

The White Sox Pitching Club will give you a firsthand look at the pitching mechanics that all great pitchers use! Pitching with accuracy, velocity, and minimal arm strain is no accident. There is a process that should be followed from the Big Leagues to Little League and is exactly what White Sox players use. The White Sox Pitching Club will teach you that process. Even if pitching isn't in your plans, throwing correctly is critical to becoming a good baseball player. Get on the mound and get on the right track with the White Sox Pitching Club. Co-op WS & LP

Age:..... 8-12 years
Instructor:..... Chicago White Sox Academy
Min/Max:..... 2/4 per agency
Location:..... Recreation Center
Fees:..... \$100 per participant
Day:..... Monday or Tuesday



CODE	DATES	TIME	AGE	DAY
112510-01	1/7-1/28	6:00P-7:00P	8-10	Mon
112510-02	2/4-2/25	6:00P-7:00P	11-12	Mon
112510-03	3/5-3/26	6:00P-7:00P	8-10	Tue
112510-04	4/2-4/23	6:00P-7:00P	8-12	Tue

White Sox Little Sluggers (KJ)

This 4-week FUNDamentals focused class led by Academy coaches allows players to learn essential individual baseball skills. Fundamentals covered will include throwing, hitting and fielding. These skills will be reinforced by using fun skill games. This class is open to both boys and girls!

Age:..... 5-6 years
Instructor:..... Chicago White Sox Academy
Min/Max:..... 4/8
Location:..... Recreation Center
Fees:..... \$69 per participant
Day:..... Saturday



CODE	DATES	TIME
112723-01	1/5-1/26	10:00A-11:00A
112723-02	2/2-2/23	10:00A-11:00A
112723-03	3/2-3/23	10:00A-11:00A

White Sox Hitting Club (KJ)

The White Sox Hitting Club will present your hitter with a step-by-step approach to hitting like a Major League player. The White Sox Hitting Club will cover plate coverage and stance, stepping into a hitting position, hand path, and lower body mechanics. There are hitting "absolutes" that must be present in each at bat to be successful. These "absolutes" make all the difference. We know them and we will teach them to you. Co-op LP & WS

Age:..... 8-12 years
Instructor:..... Chicago White Sox Academy
Min/Max:..... 2/4 per agency
Location:..... Recreation Center
Fees:..... \$100 per participant
Day:..... Monday, Tuesday or Thursday



CODE	DATES	TIME	AGE	DAY
112506-01	1/7-1/28	5:00P-6:00P	8-10	Mon
112506-02	1/10-1/31	6:00P-7:00P	11-12	Thu
112506-03	2/5-2/26	5:00P-6:00P	8-10	Tue
112506-04	2/7-2/28	6:00P-7:00P	11-12	Thu
112506-05	3/5-3/26	5:00P-6:00P	8-10	Tue
112506-06	3/7-3/28	6:00P-7:00P	11-12	Thu
112506-07	4/2-4/23	5:00P-6:00P	8-10	Tue
112506-08	4/4-4/25	6:00P-7:00P	11-12	Thu

White Sox Fastpitch Hitting Club (KJ)

Our Fastpitch hitting clubs will make your daughter a more complete and confident hitter. This hitting club will focus on teaching a strong stance, linear movements, rotation, contact points, extension, and follow through to ensure your daughter becomes the best player she can be.

Age:..... 8-14 years
Instructor:..... Chicago White Sox Academy
Min/Max:..... 4/8
Location:..... Recreation Center
Fees:..... \$100 per participant
Day:..... Friday



CODE	DATES	TIME
112632-01	2/1-2/22	5:00P-6:00P
112632-02	3/1-3/22	5:00P-6:00P

YOUTH ATHLETICS

White Sox Fastpitch Pitching Club (KJ)

Our Fastpitch Pitching Club is a specialized camp which will teach your daughter the proper pitching mechanics. Focus will include grip, motion, arm circle, release, and leg drive as well as follow through to throw harder and have better control.

Age:..... 8-14 years
Instructor:..... Chicago White Sox Academy
Min/Max: 4/8
Location: Recreation Center
Fees: \$100 per participant
Day:..... Friday



CODE	DATES	TIME
112633-01	2/1-2/22	6:00P-7:00P
112633-02	3/1-3/22	6:00P-7:00P

White Sox Fundamentals Club (KJ)

Our FUNDamentals Club takes the basic skills of hitting, throwing, and fielding as taught in our Little Sluggers program and progresses your child in all aspects of the game. Our instructors are committed to putting your child in the best position to take their game to the next level.

Age:..... 7-8 years
Instructor:..... Chicago White Sox Academy
Min/Max: 4/12
Location: Recreation Center
Fees: \$100 per participant
Day:..... Saturday



CODE	DATES	TIME
112677-01	1/5-1/26	11:00A-12:00P
112677-02	2/2-2/23	11:00A-12:00P
112677-03	3/2-3/23	11:00A-12:00P
112677-04	4/6-4/27	11:00A-12:00P

White Sox Fielding/Throwing Club (KJ)

The White Sox Fielding/Throwing Club will focus on the essentials of throwing and catching the baseball, as well as fielding ground balls and fly balls. To be a complete player, you must learn to defend. This class is exactly what you need to earn that starting position at higher levels of baseball. Participants will be separated by age and/or skill level to maximize camp participation.

Age:..... 8-10 years
Instructor:..... Chicago White Sox Academy
Min/Max: 6/10
Location: Recreation Center
Fees: \$100 per participant
Day:..... Tuesday



CODE	DATES	TIME
112631-01	2/5-2/26	7:00P-8:00P
112631-02	3/5-3/26	7:00P-8:00P

White Sox Father/Son Hitting & Pitching (KJ)

This unique one-day family event will help prepare your child for the upcoming baseball season. The evening will focus on developing the correct fundamentals involved in hitting & pitching. White Sox Academy instructors will offer valuable instruction as well as offering drill work that can be used by players as they prepare for competition. The enjoyable evening will give parents the opportunity to interact with their children while working to develop strong hitting, pitching, and throwing mechanics.

Age:..... 6-12 years with parent
Instructor:..... Chicago White Sox Academy
Min/Max: 4/8
Location: Recreation Center
Fees: \$40 per participant
Day:..... Thursday



CODE	DATES	TIME	PROGRAM
142501-01	2/14	6:30P-8:00P	Hitting
142501-02	2/21	6:30P-8:00P	Pitching



WINTER/SPRING 2019

WWW.PDLG.ORG



Bulls/Sox Presidents Day Combo Camp (KJ)

Work on your game during your day off of school! Whether you are a rookie or all-star, this camp will help you improve your game. Open to both boys and girls, these camps allow the two-sport athlete the ability to improve their offensive and defensive games in both basketball and baseball before heading back to school. Six hours...quality instruction in two sports...this is truly a one-of-a-kind camp! Please bring a sack lunch. Players will be grouped by age and ability level. Players may sign-up for only one sport if desired. Co-op WS & LP

Age:..... 5-14 years
Instructor:..... Bulls/Sox Academy
Min/Max:..... 4/10 per agency
Location:..... Recreation Center
Fees:..... \$100 per participant – Full Day
 \$55 per participant – Half Day
Day:..... Monday



CODE	DATES	TIME	CAMP
112682-01	2/18	9:00A-4:00P	Full Day
112682-02	2/18	9:00A-12:00P	Basketball Only
112682-03	2/18	1:00P-4:00P	Baseball Only

Bulls/Sox MLK Combo Camp (KJ)

Work on your game during your day off of school! Whether you are a rookie or all-star, this camp will help you improve your game. Open to both boys and girls, these camps allow the two-sport athlete the ability to improve their offensive and defensive games in both basketball and baseball before heading back to school. Six hours...quality instruction in two sports...this is truly a one-of-a-kind camp! Please bring a sack lunch. Players will be grouped by age and ability level. Players may sign-up for only one sport if desired. Co-op WS & LP

Age:..... 5-14 years
Instructor:..... Bulls/Sox Academy
Min/Max:..... 4/10 per agency
Location:..... Recreation Center
Fees:..... \$100 per participant – Full Day
 \$55 per participant – Half Day
Day:..... Monday



CODE	DATES	TIME	CAMP
112731-01	1/21	9:00A-4:00P	Full Day
112731-02	1/21	9:00A-12:00P	Basketball Only
112731-03	1/21	1:00P-4:00P	Baseball Only

Bulls/Sox Spring Break Combo Camp (KJ)

Work on your game during Spring Break! Whether you are a rookie or an All-Star, this camp will help you improve your game. Open to both boys and girls, this three day camp allows 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... this truly is a one-of-a-kind camp! Please bring a sack lunch. Players will be grouped by age and ability level. Players may sign up for only one sport if desired. Co-op LP

Age:..... 5-14 years
Instructor:..... Bulls/Sox Academy
Min/Max:..... 6/12 per agency
Location:..... Recreation Center
Fees:..... \$315 per participant – Full Day
 \$175 per participant – Half Day
Day:..... Monday-Wednesday



CODE	DATES	TIME	CAMP
112622-01	3/25-3/27	9:00A-4:00P	Full Day
112622-02	3/25-3/27	9:00A-12:00P	Basketball Only
112622-03	3/25-3/27	1:00P-4:00P	Baseball Only



BULLS YOUTH LA GRANGE ACADEMY
BASKETBALL CAMPS
 W I N T E R / S P R I N G S E A S O N



CHICAGO BULLS HOLIDAY CAMP

At the Bulls Youth Academy, we offer players of all skill levels the chance to participate in a camp that is designed to develop all the basic fundamentals while enjoying some time away from school. This fun three-day camp will give athletes the opportunity to work shooting, ball handling and much more. Players will be grouped by age and ability level.

DATES	DAY	AGE	TIME	COST
Dec. 26 - 28	Wed-Fri	5-14	9:00am-12:00pm	\$175.00

BULLS/SOX HOLIDAY COMBO CAMP

Our full-day combo camps give the two-sport athlete the ability to improve their offensive and defensive game in both basketball and baseball. Quality instruction in two sports...this truly is a one-of-a-kind camp!

DATES	DAY	AGE	TIME	COST
Dec. 26 - 28	Wed-Fri	5-14	9:00am-4:00pm	\$315.00

CHICAGO BULLS MLK CAMP

This one-day clinic will cover all things basketball: shooting, ball handling, post moves and defense. Players will also participate in fun games to put their new skills to the test. Players will be divided by age and ability level.

DATES	DAY	AGE	TIME	COST
Jan. 21	Mon	5-14	9:00am-12:00pm	\$55.00

BULLS/SOX MLK DAY COMBO CAMP

This full-day clinic gives the two-sport athlete the ability to improve their offensive and defensive game in both basketball and baseball. Quality instruction in two sports...this truly is a one-of-a-kind clinic!

DATES	DAY	AGE	TIME	COST
Jan. 21	Mon	5-14	9:00-4:00pm	\$100.00

CHICAGO BULLS PRESIDENTS DAY CAMP

This one-day clinic will cover all things basketball: shooting, ball handling, post moves and defense. Players will also participate in fun games to put their new skills to the test. Players will be divided by age and ability level.

DATES	DAY	AGE	TIME	COST
Feb. 18	Mon	5-14	9:00am-12:00pm	\$55.00

BULLS/WHITE SOX PRESIDENTS DAY COMBO CAMP

This one-day clinic will cover all things basketball: shooting, ball handling, post moves and defense. Players will also participate in fun games to put their new skills to the test. Players will be divided by age and ability level.

DATE	DAY	AGE	TIME	COST
Feb. 18	Monday	5-14	9:00am-4:00pm	\$100

CHICAGO BULLS SHOOTING CAMP

During each session of Shooting Camp, all players will be taught the necessary skills to become a better and more effective shooter. Players will learn a quick and accurate release that will make you the go to shooter. Academy coaches will teach the basic shooting principals; balance, elbow, eyes and follow through. Players will be grouped by age and ability level.

DATES	DAY	AGE	TIME	COST
Mar. 6 - 27	Wed	5-8	5:30-6:30pm	\$90.00
Mar. 6 - 27	Wed	9-14	6:30-7:30pm	\$90.00

REGISTER ONLINE @ BullsSoxAcademy.com | BULLS SOX LA GRANGE ACADEMY | 536 EAST AVE, LA GRANGE, IL 60525 | CALL 630.PLAYBALL



WHITE SOX YOUTH LAGRANGE ACADEMY BASEBALL AND FASTPITCH WINTER / SPRING SEASON



WHITE SOX FASTPITCH HITTING CLUB*

DATE	DAY	AGE	TIME	COST
Feb. 1 - 22	Friday	8-14	5:00-6:00pm	\$100.00
Mar. 1 - 22	Friday	8-14	5:00-6:00pm	\$100.00

WHITE SOX FASTPITCH PITCHING CLUB*

DATE	DAY	AGE	TIME	COST
Feb. 1 - 22	Friday	8-14	6:00-7:00pm	\$100.00
Mar. 1 - 22	Friday	8-14	6:00-7:00pm	\$100.00

* Enrollment in this camp gets your daughter into the April 22, 2019 DMA Hitting Camp, a \$50 value - FREE. This is held in Lisle at the Bulls/Sox Academy.

CHICAGO WHITE SOX HOLIDAY DAY CAMP

DATE	DAY	AGE	TIME	COST
Dec. 26 - 28	Wed-Fri	5-14	1:00pm-4:00pm	\$175

BULLS/WHITE SOX HOLIDAY DAY COMBO CAMP

DATE	DAY	AGE	TIME	COST
Dec. 26 - 28	Wed-Fri	5-14	9:00am-4:00pm	\$315

CHICAGO WHITE SOX MLK DAY CAMP

DATE	DAY	AGE	TIME	COST
Jan. 21	Monday	5-14	1:00pm-4:00pm	\$55

BULLS/WHITE SOX MLK DAY COMBO CAMP

DATE	DAY	AGE	TIME	COST
Jan. 21	Monday	5-14	9:00am-4:00pm	\$100

CHICAGO WHITE SOX PRESIDENTS DAY CAMP

DATE	DAY	AGE	TIME	COST
Feb. 18	Monday	5-14	1:00pm-4:00pm	\$55

BULLS/WHITE SOX PRESIDENTS DAY COMBO CAMP

DATE	DAY	AGE	TIME	COST
Feb. 18	Monday	5-14	9:00am-4:00pm	\$100

CHICAGO WHITE SOX SPRING BREAK CAMP

DATE	DAY	AGE	TIME	COST
Mar. 25 - 27	Mon-Wed	5-14	1:00pm-4:00pm	\$175

CHICAGO WHITE SOX LITTLE SLUGGER

DATE	DAY	AGE	TIME	COST
Jan. 5 - 26	Saturday	5-6	10:00-11:00am	\$69
Feb. 2 - 23	Saturday	5-6	10:00-11:00am	\$69
Mar. 2 - 23	Saturday	5-6	10:00-11:00am	\$69

CHICAGO WHITE SOX FUNDAMENTALS CLUB

DATE	DAY	AGE	TIME	COST
Jan. 5 - 26	Saturday	7-8	11:00am-12:00pm	\$100
Feb. 2 - 23	Saturday	7-8	11:00am-12:00pm	\$100
Mar. 2 - 23	Saturday	7-8	11:00am-12:00pm	\$100

CHICAGO WHITE SOX HITTING CLUB

DATE	DAY	AGE	TIME	COST
Jan. 7 - 28	Monday	8-10	5:00-6:00pm	\$100
Jan. 10 - 31	Thursday	11-12	6:00-7:00pm	\$100
Feb. 5 - 26	Tuesday	8-10	5:00-6:00pm	\$100
Feb. 7 - 28	Thursday	11-12	6:00-7:00pm	\$100
Mar. 5 - 26	Tuesday	8-10	5:00-6:00pm	\$100
Mar. 7 - 28	Thursday	8-12	6:00-7:00pm	\$100

CHICAGO WHITE SOX PITCHING CLUB

DATE	DAY	AGE	TIME	COST
Jan. 7 - 28	Monday	8-10	6:00-7:00pm	\$100
Feb. 4 - 25	Monday	11-12	6:00-7:00pm	\$100
Mar. 5 - 26	Tuesday	8-10	6:00-7:00pm	\$100

CHICAGO WHITE SOX FIELDING/THROWING CLUB

DATE	DAY	AGE	TIME	COST
Feb. 5 - 26	Tuesday	8-10	7:00-8:00pm	\$100
Mar. 5 - 26	Tuesday	8-10	7:00-8:00pm	\$100

CHICAGO WHITE SOX FATHER/SON HITTING

DATE	DAY	AGE	TIME	COST
Feb. 14	Thursday	6-12	6:30-8:00pm	\$40

CHICAGO WHITE SOX FATHER/SON PITCHING

DATE	DAY	AGE	TIME	COST
Feb. 21	Thursday	6-12	6:30-8:00pm	\$40

REGISTER ONLINE @ BullsSoxAcademy.com | BULLS SOX LA GRANGE ACADEMY | 536 EAST AVE, LA GRANGE, IL 60525 | CALL 630.PLAYBALL

YOUTH MARTIAL ARTS

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 a successful adult, armed with the tools to handle life's challenges. Additional fees include uniform (optional to purchase) and insurance fee (six months \$20, 1 year \$30) paid to the instructor.

Age:..... 8-12 years

Instructor:..... Fil Guterrez

Min/Max: 5/15

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

CODE	DATES	TIME	DAY
112550-01	1/8-3/12	6:30P-7:30P	Tue
112550-02	1/3-3/14	6:30P-7:30P	Thu
112550-03	1/5-3/16	11:00A-12:00P	Sat
112550-04	1/3-3/16	Times Vary	Two Days
112550-05	4/2-6/4	6:30P-7:30P	Tue
112550-06	4/4-6/6	6:30P-7:30P	Thu
112550-07	4/6-6/8	11:00A-12:00P	Sat
112550-08	4/2-6/8	Times Vary	Two Days

Pre Karate (KJ)

In our Pre Karate safety classes, young children develop flexibility, strength, and coordination in fun, yet disciplined activities. This program is specifically designed for growing minds and bodies to enhance memory and agility. Watch your child's confidence blossom and their skills improve. Uniforms and belt testing options are available through the ISKC instructor. Please note that the Youth, Parent/Child, and Adult classes may train together. Beginner students will not be permitted to register into the current session after the second class has met. Registration for continuing students through advanced students will be accepted after the start date, but the full class fee is required.

Age:..... 4-7 years

Instructor:..... Shotokan Karate

Min/Max: 10/20

Location: Recreation Center

Fees: \$118/R, \$150/NR, \$129/NN (01-02)
 \$97/R, \$124/NR, \$106/NN (03-04)

Day:..... Monday

CODE	DATES	TIME	LEVEL
112528-01	1/7-3/18	4:00P-4:45P	Beginners/Continuer
112528-02	1/7-3/18	4:50P-5:35P	Novice (Instructor Permission)
112528-03	4/1-6/3	4:00P-4:45P	Beginners/Continuer
112528-04	4/1-6/3	4:50P-5:35P	Novice (Instructor Permission)

Class Will Not Meet On: 5/27

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 fees include uniform (optional to purchase) and insurance fee (six months \$20, 1 year \$30) paid to the instructor.

Age:..... 4-7 years

Instructor:..... Filiberto Gutierrez

Min/Max: 5/15

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

CODE	DATES	TIME	DAY
112600-01	1/8-3/12	4:30P-5:30P	Tue
112600-02	1/8-3/12	5:30P-6:30P	Tue
112600-03	1/3-3/14	4:30P-5:30P	Thu
112600-04	1/3-3/14	5:30P-6:30P	Thu
112600-05	1/5-3/16	9:00A-10:00A	Sat
112600-06	1/5-3/16	10:00A-11:00A	Sat
112600-07	1/3-3/16	Times Vary	Two Days
112600-08	4/2-6/4	4:30P-5:30P	Tue
112600-09	4/2-6/4	5:30P-6:30P	Tue
112600-10	4/4-6/6	4:30P-5:30P	Thu
112600-11	4/4-6/6	5:30P-6:30P	Thu
112600-12	4/6-6/8	9:00A-10:00A	Sat
112600-13	4/6-6/8	10:00A-11:00A	Sat
112600-14	4/2-6/8	Times Vary	Two Days



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 continuing students through advanced students will be accepted after the start date, but the full class fee is required.

Age:..... 7 years & older with parent

Instructor:..... Shotokan Karate

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

Location:..... Recreation Center

Fees:..... \$118/R, \$150/NR, \$129/NN per person (01-03)
\$97/R, \$124/NR, \$106/NN per person (04-06)

Day:..... Monday

CODE	DATES	TIME	LEVEL
112728-01	1/7-3/18	5:45P-6:40P	Beg/Nov White-Yellow Belt
112728-02	1/7-3/18	6:45P-7:45P	Inter Blue-Purple Belt
112728-03	1/7-3/18	7:45P-8:45P	Advance Brown-Black Belt
112728-04	4/1-6/3	5:45P-6:40P	Beg/Nov White-Yellow Belt
112728-05	4/1-6/3	6:45P-7:45P	Inter Blue-Purple Belt
112728-06	4/1-6/3	7:45P-8:45P	Advance Brown-Black Belt

Class Will Not Meet On: 5/27

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 continuing students 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:..... \$118/R, \$150/NR, \$129/NN per person (01-03)
\$97/R, \$124/NR, \$106/NN per person (04-06)

Day:..... Monday

CODE	DATES	TIME	LEVEL
112518-01	1/7-3/18	5:45P-6:40P	Beg/Nov White-Yellow Belt
112518-02	1/7-3/18	6:45P-7:45P	Inter Blue-Purple Belt
112518-03	1/7-3/18	7:45P-8:45P	Advance Brown-Black Belt
112518-04	4/1-6/3	5:45P-6:40P	Beg/Nov White-Yellow Belt
112518-05	4/1-6/3	6:45P-7:45P	Inter Blue-Purple Belt
112518-06	4/1-6/3	7:45P-8:45P	Advance Brown-Black Belt

Class Will Not Meet On: 5/27

Tae Kwon Do (KJ)

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

Age:..... 3-18 years

Instructor:..... Bill De Jesus

Min/Max:..... 4/15 per agency

Location:..... Recreation Center

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

Day:..... Friday

CODE	DATES	TIME	AGE
112562-01	1/11-3/8	4:00P-5:00P	3-7
112562-02	1/11-3/8	5:05P-6:05P	5-18
112562-03	3/15-5/24	4:00P-5:00P	3-7
112562-04	3/15-5/24	5:05P-6:05P	5-18

Class Will Not Meet On: 3/29

TWEEN PROGRAMS

Summer Camp Musical Theater (TC)

This musical has what kids may love and fear about the summer camp experience, from the morning routine to the corny camp skits - and of course, the ultimate talent show! Put away your technology and allow this nostalgic romp to take you on a journey of finding a place to belong, through the mighty highs and comic lows of summer camp. Co-op LP

Age:..... 8-16 years
Instructor:..... LG. Park Staff
Min/Max: 6/12 per agency
Location: LGPK, 1501 Barnsdale Rd.
Fees: \$85/R, \$95/NR, \$90/NN
Day:..... Friday

CODE	DATES	TIME
152538-01	1/18-2/22	5:30P-7:30P

Tween Clay Camp (TC)

Kids will have fun making unique treasures from clay. Class includes learning the process of hand-building by creating different forms and trying several 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:..... 10-14 years
Instructor:..... Village Potters
Min/Max: 1/2 per agency
Location: Village Potters (33 N. La Grange Road, La Grange Park)
Fees: \$180/R, \$234/NR, \$198/NN
Day:..... Friday

CODE	DATES	TIME
132647-01	1/11-3/1	3:45P-5150P
132647-02	3/8-4/26	3:45P-5150P



Tween Flashlight Egg Hunt (TC)

It's that time of the year, so paint those eggs, keep an eye out for the bunny and.....grab a flashlight??? That's right! Come join us for the 9th Annual Tween Flashlight Egg Hunt at Sedgwick Park! Bring your flashlight and baskets and get ready for a great night looking for eggs filled with candy and tickets that represent prizes too big to fit in an egg. Each participant must be accompanied by a parent. Co-op LP & WS

Age:..... 8-14 years with parent
Instructor:..... Staff
Min/Max: 10/40 per agency
Location: Sedgwick Park
Fees: \$5/R, \$5/NR, \$5/NN
Day:..... Friday

CODE	DATES	TIME
132624-01	4/12	8:00P-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.

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





WINTER/SPRING 2019

WWW.PDLG.ORG

TRIPS

Nostalgia Diners (TC)

We will meet once a month and travel in the PDLG bus to experience a new restaurant. All trips will depart from the Recreation Center, 536 East Avenue, La Grange. The meal cost is provided by the participant. **Registration deadline is one week prior to trip date.**

Age:..... 21 years & older
Instructor:..... Staff
Min/Max:..... 6/12
Location:..... Recreation Center
Fees:..... \$12/R, \$15/NR, \$13/NN
Day:..... Tuesday

CODE	DATES	TIME	RESTAURANT
143052-01	2/12	8:00A-12:00P	Benedict's Eggs & More in East Dundee
143052-02	3/12	11:30A-2:30P	Old Town Restaurant in Lemont
143052-03	4/23	11:00A-3:00P	Port Edward Restaurant in Algonquin

Four Winds Casino (TC)

Hop aboard the PDLG bus for a trip to Four Winds Casino in New Buffalo, Michigan. This trip includes transportation and lunch buffet; gaming cost is participant's responsibility. Bus Departs from 536 East Avenue, La Grange. **Registration deadline is March 1st.** Co-op LP & WS

Age:..... 21 years & older
Instructor:..... Staff
Min/Max:..... 3/4 per agency
Location:..... Recreation Center
Fees:..... \$39/R, \$49/NR, \$43/NN
Day:..... Tuesday

CODE	DATES	TIME
143036-01	4/9	8:00A-3:00P

Public House of Woodstock (TC)

The Public House is located in the Old Courthouse on the Historic Square in downtown Woodstock, IL. The Old McHenry County Courthouse, in McHenry County, Illinois, was listed on the National Register of Historic Places on November 1, 1974. Once the courthouse in the county seat of McHenry County, Woodstock, today the courthouse is occupied by the Public House of Woodstock. It is one of the key structures in the Woodstock Square Historic District. Enjoy traditional American meals served in a renovated historic courthouse. Bus departs from 536 East Avenue, La Grange. Fee is for transportation only; breakfast is participant's responsibility. **Registration deadline is April 4th.** Co-op LP & WS

Age:..... 21 years & older
Instructor:..... Staff
Min/Max:..... 3/4 per agency
Location:..... Recreation Center
Fees:..... \$15/R, \$19/NR, \$17/NN
Day:..... Thursday

CODE	DATES	TIME
143053-01	4/18	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 .

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

ADULT ACTIVITIES

Dog Obedience (KJ)

Is your dog becoming a monster, keeping you up all night constantly barking, or destroying your home furnishings and personal belongings? Sign up for this class and take control! Dogs must be at least 4 months old. A variety of commands will be taught to handle your dog. A choker collar and six foot leash is required on each dog. To qualify for the intermediate course, you must have completed the beginner course with Barb Clish/ Mary Keeffe or your dog must be evaluated by the trainers. Your dog will need to hold a solid sit stay, down stay and come on recall. Handlers: old enough to handle dog in a group setting. For beginners only, the first class will be a two hour orientation from 7:00-9:00pm, without your dog. You must attend this informative meeting. Co-op LP

Age:..... 18 years & older
Instructor:..... Barb Clish
Min/Max:..... 3/7 per agency
Location:..... LGPK, 1501 Barnsdale Rd.
Fees:..... \$115/R, \$125/NR, \$120/NN
Day:..... Thursday

CODE	DATES	TIME	LEVEL
133501-01	1/10-3/7	7:00P-8:00P	Beginner
133501-02	1/17-3/7	8:00P-9:00P	Intermediate
133501-03	3/14-5/23	7:00P-8:00P	Beginner
133501-04	3/21-5/23	8:00P-9:00P	Intermediate

Class Will Not Meet On: 3/28 and 5/16

Ballroom & Swing Dance (KJ)

Discover the wonderful world of ballroom and swing dancing in this introductory/refresher course. Improve your skills, learn new steps and how to lead & follow. You will be dancing the Waltz, Foxtrot, and Swing and learning some of the most popular dances that you see in shows and theaters today. Couples are recommended, but not necessary. Couples will not rotate partners. Singles are not guaranteed a partner. Please wear comfortable clothing and shoes. Co-op LP

Age:..... 18 years & older
Instructor:..... Dance Tech Inc
Min/Max:..... 4/13 per agency
Location:..... LGPK, 1501 Barnsdale Rd.
Fees:..... \$49/R, \$59/NR, \$54/NN
Day:..... Tuesday

CODE	DATES	TIME
153529-01	2/5-2/26	7:30P-8:50P

Wedding & Social Dance (KJ)

This is the perfect class for anyone with any type of upcoming social engagement (weddings, birthdays and other parties). Come join us and you will Waltz, Cha Cha, and Swing. You will learn some of the most popular dances that you see in shows and theaters today. Soon you will be dancing to different types of music in this fun filled dance class and WOWING them at parties! Couples will not rotate partners. Singles are not guaranteed a partner. Please wear comfortable clothing and shoes. Co-op LP

Age:..... 18 years & older
Instructor:..... Dance Tech Inc
Min/Max:..... 4/13 per agency
Location:..... LGPK, 1501 Barnsdale Rd.
Fees:..... \$49/R, \$59/NR, \$54/NN
Day:..... Tuesday

CODE	DATES	TIME
153530-01	4/2-4/23	7:30P-8:50P

Essential Oils (TC)

Would you like to live healthier and happier in the New Year? Everyone's health and wellness can benefit from pure essential oils. Learn fun and easy to make recipes you can make right in your own home, that the entire family will love! You will also learn which harmful chemicals to steer clear from, and alternative, affordable solutions to incorporate essential oils into your daily life.

Age:..... 18 years & older
Instructor:..... Kate Castro
Min/Max:..... 2/20
Location:..... Recreation Center
Fees:..... Free
Day:..... Saturday

CODE	DATES	TIME	THEME
133683-01	1/19	9:00A-10:00A	Living Healthier & Happier in the New Year
133683-02	2/16	9:00A-10:00A	Essential Oils for the DIY Lover
133683-03	3/16	9:00A-10:00A	Essential Oils for the Family
133683-04	4/20	9:00A-10:00A	Green Living with Essential Oils

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
- 40+ group fitness classes weekly included with membership (see schedule online at pdlg.org)
- Fee based specialty classes with a NEW fitness member rate
- ***NEW*** Complimentary Kick-Start (consultation with Fitness Coordinator)

MEMBERSHIP DEFINITIONS

Individual: 18 years or older

Couple: 2 members of the same household

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

Senior: 55 years & better

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

Student: Individuals age 16-24 with current student ID

Youth Memberships: 14 & 15-year old's, must be on membership with a parent or guardian. Long term contracts only, no daily drop ins or short-term contracts

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

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

SHORTENED HOURS

Christmas Eve 7:00am to 1:00 pm
 New Year's Eve 7:00am to 1:00 pm
 4th of July 7:00am to 1:00 pm
 Labor Day 7:00am to 1:00 pm
 Memorial Day 7:00am to 1:00 pm

CLOSED

Christmas Day
 New Year's Day
 Thanksgiving
 Easter Sunday

REGISTRATION

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

DAILY DROP IN FEE (* ID REQUIRED)

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

PERSONAL TRAINING FEES

MEMBER/NON-MEMBER RATES
 1 session: \$50/\$75
 3 sessions: \$144/\$216
 5 sessions: \$225/\$338
 10 sessions: \$430/\$645

Follow us @lagrangefitness on Instagram



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)	\$40	\$55	\$47	N/A	N/A	N/A
*3 Months (90 days)	\$110	\$160	\$135	N/A	N/A	N/A

*Initiation fee does not apply

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.



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

FITNESS PROGRAMS

Specialty Classes & Workshop Thursdays!

We're excited to offer additional specialty classes and workshops on Thursday evenings and throughout the week during the winter and spring sessions. These classes will include one-day workshops and short term class series which will allow us to provide you with unique formats and the latest trends in fitness. Please check the monthly printed and online schedules for more specific details and registration information.

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.

ONE DAY WORKSHOPS

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: 6/20
Location: Recreation Center
Fees: \$15/R, \$20/NR, \$17/NN
Day:..... Thursday

CODE	DATES	TIME
123661-01	2/7	4:30P-5:30P
123661-02	3/28	4:30P-5:30P

Fix Your Posture! Yikes, Tech Neck! (KM)

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
Fitness Member Fee: \$12.00
Non Fitness Member Fees:..... \$15/R, \$20/NR, \$17/NN
Day:..... Thursday

CODE	DATES	TIME
123655-01	2/7	6:30P-7:30P
123655-02	4/18	6:30P-7:30P



WINTER/SPRING 2019

WWW.PDLG.ORG

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 Mohrhusen. Children must be accompanied by an adult. We recommend this class for children ages 4 and older. Please bring your yoga mats. Fee is per couple. Additional children are \$5.00.

- Age:..... 4 years & older with parent
- Instructor:..... Marianne Mohrhusen
- Min/Max:..... 8/20 couples
- Location:..... Recreation Center
- Fitness Member Fee:..... \$8.00 per couple
- Non Fitness Member Fees:..... \$12/R, \$16/NR, \$13/NN per couple
- Day:..... Thursday

CODE	DATES	TIME
123574-01	1/24	4:30P-5:30P
123574-02	4/25	4:30P-5:30P

Control Your Food Cravings (KM)

Jump start your weight loss resolutions with Emotional Freedom Technique! EFT is a simple, self-administered acupressure technique that is used for removing negative emotions, disempowering beliefs, and breaking through to better physical and mental health. This is a highly effective tool to overcome food cravings and reduce body fat to achieve a healthier body. To enhance your experience, bring in a serving of a food you crave, a food you feel you cannot stop eating once you start or can't do without daily (chips, bread, soda). Learn how to turn away from those cravings!

- Age:..... 16 years & older
- Instructor:..... Loni Alwin
- Min/Max:..... 5/15
- Location:..... Recreation Center
- Fitness Member Fee:..... \$12.00
- Non Fitness Member Fees:..... \$15/R, \$20/NR, \$17/NN
- Day:..... Thursday

CODE	DATES	TIME
123639-01	1/17	6:30P-7:30P
123639-02	3/14	6:30P-7:30P

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 Mohrhusen (01-02 & 05-06);
Sue Chilton (03 & 04)
- Min/Max:..... 5/15 per agency
- Location:..... Recreation Center
- Fitness Member Fee:..... \$50.00
- Non Fitness Member Fees:..... \$63/R, \$82/NR, \$69/NN
- Day:..... Tuesday or Friday

CODE	DATES	TIME	DAY
123506-01	1/8-2/26	9:45A-10:45A	Tue
123506-02	3/5-4/30	9:45A-10:45A	Tue
123506-03	1/8-2/26	7:15P-8:15P	Tue
123506-04	3/5-4/30	7:15P-8:15P	Tue
123506-05	1/11-3/1	9:45A-10:45A	Fri
123506-06	3/8-5/3	9:45A-10:45A	Fri

Class Will Not Meet On: 3/26 & 3/29

Yoga (KM)

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

- Age:..... 16 years & older
- Instructor:..... Marianne Mohrhusen (01-02)
Sue Chilton (03 & 04); Theresa Mikuls (05 & 06)
- Min/Max:..... 5/20 per agency
- Location:..... Recreation Center
- Fitness Member Fee:..... \$50.00
- Non Fitness Member Fees:..... \$63/R, \$82/NR, \$69/NN
- Day:..... Monday, Tuesday, Wednesday, or Saturday

CODE	DATES	TIME	DAY
123520-01	1/7-2/25	10:30A-11:30A	Mon
123520-02	3/4-4/29	10:30A-10:30A	Mon
123520-03	1/8-2/26	6:00P-7:00P	Tue
123520-04	3/5-4/30	6:00P-7:00P	Tue
123520-05	1/12-3/2	8:30A-9:30A	Sat
123520-06	3/9-5/4	8:30A-9:30A	Sat

Class Will Not Meet On: 3/25, 3/26, 3/27 & 3/30



WINTER/SPRING 2019

WWW.PDLG.ORG

CYCLE CLASSES

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:.....7/12
Location:.....Recreation Center
Fitness Member Fee:.....\$54.00
Non Fitness Member Fees:.....\$68/R, \$88/NR, \$75/NN
Day:.....Tuesday or Friday

CODE	DATES	TIME	DAY
123642-01	1/8-2/26	9:15A-10:30A	Tue
123642-02	3/5-4/30	9:15A-10:30A	Tue
123642-03	1/11-3/1	9:15A-10:30A	Fri
123642-04	3/8-5/3	9:15A-10:30A	Fri

Class Will Not Meet On: 3/26 & 3/29



Winter/Spring 2019

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:.....4/10 per agency
Location:.....Recreation Center
Fitness Member Fee:.....\$48.00
Non Fitness Member Fees:.....\$60/R, \$78/NR, \$66/NN
Day:.....Monday

CODE	DATES	TIME
123518-01	1/7-2/25	6:30P-7:30P
123518-02	3/4-4/29	6:30P-7:30P

Class Will Not Meet On: 3/25

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. Following 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
Min/Max:.....7/12
Location:.....Recreation Center
Fitness Member Fee:.....\$46.00
Non Fitness Member Fees:.....\$58/R, \$75/NR, \$64/NN
Day:.....Thursday

CODE	DATES	TIME	DAY
123615-01	1/8-2/26	8:30A-9:30A	Tue
123615-02	3/5-4/30	8:30A-9:30A	Tue
123615-03	1/10-2/28	8:30A-9:30A	Thurs
123615-04	3/7-5/2	8:30A-9:30A	Thurs

Class Will Not Meet On: 3/26 & 3/28

www.pdlg.org 67

FITNESS PROGRAMS

STRENGTH & CONDITIONING CLASSES

Barre Above (KM)

Barre Above is a totally unique approach to studio format Barre workouts as you've seen them and is one of the hottest workouts around! Fusing the best of Pilates, yoga, ballet, and strengthening exercises, 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, the program is 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 (03-04)
Min/Max:.....3/5 per agency
Location:.....Recreation Center
Fitness Member Fee:.....\$46.00
Non Fitness Member Fees:.....\$58/R, \$75/NR, \$64/NN
Day:.....Monday or Wednesday

CODE	DATES	TIME	DAY
123651-01	1/7-2/25	9:15A-10:15A	Mon
123651-02	3/4-4/29	9:15A-10:15A	Mon
123651-03	1/9-2/27	6:00P-7:00P	Wed
123651-04	3/6-5/1	6:00P-7:00P	Wed

Class Will Not Meet On: 3/26 & 3/28



Golden Barre (KM)

This class is for active adults or anyone who wants to improve balance, flexibility, core strength, and posture. We will use a barre 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
Fitness Member Fee:.....\$46.00
Non Fitness Member Fees:.....\$58/R, \$75/NR, \$64/NN
Day:.....Tuesday

CODE	DATES	TIME
123629-01	1/8-2/26	8:30A-9:30A
123629-02	3/5-4/30	8:30A-9:30A

Class Will Not Meet On: 3/26

Graceful Strength & More (KM)

In this fun class, we will work on increasing strength, improving balance, flexibility, agility, range of motion, and coordination without the need to get up and down from a mat. We will use a variety of equipment including stability balls, weights, tubing, and small balls to help reach your goals. Suitable for all fitness levels.

Age:.....50 years & older
Instructor:.....Linda Guggenheim
Min/Max:.....7/15
Location:.....Recreation Center
Fitness Member Fee:.....\$46.00
Non Fitness Member Fees:.....\$58/R, \$75/NR, \$64/NN
Day:.....Monday

CODE	DATES	TIME
123662-01	1/7-2/25	9:45A-10:45A
123662-02	3/4-4/29	9:45A-10:45A

Class Will Not Meet On: 3/25

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



SENIOR ACTIVITIES

WHY ARE THERE INITIALS NEXT TO PROGRAMS

(DF-Diana Faight, 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

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

Instructor:..... Aging Well

Location: Recreation Center

Fees: FREE

Day:..... Wednesday

DATES	TIME
1/16, 2/20, 3/20, 4/17, 5/15	10:30A-12:00P

Medicare 101: Keep It Simple (KJ)

Maribeth Fencil is a licensed insurance broker certified by Medicare. She partners with multiple carriers like BCBS, Humana, AARP, Equitable, Heartland, and Combined Insurance. Medicare education provides knowledge and peace of mind in choosing the right Medicare health plan. Learn how to navigate Medicare by understanding Original Medicare A & B, as well as the difference between Medicare Advantage programs versus Medicare Supplements. Explore how Medicare Part D plans work. 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. Pre-registration is required.

Age:..... 55+ years

Instructor:..... Maribeth Fencil

Min/Max: 5/15

Location: Recreation Center

Fees: FREE

Day:..... Thursday

CODE	DATES	TIME
133665-01	4/25	7:00P-8:30P

Grandparent & Grandchild BINGO (KJ)

Enjoy a fun filled afternoon of Bingo with your grandkids! Lucky winners will win all kinds of great prizes. This is not a cash bingo. Snacks and refreshments will be provided. Parent must register the child, sign the waiver and pay the \$5 fee. Grandparent must accompany the child and sign in at the event. Each additional child is \$2.00. **Registration deadline is March 11th.**

Age:..... 3-16 years

Instructor:..... Staff

Min/Max: 10/25

Location: Recreation Center

Fees: \$5/R, \$5/NR, \$5/NN

Day:..... Monday

CODE	DATES	TIME
133031-01	3/18	10:00A-11:00A

St. Patrick's Day Social (KJ)

Seniors, put on your green and come on over to the Park District to celebrate St. Patrick's Day!!! We will spend the afternoon in a leprechaun's paradise with tons of games, food, socializing, fun, and green! Bring your friends and get ready to party! This is a free event, but please register so we can get enough refreshments for everyone. **Registration deadline is March 6th.**

Age:..... 55+ years

Instructor:..... Staff

Min/Max: 20/60

Location: Recreation Center

Fees: FREE

Day:..... Wednesday

CODE	DATES	TIME
133000-01	3/13	12:00P-2:00P



WINTER/SPRING 2019

WWW.PDLG.ORG

Road Map to Retirement (KJ)

We will take a look at three major areas that have an impact on retirement costs: providing supplementary income during retirement, health insurance options, and cost savings opportunities. Learn about safe investments offering guaranteed income for life. Discover ways to maximize IRA earnings. Look at ways to cut employee health care plan costs. Learn about senior discount opportunities. Pre-registration is required.

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

CODE	DATES	TIME
133667-01	3/21	7:00P-8:30P

The Surprise Bridge Stakes (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
Location:..... Recreation Center
Fees:..... \$1 at the door
Day:..... Wednesday

CODE	DATES	TIME
133028-01	1/2-5/29	1:00P-4:00P

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, payment is due the day of class to the 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 for non-AARP members and \$15 for AARP members.

Age:..... 55+ years
Min/Max:..... 5/30
Fees:..... \$20 non-AARP members & \$15 for AARP members
 Payment taken day of class to instructor
Day:..... Varies

Instructor:..... Richard Josd
Location:..... Recreation Center

CODE	DATES	TIME	DAY
133664-01	2/6-2/7	10:00A-2:00P	Wednesday-Thursday
133664-02	4/9-4/10	10:00A-2:00P	Tuesday-Wednesday

Pinochle Tuesdays (KJ)

Tuesday is 55 + Leisure Day at the Park District! Come on down to the park district for some fun and games!! Cards and dice will be provided for a variety of games for you to play while you socialize with others. Feel free to bring other games you wish to enjoy as well. Pinochle is also played every Tuesday! Game starts promptly at 11:45 am.

Age:..... 55+ years
Location:..... Recreation Center
Fees:..... FREE
Day:..... Tuesday

CODE	DATES	TIME
133021-01	1/8-5/21	11:45A-3:00P

The Great Debate Medicare Health Plans (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 within these plans. Evaluate how these plans will meet your medical needs.

Pre-registration is required.

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

CODE	DATES	TIME
133672-01	5/23	7:00P-8:30P

SENIOR ATHLETICS

Beginner Pickleball for Seniors (KJ)

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. 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. All equipment will be provided. Co-op LP

Age:..... 55+ years

Instructor:..... Sports Kids Inc.

Min/Max: 2/4 per agency

Location: Recreation Center

Fees: \$69/R, \$89/NR, \$76/NN (Sr. discount does not apply)

Day:..... Monday

CODE	DATES	TIME
113537-01	1/7-3/11	9:45A-10:45A
113537-02	4/1-5/20	9:45A-10:45A

Class Will Not Meet On: 1/21 and 2/18

Archery for Seniors (KJ)

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. All equipment will be provided; however, you may use your own equipment with instructor approval. Co-op LP

Age:..... 55+ years

Instructor:..... Sports Kids Inc.

Min/Max: 4/8

Location: Gordon Park

Fees: \$59/R, \$76/NR, \$65/NN (Sr. discount does not apply)

Day:..... Thursday

CODE	DATES	TIME
133025-01	4/18-5/23	3:00P-4:00P

Adv. Pickleball for Seniors (KJ)

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 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. All equipment will be provided. Co-op LP

Age:..... 55+ years

Instructor:..... Sports Kids Inc.

Min/Max: 2/4 per agency

Location: Recreation Center

Fees: \$69/R, \$89/NR, \$76/NN (Sr. discount does not apply)

Day:..... Monday

CODE	DATES	TIME
113528-01	1/7-3/11	10:45A-11:45A
113528-02	4/1-5/20	10:45A-11:45A

Class Will Not Meet On: 1/21 and 2/18

Restorative Jujitsu (KJ)

In addition to acquiring the benefits of self-defense and self-protection, Danzan Ryu Jujitsu is a Japanese Martial Art developed in Hawaii, when translated into English, jujitsu means gentle, pliable, or flexible art. The gentleness of the art is expressed in the execution of the techniques, and is not reflected in the effect upon the attacker, except at the discretion of the person executing the technique. Please note: All participants will need to purchase additional insurance for \$35 for 6 months or \$60 for 1 year on the first day of class.

Age:..... 55+ years

Instructor:..... Fil Gutierrez

Min/Max: 5/15

Location: Recreation Center

Fees: \$40/R, \$52/NR, \$44/NN (One Day)

\$55/R, \$72/NR, \$61/NN (Two Day)

(Sr. discount does not apply)

Day:..... Monday and/or Wednesday

CODE	DATES	TIME	DAY
133641-01	1/7-3/11	9:30A-11:00A	Mon
133641-02	1/2-3/13	9:30A-11:00A	Wed
133641-03	1/2-3/13	9:30A-11:00A	Mon/Wed
133641-04	4/1-6/3	9:30A-11:00A	Mon
133641-05	4/3-6/5	9:30A-11:00A	Wed
133641-06	4/1-6/5	9:30A-11:00A	Mon/Wed

Class Will Not Meet On: 1/21 and 2/18

FINANCIAL REPORT

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

Park District Revenue

The Park District has several different revenue sources from taxes and fees to grants and bonds.

The majority of the Park District's working revenue comes from property taxes and recreation user fees which includes both program activity fees and rental fees for the use of the Park District facilities. One of our management goals is to keep property tax revenue as a percentage of total revenue to 65% or less. Your participation in our programs has helped us to achieve a ratio of 56%.

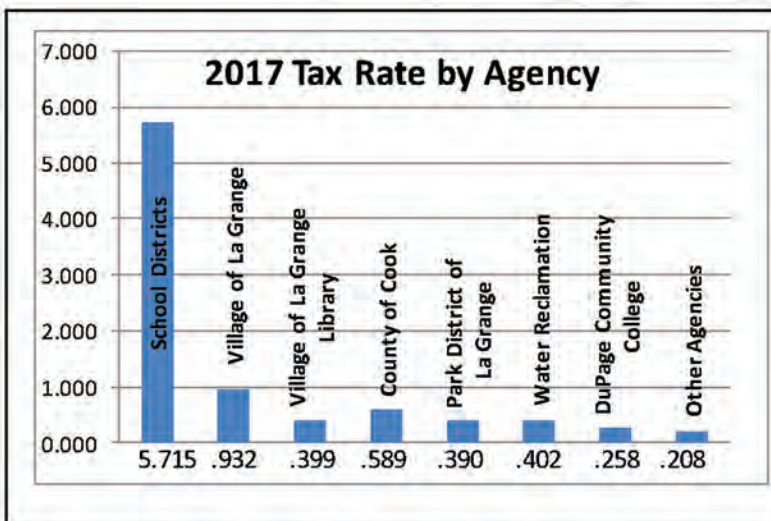
Revenue from the new fitness center contributed to a further reduction of this percentage.

FY 2018 Revenue and Other Financing Sources

Recreation User Fees	\$2,143,738	42.7%
Property tax	2,786,498	55.4%
Replacement Tax	42,153	0.8%
Donations	5,425	0.1%
Interest	19,550	0.4%
Miscellaneous	<u>28,830</u>	<u>0.6%</u>
Total Revenue	\$5,026,194	100.0%
Capital Grant	496,517	
Debt Issuance	<u>356,968</u>	
Total	\$5,879,679	

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

Often, residents are not aware that the Park District is a separate taxing body from the Village of La Grange. The Park District is governed by a five member Board of Commissioners that is elected by the residents. As a separate governmental entity, the Park District has the ability to levy and collect taxes on all taxable property within the District. Based on a typical 2017 tax bill approximately 5 cents of every tax dollar comes to the Park District of La Grange.



The Cook County Assessor's Office calculates the Equalized Assessed Value (EAV) on business and personal properties annually to help determine the amount of property taxes to be paid per business or household. Based on the results of these assessed values, the Park District uses its current tax rate to draw revenue from each property's EAV to support and provide its public service. In 2017, the tax rate for the Park District of La Grange was .39.

Park District Fund Balance

The majority of the Park District revenue is put towards recreational program expenses and general governmental costs for maintaining the Park District's parks and facilities. During this past fiscal year, expenditures exceeded revenue and other financing sources by \$430,297. All of this additional spending for was the planned construction of the Fitness Center. Funding for this project was provided by a combination of prior year excess fund balance from operations and by a state grant. The District continues to maintain positive fund balances and to fulfill its mission to provide quality recreation programs, facilities and parks.

Budget & Reporting

Our Fiscal Year: May 1- April 30

The Park District prepares an annual budget to manage its fiscal year of revenue and expenses. The staff works diligently to assure that the budget is balanced. The Park Board approves the budget each year by adopting an annual Budget & Appropriation Ordinance. Prior to adoption, the ordinance is posted for public inspection, and a public hearing is held to allow for comments and questions by residents. Our annual budget, along with other Park District information can be found on our website at www.pdlg.org.

<u>FY 2018 Expenditures</u>		
General Government	\$993,194	16%
Program Expenses	2,779,127	44%
Pension & FICA	281,254	4%
Capital Outlay	1,141,794	18%
Debt Service	<u>1,114,607</u>	<u>18%</u>
Total Expenditures	\$6,309,976	100%

Excellence in Reporting

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

This report is also submitted to the Government Finance Officers Association's award program. This organization has awarded our report the Certificate of Achievement for Excellence in Financial Reporting every year since 1995. To achieve this award, the District's CAFR must clearly communicate its financial story to the reader and satisfy all the applicable legal requirements and generally accepted accounting principles. The CAFR is also available on our website.

Debt Administration

General obligation park bonds were issued for a total of \$327,000. This is the normal annual rollover that the Park District issues each year to pay debt service on alternate revenue bonds with any remaining balance allocated to capital projects. Overall, there was a net decrease in general obligation park bonds outstanding of \$584,974.

Investing in Capital Projects

Each year, the District prepares a capital budget for repairs and/or replacement of equipment or amenities. The capital projects are financed with a combination of non-referendum bond money, grants and surplus from the operating funds. During this past year, the majority of the capital spending was for the construction of the Fitness Center and for the furniture, equipment and finishing touches necessary to complete the facility. Please stop in to check out the Fitness Center.

Other projects included the installation of playground equipment at Meadow Brook Manor; resurfacing the tennis courts at Gilbert Park, and replacing the outdoor lighting at the Community Center with energy efficient devices.

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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!

Special Olympics Athlete Training

Did you know that SEASPAR trains athletes for Special Olympics? Our dedicated coaches teach fundamentals, teamwork, and sportsmanship, and our ultimate goal is for our athletes to achieve their personal best! SEASPAR offers training in 16 individual and team sports, and athletes participate in local and state Special Olympics events and other competitions.



We're starting to build our SEASPAR Spartans Softball teams for the spring/summer season, so we're looking for residents ages 16 and older who qualify for Special Olympics to join us!

The season runs from May through July. Weekly practices and home games take place in Lemont. Transportation is provided for away games. No experience is required – just a love for being part of a team and the spirit of competition! Call us at 630.960.7600 for more information.

Programs for Children

SEASPAR offers weekly programs to keep kids active and engaged outside of school. Just a few of our selections are listed below – check out our program guide for all of this season's offerings!

Gymnastics • Holistic Riding Equestrian Therapy • Right Fit (Fitness Activities)
Teen Excursion • Wonders Multi-Sensory Room Programs

Look for our winter/spring program guide in December!

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



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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LA GRANGE

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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.

PROGRAM LISTING

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. 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.

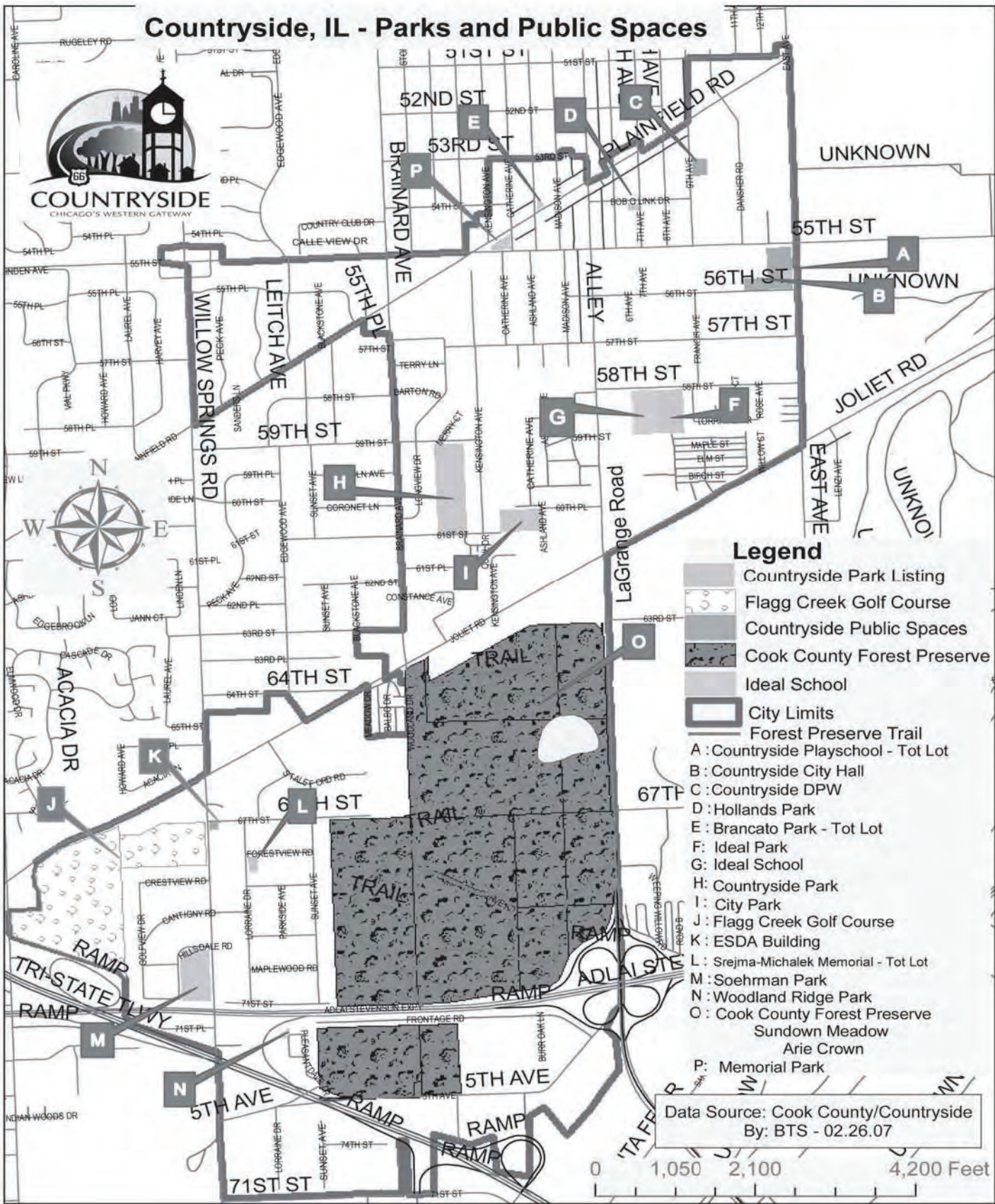
People

- 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



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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